

Simcoe County Community Action Program for Children and Canada Prenatal Nutrition Program (CAPC/CPNP) wants to be a STAR!

Providing a supportive, non-judgmental, collaborative approach to harm reduction tobacco cessation for Simcoe County CAPC/CPNP participants was the primary goal of the project. Funding was acquired by Simcoe County CAPC/CPNP from the Federal Tobacco Control Strategy of Health Canada to implement an evidence based, sustainable plan to address tobacco use with participants in their programs.

Research of the literature, review of available programs and a needs assessment with program staff all played a role in the determination to move ahead with implementation of the **STARSS** program in the 11 sites.

Staff training is planned at all sites at the end of September, with roll out in each site over the fall and winter. Each site will implement the **STARSS** project to support participants as they progress through the stages of change. Incentives for participants and access to nicotine replacement therapy will be a part of the project. The literature shows this may increase positive outcomes and support for participants while learning and practicing strategies to deal with withdrawal effects and coping with triggers.

Plans are underway to work with current partners and more specifically the Simcoe Muskoka District Health Unit tobacco program to access their expertise in tobacco cessation interventions for CAPC/CPNP participants is underway.

Using the evidence based **STARSS** materials has been a positive experience, those involved are becoming excited about the opportunity to learn and support participants who are interested in protecting their children from secondhand smoke and move toward tobacco-free living themselves.

Linda Quennell, a Public Health Nurse in the Tobacco Program of the Simcoe Muskoka District Health Unit, located in Barrie Ontario, is the lead on the project. Many thanks to Linda for being a **STAR!**