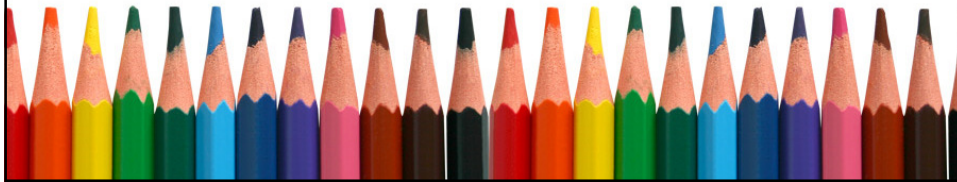


Handy Occupational Therapy Service (HOTS) BDF110007



Project implementation period:
1st September, 2012 to 31st August, 2014

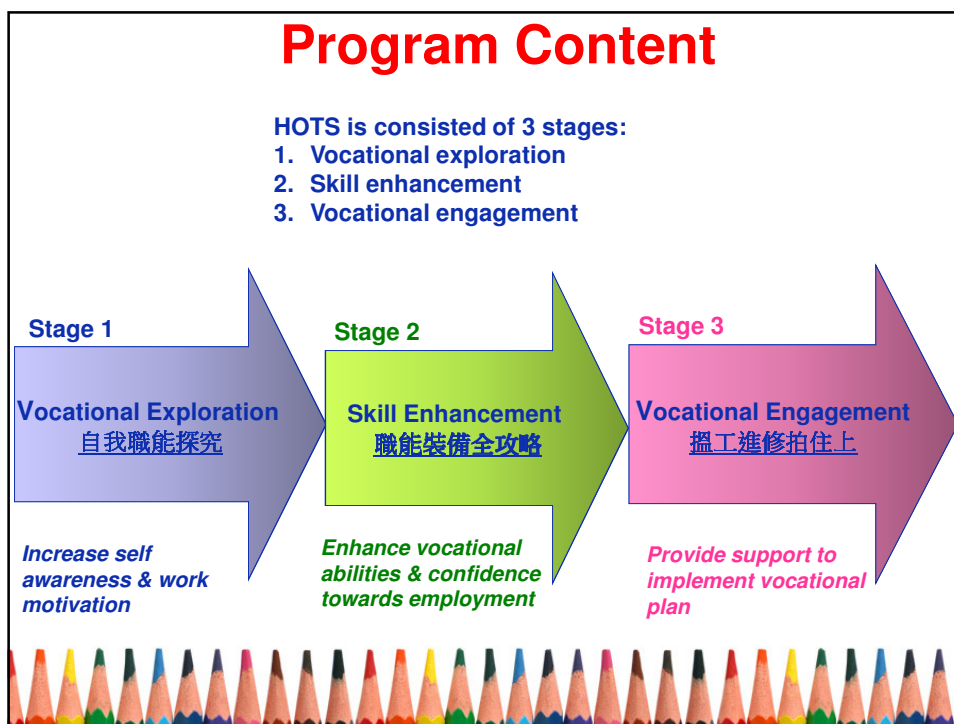
Grantee:
Tuen Mun Substance Abuse Clinic and
Occupational Therapy Department of Castle Peak Hospital



Introduction

- **Employment is a significant predictor for successful recovery from substance abuse**
- **Limited structured vocational rehabilitation programs are implemented in some Drug Treatment and Rehabilitation Centres (DTRC) and Counseling Centres for Psychotropic Substance Abusers (CCPSA)**
- **HOTS is an outreach vocational rehabilitation service conducted by occupational therapist to address this service gap**





Pamphlet (page 1)

查詢

如有查詢，歡迎與本計劃的職業治療師李姑娘聯絡。

電話：6292 3722 或 6051 3066

傳真：2461 0566

申請表格

申請人姓名：_____

性別：男 / 女 年齡：_____

手提電話：_____

家居電話：_____

轉介機構：_____

轉介人姓名：_____

轉介機構電話：_____

轉介機構傳真：_____

轉介日期：_____

服務目的

- 協助服務使用者了解他們的就業方向，並根據個別需要進行輔導，以增強他們的就業準備，推動實踐工作或進修計劃；
- 鼓勵他們重新規劃生活，開展積極及有意義人生。

服務對象

- 現正接受濫用精神藥物者輔導中心或戒毒機構服務的人士。

申請服務

- 由濫用精神藥物者輔導中心或戒毒服務機構的職員轉介
- 把填妥的申請表格傳真至：24610566

收費

- 全免

Handy Occupational Therapy Service

屯門物質濫用診療所

新界西·華仁醫院
New Territories West Cluster

禁毒基金
SEARFUND
FUND

禁毒基金撥款資助



Vocational Assessment

Stage 1
Stage 2
Stage 3

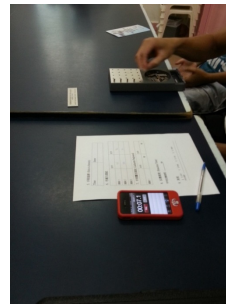
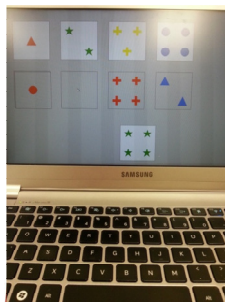
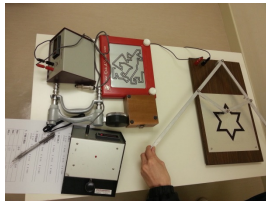
- To identify participants' strengths & weaknesses which is useful for setting up realistic vocational goal
- Assessment areas included
 - Vocational interest, vocational readiness & barriers, work-related personality, mental health
 - Motor functions (bilateral hand coordination, dexterity, reaction time)
 - Cognitive functions (memory, executive function, attention, verbal fluency)

Vocational Assessment

Stage 1

Stage 2

Stage 3



Vocational Goal Setting

Stage 1

Stage 2

Stage 3

- To assist participants set up realistic and achievable vocational goal



Modular-based Training Group

- To improve vocational and life skills of participants through elective modular-based training group according to their specific needs.

Vocational aspect

- Job Market Understanding
就業市場睇真D
- Vocational Interest & Job Matching
工作方向指南針
- Vocational Goal Setting
邁向工作新目標
- Job Hunting Preparation
求職技巧全裝備



Stage 1

Stage 2

Stage 3



Modular-based Training Group

Life skills & Self management

- Work-related Social Skills
職場人氣王秘笈
- Stress Management
抗壓技巧全接觸
- Emotion Management
做個情緒揸Fit人
- Financial Management
通達理財分享站
- Balance of Life
樂在生活平衡點



Stage 1

Stage 2

Stage 3



Vocational Engagement

To enhance employment outcome of participants by job coaching and counseling

Stage 1

Stage 2

Stage 3



Output and Outcome Evaluation

Output indicators	Target	Output achieved
No. of community agencies connected	12	16 (133%)
No. of Vocational Assessment conducted	200	200 (100%)
No. of service sessions conducted	666	679 (102%)
No. of modular-based training groups conducted	24	25 (104%)



Output and Outcome Evaluation

Outcome indicators & targets	Evaluation Method	Data collected & results (with t-test result)
65% of 120 recruited service users show improvement in their self-efficacy to avoid drug use	Pre-test & post-test comparison of score measured by BDF question set no.3 (Drug Avoidance Self-Efficacy Scale)	125 recruited service users completed pre-test and post-test evaluation. Most of them (79.2%) showed significant improvement in Drug Avoidance Self-Efficacy Scale ($p < 0.01$).
65% of 120 recruited service users can successfully formulate their vocational goals & plans	Vocational goal setting sheet at post-test	125 out of 125 (100%) recruited service users completed the vocational goal setting sheet.
65% of 120 recruited service users show improvement in the quality of life	Pre-test and post-test comparison of SF-36 (Quality of Life Questionnaire)	125 recruited service users completed pre-test and post-test evaluation. Most of them (80.8%) showed significant improvement in the Quality of Life Questionnaire Scale ($p < 0.01$).
Percentage of 120 participants show improvement in employment readiness	Pre-test and post-test comparison of score using Employment Readiness Questionnaire	125 recruited service users completed pre-test and post-test evaluation. Most of them (85.6%) showed significant improvement in the Employment Readiness Questionnaire Scale ($p < 0.01$).

Experience Gained

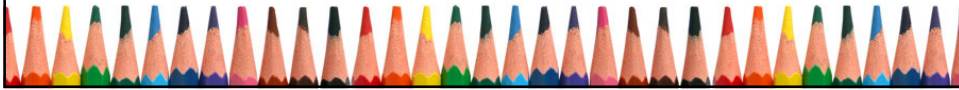
The reasons behind success:

- Specific vocational and cognitive assessments were convincing to the participants in identification of their strengths and weaknesses. As a result, realistic vocational goals could be set up and achieved
- Modular-based training were necessary for some of the participants to enhance their vocational and life skills
- Close collaboration with referrers was important to sustain participants' motivation to the program



Learning Points

- **More sessions for job hunting and on the job coaching would facilitate participants to sustain a job**
- **Participants gave feedback that other than work, meaningful engagement in leisure and social activities were also important for them to build up a healthy lifestyle**
- **There was a great demand for outreach vocational rehabilitation service**



Conclusion

- **Handy Occupational Therapy Service (HOTS) was effective to promote the recovery of substance abusers. Participants could enhance their self-efficacy in drug avoidance, general health, and employment after they had completed the program.**



Way Forward

- New project supported by the BDF namely **Lifestyle redesign program** would be commenced on 1st September, 2014 with the purpose of facilitating young substance abusers and rehabilitants to build a healthy and active lifestyle through meaningful engagement in vocational, leisure and daily life activities.



END

THANK YOU

