

Delivering Smoking Cessation Support in a Women's Prison

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Enhanced Addiction Casework Service (EACS)





Topics

- Information on the prison
- Outline of the EACS contract – where smoking cessation fits
- The EACS team and wider SPS team
- Challenges of delivering smoking cessation support in prisons
- Services on offer
- Particular services for pregnant women
- Case studies and questions



HMP Cornton Vale

- Only female prison in Scotland
- National facility
- 375 places – 24 in open conditions
- 7 mother and baby places
- 163 clients currently engaging with addiction services
- Clients with multiple, often complex issues
- Remand and convicted prisoners



EACS Contract

- Nationwide contract providing addiction services
- All prisoners attend National Harm Reduction Session
- Convicted prisoners can refer for more in depth interventions
- Full assessment within 5 days of referral
- Smokers receive brief advice and referral to specialist services in prison or signposting out with prison



EACS Contract

- Individual care plans created and referrals made for a variety of addictions interventions
- Output driven – based on expected demand
- Targeted for 4 Smoking Cessation Groups per year
- 1-1 support available in extenuating circumstances



EACS Interventions Offered

- Assessment for clinical interventions
- Group work on a variety of topics (Alcohol, Safe Injecting, Health Promotion and Recovery Planning)
- Harm Reduction Information
- Smoking Cessation
- 1-1 Motivational Interviewing
- Relapse Prevention



EACS Team

- 8 EACS Team Members:
 - 1 Team Manager, 1 Senior Practitioner,
5 Caseworkers, 1 Administrator
- Variety of backgrounds
- 4 team members have completed smoking cessation training with ASH Scotland / Glasgow Caledonian University
- Wider multi disciplinary team



Challenges of Delivering Smoking Cessation in a Prison

- Contractual challenge
- Access to clients
- Client presenting challenges
- Security



Benefits of Smoking Cessation in Prison

- Around 80% of the UK 's prison population smoke and the prison setting represents an opportunity to access key smoking cessation target groups that are normally hard to reach, for example disadvantaged populations and younger men.(The Centre for Tobacco Control Research, 2002).
- Adopt healthy behaviours which can be carried back into the community.
- Two thirds of inmates desire to quit (Lester, 2003)



New Legislation

- New Legislation on Smoke-free areas in prisons / Smoking ban 2006. Adult prisoners over 18 will still be able to smoke, but only within their own cells.
- Non-smoking prisoners will not be made to share a cell with someone who smokes.
- Juvenile establishments (for those aged 17 and under) will be totally smoke free.
- Prison staff will not be able to smoke anywhere within prison buildings.



Challenges to Prisoner

- Choice of NRT
- Boredom/stress
- Sense of Group membership.
- Strong smoking Norms.
- Coping with Withdrawal Symptoms.
- Lack of support / resources
- Priority given to other substances?
- Sharing Cells



Specific Challenges for Pregnant Prisoners

- Schedule One offenders
- Stress of baby/pregnancy
- Lack of support
- Dealing with other addiction issues e.g. 90% of pregnant inmates had issues with illegal substances (Eliason et al 2004)
- Dealing with trauma



Smoking Cessation Service Currently Offered in Prison

- Brief Advice
- 1-1 Support
- Group Support
- What prisoners are able to access service?



Smoking Cessation for Pregnant Prisoners

- Smoking Cessation Group
- 1-1 Support
- NRT
- Access via health centre



How Services Could be Developed

- Prison specific issues need to be addressed
- Specific staff trained
- Linked to existing programmes e.g. education.
- Prisoners trained as peer support workers.
- Change criteria to access group.
- Prison Specific training.
- 1-1 Support (Segregated Prisoners)
- Cannabis cessation





How Services Could be Developed for Pregnant Prisoners

- 1-1 support offered
- Motivational Interviewing e.g. Karatay et al 2010
- Alternative intermittent NRT
- Specific smoking cessation group for pregnant prisoners
- Co-facilitation with midwife/nurse



Smoking Cessation Models

- Maudsley Model/ HMP Kilmarnock (Knox et al 2006)
- 286 Clients
- 150 stopped after 1 month
- 5 stayed stopped after 1 year
- Facilitator *led*
- Strict structure
- Advantages/Disadvantages



Smoking Cessation Models

- ‘Smokey Joe’ Model
- Narrative therapy
- Therapeutic process where individuals are invited to tell own ‘self’ Story
- Dominant self story
- Advantages/disadvantages



Conclusion

- Lack of research
- Specific training
- Revise models



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