

## National Rollout of STARSS

### Start Thinking About Reducing Second-hand Smoke

#### Teleconference Minutes

#### 16 October 2009

**Present:** Wendy Reynolds and Brenda Miller (AWARE, Kingston, Ontario); Sylvie Palin (National Projects Fund, Ottawa); Heather Leeman (Portage La Prairie, Manitoba); Shannon Duke (Whitehorse, Yukon); Joanne Chabbasol; (Addiction Services, Sydney, Nova Scotia); Suzanne Beaulieu (PHAC Ontario); Karen Langevin (PHAC Atlantic Region); Stephanie Curtis (PHAC, British Columbia); Lisa Kehler (PHAC Manitoba)

**Regrets:** Terry Weber (Grande Prairie, Alberta); Joanne August (Kapusksing, Ontario); Phyllis Price (Public Health Services, Nova Scotia); Daniela Meier (Health Promotion, Whitehorse); Monica Vanderleest (PHAC Alberta)

- 1. Welcome and Introductions:** Wendy welcomed everyone to the teleconference and thanked everyone for joining us. Michelle Bowden from PHAC in the Atlantic Region has passed the **STARSS** reins over to Karen Langevin. Wendy welcomed Karen to the group and thanked Michelle for her enthusiasm and support for **STARSS** over the past three years.
- 2. Review of the Minutes of the May 2009 National Teleconference:** We reviewed the minutes of the previous teleconference from May and there were no changes to be made. Wendy shared the exciting news about the funding for **Phase 2 of the STARSS National Rollout**. Wendy and Sylvie need to work out some of the details of the contract, timelines, workplan, and official start date; they will be having a meeting the week of October 19<sup>th</sup> and Wendy will send out the revised timelines and workplan as soon as possible after this meeting. Sylvie reassured us that the timelines would be extended since the funding took so long to be approved; this is a one year project and we are already in month 7 of the fiscal year, so we were hoping that the work did not need to be completed in the five months between now and the end of the fiscal year in March. Sylvie has contacted the NPF leads in all the regions, requesting names of CAPC/CPNP projects that might be willing to participate in the rollout. We are hoping that, due to travel budget restrictions, the sites can be as close as possible to major centres/airports. We are also hoping that the sites from Phase 1 can support the mentoring work for the new sites, as this will support the sustainability of the endeavour. There is funding in the new proposal to support both the new sites and any of the sites from Phase 1 who are willing to act as mentors.

Another of the deliverables for **Phase 2 of the STARSS National Rollout** is an e-newsletter to be distributed once every other month (although we hope to do monthly versions). We have drafted a newsletter that was submitted as an attachment with the minutes. Wendy asked the group to make any recommendations or changes as needed. The idea is that the newsletter is for anyone who is a **STARSS** trainer, although Stephanie would also like to use it in her region to raise awareness about **STARSS** and it could also be used as handouts for projects to help keep people updated. Wendy will distribute the final newsletter in two versions, one in colour and the other in a print friendly version; it will also be available as a download on the AWARE website at [www.aware.on.ca](http://www.aware.on.ca). There was a discussion about language and the use of mentor, counsellor, trainer, leader or

champion. Some thought the word counsellor could be problematic for some. In the **Guide to STARSS Strategies**, either counsellor or trainer is used. It is a balancing act and there were no final decision was made regarding the issue. Wendy will send out a revised draft of the newsletter for input before the final version is distributed.

### 3. **Regional Updates:**

**Manitoba:** Heather reported that she did her first **STARSS** train the trainer session in Manitoba for the CAPC conference, which was very well received by those who attended. Heather indicated that she and Lisa Kehler had observed a lot of interest from CPNP projects across Manitoba, so there is still a plan in the works to provide them with training over the next few months.

**Yukon:** Shannon reported that in addition to the original sites, she has trained three new mentor sites. With Wendy's input, she and Lindsay (the woman who has taken over Prema's job with the CPNP project) have also been working on incorporating family language into the **I'm a STAR! Journal**. Shannon also reported that, during National Family Week, a Snack and Swim session for families was held and information was available about smoking issues, including **STARSS**. Shannon has observed that, in the north generally, there seems to be less basic information available (or being retained) about health effects of smoking or quit smoking strategies which is consistent with reports from CTUMS (the Canadian Tobacco Use Monitoring Survey).

**Ontario:** Suzanne has done some more **STARSS** telephone training with some of her projects. Wendy has been busy getting the website up and running; she encouraged everyone to sign up for the **STARSS** community on the website.

**Nova Scotia:** There was no new report from Nova Scotia.

4. **Other Discussion:** We talked a bit more about **Phase 2 of the STARSS National Rollout**. We would like to have the first national meeting in Ottawa as soon as possible and some potential dates in the first week of December were discussed; however, we need to have the new sites on board before we can set a meeting date. Wendy pointed out that PHAC people are more than welcome to attend but Sylvie noted that any travel for PHAC staff would need to come out of their own budgets as it is not part of the contribution agreement for this project.

5. **Next Teleconference:** The next teleconference is scheduled for Friday November 13<sup>th</sup>.