

# Project EVER – Drug Counselling Program with Virtual and Activity Based



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# Highlights of Project EVER

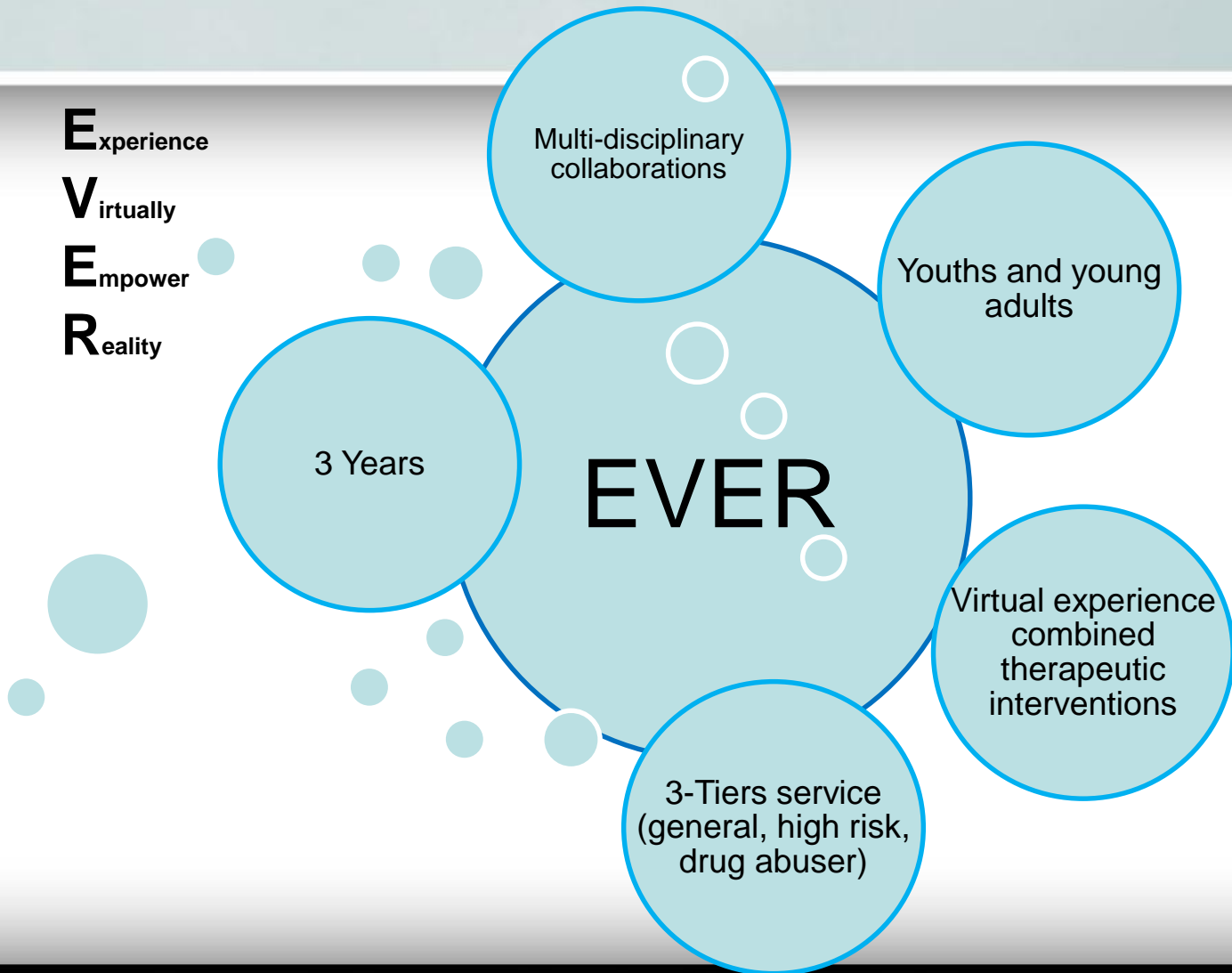
**Project**

**E**xperience

**V**irtually

**E**mpower

**R**eality



# Implementation

## Early Detection and Prevention

- Electronic assessment on integrated mental health and risk of taking drug
- Community / school based assessment

## Low Intensity Intervention and Drug Risk Containment

- Activity-based low-intensity resilience building intervention modules
- Educational workshop with virtual reality experience
- Low intensity counseling and drug risk management

## High Intensity Therapy

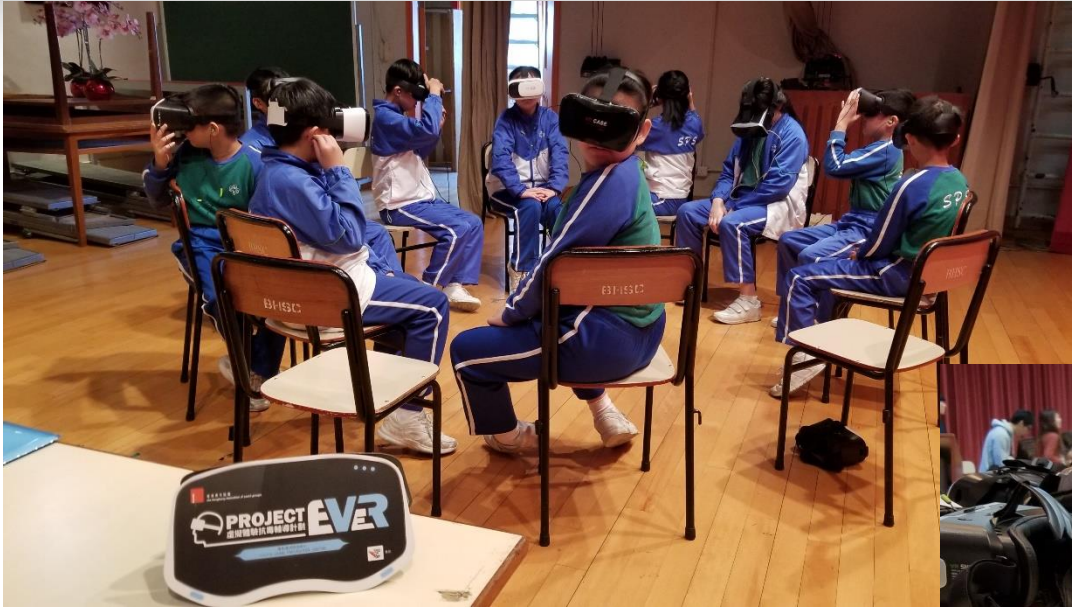
- Drug free virtual reality motivational enhancement
- Career skills training program
- Cognitive Behavioural Therapy and Positive Psychology counseling
- Clinical mental health and medical support service

# Early identification and assessment





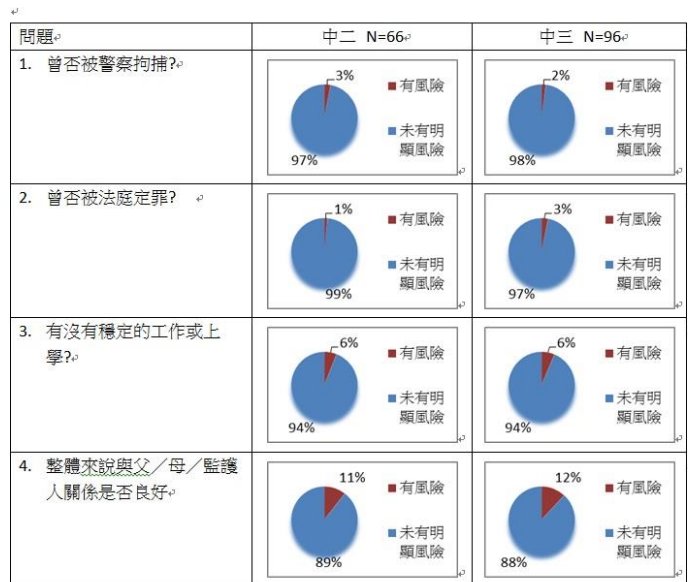
# Early identification and assessment



# Early identification and assessment

## 學生對吸毒的系統性風險

這部分問卷檢視學生周遭的不同系統如家庭、學校、工作和司法系統等的風險。



分析：

中二和中三學生的調查結果並沒有明顯差異。從眾多回收的問卷中，只有少數的學生顯示有潛在的系統性風險。潛在的風險包括個別學生曾進行司法程序和沒有穩定地上學。

## I 情緒自評量表(OASS-21)

請小心閱讀以下每一個句子，並在其右方圓上一數字，表示「過往一個星期」如何適用於你。答案無對錯之分。請不要花太多時間在某一句子上。

評估量表： 0=不適用

1=頗適用，或間中適用

2=很適用，或經常適用

3=最適用，或常常適用

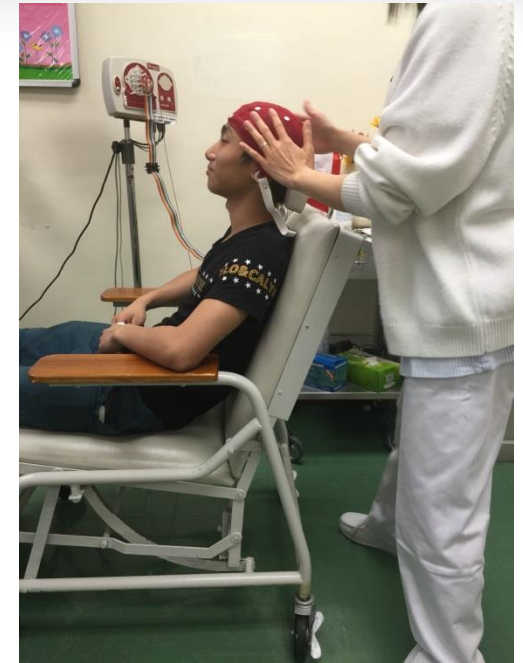
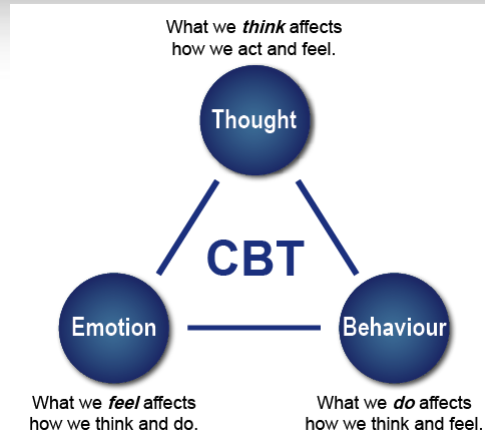
|                                  |   |   |   |   |   |
|----------------------------------|---|---|---|---|---|
| 1. 我覺得很難讓自己安靜下來                  | 0 | 1 | 2 | 3 | S |
| 2. 我感到口乾                         | 0 | 1 | 2 | 3 | A |
| 3. 我好像不能再有任何愉快、舒暢的感覺             | 0 | 1 | 2 | 3 | D |
| 4. 我感到呼吸困難 (例如不是做運動時也感到氣促或透不過氣來) | 0 | 1 | 2 | 3 | A |
| 5. 我感到很難自動去開始工作                  | 0 | 1 | 2 | 3 | D |
| 6. 我對事情往往作出過敏反應                  | 0 | 1 | 2 | 3 | S |
| 7. 我感到顫抖 (例如手震)                  | 0 | 1 | 2 | 3 | A |
| 8. 我覺得自己消耗很多精神                   | 0 | 1 | 2 | 3 | S |
| 9. 我憂慮一些令自己恐慌或出軌的場合              | 0 | 1 | 2 | 3 | A |
| 10. 我覺得自己對將來沒有甚麼可盼望              | 0 | 1 | 2 | 3 | D |
| 11. 我感到忐忑不安                      | 0 | 1 | 2 | 3 | S |
| 12. 我感到很難放鬆自己                    | 0 | 1 | 2 | 3 | S |
| 13. 我感到憂鬱沮喪                      | 0 | 1 | 2 | 3 | D |
| 14. 我無法容忍任何阻礙我繼續工作的事情            | 0 | 1 | 2 | 3 | S |
| 15. 我感到快要恐慌了                     | 0 | 1 | 2 | 3 | A |
| 16. 我對任何事也不能熱衷                   | 0 | 1 | 2 | 3 | D |
| 17. 我覺得自己不怎麼配做人                  | 0 | 1 | 2 | 3 | D |

# Interventions for high risk youths





# Therapeutic interventions with virtual reality experience aid





# Benefits of Project Ever

## Local community

- Stepped – care model – Resource conservation
- Early detection of drug abusers and mental health patient

## Existing services

- Mutual support on services (Mental health + Drug rehab + Medical)
- Establish a new intervention approach aid (VR)

## Professional development

- Developed protocol and assessment platform can be sustained
- Products to be shared

# Development of VR experience

- Background
- Virtual Reality Exposure Therapy (VRET) emerged since 1990s with technology advancement (Maples-Keller, Bunnell, Kim & Rothbaum, 2017)
- It consisted of auditory, visual, and tactile cues within an interactive computer-generated environment( Wiederhold, & Wiederhold, 2010)
- Increasing research evidence supporting the feasibility and effectiveness on the use of VRET on difference mental health conditions including anxiety related disorder, schizophrenia, acute and chronic pain, addiction, eating disorders and autism (Maples-Keller, et al., 2017)
- Crucial components: Sense of presence

# Development of VR experience

- Rationale
- VR experience for public education
- Expose to a social situation when they experience peer pressure to take drug
- Possible sensory experience after taking drug

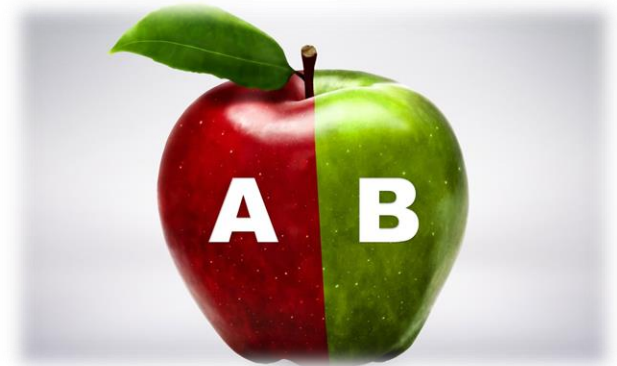
# Development of VR experience

- Rationale
- VR experience for counselling and relapse prevention
- Provide an opportunity for participants to expose the situations when they experience pressure to take drug in high risk place
- Pressures from peer, work, family and daily life



# Features of VR experience (non-clinical)

- Pay attention on physical reaction
- Focus on worker's debriefing:
  - 你在VR體驗中的選擇是甚麼？吸毒或拒絕？為甚麼？
  - VR體驗中，青年吸食哪一種毒品？
  - VR體驗中，青年吸食冰毒有甚麼禍害/後果？
  - 完成VR體驗後你有甚麼感受
  - 如你遇上朋輩引誘，你會如何處理？
  - 你覺得你對拒絕吸毒有甚麼困難？
  - VR體驗後會令你增加嘗試吸毒的興趣嗎？
  - 你對自己1) 嘗試吸毒之動機、2) 自我控制吸毒次數及份量、3) 戒毒難度有甚麼看法？



# VR experience



抉  
擇



# Features of VR experience (Clinical)

- Pay attention on physical reaction
- Counseling (CBT)
  - 你在VR體驗中的選擇是什麼？
  - 若VR體驗中的情景發生在現實生活中，你的選擇又會是什麼？(量度負面與正面選擇之傾向)
  - 在生活中，你若同樣遇到一些困擾的事情，你會如何處理？
  - 若你面對一些困擾的事情，這會否增加你吸食毒品的動機？
  - 協助對象了解其情緒：工作人員利用情緒卡，了解參加者的情緒
  - 協助對象了解情緒及行為與想法之關係
  - 協助對象了解其選擇背後的自動化思想(Automatic thoughts)
  - 鼓勵對象利用如：五常法處理負面思想，避免再次跌入思想陷阱或惡性循環

# A validation Study on a Sense of Presence in a Chinese Sample in HK

- To examine the psychometric properties and factor structure of the Traditional Chinese version **IPQ(虛擬實景真實感問卷**, Virtual Reality Authenticity Questionnaire)
- To examine the validity of the Traditional Chinese version IPQ by investigating its relationships with self-reported measure on **subjective distress level and outcome measures on VR exposure**
- Motivation, Visualization, Concentration



# IPQ(虛擬實景真實感問卷,Virtual Reality Authenticity Questionnaire)

香港青年協會  
Project EVER 虛擬體驗抗毒輔導計劃  
「你有得揀」VR 虛擬體驗後問卷調查

# Case Study

- 「同真實既都幾似，我都係咁成日都比老細話」
- 「個阿媽真係好煩呀」
- 「點解我係男人黎既？」
- 「D吸毒反應都勾起我一D回憶」



# Limitation of VR Production

- Physical reaction
- Gender
- Age
- Effects after taking drug
- VR technology

# Products to be sustained



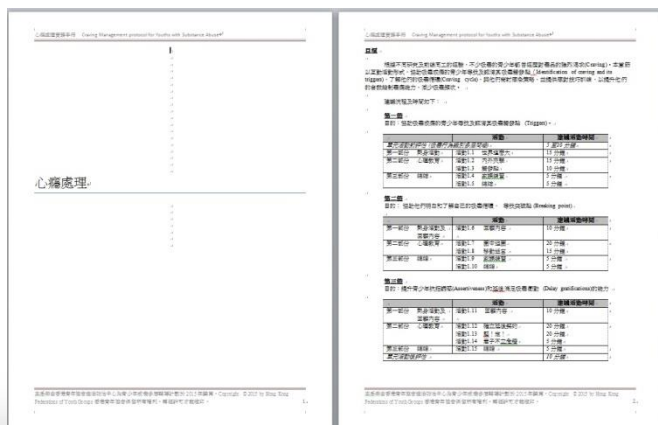
# 青少年行為及精神健康 評估系統

### Online Comprehensive Assessment System for Youth Behaviour and Mental Health

工作人員帳號：

密碼：

登入





# Questions and Answers

