

STARSS Manitoba Report
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WHAT IS STARSS?

STARSS is "a supportive, sensitive strategy for mothers who smoke and are interested in learning ways to protect their children from the effects of secondhand smoke. It is NOT a quit smoking program."

<http://www.aware.on.ca/starss>

Phase I of STARSS was originally funded by Health Canada using CAPC and CPNP projects as pilot train-the-trainer sites. A master trainer was trained at the CAPC project in Portage la Prairie. Now in Phase II (funded by PHAC through CAPC/CPNP National Projects Fund), other regions are obtaining training for master trainers (Manitoba is not involved as we have a master trainer).

In January 2010 during the Phase I period, CPNP invited the Manitoba master trainer to train CPNP and CAPC staff to become facilitators and carry on with train-the-trainer sessions in their regions and also implement the program in their projects. 5 CPNP project staff and 2 CAPC project staff were trained and in addition, 4 community partners from the regional health authorities and Healthy Baby.

The participant from Brandon RHA then in turn delivered the training to 13 people from Brandon RHA public health including 4 public health nurses (2 work closely with the Families First program), 7 Families First Home Visitors, 1 Healthy Baby Facilitator, and 1 clerical staff working in public health and Families First. In addition, the CPNP peer outreach worker from Pine Falls offered training to 9 people from different programs within her project's sponsoring organization.

There may have been additional spin-off training events and implementation of the STARSS approach and materials at project level and are hoping for additional dividends from the minimal investment of approximately \$2,500.00 from the CPNP budget. To date, 33 people have been trained directly through the initial CPNP training or through spin-off trainings, and community partnerships have been strengthened, plus we have shared the same injury prevention messages across federal, regional and provincial community programs and regions.

DESCRIPTION

STARSS is a supportive, sensitive strategy for mothers who smoke and are interested in learning ways to protect their children from the effects of secondhand smoke. The STARSS program was developed specifically to meet the needs of CAPC (Community Action Programs for Children) projects, although the program has been implemented in many settings and services (such as Public Health Units and addiction treatment programs) where there are pregnant and parenting women smokers - especially those who don't want, or aren't ready, to quit smoking. We developed the STARSS strategies so that they could be used in flexible and adaptable ways, depending on the capacity

and comfort of the service provider and the setting. The strategies were also developed so that they could be easily incorporated into existing programming and would require minimal training for staff to implement. This is NOT a quit smoking program (there are lots of those out there!), although it contains strategies to support moms who make this choice. STARSS is a supportive, sensitive strategy for mothers who smoke and are interested in learning ways to protect their children from the effects of secondhand smoke. The program's goal is to enable moms to protect their children as much as possible from secondhand smoke in the home without a focus on smoking cessation. During the development of STARSS, we learned the importance of the small steps approach to supporting women, especially low-income others, in their attempts to protect their children from the effects of secondhand smoke. More importantly, we rediscovered that the harm reduction approach encourages both cessation and quit attempts by providing a less threatening message regarding smoking. Service providers also are very comfortable delivering STARSS, as it provides them with a step-by-step approach they can tailor to the needs of their work sites; STARSS was found to increase the self-efficacy of both women participants and service providers.