




Implementation period: 18/4/2013 – 17/4/2015

**Building Competence for Sustained Anti-Drug Work:
An Integrated Humanistic and Cognitive-Behavioral
Training for Practitioners and Students of Social
Work and Healthcare Professions (BDF120015)**

Grantee: Department of Social Work, The Chinese
University of Hong Kong (CUHK)

Co-organizer: The Nethersole School of Nursing, CUHK

Sponsor: Beat Drugs Fund, The HKSAR Government




**Building Competence for Sustained Anti-Drug Work:
An Integrated Humanistic and Cognitive-Behavioral Training
for Practitioners and Students of Social Work and
Healthcare Professions (BDF120015)**

Research Team:
Prof. Steven Sek-yum NGAI
Prof. Chau-kiu CHEUNG &
Prof. Siu-ming To

Training Team:
Mr. Max SZETO, Dr. Hai-yan HUANG, Ms. Wendy Siu-wan HON &
Dr. Harris Man-kwong HAR

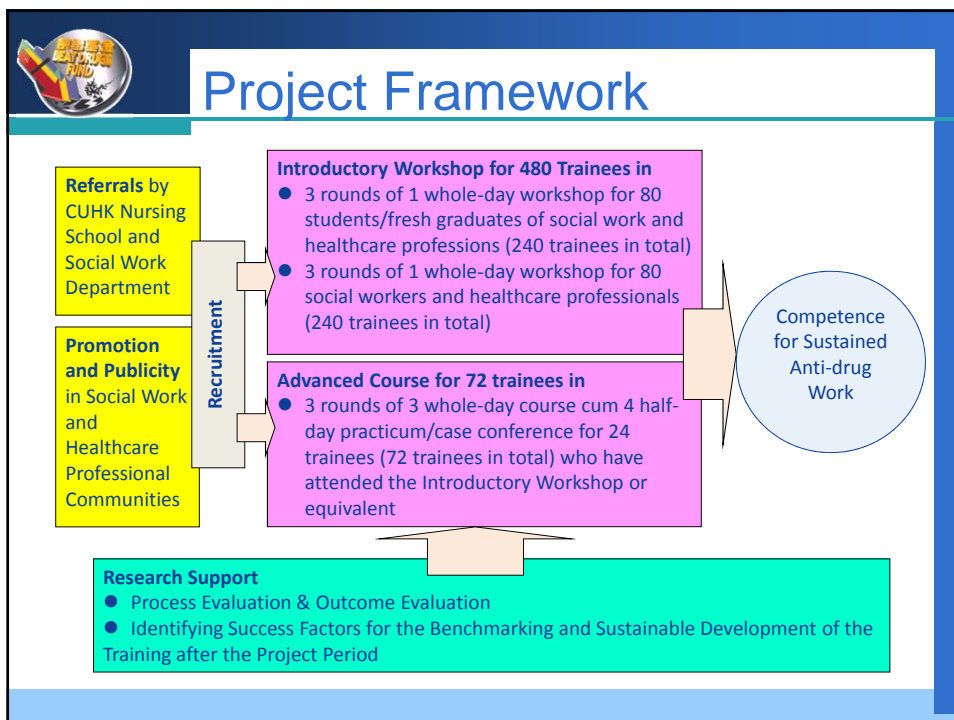
Advisor: Dr. Benjamin LAI



Objectives

This is a project to render training about integrated humanistic and cognitive-behavioral treatment to the practitioners/students/fresh graduates of social work and healthcare professions to raise competence through

- Introductory Workshop (6 rounds):**
 Understanding the needs of drug abusers, motivating drug abusers to face their problems, and making referrals for appropriate care
- Advanced Course (3 rounds):**
 Treatment of clients with problematic drug abuse in their service settings





Introductory Workshop

- **Drugs commonly abused in Hong Kong**
- **Counseling guidelines**
 - View drug use along a continuum
 - Enhancing self-efficacy
 - Multi-dimensional treatment aimed at long-term recovery
 - Sensitivity to varying needs of client populations, with emphasis on early identification of hidden drug abusers for rendering assistance
- **Initial assessment**
 - Acute intoxication and/or withdrawal complications
 - Biomedical conditions and complications
 - Emotional/behavioral conditions and complications
 - Treatment acceptance/resistance (stage of motivation)
 - Relapse/continued use potential
 - Recovery/healthy living environment
- **Level of care needed**
 - Early intervention (e.g. outreaching service, school social work, etc.)
 - Outpatient treatment (CCPSA)
 - Intensive outpatient / Short term hospitalization (SAC)
 - Residential services (medical mixed-mode centers, gospel centers)



Advanced Course

3 full-day course:

- Overview of an integrative humanistic and cognitive-behavioral treatment
- Assessment phase: Screening and assessment
- Treatment phase 1: Engagement and building motivation to change
- Treatment phase 2: Negotiating behavior change
- Treatment phase 3: Early relapse prevention
- Treatment phase 4: Relapse prevention/relapse management
- Additional treatment component – Families and social network members
- Application in different settings

+ 4 half-day practicum/case conference

Features to maximize training effectiveness:

- Homework assignments
- Role play and experiential learning
- Practicum/case conferencing

 **Photos**

Welcoming Remarks by Prof. Steven Ngai at the Introductory Workshop for Healthcare and Social Work Practitioners on August 9, 2013



 **Photos**

Anti-Drug Training by Mr. Max Szeto, One of our Trainers, at the Introductory Workshop for Healthcare and Social Work Practitioners on August 16, 2013





Photos

Group Photo of Project Team Members and Student Helpers after the Introductory Workshop for Healthcare and Social Work Practitioners on August 9, 2013



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Photos

Anti-Drug Training by Mr. Max Szeto, One of our Trainers, at the Advanced Course for Healthcare and Social Work Practitioners on 25/10/2014 - 22/11/2014

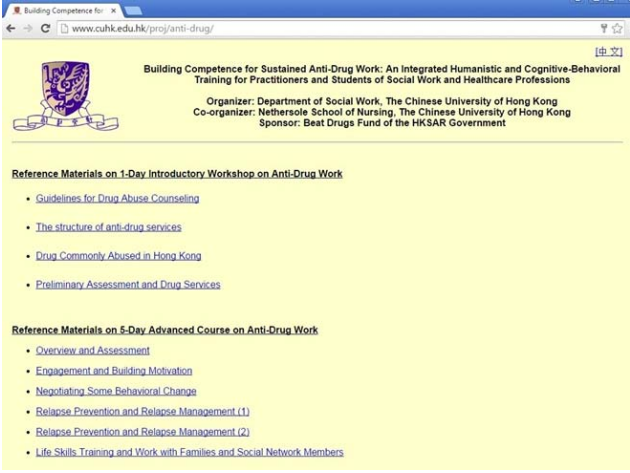






Photos

Bilingual web-based version of Introductory Workshop and Advanced Course



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Organizer: Department of Social Work, The Chinese University of Hong Kong
Co-organizer: Nethersole School of Nursing, The Chinese University of Hong Kong
Sponsor: Beat Drugs Fund of the HKSAR Government

Reference Materials on 1-Day Introductory Workshop on Anti-Drug Work

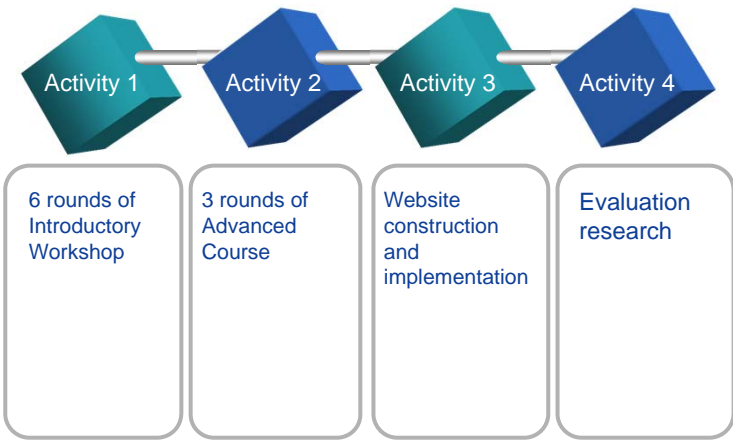
- [Guidelines for Drug Abuse Counseling](#)
- [The structure of anti-drug services](#)
- [Drug Commonly Abused in Hong Kong](#)
- [Preliminary Assessment and Drug Services](#)

Reference Materials on 5-Day Advanced Course on Anti-Drug Work

- [Overview and Assessment](#)
- [Engagement and Building Motivation](#)
- [Negotiating Some Behavioral Change](#)
- [Relapse Prevention and Relapse Management \(1\)](#)
- [Relapse Prevention and Relapse Management \(2\)](#)
- [Life Skills Training and Work with Families and Social Network Members](#)



Project Content



Activity 1

Activity 2

Activity 3


Activity 4

6 rounds of Introductory Workshop

3 rounds of Advanced Course


Website construction and implementation

Evaluation research




Output and Outcome Evaluation

- Evaluation methods
 - Course attendance record
 - Pre-post training surveys
- Output and outcome benchmarks
 - No. of trainees completed the Introductory Workshop
 - No. of trainees completed the Advanced Course
 - No. of users registered in project website
 - Improvement in knowledge about drugs and drug services, counselling skills and assessment skills; skills and application of the Integrative Humanistic and Cognitive-Behavioral Treatment; and competence in servicing as an anti-drug workers




Output Evaluation

	Expected Result	Achieved Result	Remark
Output Indicator 1	480 trainees (240 professionals + 240 students) complete the Introductory Workshops (80 trainees x 6 rounds)	514 trainees (259 professionals + 255 students) completed the Introductory Workshops (6 rounds)	Target met
Output Indicator 2	72 trainees complete the Advanced Courses (24 trainees x 3 rounds)	85 trainees completed the Advanced Courses (3 rounds)	Target met
Output Indicator 3	Website Construction - Bilingual web-based version of Introductory Workshop and Advanced Course 500 registered users	Website constructed and implemented; with 745 registered users	Target met




Outcome Evaluation

	Expected Result	Achieved Result	Remark
Outcome Indicator 1	70% of participants who attend Introductory Workshop show improvement in knowledge about drugs and drugs services, counseling skills and assessment skills (or significant improvement found by paired t-test)	506 questionnaires collected 92.5% showed improvement	Result satisfactory
Outcome Indicator 2	70% of participants who attend Advanced Course show improvement in knowledge, skills and application of the Integrative Humanistic and Cognitive-Behavioral Treatment (or significant improvement found by paired t-test)	82 questionnaires collected 98.8% showed improvement	Result satisfactory




Outcome Evaluation

	Expected Result	Achieved Result	Remark
Outcome Indicator 3	70% of participants who attend Advanced Course show improvement in competence in serving as an anti-drug worker (or significant improvement found by paired t-test)	82 questionnaires collected 95.1% showed improvement	Result satisfactory



Process Evaluation and Experience Gained

- Source of information for Process Evaluation: The project team's review meetings and the participants' feedback during training sessions
- Reason behind success
 - Ample experience and expertise: Address the multifarious training needs of participants from different social work and healthcare settings
 - Institutional support: CUHK Department of Social Work and CUHK Nethersole School of Nursing
 - Meeting pressing needs for systematic training on anti-drug work, such as the integrated humanistic and cognitive-behavioral treatment approach



Process Evaluation and Experience Gained

- Lesson learnt
 - Tremendous needs for the training from students and practitioners of diverse backgrounds
 - Worthwhile to extending training to other students and practitioners



Conclusion

- Conclusion
 - Project feasible, effective, and extendable

- Way forward
 - Extending training to other students and practitioners of the social work and healthcare professions
 - Addressing needs for even more rigorous training on the Integrated Humanistic and Cognitive-behavioral Treatment Approach, such as an advanced clinical supervision course