

驗出新動力
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東華三院
Tung Wah Group of Hospitals



140
TWGHs 140th Anniversary
東華三院一百四十周年

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Project MAC

東華三院越峰成長中心
「驗出新動力」計劃

**Brief Presentation of Project MAC in
Beat Drugs Fund Funding Exercise Briefing Session
5 NOV 2010**

Sponsored by



Project Advisors:

Dr. LEUNG Shung-pun

– *Consultant of Castle Peak Hospital*

Dr. CHEUNG Kin-leung, Ben

– *Chairman of the Action Committee Against Narcotics Sub-committee on Treatment and Rehabilitation*

Mr. YIU Tze-leung, Ivan

– *Community Services Secretary, TWGHs*

Team Members:

Ms. CHUNG Yin-ting, Brenda

– *Supervisor, CROSS Centre, TWGHs*

Mr. TSANG Wang-keung, Can

– *Social Worker, CROSS Centre, TWGHs*

Background

- A worrying rising trend for young drug abusers aged under 21 in recent years. (CRDA, 2007 & 2008)
- Many young drug abusers are “hidden” / not motivated to seek help
- A demand for body check service and motivational interviews to facilitate early intervention for young drug abusers
- Family doctors play the role on primary health care providers at the community level identifying and motivating young drug abusers to seek treatment



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What is Project MAC?

Motivate young people to

Take **A**ction against drug abuse

through body **C**heck-up



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Project Objectives

- To provide early and effective intervention to young psychotropic substance abusers.
- To promote collaboration between Medical Practitioners (MPs) and NGOs on drug treatment.
- To develop an exemplary programme for future implementation on regional basis.



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Project Particulars

- Sponsored by: Beat Drugs Fund
- Project Duration: 2 years (Mar 2008 – Mar 2010)
- Target: 300-400 Psychotropic substance abusers
- Age: 10-24 years old
- Territory-wide



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Core Service Components

1. Body Check Up and Cognitive Assessment
2. Medical Consultation
3. Motivation Enhancement
4. Training to participating professionals

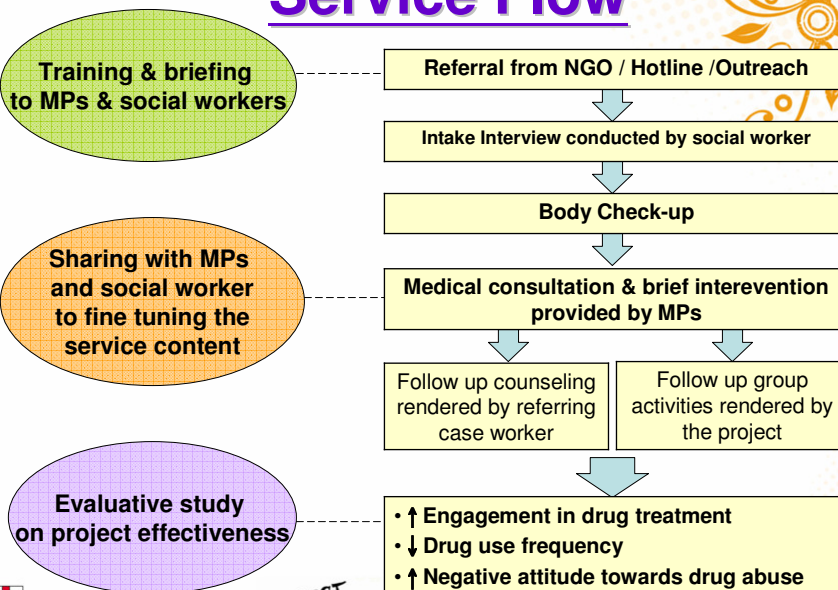


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Service Flow



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Body Check-up Items

A. Assessment Tools Used During Intake

- Eye-hand coordination (Purdue Pegboard)
- Memory Test (Rivermead Behavioral Memory Test)



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Assessment Tools Used During Intake



The **Purdue Pegboard Test** measures the participant's ability of eye-hand coordination

The **Rivermead Behavioral Memory Test (RBMT)** was designed to assess memory skills related to everyday situations.



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Body Check-up Items (cont)

B. Basic Level of Body Check-up

- Weight, Height, Body Fat
- Pulse rate
- Blood pressure
- Body mass index
- Urine test
- Blood test
- X-ray chest
- Electrocardiogram

C. Advanced Level of Body Check-up



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Body Check-up Service



The registered laboratory technologist was measuring the pulse rate and drawing blood with the youth



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Partners

- Medical Practitioners:
 - 6 MPs from private sector
 - 10 MPs from public sector
- Medical Check-up Companies:
 - 5 companies with 19 checkup centres located in different districts in Hong Kong
- Nurse Consultant- PolyU Integrative Health Clinic
- Clinical Psychologist - TWGHs
- Occupational Therapist - TWGHs



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Medical Consultation

Private family doctors
were explaining the body check-up report
and motivating the youth to quit drug
during the medical consultation.

Dr. Cheng Chi Man



Dr. Chan Tat



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Medical Consultation



MP in public sector was educating the harmful effects of drug abuse to the youth.



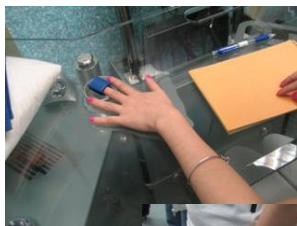
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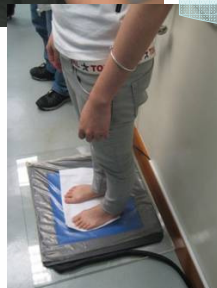


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Nurse Consultation



Nurse consultant was checking-up the youth's body and promoting the healthy lifestyle to them.



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Partners (Referring Units)

- Youth Outreaching Teams
- Counseling Centre for Psychotropic Substance Abusers
- Youth Night Drifters
- Integrated Child & Youth Service Centres
- School Social Workers
- Anti-drugs & Mental Health Projects
- Probation Officers
- Integrated Family Service Centres
- Others



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Figures on Program Participation (1)

No. Of Stage	Duration	Stages	Applicants / Participants
1	3-month	Application	572
		Comprehensive assessment and brief motivational enhancement intervention	399
2	6-month	Completed Medical Consultation & healthy lifestyle restructuring	319
---	2-month	Completed 6-month intervention with valid post-test questionnaire evaluation	168



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Figures on Program Participation (2)

- Brief Intervention for at-risk Youth through reaching out to their gathering places : 403
- Healthy Lifestyle Activities: 63

The instructor on **physical fitness** has been invited to provide mini talk on relationship between healthy lifestyle and physical health.



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Healthy Lifestyle Activities

Chinese Kung Fu Workshops



Canoeing Training Courses



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Brief Intervention for at-risk Youth through reaching out to their gathering places



To promote the project and provide anti-drug education to the youth-at-risk in different districts.



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Figures on Program Participation (3) Multi-disciplinary Training

No.	Date	Course Name	Session	No. of MP (Target: 50)	No. of SW (Target: 120)
1	21Jun08	MP Training - Workshop on "Early Interventions for Young Psychotropic Substance Abusers"	1	33	---
2	29Aug - 11Dec09	1st Batch of SW Training	6	---	32
3	12Mar - 18Jun09	2nd Batch of SW Training	6	---	52
4	4 Aug - 24Sep09	3rd Batch of SW Training	6	---	48
5	12Sep - 10Oct09	Certificate Course on Management of Adolescent Psychotropic Substance Abuse	4	57	11
6	14Dec - 16Dec09	3-day Certificate Course on Application of Motivational Interviewing in Substance Abuse Treatment	6	7	18
7	21 Jan 10	"Workshop on Enhancing Motivation of Young Drug Abusers Engaging in Drug Treatment"	1	5	49
Total:			30	102	210



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Training to Medical Practitioners

Dr. Cheung Wai Him,
(Associate Consultant, Kwai Chung Hospital)
presented on the topic:
"The physiological and mental effects of
abusing psychotropic substance" to MPs.



Prof. Yip Kam Shing,
(Professor, Department of Applied Social Sciences,
Hong Kong Polytechnic University)
presented on the topic: "Motivational Interviewing:
An Initial Articulation" to MPs.



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Training to Social Workers

Prof. K. S. Yip presented on
Integrated Motivational Recovery Model
for young people with psychotropic substance
abuse problem to SWs.



Group discussion
during the training course.



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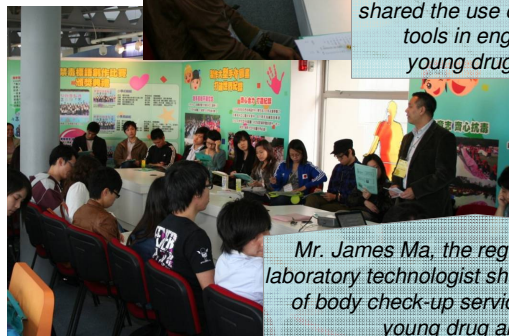


Multi-disciplinary Training Workshop

Dr. Cheng Chi Man shared the role of family physicians on management of young drug abusers



Ms. Hung Hoi Yan, the occupational therapist shared the use of assessment tools in engaging the young drug abusers.



Mr. James Ma, the registered medical laboratory technologist shared the utilization of body check-up service for motivating young drug abusers.



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Difficulties Encountered

- Limited manpower supported by BDF
- Built in evaluation study on effectiveness of service



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Evaluation Study Jointly Conducted with Hong Kong Polytechnic University

Principal Investigator - Professor YIP Kam-shing
(Department of Applied Social Sciences, The Hong Kong
Polytechnic University)

Objectives:

- To evaluate the effectiveness of service on engagement of young drug abusers in drug treatment
- To explore factors to facilitate an effective multi-disciplines collaboration in drug treatment service.

Data collection methods:

- Pre and post-test questionnaires
- Focus groups
- Referring workers' feedback form



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Implications & Recommendations

- 1. Factor for motivating young substance abusers for engagement and retention in service**
 - Free of charge body check-up and medical consultation service
 - Supportive attitudes of social workers
 - Positive effects from peers influence
- 2. Motivating factors for helping the young substance abusers to abstain from drug abuse**
 - Good attitude of medical practitioners
 - Continual intervention from social workers
- 3. Adoption of a holistic treatment through multi-disciplinary collaboration**
 - Systematic training
 - Effective communication platform between MPs and NGOs



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THANK YOU!

Hotline : **2884-2525**

Website: <http://crosscentre.tungwahcsd.org>



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