

DCS REDUCTION IN SMOKING POLICY AND ACTION PLAN 2015-17

The DCS Reduction in Smoking Policy and Action Plan 2015-17 articulates key areas for focus and action which ultimately seek to reduce the high smoking rates within our South Australian prisons.

29 May 2015

Forward

The Department for Correctional Services (DCS) is bringing focus to the issue of smoking within our custodial institutions. The prevalence of smoking within the South Australian prisoner population is approximately 80% and at many of our institutions smoking has been an accepted aspect of prison life.

This is now out of step with current government and community anti-smoking attitudes, which emphasise the individual and community health and financial costs associated with tobacco smoking, and have resulted in targeted strategies to address them.

The Department has current procedures in place to minimize the harm from environmental tobacco smoke; smoking is prohibited in communal living areas in prisons, all DCS administration buildings, outbuildings, vehicles, garages and specified work areas, as well as within 4 metres of entrances to buildings, air conditioning intakes and open windows.

Over 2015-17 DCS will strengthen its approach to addressing the harmful aspects of tobacco smoking. There will be increased activity at all custodial institutions that support prisoners and custodial staff to quit smoking - as well as to contribute to generating a non-smoking culture within our prisons.

A smoke free trial at the Adelaide Remand Centre (ARC) will also be implemented, with this site becoming smoke free in March 2016. The ARC trial will provide valuable learning to inform future activity for all DCS prisons.

The *DCS Reduction in Smoking Policy and Action Plan 2015-17* outlines key areas of focus and time frames for delivery. I urge staff and prisoners to get involved and to assist in locally driving quit smoking activity at your prison.

David Brown
Chief Executive

The South Australian context and smoking in custodial institutions

Tobacco smoking remains the single most preventable cause of illness and death in Australia.

In the last 20 years smoking prevalence in South Australia (SA) has reduced. However despite these reductions, declines have not penetrated all cross sections of the community. SA smoking data shows smoking is highest amongst some of the most disadvantaged members of our community. This includes a high smoking prevalence within Aboriginal communities, as well for people who experience mental illness; both of these groups also experience disproportionate levels of incarceration.

In SA prisons over 80% of prisoners report that they are current smokers. This is markedly different to the broader SA community, in which about 20% of the population identify as smokers.

The *South Australian Tobacco Control Strategy 2011-2016* guides state tobacco control efforts to reduce the impact of tobacco smoking on the health and wellbeing of all South Australians. It includes smoking reduction and prevention strategies that target socio-economically disadvantaged groups where smoking rates are higher.

The DCS is partnering with SA Health to implement actions in the South Australian Tobacco Control Strategy. The *DCS Reduction in Smoking Policy and Action Plan 2015-17* articulates key areas for focus and action. These actions ultimately seek to reduce the high smoking rates within our SA prisons.

Policy

Policy statement

DCS is committed to reducing the rate of smoking amongst South Australian prisoners and to transforming attitudes within South Australian custodial institutions to support a non-smoking prison culture.

This policy provides a framework for action and key areas of focus over 2015-2017. The learning and momentum resulting from localised activity within prisons will inform and drive future DCS quit smoking strategies into 2017 and beyond.

Policy components

The policy will be achieved through four focus areas:

- Education and Communication
- Reduction and Cessation Support
- Pricing and Supply
- Environmental Restrictions.

Policy aims

The policy aims to:

- encourage and support prisoners and staff to quit smoking.
- provide a clear and consistent message for staff and prisoners about smoke free activity in SA prisons over the next 2 years.
- encourage localised activity at each prison to drive smoke free strategies.
- align DCS smoke free initiatives with actions in the *South Australian Tobacco Control Strategy 2011-2016*.

Policy implementation

The policy will be implemented in a staged and gradual approach across 2015-2017. This will ensure that changes are effectively managed and that appropriate communication underpins any action to be undertaken.

Education and Communication

Education and communication are key components of any new initiative. In this instance, the policy and action plan has been developed to communicate to staff and prisoners the approach to be taken over the next 2 years in respect to smoking in prisons. It has also been developed to enable prisoners and staff to individually prepare for any changes that may impact them.

A key focus of the policy is to encourage prisoners and staff to reflect on smoking and its prevalence within custodial settings and to contribute to solutions that reduce this prevalence, both at an individual level as well as a site level. Greater information and educational tools will be made available to assist in this process and to support attitudinal change and understanding about the health risks associated with smoking.

In custodial institutions education and communication strategies will include:

- *DCS Reduction in Smoking Policy and Action Plan 2015-17* communicated across the Department and within prisons, including updates on progress.
- Quit-smoking posters and brochures displayed at all prisons.
- Quit SA newsletter available at all prisons.
- Prison working groups established involving representatives from DCS staff / SAPHS staff / prisoners / Quit SA.
- Information sessions from external speakers and quit smoking champions.
- 6-month evaluation of the ARC trial.

Key outcomes

- Staff and prisoners are clear about current expectations and activity in relation to smoking and are informed and updated about the policy and action plan.
- Staff and prisoners are involved in instigating and driving smoke free strategies at their prison.
- Staff and prisoners are provided with clear, consistent and ongoing information about the hazards of smoking, the benefits of quitting and options for cessation support.
- The 6-month evaluation of the ARC trial provides valuable learning to inform future smoking free strategies.

Reduction and Cessation Support

While the rates of smoking within prisons are high, research in Australia indicates that about three quarters of prisoners who smoke want to quit. However, smoking is a complex behaviour that can be difficult to stop, particularly given that nicotine is an addictive substance in tobacco. Smoking has also become an accepted aspect of prison culture, which further removes the incentive to quit.

There can be a number of side effects associated with smoking cessation and nicotine withdrawal. Symptoms can include depressed mood, difficulty sleeping, anxiety, irritability, frustration, anger and restlessness. For these reasons, as a part of the policy implementation, quit smoking support will be available for both staff and prisoners.

Quit smoking support may include assessment, individualised cessation planning, peer support, counselling, fitness and recreation programs, as well as access to a course of Nicotine Replacement Therapy (NRT).

For prisoners who are located at a custodial institution that is smoke free, the option of receiving a funded course of NRT will be made available. For prisoners at other custodial locations a co-contribution payment may be required to access NRT. Custodial staff at all sites will be able to access NRT at cost price.

In custodial institutions smoking reduction and cessation support will include:

- Quit SA phone access across sites.
- Quit SA mentor training and peer support across sites.
- Counselling for prisoners from appropriately qualified DCS and SAPHS staff.
- EAP counselling support for staff.
- A funded course of NRT for prisoners located at custodial institutions that are smoke free.
- A course of NRT for prisoners at custodial institutions where smoking is allowed.
- Cost price NRT for custodial staff at all prisons.
- Increased fitness and recreational activity at all sites.

Key outcomes

- Staff and prisoners are able to access a range of supports to help them quit smoking.
- NRT is available for prisoners and staff.

Pricing and Supply

In recent years Australian tax increases on the price of tobacco have been introduced as a strategy to give smokers incentive to reduce their consumption or quit smoking. An equivalent strategy will be implemented in all DCS prisons, with tobacco prices increased to encourage prisoners to quit smoking.

The tobacco price will be gradually increased through a staged timetable to an additional 10% on the cost of tobacco. At 2 monthly stages tobacco prices will increase by 2.5% until a maximum 10% increase has been achieved. The monies accrued by this increase will be directed into a prisoner amenity fund specifically used for quit smoking supports such as fitness and recreational programs.

Exposure to specific tobacco products and brands has also been shown to influence smoking habits and loyalty to specific brand types. As a part of the policy, consideration will be given to tobacco brand loyalty amongst SA prisoners and whether reducing the availability of specific brand types would further encourage prisoners to quit. Consideration of new products and buys could also be informed by this process, providing prisoners who have stopped smoking alternative preferred avenues for spending their money.

In custodial institutions pricing and supply strategies will include:

- 2.5% increases on tobacco products every 2 months until a 10% increase has been achieved.
- Tobacco product price increases directed into a prisoner amenity fund specifically used for quit smoking supports such as fitness and recreational programs.
- Consideration given to reducing specific tobacco brand types and making available alternative new products and buys.

Key outcomes

- Tobacco will be more expensive which will increase the likelihood that prisoners will reduce or quit smoking.
- The additional revenue will be used to fund smoke free supports such as fitness and recreational programs.
- Information will be gathered about tobacco brand loyalty amongst prisoners and availability of brands may be reduced.
- Information will be gathered about new products for non-smoking prisoners to spend their money on and alternative buy options may be made available.

Environmental Restrictions

DCS is committed to reducing the places where smoking can occur to further reduce exposure of staff, prisoners, and visitors to environmental tobacco smoke within our prisons. Current procedures are in place to minimize the harm from environmental tobacco smoke in all custodial institutions. There is no smoking in communal living areas in prisons, administrative buildings, outbuildings, vehicles, garages and specified work areas, as well as within 4 metres of entrances to buildings, air conditioning intakes and open windows. There is also no smoking in cells during periods of unlock at specific sites, as well inside specific units and cottages.

A focus of the policy will be to ensure no smoking in cells during periods of unlock is consistently enforced at custodial institutions where freedom of movement is available. At these institutions smoking in cells by prisoners during periods of unlock will be managed as a breach of discipline as prescribed in SOP 087 – Prisoner Smoking. Additionally a review will be undertaken of smoking signage at all prisons to ensure there is no smoking in or near buildings as well as that nominated outdoor smoking areas are appropriately advertised. The review will also ensure bins for appropriate butt disposal are available at all sites, to discourage any recycling of tobacco butts.

Ensuring that staff smoke in nominated out-door areas and at appropriate times will also be given greater focus. Failure to comply with relevant SOPs (SOP 077) will be considered a breach of procedure and will be managed in line with the requirements of the Code of Ethics for SA Public Sector and disciplinary action processes outlined in the Public Sector Act, 2009.

A smoke free trial at the Adelaide Remand Centre (ARC) will also be implemented, with no smoking at this site from March 2016. The ARC has been chosen as the first DCS site to trial becoming smoke free, as this facility has little flexibility in offering outdoor smoking environments, and individuals transfer into the ARC from police and court cells where there is no smoking. Prisoners and staff at the ARC will be assisted to prepare and adapt to the ARC becoming smoke free. The ARC trial will be evaluated, which will provide valuable learning to inform future smoke free activity for all DCS prisons.

In custodial institutions environmental restrictions will include:

- Greater enforcement of prisoner no smoking in cells during periods of unlock at sites where freedom of movement is available.
- Greater enforcement of staff compliance with procedures that outline smoking requirements.
- Review and update of non-smoking signage at all prisons.
- Reviews to ensure there are bins for appropriate butt disposal at all sites.
- Implementation of a smoke free trial at the ARC.

Key outcomes

- Requirements for smoking at each prison will be better advertised and enforced, reducing exposure to tobacco smoke for staff, prisoners and visitors.
- The smoke free trial at the ARC will stop exposure to tobacco smoke at this site and provide learning to inform future initiatives in SA prisons.

Action Plan

Action Area	Action	Lead	Support	Performance Measure
Education and Communication	Release the Policy and Action Plan 2015-17. <i>(Completed by June 15)</i>	SPPP	Media and communication	The policy and action plan are available on the DCS intranet.
	Provide information to staff and prisoners about the Policy and Action Plan. <i>(Completed by June 15)</i>	Custodial staff i.e. General Managers	Strategic Policy, Projects and Partnerships (SPPP) SAPHS	SPPP presentation at GMs meeting. GM release document across site email.
	Provide quarterly updates on the implementation of the Policy and Action Plan. <i>(September until 2017)</i>	SPPP	Media and communication General Managers	GM release document across site email.
	Quit-Smoking posters and brochures displayed at all prisons. <i>(Completed September 15)</i>	Custodial staff i.e. Manager Offender Development/Rec. Staff	SPPP SAPHS	Posters displayed at all prisons in communal areas for prisoners and visitors.
	Quit SA newsletter released quarterly and available at all prisons. <i>(June until 2017)</i>	Quit SA Custodial staff	Statewide Operations	Newsletters available in communal areas for prisoners and visitors.
	Working groups established at all prisons involving DCS staff/SAPHS staff/prisoner / Quit SA. <i>(Completed December 15)</i>	Custodial staff i.e. Manager Offender Development/Rec. Staff	SPPP	Working Groups established at all sites and meet on a quarterly basis (at a minimum).

DCS Reduction in Smoking Policy and Action Plan 2015-17

	Information sessions from external speakers and quit smoking champions commence at all prisons. <i>(September 15 until 2017)</i>	Custodial staff i.e. Manager Offender Development/Rec. Staff	SPPP	At a minimum two information sessions by an external speaker have been held annually at all sites.
	6-month evaluation of ARC smoke free trial undertaken. <i>(Completed March 17)</i>	SPPP	Statewide Operations Custodial Staff SAPHS	Evaluation undertaken of the ARC trial recommending future quit smoking activity in DCS prisons.
Reduction and Cessation Support	Review Quit SA phone access across all prisons, exploring opportunities for improvement. <i>(Completed September 15)</i>	SPPP BIS	Statewide Operations	Prisoners have appropriate Quit SA phone access
	Quit SA mentor training rolled out at all prisons. <i>(Completed December 15)</i>	Quit SA Custodial Staff	SPPP	Prisoners and staff at all sites have participated in the training and peer and staff support is available.
	Review SAPHS and DCS staff at all prisons who are trained to counsel prisoners who have quit smoking, and upskill where required. <i>(Completed September 15)</i>	SPPP Statewide Operations SAPHS		At all prisons there is availability of DCS and SAPHS staff to counsel and support prisoners who are quitting smoking.
	Ensure there is a process in place that is enabling of custodial staff who are quitting smoking to access EAP counselling. <i>(Completed August 15)</i>	SPPP HR	Statewide Operations	Staff that are quitting smoking are aware that EAP counselling is available and how to access it.

DCS Reduction in Smoking Policy and Action Plan 2015-17

	Review current availability and access to NRT at all prison sites and ensure each site can respond to increased prisoner demand. <i>(Completed August 15)</i>	SPPP SAPHS	Statewide Operations	Prisoners are able to access NRT a subsidised course of NRT within a 2 week application period.
	Establish a process at the ARC that enables prisoners to access a course of NRT in preparation or during the smoke free trial. <i>(Completed January 16)</i>	SPPP SAPHS ARC Custodial Staff	Statewide Operations	While prisoners are located at the ARC they are able to access a funded course of NRT 3 months prior to the smoking ban at the ARC and during the 12-month trial period.
	Establish a process for custodial staff to access a course of NRT at cost price. <i>(Completed September 15)</i>	SPPP HR	Statewide Operations	Staff are aware that cost price NRT is available and how to access it.
	Increase fitness and recreational activity at all prison sites in consultation with prisoners and custodial staff. <i>(November until 2017)</i>	Custodial Staff	SPPP	Fitness and recreational activity at all prison sites is increased to support prisoners who are quitting.
Pricing and Supply	2.5 % increases on price of tobacco products every 2 months until a 10% increase has been achieved. <i>(Completed March 16)</i>	Business Information Services	SPPP	Tobacco prices increased by 10% across all prison stores.
	Centralised prisoner amenity fund established for quit smoking supports utilising funds from tobacco increases. <i>(Completed July 2015)</i>	Business Information Services	SPPP	Centralised fund and process for prioritising and access to funds established.

DCS Reduction in Smoking Policy and Action Plan 2015-17

	Review of tobacco brands and alternative buy options, undertaken in consultation with prisoners, and outcomes implemented. <i>(Completed March 2016)</i>	SPPP Business Information Services	Custodial staff	Consultation recommendations implemented in relation to reduction in tobacco products and alternative buys.
Environmental Restrictions	Review smoking signage and butt disposal bins at all prisons and recommend requirements for upgrade and avenue for supply. <i>(Completed September 15)</i>	Business Information Services	SPPP Safe Work	Report completed for consideration by Executive Director, BIS.
	Signage and butt disposal bin requirements addressed at all prisons. <i>(Completed April 16)</i>	Business Information Services	Custodial Staff	Signage and butt disposal bins installed at all prisons.
	Smoke free trial commenced at the ARC. <i>(Completed March 16)</i>	Statewide Operations Custodial Staff SAPHS	SPPP	The ARC is a non-smoking facility.
	Approaches to enforcing smoking breaches clarified and defined and this is relayed to staff and prisoners. <i>(Completed September 15)</i>	HR Statewide Operations Custodial Staff	SPPP	Communication to staff and prisoners at all prisons in relation to smoking and the consequences of a breach.