

R³ (Refuse drug, Redesign Lifestyle and Re-integrate into community)
BDF090052



4 January 2010 - 31 January 2012

Substance Abuse Assessment Unit / Occupational Therapy Department
Kwai Chung Hospital



Introduction

- R³ project is to provide a comprehensive, integrated and multi-disciplinary program combining mental health and substance abuse interventions for young patients with Psychotropic Substance Abuse (PSA).
- The ultimate goal of this study is to help them achieve recovery that is not just controlling illnesses but also building up their resilience to substance abuse, redesigning their lifestyle, rebuilding their identity and sense of worthiness and ultimately pursuing independent, active, and satisfying lives in the community.



Project Content

- Treatment and rehabilitation program
- Comprehensive, integrated and multidisciplinary service
- Mental health and substance abuse interventions



Treatment and Rehabilitation Services

- In-patient detoxification
- Day rehabilitation service
- Out-patient clinic
- Proactive and intensive outreach
- Individual and group therapy
- Vocational rehabilitation
- Lifestyle redesign activities
- Cognitive assessment and training (pilot)



Individual and Group Therapy

- Drug refusal skill and illness management
- Educational programs
- Stress management
- Sleep therapy



Vocational Rehabilitation

- Supported employment
- Vocational counselling and assessment
- Employment Retraining Board course in KCH





Occupational Lifestyle Redesign Program

- The whole program paradigm worked within the realm of “positive psychology” and “occupational therapy theory” which gear towards the concept of developing personal strength, fostering personal growth, and pursuing authentic happiness (i.e. pleasant, engaging and meaningful life). Our clients with PSA definitely have demonstrated a certain extent of lifestyle dysfunction which was manifested as lacks of content and/or lifestyle imbalance (happiness, flow and meaning inducing activities).



Lifestyle Redesign Activities

e.g.:

- Sport and recreation
- Personal growth activities
- Music group
- Adventure education day camp
- Leisure activities





Output Evaluation

- Illness management and anti-drug educational programs
- Vocational rehabilitation programs
- Supported employment programs
- Resilience enhancement activities
- Social and recreational gathering
- Lifestyle redesign adventure day camp



Comprehensive Assessments

- A total of 101 clients were recruited. Major assessments were conducted at baseline and at 6-, 12-, and 18-month follow-up points by the occupational therapist and staff of the Substance Abuse Assessment Unit.
- The 2nd batch of assessment (6-month) was completed for 90 cases by the end of February 2011.
- The 3rd batch of assessment (12-month) was completed for 87 cases by the end of August 2011.
- And the final assessment (18-month) was completed for 82 cases by the end of January 2012.



Attendance

- The R³ project has reached a total of 2,979 attendances including 400 community outreach attendances. The community outreach services included lifestyle redesign, illness management, vocational counselling, supported employment, and various physical activities in the form of sport groups and adventure camp.

Total Number of Clients	Total Attendances	Community Outreach Attendances
101	2,979	400



Illness Management and Anti-drug Educational Programs

- 68 cases participated in 12 therapeutic groups (108 attendances)
- 218 individual sessions were provided for 99 cases



Vocational Rehabilitation Programs

- 61 cases participated in work assessment and vocational counselling by occupational therapist
- 45 cases (73.8% of unemployed cases) could find open employment
- 4 cases engaged in training course of Integrated Vocational Development Centre (IVDC)
- Total 65 cases (79.3%) secured employment or pursued full time study at the end of project



Supported Employment Programs

- 12 cases (19.7% of unemployed cases) completed a 3-week structured supported employment course for job preparation and seeking, which was organized by Employment Retraining Board and Occupational Therapy Department, Kwai Chung Hospital
- 9 of them could find open employment



Resilience Enhancement Activities

- 58 cases (total 396 attendances) participated in various flow-inducing and personal growth-orientated resilience enhancement programs including various monthly sport programs, bowling training classes, golf, yoga and music classes. 5 cases formed a music band and have regular practice with volunteer music teacher.



Social and Recreational Gathering

- 66 cases (total 253 attendances) participated in a variety of social and recreational activities including visits to various community recreation spots such as museum, Wetland Park, BBQ, karaoke etc.



Lifestyle Redesign Adventure Day Camp

- 24 cases participated in adventure-based education day camp in Community Sports, Sheung Shui. All participants were required to complete different situation-specific tasks with different complexities by individual or group efforts. After the camp, youngsters have gained a better understanding of their abilities and limitations as well as the importance of teamwork.



Outcome Evaluation

- Mental state
- Substance abuse
- Relapse and treatment compliance
- Functional status
- Quality of life
- Vocational outcome



Evaluation Tools

- Expanded Brief Psychiatric Rating Scale
- Christo Inventory for Substance-misuse Services
- Substance Abuse Treatment Scale
- Global Assessment of Functioning Scale
- Hong Kong Chinese version of World Health Organization Quality of Life - Brief Questionnaire (WHOQOL-BREF-HK)



Evaluation Tools

- Employment status
- Employment duration



Clinical Outcome

- Mental state examination
 - At baseline, a mean score 27.3 of Brief Psychiatric Rating Scale assessment indicated mild mental problems in the group. At 18-month follow up, the mean score dropped to 25.2, with 70.7% cases scored ≤ 24 marks indicating absence of all psychiatric symptoms.
 - Majority of cases had maintained their mental state with some improvement.
- Christo Inventory for Substance-misuse Services
 - Significant improvement in all functioning aspects were found. Final mean score was 2.5, which was much lower than the baseline score of 7.1. The result indicated excellent outcome. 80.5% cases reported complete abstinence at the end of the project.



Phase of Engagement

- In Substance Abuse Treatment Scale (phase of engagement), majority of the cases had reduced their drug use significantly at the end of the project. 30.5% cases were in Early Active Treatment and Late Active Treatment phases meaning clients were engaged in treatment and have reduced substance use for the past 1-5 months; and 62.2% cases were in Relapse Prevention and Recovery phases. Clients in Relapse Prevention phase have not used substance in the past 6-12 months whilst those in Recovery phases have not used substance for more than 12 months.



Global Assessment of Functioning (GAF) Scale

- The clinical progress of cases in terms of psychological, social, and occupational functioning were rated. Significant improvement was found in the above aspects. In baseline, a mean score of 62.2 indicated that participants have mild psychotic symptoms with some difficulty in social, occupational or school functioning. Final mean score of 83.1 indicated participants have good functioning in all areas, interested and involved in a wide range of activities, socially effective, and generally satisfied with life.



WHOQOL-BREF-HK

- The overall average score increased from 87.1 (baseline) to 108.8 (final) indicating significant improvement of their quality of life after engaging in the project.
- The percentage of clients who rated their quality of life as “good” or “very good” increased from 32.7% (baseline) to 68.3% (final). The percentage of clients who rated their health status as “satisfactory” or “very satisfactory” increased from 19.4% to 59.8%.

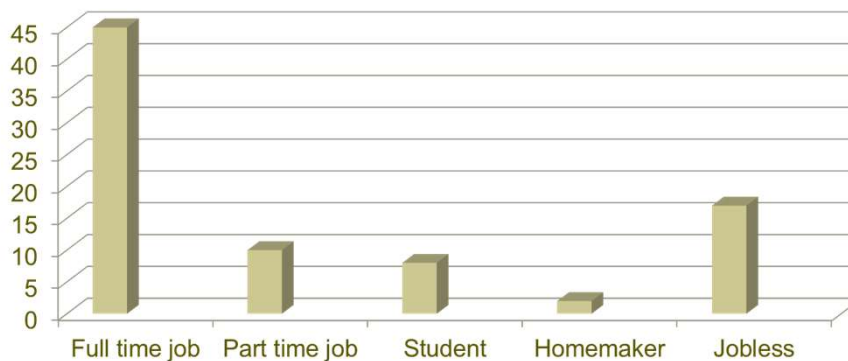


Employment Status

- Employment status was an important outcome indicator of our project. A total of 79.3% cases have obtained structured engagement at the end of the project, which was very encouraging.
- 67% clients have part time or full time job at the end of the project. They have sustained their job with an average employment duration of about 11 months (61.1% of the project period).



Employment status (82 clients), 18-month





Reason Behind Success

- Comprehensive, integrated and multidisciplinary program
- The project provided combined mental health and substance abuse interventions for patients with PSA. Occupational Lifestyle Redesign Program (OLRP) have been adapted to form the basis of the present integrated treatment program. Other essential elements of the program include:
 - Integrated services
 - Community-orientated and assertive engagement
 - Multidisciplinary team



Integrated Services

- In-patient care, day rehabilitation service, out-patient clinic, crisis intervention, individual and group therapy, community living and social skills training, detoxification, supported employment, and vocational rehabilitation were provided in a coordinated fashion.



Community-orientated and Assertive Engagement

- Occupational therapist provided proactive and intensive outreach to enable patients to gain access to the service and maintain needed relationships with us.



Multidisciplinary Team

- Psychiatrists, occupational therapists, nurses, clinical psychologists and social workers provided high intensity case management and other services.
- Substance use was closely monitored.



Conclusion

- The clinical outcome findings have indicated encouraging results. A total of 101 clients were recruited with 82 of them actively participated in the program. Clinically, the majority of the participants showed some improvement in different aspects of domain parameters including engagement, functioning, employment as well as cognitive functioning.
- 66 cases (80.5%) have abstained from drugs for at least one month.
- 79.3% employment rate indicated good outcome result.



Recommendation

- The results of the cognitive assessment and training program pilot study have provided preliminary evidence to support enhanced cognitive assessment and training program as an integral component of effective substance abuse service.
- Further study on the feasibility of incorporating cognitive assessment and training program into the mainstream program would be the future direction of our substance abuse service.



End