

Smoking Cessation in Mental Health

*Improving the Physical Health of People
with Mental Health Conditions*

Friday 21 October 2016 De Vere W1 Conference Centre London



Speakers Include

Prof Jonathan Champion *Director for Public Mental Health and Consultant Psychiatrist
South London and Maudsley NHS Foundation Trust
Visiting Professor of Population Mental Health
University College London*

Supporting Organisations:



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"Action is needed to address the growing difference in smoking rates among those with a mental health condition compared to the general population. There is no single measure that will transform outcomes but a whole systems approach is needed that involves staff across mental health, physical health and social care, and empowers individuals to realise their goals of being smokefree." The Stolen Years – The Mental Health and Smoking Action report, 2016

"While smoking rates amongst the general population have fallen dramatically in the past few decades they have remained stubbornly high amongst people with mental health conditions. Seventy percent of those discharged from a psychiatric hospital are smokers. The result is lives cut short and in their final years lives blighted by heart and lung diseases, stroke and cancer. These are the stolen years - of life, of health and of wealth. There is an urgent need for action to tackle this growing health inequality. A third of all tobacco now smoked in England is by someone with a mental health condition. Yet the desire to quit is just as strong as for the average smoker. These smokers do not lack motivation to quit but are more likely to be highly addicted and heavily dependent on tobacco, and therefore need more help. When ASH asked smokers with a mental health condition if anyone providing inpatient care had offered them help to stop smoking two thirds told us no one had. Even among those who had been asked, few had been offered real support. Harm can occur not just when something happens, acts of omission cause harm too. For the goal of "parity of esteem" to be meaningful, people with mental health conditions need help to quit smoking. Change can happen. This report documents what works to help people with mental health conditions quit. But to reverse the trends and return those stolen years leaders and professionals in every part of the health and social care system must act. Reversing decades of inaction requires a social movement across the whole system which hard wires service user and carer voice and experience into a common endeavour to support more people with a mental health condition become smokefree. This is not a quick fix, nor will it be easy, but without a collective effort we will continue to condemn millions of the most vulnerable people in our society to needless death and disease.." Paul Burstow, Chair, Tavistock & Portman NHS Foundation Trust and Professor of health & social care at City University, London, & Chair, The Stolen Years – The Mental Health and Smoking Action report, 2016

"Mental health inpatient services should be smoke free by 2018." The Mental Health Taskforce Strategy, February 2016

This conference features a number of extended interactive sessions which will provide a practical guide to smoking cessation in mental health, ensuring your service effectively supports people with mental illness to stop smoking and does so within a smoke free environment.

Smoking Cessation in Mental Health, and delivering smoke free environments is key to the government ambition for parity of esteem and to reduce the lower life expectancy of people with mental health disorders: "Smoking remains the primary cause of preventable illness and premature death in England, and evidence shows that people living with mental health problems are more likely to smoke. Public Health England believe it is vital to reduce smoking rates among people living with mental health problems" Seamus Watson, national programme manager for wellbeing and mental health at Public Health England There will also be a focus on e-cigarettes. Deborah Arnott Chief Executive Action on Smoking and Health (ASH) & Specialist Advisory Committee Member, Smoking: Harm Reduction Quality Standard, NICE stated in October 2015 that "Organisations should consider the role of electronic cigarettes in supporting smokers to reduce harm to themselves and others".

10.00 **Chairman's Introduction: Service user perspectives on smoking cessation**

Paul Scates

Peer Specialist

Campaigner and Ambassador

- understanding the side effects of smoking
- how we can support service users to quit
- service user views on smoke free inpatient units

10.40 **The importance of smoking cessation in improving the physical health of people with mental disorder: The evidence**

Prof Jonathan Campion

Director for Public Mental Health and Consultant Psychiatrist

South London and Maudsley NHS Foundation Trust

Visiting Professor of Population Mental Health

University College London

- implementing the ambitions of the Mental Health and Smoking Action Report
- impact of smoking on mental health, physical health and mortality the facts around smoking, physical health and mortality in mental health
- impact of smoking cessation on mental health and physical health
- smoking cessation interventions in people with mental disorder

11.30 *Question and answers, followed by coffee at 11.40*

11.55 **Extended session: Developing a smoke free organisation**

Jane Beenstock *Consultant in Public Health*

Lancashire Care NHS Foundation Trust

with **Sarah Heys** *Integrated Business Manager*

Lancashire Care NHS Foundation Trust

- developing a smoke free organisation sharing our challenges and successes, with a particular focus on specialist services
- our policy with regard to cigarettes
- supporting and helping people to stop smoking, and managing the fear of being in a no smoking organization

12.40 **Smoke Free in Practice: A group-based approach to support people with mental health problems to quit smoking in a Recovery College setting**

Di Hurley

Head Occupational Therapist, Harrow Mental Health Service,

Central and North West London NHS Foundation Trust

- implementing smoke free grounds on acute psychiatric wards in Harrow
- a group-based approach to support people with mental health problems to quit smoking in a Recovery College setting
- our experience and moving forward

13.05 *Question and answers, followed by lunch at 13.10*

14.00 **NICE guidance - evidence into action**

Qasim Chowdary

Tobacco Control Manager

Alcohol, Drugs and Tobacco Division

Public Health England

- brief advice for smokers
- managing nicotine
- smoke-free environments

14.30 **Cannabis cessation in mental health and the role of drug abuse in serious mental illness and physical health ill-health**

Speaker to be announced

- the role of cannabis in serious mental illness and physical ill health
- emerging evidence
- cannabis cessation in mental health: how services can support people

15.00 **The role of e-cigarettes**

Wendy Preston

Nurse Consultant

George Eliot Hospital Nuneaton Warwickshire

Senior Lecturer Coventry University

- evidence regarding electronic nicotine delivery devices
- recent research
- implications for smoking cessation practice

15.30 *Question and answers, followed by tea at 15.40*

16.00 **EXTENDED SESSION: Changing culture and attitudes in staff and patients**

Speaker to be announced

- why do people with mental health illness smoke?
- changing culture and attitudes in healthcare staff
- which NRT works for smokers with mental health conditions?
- behavioural support strategies
- take home messages

17.00 *Question and answers, followed by close at 17.10*

100% Card payments discount*

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Friday 21st October 2016

De Vere West One Conference Centre London

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For more information contact Healthcare Conferences UK on **01932 429933** or email jayne@hc-uk.org.uk

Venue

De Vere West One, 9-10 Portland Place, London, W1B 1PR.
A map of the venue will be sent with confirmation of your booking.

Date Friday 21 October 2016

Conference Fee

- ☐ £365 + VAT (£438.00) for NHS, Social care, private healthcare organisations and universities.
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- ☐ £495 + VAT (£594.00) for commercial organisations.

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