Certified Addiction Counsellor Training and Clinical Supervision

BDF180045

Project implementation period : 01/07/2019 – 30/06/2020

Tung Wah Group of Hospitals, Community Services Division

CONTENT

- Introduction
- Implemention Planning
- Training and Clinical Supervision
- Outcome and Evaluation
- Challenge and Gain
- Conclusion

Professional Training for Addiction Counselor Certification

Asia Pacific Association for Addiction Professionals (APPAP) and Asia Pacific Certification Commission for Addiction Professionals (APCCAP)

Aims

- To form a professional body and establish a membership system that promotes development of the addiction profession and to enhance professional sharing and advocate for professional interests in Asia Pacific region.
- To bring in professional competency through professional training that benchmarks the international standard.
- To issue international recognized credentials that acknowledge the knowledge and experiences of certified addiction professionals.

Asia Pacific Association for Addiction Professionals (APAAP)

- **APAAP** is an affiliated body with the **National Association of Alcoholism and Drug Addiction Counsellor (NAADAC)** which is the largest addiction professionals body represents the professional interests of more than 85,000 addiction counselors, educators and health care professionals from 47 state affiliates in the United States, Canada and abroad.

- **APCCAP** is a professional certification board which offers examination and issues professional credentials to addiction specialists in Hong Kong in three levels:
  - Certified Addiction Counsellor I (CAC I)
  - Certified Addiction Counsellor II (CAC II)
  - Senior Addiction Counsellor (SAC)

Introduction

Introduction

- Background
  - In view of the increasing complexity of drug abuse cases in Hong Kong, strengthening professionals' knowledge and skills base is crucial for handling these challenging cases.
- Objectives
  - to advance the professional competency of anti-drug workers in their delivery of addiction prevention, assessment, and intervention;
  - to increase professional standard through standardized testing for the Certified Addiction Counsellor credential.

Training and Clincial Supervision

Project Content

- Phase One: the 5-day Certified Addiction Counselor Training was delivered to frontline anti-drug professionals;
- Phase Two: 8 sessions of group supervision were provided to frontline drug treatment professionals who successfully completed the Certified Addiction Counselor Training.

Delivery of professional training

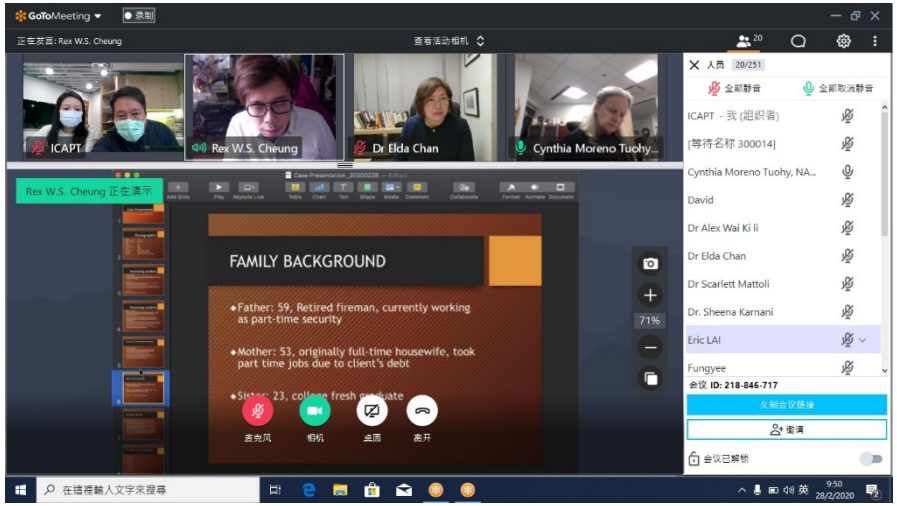
- 30 addiction-related professionals attended the professional training in November 2019.

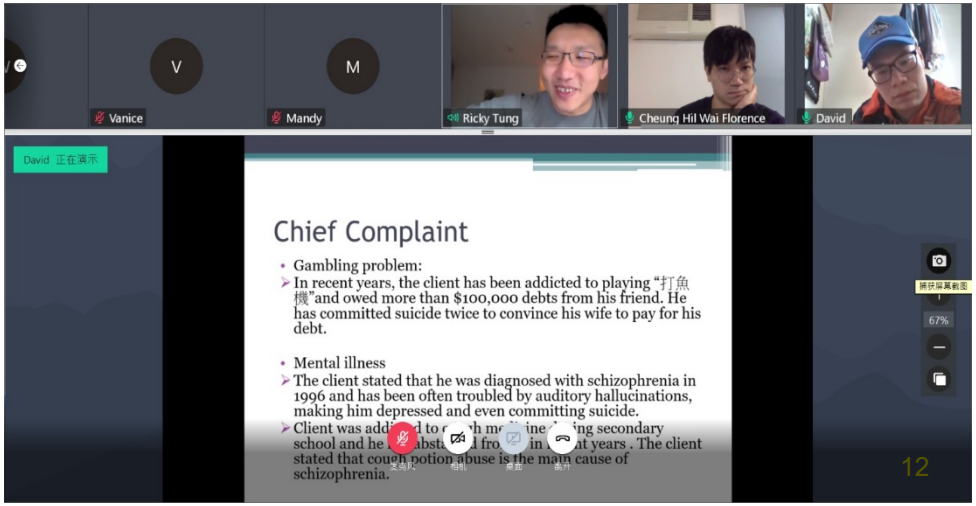
Examination for Addiction Counsellor Certification

- 30 participants who fulfilled the requirements took part in the examination and applied for credentials.

Delivery of group supervision

- 20 addiction professionals who passed the addiction counselling certification attended the 8-session supervision sessions.





Topics of Training Module

Module 1 – Intake, Screening and Treatment Planning
Module 2– Pharmacology, Physiology and Important Drug Interaction
Module 3 – Co-occurring Disorders
Module 4 – Clinical Management of STDs
Module 5 – Crisis Management
Module 6 – Addiction and Legal Issues
Module 7 – Ethical and Professional Issues in Addiction Counseling
Module 8.1 – Working with families
Module 8.2 – Motivational Interviewing
Module 8.3 – Cognitive Behavioral Therapy
Module 9 – Relapse Prevention, Discharge and Continuing Care

Output and Outcome Evaluation

Output and Outcome Evaluation

- Evaluation methods
  - Beat Drugs Fund Question Set No. 21 (post-test)
  - Tailor-made evaluation questionnaire for professional training course (pre-test and post-test)

	Expected Result	Achieved Result
Output Indicator 1	Provide professional training for 30 anti-drug professionals, with 90% of them (or 27 participants) fulfilling the attendance requirement of the training course (80% attendance).	Provided professional training to 30 anti-drug professionals, with 100% of them (30 participants) fulfilling the attendance requirement of the training course (80% attendance).
Output Indicator 2	80% of those who fulfilled the requirement of the attendance pass the examination and obtain certification of addiction counsellors.	100% of those (30 participants) who fulfilled the attendance requirement passed the examination and obtained certification of addiction counsellors.
Output Indicator 3	Provide 8 group supervision sessions for 20 anti-drug professionals, with 90% of them (or 18 participants) completing 7 group sessions.	Provided 8 group supervision sessions for 20 anti-drug professionals, with 18 participants (90%) of them fulfilling the requirement of completing at least 7 group sessions.

	Expected Result	Achieved Result
Outcome Indicator 1	80% of the participants who completed the professional training give an average of 3 or above on the general organization and administration of the training course.	93.3% (28 out of 30) of participants rated an average of 3 or above on the level of satisfaction of the training course.
Outcome Indicator 2	Improvement in participant's professional competency in providing addiction counselling services. (80% of the participants show improvement in professional competency or statistical significant improvement in participant's professional competency as indicated by paired t-test.)	93.3% (28 out of 30) of the participants who completed the professional training showed improvement in professional competency.
Outcome Indicator 3	80% of the participants who attended 7 supervision sessions give an average of 3 or above on their level of satisfaction on the supervision.	100% of participants who attended 7 supervision sessions rated an average of 3 or above on the level of satisfaction on the supervision.

Experience Gained

Experience Gained

- Reasons behind success
  - As this project offers a professional training leading to a professional addiction counsellor credential, this would increase the value of the project and attract helping professionals to join the training.
  - The structure and content of our professional training meets the training needs of local drug treatment professionals.
  - Clinical supervision will further enhance the clinical competency and ability to transfer knowledge into practice.
- Lesson learnt
  - Training participants found clinical supervision provided by drug professionals helpful in strengthening their clinical competency. It should be retained in the future training.

Conclusion

- Conclusion
  - The over enrolment, positive feedbacks and requests for further training and supervision from training participants suggest that the certified training and group supervision are useful and beneficial for frontline drug treatment professionals in their anti-drug work.
- Suggestions
  - More structured, comprehensive and culturally relevant training course is needed for frontline drug treatment professionals to advance drug treatment service quality.
- Way forward
  - Clinical supervision should be retained to address the needs of frontline drug treatment professionals.
  - Future training involving experienced specialists from overseas and local practitioners will enhance the culturally sensitive practice and knowledge transformation to meet the local needs.

End