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*Tainui*



- What a great choice you've made!
- A day as an Aukati Kaipaipā Smoking Cessation Practitioner...
- We motivate, we challenge, we cry and we follow our clients as they go through their journey

# What are your reasons for becoming an AKP SC Practitioner?

- The job was available; non-smoker with smoking kids; have been on the programme and I want to stop my whanau; help our people live a long and happy life; WINZ directed, but have experience in helping our people; asked by one of my whanau; passionate about our people, concerned about their health and well being for whanau, hapu and iwi katoa; passionate about education; no choice – shoulder tapped!; destined to be here be, wellbeing of whanau hapu and iwi;



# Responses...

- Not a practitioner yet, but was offered a place to come here to training; became a SCP for the benefit of the organisation and for my father who passed away at 41; applied for a job with the Ha, but it wasn't the job she thought, meant to be!; a friend invited her to apply; enjoy the benefits of health and fitness; I want to help the whanau, there wasn't enough guidance when I was growing up and I want to provide that guidance through different avenues; to maintain the wellbeing of our people; to broaden my skills in tobacco control.





We've all come for different reasons...

- You all have something to offer!



## What are you wanting to achieve (for yourself?)

- I'd like to see a Smokefree Muriwhenua and a SF Aotearoa
- More skills for future and for current job
- Improve statistics for Taitokerau and SF Ngati Hine
- Smokefree Aotearoa
- To be a good AKP Practitioner



- More of te reo Maori and tikanga
- I want to see the day when there education abounds for tupeka kore, waipiro and hapunga wahine
- I want to change the world
- Smokefree Aotearoa
- I want to be a vessel to provide support to people to make positive health changes
- Heal, motivate and strengthen my whanau



- Education and skills – for young people, to tell them about being smokefree
- To encourage whanau to be smokefree
- To provide information and resources to my clients to quit
- To make everyone aware of the effects of tobacco, and some goal setting with ourselves and our whanau
- To make a change in Heretaunga, lot of young people in the sporting industry who smoke
- To help whanau hapu and iwi.



## Melanie's reasons

- Develop a deeper understanding of te hinengaro, wairua, tinana and whanau (Te Whare Tapu Wha)
- To give our whanau the confidence to become the leaders nationally, internationally that they were meant to be
- It wasn't our tobacco in the beginning



## A journey always starts with one step

- Could be a promotion stall, bright, colourful, informational
- To stand out, participation plants a seed
- A phone call – when someone rings your office, you need to know what you have to offer (write it down by the phone) so that people can feel confident in your support
- Clients make a commitment to the programme, you make a commitment to them too!



## Our job

- To help your client get to their goals
- Find out what they want, it's not journey, it's their journey
- What do they want? Need?
- We are not to do we are to help them achieve their goals



## We have bad days...

- Groups of three
- Have a two-minute roleplay
  - One negative client
  - One recorder – swap roles and become the positive client
  - One SCP be aware of how you are feeling



# Negatives

- It's a challenge
- I think I have an idea about why you feel the way you do...
- And let me explain it to you
- Where to from here?
- Are your goals still the same?
- How do we get back on the journey again?
- Give more information to help them make the decision
- Raruraru in the whanau, felt a failure,
- Don't buy into the transference of the problem into the quitting
- How did you cope with the resistance (a lady has been referred by the doctor)
- Keep questioning
- Reassurance not buying into the negativity, keep on keeping on multiple attempts – keep quitting



## Positive

- When people have a goal, it's easier
- It's easy to go on the roller coaster ride with clients, but resist it!
- Our job is to guide them through options



## A testing time...

- Spiritually and physically, it's a challenge
- Breaking free from their addiction, some are exhausted, some are tired, some are excited
- But look after yourself – your whanau and your clients need you!



## Remind yourself – rejoice but remember...

- Be aware, be alert, don't test yourself!
- Don't try just one more puff!
- Help them change their lifestyle and their thinking patterns...
- We are guiding them and helping them
- Story telling – to motivate...

# Practice what you preach...and use incentives

- Try a range of different approaches e.g. fitness and exercises
- Sport Waikato programmes are available ref: Moana & Des
- Pedometer to motivate, partner up for a challenge (lose weight 75,000 steps per week) week 5 or 6
- Bottle and the ball – drinking and exercise (given week 2)
- Diary system, diary to let them know their triggers and their systems of their smoking
- Assessment of their smoking for their own information
- Playing cards, to keep hands busy
- Not to those with gambling addictions – ask!
- Be open, to put the clients at ease
- Incentives for those who are Auahi Kore at 3 months, key rings, 6 months AKP caps, 9 months scarves, 12 months t-shirts





## Having great networks!

- Let's get our faces out there e.g. getting referrals from Waikato Hospital;
- Do the hard yards, promote yourself and promote your service
- Be professional! If you say you're going to be there, be there!
- You are who you are, what you say you will do shows who you are.
- Follow through, mark your diaries, deliver what you say you will deliver
- This provides you with positive outcomes, which in turn will reproduce in a ripple effect with the clients and their whanau.



- We are saving lives!
- We are making a difference...