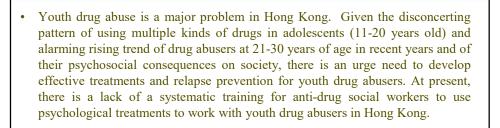
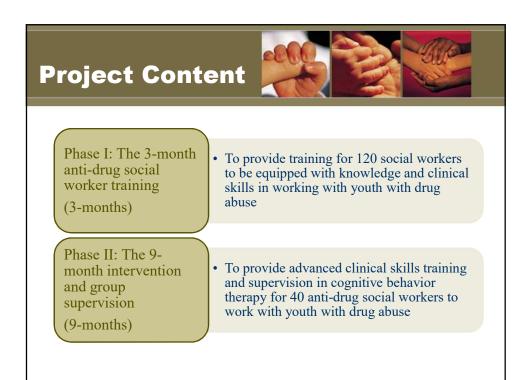
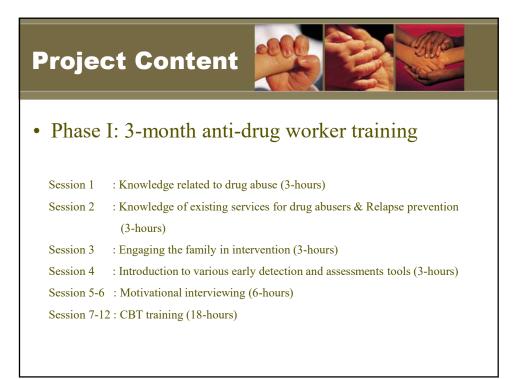


Introduction



"One-year Training on Integrated Cognitive-Behaviour Intervention for Youth Drug Abusers" project aims at developing an integrated cognitive-behavioural therapeutic (CBT) model for helping young drug abusers. It will provide systematic training, intervention and supervision in two phases. Phase 1 provides comprehensive training workshops for frontline anti-drug social workers in the anti-drug field. In Phase 2, social workers will deliver integrated CBT to young drug abusers intends to train social workers to acquire knowledge and skills in implementing the treatment model.







Project Content

• Phase I: 3-month anti-drug worker training

Session 3: Engaging the family in intervention (3-hours)

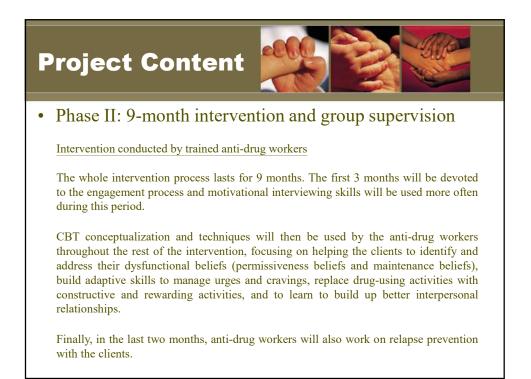
Speaker: Ms. Silvia Cheng, Social Worker Caritas HUGS Center Session 4: Introduction to various early detection and assessments tools (3-hours)

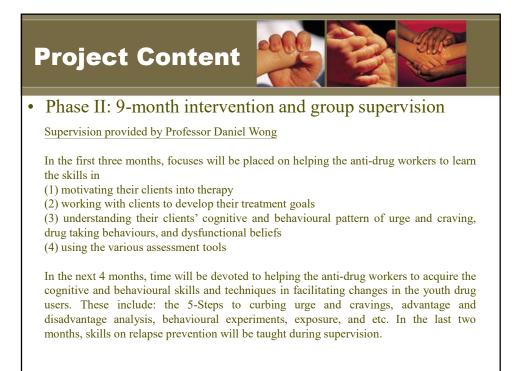


Speaker: Dr. Cheung Wai Him, Psychiatrist Dimensions Center













Output Evaluatio	1200	- alle
Results		

	Description of Indicator (with targets)	Output Achieved
Output Indicator 1	To provide systematic training to 120 anti-drug social workers (with at least 96 participants complete 9 sessions of workshop) in phase I training	121 anti-drug social workers and medical staff recruited and participated in the systematic training workshop (with 115 participants completed 9 sessions of workshops)
Output Indicator 2	To provide advanced clinical skill training and supervision in cognitive behavior therapy for 40 anti-drug social workers, among which 80% (or 32 participants) received training certificate in phase II training (i.e. complete 7 sessions of group supervision)	53 anti-drug social workers and medical staff recruited and participated in our group supervision (with 49 participants completed 7 sessions of group supervision)
Output Indicator 3	To treat 120 youth drug abusers with the integrated CBT model, which involves at least 1,200 counseling sessions in phase II training	Treated 175 youth drug abusers with the integrated CBT model, which involves 1,588 counselling sessions

Out Res	come Evalu ults	ation	
	Description of Indicator (with targets)	Evaluation Method	Outcome Achieved
Outcom Indicator	e li i i i i i i i i i i i i i i i i i i	drug-related knowledge and	Out of 115 anti-drug social workers and medical staff completed phrase I training, 88 of them showed enhancement in their knowledge and general counselling skills in handling drug abuse cases. 76.5% showed improvement in this aspect
Outcom Indicator		v Cognitive Therapy Rating Scale (Pre and post-test survey)	Out of 46 anti-drug social workers and medical staff completed pre and post-test survey, 39 of them showed enhancement in their knowledge and clinical skills in cognitive behavioral therapy. 84.8% showed improvement in this aspect

Outcome Evaluation Second			
	Description of Indicator (with targets)	Evaluation Method	Outcome Achieved
Outcome Indicator 3	Young drug abuser's frequency of drug use in the past 3 months (significant reduction in drug use after completing the 9 months intervention, which will be maintained at 4-month follow-up)	Beat Drugs Fund Question Set No.6 (Pre and post-test survey)	Out of 98 drug abusing cases completed pr and post-test survey, 73 of them reported still using drug at pre-test and 25 of them reported not using drug at pre-test. Among those who reported using drug at pre-test, 63 of them (86.3%) reduced drug use frequency after completing the 9 months intervention. Among those who reported no using drug at pre-test, 20 of them (80%) avoided relapse
Outcome Indicator 4	Young drug abuser's readiness / motivation to reduce drug use / quit drugs	Beat Drugs Fund Question Set No.13 (Pre and post-test survey)	Out of 98 drug abusing cases completed pr and post-test survey, 53 of them showed enhancement in their readiness / motivatio to reduce drug use / quit drugs, 54.1% showed improvement in this aspect

Outcome Evaluation Results

	Description of Indicator (with targets)	Evaluation Method	Outcome Achieved
Outcome Indicator 5	Young drug abuser's self-efficacy in avoiding drug use	Beat Drugs Fund Question Set No.3 (Pre and post-test survey)	Out of 98 drug abusing cases completed pre and post-test survey, 66 of them showed enhancement in their self-efficacy in avoiding drug use. 67.3% showed improvement in this aspect
Outcome Indicator 6	Young drug abuser's permissive attitude towards drug abuse	Beat Drugs Fund Question Set No.18 (Pre and post-test survey)	Out of 98 drug abusing cases completed pre and post-test survey 79 of them showed enhancement in their permissive attitude towards drug abuse. 80.6% showed improvement in this aspect



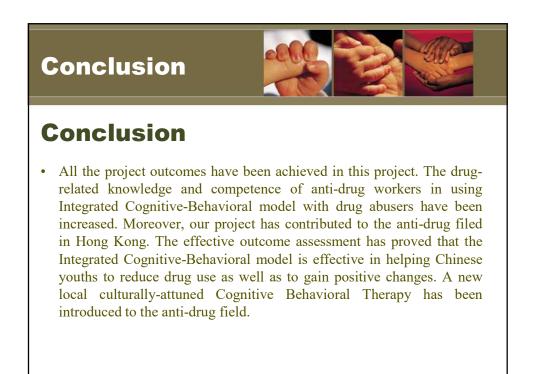
Reasons behind success

- Good preparation before project implementation. Before the start of our project, project PI has obtained support from 11 anti-drug agencies (including Tung Wah Cross Centre, Hong Kong Christian Service PS33 and Hong Kong Federation of Youth Groups Youth Crime Prevention Centre etc). They agreed to send their staff to receive training and supervision in our project.
- Expand the scope of professions of participants. In order to recruit enough anti-drug workers in this project, our team has decided to expand our targeted participants. We targeted on anti-drug social workers as well as other healthcare professionals such as psychiatric nurses and occupational therapists.

Experience Gaine

Reasons behind success

• Professional speakers: In order to provide quality training to anti-drug workers, our project team invited the most experienced professionals in the field as our trainers. We had Dr. Cheung (seasoned Psychiatrist in the anti-drug field), Ms. Cindy To (experienced Clinical Psychologist who are working with drug users), Ms. Silvia Cheng (Social Worker with excessive clinical experiences on working with drug users' family members) and Professor Daniel Wong (sophisticated trainer, researcher and supervisor on providing CBT training and supervision)



Suggestion

Suggestion

- We would recommend a systematic training for all frontline workers in the anti-drug field. It is stressful and challenging on working with drug users in our society. There is a huge need on providing a culturallyattuned integrated interventions to our clients. In order to have better equipment, a holistic training would be needed in the field.
- Moreover, all frontline workers would be benefit from an on-going supervision. It is not only polishing their counseling skills and techniques. More than that, it could provide a valuable experience for frontline workers to relieve their emotional stress. On-going supervision is an effective way on preventing frontline workers burnout.

