

Occupational Lifestyle Redesign·Life Role Re-establishment Project

生活重整·重塑人生角色

Project reference: 140018

Implementation period: 1st August 2015 – 31st July 2017

Grantee: Kwai Chung Hospital



Occupational Therapy Department
Kwai Chung Hospital



Substance Abuse Assessment Unit
Kwai Chung Hospital

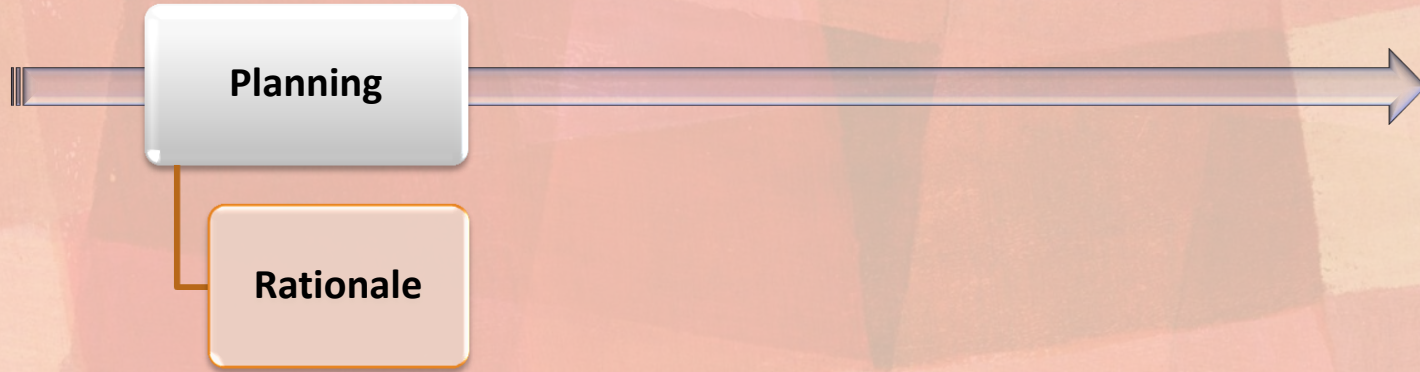


Beat Drugs Fund Association
Narcotics Division, Security Bureau

Amount of grant approved: \$1,531,300

Project objective: To coach substance abusers to build a positive lifestyle and establish a personal life role to enhance their motivation for treatment, reduce their substance abuse behaviours and relapse risk, enhance mental well-being, establish personal life roles and improve life functioning

Content



Rationale

OT profession

The vision of occupational therapy is to empower service users to lead a **meaningful life** of their choices

Occupational therapy is uniquely positioned to assist people who are struggling to recover from substance abuse, by helping them to re-establish the **roles and identities** most meaningful to them (AOTA, 2014)

Definition of recovery of substance abuser

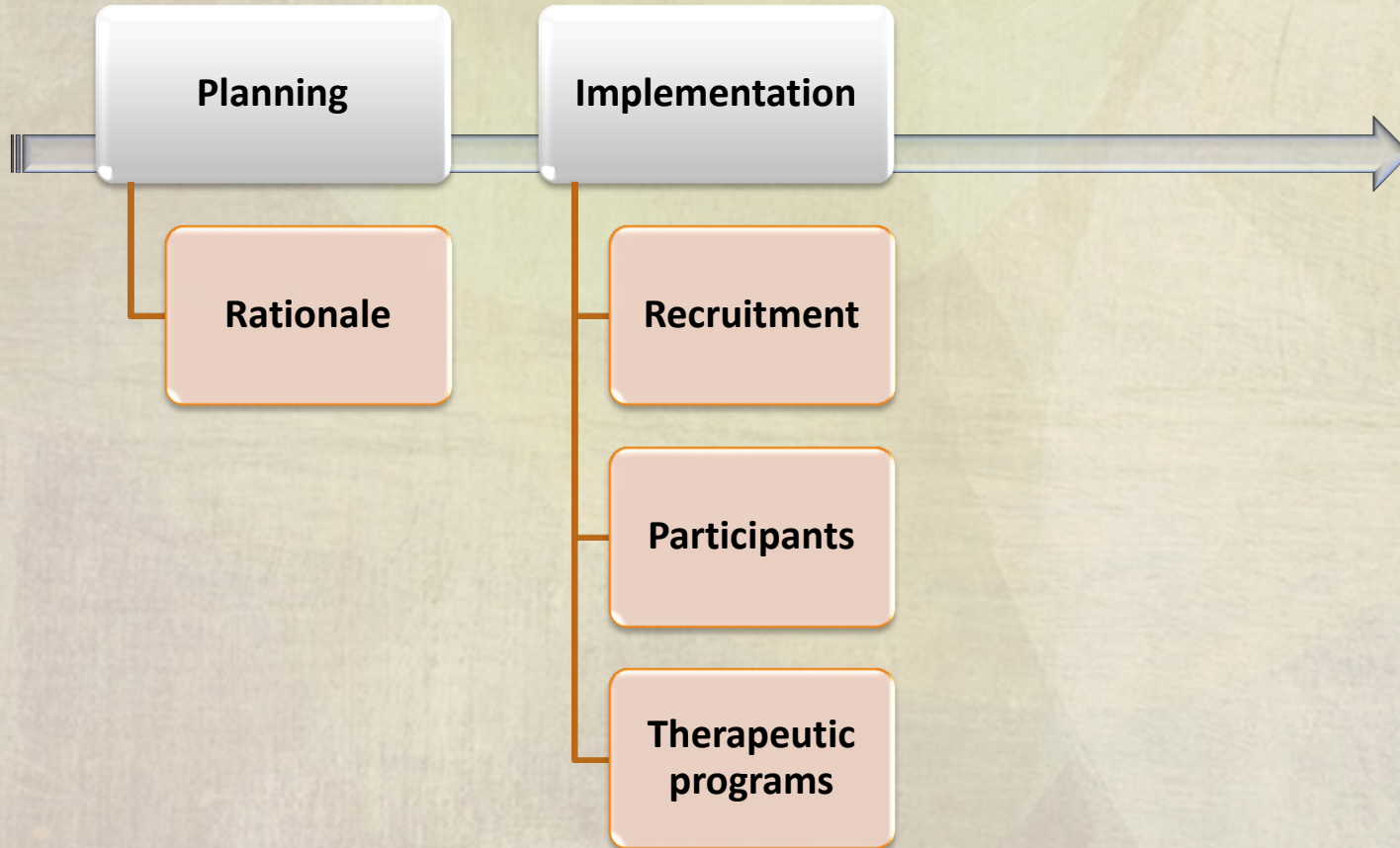
The United Kingdom Drug Policy Commission (UKDPC, 2008) defined that the process of recovery from problematic substance use was characterized by voluntary control over substance use which **maximize wellbeing and participation in the roles and responsibilities**

Substance Abuse and Mental Health Service Administration (SAMHSA, 2015) suggested that service **promoting recovery supports individual to live productive life role in the community and maintain abstinence**



Occupational Lifestyle Redesign . Life Role Re-establishment Project

Content



Recruitment

Project pamphlet



The cover of the project pamphlet features a vibrant blue background with a large rainbow arching across the top. The central theme is '生活重整計劃' (Life Rebuilding Plan), written in large, bold Chinese characters. Below the title, there are several green puzzle pieces arranged in a path that leads towards a yellow house icon. The puzzle pieces are labeled with different activities: '個人評估' (Personal Assessment), '課堂學習' (Classroom Learning), '人生輔導' (Life Guidance), '戶外體驗' (Outdoor Experience), and '協同活動' (Collaborative Activities). At the bottom left, there is a small illustration of a person in an orange suit running. The bottom of the cover contains logos for the organizing institutions: MEET (Mental Health Education and Training), the Chinese University of Hong Kong (CUHK), and the Hong Kong Police Force (HKPF).

活動形式

- 個人評估
- 課堂學習
- 人生輔導
- 戶外體驗
- 協同活動

查詢
葵涌醫院職業治療部職業治療師陳先生/余姑娘。
電話: 2959 8261



The content page of the project pamphlet continues the theme of '生活重整計劃' (Life Rebuilding Plan). It features a blue background with a large rainbow on the right side. The text is organized into four main sections: '服務目的' (Service Purpose), '服務對象' (Service Target), '服務內容' (Service Content), and '服務對象' (Service Target). The '服務內容' section is divided into four sub-sections: (一) 認識自己 (Know Yourself), (二) 燃亮生命 (Light Up Life), (三) 重整生活 (Rebuild Life), and (四) 重塑角色 (Reshape Role). The page is illustrated with various symbols of progress and achievement, including a person climbing a ladder, a target, a house, and a person holding a bow. The overall design is colorful and motivational.

服務目的

此服務透過鼓勵戒毒人士在日常生活、工作及餘暇三方面主動為自己策劃及積極參與有意義的活動，從而建立充實的生活模式，重塑人生角色

服務對象

- 現正接受葵涌醫院藥物濫用評估中心服務的人士

服務內容

(一) 認識自己

- 參與認知、工作及功能評估
- 認識吸食毒品的影響

(二) 燃亮生命

- 建立興趣、強項及促進精神健康
- 增強自我管理 ability

(三) 重整生活

- 訂立行動計劃，加強執行力
- 體驗社區活動，累積成功經驗

(四) 重塑角色

- 透過人生輔導，尋找角色
- 參與職前訓練、工作配對及就業輔導
- 建立良好習慣，重塑人生角色

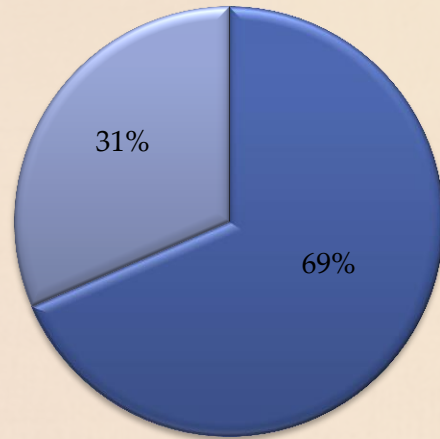
Recruitment

Target beneficiary group: substance abusers

Method of recruitment: 89 participants attending service in Substance Abuse Assessment Unit of Kwai Chung Hospital were recruited

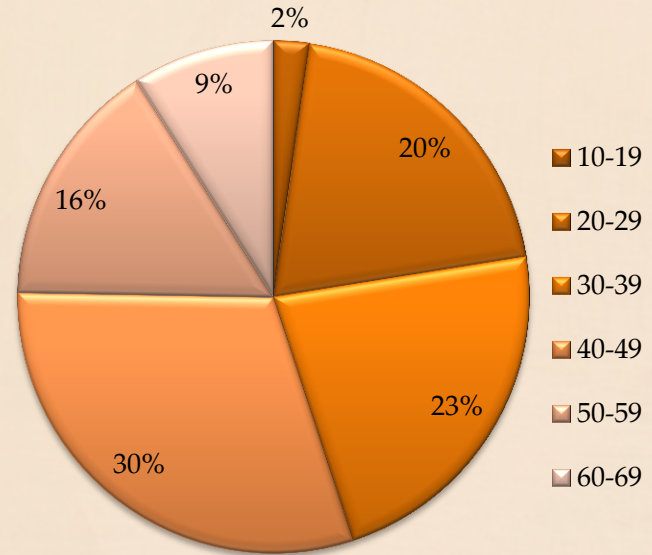
Participants

Gender



- Male
- Female

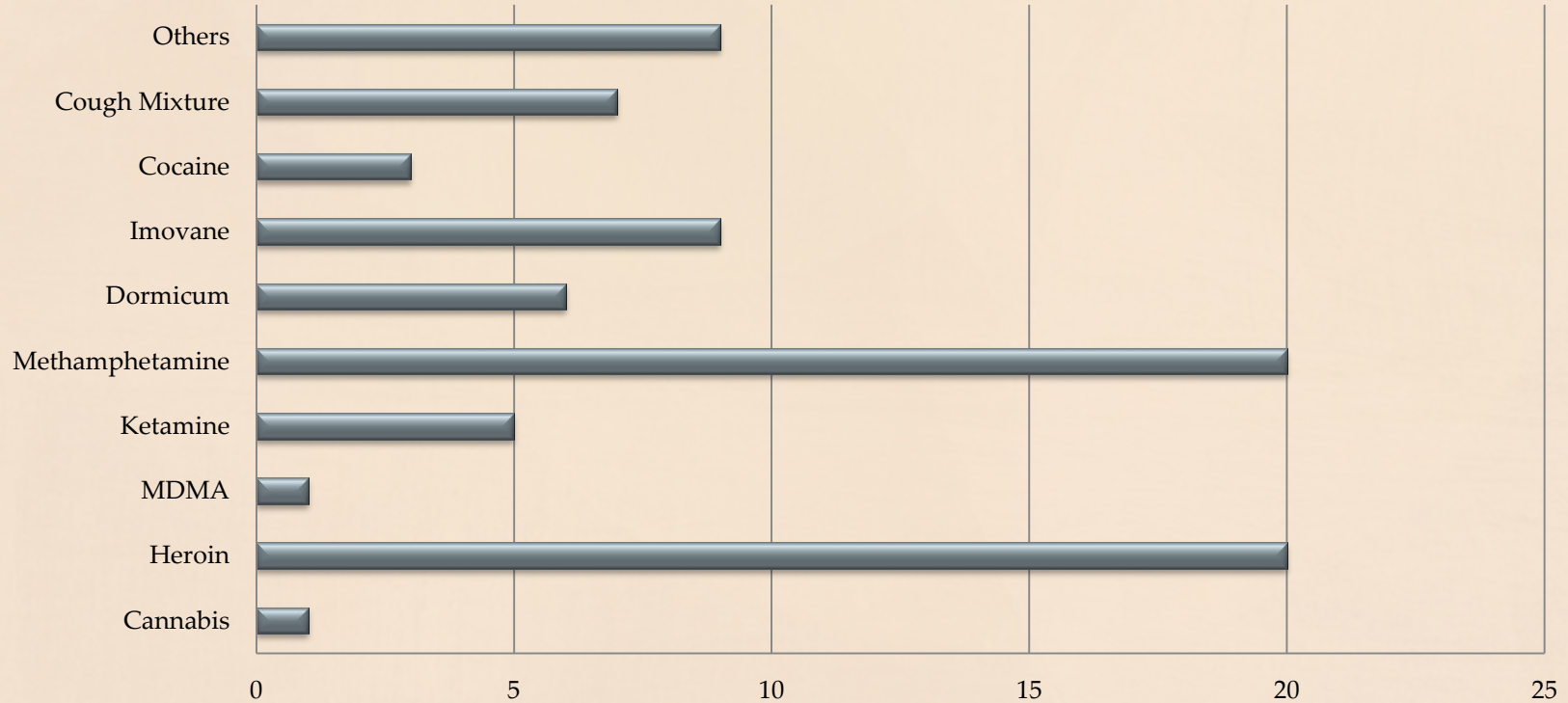
Age



- 10-19
- 20-29
- 30-39
- 40-49
- 50-59
- 60-69

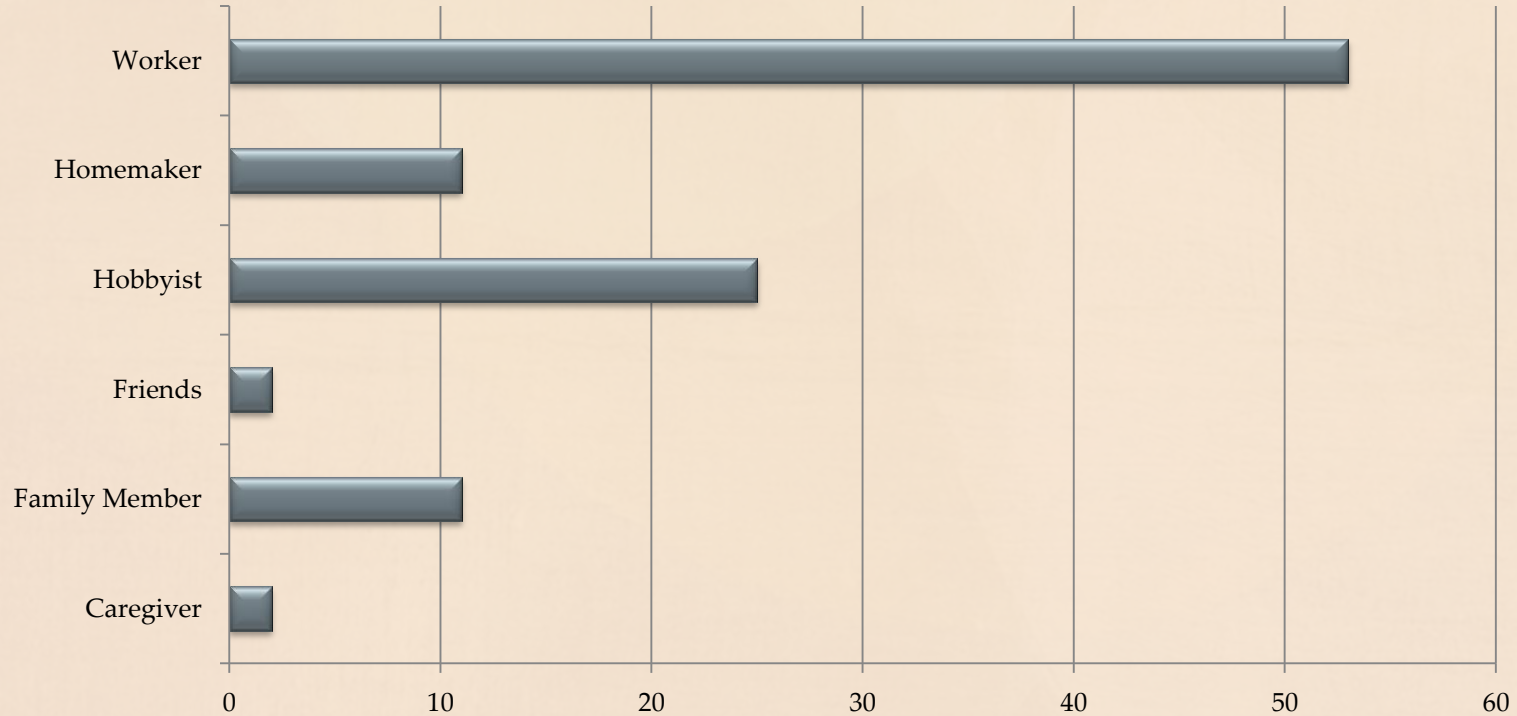
Participants

Drug use



Participants

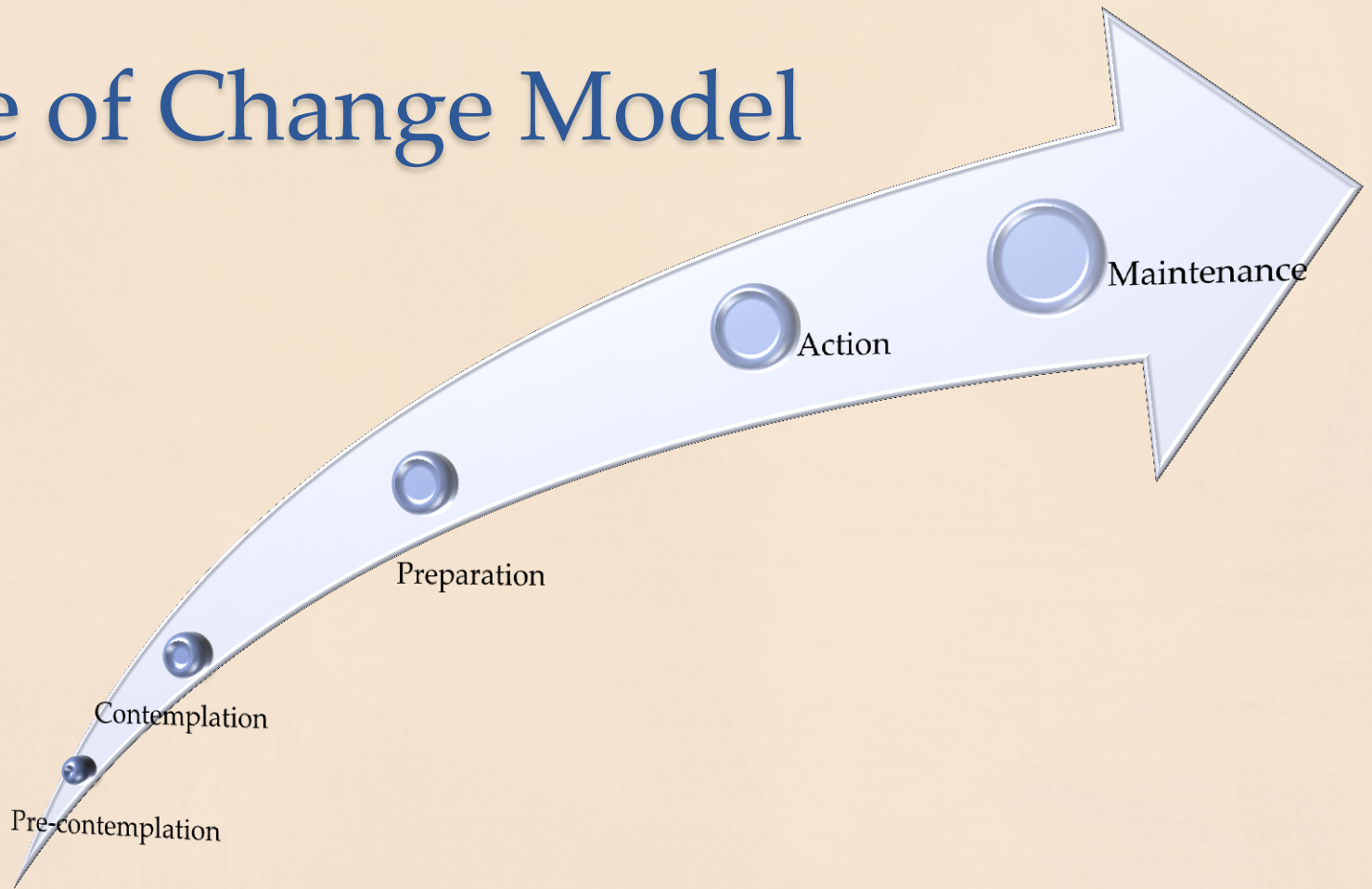
Life role



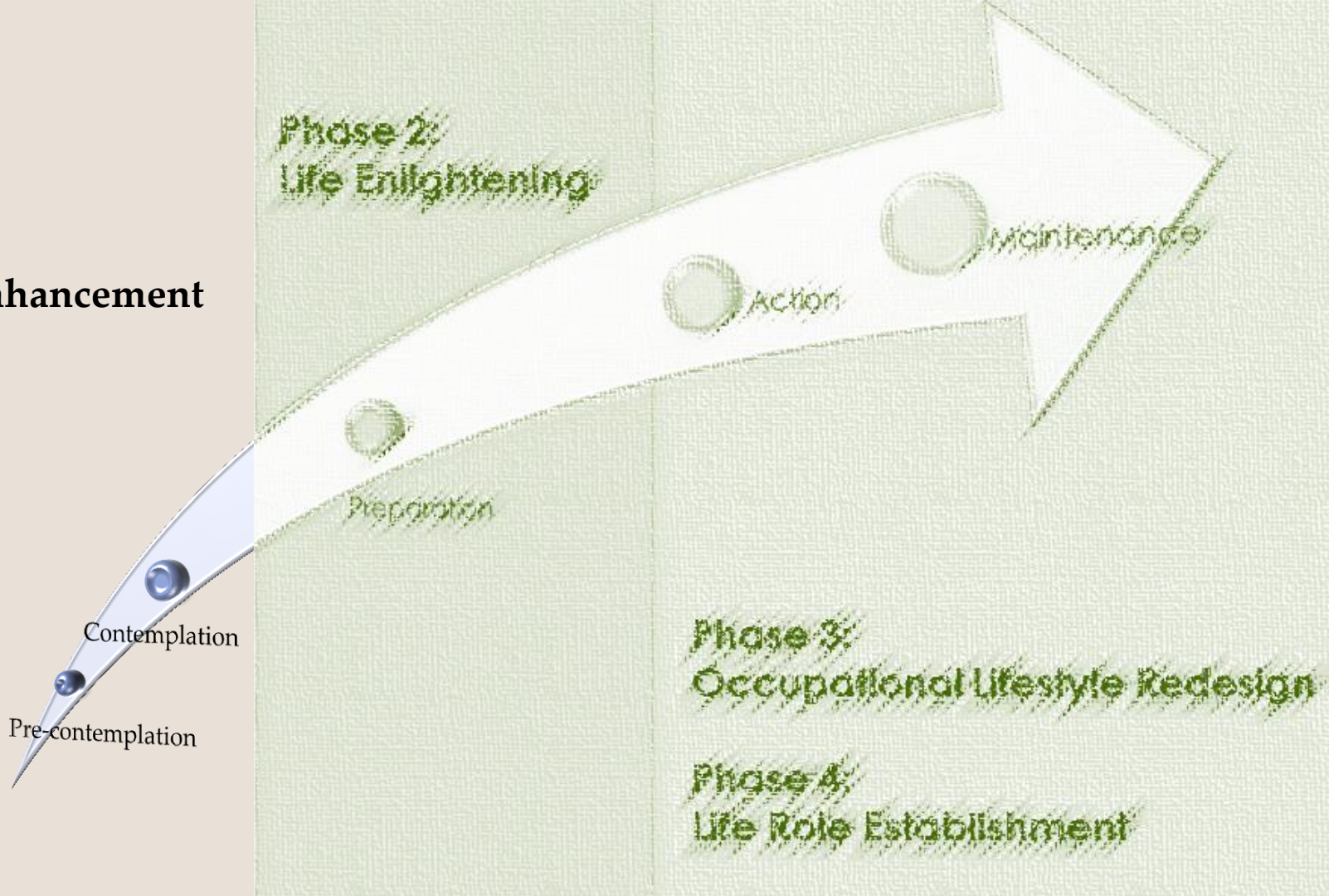
Therapeutic programs

<p><u>Phase 1: Insight Enhancement</u> <i>Functional assessment and motivational interviewing</i></p> <ul style="list-style-type: none">- Develop discrepancy between substance abuse and personal goals- Adopt MET with combination of motivational interviewing to induce motivation to make change	<p><u>Phase 2: Life Enlightening</u> <i>Learning through practice</i></p> <ul style="list-style-type: none">- Practice strategies to promote stress management, self-management, relaxation and mental wellbeing
<p><u>Phase 3: Occupational Lifestyle Redesign</u> <i>Experiential learning</i></p> <ul style="list-style-type: none">- Implement goal-setting and action plan- Accomplish community adventure activities	<p><u>Phase 4: Life Role Establishment</u> <i>Intensive coaching</i></p> <ul style="list-style-type: none">- Explore personal life roles- Provide vocational counseling and job coaching- Build habit and establish life role

Stage of Change Model



Phase 1: Insight Enhancement



**Phase 1:
Insight Enhancement**

Contemplation
Pre-contemplation

**Phase 2:
Life Enlightening**

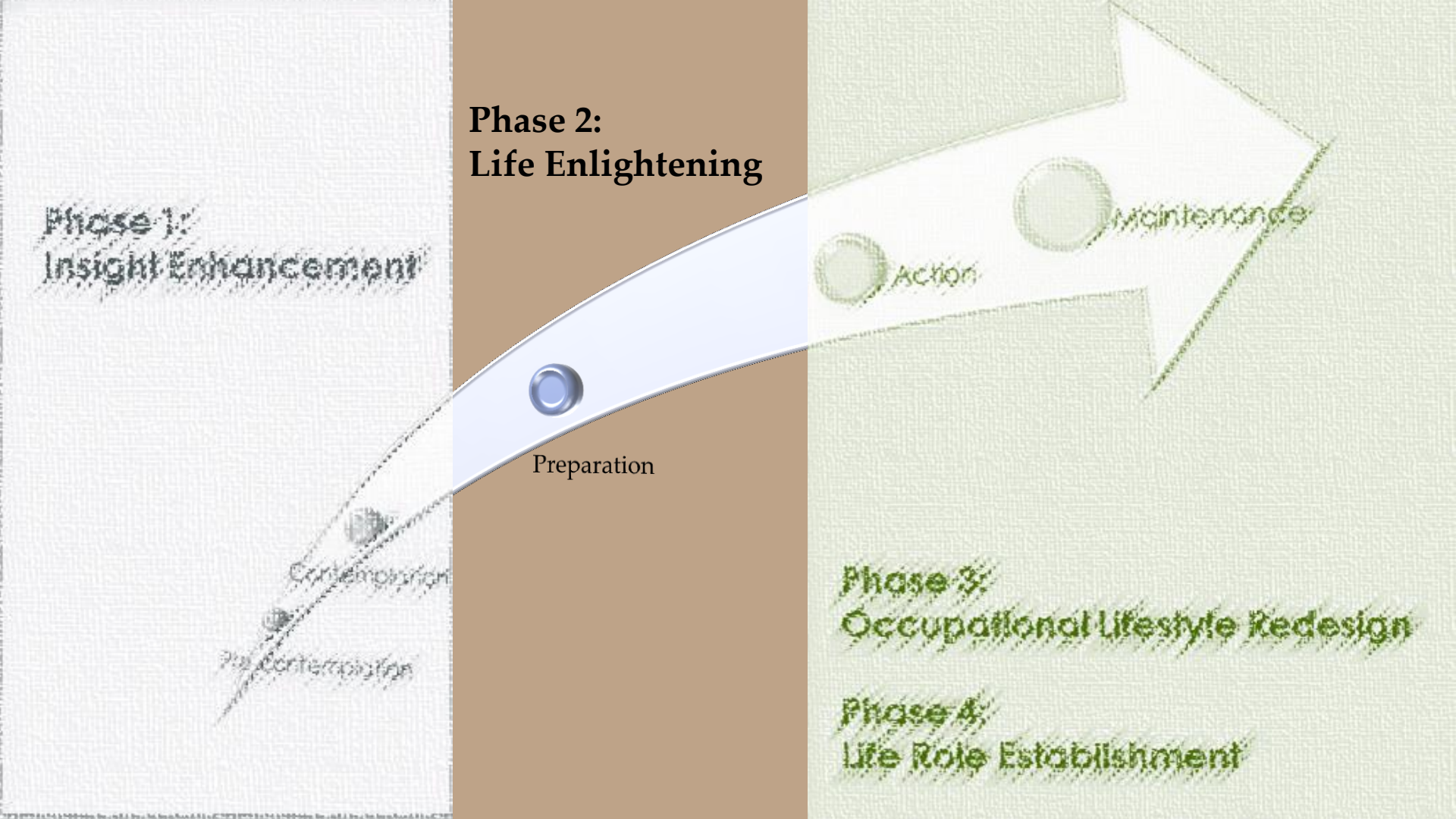
Preparation

Action

Maintenance

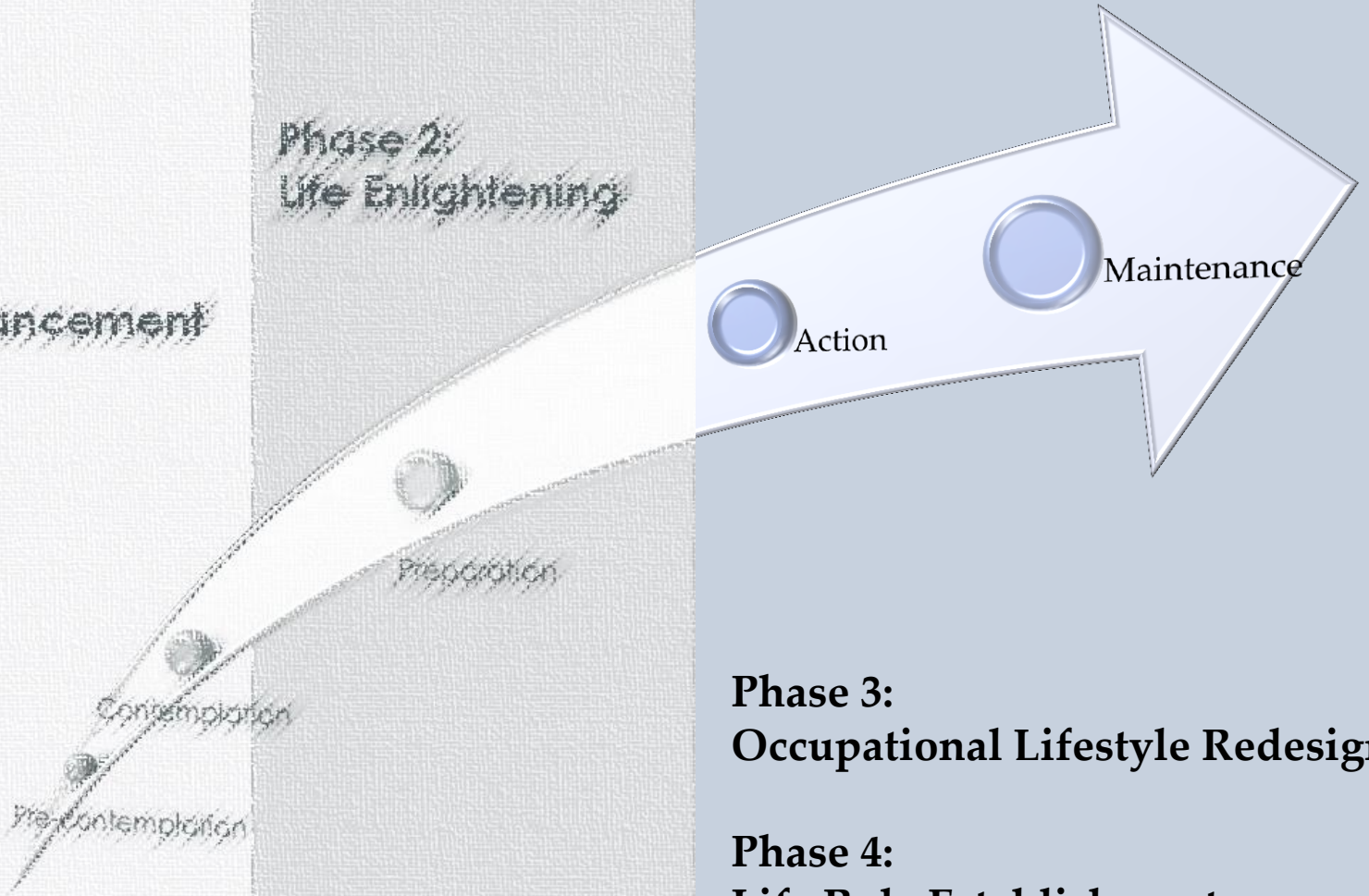
**Phase 3:
Occupational Lifestyle Redesign**

**Phase 4:
Life Role Establishment**



**Phase 1:
Insight Enhancement**

**Phase 2:
Life Enlightening**



**Phase 3:
Occupational Lifestyle Redesign**

**Phase 4:
Life Role Establishment**

Action

Maintenance

Therapeutic programs



Use of handbook

Snapshot of community outing of occupational lifestyle redesign



zenOrganic
Farm



Chi Lin
Nunnery



Kadoorie
Farm



Peak
3D Museum

A Story

Ms. W

F/25

Dx: SA (Poly SA since 15y.o.)

Admission: Sep 13' – Jan 16'

Oct 16' – Jan 17'

Mar 17' – May 17'

- Insight Enhancement
- Life Enlightening
(Assessment/Exploring Motivators)
(Exploring SA factors)

Crisis:

1. disharmonic relationship with family members;
2. Physical discomfort after surgery

- On-going psychological support
- Reviewed on current relapse episode

Total abstinent
from drugs
(2010 - 9/2013)

- Lifestyle Redesign
(Goal Setting)
- Life Role Establishment
(Monthly time-table/Enhanced
Daytime engagement)

Mental state remained
fluctuated with unstable mood

2007

Started
drug
taking

2013

Admission
to KCH

8/2015

Recruit
to BDF

1/2016

Discharge
from KCH

10/2016

Admission
to KCH

1/2017

Discharge
from KCH

3/2017

Admission
to KCH

5/2017

Discharge
from KCH

A Story

After Discharge....

1. Recap on motivators
2. Lifestyle Redesign
3. Life Role Establishment



5/2017



Insight Enhancement

- Reviewed and reflected on previous relapse episode
- Further explored her **coping strategies** towards high-risk situations and education on management way

Life Enlightening

- Resumed **regular daytime engagement** and routine
 - Monthly timetable writing
 - Enjoyed various interested activities organized by different places (e.g. swimming/Thai boxing)

Life Role Establishment

- Goal setting Plan
 - Long-term goal: hair salon worker
 - Short-term goal: Small steps to facilitate
- Tentatively received a part-time offer from old friend, will start in Sep 2017

- Even she had been through relapse episode, Ms. W could **understand herself more** and learn from it to utilize a better coping method
- Provided **diversity of activities and exploration** for her to reflect on her past, present and future
- This **non-linear progress and experience further strengthened her** why and how to stay abstinent

Content



Output

<i>Beneficiary Group: substance abuser</i>	<i>Proposed</i>	<i>Achieved</i>
<i>Head count</i>	<i>80</i>	<i>89</i>
<i>Man-time</i>	<i>1200</i>	<i>1236</i>
<i>Output indicators</i>		
<i>1 Comprehensive assessment sessions</i>	<i>80</i>	<i>89</i>
<i>2 Therapeutic sessions of insight enhancement, life enlightening, occupational lifestyle redesign and life role establishment</i>	<i>1120</i>	<i>1147</i>

Outcomes

	Outcome indicators	Tools	Outcomes (N = 56)
1	<i>Improving in perspectives of treatment needs and motivation</i>	<i>BDF Question Set 9</i>	<i>64% participants</i>
2	<i>Reducing substance abuse behavior</i>	<i>BDF Question Set 6</i>	<i>90% participants</i>
3	<i>Reducing risk of relapse</i>	<i>BDF Question Set 14a</i>	<i>71% participants</i>
4	<i>Having better wellbeing</i>	<i>C-SWEMWBS*</i>	<i>68% participants</i>
5	<i>Increasing time use with their life roles</i>	<i>Time Use Checklist</i>	<i>75% participants</i>
6	<i>Improving life functioning</i>	<i>L-FAI**</i>	<i>84% participants</i>

* Chinese - Short Warwick- Edinburgh Mental-Wellbeing Scale (C-SWEMWBS)

** Life Functioning Assessment Inventory (L-FAI)

Outcomes

Words from participants

活動/課程名稱:

音樂伸展·瑜珈入門班

活動/課程日期:

27-6-2016 至 1-8-2016

參與活動/課程後感想:

認識多啲對外間的资源,
身体及精神健康和開心了鬆鬆了
認識人多了.

活動/課程名稱:

蛋糕課程

活動/課程日期:

22-4-2017.

參與活動/課程後感想:

好多謝E.S.R.比機會我去整蛋糕, 原來自己靜
可以做到. 好感恩!!

活動/課程名稱:

瑜珈班.

活動/課程日期:

15/7 - 23/9

參與活動/課程後感想:

可以平靜心境. 舒緩情緒

Outcomes

Words from participants

活動/課程名稱: 游泳班和瑜珈班

活動/課程日期: 2/6/2016, 5, 7, 8, 11, 13, 12, 20, 25, 26, 7/12/16

參與活動/課程後感想:
生活充實, 心情靚左, 身體健康左.

活動/課程名稱: 密閉空間裝修課程

活動/課程日期: 3/9/2015

參與活動/課程後感想:
加強對我工作的信心和動力.

活動名稱: 參觀有心機田園

誠邀閣下回答問題, 你的寶貴意見有助改善和提升我們的服務。

1. 你對今次活動的滿意程度:

非常不滿意								非常滿意		
0	1	2	3	4	5	6	7	8	9	10

2. 你認為今次活動對你有什麼幫助?
更加對翻種植

活動名稱: 有心機

誠邀閣下回答問題, 你的寶貴意見有助改善和提升我們的服務。

1. 你對今次活動的滿意程度:

非常不滿意								非常滿意		
0	1	2	3	4	5	6	7	8	9	10

2. 你認為今次活動對你有什麼幫助?
有意生心
大開眼界

Experience gained

Focusing on lifestyle redesign helped substance abusers to divert from craving and develop other life domains, it induced reduction in substance abuse behavior and improvement in life roles and wellbeing

As reported from participants, the period of initial few months post-detoxification was relatively challenging to them. This feedback helped to conceptualize the coming substance abuse service

Content



Way Forward

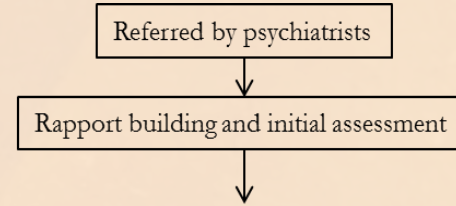
Upcoming BDF project (2017-2019)

*With positive feedback and progress → continue enriched OT service in SAAU
Retain current positive elements and new focus point*

Upcoming project

*Highlights on (1) Current elements, i.e. Lifestyle Redesign and Life Role, and
(2) Relapse Prevention (by Marlatt & Gordon)*

Brief project content



- *3 interchangeable and continuous phases*
 - Phase 1: Insight Enhancement
 - Phase 2: Relapse Prevention
 - Phase 3: Aftercare Service

- *Emphasis on*
 - Lifestyle Redesign
 - Life Role Establishment
 - Relapse Prevention Model

Stage of Change	6-month treatment continuum	Treatment modalities
<i>Pre-contemplation</i>	Phase 1: Insight enhancement program - to find the life value and life goal - to learn the basic facts about substance	- Motivational interviewing - Functional assessment
<i>Contemplation</i>	- to weigh the pros and cons - to develop discrepancy between substance abuse and personal life goal	
<i>Preparation</i>	Phase 2: Relapse prevention program - to manage craving - to identify high-risk situations	- Psycho-education - Experiential learning - Learning through written materials
<i>Action</i>	- to develop coping strategies - to modify covert antecedence	
<i>Maintenance</i>	Phase 3: Aftercare service - to review and rebuild the coping strategies - to address the challenges of real life situation - to redesign the lifestyle and establish life role	- Follow-up consultation - Community outreaching to residential place - Coaching participants to community resource and vocational sources

Outcomes

Name of Project:	3 Steps to Relapse Prevention <預防復吸三部曲>
Project period:	August 2017 – July 2019
Project Code:	BDF160039
Amount of grant approved:	\$2,605,016.00
Objective:	To enhance treatment motivation To reduce risk of relapse and frequency of drug use To improve life functioning through insight enhancement and relapse prevention program
Total number of participants:	100
Total attendance :	1200

References

Hui, C. L. M., Li, Y. K., Leung, K. F., Tan, J. Y. M., Wong, G. H. Y., Chang, W. C., et al. (2013). Reliability and validity of the Life Functioning Assessment Inventory (L-FAI) for patients with psychosis. *Social Psychiatry and Psychiatric Epidemiology*, 48(10), 1687-1695.

Ng, S., et al. (2013). Report – Translation and validation of the Chinese version of the Short Warwick Edinburge Mental Well0being scale (C-SWEMWBS) for psychiatric patients in Hong Kong. Occupational Therapy Department, Kowloon Hospital. HKSAR.

Prochaska, J. O., & DiClemente, C. C. (1983). Stages and process of self-change of smoking: toward an integrative model of change. *Journal of Consulting and Clinical Psychology*, 51(3), 390-395.

SAMSHA. (2015, October 13). *Prevention of substance abuse and mental illness*. Retrieved from <http://www.samhsa.gov/prevention>

UKDPC (2008). The UK Drug Policy Commission Recovery Consensus Group: A vision of recovery. Policy Report. UKDPC, London.