

Health Promotion Service

Substance

April 2018 - March 2020

Why is this important?

Effective prevention strategies work to educate and support individuals and communities to prevent and reduce the use of and harm from tobacco, alcohol and other drugs. We aim to promote a healthier future by tackling health inequalities and enabling individuals and communities to gain control over their health.

What have we achieved?

Tobacco Cessation

The Stop Smoking Service made contact with

2,856

individuals, and delivered/facilitated:

FALKIRK

480



STIRLING

280



CLACKMANNANSHIRE

320



stop smoking clinic sessions.

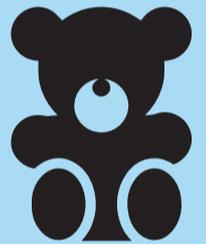
Tobacco Prevention

Larbert High School became Smokefree on No Smoking Day 2019.

Supported by the Health Promotion Service, the school took a proactive approach to create a healthy and safe environment by encouraging pupils to make informed decisions about health and wellbeing.



Jenny and the Bear A partnership approach with early year's staff to increase children's awareness of second hand smoke and subsequently influence parental behaviours.



Every year the Health Promotion Service raises awareness of **National Campaigns**.

QUIT YOUR WAY
with our support

Alcohol Campaigns

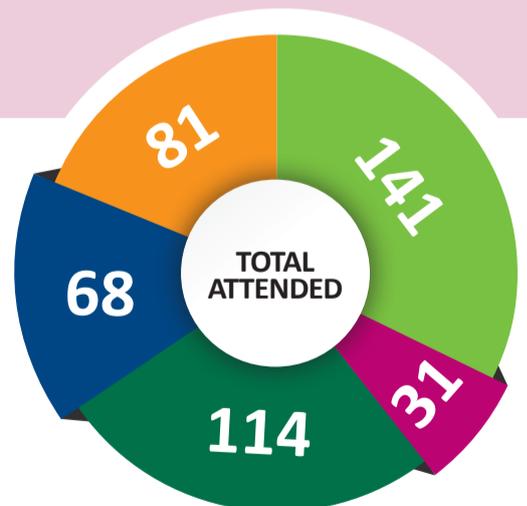
The Health Promotion Service worked with the Alcohol and Drugs Partnership to reinforce the **Rethink Your Drink** message through social media and poster campaigns.



We also supported the **Count 14** national campaign.

Workforce development:

- Overdose Awareness and Naloxone
- Volatile Substance Abuse (Partnership with Re-Solv)
- Tobacco Awareness
- Alcohol Brief Intervention learnPro
- Alcohol Brief Intervention Face-to-Face



What's next?

- IMPACT – a focused approach to provide guidance for mental health support services on the effects of smoking on both physical and mental health and to increase confidence in discussing smoking with their clients.
- Smoking in Pregnancy – there will be a greater focus on providing information to pregnant women, and to those who may become mothers in the future.
- Deliver a social influence programme in schools to promote a positive shift in pupils attitudes and reduce pupils risk taking behaviours.