



# STARSS News

Start Thinking About Reducing Secondhand Smoke!

Issue One

## STARSS Tips

**There are many different ways to use STARSS in your work place:**

- **posters and handouts only**, which give moms information without pressure to change.
- **handouts and worksheets in existing groups**, which provide a safe environment for moms to start asking questions about smoking.
- **STARSS specific groups**, which could be one session or several sessions.
- **individual sessions**, which work well in the home visiting context

## AWARE

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STARSS is a unique program, based on harm reduction and Best Practices principles. It is not a quit smoking program. Its focus is to:

- help moms reduce their children's exposure to secondhand smoke
- help moms reduce or quit smoking, but only if they choose to do so
- provide support to service providers with easy-to-use smoking reduction strategies for moms

## Have you joined the STARSS online communities yet?

Join the discussion, either as a **STARSS** service provider, or as a **STARSS** mom. Go to: <http://aware.on.ca/user/register> to sign up!

## Here we grow again!

**Phase 2 of the National Rollout of STARSS** has begun. This means we'll not only be enhancing our abilities as **STARSS** train-the-trainers, but we'll also be reaching the provinces that weren't part of **Phase 1 of the National Rollout**. Soon **STARSS** will welcome trainers from the Northwest Territories, British Columbia, Saskatchewan, New Brunswick, Prince Edward Island and Newfoundland/Labrador. For background to **Phase 1**, check out <http://aware.on.ca/starss/starss-resources> and click on Executive Summary.

## Update from the national STARSS community

Heather, in Portage-la-Prairie (Manitoba), organized her first **STARSS** training for CAPC projects in Manitoba. Soon the CPNP projects will be trained, too.

Shannon in Whitehorse (Yukon) has been busy training **STARSS** mentors across the territory and beyond. She is also developing a family version of the **I'm a STAR! Journal**.

As a result of all the training JoAnna did with CAPC/Family Resource Centre staff across Nova Scotia, there are several FRCs busy engaging participants in **STARSS** strategies in the province.

During **Phase 1**, there were **STARSS** groups run by Melanie in Grande Prairie (Alberta). Melanie had great success implementing **STARSS** strategies and discussions into pre-existing groups; so, for example, if moms were already involved in a lunch group, **STARSS** worksheets and handouts would be available. Also, in Sydney (Nova Scotia), JoAnna's staff ran short term **STARSS** groups; they collapsed information from the seven individual sessions into two information sessions. They ran this type of group on several occasions and moms found it easy to attend a group like this.

Go to [www.aware.on.ca](http://www.aware.on.ca) to download a print friendly version of the newsletter.