

BDF160034  
July 2017 to June 2020

Occupational Therapy Department  
Alice Ho Miu Ling Nethersole Hospital

“Enhancing abstinence by novel approach of  
Metacognitive Intervention and Life-Style Redesign”  
「復元『理』博士」



## Content

1. Introduction
2. Project Content
3. Output and Outcome Evaluation
4. Learning Points & Way Forward



# 1. Introduction

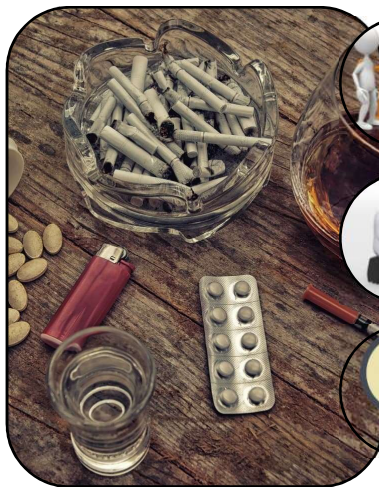
## Why do we need BDF160034?

- Main characteristics for clients with SA problems
- Clients' needs
- Mode of services before and after BDF 160034
- Service gaps
- BDF160034 Project Funding

3



## Main Characteristics for Clients with SA



Poor engagement in rehabilitation



Poor motivation to change







Poor economic status

4



## Client's Needs

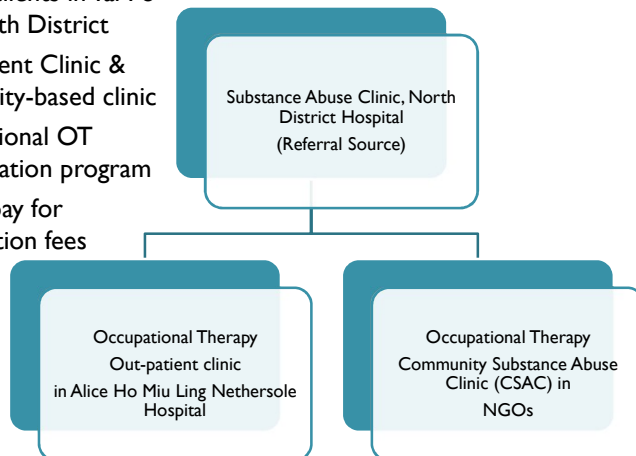
- F**inancial support to consultation fees 
- E**arly rapport building towards OT rehabilitation program 
- E**ffective intervention to help resist craving 
- T**imely engagement in rehabilitation 

5



## Mode of Services **BEFORE** BDF 160034

- Serving clients in Tai Po and North District
- Out-patient Clinic & community-based clinic
- Conventional OT Rehabilitation program
- Clients pay for consultation fees

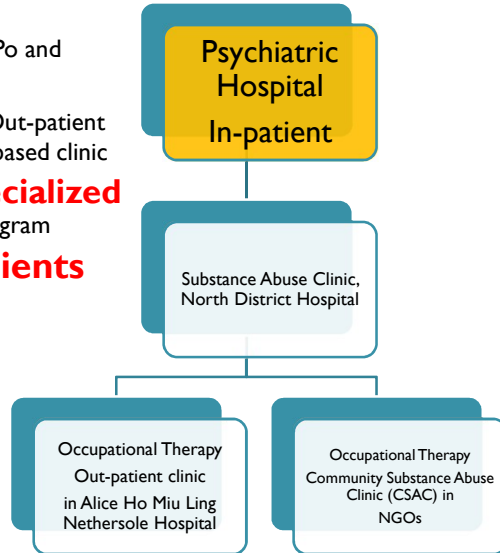


6



## Mode of Services **AFTER** BDF 160034

- Serving clients in Tai Po and North District
- **In-patient** + Out-patient Clinic & community-based clinic
- **Enhanced specialized** SA Rehabilitation program
- **Subsidy to clients** for consultation fees



7



## 4 Service Gaps



8



## Beat Drug Fund 160034 to Bridge the Gaps

### Service gaps

1. Unable to reach hidden drug abuser in early phase
2. Lacked of early and effective intervention to cease SA behavior
3. No structured meaningful daytime engagement and personal life goal
4. No subsidy for the consultation fees of OT sessions

### Bridge the gaps

- 1. Additional manpower** to provide in-patient specialized SA service
- 2. Develops a novel treatment modality** by incorporating 3<sup>rd</sup> wave of psychotherapy into Occupational Life-Style Redesign  
- “Metacognition focused Occupational Therapy Program (MFOT)”
- 3. Full subsidy** for consultation fees

9



## Program (160034) Objectives

*Enhancing abstinence by novel approach of  
Metacognitive Intervention and Life-Style Redesign*

- 1** Provides immediate support and rehabilitation service for post-discharge young substance abusers from psychiatric hospital
- 2** Provides a novel and evidence-based practice for enhancing young substance abusers' self-regulation to cease substance abuse
- 3** Reduces frequency of substance abuse
- 4** Improves occupational life functioning, i.e. home maker, work, social and leisure life

10



## 2. Project Content

| Core Activities         | Content  | Targeted Participants  |
|-------------------------|--|--|
| 1. Individual Treatment | Provide 1 initial intake session, 6 core intervention program sessions and 3 after-care sessions to drug abusers | 1. Substance abusers discharged from Psychiatric Hospital (i.e. TPH)<br>2. Substance abusers referred from Substance Abuse Clinic (SAC), North District Hospital |
| 2. Group Activities     | Conduct magic teaching class for (5 classes) and psychosocial group therapy (1 class) for drug abusers           | 3. Substance abusers referred from collaborating NGOs  |

11

## Program Characteristics “Metacognition Focused Occupational Therapy Program” (MFOT)

12



## Characteristics of MFOT Program (2 IN 1)

### Metacognitive Therapy (MCT)

1. Eliminates **Cognitive Attentional Syndrome (CAS)**
2. Ban dysfunctional thinking and behavioral strategies
3. Quitted the substance misuse as mal-adaptive coping



**Resist craving !!**

### Occupational Life-Style Redesign

1. Establishes new life role
2. Step forward to the targeted improvement in life domain
3. Develops new habit and hobbies



**New life roles and habits**

13



## Common Psychological Problems **Cognitive Attentional Syndrome (CAS)**

- Repetitive and brooding quality
- Rumination
- Worry
- Desired Thinking

Extended Thinking



- Attentional Biases
- Focuses on potential threat (Internal)

Threat-Monitoring



- Thought suppression
- Social avoidance
- Distraction
- Substance abuse

Unhelpful coping strategies



14



## MFOT Program

### Positive Impacts After Eliminating the “CAS”

Eliminate  
the  
“CAS”

More attentional resources  
available

Able to focus on healthy and  
constructive coping when  
dealing with negative affect

Less craving to illicit drugs

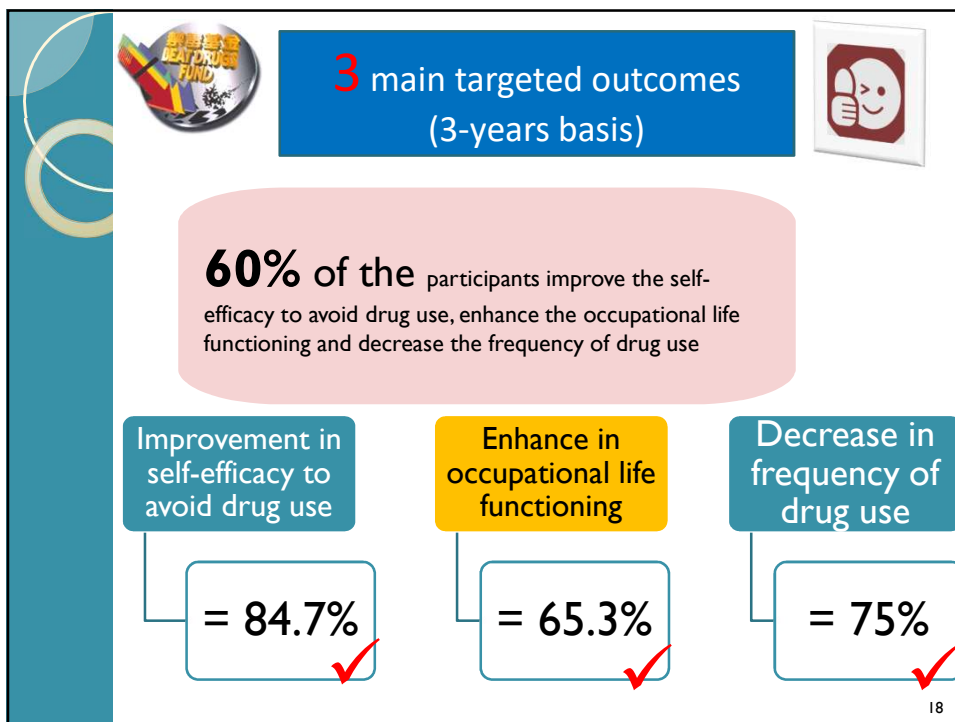
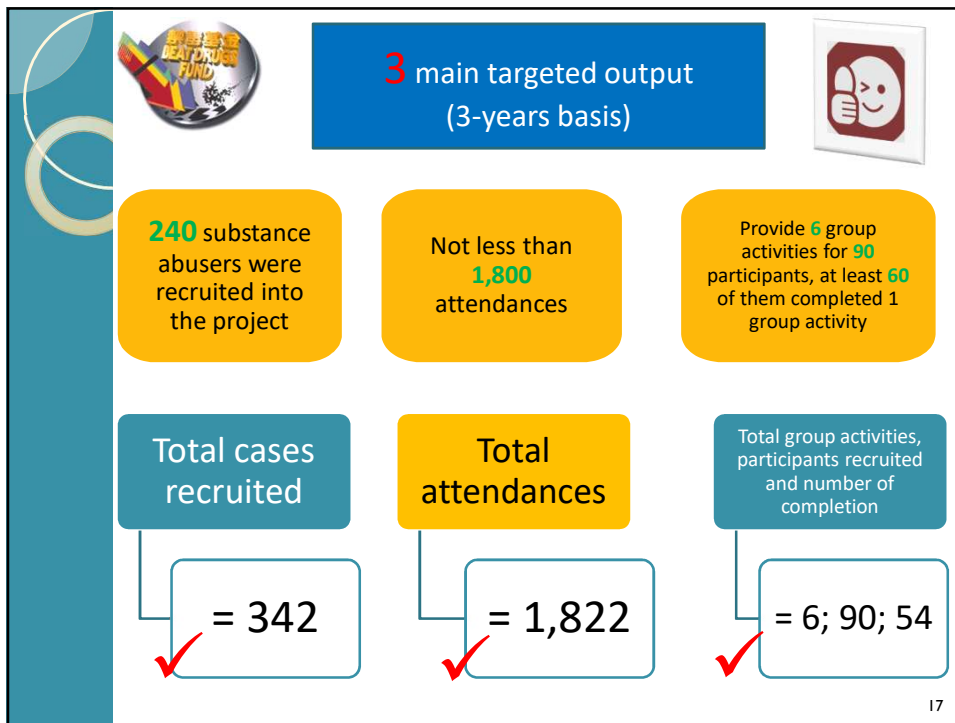
New mode of experiencing  
to urges to take drugs

15

### 3. Output and Outcome Evaluation

16







Enhanced Abstinence (n=144)  
Updated on project end at 30.6.2020



Cases reduced  
drug use  
frequency

**75**



Number of  
cases avoided  
relapse

**44**



Number of  
cases quitted

**38**

19

#### 4. Learning points & Way Forward

20



## The special designed needs assessment tool is always helpful !

- 5 main needs screening Ax
- Typically client would choose 2-3
- Wanted a change!?
- Elicit the motivation to engage in MFOT program !

您覺得自己有以下那一項困難(可多於一項), 需要尋求復康治療 ?

這套工具用於評估個案的復康需要。在復康中心及復康服務局使用。

21



## Learning points

- 1 In-patient phase engagement has enhanced patients participation after discharge
- 2 Novel Treatment Modality demonstrated to be effective in SA rehab
- 3 Collaboration with NGOs is important for overall case management

22



## Way Forward

- Enhanced early intervention in in-patient phrase to
  - improve motivation to change
  - increase resistance to craving
  - enhance continuity of care upon discharge to community
- Strengthen outreach support for clients resumed work

**MFOT program Version 2.0**  
**(Beat Drug Fund 2019 approved)**

23

**We would like to express our sincere gratitude to Beat Drug Fund for the support and funding to our clients and our program.**



24