

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





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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 Clinical 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.

GoToMeeting interface showing a video conference with four participants: ICAPT, Rex W.S. Cheung, Dr Elda Chan, and Cynthia Moreno Tuohy. The main screen displays a presentation slide titled "FAMILY BACKGROUND" with details about a client's family. The slide text includes: "Father: 59, Retired fireman, currently working as part-time security", "Mother: 53, originally full-time housewife, took part time jobs due to client's debt", and "Sister: 23, college fresh graduate". The meeting controls and participant list are visible on the right side of the interface.

Video conference interface showing four participants: Vanice, Mandy, Ricky Tung, and Cheung Hil Wai Florence. The main screen displays a presentation slide titled "Chief Complaint" with details about a client's gambling problem and mental illness. The slide text includes: "Gambling problem: In recent years, the client has been addicted to playing "打鱼机" and owed more than \$100,000 debts from his friend. He has committed suicide twice to convince his wife to pay for his debt.", and "Mental illness: The client stated that he was diagnosed with schizophrenia in 1996 and has been often troubled by auditory hallucinations, making him depressed and even committing suicide. Client was addicted to gambling since entering secondary school and he has abstained from gambling for several years. The client stated that childhood abuse is the main cause of schizophrenia." The meeting controls and participant list are visible on the right side of the interface.



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