

# COMMUNITY SMOKE-FREE PROJECTS PROGRAM: Karinya

## Creating a Smoke Free Zone

### Project background

Karinya Young Women's Service provides crisis accommodation for young women aged 13-20 years, transitional housing for young people at risk of homelessness, and a Young Mums program to support young pregnant women and young parents aged 15-19 years.

Karinya successfully implemented a smoke-free work site on 1st January 2022. Their smoke-free journey is documented in two videos filmed for the TasCOSS Supporting Smoke-free Community Services project: [enablers and barriers](#), and [challenges and successes](#).

After moving to a smoke-free work site, Karinya was left with a designated smoking area that needed refreshing to enable all staff and clients to use it as a smoke-free shared space. Karinya applied for the smoke-free grant to refresh this space.

### What did we start with?

The planned outcomes for this project were to:

- Remove any reminder or residual evidence of smoking from the area.
- Develop a space that is inviting and inclusive of all clients and staff.
- Reduce the health-related risk associated with smoking for clients and staff.

### Great idea

Clients and staff co-design shared spaces.



A board directive created a sense of urgency to initiate a change. Staff were able to operationalise the directive and implement how Karinya moved to a smoke-free site."

— JANE GAETANI-BLACK, CEO



**Karinya's aim** was to refresh an outdoor living space that had been a designated smoking area to a shared smoke-free zone.

### Successes

- Collaboration of clients and staff to design shared space
- Clients spending more time outside
- Reduced opportunities for smoking

### Learnings

- Creating a smoke free space does reduce the opportunity and therefore frequency of smoking for clients and staff
- Removing the remnants of smoking area makes the space enjoyable for smokers and non smokers



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## What did we finish with?

- Removal of all furniture items and screens contaminated with smoking byproducts.
- Pressure clean of area to remove smoke staining on remaining surfaces.
- Outdoor three seat couch, two chairs and a glass top dining room table, two small coffee tables and an outdoor mat and cushions to anchor the space.
- Landscape surrounding area and create potted garden.

The project supported compliance with smoking restrictions associated with children and young people, reduced the opportunity to smoke, and provided a work safe environment for non-smokers.

Prior to refurbishing the area, the space was completely enclosed in lattice to reduce visibility of people smoking next to the dining area.

## What were the successes along the way?

- We co-designed the floor plan and furniture layout of the shared space with clients and staff.
- The flexible trust-based funding helped us during the project implementation: our proposed site redevelopment will impact the outdoor space so funds were redirected from landscaping and painting to portable planting options.
- Our staff actively engaged with a TasCOSS Good Governance session that explained the roles and responsibilities of the Board, including setting strategic goals for work safe environments.

## What were the challenges?

- We experienced unexpected delays in painting and development of the garden area after we identified deteriorated outdoor cladding.

## Sharing what we learned

Use existing resources, e.g. [Quit Tasmania Guidelines for Developing a Smoke-free Worksite Policy](#) and TasCOSS's [Good Governance training](#).

## Summary

Karinya has created a smoke-free shared space as part of their continued journey to a smoke-free site. The shared space is used by staff and clients for client and staff meetings, relaxing and outdoor dining.

Karinya staff gained a deeper understanding of the Board directive to a smoke-free work site after learning about the responsibilities and roles of directors and the Board.

Jane Gaetani-Black, CEO, says, "A board directive created a sense of urgency<sup>1</sup> to initiate a change. Staff were able to operationalise the directive and implement how Karinya moved to a smoke-free site."



### Good Governance

Would your organisation like governance training? Contact TasCOSS about [Good Governance training](#) or consider the TasCOSS/UTAS [Gamechangers in Governance](#) course.

<sup>1</sup> [The 8-Step Process for Leading Change, Dr. John Kotter \(kotterinc.com\)](#)

## Community Smoke-free Projects Program

Part of the TasCOSS [Supporting Smoke-free Community Services](#) project was to provide 10 community service organisations (CSOs) with \$5,000 each to conduct a small project to progress towards smoke-free work areas and services. The trust-based funding model for the grants was simple and equitable for organisations with limited time and resources. TasCOSS and Quit Tasmania collaborated with each CSO to develop an idea that was relevant to that organisation and the people who used their services.



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