

# Professional Certificate in Substance Abuse Counseling Course

## Service for Ethnic Minority

### Ethnic Minority & Substance abuse in HK

**Need for Substance Abuse**  
 - Substance abuse is a global health problem  
 - It is a leading cause of death and disability  
 - It is a major public health problem in many countries

**Need for Substance Abuse in HK**  
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**Substance Abuse in HK**  
 - Substance abuse is a global health problem  
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**Table 1: Prevalence of substance abuse in HK**

Substance	Prevalence (%)
Alcohol	15.2
Heroin	0.5
Cocaine	0.3
Amphetamine	0.2
Other drugs	0.1

**Drug abuse problem**  
 - Drug abuse is a global health problem  
 - It is a leading cause of death and disability  
 - It is a major public health problem in many countries

### Needs & Counseling concerns

#### Case intake & assessment

1. Assessing the client's level of substance abuse
2. Identifying the client's needs
3. Identifying the client's strengths
4. Identifying the client's barriers
5. Identifying the client's support system
6. Identifying the client's cultural background
7. Identifying the client's religious beliefs
8. Identifying the client's social network
9. Identifying the client's family structure
10. Identifying the client's employment status

#### Formulate treatment plan

1. Eligibility for social services
2. Financial condition
3. Accommodation arrangement
4. Personal preference & constraints
5. Personal planning
6. Existing choice of services

#### Follow up/ Relapse prevention

1. Review of the rehab. experience
2. Reasons for discharge from rehab.
3. Education on relapse, lapse & relapse
4. Identify of coping situation & explore possible handling skills
5. Re-build the peer relationship
6. Engage in positive activity
7. Job search and career development

### Special concerns

1. Choice and hurdles in rehab. admission
2. Cultural characteristics, strengths & constraints
3. Religious concern
4. Understanding & expectation on social service
5. Language literacy
6. Use of peer & community support
7. Difference in rehab. model in Nepal & HK
8. Special needs of Youths and Women
9. Adjustment in rehab.
10. Case sharing

# Ethnic Minority & Substance abuse in HK

數目及結構 Size and Structure

表 3.1 2001 年、2006 年及 2011 年按種族劃分的少數族裔人士數目  
Table 3.1 Ethnic minorities by ethnicity, 2001, 2006 and 2011

種族 Ethnicity	2001		2006		2011	
	數目 Number	百分比 %	數目 Number	百分比 %	數目 Number	百分比 %
亞裔人士(非華人) Asian (Other than Chinese)						
印尼人 Indonesians	30 494	14.7	87 840	25.7	133 377	29.6
菲律賓人 Filipinos	142 556	41.4	112 435	32.9	133 018	29.3
印度人 Indians	18 543	5.4	20 444	6.0	26 616	6.3
巴基斯坦人 Pakistanis	11 017	3.2	11 111	3.2	18 042	4.0
緬甸人 Burmese	12 566	3.7	15 950	4.7	14 318	3.2
泰國人 Thais	14 180	4.1	13 189	3.9	12 500	2.8
越南人 Vietnamese	14 942	4.2	11 900	3.5	11 213	2.5
其他 Others	5 263	1.5	4 812	1.4	5 209	1.2
其他亞裔 Other Asian	7 572	2.2	7 851	2.3	7 038	1.6
Sub-total	276 531	80.4	285 550	83.4	265 611	61.0
白人 White	46 504	13.5	36 304	10.6	55 236	12.2
混血兒 Mixed	16 507	4.8	14 932	4.4	24 649	5.5
華人以配偶 With Chinese parent	2 834	0.8	3 180	0.9	4 332	1.0
其他混血兒 Other Mixed	19 441	5.7	18 092	5.3	29 001	6.4
Sub-total	1 394	0.4	2 172	0.6	1 335	0.3
其他 <sup>(1)</sup> Other	348 950	100.0	342 196	100.0	451 183	100.0
總計 Total	6 708 389		6 664 346		7 071 576	
香港人口 Whole population						

註釋：(1) 混血數字包括「黑人」、「拉丁美洲人」等。 Note: (1) The figures include "Black", "Latin American", etc.

Table 22 Reported drug abusers by major ethnic group

Ethnicity	2010		2011		2012		2012		2013	
	No.	%	No.	%	No.	%	first half	%	first half	%
Chinese	11 846	94.6	10 596	95.5	10 163	93.2	6 413	93.3	5 706	93.0
Non-Chinese	675	5.4	739	6.5	745	6.8	462	6.7	431	7.0
Vietnamese	218	1.7	207	1.8	207	1.9	139	2.0	123	2.0
Singapore	254	2.1	302	2.7	319	2.9	194	2.8	186	3.0
Indian, Pakistani, Bangladeshi, Sri Lankan	92	0.7	112	1.0	121	1.1	71	1.0	65	1.1
Filipino	17	0.1	15	0.1	6	0.1	56	0.8	50	0.8
British	58	0.5	12	0.1	10	0.1	53	0.8	52	0.8
Others	48	0.4	95	0.8	82	0.8	47	0.7	49	0.8
Total	12 521	100.0	11 335	100.0	10 908	100.0	6 875	100.0	6 177	100.0

Note: 1. The analyses presented in this table are only based on the reported information available in the CRDA, hence excluding those individuals with address information on the concerned data since other than age and sex. Users should note that the total number of reported drug abusers in different age or sex groups are presented in tables 1, 2 and 11 only.  
2. @ Figure less than 6.

Source: Central Registry of Drug Abuse  
Updated on 25/09/2013

## Nepalese & Substance Abuse

- growing problem of drug abuse in Nepal
- Using drugs is socially acceptable in Nepali culture
- Nepal is often regarded as the transit point of drug trafficking, in which, drug is easily accessible

## Nepalese & Substance abuse in HK

- get addicted before coming to HK
- get involve with bad peer
- lack of problem solving skills
- lack of social & family support
- lack of concept towards social service in HK
- cultural characteristics & acceptance towards drugs

## Sociodemographic characteristics

- Gender: mainly male
- Age: both teenage & adult  
-- young people are left on their own  
-- adult man stay in hk for the better living standard
- Marital status: arranged marriage with weak family relationship
- Occupation: construction, security, F & B

Table 23 Reported heroin and psychotropic substance abusers by major ethnic group

Type of drugs (ethnicity)	2010		2011		2012		2012		2013	
	No.	%	No.	%	No.	%	first half	%	first half	%
Heroin										
Chinese	5 604	99.6	5 265	99.2	5 165	99.0	3 399	99.3	3 095	99.3
Non-Chinese	591	9.4	439	10.8	437	11.0	408	10.7	364	10.8
Vietnamese	216	3.4	202	3.4	195	3.4	136	3.6	120	3.6
Singapore	245	3.9	277	6.7	240	5.3	181	4.6	167	5.0
Indian, Pakistani, Bangladeshi, Sri Lankan	10	0.2	10	0.2	13	0.3	14	0.4	14	0.4
Filipino	7	0.1	0	0	0	0	0	0	0	0
British	0	0	7	0.1	6	0.1	0	0	0	0
Others	319	0.8	37	0.6	40	0.8	34	0.9	21	0.6
Sub-total	6 194	100.0	5 302	100.0	5 282	100.0	3 807	100.0	3 349	100.0
Psychotropic substances										
Chinese	7 483	97.6	6 535	97.0	6 294	97.1	3 720	97.4	3 348	96.0
Non-Chinese	184	2.4	291	3.0	187	2.9	180	2.6	197	3.1
Vietnamese	15	0.2	21	0.3	29	0.3	19	0.3	8	0.2
Singapore	76	1.0	78	1.2	58	1.2	46	1.2	47	1.4
Indian, Pakistani, Bangladeshi, Sri Lankan	33	0.4	38	0.6	43	0.7	24	0.6	26	0.8
Filipino	14	0.2	9	0.1	0	0	0	0	0	0
British	0	0	9	0.1	0	0	0	0	0	0
Others	45	0.6	46	0.7	36	0.6	34	0.4	22	0.6
Sub-total	7 667	100.0	6 736	100.0	6 471	100.0	3 870	100.0	3 455	100.0

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2. More than one type of drugs may be reported for each individual in pasting drug use.  
3. @ Figure less than 6.  
4. -/0.

Source: Central Registry of Drug Abuse  
Updated on 23/09/2013

## Drug abuse pattern

Type of drug use in HK: Heroin, Marijuana, Cough syrup, Ice

Reason of drug use: identify with peers, relief from stress, avoid withdrawal symptoms, seek euphoria or sensory satisfaction

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巴基斯坦人 Pakistani	11 017	3.2	11 111	3.2	18 042	4.0
尼泊爾人 Nepalese	12 564	3.7	15 950	4.7	16 518	3.7
日本人 Japanese	14 180	4.1	13 189	3.9	12 580	2.8
泰國人 Thai	14 342	4.2	11 900	3.5	11 213	2.5
韓國人 Korean	5 263	1.5	4 812	1.4	5 209	1.2
其他亞洲人 Other Asian	7 572	2.2	7 851	2.3	7 038	1.6
小計 Sub-total	276 531	80.4	285 550	83.4	365 611	81.0
白人 White	46 584	13.5	36 384	10.6	55 236	12.2
混血兒 Mixed						
華人父或母 With Chinese parent	16 587	4.8	14 932	4.4	24 649	5.5
其他混血兒 Other Mixed	2 854	0.8	3 160	0.9	4 352	1.0
小計 Sub-total	19 441	5.7	18 092	5.3	29 001	6.4
其他 <sup>(1)</sup> Others <sup>(1)</sup>	1 394	0.4	2 172	0.6	1 335	0.3
總計 Total	343 950	100.0	342 198	100.0	451 183	100.0
全港人口 Whole population	6 708 389		6 864 346		7 071 576	

註釋：(1) 這些數字包括「黑人」、「拉丁美洲人」等。

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**Table 22**      **Reported drug abusers by major ethnic group**

Ethnicity	2010		2011		2012		2012 first half		2013 first half	
	No.	%	No.	%	No.	%	No.	%	No.	%
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<b>Vietnamese</b>	215	1.7	207	1.8	207	1.9	139	2.0	123	2.0
<b>Nepalese</b>	258	2.1	302	2.7	319	2.9	194	2.8	188	3.0
<b>Indian, Pakistani, Bangladeshi, Sri Lankan</b>	92	0.7	112	1.0	121	1.1	73	1.1	65	1.1
<b>Filipino</b>	17	0.1	13	0.1	6	0.1	@	@	@	@
<b>British</b>	@	@	12	0.1	10	0.1	@	@	@	@
<b>Others</b>	88	0.7	93	0.8	82	0.8	47	0.7	49	0.8
<b>Total</b>	<b>12 521</b>	<b>100.0</b>	<b>11 335</b>	<b>100.0</b>	<b>10 908</b>	<b>100.0</b>	<b>6 875</b>	<b>100.0</b>	<b>6 177</b>	<b>100.0</b>

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Updated on 25.09.2013

# *Nepalese & Substance Abuse*

1. growing problem of drug abuse in Nepal
2. Using drugs is socially acceptable in Nepali culture
3. Nepal is often regarded as the transit point of drug trafficking, in which, drug is easily accessible

## *Nepalese & Substance abuse in HK*

1. get addicted before coming to HK
2. get involve with bad peer
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## *Sociodemographic characteristics*

1. Gender: mainly male
2. Age: both teenage & adult
  - young people are left on their own
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4. Occupation: construction, security, F & B

**Table 23 Reported heroin and psychotropic substance abusers by major ethnic group**

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<b>Heroin</b>										
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Non-Chinese	580	9.4	639	10.8	637	11.0	408	10.7	364	10.8
Vietnamese	209	3.4	202	3.4	195	3.4	136	3.6	120	3.6
Nepalese	242	3.9	277	4.7	299	5.2	181	4.8	167	5.0
Indian, Pakistani, Bangladeshi, Sri Lankan	70	1.1	91	1.5	86	1.5	53	1.4	44	1.3
Filipino	7	0.1	@	@	@	@	@	@	-	-
British	@	@	7	0.1	6	0.1	@	@	@	@
Others	50	0.8	57	1.0	49	0.8	34	0.9	31	0.9
<b>Sub-total</b>	<b>6 184</b>	<b>100.0</b>	<b>5 902</b>	<b>100.0</b>	<b>5 802</b>	<b>100.0</b>	<b>3 807</b>	<b>100.0</b>	<b>3 369</b>	<b>100.0</b>
<b>Psychotropic substances</b>										
Chinese	7 483	97.6	6 535	97.0	6 284	97.1	3 720	97.4	3 348	96.9
Non-Chinese	184	2.4	201	3.0	187	2.9	100	2.6	107	3.1
Vietnamese	13	0.2	21	0.3	20	0.3	10	0.3	8	0.2
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Filipino	14	0.2	9	0.1	@	@	@	@	@	@
British	@	@	9	0.1	@	@	@	@	@	@
Others	45	0.6	46	0.7	36	0.6	14	0.4	22	0.6
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Updated on 25.09.2013



## *Drug abuse pattern*

Type of drug use in HK: Heroin, Marijuana, Cough syrup, Ice

Reason of drug use: identify with peers, relief from stress, avoid withdrawal symptoms, seek euphoria or sensory satisfaction

## Needs & Counseling concerns

### Case intake & assessment

1. Drug usage & pattern: type & dosage, how, frequency  
-- timeline, round the clock  
-- explore the client concept of substance abuse
2. Physical condition: HIV, Hep.
3. Mental condition: any disturbances, on medication
4. Social condition: family support vs support for the family, drug using peer vs non-drug using peer, significant others
5. Spiritual: existing religion, acceptance towards gospel based rehab.
6. Emotion: mood level & it's cause
7. Motivation & past rehab. experience: withdrawal experience & preparation for rehab.
8. Any immediate risk

### Formulate treatment plan

1. Eligibility for social services
2. Financial condition
3. Accommodation arrangement
4. Personal preference & constraints
5. Personal planning
6. Existing choice of services

### Follow up/ Relapse prevention

1. Review of the rehab. experience
2. Reason for discharge from rehab.
3. Education on slip, lapse & relapse
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