



3 Steps to Relapse Prevention 預防復吸三步曲

(BDF 160039)

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(Implementation period: 1 Aug 2017 – 31 Jul 2019)





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Project introduction

Name of Project:	3 Steps to Relapse Prevention <預防復吸三部曲>
Project Code:	BDF160039
Project period:	1 st August 2017 – 31 st July 2019
Manpower:	1 OTI, 1 OTII
Objective:	<ul style="list-style-type: none">-To enhance treatment motivation-To reduce risk of relapse and frequency of drug use-To improve life functioning through insight enhancement and relapse prevention
Total number of participants:	100
Total attendance :	1200

A close-up photograph of several large, heart-shaped plant leaves with prominent vertical green and white variegation. The leaves are layered, creating a sense of depth and texture. The lighting is soft, highlighting the veins and the edges of the leaves.

Project Overview

Thinking process...

What is OT's role...?



Hmm...

What past experience telling us...?



What to do at tertiary care setting...?



What is the strength of our profession...?



OT perspective in SA practice



Occupational Therapy is...

Vision of occupational therapy

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

For substance abusers...^A

- to empower and **make progressives 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**

Recovery for Substance Abuse is...



Lifestyle changes as
focus in last project...



Any evidence-based
practice to guide
through...?

What else to
focus and
service needs...?



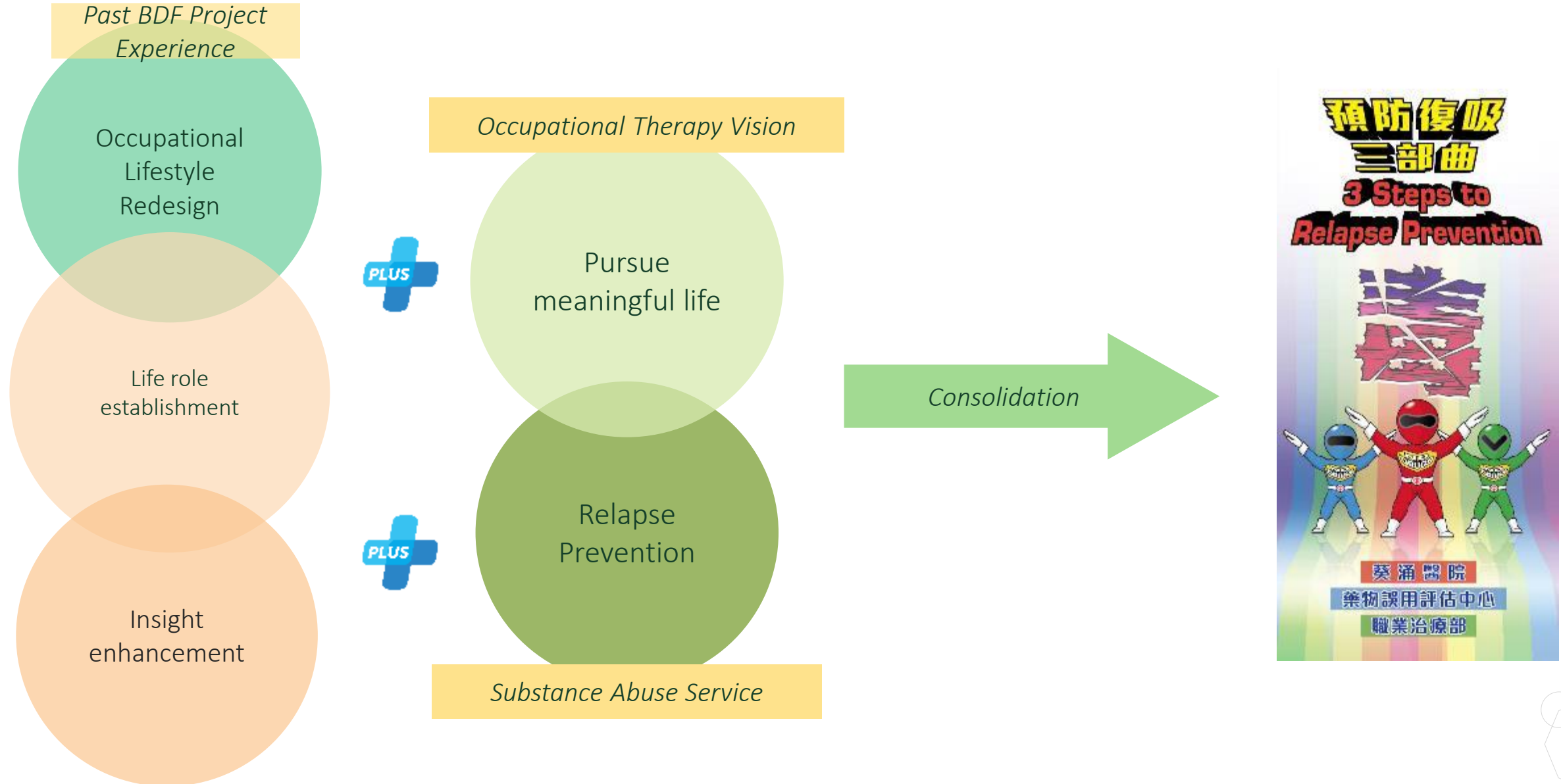
What to focus & service needs...?

- RP as one of the most *widely discussed issues* and defining features (McBride & Petersen, 2002)
- Related to *treatment effectiveness* (extend abstinence period, especially critical period just after detoxification) and post-treatment support/aftercare service
- support substance abusers from recovery plan formulation, detoxification to abstinence maintenance, and the aftercare service during post-detoxification period can be in a *more intensive, frequent and comprehensive ways*

Evidence-based practice

- Proposed by Dr. Marlatt and Gordon (1985) to facilitate substance abusers to *address* the issue of *relapse*, and to *generate techniques* for preventing or managing its occurrence, based on cognitive-behavioural framework
- focuses on *identifying high-risk situation and tackle it* with cognitive and behavioural coping strategies (Marlatt & Donovan, 2005) with empirical studies support on its effectiveness (Irvin et al., 1999).

Project ideas consolidation and formulation



A close-up photograph of several large, heart-shaped leaves with prominent white stripes running diagonally across them. The leaves are a vibrant green color and are set against a dark background.

Project Implementation

Promotion and Recruitment

服務形式

3. 社區活動體驗

- ◆ 定期舉辦不同類型的社區體驗活動，增加參加者接觸不同類型事物的機會
- ◆ 過往舉辦活動例子：種植體驗，黑暗中對話，採摘士多啤梨等等
- ◆ 亦會因應參加者的興趣，舉辦定期活動，如烹飪班、音樂及體育活動

4. 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定立有意義的目標，尋找生活上的角色定位，重要生活。

5. 社區學習津貼

為鼓勵參加者多參與及融入社會，參加者在社區自行報讀課程／興趣班，並成功完成及獲發證書（或合資格的出席證明），可申請獲得津貼資助。



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葵涌醫院
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預防復吸 三部曲 3 Steps to Relapse Prevention



葵涌醫院

藥物誤用評估中心

職業治療部

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，鼓勵藥物濫用康復者在日常生活、工作及餘暇三方面為自己策劃及積極參與有意義的活動，從而建立充實的生活模式，戒除毒癮，預防復吸，重獲自己的人生角色。



服務對象

現正接受葵涌醫院藥物誤用評估中心服務人士。

計劃簡介

本計劃名為「預防復吸三部曲」，目標是透過一連串緊密的治療活動和面談，以減低康復者復吸的危機，尤其於戒毒後的初期。

在本計劃中，參加者會接受分為三階段的連貫性服務，當中包括

(1) 認識自己

- 透過動機性面談及不同的功能評估，提升參加者的動力及洞察力，為作出改變做好準備
- 認識及了解吸食毒品的影響
- 認識復元過程

(2) 預防復吸

- 透過個人輔導、小組活動及其他方式的治療，提升參加者對預防復吸的認識及其重要性
- 了解自身復吸的可能性及原因
- 提升處理技巧及應對策略，減低復吸的可能性及預備可能面對的情況

(3) 戒後繼續

- 提供持續服務，如面談輔導及相關治療
- 持續支援參加者在社區實踐個人目標
- 檢視及討論應對策略的成效

服務形式



1. 個人評估

- ◆ 為參加者提供不同方面的評估，例如認知能力、工作能力以及其他功能上的評估
- ◆ 基於評估結果制定個人化復原計劃

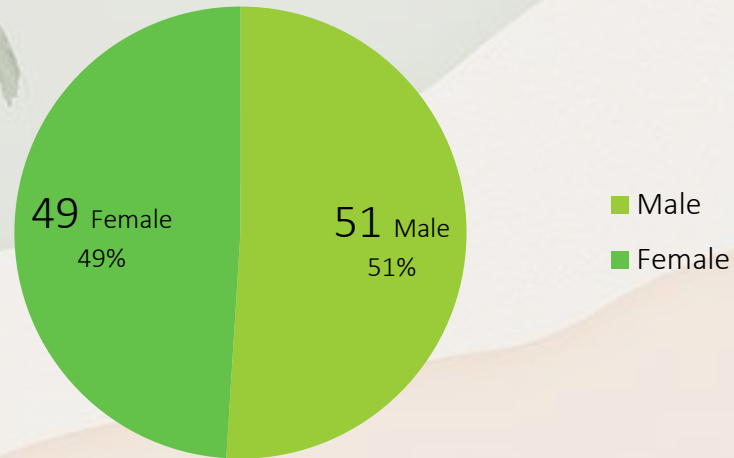
2. 課堂學習及訓練

- ◆ 提供個人或小組形式的課堂學習，如自我管理、壓力處理、社交人際關係、認知訓練等等
- ◆ 參與職前訓練、工作配對及就業輔導
- ◆ 參與閒暇活動小組以發掘興趣，建立平衡生活模式

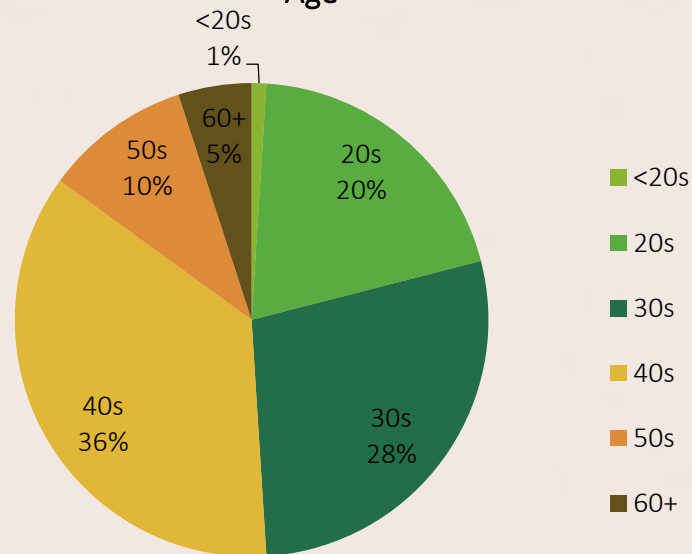
- 100 participants receiving service at Substance Abuse Assessment Unit of Kwai Chung Hospital were recruited

Demographic Data (N=100)

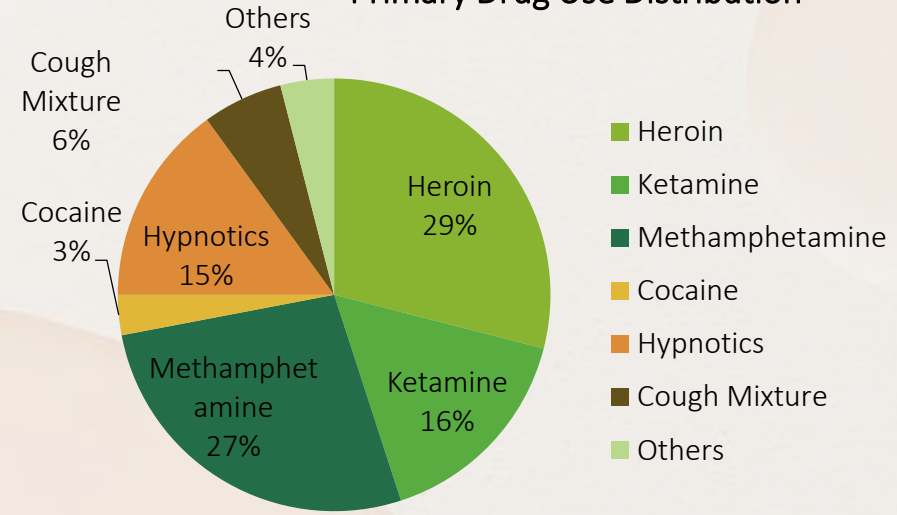
Gender



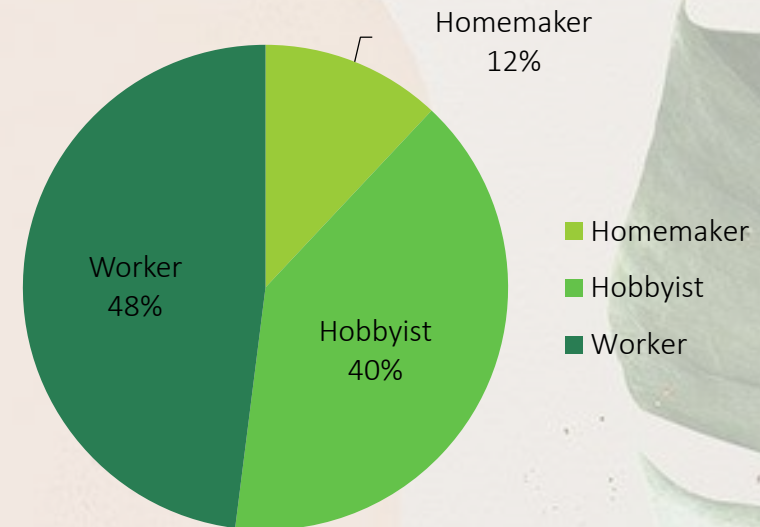
Age



Primary Drug Use Distribution



Premorbid Major Life Roles & Functioning



Service Pathway

- **Objective:**
 - help people with substance abuse to prevent relapse, as well as to improve life functioning via therapeutic assessments and interventions across different phases, which were focusing on insight enhancement, relapse prevention and aftercare.
- **Emphasis:**
 - **Lifestyle Redesign**
 - Life Role Establishment
 - **Relapse Prevention**
- **Divided into 3 phases**
 - Phase 1: Insight Enhancement
 - Phase 2: Relapse Prevention
 - Phase 3: Aftercare Service

Stage of Change	Treatment continuum	Treatment modalities
Pre-contemplation	Phase 1: Insight enhancement <ul style="list-style-type: none"> - to find the life value and life goal - to learn the basic facts about substance - to weigh the pros and cons - to develop discrepancy between substance abuse and personal life goal 	<ul style="list-style-type: none"> - Motivational interviewing - Functional assessment
Contemplation		
Preparation		
Action	Phase 2: Relapse prevention <ul style="list-style-type: none"> - to manage craving - to identify high-risk situations - to develop coping strategies - to modify covert antecedence 	<ul style="list-style-type: none"> - Psycho-education - Experiential learning - Interactive written materials
	Phase 3: Aftercare service <ul style="list-style-type: none"> - to review and rebuild the coping strategies - to address the challenges of real life situation - to redesign the lifestyle and establish life role 	<ul style="list-style-type: none"> -Follow-up consultation -Community outreaching -Coaching
Maintenance		

Phase 1: Insight enhancement

Phase 1
Insight enhancement

Phase 2
Relapse prevention

Phase 3
Aftercare service

- Enter the service by enhancing their insight towards own situation and behaviors
- To **improve motivation and commitment**
- Motivational interviewing
 - Rapport building
 - Adopt skills from motivational interviewing to explore and elicit motivators to quit drugs and make changes
- Assessments
 - Carry out standardized assessments, e.g. cognitive, functional and vocational assessments
 - Build up insight and discrepancy between SA and goals
- Review on substance abuse and related knowledge

Phase 2: Relapse prevention

- Adopted from Relapse Prevention model by Dr. Marlatt
- Identify immediate determinants and covert antecedents
- Review and develop cognitive & behavioral approaches as coping skills to decrease relapse risk

Phase 1
Insight enhancement

Phase 2
Relapse prevention

Phase 3
Aftercare service



RP Model

Immediate
Determinants

Covert
Antecedents

High-risk situations

Coping Skills

Outcome
Expectancies

AVE (abstinence
violation effect)

Lifestyle Imbalance

Urges and Craving

Phase 3: Aftercare service

Phase 1
Insight enhancement

Phase 2
Relapse prevention

Phase 3
Aftercare service

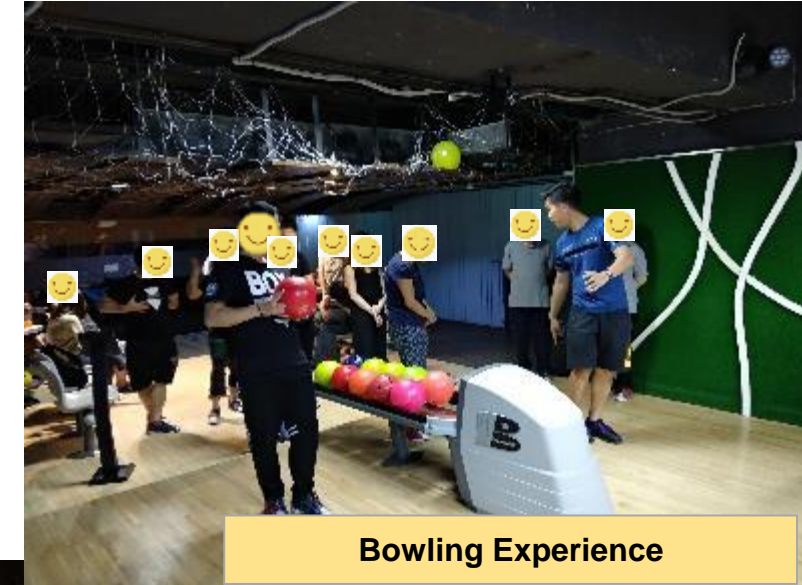
- Provide on-going and continuous support after detoxification
- A critical period - not only maintain abstinence (relapse prevention) but also to enhance in other life aspects
 - Review and **strengthen** skills and **coping strategies** to prevent relapse
 - Review on lifestyle and **covert antecedent factors**
 - Coaching on **individual goals** setting and foster action plans
 - Life Role establishment (worker, homemaker, carer etc.)
 - Utilization of **community resources**
 - Experiential activities
 - Exploration of class and course in community to expand their experience
 - Connection to suitable community resources

Community Outing Activities for Occupational Lifestyle Redesign and Experiential Learning

- Around once a month
- Based on discussion and interest of participants
- Example of activities:
 - Chi Nin Nunnery Experience
 - Hong Kong Ice Carnival
 - Circus Show
 - VR Experience
 - Shrimping Experience
 - Indoor War-game
 - Haunted House
 - Ocean Park



Guided Tour to "Chi Lin Nunnery"



Bowling Experience



Highlights of experiential activities



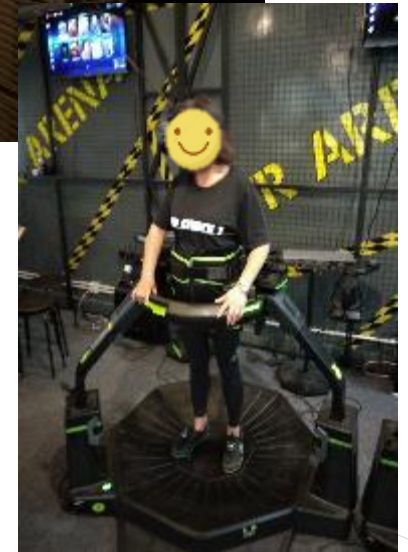
Circus Tour



VR Experience

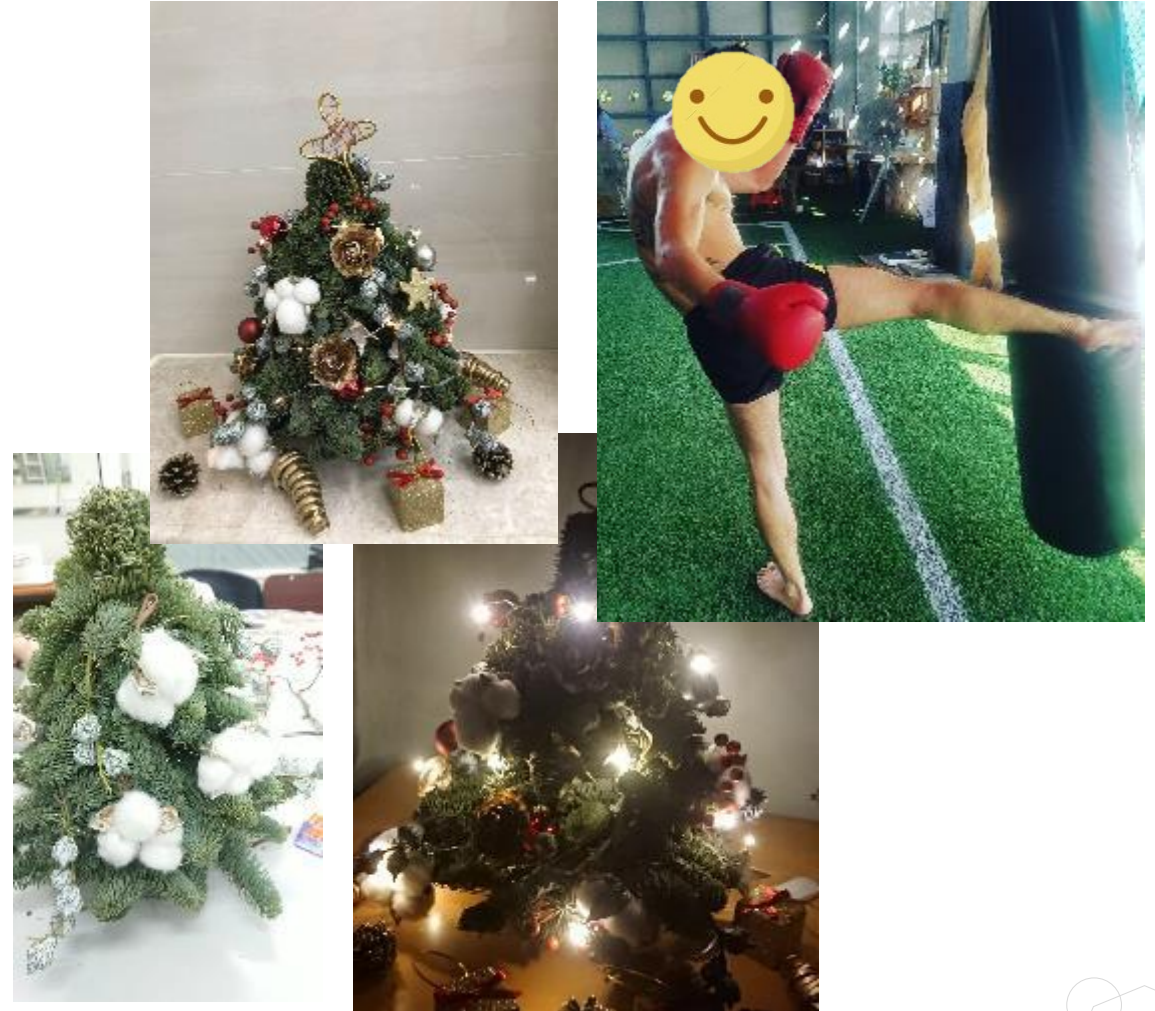


Hong Kong Ice Carnival



Experiential Learning & Community Activities subsidized by BDF

- Example of community activities that participants completed for interest development/vocational exploration:
 - Cake Making
 - Music course (e.g. guitar/piano/Guzheng)
 - Sports course (e.g. tennis/gym/yoga)
 - Crafting course
 - Painting course
 - Vocational related, e.g.
 - Security guard license course
 - Hygiene course (as kitchen manager)
 - Driving lesson
 - Beauty course (as beautician)
 - Educational course (e.g. concept on recovery)



A close-up photograph of several large, heart-shaped plant leaves with prominent horizontal stripes of light green and dark green. The leaves are clustered together, filling the left half of the slide.

Case Sharing

Case Sharing



Ms. LAM

- 33/F
- Divorced
- Living with 12 years old son, parents, brother and sister-in-law in a crowded PHU
- Started using Ketamine after divorced in 2011
- Introduced by friends

- Referred to SAAU by CPPSA (Counselling Programme for Psychotropic Substance Abusers)
- Active use of Ketamine on daily basis
- Due to depressed mood
- Rumination of divorce issues
- Multiple stresses from other life domains e.g. financial, family conflicts
- Physical complications due to Ketamine use
 - Dysuria
 - Urinary frequency
 - On and off cystitis



Phase 1: Insight Enhancement

- Rapport building
- Explored personal values and life goal
 - wished to live independently with son
- Educated facts about Ketamine use
- Discussed pros and cons of using Ketamine
- Attempted to develop discrepancy between substance abuse and personal life goal → promote stage of change

Phase 2: Relapse Prevention

- Identify high-risk situations for Ketamine use
 - Depressed mood → Medication Adjustment
 - Rumination of divorcing → Ventilation and redirect life focus
 - Financial difficulties → CSSA application
 - Conflicts with family → Alternative coping strategies
 - Urinary complications → Encouraged urology follow up
- Modifying covert antecedence
 - Encouraged OT workshops and SAAU day programs for daytime engagement
 - Participated BDF community outings for positive experience
 - Used BDF subsidies for interest development

活動/課程名稱:

蛋糕製作過程

活動/課程日期:

2017年9月至10月

參與活動/課程後感想:

我學識更多蛋糕製作, 且自己更有成就感同每做一個蛋糕,

的作品也很開心

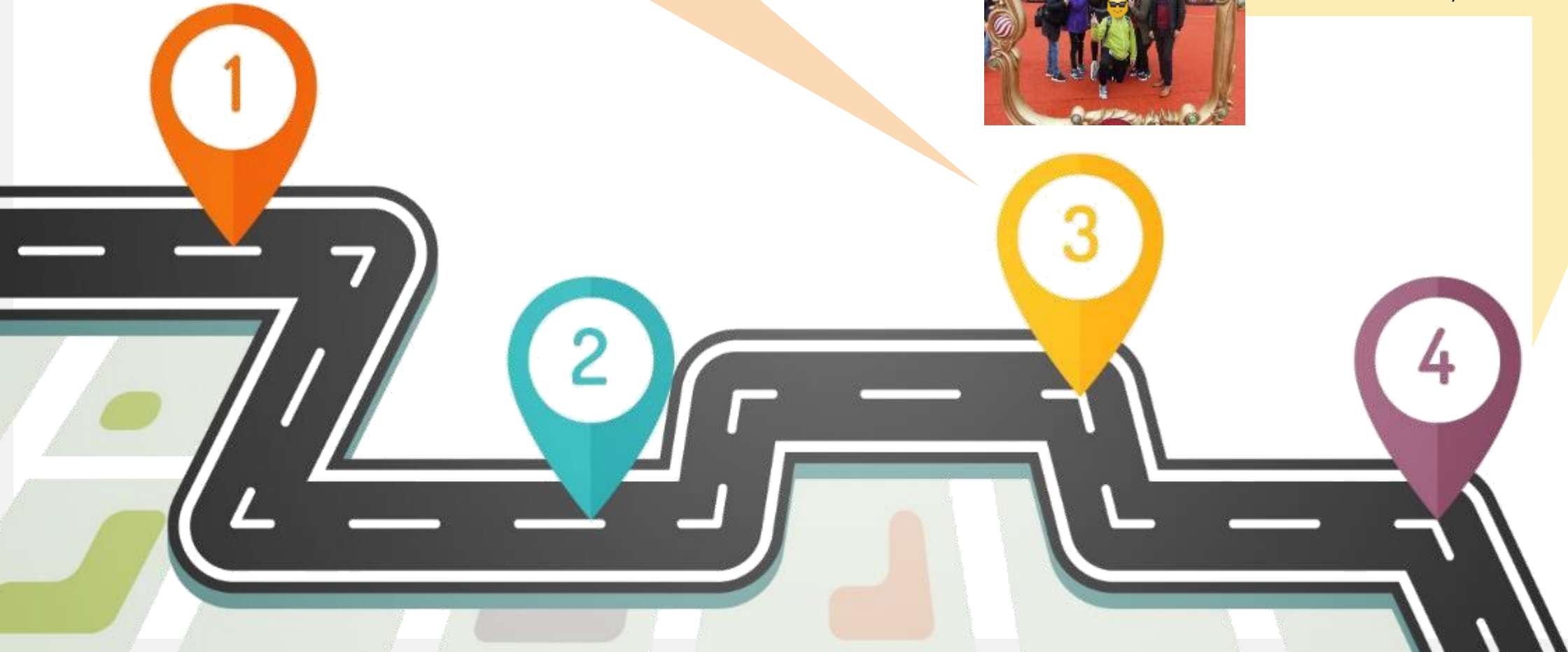
Phase 3: Aftercare services

- Prioritized real life challenges: unpaid loans
- Facilitated job seeking: part-time worker in children playground at shopping mall
- Assisted to set target for monthly payment
- Continued to foster in interest development



Upon Project End

- Reduced in frequency in Ketamine use
- At best 2 months abstinence
- Positive feedback on worker role and interest development
- Fluctuated mood but able to coped by ventilation and distraction
- Similar family conflicts and relationship





Result And Experience

- Outcome Measures
- Lesson Learnt

Outcome Measures

	Proposed Target	Proposed	Outcomes (N=87)
1	60% of participants show reduction in drug use frequency	BDF Set No.5 (Frequency of Drug Use in the Past 1 Month)	<ul style="list-style-type: none"> Among participants who reported using drug at pre-test, 81.8% of them showed reduction in drug use frequency Among participants who reported not using drug at pre-test, 95.3% of them avoided relapse
2	60% of participants show higher level in stage of change	BDF Set 13 (Contemplation Ladder)	<ul style="list-style-type: none"> 39.1% of participants advanced to a higher level in stage of change Statistical significant improvement shown in paired t-test (P=0.000046)
3	60% of participants reduce in risk of relapse	BDF Set No.14a (Stimulate Relapse Risk Scale)	<ul style="list-style-type: none"> 79.3% of participants reduced in risk of relapse
4	60% of participants improve the frequency of utilizing the coping strategies	Checklist of Utilization of Coping Strategies	<ul style="list-style-type: none"> 78.2% of participants improved frequency in utilizing the coping strategies
5	60% of participants improve life function	Life Functioning Assessment Inventory	<ul style="list-style-type: none"> 73.5% of participants improved life functioning

Outcomes – Words from Participants

- Feedback on matching with personal goal and community courses

參與活動/課程後感想:

令我覺得人生充實及豐富,回想過去遷
徙以至精神病,從無機會到外間接觸個世界,
甚至沒機會變作成人,有了此計劃,令我生
命有了全新感覺,對風病有幫助。

參與活動/課程後感想:

上完瑜珈之後,發覺自己的身心都變

從來沒有想過只要堅持,就能做得到

參與活動/課程後感想:

認識些熱愛運動和學習的朋友,擴大自己
的社交圈子,重拾正~~常~~常:健康生活,而且
學習使我感到積極,通過學習認識和了解
自己的不足,從而加以改善。

Outcomes – Words from Participants

- Feedback on matching with personal goal and community courses

參與活動/課程後感想:

令自己增加了路面經驗及對汽車既操控力，
對尋找相關工作有幫助。

參與活動/課程後感想:

在私人課堂上，我學懂了基本的健身技巧，並
可運用在我的生活中，令我有健康的身體和目標。

參與活動/課程後感想:

我學識更多的糕點製作，令自己更有成就感同每做一個蛋糕
的作品也很開心

Experience Learnt

- Having chance to revisit past experience of relapse/substance abuse behavior helped participant to **understand more the reasons behind** and critical point leading lapse episodes
- By acknowledging and understanding the pathway of relapse, participants **were more “aware” and “ready” to tackle risk factors**
- Also, apart from ways to enhance relapse prevention and craving management, exploration on **meaningful activities matching their skills** and strength help to increase ways to cope/ventilate stress or high risk situation by establishing a more **balanced and fruitful life** pattern
- Expand **further on potential beneficiary participants**, e.g. in-patient unit who are not covered by specialized service



Thank You! | Q & A