





1 AGU 2014 to 31 Jul 2016


Sunny Family 家心有晴天 BDF130016

Tung Wah Group of Hospitals CROSS Centre
東華三院越峰成長中心




Project Name  東華三院越峰成長中心
Tung Wah Group of Hospitals CROSS Centre


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Introduction



- The project provided family-based intervention for drug abusers with aged 35 years old or below. Through family interviews, family group meetings and activities to enhanced the positive communication and coping abilities among drug abusers and their family members to handle the drug abuse problem. Also, the mutual support between the families were built.
- The project lasted for 2 years and benefited 76 drug abusers and 127 family members. After participated in the project, 89.5% of drug abusers reduced their frequency of drug abuse and 96.5% of drug abusers showed improvement in anti-drug attitude. Also, 98.5% of family members enhanced their ability to support the drug abusers to quit drugs.



Project Content



Service flow of Multi-family Intervention

Stage I	Assessment and Motivation Enhancement - Individual interview - Home visit - Family Interview
Stage II	Family Dynamic Facilitation & Consolidation - Multi-family Therapy Group (Phase 1)
Stage III	Family Mutual and Continuous Support - Multi-family Therapy Group (Phase 2) - Healthy Family Activities - Health Life-style Activities

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Stage I: Assessment and Motivation Enhancement

- 439 sessions of Individual interview for drug abusers
- 595 sessions of Home visit and Family Interview

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Stage II: Family Dynamic Facilitation & Consolidation

- 9 Groups (36 sessions) MFTG (Phase 1) were provided
- 40 Families were recruited to join MFTG



Project Content



Stage II: Family Dynamic Facilitation & Consolidation

- - Multi-family Therapy Group (Phase 1)

Warm-up activities

To facilitate mutual introductions and for the group members to get to know each other.
 To find out about similarities and differences.
 To promote mutual 'curiosity'.
 (Eia Asen and Michael Scholz)










Project Content



Stage II: Family Dynamic Facilitation & Consolidation

- - Multi-family Therapy Group (Phase 1)

Tangram/ Adventure games

To elicit the communication pattern and transactional pattern, for the group members to have insights into new perspectives and to generate new ideas to experiment with taking better communication ways.

- Observing problematic interactions and communications
- Checking perceptions
- Inviting evaluation
- Determining the wish to change (Asen 1997)









Project Content



Stage II: Family Dynamic Facilitation & Consolidation

- - Multi-family Therapy Group (Phase 1)

Reflecting team (Andersen 1987)

“There are other related ways in which the healing powers of a group can work, such as using ‘outsider witness group’ (White 1997) rituals.”


Drug users sitting in the inner circle, discuss a specific theme, with the parents listening and observing the discussion. After then, there is a switchover.

Different group members provide their own personal responses and resonances as a form of feedback to a specific family dilemma or charged situation.


(Eia Asen and Michael Scholz)





Project Content



Stage II: Family Dynamic Facilitation & Consolidation

- - Multi-family Therapy Group (Phase 1)

Grasping ideas and solutions from family members

- Jogging down family members' thoughts and methods
- Visualizing ideas from group members on the wall would help parents memorize what they thought
- Consolidating experiences
- Printing out these ideas and solutions for family members who could try at home

Handwritten notes on a pink sticky note:

青年人不敢告訴家人自己正在戒毒，因尚未成功，怕家人失望，亦怕自己失敗！

有青年人會邊戒邊毒

家人知道

Handwritten notes on a green sticky note:

所有野炒埋一碟，

只係由車翻係翻於返車

以家人有牙車翻前日係可


但每有無俾忍口

2. 戒煙好實係戒煙者一舉一動


(係到不安心)

3. 戒煙好實係戒煙者一舉一動

4. 戒煙好實係戒煙者一舉一動



Project Content



Stage III: Family Mutual and Continuous Support

- 4 Groups (16 sessions) MDTG (Phase 2) were provided
- 8 sessions of Healthy Family Activities were conducted
- 9 sessions of Healthy Lifestyle Activities were conducted



Project Content



Stage III: Family Mutual and Continuous Support

- **Multi-family Therapy Group (Phase 2)**

Family members mutual & Continuous Support group

- Combining each batch of MFTG family members
- Providing continuous support
- Broadening the scope of ideas among the group on dealing drug users





Project Content



Stage III: Family Mutual and Continuous Support

- **Healthy Family Activities**
- Provided a family gathering platform to strengthen their relationship, problem solving skills and learning positive family lifestyle
- Enhancing interaction among family members








Project Content



Stage III: Family Mutual and Continuous Support

- **Health Life-style Activities**
- Assisting drug users approach the society
- Providing various activities help drug users establish healthy hobbies
- Maintaining their positive attitudes and building up new social network





Output and Outcome Evaluation

Evaluation methods


- Pre-test and Post test survey

Method of data collection



- Data were retrieved from participant's enrolment / registration record







Output Evaluation



	Expected Result	Achieved Result
Output Indicator 1	Recruit 72 drug abusers which 50 drug abusers can complete at least 6 treatment sessions	76 drug abusers (105.5%) recruited and 57 drug abusers (114%) were completed service
Output Indicator 2	Recruit 72 family members which 50 drug abusers can complete at least 6 treatment sessions	127 family members (176.3%) recruited which 68 members (136%) were completed service
Output Indicator 3	Recruit 36 families to join MFTG which 25 families complete at least 3 sessions in stage II	40 families (111.1%) recruited for MFTG which 34 families (136%) completed at least 3 sessions in stage II
Output Indicator 4	Recruit at least 16 participants from 8 families to attend family activities and healthy lifestyle activities	88 participants (550%) recruited from 33 families (412.5%)

 Outcome Evaluation  東華三院越峰成長中心 <small>Tung Wah Group of Hospitals CROSS Centre</small>		
	Expected Result	Achieved Result
Outcome Indicator 1	70% of drug abusers show reduction in their drug use frequency (BDF Questions Set No.7)	89.5% drug abusers showed reduction in their drug use frequency (By pre-test & post-test survey)
Outcome Indicator 2	70% of drug abusers show improvement in their anti-drug attitude (BDF Questions Set No.16)	96.5% drug abusers showed improvement in their anti-drug attitude (By pre-test & post-test survey)
Outcome Indicator 3	70% of family members show improvement in their capacity to support drug abusing family members (BDF Questions Set No.20)	98.5% reported their capacity to support drug abusing family members has been improved (By pre-test & post-test survey)

 Outcome Evaluation  東華三院越峰成長中心 <small>Tung Wah Group of Hospitals CROSS Centre</small>	
<p><u>Evaluated by focused group</u></p> <p><u>Individual and Family Counseling</u></p> <ul style="list-style-type: none"> ▪ Let the drug abusers and their family members understand the substance abuse problem is not the individual problem. ▪ Family change is a significant factor to improve the drug abuser's frequency of drug use ▪ Social worker could facilitate the family member to communicate in an effective way which improved the relationship between the drug abusers and their family members. <p><u>MFGT</u></p> <ul style="list-style-type: none"> ▪ Enhanced confidence to cope with drug problem in the family ▪ Effective methods and resources were learnt to support the drug abusers ▪ Improve the quality and the effectiveness of family communication 	



Outcome Evaluation


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Testimonial

「以前覺得個仔吸毒係好醜、好羞家，又唔敢同親戚講，又唔敢搵人幫，怕人地話自己唔識教仔。經過參加計劃輔導同小組，我識到好多同路人幫自己，亦覺得自己幫到阿仔，又幫到其他家庭。諗返轉頭，最正確係擺起勇氣打電話搵社工。」
珍姐(家長)

一直以來，我將管教的責任交予太太，當女兒出問題後，我才知道，她一直在等待我的管教，而我的參與，亦減低老婆的辛酸。一家人，原來每個角色都好重要，現在，我們一家三口，齊心戒毒。
余先生(家長)

「阿媽去左個小組(多元家庭治療小組)，佢話聽完「寶姐」(另一吸毒者家長)分享，返到屋企轉死性，話俾自由我，又話學識左尊重我，我唔知佢發生咩事，所以來睇下你地係做咩。」
傻魚(吸毒者)

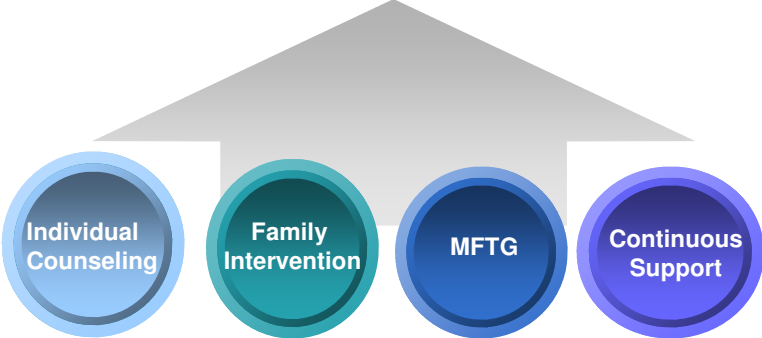


Experience Gained

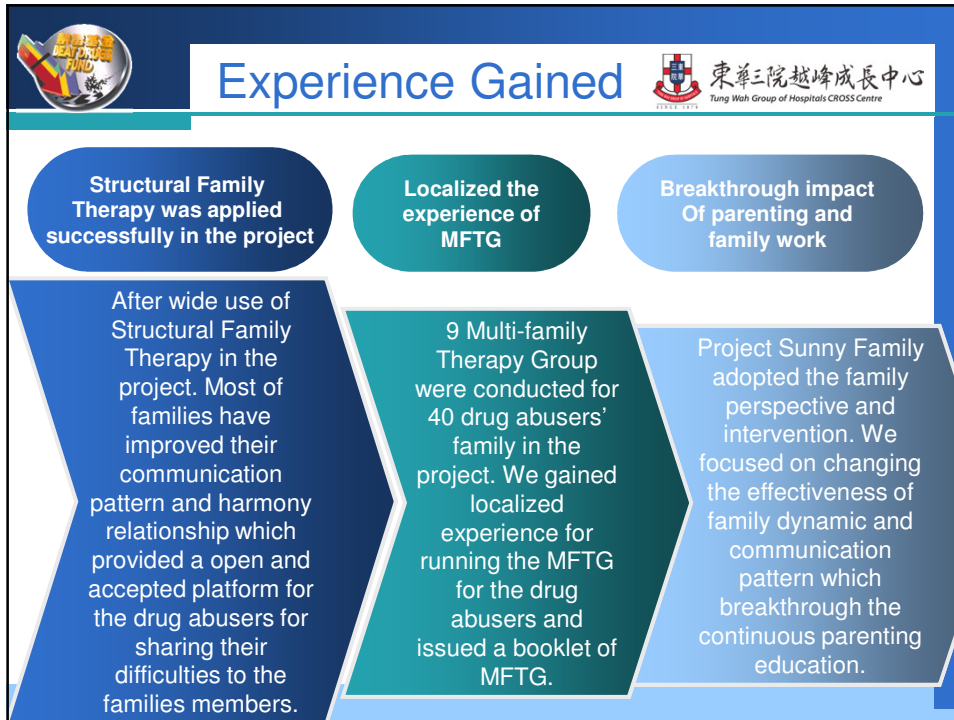
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Facilitate the CHANGE in drug use frequency

Facilitate the CHANGE in anti-drug attitude




The diagram features a large grey upward-pointing arrow. Below the arrow are four circular icons representing different intervention methods: Individual Counseling (light blue), Family Intervention (teal), MFTG (dark blue), and Continuous Support (purple).




Conclusion

- **Conclusion**
- Client's psychic life is influenced by his context and the interaction among his family members.
- Family members and substance abusers may develop codependent relationship causing them to intensify the dysfunctional role of the substance abusers in the family.
- Changing the structure of the family will get the new experiences in the therapeutic process to the family members, which may effectively assist family members to help substance abusers.
- Through family intervention, "home-based therapy breaks from the traditional clinical setting, reasoning that joining the family where it lives can help overcome shame, stigma, and resistance" (Beels 2002).



Conclusion



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- **Suggestions**
- The interpersonal (Shulman, 1992; Yalom, 1995) and mutual aid (Gitterman & Shulman, 1994; Schwartz, 1967) components of the MFTG can provide various benefits to the substance abusers and their families (David W. Springer and Sarah H. Orshbon, 2002).
- MFTG is suggested to develop and localize for the anti-drug service for the substance abusers and their family members.
- Family perspective and systemic perspective are the way out of exploring and solving the individual substance abuse problem.
- Home-based family interview is suggested for solving the hidden drug abuse problem.
- Intensive supporting to substance abuser's family member's mental influence is significant.