

# COMMUNITY SMOKE-FREE PROJECTS PROGRAM: Launceston City Mission

## Mission2Quit

### Project summary

LCM designed a quit smoking program, Mission2Quit, to deliver a service across multiple sites and use low/no-cost nicotine replacement therapy (NRT) that was accessible in both major LCM hub locations (Launceston and Burnie). Cherene Moore, Supervisor People & Culture, says, "Ultimately, the purpose of the Mission2Quit Project was to influence City Mission's community culture to make positive health choices around smoking, support individuals who wished to decrease their smoking habit, and promote the health and wellbeing of our staff, volunteers and clients."

Long-term sustainability of the project is expected once all funds from the Supporting Smoke-free Community Services Project grant have been used: the NRT option will go from no cost to low cost for participants, and all other treatment options will remain accessible with no cost to the participant, e.g. EAP, Mission Health, Quit Tasmania resources, and mentoring support from the Mission Wellbeing team.

### What did we start with?

The **Mission2Quit** Project was designed to become part of the *Mission Wellbeing Program*. The Mission2Quit **Action Plan** includes:

- A location-independent process to cater for multiple sites.
- A collaborative approach with each person to be specific to individual needs
- A simple step by step process (Referral, Self-Reflection, Action Steps, Check In)
- Use of established support services, e.g. Quit Tasmania, Employee Assistance Program (EAP), prescription medication and NRT
- Support from the Mission Wellbeing team in person or via phone/video conference



Our Mission2Quit participants (based in and around Launceston) have access to the Mission Health Service Nurse Practitioner who can give advice and prescribe NRT and other medications. This is a wonderful resource for our participants."

— **CHERENE MOORE, SUPERVISOR PEOPLE & CULTURE**



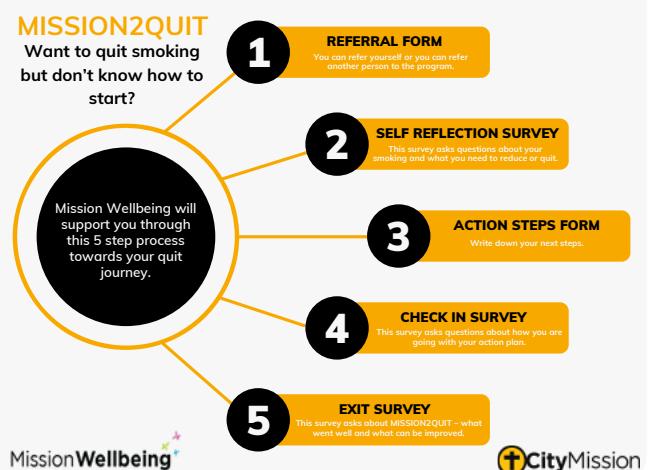
**LCM's aim** was to create individual Action Plans to support people on their quit smoking journey and promote a community culture of health and wellbeing.

### Successes

- Started 34 individual conversations on smoking cessation.
- Used literacy support framework to develop simple forms.

### Learnings

- Significant staff shortages contributed to delays.
- Consultation and collaboration with LCM teams required more time than anticipated.



Mission2Quit Action Plan



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## What did we finish with?

- An Action Plan that results in participant-led progress through the process.
- A supply of low cost/no cost NRT products to support access.
- Simple documents that cater to all levels of literacy.
- Connections with local pharmacies to support clients with supply and counselling about NRT products.
- Access to the Nurse Practitioner at Mission Health Service for NRT and other medications.
- Creating a positive change in culture, behaviours, and thoughts related to smoking.

### Great idea



Use your existing Wellbeing Program to support development of a companion quit smoking project.

## What were the successes along the way?

- Started 34 individual conversations on smoking cessation with City Mission community members (staff, volunteers, and clients) between July and November 2023.
- Used the LCM support framework for literacy assistance to develop simple forms.
- Developed infrastructure for individualised Action Plans to support quit smoking journeys.
- Mission2Quit project ready to be rolled out in 2024 through Mission Wellbeing.

## 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.

## Sharing what we learned

### Allow more time than you think you will need.

Collaborative design of the project and consultation within corporate and client services, including quality and business analysis teams, required more time than expected.

Staff shortages led to the organisation being time resource poor – increased workloads for the Mission Wellbeing Supervisor meant that the project took longer than anticipated to implement.



LCM won the WorkSafe Tasmania award for **Excellence in a workplace health and wellbeing initiative**. This is an example of organisational readiness: LCM's Wellbeing Program provided a ready framework to add a quit smoking project.

2023 WorkSafe Awards winners: Launceston City Mission's wellbeing program covers the whole City Mission community and has included mental health training for workers and managers, walking groups, mindfulness programs, healthy eating workshops, and art therapy. Onsite chaplains are wellbeing ambassadors, directing conversations towards making good health choices.



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