

“Reducing Tobacco Use in Transitional Shelters” **Report on 3-months MUTUAL LEARNING DIALOGUE**

SITE: Amity Foundation **MLD DATE:** November 23, 2011

MLD Participants: (*Site Team*) Ahmad Philips, Edward Pochay; (*Support Team*) Kieta D. Mutepfa, Ricardo Lopez

Significant Accomplishments:

- **A Source of Inspiration-** Staff member, Edward Pochay., stopped smoking after attending the P2P training. Mr. Pochay stated that he needed to make the change to stop smoking in an effort to be an example for the group.
- **Holistic Approach-** Smoking Reduction Program fit within Amity’s program framework of treating the whole person.
- **Beyond the manual-** Ahmad initiated steps to become a more knowledgeable peer trainer and downloaded resources offline to help support the implementation of the P2P manual while also participating in multiple web based seminars.

Improvements:

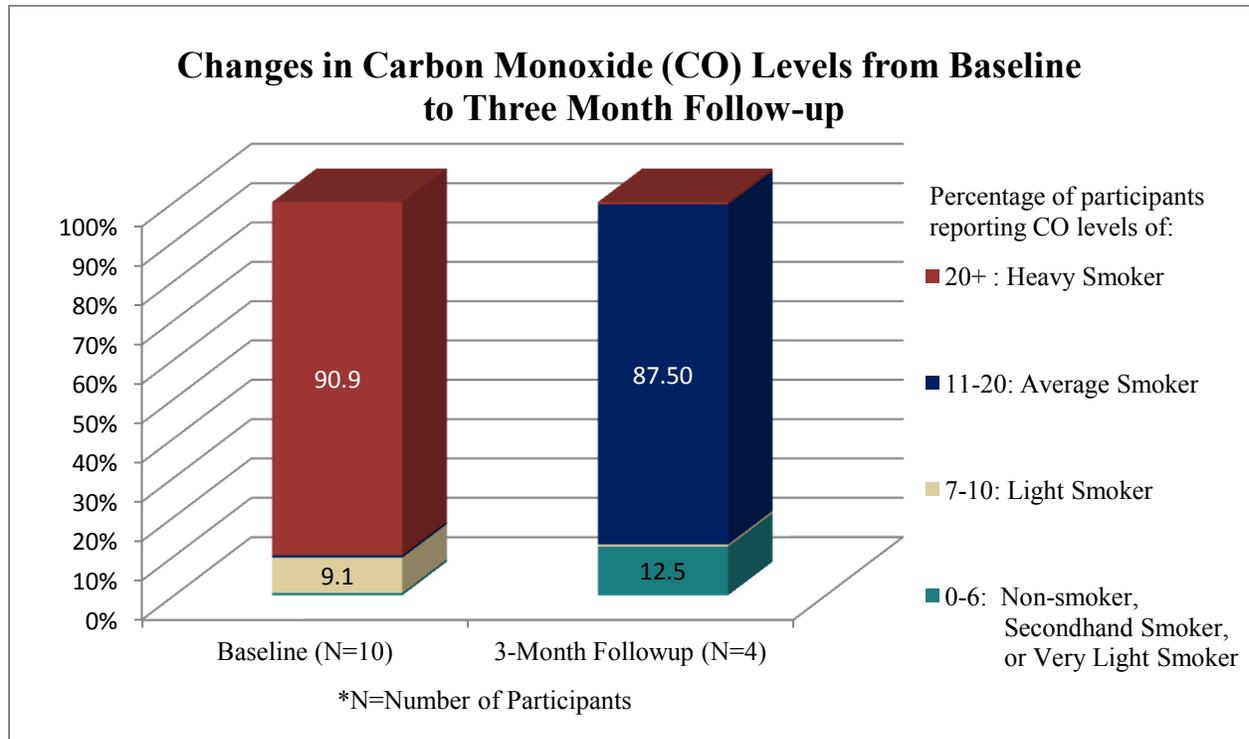
- **More time-** Eight weeks is a very short time for people who have smoked for most of their lives. “These behaviors did not happen overnight.” Staff stated that the program should parallel in length to other addiction intervention or harm reduction programs.
- **Healthy Incentives-** Give gift cards or gift certificates instead of money to promote health conscious alternatives versus money that could be used to buy cigarettes.
- **Incentivizing Reduction in CO-** Group favored the use of CO monitoring however staff recommended offering incentives weekly to participants who demonstrated a reduction in CO levels.

Other Highlights:

- **Willingness to go further:** Staff are excited to continue a smoking reduction program and hopefully implement a smoking cessation program in the future. Ahmad stated that he will continue to lead the groups and improve the groups via the use of multi-media tools.

Carbon Monoxide Levels:

Here is a report of the CO level at baseline in the original group of participants.



As you can see, the percentage of heavy smokers was reduced from 90.9% to 0%, with 87.5% of those surveyed at 3 months falling into the average smoker category. This is a good improvement! Of those surveyed at 3 months, one person was able to successfully stay quit according to the CO data! There is a chance that the people who were not surveyed did indeed quit or reduce their use. We see that there is an overall reduction of cigarette use as a group. This is a great direction to be moving in and participants should feel proud of their progress!