




Implementation period: 16/6/2014 – 15/6/2016

Toward A Drug-Free Campus: An Integrated Humanistic and Cognitive-Behavioral Training on Anti-Drug Work for Practitioners and Students of the Teaching Professions (BDF130027)

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

Co-organizer: Student Affairs Office, Hong Kong Institute of Education (HKIE)

Sponsor: Beat Drugs Fund, The HKSAR Government




Toward A Drug-Free Campus: An Integrated Humanistic and Cognitive-Behavioral Training on Anti-Drug Work for Practitioners and Students of the Teaching Professions (BDF130027)

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Training Team:
Mr. Max SZETO, Dr. Winnie Wing-sze Mak, Ms. Wendy Siu-wan HON &
Dr. Harris Man-kwong HAR

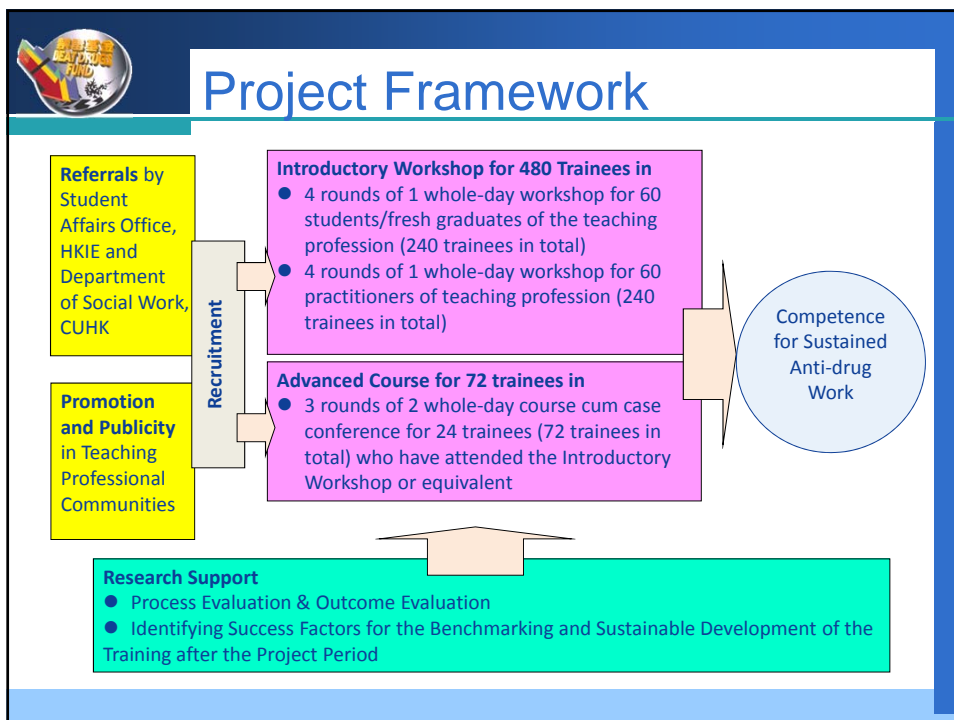
Advisor: Dr. Benjamin LAI



Objectives

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

- Introductory Workshop:**
 Understanding the needs of drug abusers, motivating drug abusers to face their problems, and making referrals for appropriate care
- Advanced Course:**
 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. outreach service, school social work, etc.)
 - Outpatient treatment (CCPSA)
 - Intensive outpatient / Short term hospitalization (SAC)
 - Residential services (medical mixed-mode centers, gospel centers)



Advanced Course


2 full-day course:

- Overview of an integrative humanistic and cognitive-behavioral treatment
- How to Put Drug Abuse on the Agenda
- Strategies to Increase Engagement
- Building on Motivation for Change
- Dealing with Resistance
- Three-Question Technique to Tackle Beliefs for Not Wanting to Change Drug Abuse
- Enhancing Protective Factors in Relapse Prevention
- Case Conference/Role Play



Photos

Group Photo of Ms. Wendy Hon (Trainer), Mr. Max Szeto (Trainer), Prof. Steven Ngai and Participants at the Introductory Workshop for Practitioners and Students of the Teaching Profession on 13/9/2014



共建無毒校園：
為教育專業人員和學生提供的綜合抗毒工作培訓課程


Toward A Drug-Free Campus:
An Integrated Holistic and Cognitive-Behavioral Training on
Anti-Drug Work for Practitioners and Students of the Teaching Profession



Photos


Case Analysis and Discussion by Mr. Max Szeto (Trainer) and the Participants at the Introductory Workshop for Practitioners and Students of the Teaching Profession on 21/11/2015





Photos

Dr. Harris Har (Trainer) Presenting Key Principles and Procedures in Initial Assessment at the Introductory Workshop for Practitioners and Students of the Teaching Profession on 27/2/2016



A photograph showing Dr. Harris Har, a man in a dark jacket and blue trousers, standing at the front of a classroom. He is gesturing with his hands while presenting to an audience of people seated in green chairs. A large white projection screen is visible behind him.




Photos

Group Photo of Ms. Wendy Hon (Trainer) and Participants at the Advanced Course for Practitioners and Students of the Teaching Profession on 31/1/2015-7/2/2015



A group photograph of approximately 20 people, including Ms. Wendy Hon and participants, standing in a room. They are holding a purple banner with Chinese text. The text on the banner reads: "共建無毒校園：為教育專業人員和學生提供的綜合抗毒工作培訓課程" (Building a drug-free campus: A comprehensive anti-drug work training course provided for education professionals and students).

 **Photos**


Case Analysis by one of the Participants at the Advanced Course for Practitioners and Students of the Teaching Profession on 11/4/2015-18/4/2015



 **Photos**


Dr. Harris Har Answering Questions Raised by Participants during Session Break of the Advanced Course on 5/3/2016-19/3/2016





Project Website

Bilingual web-based version of Introductory Workshop and Advanced Course



Toward A Drug-Free Campus: An Integrated Humanistic and Cognitive-Behavioral Training on Anti-Drug Work for Practitioners and Students of the Teaching Profession [中文]


Organizer: Department of Social Work, The Chinese University of Hong Kong
Co-organizer: Student Affairs Office, The Hong Kong Institute of Education
Sponsor: Beat Drugs Fund, The HKSAR Government

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

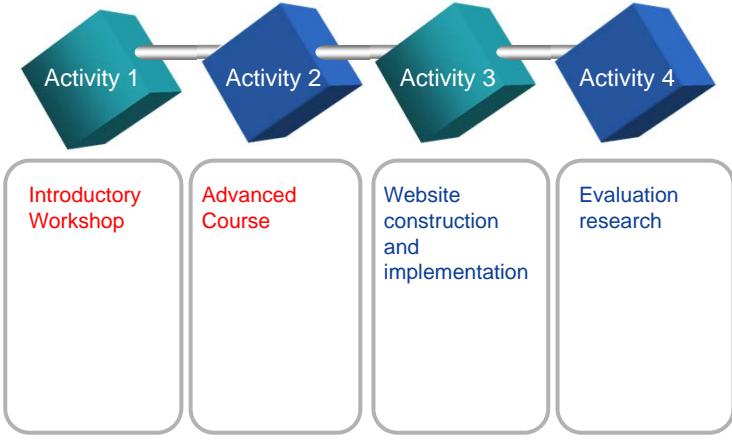
- [Guidelines for Drug Abuse Counseling](#)
- [The structure of anti-drug services](#)
- [Drug Commonly Abused in Hong Kong](#)
- [Preliminary Assessment and Drug Services](#)

Reference Materials on 2 Day Advanced Course on Anti Drug Work

- [Training on Cognitive Behavioral Integrated Treatment Model \(CBIT\) Overview and Assessment](#)
- [Engagement and Building Motivation](#)
- [Early Relapse Prevention](#)
- [Additional Treatment Components: Life Skill Training, Work with Families and Social Network Members](#)




Project Content




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graph LR; A1[Activity 1] --- A2[Activity 2] --- A3[Activity 3] --- A4[Activity 4];
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Activity 1	Activity 2	Activity 3	Activity 4
Introductory Workshop	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
 - Improvement in knowledge about drugs and drug services, counselling skills and assessment skills; skills and application of the Integrative Humanistic and Cognitive-Behavioral **Approach to anti-drug work**




Output Evaluation

	Expected Result	Achieved Result	Remark
Output Indicator 1	480 trainees completing the Introductory Workshops	493 trainees completed the Introductory Workshops (9 rounds)	Target met
Output Indicator 2	72 trainees completing the Advanced Courses	93 trainees completed the Advanced Courses (3 rounds)	Target met




Outcome Evaluation

	Expected Result	Achieved Result	Remark
Outcome Indicator 1	70% of participants are satisfied with the introductory workshop	485 valid questionnaires collected 96.3% were satisfied	Result satisfactory
Outcome Indicator 2	70% of participants are satisfied with the advanced course	91 valid questionnaires collected 97.8% were satisfied	Result satisfactory




Outcome Evaluation

	Expected Result	Achieved Result	Remark
Outcome Indicator 3	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)	490 questionnaires collected 96.7% showed improvement	Result satisfactory
Outcome Indicator 4	70% of participants who attend Advanced Course show improvement in knowledge, skills and application of the Integrative Humanistic and Cognitive-Behavioral Approach to anti-drug work (or significant improvement found by paired t-test)	93 questionnaires collected 92.5% 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 the teaching profession
 - Institutional support: CUHK Department of Social Work and Student Affairs Office of Hong Kong Institute of Education
 - 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 other helping professions
 - Addressing needs for even more rigorous training on the Integrated Humanistic and Cognitive-behavioral Treatment Approach, such as an advanced clinical supervision course