



東華三院
Tung Wah Group of Hospitals

越峰成長中心
CROSS Centre



Family Step Up -

Family-based service for enhancing resilience and well-being of hidden drug abusers and their families (BDF210055)

家心．同行 – 家庭為本的隱蔽吸毒者抗逆支援服務

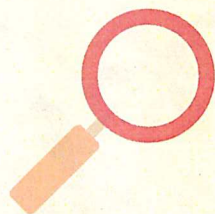
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PROJECT CONTENT

Objectives



- ✓ To increase hidden drug abusers' negative attitude towards drug abuses.
- ✓ To enhance family members' competence in supporting hidden drug abusers to quit drugs.
- ✓ To reduce depressive, anxiety and stress levels of hidden drug abusers and family members.
- ✓ To improve family functioning of families with hidden drug abusers.
- ✓ To enhance hidden drug abuser's motivation to modify drug-use pattern.
- ✓ To enhance professional staff's knowledge and skills in handling cases with hidden drug abuse problem.

Service target

Service boundary

- Hidden drug abusers (aged 50 or below, with psychotropic substance use history in the past 12 months)
- Family members
- Territory-wide

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PROJECT CONTENT

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Screening & Assessment

- ● Home-based family assessment by project social worker and registered nurse (psy)

Basic service

- ● Home-based individual counselling by social worker
- ● Home-based mental support by registered nurse (psy)

In-depth services

Physical domain:

- ● mental health follow-up
- ● online/ on-site medical consultation

Psychological domain:

- ● individual home-based follow-up counselling
- ● emotional treatment group

Reconnection domain:

- ● home-based family counselling
- ● multiple family therapeutic group

Social domain:

- interest-based experiential activities
- peer support group

Round-up

- ● Family reconnection celebration
- Professional training for frontline staff

● =hidden drug abusers ● =family members ● =drug-field professional staff



PROJECT CONTENT

IN-DEPTH SERVICES

Physical Domain

Mental health consultation and treatment support by registered nurse (psychiatric)

- enhanced awareness of personal physical and mental health status
- early identification of potential physical and mental health issues

Online/ on-site medical consultation

- including psychiatry, traditional Chinese medicine and general medicine
- rendered professional advice on health issues
- enhanced their motivation to seek continuous medical support



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PROJECT CONTENT

IN-DEPTH SERVICES

Psychological Domain

Individual home-based follow-up counselling

- enriching hidden drug abusers' daily functioning skills, e.g. interpersonal, employment and mood regulation.
- strengthening family members' capacity, especially self-care ability and mood regulation, to support hidden drug abusers.

Emotional treatment groups



Family members raised awareness of self-care and improved mental health by exploring new hobbies.



Hidden drug abusers expressed their stress and anxiety through art activities (alcohol ink art).

PROJECT CONTENT

IN-DEPTH SERVICES

Reconnection Domain

Home-based family counselling

- Based on structural family therapy to review dysfunctional communication and relational patterns, and explore an alternative patterns of interaction

Multiple family therapy groups



Hidden drug abusers and family members reviewed and modified their communication patterns through interactive group activities, sharing and self-reflection



Hidden drug abusers and family members consolidated their revised communication patterns and develop post-group support among families to strengthen their internal and external family resources.

IN-DEPTH SERVICES

Social Domain

PROJECT CONTENT

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Interest-based experiential activities for hidden drug abusers



Hidden drug abusers consolidated past experiences and reconstructed their self-identities through art-based activities.



Positive and healthy lifestyle establishment through exploring new hobby.

Peer support groups for family members



Family members with similar backgrounds shared their struggles and built mutual support.



Family members learned drug-related knowledge and rehearsed positive communication skills with drug abusers.

PROJECT CONTENT

ROUND-UP

Family reconnection activity



Hidden drug abusers and their family members step out of their homes to create positive family memories. These positive experiences further consolidate their modified communication pattern and motivate drug abusers to quit drugs.

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PROJECT CONTENT

ROUND-UP

Professional training

A 4-session training on family therapy was delivered by Dr. W.Y. Lee and her team from Asian Academy of Family Therapy (AAFT). 60 professionals and frontline staff joined the training in enhancing their knowledge in handling cases with hidden drug abuse problem.



Case demonstrations and scenario rehearsals were conducted in facilitating professional staff's understanding.



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OUTPUT EVALUATION

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	Expected Result	Achieved Result
Output Indicator 1	Recruit 60 participants to join 4 sessions of professional training course on family therapy and the actual no. of participants reach up to 168 man-times.	Recruited 60 (100.0%) participants to join 4 sessions of professional training course on family therapy and the actual no. of participants reach up to 220 (131.0%) man-times.
Output Indicator 2	A. Provide not less than 180 sessions of home-based case assessment by social workers for 90 families, with total attendance of 90 family-times in total.	A. Provided 301 (167.2%) sessions of home-based case assessment by social workers for 179 (198.9%) families, with total attendance of 179 (198.9%) family-times in total.
	B. Provide not less than 180 sessions of home-based case assessment by registered nurses for 90 families, with total attendance of 90 family-times in total.	B. Provided 212 (117.8%) sessions of home-based case assessment by registered nurses for 122 (135.6%) families, with total attendance of 122 (135.6%) family-times in total.
Output Indicator 3	A. Provide not less than 204 sessions of home-based in-depth counselling for 102 hidden drug abusers and family members, with attendance of 143 man-time in total.	A. Provided 204 (100.0%) sessions of home-based in-depth counselling for 110 (107.8%) hidden drug abusers and family members, with attendance of 204 (142.7%) man-time in total.
	B. Provide not less than 204 sessions of home-based family counselling for 51 families with hidden drug abusers, with attendance of 286 man-time in total.	B. Provided 286 (140.2%) sessions of home-based family counselling for 74 (145.1%) families with hidden drug abusers, with attendance of 286 (100.0%) man-time in total.

OUTPUT EVALUATION

	Expected Result	Achieved Result
Output Indicator 4	A. Provide not less than 288 sessions of home-based mental health follow-up by registered nurse for 144 hidden drug abusers and family members, with attendance of 202 man-time in total.	A. Provided 288 (100.0%) sessions of home-based mental health follow-up by registered nurse for 165 (114.6%) hidden drug abusers and family members, with attendance of 288 (142.6%) man-time in total.
	B. Provide not less than 204 sessions of medical follow-up and online/on-site medical consultation by registered nurse for 102 hidden drug abusers and family members, with attendance of 143 man-time in total.	B. Provided 204 (100.0%) sessions of medical follow-up and online/on-site medical consultation by registered nurse for 116 (113.7%) hidden drug abusers and family members, with attendance of 204 (142.7%) man-time in total.
Output Indicator 5	A. Provide not less than 20 group sessions of multiple family therapy group for 20 families with hidden drug abusers, with attendance of at least 84 man-time.	A. Provided 34 (170.0%) group sessions of multiple family therapy group for 47 (235.0%) families with hidden drug abusers, with attendance of 233 (277.4%) man-time.
	B. Provide not less than 2 sessions of family activities for 10 families, with attendance of at least 20 man-time.	B. Provided 2 sessions of family activities for 11 (110.0%) families, with attendance of 42 (210.0%) man-time.
Output Indicator 6	A. Provide not less than 24 group sessions of emotional treatment group for 40 hidden drug abusers and family members, with attendance of at least 84 man-time.	A. Provided 39 (162.5%) group sessions of emotional treatment group for 64 (160.0%) hidden drug abusers and family members, with attendance of 203 (241.7%) man-time.
	B. Provide not less than 20 group sessions of peer support group for 20 family members, with attendance of at least 42 man-time.	B. Provided 28 (140.0%) group sessions of peer support group for 30 (150.0%) family members, with attendance of 118 (281.0%) man-time.

OUTCOME EVALUATION

	Expected Result	Achieved Result
Outcome Indicator 1	70% of hidden drug abusers who have completed at least 6 sessions of individual home-based counselling can demonstrate a more negative attitude towards drug abuse or statistically significant improvement found by using paired t-test	43 participants completed the survey and 83.7% participants demonstrates a more negative attitude towards drug abuse.
Outcome Indicator 2	70% of family members who have completed at least 6 sessions of individual home-based counselling show improvement in competence to support drug abusers to quit drug or statistically significant improvement found by using paired t-test	51 participants completed the survey and 88.2 % participants shows improvement in competence to support drug abusers to quit drug.
Outcome Indicator 3	70% of hidden drug abusers and family members who completed services in physical and psychological aspects show reduction in depressive symptoms, anxiety symptoms and stress level or statistically significant improvement found by using paired t-test	135 participants completed the survey and 92.6% participants shows improvement in mental health.
Outcome Indicator 4	70% of hidden drug abusers and family members who completed services in reconnect aspect show improvement in family functioning or statistically significant improvement found by using paired t-test	56 participants completed the survey and 76.8% participants shows improvement in family functioning.
Outcome Indicator 5	70% of hidden drug abusers who have completed final stage show improvement in motivation to quit drugs or statistically significant improvement found by using paired t-test	13 participants completed the survey and 84.6% participants shows improvement in motivation to quit drugs.
Outcome Indicator 6	70% of professional staff who completed professional training gain professional knowledge and skills in handling cases with hidden drug abuse problem or statistically significant gain found by using paired t-test	52 participants completed the survey and 94.2% participants shows improvement in overall professional skills to handle drug abusers.

EXPERIENCE GAINED

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Importance of various medical supports

Hidden drug abusers:

Reducing labelling and barriers to seek medical supports:

- Other medical services, e.g. traditional Chinese medicines, general medicine and bodycheck etc. were provided besides psychiatrists
- Allowing individuals to receive medical service through less stigmatizing entry points
→ **Enhanced hidden drug abusers' motivation to show concern on impact of drug use on health**

Family members:

Filling service gap for family members:

- Pains, insomnia and physical discomforts frequently reported due to prolonged stress in handling family's drug abuse issue
- Medical support could enhance their physical well-beings, and awareness on the importance of self-care
→ **Thus enhancing their capacities to support hidden drug abusers**

EXPERIENCE GAINED

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Importance of intervention in a holistic approach

- Drug abuse significantly affects hidden drug abusers and their families across multiple aspects
- Intervention in a holistic approach can strengthen their personal well-being and resilience, which in turns enhancing their capacities to modify drug-abuse related behaviours

Hidden drug abusers:

- **Enhancing motivation to modify health condition:**
Enhancing awareness on physical health affected by drug abuse through medical supports (physical domain)
- **Alternative ways to relief negative emotions besides taking drugs:**
Enhancing stress-coping and functioning skills through In-depth counselling & emotional treatment groups (Psychological domain)
- **Develop positive connection with the society:**
Developing positive interests besides drug-use through interest-based experiential activities (Social domain)

Establishment of positive experiences and skills unrelated to drugs → Enhancing capacity to quit drugs

EXPERIENCE GAINED

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Importance of intervention in a holistic approach (con't)

Family members:

- **Enhancing motivation to self-care:**
Enhancing awareness on physical health affected by drug abuse issues through medical supports (Physical domain)
- **Reducing co-dependency with hidden drug abusers:**
Enhancing stress-coping and positive communication skills through In-depth counselling & emotional treatment groups (Psychological domain)
- **Engaging in mutual support community:**
Developing mutual supports with peers of similar backgrounds in peer support groups (Social domain)

Establishment of effective skills to cope with drugs abuse issue

→ **Enhancing capacity to support drug abusers in the family**

EXPERIENCE GAINED

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Adoption of family therapy

- Family-based intervention served as a platform for hidden drug abusers and family members to practice effective communications, enabling hidden drug abusers to speak up and family members to listen
- Multi-family therapy groups (MFTG):
 - Practical activities that can be applied in daily lives were chosen (e.g. doing grocery shopping and cooking together)
 - Through these practical activities, these families can practise positive communication under workers' guidance and intervention
 - The scenarios can be remembered easily to facilitate applying learnt skills when they come across similar situations again in daily lives

Hidden drug abusers:

Experience being listened and understood

→ **Receiving family support and strengthening their motivation to quit drug**

Family members:

→ Understood hidden drug abusers' needs and reduced pressure communication

Experience alternative way of communication

→ **Enhancing family support for hidden drug abusers' recovery**



I thought drugs had affected her reaction and thinking, but I didn't expect her to perform well in the game!

I often have arguments with my family. I never thought I could be able to talk with my family peacefully. This experience is very special.



CONCLUSION

Suggestions and Way forward

- To empower family members as peer supporters

- Establish thorough peer support system among families with similar backgrounds
- The support by family members' experience sharing is powerful and practical

For family members who just joined the project:
found the suggestion dependable as they were peer counsellors' experiences.



Family member A
(joined the project for 3 months)

"I found more comfortable
to share myself here as we
have a similar experience.
They understood me!"

For family members who joined the project for some time:
they could help others and help themselves.



Family member B
(joined the project for 2 years 4 months)

"Sharing with other
families integrates my
experience and empowers
me to continue the
journey!"

