



LIFESTYLE REDESIGN PROGRAM

生活重整計劃

BDF130015

Project implementation period:

1st September, 2014 to 31st August, 2017

Grantee:

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

INTRODUCTION

- Gainful employment is regarded as one of the best indicators of successful substance abuse treatment. It also serves as an effective means of community integration.
- Lifestyle Redesign Program is a vocational rehabilitation program that not only enhances work motivation, but also builds a healthy and active lifestyle of participants through meaningful engagement in vocational, leisure and social activities.

PROJECT CONTENT

Lifestyle Redesign Program is consisted of 4 phases:

- Phase 1: Engagement 獨家試驗
- Phase 2: Transformation 爆Seed行動
- Phase 3: Adaptation 持續升呢
- Phase 4: Habit formation 十卜巴打

Service period of each participant is around 6 months.



生活重整計劃 Lifestyle Redesign Program



服務目的
此計劃的目標是透過推動年青濫藥者參與工作、社交及餘暇等有意義的活動，協助他們建立健康及積極的生活模式。

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。
年齡15歲至35歲。
願意投入參與本計劃。

申請辦法
由濫用精神藥物者輔導中心或戒毒機構的職員轉介。
請填妥申請人資料並傳真至：
2461 0566

費用
全免(本計劃由禁毒基金撥款資助)

查詢
如有任何查詢，歡迎與本計劃的職業治療師聯絡。
電話：李姑娘 5928 7800
莊先生 5928 7787

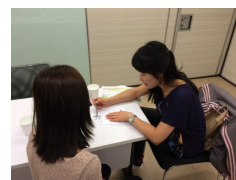
申請人資料
申請人姓名：
性別：
年齡：
聯絡電話：
轉介機構：
轉介人姓名：
轉介機構電話：
轉介機構傳真：
轉介日期：

屯門物質濫用診療所
新界西·聯合專科
新界西·聯合專科
新界西·聯合專科



ENGAGEMENT (獨家試驗)

- Improve awareness of participants about the importance of healthy lifestyle by motivational interviewing.
- Increase motivation of participants for making positive changes through goal setting.



TRANSFORMATION(爆SEED行動)

- Identify participants' strengths and weaknesses through work assessment, functional assessment, and cognitive assessment.
- Skill building of participants through enhancement in vocational, cognitive and social skills, including cognitive training, job acquisition skills training, work-related interpersonal training, and stress management.
- Support participants to formulate concrete action plan through collaborative approach



ADAPTATION(持續升呢)

- Support participants' job acquisition through job matching activities.
- Encourage participants to take part in social and leisure activities.
- Work with participants to overcome existing and potential obstacles.



HABIT FORMATION (十卜巴打)

- Facilitate stable employment of participants through job coaching and support.
- Support healthy behavioral change of participants in lifestyle through life coaching.



OUTPUT AND OUTCOME EVALUATION

| Output indicators (with targets) | Output achieved |
|---|------------------|
| Recruit participants from at least 12 CCPSA & DTRC. | 14 (116.7%) |
| Conduct 140 sets of comprehensive assessments for 140 participants including 20 high-risk youths. | 146 (104.3%) |
| Conduct 1400 training and coaching sessions for 140 participants. | 1627 (116.2%) |
| Conduct 36 leisure activity-based lifestyle redesign groups for participants. | 38 (105.6%) |



OUTPUT AND OUTCOME EVALUATION

| Outcome indicators (with targets) | Evaluation method used | Data Collected and Results |
|---|---|---|
| 60% of 140 participants can sustain employment or study for at least one month. | Interview with participants within 3 months after completion of program or release from DTRC. | 146 participants completed the program. 132 (90.4%) of them sustained employment or study for at least one month. |
| 60% of 140 participants show improvement in self-efficacy to avoid drugs. | Beat Drugs Fund Question Set No. 3. (Pre-test and post-test survey) | 146 participants completed pre-test and post-test. 131(89.7%) of them showed improvement. |
| 60% of 140 participants show improvement in general health. | SF-36. (Pre-test and post-test survey) | 146 participants completed pre-test and post-test. 132(90.4%) of them showed improvement. |
| 60% of 140 participants show improvement in quality of life or life satisfaction. | WHOQOL-BREF. (Pre-test and post-test survey) | 146 participants completed pre-test and post-test. 134(91.8%) of them showed improvement. |

EXPERIENCE GAINED – REASON BEHIND SUCCESS

1. Comprehensive assessment in work, daily functioning and cognitive aspects enhanced participants to have better understanding on their strengths and weaknesses. It greatly facilitated them to set realistic vocational goals.
2. Elected skill building modules of the program improved participants' skills and efficacy in job seeking and job adaptation.
3. The job matching process, which took participants' vocational interest and actual work capability into consideration, facilitated participants to select a job that they could sustain a longer period of time.

EXPERIENCE GAINED – REASON BEHIND SUCCESS

4. The leisure activity-based lifestyle redesign groups provided fun and enjoyable experience to participants in which they could learn how to build a healthy and balanced lifestyle.
5. Job coaching and on-going support were helpful for the participants sustaining the job.
6. Good implementation plan with realistic and reasonable output and outcome indicators ensured the achievement of program aims and objectives.



EXPERIENCE GAINED - LESSON LEARNT

- Outreach work rehabilitation program to DTRC & CCPSA increased motivation and level of participation of the participants.
- 6-month service period for each participant allowed therapists to have adequate time for building rapport, training essential skills, and providing job coach.
- Close collaboration and effective communication with DTRC & CCPSA enabled smooth running of the program and also suitable cases were referred.



CONCLUSION AND WAY FORWARD

- Lifestyle Redesign Program is effective in facilitating young substance abusers and rehabilitants to build a healthy and active lifestyle through meaningful engagement in vocational, leisure and daily life activities. Majority of participants were able to sustain their jobs for more than one month. Their self-efficacy in drug avoidance, general health and quality of life were also improved after completion of the program.
- To promote this effective work rehabilitation approach for substance abusers, sharing sessions maybe conducted to NGOs and other OT departments under HA that provide related SA services . Manuscript will be sent to relevant journal for publication.



- END

