



1st AUG 2016 to 31st JUL 2018

Outreach Family Based Intervention for Hidden Drug Abuser (BDF150024)

家心總動員 –
為隱蔽吸毒者而設的進深家庭治療計劃



東華三院越峰成長中心
Tung Wah Group of Hospitals CROSS Centre



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Outreach Family Based Intervention for Hidden Drug Abuser

1. Introduction

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3. Output and Outcome Evaluation

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5. Other Findings and Conclusion



計劃目標

連繫身心 及早介入

為隱蔽吸毒人士及其家庭成員的提升
對心理及精神健康的關注

連接家庭 重啟對話

為家庭在戒毒康復及治療中
發揮有效角色

連結社會 走出隱蔽

為隱蔽吸毒人士及其家庭在戒毒康復
治療中與社區資源重新連接



Target Group

A) Family Members

B) Substance Abusers

- Below 40
- With drug abuser behavior in past 12 months
- Without rehabilitation and treatment service supports





Project Content



This project will provide home visitation to the families having hidden drug abuse members who is aged 40 or below. With the application of motivational interviewing and enhancement on communication skills of family members, the capacity of the hidden drug abusers of handling drug abuse problem and the family's competence in supporting drug abusers to quit drugs will be enhanced. The project will provide 8-month treatment service to the families, includes:

Icebreaking stage (4-month)

▪Interviews and home visits will be conducted by social worker and registered nurse. With the application of innovative communication tools to establish working relationship with hidden drug abusers and their family members, providing assessment on physical, mental and social functioning for enhancing the motivation of change of the hidden drug abusers.

Restructuring stage (4-month)

▪Social worker will provide family based counseling in the home visitation program to the drug abusers and their family members. Focus will be on helping them to acquire more productive communication skills.

Moreover, social worker will assess and enhance the motivation of the drug abusers to receive drug treatment service throughout these two stages. Drug abusers will be referred to suitable drug treatment service including community based or residential drug treatment service once they have given their consent to receive drug treatment service.



計劃內容





Home Visitation



The objectives of stage are:

- 1) To have initial contact with hidden drug abusers and build up the relationship
- 2) To enhance the motivation of both hidden drug abusers and family members to join the project
- 3) To enhance the awareness on physical and mental health of hidden drug abusers and family members
- 4) To enhance the family's capacity in supporting the hidden drug abusers to handle the drug problem



HEALTHY FAMILY Activity



Target: parents and family members suffer stress and anxiety from the substance abusers.

The parents mutual support group provide a platform for the parents to share their difficulties and to explore coping skills for their stress and negative emotion.

Tea, Aroma and Zentangle intervention were introduced to the parents. They integrated tea therapy and aroma exercise to their daily life which widened their capacity to support the substance abusers in home.





HEALTHY FAMILY Activity



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Personality Dimensions® is a personality assessment tool for human's better self understanding and relationship.

We integrated PD in our family counseling service. We strengthened the participant's understanding of their family members and themselves.

They recognized that the tool provided them a QUICK and CLEAR ways for improving their communication skills with their family members. In general, participants enjoyed and had stimulated reflection to their family relationship.



HEALTHY LIFE Activity



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The families who are under the project were invited to express their views about home visit tool cards. They experienced the process about using the cards.



Enhance drug abusers' awareness of their physical performance by hiking.

During the process, we had lunch and shared different information about healthy activities. The substance abusers shared their concerns and gained feedback and experiential sharing from each others.



HEALTHY FAMILY Activity



Floor Curling is an activity which emphasize team work and communication. The participants divided in groups of three and learn difference skills and language about floor curling.

In the process, they are encouraged to talk to their groupmate in a positive way.



Multiple Family Therapeutic Group (MFTG)



MFTG is a group which help the families to improve the communication. Though the group process, the participants can understand the feelings and struggles about detoxification. Also, they can learn more communication method from the other families.





Ambassador Training



Training Topic: Active Listening



Training Topic: Introduction to Drug rehabilitation Service



Training: Experienced ambassador sharing



Training topic: Affirmation and appreciation



Ambassador Training



10 ambassadors were recruited for providing peer supports to the families who are suffering in the substance abuse problem. These ambassadors were quit from the substance abuser difficulties. The closing sharing was conducted for strengthen their changes and passion in helping others.



The family experienced the success of our project and swing to passionate in being volunteer to contributing others.



Output and Outcome Evaluation

- Evaluation methods
- Output and outcome benchmarks
- Evaluation results



Output Evaluation

	Expected Result	Achieved Result
Output Indicator 1	Engage 60 families with hidden drug abusers in the ice-breaking stage with 80% (or 48 families) receive at least 4 home visits	Engaged 63 families with hidden drug abusers in the ice-breaking stage with 77.7% (49 families) received at least 4 home visits
Output Indicator 2	Engage 30 families of hidden drug abusers in the restructuring stage with 70% (or 21) family members attend at least 2 session of counseling.	Engaged 39 families of hidden drug abusers in the restructuring stage and it was 100% (39 families) attended at least 2 sessions of counseling.
Output Indicator 3	Engage 30 hidden drug abusers in the restructuring stage with 50% (or 15) hidden drug abusers attend at least 2 session of counseling.	Engaged 39 hidden drug abusers in the restructuring stage and it was 82.1% (32 hidden drug abusers) attend at least 2 session of counseling.
Output Indicator 4	To deliver at least 360 sessions of home visit (240 sessions in ice-breaking stage) or counseling (120 sessions in restructuring stage) to 60 families with hidden drug abuse problem	Delivered 503 sessions of home visit (219 sessions in ice-breaking stage) and counseling (284 sessions in restructuring stage) to 63 families with hidden drug abuse problem
Output Indicator 5	To recruit 10 anti-drug ambassadors to support the families receiving the family-based treatment, among which 70% complete the whole training (at least 2 sessions of training workshop)	Recruited 14 anti-drug ambassadors to support the families receiving the family-based treatment, among which 78.6% (11 anti-drug ambassadors) completed at least 2 sessions of training workshop.

	Expected Result	Achieved Result
Outcome Indicator 1	Improvement in anti-drug attitude among hidden drug abusers (70% of hidden drug abusers show improvement in anti-drug attitude or significant improvement in drug abuser's anti-drug attitude as indicated by paired t-test)	57 out of 63 hidden drug abusers (90.5%) show improvement in anti-drug attitude
Outcome Indicator 2	Improvement in family member's competence to support drug abusers (80% of family members show improvement in competence to support drug abusers or significant improvement in family member's competence to support drug abusers)	59 out of 63 family members (93.7%) show improvement in anti-drug attitude
Outcome Indicator 3	To engage 60 hidden drug abusers, among which 50% would be referred to further drug treatment and rehabilitation services	Engaged 63 hidden drug abusers, 32 cases (50.8%) were referred to further drug treatment and rehabilitation services

FIDA Card

FIDA(Family Intervention for Drug Abusers) Card was designed for intervening the family with substance abuser behaviour. In the FIDA cards, the concept of Family Therapy was integrated for facilitating the changes of the substance abusers and the family members.

吸毒情況改善, 家庭會變得怎樣?

又愛又恨

開放溝通

階段六 復發期
Relapse

吸毒者的狀況

介懷心法

- 戒癮行動無法堅持, 出現再次吸毒的復發行為
- 身體和精神上感到不適
- 逃避家人的關心

感覺: 失落
對毒品的觀點: 吸毒者對毒品的感覺鬆懈

FIDA 家庭介入卡使用指南

家庭介入卡
FIDA
Family Intervention for Drug Abusers



Experience Gained



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Effectiveness:

All output and outcome indicators have met their corresponding targets.

In addition, 75% hidden drug abusers had improved in addictive behavior by the assessment of DSM-V. The project was effective in improvement of anti-drug attitude among hidden drug abusers and the improvement in family member's competence to support drug abusers. Besides, hidden drug abusers and their family members are referred to the regular rehabilitation and treatment service. The project played the role of bridging the hidden drug abusers reconnect the communicate.

For the family relationship, we integrated the Family Therapy and designed the FIDA Card for reconnect the hidden drug abusers with the family members. The skills of Family Therapy helped us to restructure the communication pattern and the boundary of the family relationship. Most of families have significant changes in family functioning. Both of substance abusers and family members had significant improvement in the satisfaction of family functioning by the pre post test of APGAR scoring (Smilkstein, G. 1978). Family members acted as care givers of the hidden drug abusers and suffered potential mental health problems. After family intervention, family members could reach visible changes in depression, anxiety and stress level by the assessment of The Beck Anxiety Inventory (BAI) and DASS-21. 80% families have completed the Restructuring Stage, can enhance the competence on supporting the drug abusers to quit drugs.



Experience Gained





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Achievement:

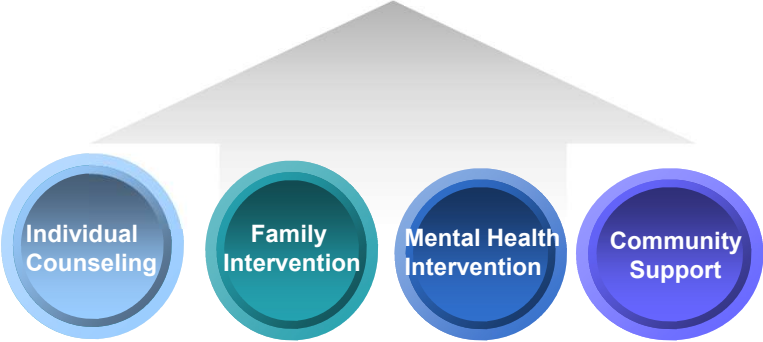
Paper Presentation in Asia Academy of Family Therapy 5th Annual Conference. The conference is held on 25th – 28th October 2018, Shih Chien University, Taipei.

The presentation topic in name of 'How To Help The Families With Hidden Substance Abuse Problems Moving Towards Family Wellbeing in Hong Kong?'. We shared the project content, effectiveness, limitation and the promote the innovation of FIDA card in the oversea conference.

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Facilitate the CHANGE in drug use frequency

Facilitate the CHANGE in anti-drug attitude





Individual Counseling

Family Intervention

Mental Health Intervention

Community Support

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Outreaching Family Based Intervention

Motivational Interviewing

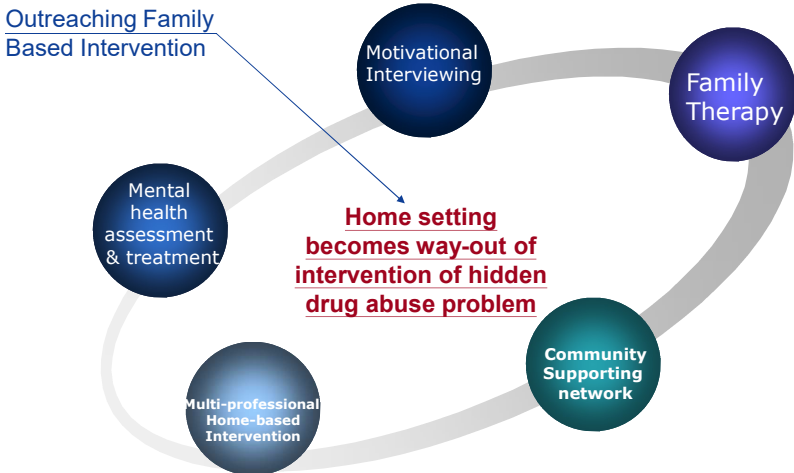
Family Therapy

Mental health assessment & treatment

Home setting becomes way-out of intervention of hidden drug abuse problem

Multi-professional Home-based Intervention

Community Supporting network





Conclusion



- **Conclusion**
- Client's psychic life is influenced by his context and the interaction among his family members.
- Family members and substance abusers may develop codependent relationship causing them to intensify the dysfunctional role of the substance abusers in the family.
- Changing the structure of the family will get the new experiences in the therapeutic process to the family members, which may effectively assist family members to help substance abusers.
- Through family intervention, "home-based therapy breaks from the traditional clinical setting, reasoning that joining the family where it lives can help overcome shame, stigma, and resistance" (Beels 2002).



Conclusion



- **Suggestions**
- Family perspective and systemic perspective are the way out of exploring and solving the individual substance abuse problem.
- Home-based family interview is suggested for solving the hidden drug abuse problem.
- Hidden drug abusers's situation could be divided into 'Completely Hidden', 'Hidden' and 'At-risk Hidden'. Different model should be integrate to these three level of hidden substance abuse problem.
- Intensive supporting to substance abuser's family member's mental influence is significant.
- MFTG is suggested to develop and localize for the anti-drug service for the substance abusers and their family members.