

## National Rollout of STARSS

### Start Thinking About Reducing Second-hand Smoke

#### Teleconference Minutes

#### 13 November 2009

**Present:** Wendy Reynolds and Brenda Miller (AWARE, Kingston, Ontario); Sylvie Palin (CAPC/CPNP National Projects Fund, Ottawa); Heather Leeman (Portage La Prairie, Manitoba); Lindsay Roberts (Whitehorse, Yukon); Lisa Osmond and Nicole Hoben (Carbonear, Newfoundland); Jacquie Lidstone (Alberton, PEI); Genevieve Clarke (Hay River, NWT); Suzanne Beaulieu (PHAC Ontario); Karen Langevin (PHAC Atlantic Region); Carmen Bresch (PHAC Saskatchewan); Sarah Doak (Northern Secretariat, Ottawa)

**Regrets:** Shannon Duke (Whitehorse, Yukon); JoAnna LaTulippe-Rochon (Sydney, Nova Scotia); Cheryl Stetsko Mayne and Terry Weber (Grande Prairie, Alberta); Sandra Duncan (Health Promotion Unit, Government of Yukon, Whitehorse); Lisa Kehler (PHAC Manitoba); Stephanie Curtis (PHAC British Columbia); Monica Vanderleest (PHAC Alberta); Andrea Mainer (Northern Secretariat, Whitehorse); Chrysta Duff (AADAC/Alberta Health Services, Alberta); Phyllis Price (Public Health Services, Nova Scotia); Joanne Chabassol (Addiction Services, Nova Scotia)

- 1. Welcome and Introductions:** Wendy welcomed everyone to the teleconference and extended a special welcome to the new participants from our Phase 2 rollout sites who joined us for the first time today, including: Genevieve Clarke (NWT); Jacquie Lidstone (PEI); Lisa Osmond and Nicole Hoben (Newfoundland). Also, a special welcome was extended to Carmen Bresch (PHAC Saskatchewan) and Sarah Doak (Northern Secretariat for NWT and Nunavut) who were joining the teleconferences for the first time today, too. Wendy also noted that Daniela Meier from the Health Promotion Unit of the Government of Yukon in Whitehorse has left her job to return to school and her place on our National Advisory Committee has been taken by Sandra Duncan. We welcome Sandra and wish Daniela all the best with her new accomplishments – Daniela was always very supportive of our **STARSS** work and we are grateful to her for her enthusiasm and support.
- 2. Review of the Minutes of the October 2009 National Teleconference:** Wendy asked for any changes regarding the minutes of the October teleconference and there were none. As promised in the minutes, Wendy had previously distributed to everyone the revised timelines and workplan for **Phase 2 of the National Rollout of STARSS**. Wendy also thanked everyone for their suggestions regarding the November **STARSS** e-newsletter which had also been previously distributed, as promised.
- 3. Phase 2 of the STARSS National Rollout:**
  - a) Rollout site selection:** We now have rollout sites selected for PEI, Newfoundland, New Brunswick, and NWT, which leaves Saskatchewan and British Columbia. Carmen (from PHAC in Saskatchewan) and Stephanie (from PHAC in BC) have both been in touch with Wendy for information to distribute to CAPC/CPNP projects within their respective regions and hope to have sites secured soon. In terms of our rollout sites from **Phase 1 of the National Rollout of STARSS**, Wendy has been in touch with everyone to confirm their participation as mentors during Phase 2. In Alberta, the new contact person is

Cheryl Stetsko Mayne; in Manitoba, Lynne Parker is the back-up staff person for Heather; and in Ontario, Wendy has been in touch with Jennifer Sells to engage her participation.

- b) **National Advisory Committee Members:** In addition to participation on the Committee by rollout site staff and PHAC staff (ex officio), Wendy has also involved the participation of people in the various regions who have expertise / knowledge regarding women and smoking issues. During Phase 1, these people included Daniela Meier (Yukon), Chrysta Duff (Alberta Alcohol and Drug Abuse Commission), Madeline Bosco (Canadian Women's Health Network), Janet Nevala (PTCC, Ontario), Rosa Dragonetti (Nicotine Dependence Unit, Centre for Addiction and Mental Health, Ontario), Phyllis Price (Public Health Services, Nova Scotia) and Joanne Chabassol (Addiction Services, Nova Scotia). Nancy Poole from the BC Centre for Excellence in Women's Health has also expressed an interest in being on the Committee. Wendy is in the process of confirming with these women their interest in continuing during Phase 2; also, we would like to include similar sorts of folks from Saskatchewan and elsewhere in the Atlantic Region. If anyone has any recommendations, please let Wendy know. Ideally, this would be a person with the "big picture" impacts of women and smoking/ why women smoke. Wendy will also distribute a copy of "Who's Who" on the **Phase 2 of the National Rollout of STARSS** so that everyone has a clear(er) picture of all the people involved in the project.
- c) **National meeting dates:** We would like to get a date set for the first national meeting for our rollout sites, to be held in Ottawa. Wendy had been hoping for December date; however, the timelines are now too tight to plan for this and travel costs around the Christmas season can also be prohibitive. Following discussion, we tentatively scheduled the second week of January, but Wendy will follow-up with rollout site participants not on today's call to get the best time for everyone. While we would love to have PHAC staff from the regions attend the meeting, it is unlikely that they will have the travel funds available to travel to Ottawa so a suggestion was made to videoconference the meeting. Sarah Doak kindly offered the use of their office space and videoconferencing equipment at the Health Canada offices on Queen Street and she will book the room as soon as the date is confirmed. A big thanks to Sarah for this offer.
- d) **STARSS train-the-trainer manual:** Another deliverable for **Phase 2 of the National Rollout of STARSS** is a train-the-trainer manual (in English and French). Wendy would like to get started on this ASAP, so please forward to her any presentations that you may have done. We will be surveying current **STARSS** trainers to get their ideas and also asking new trainers what information would be useful to help them get started. This will also be an agenda item for the national meeting.
- e) **Other issues:** Wendy would like to arrange a time with each of the new rollout sites to have a telephone conversation, to make personal contact with everyone and answer any outstanding questions. She will email everyone directly after the teleconference to schedule times.

- 4. **STARSS e-newsletter:** The draft of the November edition of the **STARSS e-newsletter** is completed and any comments or additional information is welcome. We also discussed possible topics for the December newsletter. Our old and new rollout sites had great ideas for inclusion, such as how to make a gift of cutting down on smoking as a Christmas present to the family (thanks, Jacquie!) Lindsay recommended an activity that was very popular with their participants, which was making a picture of your child into a

star and putting a wish/**STARSS** message on the back, which could then be hung from a Christmas tree.

## 5. Regional Activities:

**Yukon:** Lindsay and Shannon have been busy promoting **STARSS** through the First Nations Health Careers Roadshow. They have also done a **STARSS** maternity health presentation. Shannon has been working with Wendy to adapt the **I'm a STAR! Journal** for families. She has also been working with the **STARSS** individual program with some CPNP participants and has continued with the **STARSS** scrapbooking project with teen parents in one of the mentoring sites, which continues to receive a very positive response.

**Alberta:** Terry continues with the individual **STARSS** program, which works very well in her work as a home visitor. Wendy hopes Terry will be able to share her expertise with the new rollout sites, as she is the person with the most experience in delivering the individual **STARSS** strategies.

**Manitoba:** Heather received the evaluations from her **STARSS** training at the Manitoba CAPC conference; the feedback was extremely positive and included reported changes in knowledge about smoking strategies and reasons why women smoke. Great work, Heather! The Manitoba CPNP training is scheduled for the second week in January and Heather has been able to invite CAPC projects to attend; this should attract some of the CAPC folks, especially after the glowing reception the **STARSS** training received during the conference.

**Ontario:** Suzanne has had interest in **STARSS** training from some Francophone CAPC sites, which Suzanne (even though she didn't feel very comfortable doing the training in French) was able to provide.

**Nova Scotia:** Wendy indicated the orders for **STARSS** resources from Nova Scotia have been plentiful and on-going, so JoAnna's training was obviously a huge success.

## 6. Next Teleconference:

The next national teleconference is scheduled for Friday December 18<sup>th</sup> at 1:00 Eastern.