

BDF190039

“Enhancing abstinence by novel approach of Metacognitive Intervention and Life-Style Redesign 2.0”

「復元『理』博士 2.0」



Project implementation period: 17 August 2020-16 August 2023

Grantee: Occupational Therapy (OT) Department

Alice Ho Miu Ling Nethersole Hospital (AHNH)



Content



1. Background
2. Program Objectives & Characteristics
3. Results & Outcomes
4. Experience Gained
5. Program pamphlet
6. Acknowledgement
7. Conclusion

Background



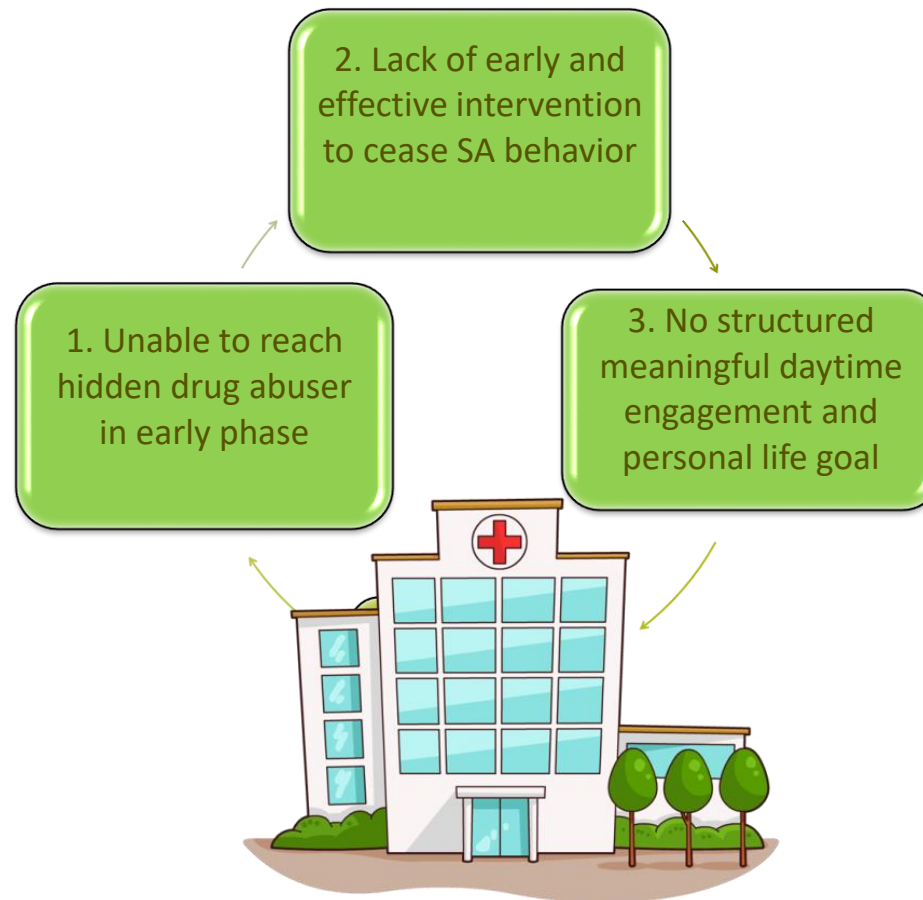
- Clients' characteristics and needs
- Service gaps
- BDF190039 to bridge the gaps
- Mode of services before and after BDF190039

Clients' Characteristics and Needs



CHARACTERISTICS	NEEDS
Poor engagement in SA rehabilitation	Early engagement in Substance Abuse (SA) rehabilitation (In-patient)
Low motivation to change	Early rapport building and effective intervention on OT program
Poor economic status	Financial support on consultation fees

Service Gaps



**Based on the patients' characteristics, needs and service gaps
Application on Beat Drug Fund project (MFOT 2.0) to bridge the gaps**

Beat Drug Fund 190039 to Bridge the Gaps



Service Gaps	Bridge the gaps
1. Unable to reach hidden drug abuser in early phase	1. Early engagement by providing in-patient specialized SA service
2. Lack of early and effective intervention to cease SA behavior	2. Enhanced specialized In patient SA Rehabilitation program
3. No structured meaningful daytime engagement and personal life goal	3. Develops a novel treatment modality by incorporating the 3 rd wave psychotherapy into Occupational Life-Style Redesign - “Metacognition focused Occupational Therapy Program (MFOT)”

Mode of Services BEFORE and AFTER BDF 190039



BEFORE	AFTER
Serving clients in Tai Po and North District	Serving clients in Tai Po and North District
In-patient (screening) + Out-patient Clinic & community-based clinic	<u>Early engagement and intervention</u> <u>In-patient</u> + Out-patient Clinic & community-based clinic
Specialized SA out patient rehabilitation program	Enhanced specialized SA <u>IN and OUT</u> patient rehabilitation program
Subsidy to clients for consultation fees	Subsidy to clients for consultation fees

Objectives of the Project



1

Provide **early engagement and intervention** for drug abusers in Tai Po Hospital

2

Enhanced specialized SA in-patient program, out-patient and community-based sessions to enhance the service quality

3

Reduce **drug abusers' frequency** of substance abuse

4

Improve drug abusers' **occupational life functioning**, i.e. home maker, work, social and leisure

Enhancing abstinence by novel approach of
Metacognitive Intervention and Life-Style
Redesign Version 2.0
(August 2020 - August 2023)



In-patient phase

*Tai Po Hospital
(TPH) Ward*

Out-patient phase

SAC (North District
Hospital (NDH) /AHNH)
or OTD/AHNH

Community Phase

*Community
Substance Abuse
Clinic (CSAC) in
CCPSA*

Early intervention
Enhanced
specialized SA
program
(Individual /
group)



Upon
discharge



MFOT
Program



OT Role: Assessment,
Rapport Building and
Enhanced specialized SA
program in ward

Foci:

- Early engagement and intervention for metacognitive awareness of current problematic thinking and coping
- Prepare for rehab after discharge as OT out-patient

OT Role: Enhances resistance to craving, quit drugs and improves life-functioning to sustain

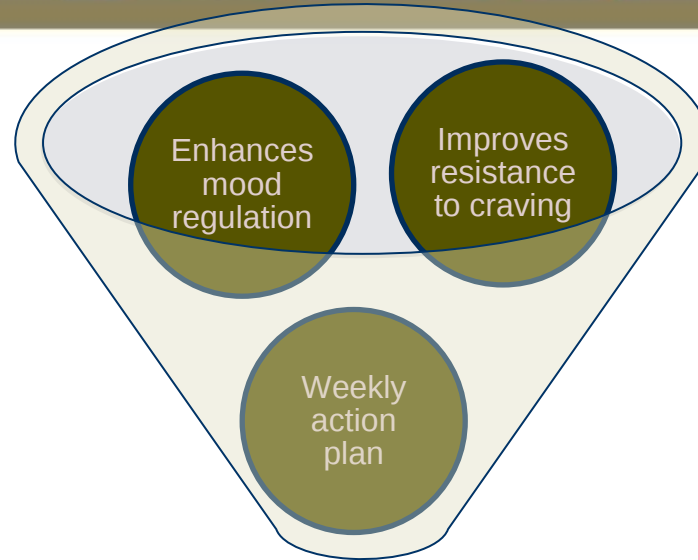
Foci:

- Rehabilitation program using metacognitive approach
- Tackle clients' underlying problems by enhancing mood regulation, stress coping & social skills
- Life-style Redesign to improve daily living to sustain abstinence

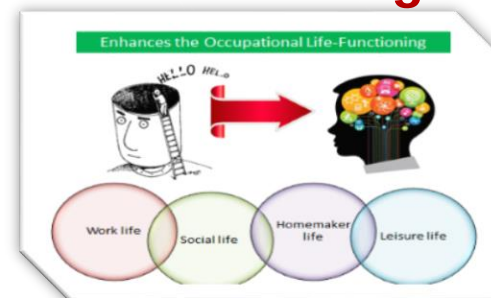
Characteristics of MFOT Program



A Novel approach of **Metacognition Therapy (MCT)** incorporating 3rd wave of psychotherapy into Occupational Life-Style Redesign



Enhance Occupational Life-Functioning



Characteristics of MFOT Program (2 IN 1)



Metacognitive Therapy (MCT)

1. Eliminate **Cognitive Attentional Syndrome (CAS)**
2. Discourage dysfunctional thinking and behavioral strategies
3. Quit the substance misuse as mal-adaptive coping



Resist craving !!

Occupational Life-Style Redesign

1. Establish new life role
2. Step forward to the targeted improvement in life domain
3. Develop new habit and hobbies



New life roles and habits

Goals of the Project



Reduce the
frequency of
drug use



Enhance the
self-efficacy to
avoid drug
misuse



Enhance the
occupational
life functioning

Output Benchmarks & Evaluation Results



	Expected Result	Achieved Result
Output Indicator 1	Recruit 240 participants for treatment with at least 1,800 attendances	Recruited 252 participants for treatment with 2,187 attendances

Outcome Benchmarks & Evaluation Results



	Expected Result	Achieved Result
Outcome Indicator 1	60% of participants show improvement in self-efficacy to avoid drug use or statistical significant improvement in participant's self-efficacy to avoid drug use	87.4% of participants show improvement in in self-efficacy to avoid drug use or statistical significant improvement in participant's self-efficacy to avoid drug use
Outcome Indicator 2	60% of the participants decrease the frequency of drug use after treatment	84.73% of participants show decrease the frequency of drug use after treatment
Outcome Indicator 3	60% of participants show improvement in occupational life functioning or statistical significant improvement in participant's occupational life functioning	73.6% of participants show improvement in occupational life functioning or statistical significant improvement in participant's occupational life functioning

Experience Gained



- Reason behind success
 - Early intervention and engagement are the key successful elements to improve resistance to craving and motivation
 - Established meaningful lifestyle and habits are the key successful elements to maintain and improve life functioning
 - Novel Treatment Modality demonstrated effectiveness in substance abuse rehabilitation

Pamphlet



服務對象:

1. 18 至 65 歲香港居民
2. 曾經及或現在有物質濫用的行為
3. 正在接受物質濫用診所或戒毒服務相關的非牟利機構
4. 擁有基本語言溝通能力



服務目標:

訂立個人化復康計劃，包括生活重整計劃與實踐的理念，使物質濫用者達至戒毒及職能復康的成效。

目標:

1. 有更強的意志力去停止物質濫用行為
2. 在抵抗物質濫用的渴求和戒癮行為上更有自我效能
3. 增進四大生活功能上的表現(包括工作、社交功能、餘閒興趣和家務管理)



轉介人程序及須知:

1. 轉介程序:

- 由物質濫用診所專科醫生直接轉介。
- 由上水、粉嶺及大埔區從事戒毒服務相關的非牟利機構直接轉介。

*** 個案負責職員請直接聯絡

雅麗氏何妙齡那打素醫院

職業治療師

馮先生

電話: 2689 2425

傳真: 2664 8157

2. 門診費用:

- 門診及活動費用均由禁毒基金資助，參與者可申請豁免。



雅麗氏何妙齡那打素醫院
職業治療部

「復元『理』博士 2.0」治療計劃

職業治療和你一起同行抵抗毒品

同行抗毒



調節思維
重新主宰你的生活!

Pamphlet



我有這些想法嗎?

我有冇曾經/現在想停止濫用一些物質/毒品或者上癮行為，但發覺好難成功?..

我想我的生活重返正軌?..

我覺得自己很難抵抗吸食物質 / 毒品嘅引誘?..

我除了依賴物質/毒品，便發覺沒有其他事情想投入去做?..

我想克服自己吸食物質/毒品的問題?..

我希望改變自己的生活質素?..

想改變? 找我們!!!

「復元『理』博士 2.0」治療計劃可以幫助你!..

「復元『理』博士」採用元認知理論及治療為主導，以增強患者對毒癮的抵抗能力，再配合職能生活重整及每週行動計劃，以達到戒除毒癮及提升職能生活表現。..

什麼是元認知?

「元」認知功能 - 我們最高的精神活動，它掌管了思想的起始，終止或改變。另一方面，它亦包含了監察、執行控制，及各種形式的認知過程，例如注意力和記憶的分配，以至如何運用我們腦部功能去應對生活壓力要求等。..

復「元」 - 恢復元認知功能，以增強對毒癮的抵抗能力。..

「理」博士 - 成為管理自己生活的專家。..

改善元認知功能

管理自己的生活

抵抗吸食物質 / 毒品的引誘

戒除毒癮及提升生活功能

整體服務流程及內容:

初次見面及評估
訂立個人戒癮復康計劃

「復元『理』博士」

1. 通用元認知理論及治療課程
以增強患者對毒癮的抵抗能力
2. 生活重整計劃及實踐
自我管理 (包括睡眠及時間管理)
重新尋找正面情緒 / 精神健康的來源
生活功能 - 工作、社交功能、餘閒興趣和家務管理方面的復康

課程後跟進及重溫加強抗逆力

Acknowledgement



- Beat Drugs Fund, Narcotics Division
- Dr. NC Sin, AHNH & TPH HCE
- Dr. CY MAN, AHNH & TPH ex-HCE
- AHNH & TPH Psy Department
Dr. Flora Mo, Cons
Dr. Fu Chan, Cons
- AHNH & TPH Nursing Teams
Mr. C F NG, DOM
Ms. C F LO, ex-DOM
- CLC CCPSA
- AHNH OT Department

Conclusion



- Vision:
 - “SMART”發展方向
- 手機戒毒應用程式
- 高技術 (High Tech)
 - 高接觸 (High Touch)



End