Beat Drugs Fund
Experience Sharing Session

Lifestyle Redesign Program
生活重整計劃

Tuen Mun Substance Abuse Clinic
Occupational Therapy Department
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Conceptualization

- Presenting problems of HOTS participants
  - ① High relapse rate
    - Poor stress coping strategies
    - Influence by SA peers

Conceptualization

- Presenting problems of HOTS participants
  - ② Unable to sustain employment
    - Varies from 1 month to 2 months
    - Unsatisfactory frustration tolerance

Conceptualization

- Presenting problems of HOTS participants
  - ③ Lifestyle imbalance
    - Poor exercise habits
    - Limited daytime engagement

Conceptualization

- Service gap
  - ① Health care professional shortages
    - Limited resources allocated
    - Limited services provided

Conceptualization

- Service gap
  - ② Time constrained health care system
    - Limited follow up sessions after discharge
    - The changing process required time

Missions of LRP

- Work
  - Sustain employment
- Social
  - Buildup a healthy social network
- Leisure
  - Engage in personal hobbies
  - Develop healthy routine

To live a happier and healthier life without drugs

Proposal Preparation

Priority area

- Key points to note:
  - Choosing the priority task group (e.g. high-risk youth or vocational rehabilitation)
  - Discuss the possibilities and technical hitches of the proposal with agencies

Recruitment of subjects

- Key points to note:
  - Liaise with corresponding community agencies (making referrals who are non HA subjects)
  - Territory-wide
  - Centres with limited rehabilitation service

Recruitment of subjects

- Territory-wide community agencies
  - ① Drug Treatment and Rehabilitation Centre (DTRC)
  - ② Counselling Centres for Psychotropic Substance Abusers (CCPSA)
  - ③ Centre for Drug Counselling(CDC)

Chinese

Range: 15-35

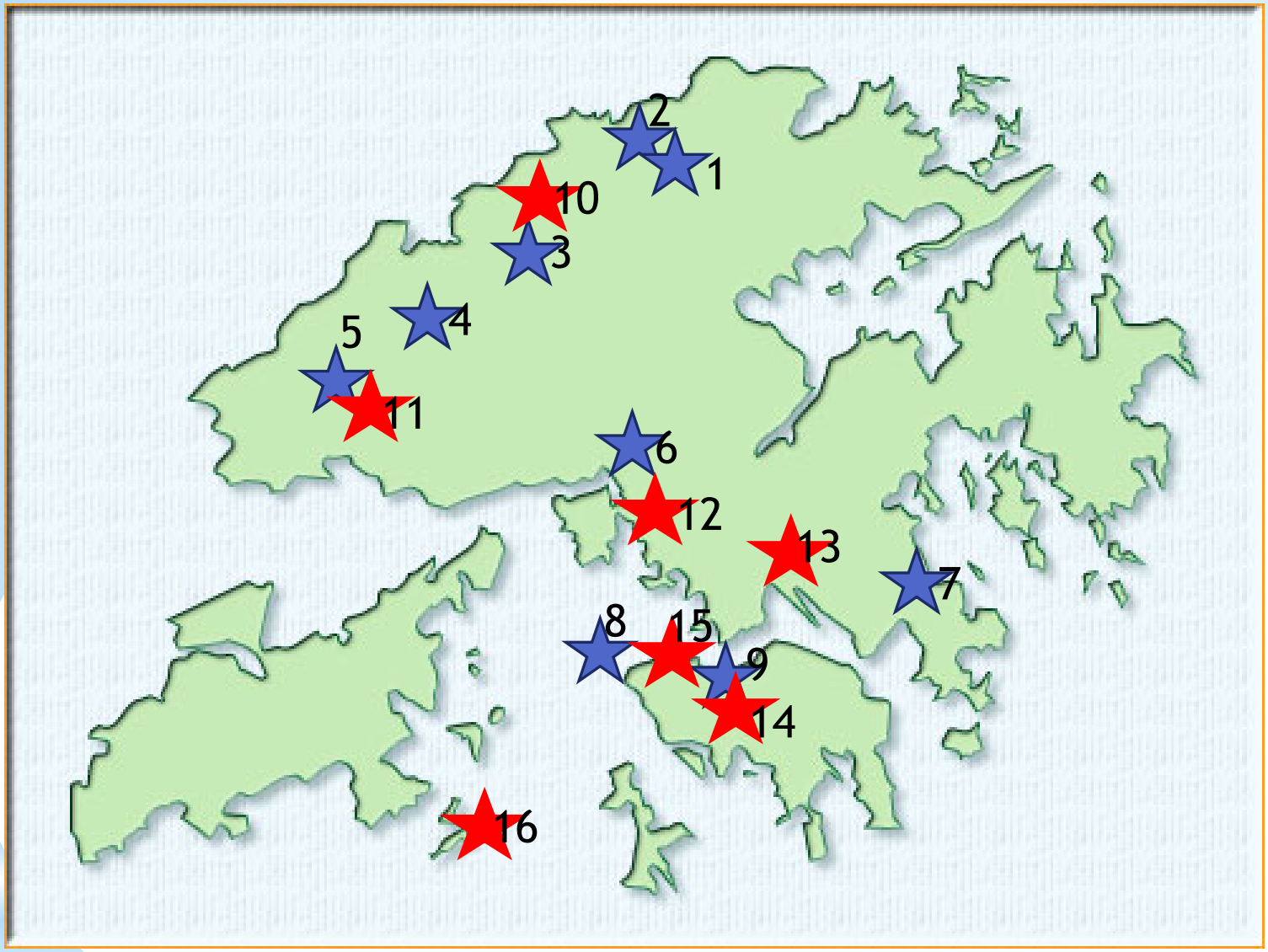
Target no. of participants: 140

	Description
Output indicator 1	Recruit participants from at least ***12*** CCPSA and DTRC
Output indicator 2	Conduct ***140*** sets of comprehensive assessments for ***140*** service users
Output indicator 3	Conduct training and coaching for ***140*** service users with ***1400*** attendances
Output indicator 4	Conduct ***36*** leisure activity-based lifestyle redesign activity groups for service users

Output Indicators

Promotion

- Key points to note:
  - Early promotion
  - Onsite visit > Telephone contact > Mailing of service pamphlet
  - Start with small group (snowball effect)



DTRC

1. 香港戒毒會(區貴雅)
2. 全備團契
3. 新生協會(新生園)
4. 恩信之家
5. 日出山莊
6. 靈愛中心
7. 黃耀南中心
8. 互愛中心
9. 香港戒毒會(沙田)

CCPSA

10. 天朗中心
11. 容圃中心
12. 心弦成長中心
13. 明愛樂協會(九龍中心)
14. 明愛樂協會(香港中心)
15. 越峰成長中心
16. 越峰成長中心(長洲)

Hints for setting output indicators

- Key points to note:
  - Number of potential service users
  - Travelling time
  - Drop-out rate
  - Realistic and achievable target (depends on manpower and the number of agencies connected)

	Description
Outcome indicator 1	***60%*** of 140 service users can sustain employment or study for at least one month
Outcome indicator 2	***60%*** of 140 service users show improvement in self-efficacy to avoid drugs
Outcome indicator 3	***60%*** of 140 service users show improvement in general health
Outcome indicator 4	***60%*** of 140 service users show improvement in quality of life or life satisfaction

Outcome Indicators

Evaluation Methods

- Key points to note:
  - Relevant evaluation methods(refer to our objectives)
- Primary outcome of LRP
  - Employment status
- Secondary outcome of LRP
  - Self-efficacy on drug avoidance
  - SF-36 (General health)
  - WHO (Life satisfaction)

Hints for setting outcome indicators

- Key points to note:
  - Relevant evaluation methods(refer to our objectives)
  - Realistic and achievable target

Budget breakdown

- Key points to note:
  - Precise and concise
  - Good planning (e.g. incentives or mobile/network services)
  - Remedial action if over budget

Overview of LRP

- 3-year outreach project supported by Beat Drugs Fund
- Started on 1st September 2014
- Facilitate young substance abusers to build a healthy lifestyle through meaningful engagement in work, leisure and social activities

生活重整計劃
Lifestyle Redesign Program

服務目的

此計劃的目標是透過推動年青濫藥者參與工作、社交及餘暇等有意義的活動，協助他們建立健康及積極的生活模式。

服務對象

現正接受濫用精神藥物者輔導中心或戒毒機構服務的人士。

年齡15歲至35歲。

願意投入參與本計劃。

申請辦法

由濫用精神藥物者輔導中心或戒毒機構的職員轉介。

請填妥申請人資料並傳真至:
2461 0566

費用

全免(本計劃由禁毒基金撥款資助)

查詢

如有任何查詢，歡迎與本計劃的職業治療師聯絡。

電話 : 李姑娘 5928 7800
莊先生 5928 7787

申請人資料

申請人姓名 :

性別 :

年齡 :

聯絡電話 :

轉介機構 :

轉介人姓名 :

轉介機構電話 :

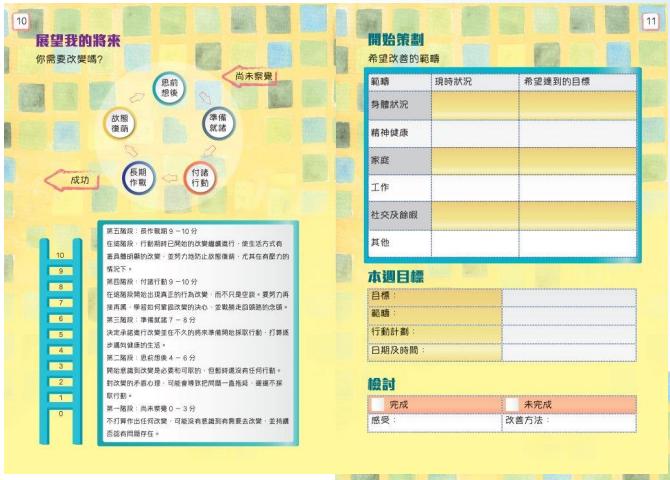
轉介機構傳真 :

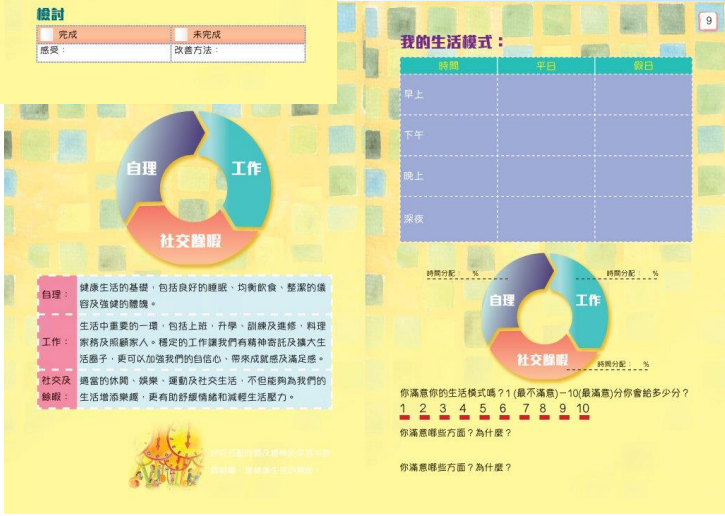
轉介日期 :

屯門物質濫用診療所

新界西·醫院聯網
New Territories West Cluster

禁毒基金
BEAT DRUGS FUND





Implementation

Implementation

- Collaboration
  - Close collaboration with BDF's staff (any project slippage and remedial action)
  - Close collaboration with referrers and agencies (the feedback from referrers and service users)

Implementation

- Facilitating factors
  - Standardize assessment and tools (handbook)→ arise interest & identify strength/weakness
  - Apply MI techniques → build up rapport & initiate changes

Implementation

- Facilitating factors
  - Ongoing job visit/follow up and meaningful activities sustain a healthy lifestyle without drugs
  - Incentives for successful users who employed for at least one month increase motivation to LRP

Implementation

- Potential obstacles
  - Drop-out and unstable attendance
  - Relapse
  - Unstable mental state (temper outburst or active use of drugs)

- Setting output and outcome indicators:
  - Use percentage to indicate how many service users can complete the program
- Personal emolument
  - Yearly increment
- Supporting letter from referrers

Reflection

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