




Implementation period: 16/6/2016 – 15/6/2018

An Integrated Humanistic and Cognitive-Behavioral Training Program to Promote Effective and Sustained Anti-Drug Work among Practitioners and Students of Social Work and Healthcare Professions (BDF150015)

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

**Supporting Organisation: The Nethersole School of Nursing,
The Chinese University of Hong Kong (CUHK)**

Sponsor: Beat Drugs Fund, The HKSAR Government




An Integrated Humanistic and Cognitive-Behavioral Training Program to Promote Effective and Sustained Anti-Drug Work among Practitioners and Students of Social Work and Healthcare Professions (BDF150015)

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Training Team:
Mr. Max SZETO, Prof. Mei-chun CHEUNG,
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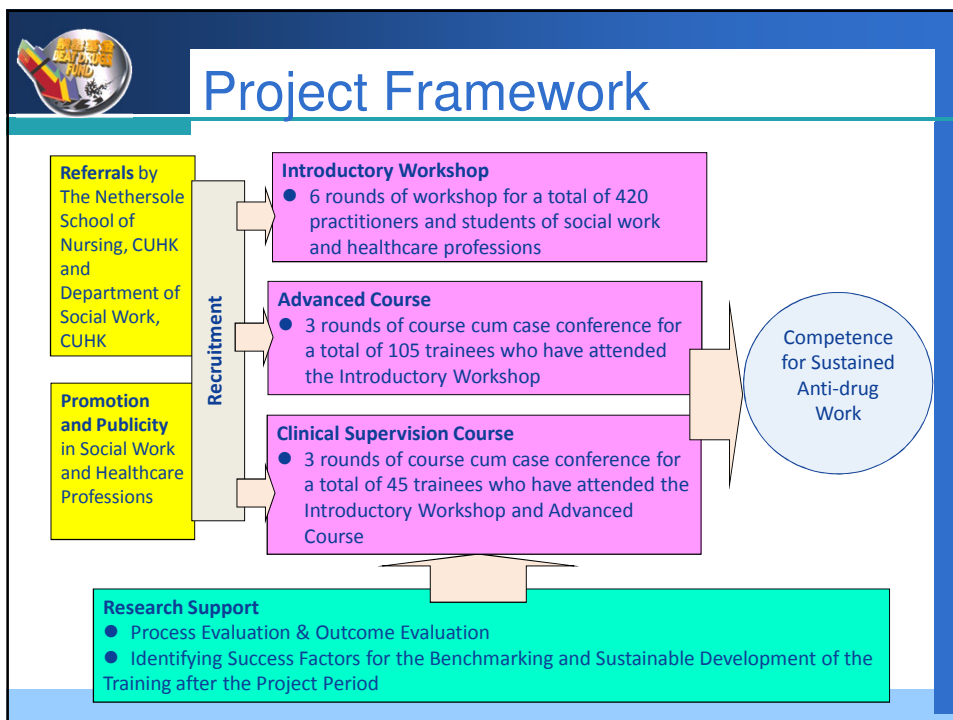
Advisor: Dr. Benjamin LAI




Objectives

This is a project to render training about integrated humanistic and cognitive-behavioral treatment to the practitioners and students of social work and healthcare professions to raise competence through

- Introductory Workshop (6 rounds):** Understanding the needs of drug abusers, motivating drug abusers to face their problems, and making referrals for appropriate care
- Advanced Course (3 rounds):** Motivating and engaging drug abusers to change, enhancing protective factors for the abusers in relapse prevention, and sustaining the growth and development of these abusers throughout their rehabilitation
- Clinical Supervision Course (3 rounds):** Enhancing 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
 - Individualized treatment: Goals and methods
 - Enhancing self-efficacy
 - Multi-dimensional treatment aimed at long-term recovery
 - Least intrusive treatment
 - Remaining open to new methods and goals
 - Sensitivity to varying needs of diverse 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. outreaching service, school social work, etc.)
 - Outpatient treatment (CCPSA)
 - Intensive outpatient / Short term hospitalization (SAC)
 - Residential services (medical mixed-mode centers, gospel centers)



Advanced Course

3 full-day courses:

- Overview of an Integrative Humanistic and Cognitive-behavioral Treatment
- Assessment Phase: Screening and Assessment
- Treatment Phase 1: Engagement and Building Motivation to Change
- Treatment Phase 2: Negotiating Some Behavior Change
- Treatment Phase 3: Early Relapse Prevention
- Treatment Phase 4: Relapse Prevention/Relapse Management
- Additional Treatment Component – Families and Social Network Members
- Application in Different Settings



Clinical Supervision Course

12 half-day group supervision sessions:

- Using Integrative Humanistic and Cognitive-Behavioral Treatment for Planning Anti-drug Work
- Demonstrating Appropriate Use of Counseling Skills for the Treatment of Clients with Problematic Drug Abuse
- Monitoring and Facilitating Trainees' Learning of Anti-drug Counseling Skills
- Enhancing Trainees' Self-understanding and Professional Development
- The clinical supervision course has the following features to maximize training effectiveness:
 - Homework assignments for the practice of components of the integrated humanistic and cognitive-behavioral approach
 - Role play and experiential learning
 - Case conferencing to consolidate practice experience systematically



Photos

Mr. Max Szeto (Trainer) at the Advanced Course for Practitioners and Students of the Social Work & Healthcare Professions on 10/9/2016



 **Photos**


Dr. Harris Har (Trainer) at the Introductory Workshop for Practitioners and Students of the Social Work & Healthcare Professions on 28/2/2017




 **Photos**


Ms. Wendy Hon (Trainer) at the Advanced Course for Practitioners and Students of the Social Work & Healthcare Professions on 8/4/2017




 **Photos**


Participants illustrating results of case analysis at the Clinical Supervision Course for Practitioners and Students of the Social Work & Healthcare Professions on 5/8/2017



 **Photos**


Group Photo of Mr. Max Szeto (Trainer), Ms. Wendy Hon (Trainer) and Participants at the Introductory Workshop for Practitioners and Students of the Social Work & Healthcare Professions on 24/2/2018






Photos

One of the participants sharing his case at the Clinical Supervision Course for Practitioners and Students of the Social Work & Healthcare Professions on 19/5/2018

Project Website

Bilingual web-based version of Introductory Workshop, Advanced Course and Clinical Supervision Course



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Organizer: Department of Social Work, The Chinese University of Hong Kong
Co-organizer: The Nethersole School of Nursing, CUHK
Sponsor: Bear Drugs Fund, The HKSAR Government

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

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

Reference Materials on 3-Day Advanced Course on Anti-Drug Work

- [Overview](#)
- [Assessment Behavior Change](#)
- [Engagement and Building Motivation](#)
- [CB Relapse Prevention Model](#)
- [Additional Treatment Components](#)

Reference Materials on 12 Half-Day Clinical Supervision Course on Anti-Drug Work

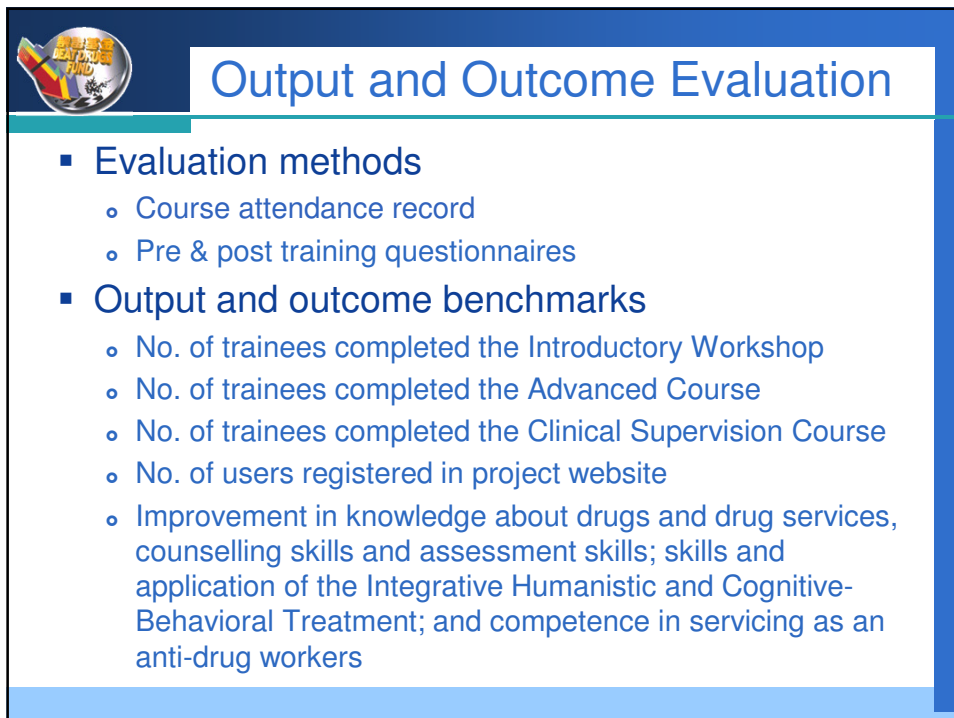
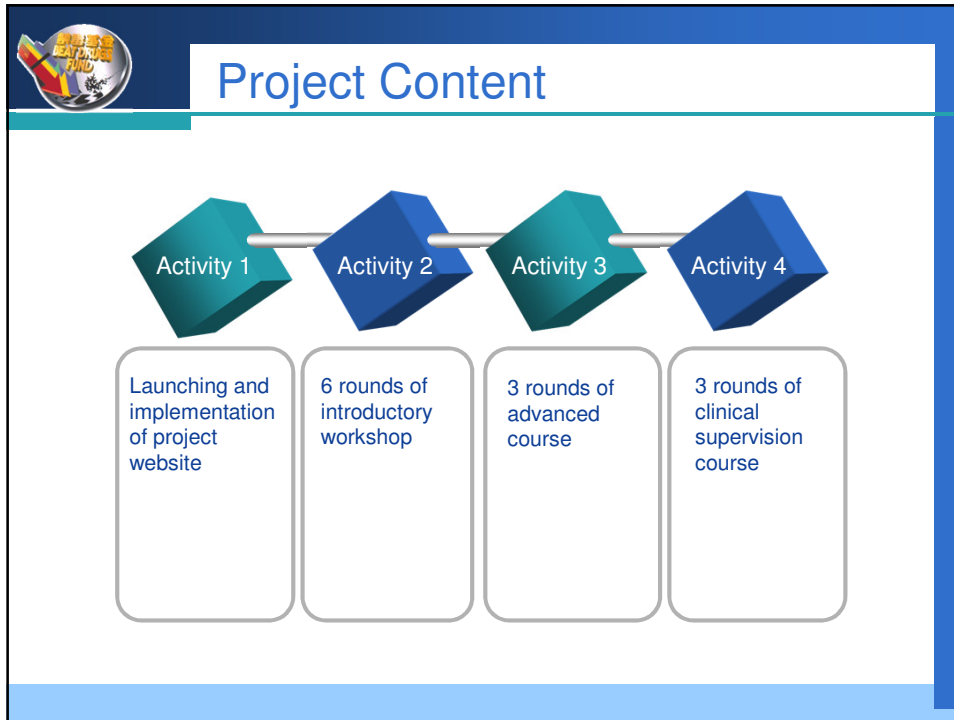
**Please use IE (version 10 or older) or Chrome and Firefox (please follow the instructions) to access the video excerpts.


- [Case Presentation Outline \(Harris\)](#)
- [Framework for Case Analysis \(Wendy\)](#)
- [Lecture notes \(Wendy\)](#)
- [Framework for Case Analysis \(Max\)](#)
- Video Excerpts (in Chinese only)
 - [Introduction \(Harris\)](#)
 - [Lecture 1 \(Harris\)](#)
 - [Lecture 2 \(Harris\)](#)
 - [Lecture 3 \(Harris\)](#)
 - [Lecture 4 \(Wendy\)](#)
 - [Lecture 5 \(Wendy\)](#)

Photos of Clinical Supervision Course for Practitioners and Students of the Social Work and Healthcare Professions: 10 Mar, 17 Mar, 14 Apr, 21 Apr, 19 May & 26 May 2018

- [\[Photo 1\]](#) [\[Photo 2\]](#) [\[Photo 3\]](#) [\[Photo 4\]](#) [\[Photo 5\]](#) [\[Photo 6\]](#) [\[Photo 7\]](#) [\[Photo 8\]](#) [\[Photo 9\]](#) [\[Photo 10\]](#) [\[Photo 11\]](#) [\[Photo 12\]](#)


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Output Evaluation

	Expected Result	Achieved Result
Output Indicator 1	420 trainees completing the Introductory Workshops	437 trainees completed the Introductory Workshop
Output Indicator 2	105 trainees complete the Advanced Courses	121 trainees completed the Advanced Courses




Output Evaluation

	Expected Result	Achieved Result
Output Indicator 3	45 trainees complete the Clinical Supervision Courses	48 trainees completed the Clinical Supervision Courses
Output Indicator 4	800 users (who have not attended the training program) registering on the bilingual web-based version of the Introductory Workshop, Advanced Course and Clinical Supervision Course	867 registered users




Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 1	70% of participants who attend the Introductory Workshop show improvement in knowledge about drugs and drug services, counseling skills and assessment skills (or significant improvement found using the paired <i>t</i> -test)	436 valid questionnaires evaluated 96.1% showed improvement
Outcome Indicator 2	70% of participants who attend the Advanced Course show improvement in knowledge, skills and application of the Integrated Humanistic and Cognitive-Behavioral Approach to anti-drug work (or significant improvement found using the paired <i>t</i> -test)	119 valid questionnaires evaluated 99.2% showed improvement




Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 3	70% of participants who attend the Clinical Supervision Course show improvement in competence in serving as an anti-drug worker (or significant improvement found using the paired <i>t</i> -test)	48 valid questionnaires evaluated 93.8% showed improvement
Outcome Indicator 4	70% of participants who attend the Clinical Supervision Course show improvement in competence in clinical anti-drug work as assessed by the C-BIT Efficacy Scale (or significant improvement found using the paired <i>t</i> -test)	48 valid questionnaires evaluated 97.9% showed improvement




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 healthcare professions
 - Institutional support: CUHK Department of Social Work and The Nethersole School of Nursing, CUHK
 - 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 helping professions
 - Addressing needs for even more rigorous training on the Integrated Humanistic and Cognitive-behavioral Treatment Approach, such as more advanced clinical supervision courses