

# Quitskills brief intervention training for tackling Indigenous smoking

Cancer Council SA provide smoking cessation training across Australia for those who work with Aboriginal and Torres Strait Islander people.

Quitskills is a three day nationally recognised training on smoking cessation. The training provides participants with the knowledge, skills and confidence to support Aboriginal and Torres Strait Islander people to think about their smoking and make some changes.

The training is delivered **free** to anyone working with Aboriginal and Torres Strait Islander people.

## Overview of the training

- Tobacco in Australia
- Legislation and regulation
- Health consequences
- Understanding smoking
- Process of quitting
- Cessation methods and products
- Working with clients
- Quitline and other services
- Legal and organisational policies and procedures

## Units of competency

After successful completion of the training, participants will receive an academic transcript from TAFE SA for the following competencies:

- Assess readiness for and effect behaviour change [HLTPOP014]
- Provide information on smoking and smoking cessation [HLTPOP015]
- Provide interventions to nicotine dependent clients [HLTPOP016].

Register your interest in completing this training or hosting group training at [quitskills@cancersa.org.au](mailto:quitskills@cancersa.org.au)