

Beat Drugs Fund Experience Sharing Session

Lifestyle Redesign Program
生活重整計劃

Tuen Mun Substance Abuse Clinic
Occupational Therapy Department
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- Presenting problems of HOTS participants

- ① High relapse rate

- Poor stress coping strategies

- Influence by SA peers

Conceptualization

- Presenting problems of HOTS participants
 - ② Unable to sustain employment
 - Varies from 1 month to 2 months
 - Unsatisfactory frustration tolerance



Conceptualization

- Presenting problems of HOTS participants

- ③ Lifestyle imbalance

- Poor exercise habits

- Limited daytime engagement



Conceptualization

- Service gap
 - ① Health care professional shortages
 - Limited resources allocated
 - Limited services provided

Conceptualization

- Service gap
 - ② Time constrained health care system
 - Limited follow up sessions after discharge
 - The changing process required time

Conceptualization

- Work
 - Sustain employment
- Social
 - Buildup a healthy social network
- Leisure
 - Engage in personal hobbies
 - Develop healthy routine

Missions of LRP

To live a happier and healthier life without drugs

Proposal Preparation

- Key points to note:
 - Choosing the priority task group (e.g. high-risk youth or vocational rehabilitation)
 - Discuss the possibilities and technical hitches of the proposal with agencies

Priority area

- Key points to note:
 - Liaise with corresponding community agencies (making referrals who are non HA subjects)
 - Territory-wide
 - Centres with limited rehabilitation service

Recruitment of subjects

- Territory-wide community agencies

- ① Drug Treatment and Rehabilitation Centre (DTRC)
- ② Counselling Centres for Psychotropic Substance Abusers (CCPSA)
- ③ Centre for Drug Counselling(CDC)

Chinese

Range:
15-35

Target no. of
participants: 140

Recruitment of subjects

	Description
Output indicator 1	Recruit participants from at least 12 CCPSA and DTRC
Output indicator 2	Conduct 140 sets of comprehensive assessments for 140 service users
Output indicator 3	Conduct training and coaching for 140 service users with 1400 attendances
Output indicator 4	Conduct 36 leisure activity-based lifestyle redesign activity groups for service users

Output Indicators

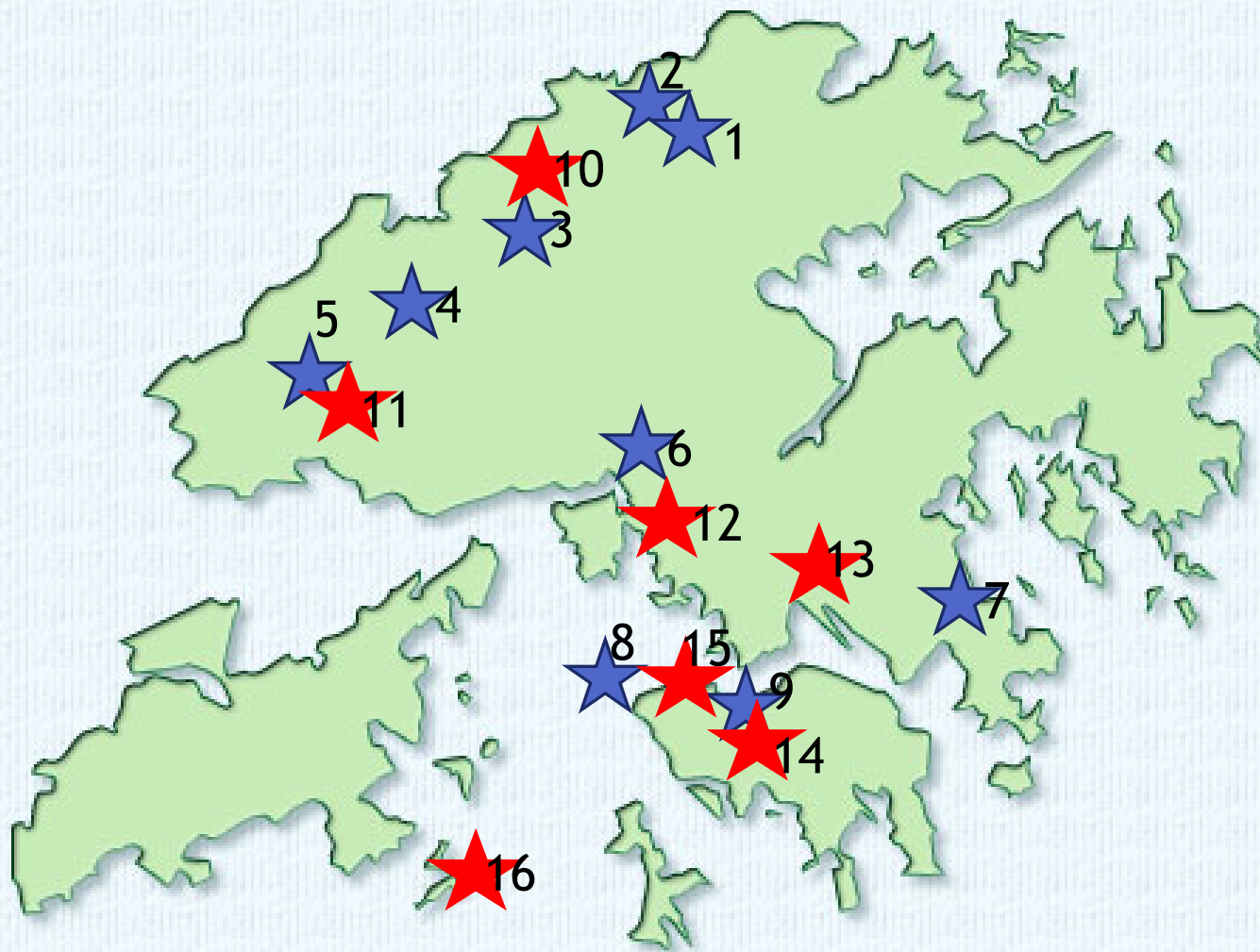
- Key points to note:
 - Early promotion
 - Onsite visit > Telephone contact > Mailing of service pamphlet
 - Start with small group (snowball effect)

Promotion



DTRC

1. 香港戒毒會(區貴雅)
2. 全備團契
3. 新生協會(新生園)
4. 恩信之家
5. 日出山莊
6. 靈愛中心
7. 黃耀南中心
8. 互愛中心
9. 香港戒毒會(沙田)



CCPSA

- | | |
|-----------------|-----------------|
| 10. 天朗中心 | 14. 明愛樂協會(香港中心) |
| 11. 容圃中心 | 15. 越峰成長中心 |
| 12. 心弦成長中心 | 16. 越峰成長中心(長洲) |
| 13. 明愛樂協會(九龍中心) | |

- Key points to note:
 - Number of potential service users
 - Travelling time
 - Drop-out rate
 - Realistic and achievable target (depends on manpower and the number of agencies connected)

Hints for setting output indicators

	Description
Outcome indicator 1	60% of 140 service users can sustain employment or study for at least one month
Outcome indicator 2	60% of 140 service users show improvement in self-efficacy to avoid drugs
Outcome indicator 3	60% of 140 service users show improvement in general health
Outcome indicator 4	60% of 140 service users show improvement in quality of life or life satisfaction

Outcome Indicators

- Key points to note:
 - Relevant evaluation methods(refer to our objectives)
- Primary outcome of LRP
 - Employment status
- Secondary outcome of LRP
 - Self-efficacy on drug avoidance
 - SF-36 (General health)
 - WHO (Life satisfaction)

Evaluation Methods

- Key points to note:
 - Relevant evaluation methods(refer to our objectives)
 - Realistic and achievable target

**Hints for setting
outcome indicators**

- Key points to note:
 - Precise and concise
 - Good planning (e.g. incentives or mobile/network services)
 - Remedial action if over budget

Budget breakdown

- 3-year outreach project supported by Beat Drugs Fund
- Started on 1st September 2014
- Facilitate young substance abusers to build a healthy lifestyle through meaningful engagement in work, leisure and social activities

Overview of LRP

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





10 展望我的將來
你需要改變嗎？

第五階段：自我審視 9-10分
你認真嗎，你能將計劃已經開始的改變繼續實行，使生活方式有實質具體的改變，並努力防止舊態復萌，尤其在有壓力的情況下。

第四階段：持續行動 9-10分
在連續行動中出現真正的行為改變，而不只是空談，要努力向更高處，爭取於家庭事業的信心，克服難處而繼續的改變。

第三階段：準備就緒 7-8分
決定未來能實行改變並不久久的將來準備開始採取行動，打算減少過量健康的惡習。

第二階段：重新思考 4-6分
對改變的動機必須是可信的，目標計畫沒有任何行動，對改變的作意心虛，可能繼續把問題一直拖展，繼續不採取行動。

第一階段：尚未察覺 0-3分
不打算作出任何改變，可能沒有意識到需要去改變，並將舊態繼續維持存在。

10
9
8
7
6
5
4
3
2
1
0

開始策劃
希望改善的範疇

範疇	現時狀況	希望達到的目標
身體狀況		
精神健康		
家庭		
工作		
社交及餘暇		
其他		

本週目標

目標： _____

範疇： _____

行動計劃： _____

日期及時間： _____

檢討

完成 未完成

感受： _____ 改善方法： _____

9 我的生活模式：

時間	平日	假日
早上		
下午		
晚上		
深夜		

時間分配： %

時間分配： %

自理 **工作** **社交餘暇**

自理 健康生活的基礎，包括良好的睡眠、均衡飲食、整潔的儀容及強健的體魄。

工作 生活中重要的一環，包括上班、升學、訓練及進修，料理家務及照顧家人。穩定的工作讓我們有精神寄托及擴大生活圈子，更可以加強我們的自信心，帶來成就感及滿足感。

社交及餘暇 適當的休閒、娛樂、運動及社交生活，不但能夠為我們的餘暇：生活增添樂趣，更有助舒緩情緒和減輕生活壓力。

你滿意你的生活模式嗎？1(最不滿意)–10(最滿意)分你會給多少分？

1 2 3 4 5 6 7 8 9 10

你滿意哪些方面？為什麼？

你滿意哪些方面？為什麼？

Implementation

- Collaboration

- Close collaboration with BDF's staff (any project slippage and remedial action)
- Close collaboration with referrers and agencies (the feedback from referrers and service users)

Implementation

- Facilitating factors

- Standardize assessment and tools (handbook) → arise interest & identify strength/weakness
- Apply MI techniques → build up rapport & initiate changes

Implementation

- Facilitating factors

- Ongoing job visit/follow up and meaningful activities sustain a healthy lifestyle without drugs
- Incentives for successful users who employed for at least one month increase motivation to LRP

Implementation

- Potential obstacles

- Drop-out and unstable attendance

- Relapse

- Unstable mental state (temper outburst or active use of drugs)

Implementation

- Setting output and outcome indicators:
 - Use percentage to indicate how many service users can complete the program
- Personal emolument
 - Yearly increment
- Supporting letter from referrers

Reflection



Lifestyle Redesign Program

生活重整計劃