



東華三院
Tung Wah Group of Hospitals

東華三院 越峰成長中心



家心·動力



此計劃由禁毒委員會資助

Tung Wah Group of Hospitals CROSS Centre
Family and Community Based Residential
Treatment Service for Young Substance Abusers
(Mar 2011 – Feb 2013)

BDF 100063

Introduction

- Sponsored by: Beat Drugs Fund
- Duration: 2 years (Mar 2011 – Feb 2013)
- Targets: 72 Young drug abusers and 60 parents
- Age: 10-24 year-old
- Territory-wide

Objectives

1. To reduce youth drug taking behaviours;
2. To alter family interactions, communications and relationship patterns maintaining youth drug taking behaviours;
3. To help the youth to improve their psychosocial functioning during the rehabilitation process.

Theoretical Framework

- **Structural Family Therapy** has been one of the most widely applied and systematically evaluated in adolescent drug abuse (Sim & Wong, 2008; Miller et al., 2000).
- **Multiple Family Therapy** is applied in different settings including drug and alcoholic abusers and their families. (Schafer, 2008; Asen, 2002; Kaufman & Kaufmann, 1992).

Program Structure

Referral, outreaching & Self apply

Phase 1 – **Engagement & Assessment** (1-2 months)

- Intake Interviews (individual & conjoint interview)
- Home visits
- Body check-up & Medical Consultation for Youth Participants

Phase 2 – **Intensive Intervention** (1-2 month)

- Family Camp (2-day 1-night)
- Individual and Conjoint interviews
- Multi-family Therapy Group

Phase 3 – **Community & Mutual Support** (3-4 month)

- Multi-family Therapy Group
- Individual and Conjoint interviews
- Activities and Training for Youth Participants

Termination & Evaluation

Promotions



Service Promotions to families

Promotions

Websites



Leaflets

Project Content

- Multi-family Therapy Camp 家心動力家庭營



Project Content

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Project Content

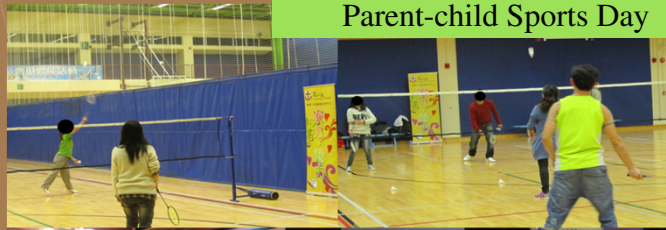
- Multi-family therapy group 家心動力治療小組



Project Content

- Health Lifestyle Activities 健康生活體驗活動

Parent-child Sports Day



Multi-families New Year Gathering



Project Content

- Health Lifestyle Activities 健康生活體驗活動

Parent-child Massage Learning lessons



Bicycle Fun Trip



Project Content

- Health Lifestyle Activities 健康生活體驗活動



Family Barbecue

Project Content

- Interest development & skills training Workshop



Basketball Training Course

Project Content

● Anti-drug Activities at Secondary Schools



Anti-drug Ambassadors shared quit drug experiences and drug harmful effects to students in Secondary Schools

Output and Outcome Evaluation

Output Indicator	Benchmarks	Target Population	Results
1	72 participants joint the project	Young drug abusers	88
2	70% of participants completed the camp and attend at least 5 follow up counselling sessions	Young drug abusers	76.1%
3	60 parents joint the parent group (Multi-family Group)	Parents	64
4	70% of parents completed 4 out of 6 sessions in parent group (Multi-family Group)	Parents	71.9%
5	12 anti-drug ambassadors recruited	Ex-drug users	12
6	Each anti-drug ambassador has participated in at least 2 anti-drug programs	Ex-drug users	24 programs
7	organized anti-drug programs to 20 secondary schools for 1200 secondary students	Secondary school students	24 schools (1363 students)

Output and Outcome Evaluation

Outcome Indicator	Benchmarks	Evaluation Method Used	Results (%)
1	Participant's attitude towards drug abuse (70% show improvement)	Drug Use Disorders Identification Test -Positive responses (pre- & post-test)	78% show improvement
2	Participant's drug use frequency (70% show improvement)	Evaluation Question Set No. 7 (pre- & post-test)	78% show improvement
3	Parenting skills (70% show improvement)	Parenting Sense of Competence scale (PSOC) (pre- and post-test)	81% show improvement
4	Perceived parent-child relationship (70% indicate positive change)	Chinese Family Assessment Instrument (pre- and post-test)	75% show positive change
5	Secondary student's drug knowledge (70% show improvement)	7-item questionnaire	79% show improvement

Experience Gained

What were the most useful for clients?

Multi-family Therapy Groups (MFTGs):

- Creating solidarity: All families are in the same boat;
- Mutual supports: families and families; parents and young addicts
- The session theme, basing on the Structural Family Therapy, could facilitate the group discussion on drug treatment
- Parents take more responsibility to support their children to quit drugs.

Experience Gained

What were the most useful for clients?

Intensive interview & home visits:

- Engaging family members and;
- Providing comprehensive assessment and crisis intervention

Healthy activities with parents' participation:

- Enhancing parent-child relationship;
- Beneficial for improving both parents and children's psychosocial functioning

Conclusion

- A good start of application and practice study on family & community-based intervention with young drug abusers by using Structural Family Therapy & Multi-family Therapy approaches in HK.
- Resources exist in MFTGs and are useful for treating young drug abusers.

