



悠然致遠

為有飲酒問題之戒毒人士提供靜觀為本治療

Project Embrace - Mindfulness-based Intervention for
Drug Abusers with Alcohol Problem
BDF 180050

18.2019 – 31.7.2021

Tung Wah Group of Hospitals



東華三院

Tung Wah Group of Hospitals



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Introduction

Drug and alcohol use are mutually influential. Drug abusers are prone to use alcohol to achieve equilibrium during rehabilitation process, resulting in harmful drinking or even alcohol dependence, in turn increase the risk of drug relapse.

Mindfulness-based Interventions (MBIs) is an addiction treatment approach that has been widely adopted with empirical support in recent years. It replaces the habitual and immediate gratification behavioural pattern of drug / alcohol abuse by enhancing one's awareness, acceptance and self-compassion.

By means of experiencing and continual practising on mindfulness, this territory-wide project aims at helping drug abusers with alcohol problem to achieve more effective result on the prevention of relapse or addiction substitution.

[Click for project introduction animation](#) (in Cantonese)



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贊助

引言

吸食毒品與酒精使用有著互為影響的關係。戒毒人士在康復過程容易借助酒精去處理不適反應或逃避負面情緒，結果造成酒精倚賴，增加復吸的風險。

靜觀為本治療(Mindfulness Based Intervention)是近年被廣泛採納同時有實證支持之戒癮治療模式，透過培養覺察、接納和自我關愛，取代慣性及即時滿足的吸毒或酗酒行為。

計劃目標

協助有飲酒問題之戒毒人士有系統地學習靜觀並持續修習，達致預防復吸及避免成癮轉移。

計劃內容

單元一：個別輔導

- 全面評估
- 動機式訪談
- 接納與承諾治療(ACT)
- 靜觀體驗

單元二：靜觀介入治療

1

多元靜觀體驗工作坊

- 融合藝術、音樂、運動、飲食等，作生活化靜觀體驗

2

靜觀復吸預防小組

- 八節，每節2.5小時
- 內容包括：各種靜觀(身體掃描、靜坐、靜心伸展等)及認知練習
- 小組分享
- 家中修習

3

定期持續共修

- 每月共修聚會或日營
- 提供持續修習和支援平台，鞏固所學

對象

- 過去曾吸毒、現正受酗酒問題困擾之人士及其家人
- 對靜觀為本治療有興趣

計劃年期

2019年8月至2021年7月

費用全免

*參加者將獲邀參與一項由香港樹仁大學社會工作學系主責之研究，以評估計劃成效

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Project Content

Domain 1: Individual Counselling

- Comprehensive assessment
- Acceptance and Commitment Therapy (ACT)
- Motivational interview
- Taste of mindfulness

Domain 2: Mindfulness -based Interventions (MBIs)

Experiential group activities

- Organize interest activities, such as art, music, physical exercises for informal experience on mindfulness

Mindfulness -based Relapse Prevention (MBRP) Group

- 8 sessions, 2.5hrs each
- Content includes formal mindfulness practice (body scan, sitting meditation, mindful stretching etc.) and cognitive exercises
- Group sharing
- Home practice

Regular mindfulness reunion

- Monthly reunion or day camp
- Provide continuous practice and support platform to consolidate the learning

- Project evaluation by Hong Kong Shue Yan University
- Sharing workshop at the end to share project results to fellow anti -drug workers

Experiential group activities



Mindful photography



Pastel Nagomi Art



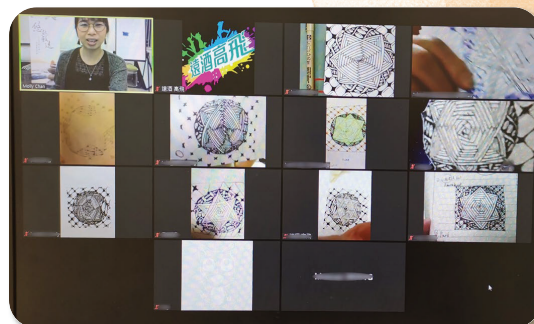
Ceramics art



Wooden plate workshop



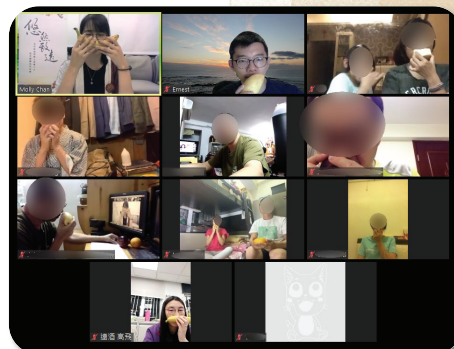
Batik dyeing



Zentangle (online)



Turkish mosaic lamp workshop



Mindful eating workshop (online)

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Mindfulness-based Relapse Prevention (MBRR) Group



Body scan exercise



Raisin exercise

8

Mindfulness-based Relapse Prevention (MBRP) Group



Mindful walking



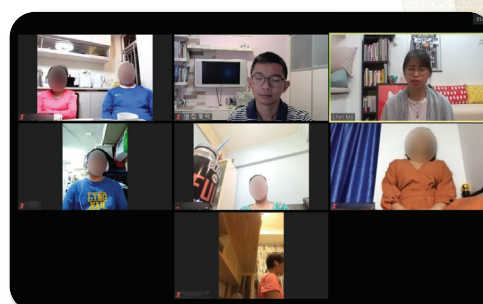
Sitting meditation



Writing down practice plan (In person & online mixed mode)

9

Regular mindfulness reunion



10

Regular mindfulness reunion (Day Camp)



11

Sharing workshop cum mindfulness talk



SOBER DIARY
- 戒中嘅嘢 -



Sober Diary

- MBRP session handout
- Audio guide
- Mood and drinking diary

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Output&Outcome Evaluation

	Expected Result	Achieved Result
Output Indicator 1	Deliver not less than 280 individual counselling sessions to 80 drug abusers with drinking problem, among which 70% (or 56) participants attend at least 5 sessions of individual counselling	Delivered 434 (155%) individual counselling sessions to 72 (90 %) drug abusers with drinking problem, among which 54 (75%) participants attended at least 5 sessions of individual counselling.
Output Indicator 2	<p>A. To deliver 32 sessions of Mindfulness-based Relapse Prevention Group (MBRP) to 80 drug abusers with drinking problem and 20 family members with a total attendance of 150 man-times</p> <p>B. To deliver 18 sessions of regular mindfulness reunion to 80 drug abusers with drinking problem and 20 family members with a total of attendance of 80 man-times</p> <p>C. To deliver 32 sessions of experiential group activities with various topics to 80 drug abusers with drinking problem and 20 family members with a total of attendance of 150 man-times</p>	<p>A. Delivered 32 (100%) sessions of Mindfulness-based Relapse Prevention Group (MBRP) to 72 (90%) drug abusers with drinking problem and 18 (90%) family members with a total attendance of 144 (96%) man-times</p> <p>B. Delivered 21 (116.7%) sessions of regular mindfulness reunion to 72 (90%) drug abusers with drinking problem and 18 (90%) family members with a total attendance of 80 (100%) man-times</p> <p>C. Delivered 32 (100%) sessions of experiential group activities with various topics to 72 (90%) abusers with drinking problem and 18 (90%) family members with a total attendance of 150 (100%) man-times</p>
Output Indicator 3	To recruit 50 participants to attend a 3-hour sharing workshop	Recruited 45 (90%) participants to attend a 3-hour sharing workshop

Output & Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 1	70% of participants who attended 5 sessions of individual counselling demonstrate a reduction in usage of drugs or alcohol	90% of participants reduced drug use and 79.6% of participants reduced alcohol use
Outcome Indicator 2	Drug abusers who attended 6 sessions of mindfulness-based activities show reduction in the risk of relapse	88.0% of participants demonstrated a reduction in risk of relapse
Outcome Indicator 3	Drug abusers who attended 6 sessions of mindfulness-based activities show improvement in their level of self-efficacy to avoid drug use	70.6% of participants demonstrated an improvement in self-efficacy to avoid drug use
Outcome Indicator 4	Family members who attended at least 6 sessions of mindfulness-based activities show improvement in their capacity to support drug abusers	75% of participants demonstrated an improvement in their capacity to support drug abusers
Outcome Indicator 5	70% of sharing workshop participants agree that the workshop helped them to gain understanding on the application of mindfulness-based interventions in addiction treatment	96.3% of participants agreed that the workshop helped them to gain understanding on the application of mindfulness-based interventions in addiction treatment

Other Evaluation Mechanism

An evaluation study was conducted by Department of Social Work, Hong Kong Shue Yan University.

Results of quantitative study show that the intervention is effective:

- to reduce the risk of relapse (n=50, $p<.001$)
- to enhance drug abstinence self-efficacy (n=50, $p=.02$)
- to increase alcohol abstinence self-efficacy (n=49, $p<.001$)
- to reduce frequency of substance use (alcohol use, n=49, $p<.001$; drug use, n=49, $p=.61$)
(insignificance in reduction in drug use may due to the extremely low level of drug use of participants in the test)
- to improve caregivers' capacity to support their drug abusing family members (n=4, $p=.158$) and caregiving competence (n=4, $p=.118$)
(insignificance may be the result of the extremely small sample size)

Other Evaluation Mechanism

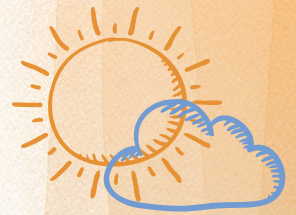
Summary results of qualitative study (focus groups):

- Mindfulness practice enhances the capacity of participants to alter their response to craving. They learnt to observe the experience but not to react and judge it.
- Mindfulness practice provides a space for participants to respond to negative affect in a flexible and approach-oriented manner.
- Skills learnt from the intervention, such as SOBER breathing space and body scan, enable participants to respond to negative emotion mindfully.
- Apart from MBRP group, reunions and experiential activities serve as boosters to encourage participants to conduct ongoing home practice and maximize the benefits of the intervention.

Conclusion: **the study confirms the effectiveness of MBRP intervention to alleviate craving and the consumption of substances.**

Experiences gained

- With support from experienced mindfulness teachers as well as clinical supervisors, MBRP was successfully adopted to local Chinese context.
- The great variety of experiential activities did attract participants joining. Other than bringing a taste of mindful experience, it also provides opportunities for participants to cultivate new interest which promotes a sense of self-nourishment.



Difficulties encountered

1. The learning of mindfulness takes time and requires a participant to remain in maintenance phase of their addiction recovery stably. In reality, clients' situation often fluctuated so it was not easy to catch the right timing for intervention.
2. Drop-out was common for MBIs with a 8 -session MBRP Group which requires quite a long period of commitment. Some participants found this approach not suitable for them after joining the first few sessions.
3. The outbreak of COVID -19 pandemic affected the recruitment of project participants and implementation of group activities due to social distancing. As contingency measures, some group activities were changed to deliver online. More support had to be provided to participants of online classes and additional skills were needed to engage the participants .



Conclusion & way forward

1. Mindfulness -based Intervention is an effective way of drug rehabilitation in particular to sustain treatment progress. It requires ongoing practice and incorporation into daily living with a sense of acceptance and self -compassion.
2. Project continuation is approved by BDF for 2 years. In the second phase, the intervention can be extended to current drug abusers with problematic alcohol use. Collaboration across different drug treatment settings e.g. Probation Offices, DTRCs, psychiatric hospitals would be initiated to reach out potential participants in their early stage of recovery.
3. The format of MBI can be more flexible and accessible. Online delivery can be considered an continuous alternative to accommodate different needs of participants.



END