

I Dare, I Want – Strength-based Project 我敢。我想 – 優勢為本計劃

(Ref: BDF180040)

Project Implementation Period 1/8/2019 – 31/7/2021

Occupational Therapy Department, Kwai Chung Hospital

Speakers

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Bowie LAU, OTI

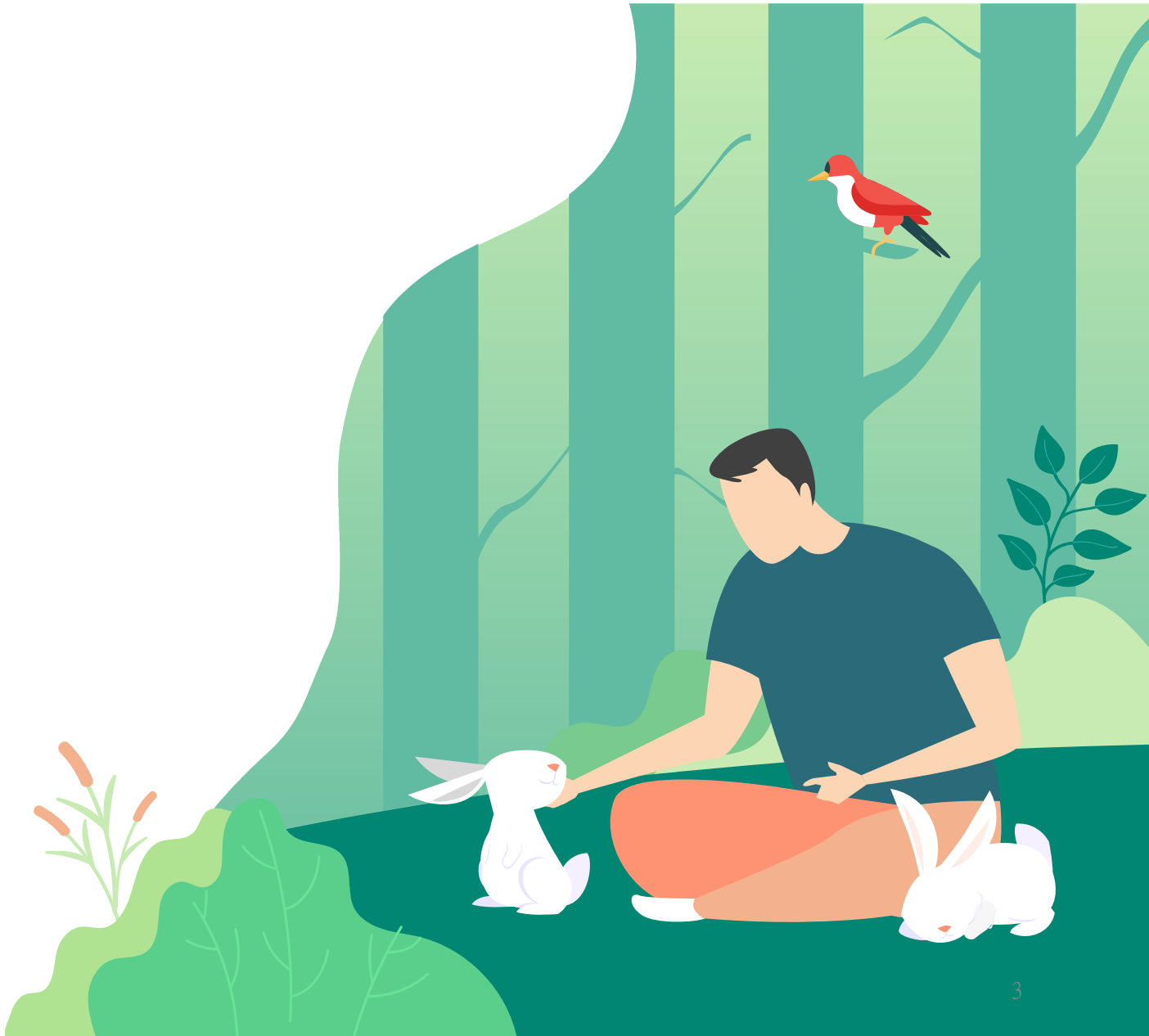


Content

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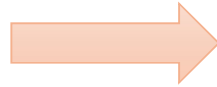
Introduction



“I Dare, I Want – Strength-based Project”

- Referencing to Strengths Model (Rapp and Goscha, 2012)
- **Shifting the focus** to see the possibilities but not solely the deficits

Pathological approach
(Disease, symptoms and causes)



Strength-based approach
(Skills, abilities & resources)

- Align with paradigm shift to **Recovery-Oriented** approach and our **OT practice**.

Occupational Therapy in SA service

Vision of occupational therapy

- to empower service users to lead a meaningful life of their choices

For substance abusers...(A)

- to empower and make progressive changes on SA problem, daily function, vocational achievement, self management and lifestyle throughout their recovery journey via means of activities/occupations

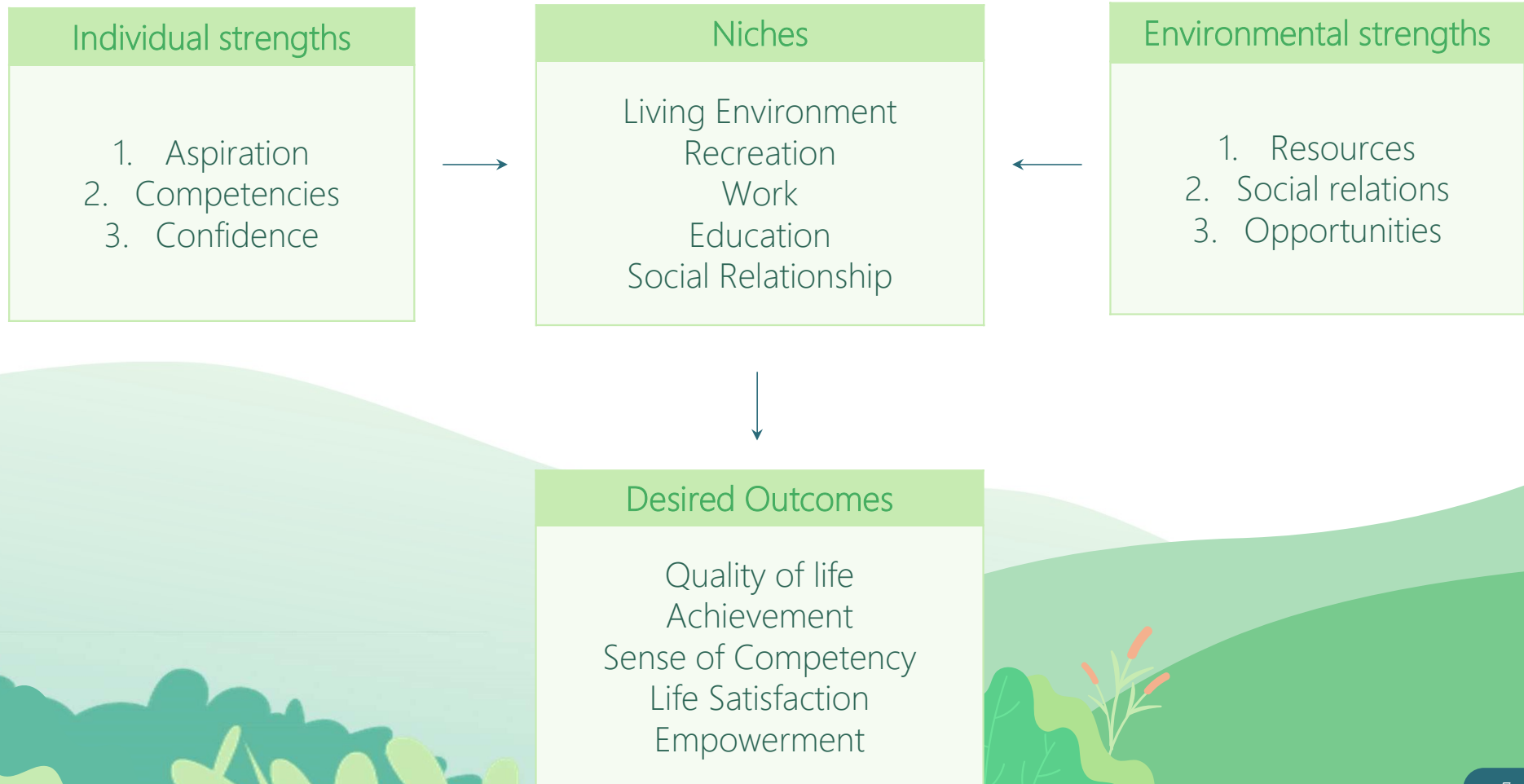
- Voluntary control over substance use maximize wellbeing and participation in the roles and responsibilities(B)
- Promoting recovery supports individual to live productive life role(C)

A: Gutman, S. A. (2006). Why addiction has a chronic, relapsing course. The neurobiology of addiction: implications for occupational therapy practice. Occupational Therapy in Mental Health, 22(2), 1-29
B: UKDPC (2008). The UK Drug Policy Commission Recovery Consensus Group: A vision of recovery. Policy Report. UKDPC, London.
C: SAMSHA. (2015, October 13). Prevention of substance abuse and mental illness. Retrieved from <http://www.samhsa.gov/prevention>

Research Support

- Strength-based approach
 - flexible and recent therapeutic style to engage and develop resources for SA (Shaima & Narayanan, 2018)
 - enhance treatment participation and retention (Vanderplasschen et. al., 2007)
 - positively on use of medical and substance abuse services > retention in out-patient or aftercare service (Vaughan-sarrazin et. al., 2000)
- Strength-based practice
 - improvement in *employment* functioning (Siegal et. al., 1996)
 - number of days employed⁺
 - employment-related problems⁻
 - less troubled by employment situation after six months
 - increasing *treatment retention* was also found (Siegal et. al., 1996; Siegal et. al., 1997; Rapp et. al., 1998)
 - correlated with improvement of *life functioning* in other domains as mediating factors
 - E.g., decrease drug use, social and family conflicts
 - *less criminality* associated with participation in aftercare service (Siegal et. al., 2002)
 - positive effect
 - *employment status* for methadone users (Zanis & Coviello, 2001)
 - *psychological outcome and employment* for amphetamine users (Cretzmeyer et. al., 2003)

Strength Theory



Essence of Strength Model

- “A strength model of case management helps people achieve the goals they set for themselves”
 - holistic manner, apart from viewing their SA issue,
 - worked together in partnership (not work for)
 - identify, secure and sustain the wide range of resources both environmentally and personally
 - recognize, utilize and enhance the strengths, both internal and external
- Niches: from **Entrapping** > **Enabling**, leading to the ultimate outcome



Essence of Strength Model

Individual strengths

- Aspiration
 - goals and dreams
- Competencies
 - use strengths to attain aspirations
- Confidence
 - confidence to take step towards the goal

Environmental strengths

- Resource
 - access to resource they needed to achieve goal
- Social relations
 - meaningful relationship
- Opportunities
 - access to opportunities to their goals

Project Content



Service Pathway

• OT Perspective

- Facilitate the recovery process of substance abusers
- Re-engagement into meaningful and satisfying activities
- Developing life role that was dissociated due to drugs use
- Continual care from hospital stay to community

Elements of Strengths Model	Phase of Service Delivery	Treatment Modality
Engagement & Relationship	<u>Phase I - “A new way to see myself”</u> ✧ to establish therapeutic relationship ✧ to understand concept and use of strength model ✧ to explore strengths and identify life values/aspiration ✧ to develop insight between present situation & goal	<ul style="list-style-type: none">- Motivational interviewing- Functional assessment- Strength assessment- Psycho-education with inter-active material- Skills building
Strength Assessment		
Personal Planning	<u>Phase II – “I can, and I want”</u> ✧ To develop personal recovery plan ✧ To match individual strengths & environmental resources ✧ To enhance necessary coping skills, e.g. lifestyle redesign & relapse prevention ✧ To facilitate execution and pursuit of one’s goal	<ul style="list-style-type: none">- Personal recovery plan- Goal setting & implementation- Psycho-education- Experiential activities- Community outreaching services- Follow-up
Resources Acquisition	<u>Phase III – “On the track”</u> ✧ To monitor utilization of strengths/related strategies ✧ To support coping in real-life daily living ✧ To promote community reintegration ✧ To bridge the acquisition of community resources and support	
Collective continuous collaboration		

Recruitment

Service Referral

- SAAU (in/day/out) and suitable participants from other in-patient ward (both gazetted/informal ward)
 - Identification of suitable candidates via preliminary screening process

In-patient care

- Intensive in-patient service focusing on specific needs during hospitalization
- Concerns on dual diagnosis

Day- & Out-patient service

- On-going holistic care service
- Enhancement of programming
- Community experiential activities
- Exploration and use of community resources

Pamphlet Promotion

服務形式

3. 人生輔導

- 提供個人化的人生輔導，協助參加者在人生的不同階段上訂立有意義的目標，尋找生活上的角色定位，以適合的長處和優勢去面對不同的挑戰，重塑生活。

4. 連接社區，善用資源

- 定期舉辦不同類型的社區體驗活動（過往例子：VR體驗、參觀花卉展、冰上嘉年華等等）和不同的興趣活動（例如烹飪班、音樂及體育活動等），增加參加者接觸不同事物的機會
- 提供資助津貼和協助參加者報讀社區的課程／活動，從而鼓勵參與及融入社會
- * 詳情請向職業治療師查詢
- 轉介參加者到不同的合適機構，擴展資源網絡，加強社區支援



地址

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新界葵涌醫院道3-15號LM座5樓530室

職業治療部
新界葵涌醫院道3-15號M座2樓職業治療部

查詢及聯絡(職業治療部)

電話：2959 8261
聯絡人：華先生/丘先生



職業治療服務簡介

職業治療師透過專業評估、心理輔導及復康活動，鼓勵藥物誤用人士在日常生活、工作及餘暇三方面為自己策劃及積極參與有意義的活動，尋找個人優勢，實行個人復元目標，建立充實的生活模式，戒除毒癮，預防復吸，重塑自己的人生角色及生活品質。

服務對象

現正接受葵涌醫院服務的復元人士。



計劃簡介

本計劃名為「**我敢。我想 - 優勢為本計劃**」，旨在透過一連串緊密的評估、治療性活動、面談和社區外展服務，幫助藥物誤用人士認識、運用和強化自身及環境上的優勢，去達成個人化復元目標和作出長遠改變，從而減低毒品使用情況和改善生活功能。

參加者會接受三個階段的連貫性服務，當中包括：

1. 認識自我新一面

- 了解自身及環境的潛在優勢
- 探討人生的價值和新方向

2. 我可，我想

- 制定個人化的復元目標及計劃
- 發展潛在優勢，對抗復吸引誘

3. 正軌前行

- 善用社區資源，尋找可靠支援
- 穩守復元目標，鞏固自身優勢

服務形式

1. 個人評估及優勢探索

- 提供不同層面的評估，例如認知能力、工作能力以及其他功能上的評估
- 透過訪談與評估工具增加參加者對自身及其環境兩大方面上不同範疇優勢的認識
- 基於評估結果制定個人化復元目標及計劃

2. 優勢運用與發展

- 定期檢視生活七大範疇，鼓勵運用和更新個人及環境上的不同優勢
- 提供個人或小組形式的學習，如自我管理、壓力處理、社交人際關係、認知能力等等
- 提供機會及輔導予參加者發展自身不同範疇的優勢，例如職業復康（如職前訓練、工作配對及就業輔導）及閒暇活動（如興趣探索及活動體驗）
- 透過優勢發展及檢視，去重整參加者的生活模式，建構充實人生

Treatment Modalities

Individual Session

- Assessment & Consultation
- Goal Setting & Implementation
- Strength & Individual Needs

Telephone Support

- Regular contact for monitoring & support

Learning Subsidy

- Support meaningful community integration
- Daytime engagement
- Strength Exploration
- Skills development

Groups

- Strength Development
 - Educational
 - Life skills
 - Self-management

Community Outing

- Experiential
- Interest activity
- Community integration



Individual Sessions

- **On-going strength-based approach**
 - Referencing to essence of strength model – 5 elements
- **Review, reflect, explore one's strength**
 - personal and environmental
 - past, present and future time-beings
- **Cooperate with OT practice and service**
 - Other relevant assessment and intervention
 - Establishing individualized treatment plan and personal goals
- **Past useful elements will be emphasized**
 - Lifestyle and Relapse Prevention
- **Use of worksheets in different domains**
 - Strength assessment
 - Goal setting and execution
 - Risk factors
 - Self-management
 - Lifestyle etc.

Example of worksheets in different domains

我敢，我想 - 優勢為本計劃
葵涌醫院 職業治療部

目標行動計劃 - 工作

工作有時是人生一個精彩的舞台。未來的日子，你想在舞台有什麼目標呢？

優勢檢閱！ 先想想，在工作的層面上...你有甚麼優勢呢？（配合優勢評估表）

我現在有的優勢...	我的願望和抱負...	我過去曾有的資源/優勢

我想...

現在，不妨花一些時間，想像一下你達到這個目標時，會帶來甚麼的感覺？
“當成功完成時，我會感到...”

要達到這個大目標的話，我要經過下列幾個細小而可行的步驟：

	預計完成時間
第一步：	
預計難處：	
第二步：	
預計難處：	
第三步：	
預計難處：	

我的信心..... (1-10)
我有什麼優勢支持我完成這個目標？

工作有時是人生一個精彩的舞台。未來的日子，你想在舞台有什麼目標呢？

優勢檢閱！ 先想想，在工作的層面上...你有甚麼優勢呢？（配合優勢評估表）

我現在有的優勢...	我的願望和抱負...	我過去曾有的資源/優勢



發掘潛在優勢

選定生活範疇: _____

我想要什麼?

!我擁有的優勢!

!我以前運用過的優勢!

Community Outing

Experiential Community Outing

- Large group
 - Around once/1-2month (e.g. experiential/tasting/seasonal/symbolic)
- Small group (e.g. interest class/sports in more than one-off basis)

Challenges under COVID-19 pandemic

- Outing was suspended since Jan 2020
- 6 outings were held in Aug 2019 - Jan 2020
- encouraged to attend individual activities in community when the situation of covid-19 has improved

Community Outing (Aug 2019 to Jan 2020)

- Karaoke
- Movie appreciation
- Barbeque
- Visit to Haw Par Mansion
- Sports Outing



Learning subsidy

Build up habit and strengths

Classes/Activities can be:

- Interest/strengths building, such as swimming, cooking or language class
- related to the vocational aspects, such as certified course for security or construction site worker

Examples and Photos

More than 60 applications for subsidy on interest development/work-related enhancement, for example:

Cooking: cake making, latte art, cocktail making, Chinese cuisine

Art: Neon-light (LED) making, Thangka, gem-stone polishing

Sports: Thai boxing, yoga

Crafts: pottery, silver bangle

Work-related: LCCI course, security guard, driving license (e.g. taxi), worker license

Music: Singing, guitar, music theory, piano

Others: English, food and nutrition in Chinese culture, fashion tailoring, Mindfulness, counseling



Feedback and Photos

參與活動後感想:

希望嘗試反格後能自食其力, 不再用別人幫助
上完最後對的士的信心大开了很多。

參與活動後感想:

鍛煉身體, 有平力 L7, 心情平靜
在家養成瑜珈運動習慣

參與活動後感想:

用整蛋糕既錢, 唔去搵毒品, 等自己轉換下心情, 整晚
時候學到好多技巧, 媽媽都覺得好味, 過程辛苦都值得

參與活動後感想:

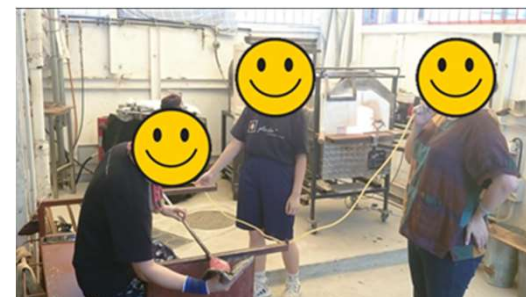
可以再整蛋糕真係好開心, 加上仔仔主動陪我去, 增加大家的
可以了解仔仔更加多。



Feedback and Photos

參與活動後感想:

相再報讀有關靜觀的其它課程。
深化技術，在生活上，我可令自己
安靜，放慢舞覺，到五感及活在當
下。



參與活動後感想:

· 有成功感、多了一個工作去向。
· 對保安工作及規則有更多的知識。



Case Sharing

Mr. A

- × 36/M; Single
 - × Unemployed for >5 years
 - × Lives with parents in PHU
-
- × Started to use cannabis in 2004
 - × Gradually developed persecutory belief
 - × Later diagnosed with paranoid schizophrenia
 - × Referred by CMO from clinic



First seen

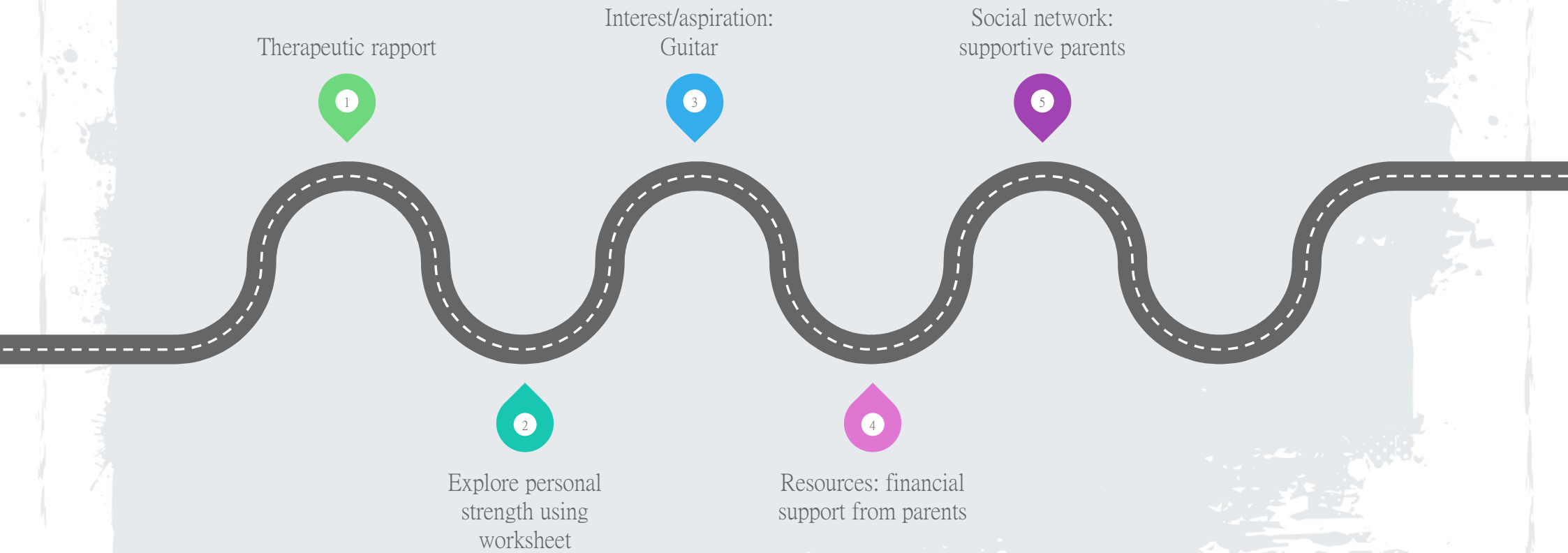
Accompanied by mother

Occasional use of cannabis due to boredom and habit

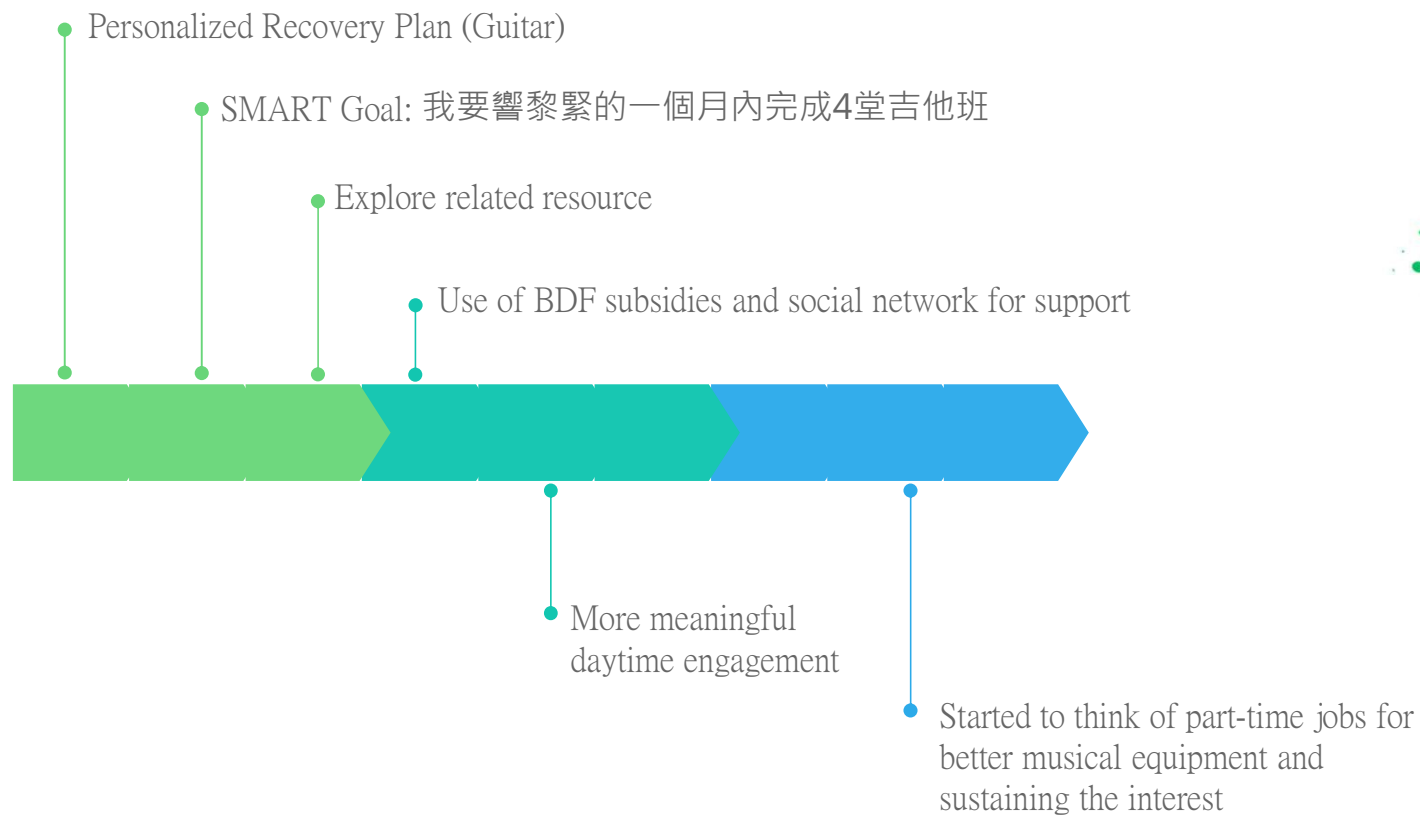
Limited daytime engagement



Phase 1 – A New Way to See Myself



Phase 2 – I Can, and I Want

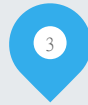


Phase 3 – On the Track

Managing life challenges



Exploring and utilizing past work experiences and skills



BDF subsidies for license course and registration



Long period of unemployment



Expired security guard license



part-time security guard 3-4 days a week

Igniting
a small
spark

Focus on his
strengths

Chain-like positive
and self-initiated
changes

Therapist role to
facilitate the process

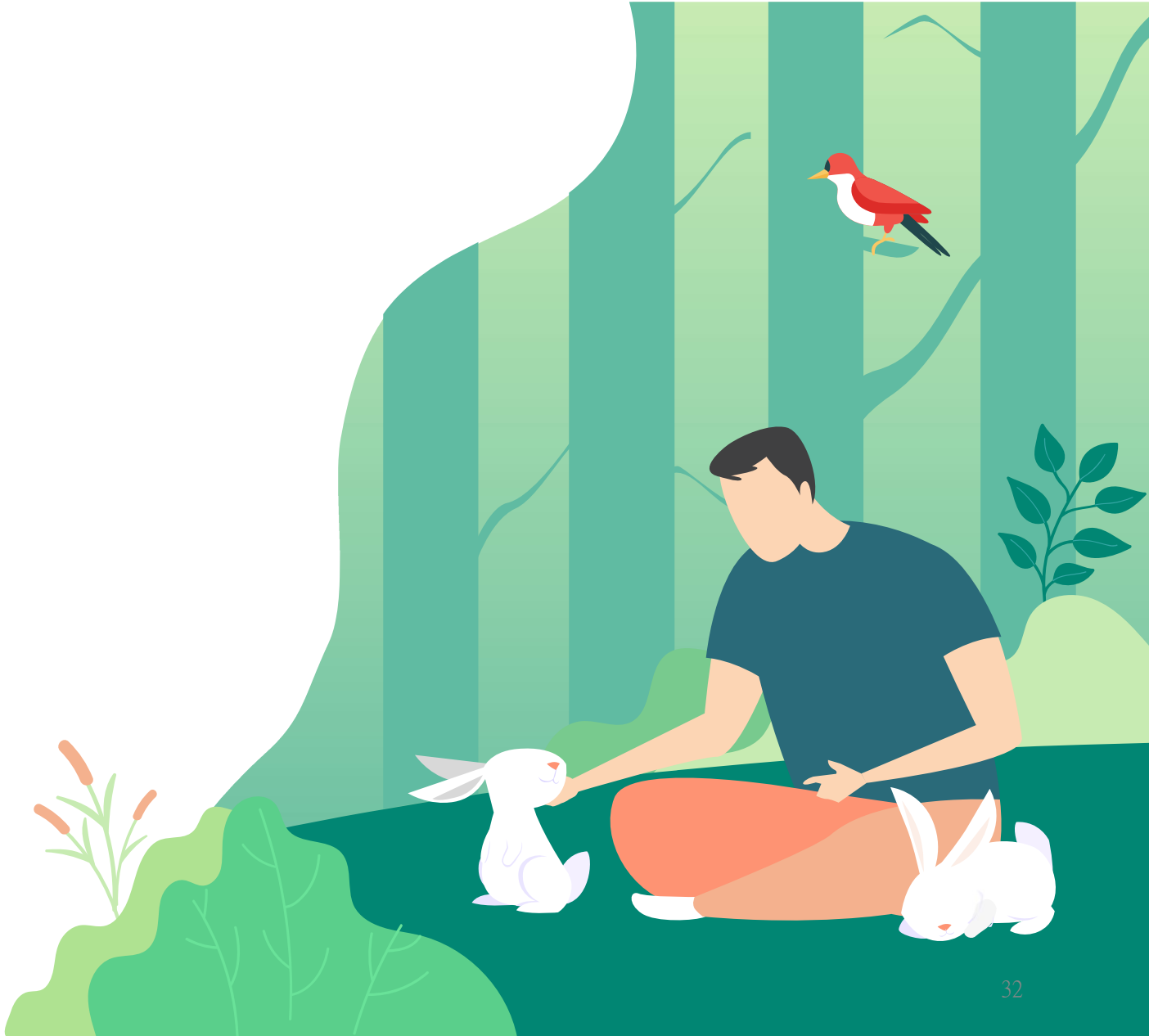


Experience Gained

Experience Gained

- Exploring strengths significantly benefits recovery in substance misuse
- Participants treasured opportunities of using BDF subsidies for strength development and community outings for peer supports and positive experiences
- Broader range of treatment modality allowed flexibility for implementing the project under COVID-19 pandemic
- Emphasis and education of help seeking have been done when we were conducting therapeutic sessions hoping to boost participants 'awareness of desire for help
- Exploration of alternative mode or platform of service provision for easy help seeking, with advancement of technology e.g telecare, video meeting

Conclusion



Conclusion

- Successful and effective project implementation
- Provided insight to our service development in SA field
- Contributed to new BDF project

Way forward

Project Name:	Resilience Building Project (韌力建構工程) <BDF200045>
Objective:	To improve drug use pattern, mental well-being, resilience level and life functioning through 3 stage service pathway aiming to build up participant' s resilience
Project Period:	August, 2021 – July, 2023 (2-year period)

服務形式

4. 連繫社區資源

- 定期舉辦社區體驗活動，例如VR體驗、花卉展、冰上嘉年華、體育活動等。
- 轉介參加者到不同的社區機構，加強社區支援。
- 協助並提供現金津貼以參加社區活動。




地址

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- 計劃查詢及聯絡(職業治療部)
電話：2959 8261
聯絡人：丘先生/梁先生

保安局禁毒處
求助/諮詢
186 186
98 186 186

Facebook: @saauhk, @recovery, @saauhk
Instagram: @saauhk, @recovery, @saauhk



SAAU 葵涌醫院 藥物濫用評估中心
Recovery 葵涌醫院 職業治療部
香港基金會

職業治療服務簡介

職業治療透過專業評估、心理輔導及不同復康活動，鼓勵藥物濫用人士在日常生活、工作及餘暇三方面積極參與有意義的活動，實現個人目標，建立充實的生活模式，戒除毒癮，預防復吸，重塑人生角色及提高生活質素。

服務對象

現正接受葵涌醫院服務的人士。



計劃簡介

本計劃名為「**韌力建構工程**」，旨在幫助藥物濫用人士認識個人危險因素及改善自身保護因素，從而提升個人韌力，以對抗毒品的引誘和生活上的挑戰，減低毒品使用情況和改善生活質素。

在本計劃中，參加者會接受三個階段的連貫性服務，當中包括：

- 1 見「韌」見智**
 - 認識何謂韌力
 - 應對復吸的危機及發掘保護因素
- 2 「韌」心「韌」術**
 - 制訂提升韌力的行動計劃，增強優勢
 - 運用保護因素建立正向應對機制
- 3 游「韌」有餘**
 - 以強化的韌力面對人生挑戰
 - 重塑人生角色，獲得生活自主權

服務形式

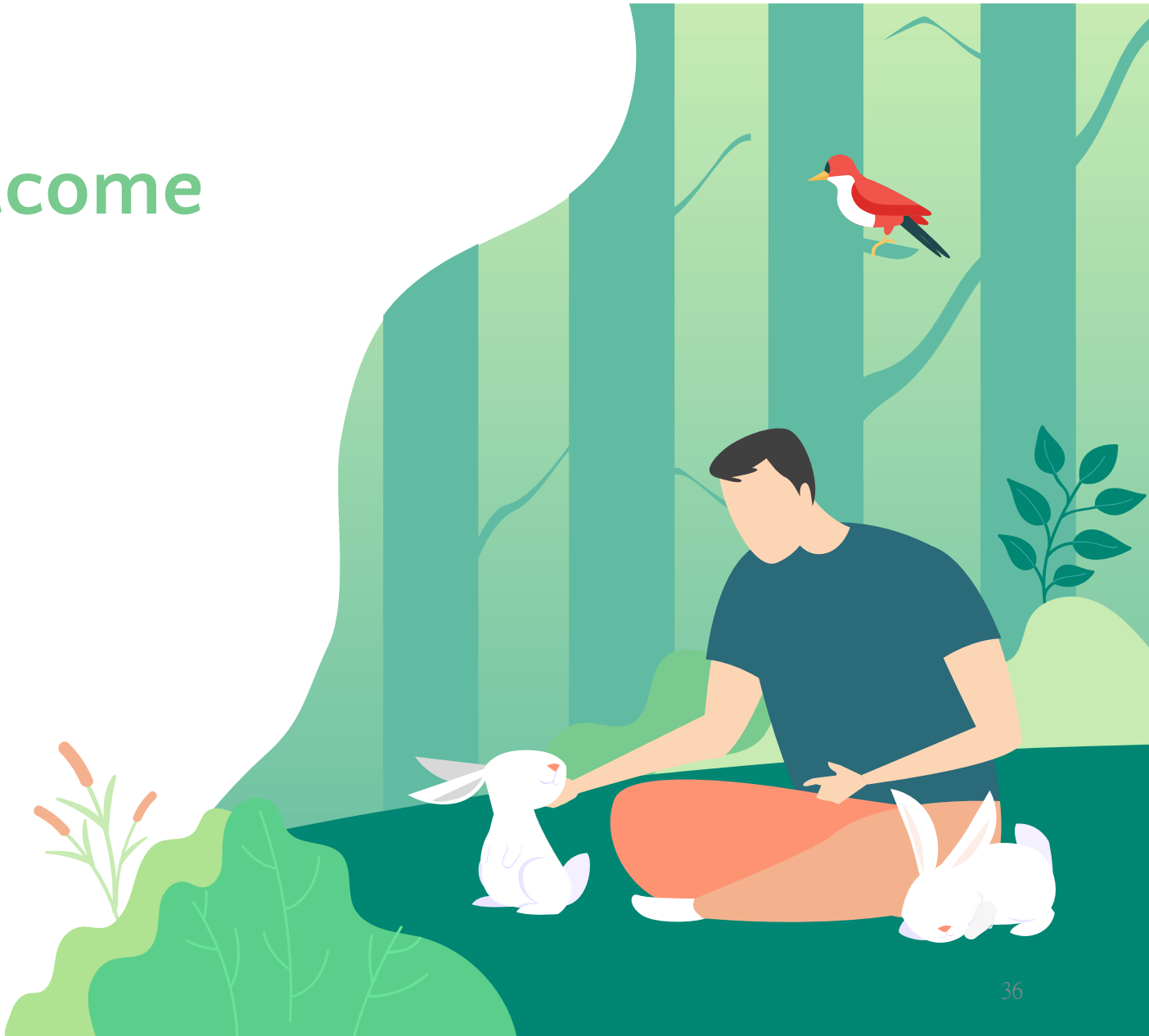
- 1. 個人能力評估**
 - 按需要進行不同評估，例如自理能力、認知能力、工作能力、生活模式等。
- 2. 韌力提升規劃**
 - 以個人或小組形式發掘自身保護因素及優勢，並學習不同技能，例如壓力處理、社交人際關係、認知訓練、職業培訓、興趣體驗等。
- 3. 生活重整及人生輔導**
 - 協助參加者在不同生活領域發展，積極面對人生挑戰，建立正向健康的生活模式。



Thank You!



Output and Outcome Evaluation

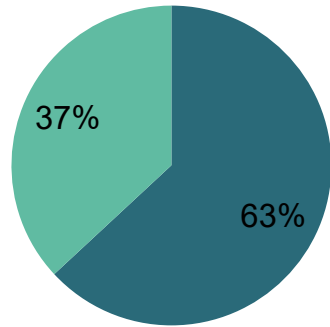


Output Measures

Output Indicator	Expected Result	Achieved Result
Output Indicator	<p>Provide 1600 therapeutic sessions for 130 substance abusers</p> <p>Note: Therapeutic sessions include sessions of assessments, therapeutic interventions and community outreaching in individual or group based format</p>	130 participants were recruited and 1624 therapeutic sessions were provided

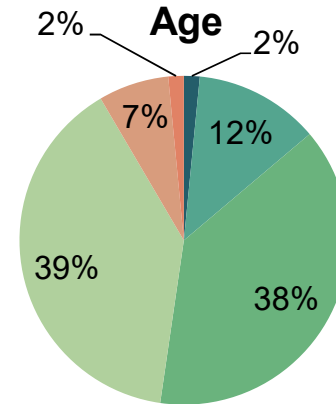
Demographic Data

Gender



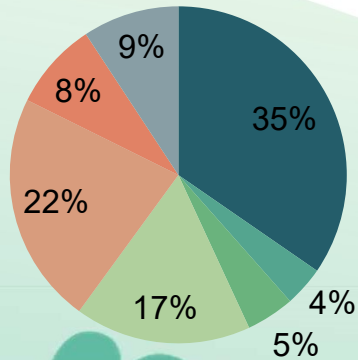
■ Male
■ Female

Age



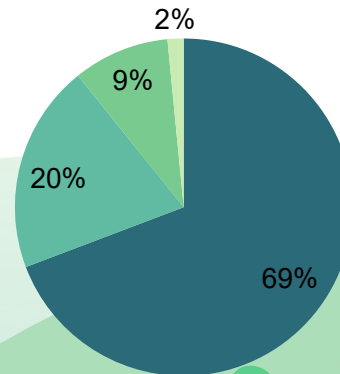
■ 10 to 19
■ 20 to 29
■ 30 to 39
■ 40 to 49
■ 50 to 59
■ 60 to 69

Major Drug Use



■ Methamphetamine
■ Cannabis
■ Cocaine
■ Cough Mixture
■ Hypnotics
■ Ketamine
■ Heroin

Major Life Role



■ Worker
■ Hobbyist
■ Home maker
■ Student

Outcome Measures

Outcome Indicator	Expected Result	Achieved Result
Outcome Indicator 1	<u>Frequency of Drug Use</u> Substance abusers show reduction in frequency of drug use (60% of substance abusers show reduction in frequency of drug use)	79% showed reduction in drug use frequency 92% avoided relapse
Outcome Indicator 2	<u>Risk of Relapse</u> Substance abusers show reduction in relapse risk (60% of substance abusers show reduction in relapse risk or statistical significant reduction in substance abuser's relapse risk as indicated by paired t-test)	61% showed improvement in compulsivity for drug (CD). 59% showed improvement in impetus and confidence to avoid drug (IC).
Outcome Indicator 3	<u>Motivation & Needs to Treatment</u> Substance abusers show improvement in treatment motivation (60% of substance abusers show improvement in treatment motivation or statistical significant improvement in substance abuser's treatment motivation as indicated by paired t-test)	46% showed improvement in desire for help (DH). 62% showed improvement in treatment readiness (TR).

Outcome Measures

Outcome Indicator	Expected Result	Achieved Result
Outcome Indicator 4	<u>Mental Well-being</u> Substance abusers show improvement in mental well-being (60% of substance abusers show improvement in mental well-being or statistical significant improvement in substance abuser's mental well-being as indicated by paired t-test)	65% showed improvement in mental wellbeing
Outcome Indicator 5	<u>Utilization of Strengths</u> Substance abusers show improvement in level of strength (60% of substance abusers show improvement in level of strength or statistical significant improvement in substance abuser's level of strength as indicated by paired t-test)	70% showed improvement in level of strength
Outcome Indicator 6	<u>Life Functioning</u> Substance abusers show improvement in life functioning (60% of substance abusers show improvement in life functioning or statistical significant improvement in substance abuser's life functioning as indicated by paired t-test)	65% showed improvement in life function