

# Beat Drugs Fund Project Experience Sharing Session

160034: “Enhancing abstinence by novel approach of  
Metacognitive Intervention and Life-Style Redesign”

「復元『理』博士」

元認知 /  
Metacognition

自我管理 /  
Self-management



職業治療部  
Occupational  
Therapy

Kino Lam

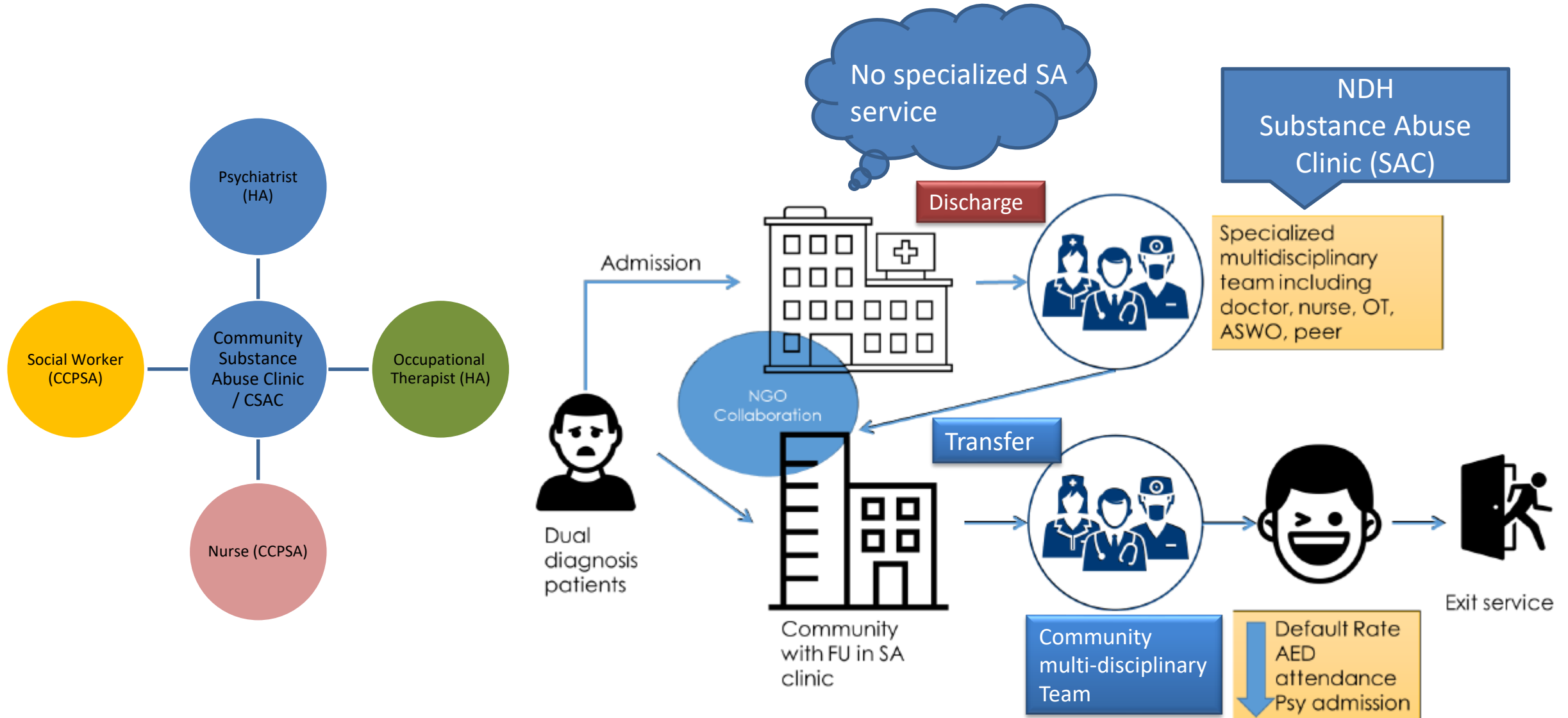
Occupation Therapist I

Alice Ho Miu Ling Nethersole Hospital

16<sup>th</sup> December 2019



# Medical-Social multi-disciplinary service model



# Background of bidding (1)

## 3 Main Gaps in previous SA services

Current trend:

↑ Hidden Drug Abusers



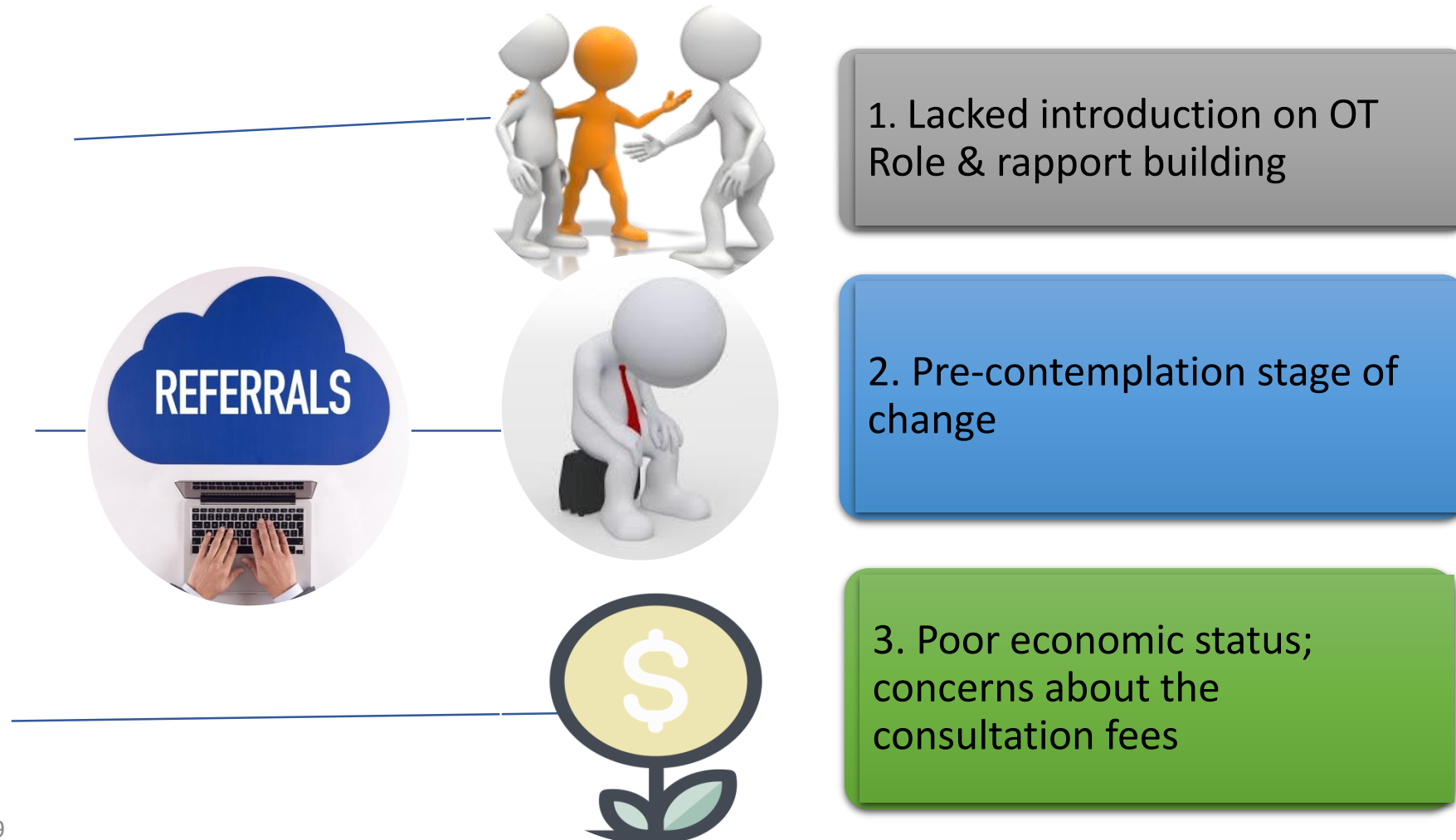
1. Lacked rehab service for SA in-patients upon discharge

2. Lacked early and effective intervention to cease SA behavior

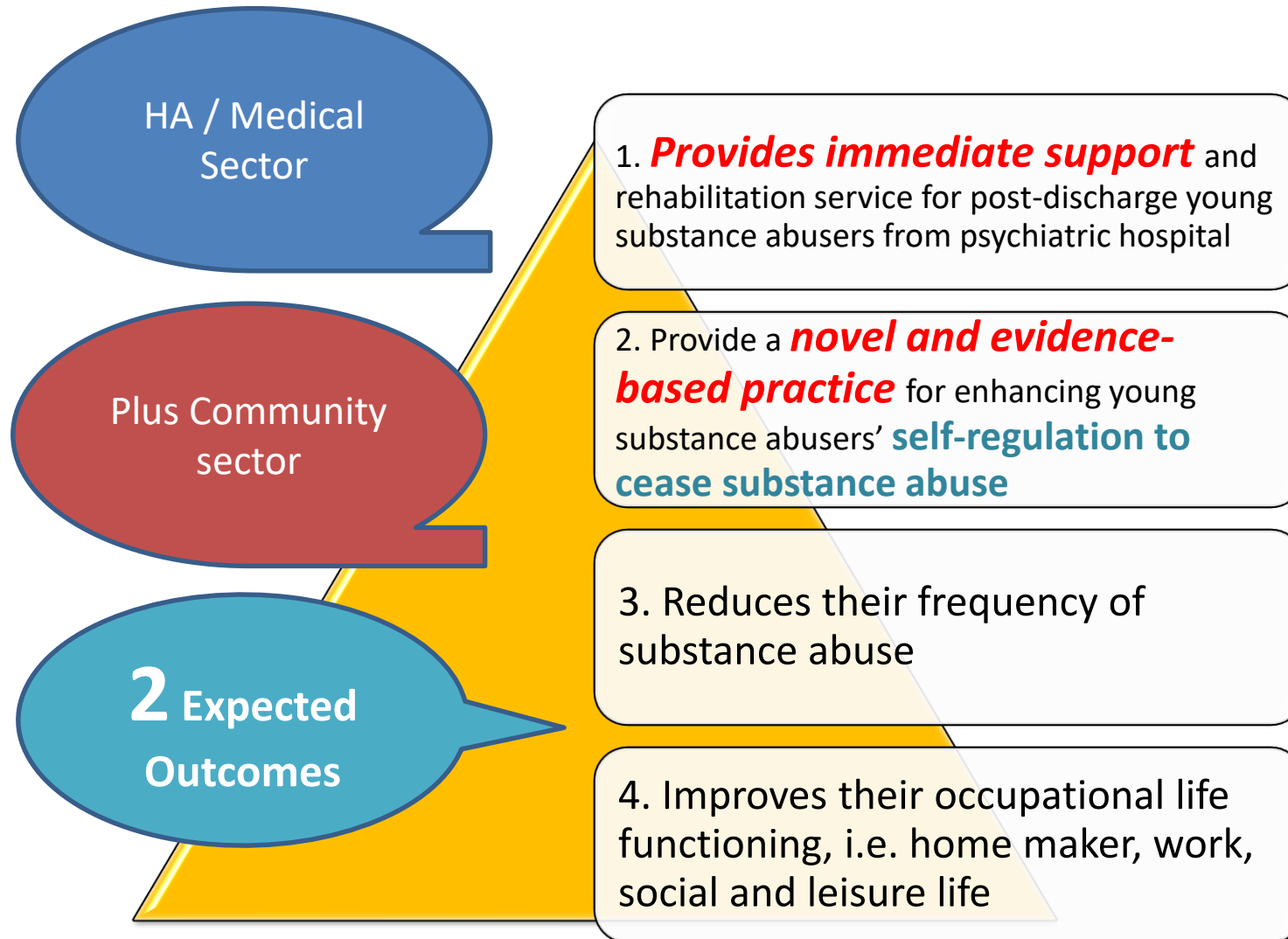
3. Lacked abstinence support

# Background of bidding (2)

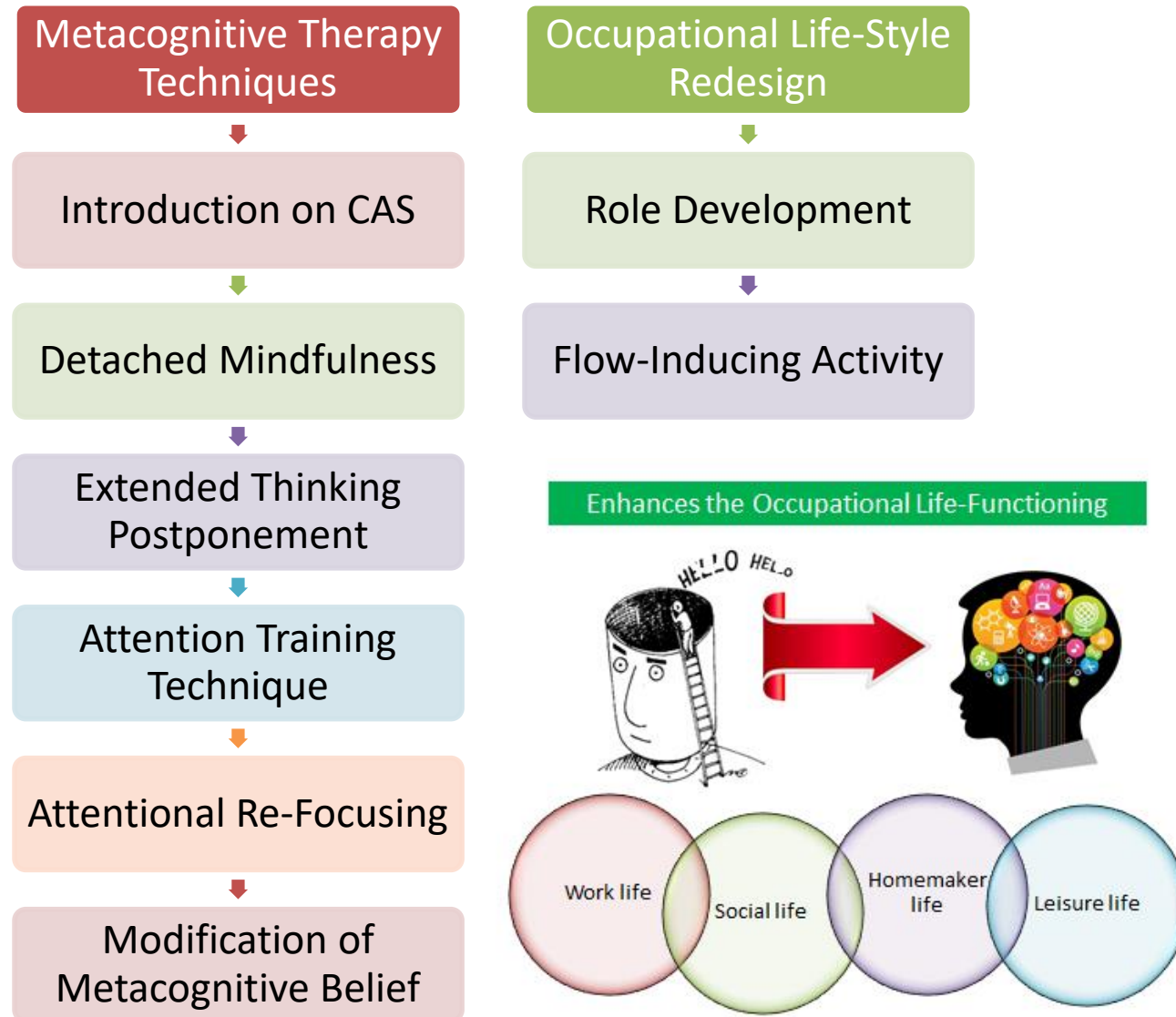
## 3 Main reasons of difficulty to reach and engage in rehabilitation



# 4 objectives of the project through the project



# Metacognitive-Focused Occupational Therapy (MFOT) program to tackle the service gaps

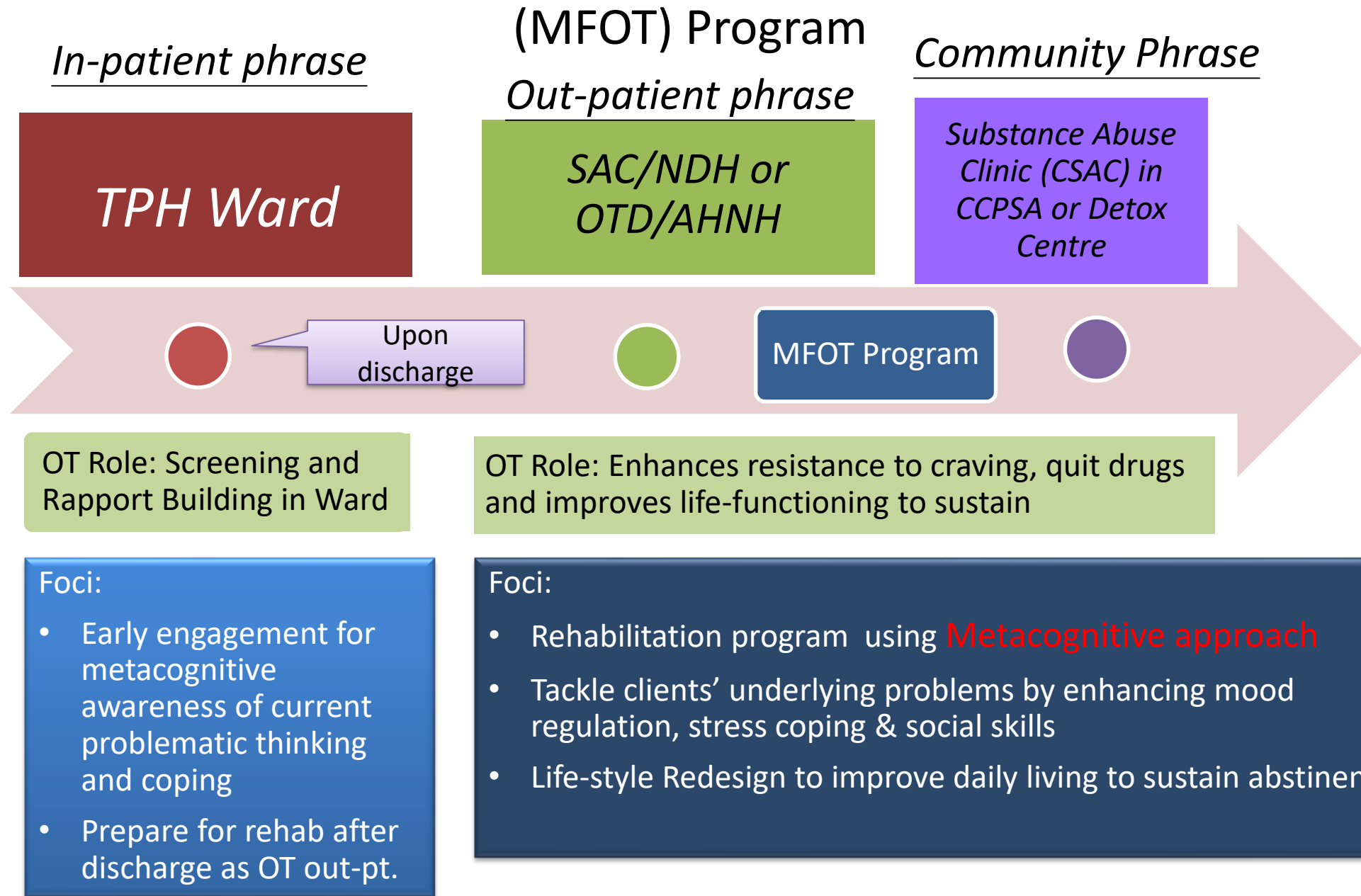


# Abstinence Support & Change of Lifestyle

OT Intervention	<b>1. Psychosocial Intervention</b> <ul style="list-style-type: none"><li>* Self-regulation in Thinking &amp; Emotion</li><li>* Promotes resistance to craving</li></ul>
Knowing Doing Keeping	<b>2. Functional assessment and training</b> <ul style="list-style-type: none"><li>* i.e. Cognitive assessment and work assessment</li><li>* Restore performance capacity</li></ul>
	<b>3. Occupational Life-Style Redesign</b> <ul style="list-style-type: none"><li>* Re-build meaningful life role and scheduling</li><li>* Regain successful experience and engagement in occupation</li></ul>



# Metacognitive-Focused Occupational Therapy



# Speedy assessment on needs and develop rapport

## 我有這些想法嗎?

我冇咁曾經/現在想停止濫用一些物質/毒品或者上癮行為，但發覺好難成功?

我想我的生活重返正軌?

我覺得自己很難抵抗吸食物質/毒品嘅引誘?

我除了依賴物質/毒品，便發覺沒有其他事情想投入去做?

我想克服自己吸食物質/毒品的問題?

我希望改變自己的生活質素?

想改變? 找我們!!!

「復元『理』博士」治療計劃可以幫助你!

「復元『理』博士」採用元認知理論及治療為主導，以增強患者對毒癮的抵抗能力，再配合職能生活重整及每週行動計劃，以達到戒除毒癮及提升職能生活表現。

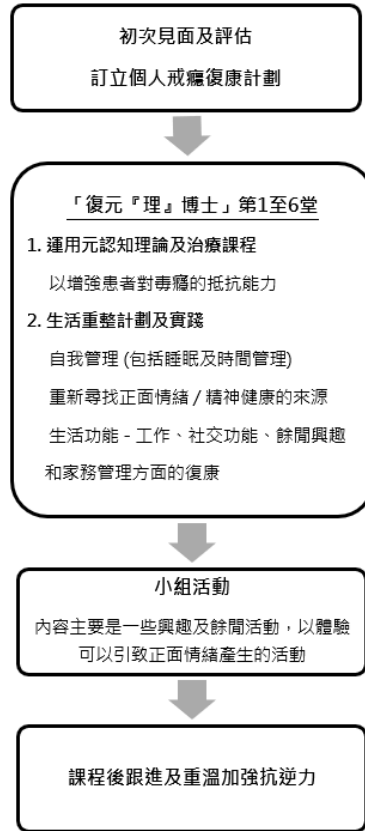
## 什麼是元認知?

「元」認知功能 - 我們最高的精神活動，它掌管了思想的起始，終止或改變，另一方面，它亦包含了監察、執行控制，及各種形式的認知過程，例如注意力和記憶的分配，以至如何運用我們腦部功能去應對生活壓力要求等。

復「元」 - 恢復元認知功能，以增強對毒癮的抵抗能力。  
「理」博士 - 成為管理自己生活的專家。



## 整體服務流程及內容:



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?

感到生活苦悶、沒有希望、沒有目標及動力等!

嘗試過多次停止吸食, 但覺得很難成功!

幻聽、疑心重、身體痛楚、害怕見人、感到被監視及情緒暴躁等...

經常感到唔開心、好無助及無法有效地解決困難!

好想找一份穩定工作, 得到穩定既收入!

生活漫無目的口

戒除心癮口

病症處理口

情緒困擾口

尋找工作口

Jjobs 招職



## New and Emerging Areas Metacognitive Therapy (MCT)

1. It proposes the existence of a universal maladaptive thinking style that causes disorder (Cognitive Attentional Syndrome / CAS)
2. To reduce worry and rumination and alter problematic patterns of attention and coping
3. Targets underlying metacognition that controls thinking and helps patients develop new ways of consciously experiencing inner events

A large body of evidence supporting the existence of the CAS in psychological disorders



### **Cognitive Attentional Syndrome / CAS**

Extended thinking: Rumination and Worry  
Maintains the person's negative sense of self and perception of threat through specific pathways



### **Metacognitive Belief**

Positive: Usefulness  
Negative: uncontrollability and Danger

### **Emotional vulnerability**

Prolonged emotional distress and suffering

### **Psychological disorders**

Developed disorders-specific metacognitive model

# Output and Outcome

## Output

**240** substance abusers are recruited for individual treatment  
Not less than **1,800** sessions of treatment  
3- years based

**6** group activities are provided with at least **60** substance abusers completed 1 group activity

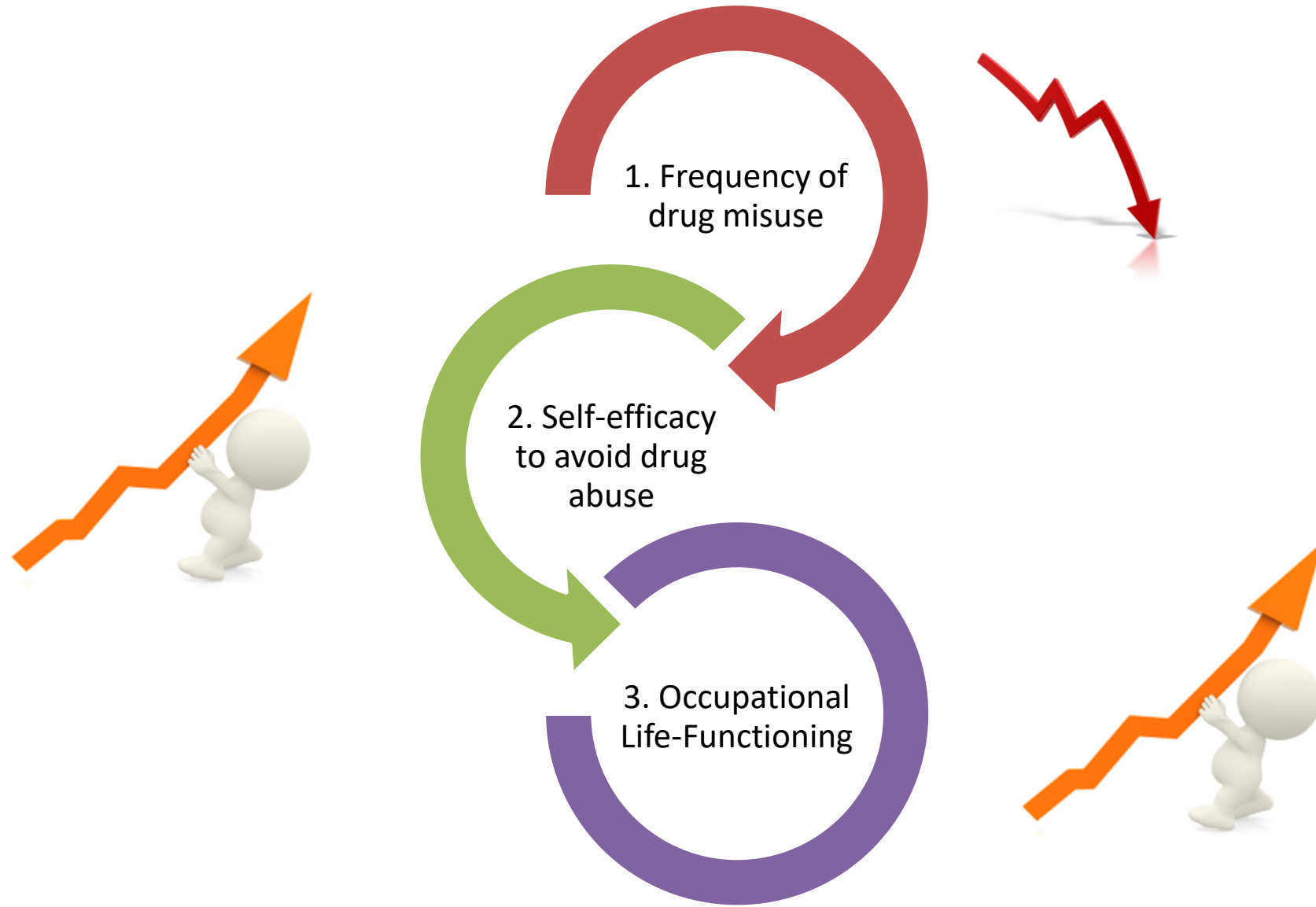
## Outcomes

**60%** of the participants improve the self-efficacy to avoid drug use

**60%** of the participants decrease the frequency of drug use

**60%** of the participants enhance the occupational life functioning

# 3 Key Outcome Measures



# What is the updated progress ?

Progress of the  $> 2/3$  project



# Metacognitive-Focused Occupational Therapy (MFOT) Program

> 2 Years Statistics (July 17 to Nov 19)

29 / month

Output	Target	Updated Progress
Total Cases	240	> 300
Sessions of Treatment	1,800	> 1,500
Group Activity	6 times of activity, 60 substance abusers completed 1 group activity	5 times of activity, 54 substance abusers completed 1 group activity



Output	Targeted Improvement	Updated Progress
1. Frequency of drug use	> 60%	> 70%
2. Self-efficacy to avoid drug abuse	> 60%	> 80%
3. Occupational Life-Functioning	> 60%	> 80%



# Temporary Outcomes on enhancing “Abstinence” (n=100)



Cases reduced drug use frequency

30



Number of cases avoided relapse

28



Number of cases quitted

15

**73% positive trend !**



# Analysis of the temporary results

→ Version 2.0 urged !

1. No active treatment in in-patient phase

2. Insufficient time to instill insight and strengthen rapport

3. Improvement on the retention rate is urged !

Default Rate

- High in discharged case from TPH
- Relatively low in SAC or CCPSA

Effectiveness of MFOT program

- Temporary result was positive
- ~80% of case completed program showed improvement

# The ultimate goal is to ...

A MEANINGFUL

**i****l****i****f****e**

1. New life role
2. Meaningful occupational engagement
3. Well-being & happiness

***Without Drug !***

For your kind attention and support

Thank You!



We want  
to discuss

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Difficulties [Client's characteristic + Time for engagement]

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Learning Points [Early engagement + Enhanced psychological treatment]

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Discussion

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# Cognitive Attentional Syndrome (CAS)



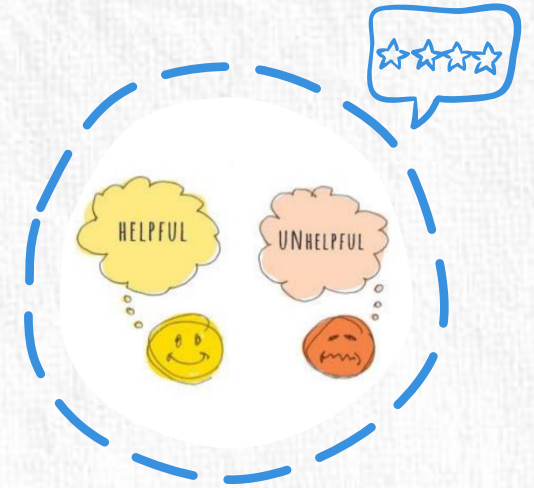
Rumination  
Past-oriented  
Answer "Why"  
Finding answer and  
personal significance



Worrying  
Future-oriented  
Answer "What if"  
Anticipated failure  
and threat



Fixated attention  
on threats  
Threat-monitoring

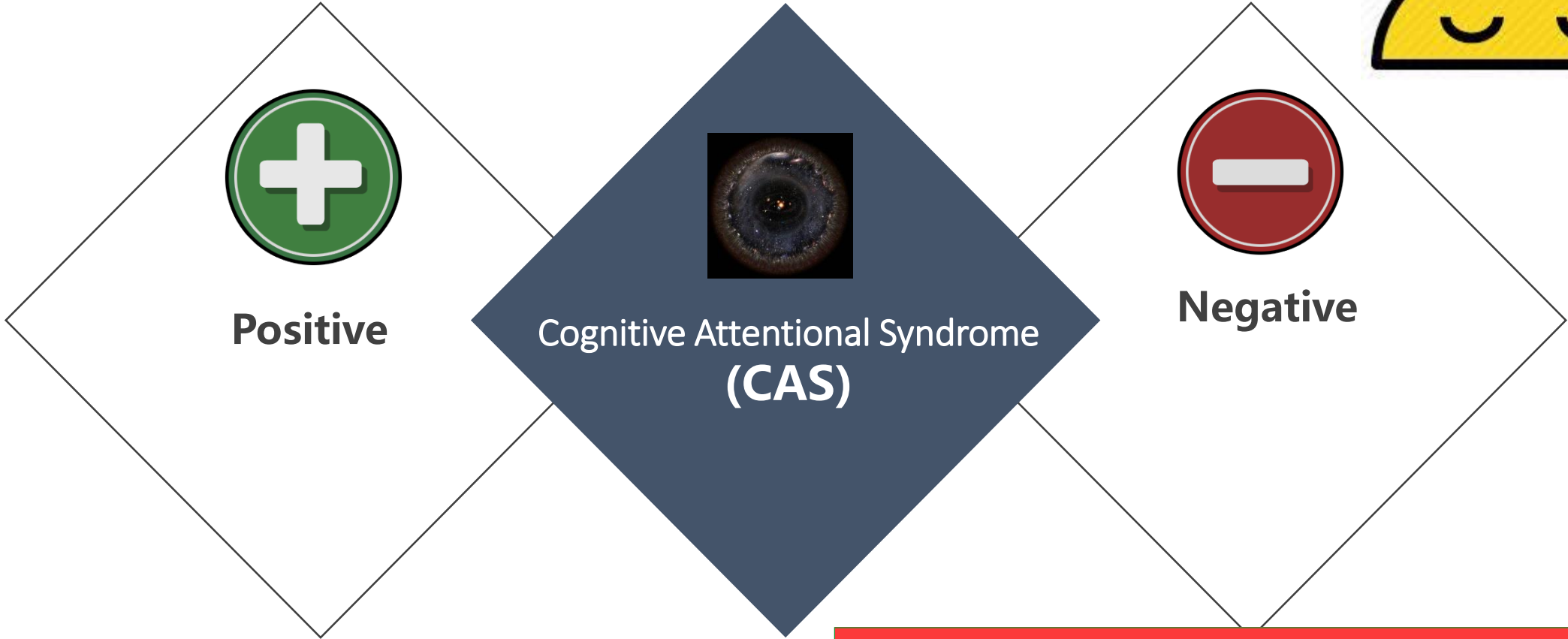


Unhelpful self-  
regulatory strategies  
or coping behaviors  
"Backfire"

Metacognitive Knowledge

# Metacognitive Belief

(Believed hold on thinking)



+ Metacognitive Belief concerns the usefulness of worry, rumination, threat monitoring, and other similar “Metacognitive strategies”

1. Uncontrollability of thoughts
2. Negative significance and meaning of internal cognitive events such as danger, importance and meaning of them

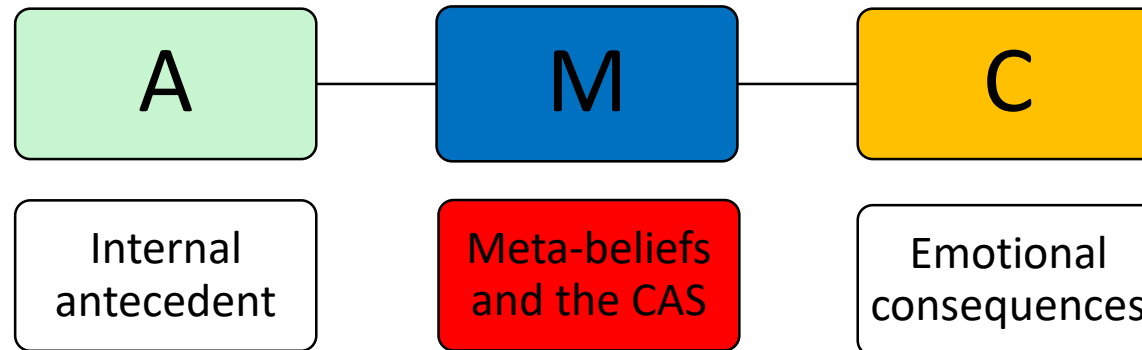


# Mr. Y's story

1. Positive:
  - Rumination helps me find answer
  - Taking "ICE" could improve my mood
  - Thinking about having "Ice" will make me feel better
2. Negative:
  - I can't control my thinking
  - My substance abuse problem persists no matter how hard I tried to control it
  - Once I start taking illegal drug, I find it difficult to stop

1. Feeling depressed
2. Having a sense of hopelessness and despair
3. Stay at home until he felt better mood

Trigger thought  
"I am probably an useless man"



1. Extended thinking: Rumination "Why was I so useless?"
2. Mal-adaptive behavior - Substance abuse (ICE)
3. Socially avoidance