

Project Bridge BDF150016

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Department of Social Work
and Social Administration,
The University of Hong Kong



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Team Members

- Professor Samson Tse (The University of Hong Kong, HKU)
- Professor Richard Velleman (University of Bath, UK)
- Mr. Nick, Ka Wo ,Tse (HKU)
- Ms. Gill Velleman (University of Bath, UK)
- Mr. Kit wai Lau (Project Manager, HKU)
- Dr. Gracemary Leung (HKU)
- Dr. Wong Wai Ching, Paul (HKU)
- Ms. Jessica Lam (HKU)

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Objective

- Promoting wellbeing of affected family members of substance abusers (AFMs) via 5-Step Method and motivating hidden substance abusers (SAs) to seek treatment via Collective Motivational Interviewing (CMI).

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Program Content

1. Focus Group
2. Professional Training
3. Intervention
4. Supervision

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Focus Group

- Focus groups involving AFMs and frontline social workers to gauge their views on 5-Step Method so as to localize overseas manual

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Professional Training

- 5-Step Method and CMI training workshops (totaling six days) hosted by founders for helping professionals including social workers, medical workers, addiction counsellors and peer workers

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**Professional Training
Delivered by Professor Velleman and Partner**



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**Professional Training Delivered
By Professor Velleman and Partner**



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Role-play and Discussion During Training



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Professor Samson Tse Rounding Up Session



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Interventions

- 5-Step Method Interventions: Partnering local practitioners and NGOs to deliver 5-Step Method group interventions (5 to 8 sessions per group) to AFMs;
- CMI Interventions: Partnering local practitioners and NGOs to deliver CMI interventions to SAs

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Delivering interventions with NGO partners



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Delivering interventions with NGO partners



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Delivering interventions with NGO partners



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Supervision

- 5-Step Method and CMI Supervision (each totaling 30 hours) as post-training follow-up for trainees and practitioners to assess and enhance their level of practice (e.g. reviewing recordings, providing session-by-session feedback).

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Supervision by Dr. Gracemary Leung



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Output and Outcome Evaluation

- Tailor-made questionnaire to gauge the effectiveness of the training programmes (post-test);
- Short questionnaire for Family members affected by Addiction (SQFM) (pre- and post 3-month test)
- The World Health Organization Questionnaire for Quality of Life (WHOQOL) (pre- and post 3-month test);
- Rosenberg Self-Esteem Scale (pre-test and post-test)
- Beat Drugs Fund Question Set No. 13 (Contemplation Ladder) (pre-test and post-test)

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Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1	12 affected family members (AFMs) and 12 social workers participate in the focus groups	Total 16 AFMs (133% of project target) and 18 Social Workers (150% of project target) participated in four focus groups.
Output Indicator 2	60 frontline social workers/ drug counsellors/ related professionals participate in the 5-Step Method Training and Collective Motivational Interviewing (CMI) Training Workshop, among which 80% (or 48 participants) receive the training certificate	61 participants* joined the CMI (from 1-3 December, 2016) and 5-Step Method training workshop (from 12-14 January, 2017), among which 48 participants (or 78.6%) received the combined training certificate for CMI and 5-Step Method training. *including young adults who are peer trainees (with lived experience of using substance)

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Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 3	80 affected family members (AFMs) and partner with close relationship with substance abuser participate in the 5-step Method Intervention Approach	85 affected family members (AFMs) and partners with close relationship with substance abusers participated in 5-Step Method Intervention Approach (106% of project target)
Output Indicator 4	30 Hidden Substance Abusers are identified and enter to treatment and join the counselling sessions of Collective Motivational Interviewing together with their family members	32 people with hidden substance abuse problem were identified; 30 had joined and completed CMI treatment with their family members (107% of project target)

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	80% of participants indicate their understanding on 5-Step Method and Collective Motivational Interviewing	100% of respondents (n=41, out of 41 trainees who had returned the evaluation) indicated their understanding on 5-Step Method. 97.9% of respondents (n=46, out of 47 trainees who had returned the evaluation) indicated their understanding on Collective Motivational Interviewing (CMI)

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 2	70% of participants show improvement in their wellbeing	<p>49.1 % of participants (n=53, out of 85) reported improvement in <i>general well-being</i>, according to WHOQOL pre-test and post-3month test results;</p> <p>40.4% of participants (n=52, out of 85) reported improvement in their <i>interaction with SA</i>, while 47.2% of participants (n=53, out of 85) reported improvement in <i>anxiety symptoms</i>, according to pre-test and post-3 month test results of SQFM.</p>

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 3	70% of participants show improvement in their self-esteem	45.7% of participants (n=70, out of 85) reported improvement in <i>self-esteem</i> , according to pre-test and post-test results of Rosenberg Self-Esteem Scale.
Outcome indicator 4	70% of participants show improvement in their social support after completion of the program	37.7% of participants (n=53, out of 85) reported improvement in <i>social support</i> , according to pre-test and post-3 month test results of SQFM
Outcome Indicator 5	Improvement in motivation to quit drug among substance abusers who participate in treatment	64% of participants (n=25, out of 33) reported improvement in <i>motivation or readiness to change</i> , according to pre-test and post-test results of Beat Drugs Fund Question Set No. 13 (Contemplation Ladder)

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Experience Gained

- Group intervention as means of sharing and emotional support was critical for families affected by issues of substance abuse;
- Information giving was paramount for some AFMs who lacked sufficient knowledge on drugs and pertinent risk factors.

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Experience Gained

- Coping as means to handle one's own emotions and situation rather than subject to the SA's substance use behaviour (or otherwise) helps family members to regain control of their lives by knowing that there are always alternatives; and
- Seeking further professional support helped members to shift the attention from the SA to the needs of other family members (e.g., siblings, grandchildren).

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Lessons Learnt

- AFM participants varied a lot in terms of their understanding of the issues and their family members' journey of recovery. Consequently, their response to interventions also varied depending on their daily experiences and interactions with the SA.

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Limitations & Challenges

- The present sample size was small, not enough to deter the effect size;
- Hong Kong's implementation of the 5-Step Method is still in initial stage and practitioners are learning to master the skills and mature their experience.

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Conclusion

- The Hong Kong's implementation of the 5-Step Method is still in initial stage.
- Our preliminary data found that there were critical success factors to contribute to the effective execution of the 5-Step programme and the local adaptation of manual is a work in progress.

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Conclusion

- There are preliminary evidences to support CMI potentially contributing to the outcomes of drug treatment, in terms of enhancement in motivation for change, engagement in long-term treatment, reduction in drug use, high rate of retention, improvement in self-perceived social support.

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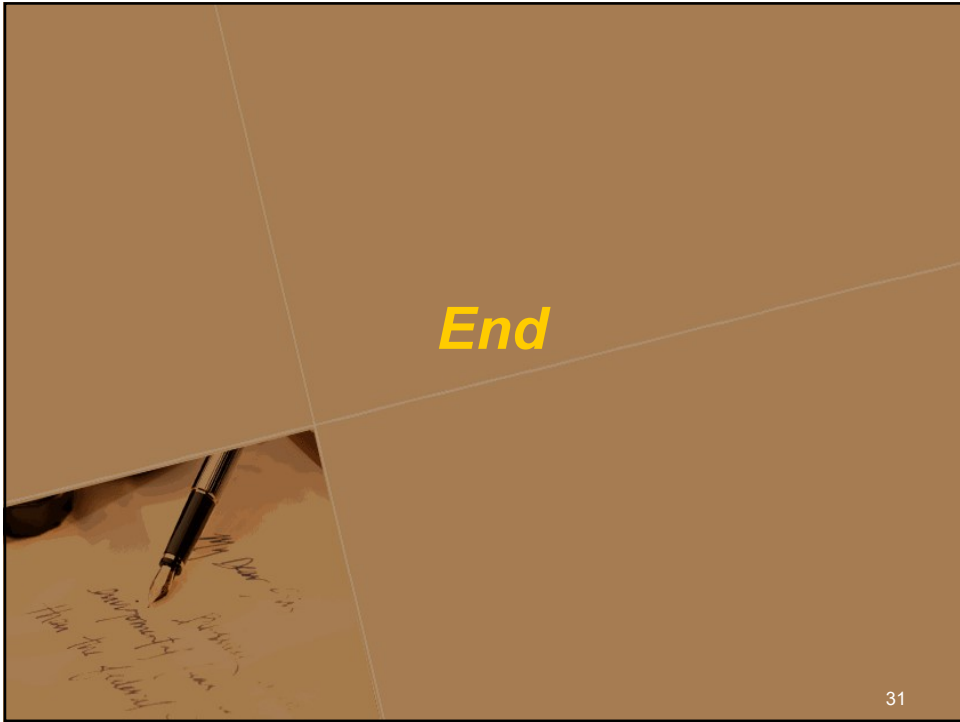
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