



3 Steps to Relapse Prevention 預防復吸三步曲

(BDF 160039)

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(Implementation period: 1 Aug 2017 – 31 Jul 2019)





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Project introduction

Name of Project:	3 Steps to Relapse Prevention <預防復吸三部曲>
Project Code:	BDF160039
Project period:	1 st August 2017 – 31 st July 2019
Manpower:	1 OTI, 1 OTII
Objective:	<ul style="list-style-type: none">-To enhance treatment motivation-To reduce risk of relapse and frequency of drug use-To improve life functioning through insight enhancement and relapse prevention
Total number of participants:	100
Total attendance :	1200



Project Overview

Thinking process...

What is OT's role...?



Hmm...

What past experience telling us...?



What to do at tertiary care setting...?



What is the strength of our profession...?



OT perspective in SA practice

Occupational Therapy is...


Vision of occupational therapy

- to empower service users to lead a **meaningful life** of their choices

For substance abusers...^A

- to empower and **make progressives changes** on **SA** problem, daily function, vocational achievement, **self-management** and **lifestyle** throughout their recovery journey via means of activities /occupations



- 
- **Voluntary control over substance use** maximize **wellbeing** and participation in the roles and responsibilities ^B
 - promoting recovery supports individual to live **productive life role^C**

Recovery for Substance Abuse is...

A: Gutman, S. A. (2006). Why addiction has a chronic, relapsing course. The neurobiology of addiction: implications for occupational therapy practice. *Occupational Therapy in Mental Health*, 22(2), 1-29.

B: UKDPC (2008). The UK Drug Policy Commission Recovery Consensus Group: A vision of recovery. Policy Report. UKDPC, London.

C: SAMSHA. (2015, October 13). *Prevention of substance abuse and mental illness*. Retrieved from <http://www.samhsa.gov/prevention>

Lifestyle changes as focus in last project...



Any evidence-based practice to guide through...?

What else to focus and service needs...?



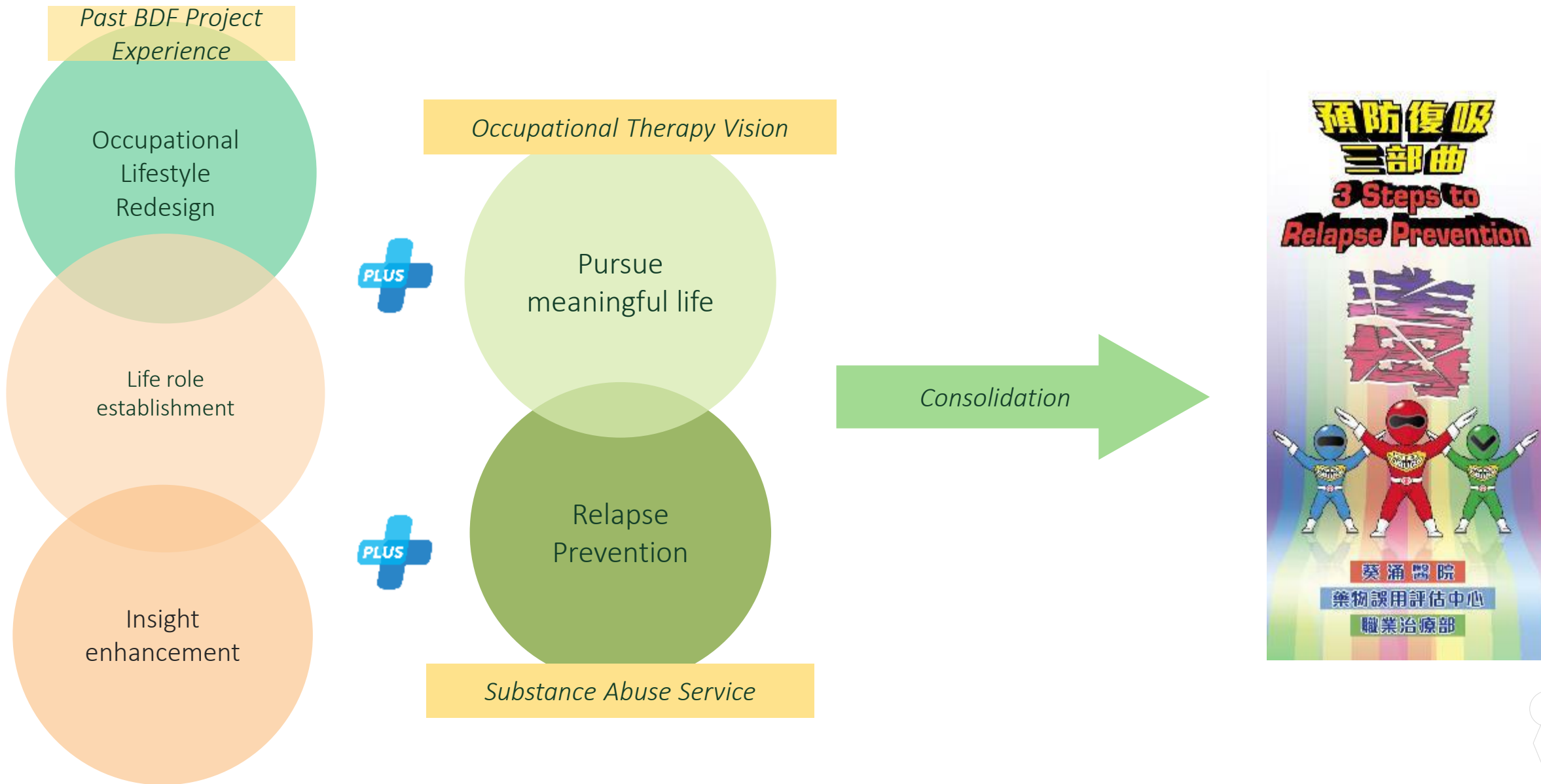
What to focus & service needs...?

- RP as one of the most **widely discussed issues** and defining features (McBride & Petersen, 2002)
- Related to **treatment effectiveness** (extend abstinence period, especially critical period just after detoxification) and post-treatment support/aftercare service
- support substance abusers from recovery plan formulation, detoxification to abstinence maintenance, and the aftercare service during post-detoxification period can be in a **more intensive, frequent and comprehensive ways**

Evidence-based practice

- Proposed by Dr. Marlatt and Gordon (1985) to facilitate substance abusers to **address** the issue of **relapse**, and to **generate techniques** for preventing or managing its occurrence, based on cognitive-behavioural framework
- focuses on **identifying high-risk situation and tackle it** with cognitive and behavioural coping strategies (Marlatt & Donovan, 2005) with empirical studies support on its effectiveness (Irvin et al., 1999).

Project ideas consolidation and formulation





Project Implementation

Promotion and Recruitment

服務形式

3. 社區活動體驗

- ◆ 定期舉辦不同類型的社區體驗活動，增加參加者接觸不同類型事物的機會
- ◆ 過往舉辦活動例子：種植體驗、黑暗中對話、採摘士多啤梨等等
- ◆ 亦會因應參加者的興趣，舉辦定期活動，如烹飪班、音樂及體育活動

4. 人生輔導

提供個人化的人生輔導，協助參加者在人生的不同階段上定立有意義的目標，尋找生活上的角色定位，重要生活。

5. 社區學習津貼

為鼓勵參加者多參與及融入社會，參加者在社區自行報讀課程/興趣班，並成功完成及獲發證書*(或合資格的出席證明)，可申請獲得津貼資助。



地址

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新界葵涌醫院道3-15號G座2樓

職業治療部

新界葵涌醫院道3-15號服務樓1樓

查詢及聯絡 (職業治療部)

電話：2959 8261

聯絡人：華先生/丘先生



*詳情請向葵涌醫院查詢

預防復吸 三部曲 3 Steps to Relapse Prevention



葵涌醫院

藥物誤用評估中心

職業治療部

職業治療服務簡介

職業治療師透過專業評估、心理輔導及復康活動，鼓勵藥物濫用康復者在日常生活、工作及餘暇三方面為自己策劃及積極參與有意義的活動，從而建立充實的生活模式，戒除毒癮，預防復吸，重奪自己的人生角色。



服務對象

現正接受葵涌醫院藥物誤用評估中心服務人士。

計劃簡介

本計劃名為「預防復吸三部曲」，目標是透過一連串緊密的治療活動和面談，以減低康復者復吸的危機，尤其於戒毒後的初期。

在本計劃中，參加者會接受分為三階段的連貫性服務，當中包括

(1) 認識自己

- 透過動機性面談及不同的功能評估，提升參加者的動力及洞察力，為作出改變做好準備
- 認識及了解吸食毒品的影響
- 認識復元過程

(2) 預防復吸

- 透過個人輔導、小組活動及其他方式的治療，提升參加者對預防復吸的認識及其重要性
- 了解自身復吸的可能性及原因
- 提升處理技巧及應對策略，減低復吸的可能性及預備可能面對的情況

(3) 戒後繼續

- 提供持續服務，如面談輔導及相關治療
- 持續支援參加者在社區實踐個人目標
- 檢視及討論應對策略的成效

服務形式



1. 個人評估

- ◆ 為參加者提供不同方面的評估，例如認知能力、工作能力以及其他功能上的評估
- ◆ 基於評估結果制定個人化復原計劃

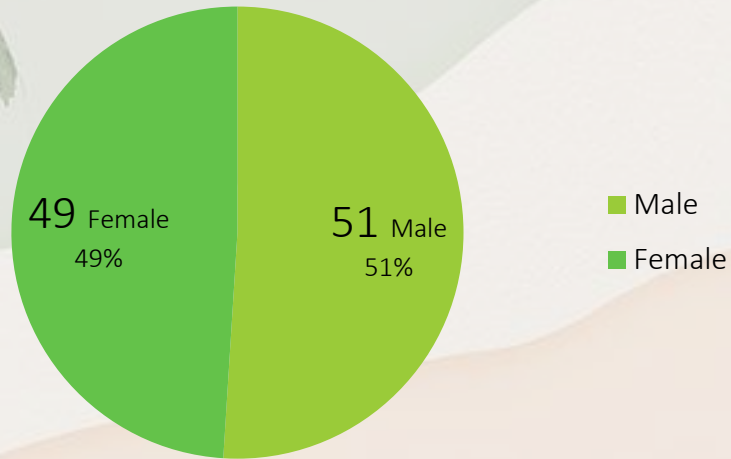
2. 課堂學習及訓練

- ◆ 提供個人或小組形式的課堂學習，如自我管理、壓力處理、社交人際關係、認知訓練等等
- ◆ 參與職前訓練、工作配對及就業輔導
- ◆ 參與閒暇活動小組以發掘興趣，建立平衡生活模式

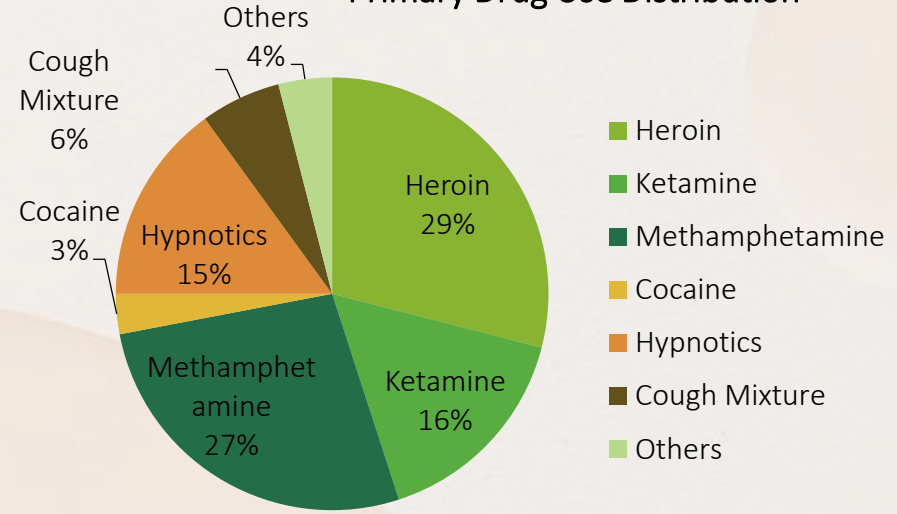
- 100 participants receiving service at Substance Abuse Assessment Unit of Kwai Chung Hospital were recruited

Demographic Data (N=100)

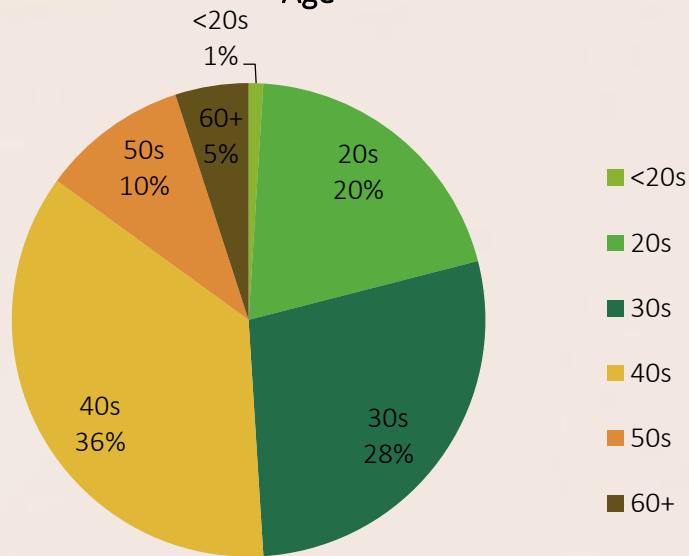
Gender



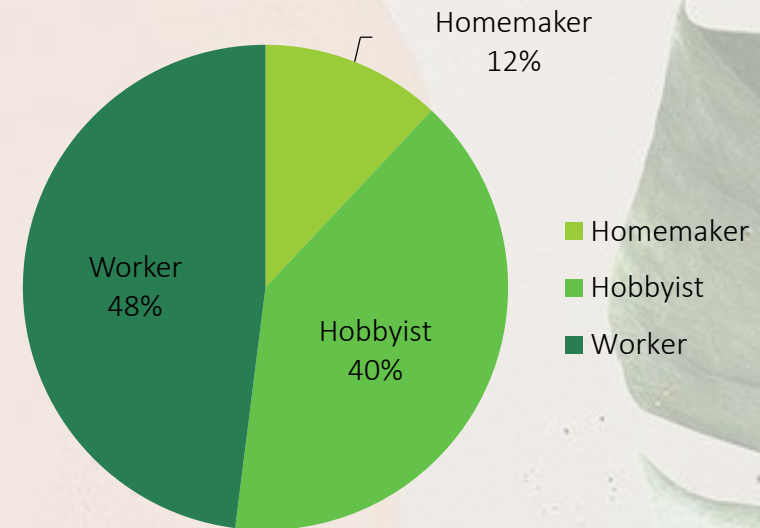
Primary Drug Use Distribution



Age



Premorbid Major Life Roles & Functioning



Service Pathway

- **Objective:**
 - help people with substance abuse to prevent relapse, as well as to improve life functioning via therapeutic assessments and interventions across different phases, which were focusing on insight enhancement, relapse prevention and aftercare.
- **Emphasis:**
 - **Lifestyle Redesign**
 - Life Role Establishment
 - **Relapse Prevention**
- **Divided into 3 phases**
 - Phase 1: Insight Enhancement
 - Phase 2: Relapse Prevention
 - Phase 3: Aftercare Service

Stage of Change	Treatment continuum	Treatment modalities
Pre-contemplation	Phase 1: Insight enhancement <ul style="list-style-type: none"> - to find the life value and life goal - to learn the basic facts about substance - to weigh the pros and cons - to develop discrepancy between substance abuse and personal life goal 	<ul style="list-style-type: none"> - Motivational interviewing - Functional assessment
Contemplation		
Preparation	Phase 2: Relapse prevention <ul style="list-style-type: none"> - to manage craving - to identify high-risk situations - to develop coping strategies - to modify covert antecedence 	<ul style="list-style-type: none"> - Psycho-education - Experiential learning - Interactive written materials
Action	Phase 3: Aftercare service <ul style="list-style-type: none"> - to review and rebuild the coping strategies - to address the challenges of real life situation - to redesign the lifestyle and establish life role 	<ul style="list-style-type: none"> -Follow-up consultation -Community outreaching -Coaching
Maintenance		

Phase 1: Insight enhancement

Phase 1
Insight enhancement

Phase 2
Relapse prevention

Phase 3
Aftercare service

- Enter the service by enhancing their insight towards own situation and behaviors
- To **improve motivation and commitment**
- Motivational interviewing
 - Rapport building
 - Adopt skills from motivational interviewing to explore and elicit motivators to quit drugs and make changes
- Assessments
 - Carry out standardized assessments, e.g. cognitive, functional and vocational assessments
 - Build up insight and discrepancy between SA and goals
- Review on substance abuse and related knowledge

Phase 2: Relapse prevention

- Adopted from Relapse Prevention model by Dr. Marlatt
- Identify immediate determinants and covert antecedents
- Review and develop cognitive & behavioral approaches as coping skills to decrease relapse risk

Phase 1
Insight enhancement

Phase 2
Relapse prevention

Phase 3
Aftercare service

RP Model

Immediate Determinants

Covert Antecedents

- High-risk situations
- Coping Skills
- Outcome Expectancies
- AVE (abstinence violation effect)
- Lifestyle Imbalance
- Urges and Craving



Phase 2: Relapse prevention

- A series of worksheet is adopted for facilitation
- Examples:

Phase 1
Insight enhancement

Phase 2
Relapse prevention

Phase 3
Aftercare service

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認識復吸

小失誤/第一次復吸(Relapse)通常是在戒除毒品後使用後，第一次重新使用毒品的情况。小失誤有機會引起更多的藥物濫用，亦有機會變成復吸(Relapse)。代表藥物重新濫用者稱毒癮，小失誤/復吸是一種非決定的結果，在你重新使用毒品時，其實出現了不同的警告信號或作了不同決定而引致小失誤的發生。

在第一次復吸後，如何處理及處理，將大大影響你是否能戒除真正的復吸。雖然在第一次復吸後，你認為這就是失敗，給自己一些負面於治療，如：我是不能夠停止使用於其不能控制其自己等。這樣會有更高的機會濫用使用毒品。另一方面，它應該向著第一步驟視為一個誤差。又或是，一個機會去從中作你的解決能力，這將會是一個好的學習經驗，即使最後真的造成復吸。你仍然能夠檢視及學習從這當中什麼因素引起復吸。

預防復吸：掌握不同的技巧及策略去重新使用毒品，改善你的生活環境，減低壓力，針對未來有什麼可能發生的情況以應對方法，從你每次復吸的危機。預先有清晰的計劃，並與他人聯繫。例如，知道情況發生時如何尋求專業協助。

一種常有的決定：
例如在你戒除使用毒品後，你決定戒絕以往往去的酒吧看看，在內你內心思想不加關注做一杯，人去後看到以前利權於朋友，他們因此也購買毒品給你。
「我們曾留一匙毒藥於了不鬆動，便是一命毒藥復吸及重新使用毒品的決定。」

高壓情況(如正責了負有情緒、社交壓力、人際關係問題、引誘等等)

Reference: Dailey, D. C. & Marlett, G. A. (2002). *Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies 2nd Edition*. New York: Oxford University Press.

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認識「渴望」

渴望/想應用原毒品
企圖得到/企圖使用

渴望會受著不同的因素而產生，而個人出現的反應(與理/行為/情緒)較顯密性不一。有合適的應對策略，才可以好好控制自己的渴望，以免進入復吸的漩渦。

認識自己的轉變因素，如人、事、地、物等等不同的情況，再配合相對的應對策略以迎接復吸/復吸的情況。

誘發渴望
情緒或/或
• 出現生理及心理徵兆
• 不同的戒除程度

引發思想、情緒和行為的反應
• 出現情緒和行為反應
• 如焦慮、認知、行為和替代等等

常見的誘發因素 (Trigger Factors)	
外在	內在
人 - 如吸食朋友、賣家、其他常見吸毒者 (如 伴侶/室友/同事)	情緒/感覺 - 如負面情緒(緊張/憂鬱/憤怒) 目標/目標 - 如在使用時的愉快感、對自我
地 - 如以往吸食場所 事 - 如慶祝活動、晚上後	觸發能力的弱江(如減少自我控制、對/用少其實際藥劑全時)
物 - 吸食工具、毒品相關的物件/圖片/相關廣告	

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認識改變的不同階段

- 沉思期**
 - 開始察覺問題的存在
 - 認為在一段時間內會作出改變 (如半年)
- 行動期**
 - 計劃開始作出改變 (如一個月內)
 - 需與想與不想改變的意志的衝突
 - 開始設想可能的正面改變
- 維繫期**
 - 承諾及實踐改變
 - 學習更多相關技巧幫助和鼓勵自己
 - 面對及解決問題
- 終止期**
 - 不再復吸去的或用問題為引誘/觸發
 - 有足夠的信心及技巧去面對日常生活的挑戰
 - 你可能性恢復使用

在改變過程中，我們可能會經歷不同的階段。改變的過程不一定是循序發生，且日人而異，前進或後退的情況亦很常見。有時會停留在某一個階段停滯不前，有時會走一步退一步，有時會想進到後期的階段，也有機會回到較早期的階段。我們可以透過明白自己的預備程度及衡量你出改變的長短或好壞去了解自己的情況。

有欲尋求動力因素... 決心去維持自己的目標... 可以怎樣做?

- 更新你的個人復原計劃，以及檢視其中的原因和承諾
- 提醒自己有時候感到動力較低是正常的，但事情在未來是會改變的
- 鼓勵以往停止服用後為你帶來的好處和感覺
- 提出繼續維持原狀之下可以帶來的好處
- 想想常用藥物/酒精為你帶來的影響和壞處
- 想想生命中為你帶來推動力的人、事和物(家庭/工作/健康)
- 尋找協助(如親屬和職員)，了解在動力低的時候可以怎樣面對

Reference: Dailey, D. C. & Marlett, G. A. (2002). *Overcoming Your Alcohol or Drug Problem: Effective Recovery Strategies 2nd Edition*. New York: Oxford University Press.

Phase 2: Relapse prevention

Emotion Management

Lifestyle Redesign

Relapse Prevention

Stress Management

Phase 1
Insight enhancement

Phase 2
Relapse prevention

Phase 3
Aftercare service

認識情緒和情緒三角

你最近情緒如何？你又有哪些感到自己情緒的習慣嗎？

★ 情緒不分好與壞，情緒是反映我們訊息的其中一種方式，但有些情緒屬正面情緒，有些則屬負面情緒。

我們未必能夠選擇情緒，但我們有智慧可以嘗試影響或控制它，以另一種角度和態度，即使這些非常細小的情緒也好。我們也會試試從中得到，只是未知如何了結其出現的原因和結果。

透過了解和明白自己，甚至他人的情緒，我們會學得去了解情緒對我們帶來的影響，了解事情對自己的行為反應的關係，進行更詳盡的分析自己的感受。

有時候，在面對壓力或不同困難的情況發生時，我們可能會：

情緒	初期	行進
因力量而緊張無助的負面情緒，感到疲憊或無助	從負面情緒反應而來的負面情緒	從負面情緒而來的負面情緒
感到不安、恐懼、憂鬱、害怕、不安、憤怒、激動、內疚	感到不安、恐懼、憂鬱、害怕、不安、憤怒、激動、內疚	感到不安、恐懼、憂鬱、害怕、不安、憤怒、激動、內疚
感到不安、恐懼、憂鬱、害怕、不安、憤怒、激動、內疚	感到不安、恐懼、憂鬱、害怕、不安、憤怒、激動、內疚	感到不安、恐懼、憂鬱、害怕、不安、憤怒、激動、內疚
感到不安、恐懼、憂鬱、害怕、不安、憤怒、激動、內疚	感到不安、恐懼、憂鬱、害怕、不安、憤怒、激動、內疚	感到不安、恐懼、憂鬱、害怕、不安、憤怒、激動、內疚

訂立目標行動計劃

分析了你的生活中不同層面的感受和感受之後，你有製作了計劃了嗎？試想一想，現在，你應該改變或達到目標是甚麼？

現在，不花任何金錢，每個一下午或兩個個星期，準備來嘗試的步驟：

“嘗試成功或達，發覺達到”

● 要達到這個大目標的話，我要經過下列幾個細小而可行的步驟：

第一步	預計時間	預計完成日期
第二步	預計時間	預計完成日期
第三步	預計時間	預計完成日期

我的信心 (1-10) 我可以尋求專業支持或 鼓勵嗎？

訂立 SMART 目標

Specific	Measurable	Attainable	Realistic	Timely
多從具體	可觀察或可測	可達到	切實可行	適時的改變

管理和分析復吸 - 復吸前的連續反應

請詳細說明，當一復吸了多少次後？
是否有任何感覺？
目前情況：(如有)：

靜觀呼吸法

靜觀呼吸法，適合在床上，或在散步或運動時進行。只需留意呼吸的起伏，以覺察呼吸的節奏和深度。當心專注於呼吸，心靜下來，身心靈合一。

靜觀呼吸法，適合在床上，或在散步或運動時進行。只需留意呼吸的起伏，以覺察呼吸的節奏和深度。當心專注於呼吸，心靜下來，身心靈合一。

靜觀身體掃描法

靜觀身體掃描法，適合在床上，或在散步或運動時進行。只需留意身體的各個部位，覺察身體的各個部位，覺察身體的各個部位，覺察身體的各個部位。

Phase 3: Aftercare service

Phase 1
Insight enhancement

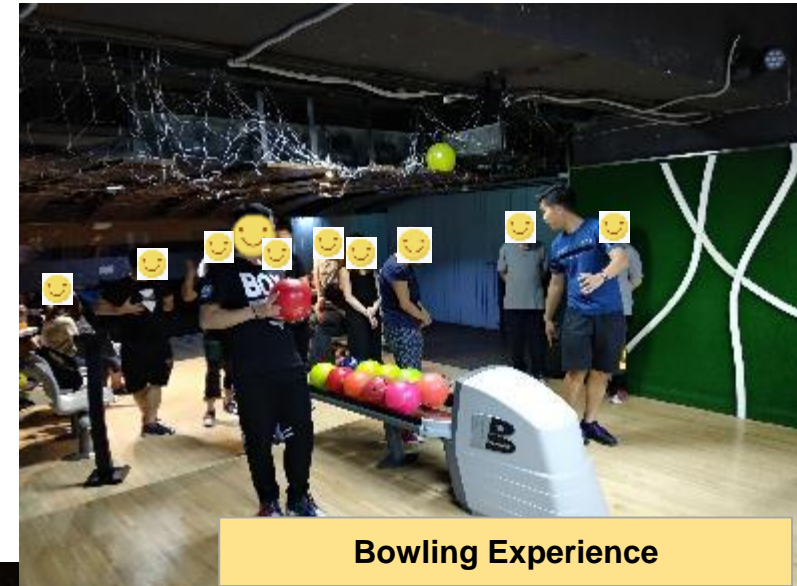
Phase 2
Relapse prevention

Phase 3
Aftercare service

- Provide on-going and continuous support after detoxification
- A critical period - not only maintain abstinence (relapse prevention) but also to enhance in other life aspects
 - Review and **strengthen** skills and **coping strategies** to prevent relapse
 - Review on lifestyle and **covert antecedent factors**
 - Coaching on **individual goals** setting and foster action plans
 - Life Role establishment (worker, homemaker, carer etc.)
 - Utilization of **community resources**
 - Experiential activities
 - Exploration of class and course in community to expand their experience
 - Connection to suitable community resources

Community Outing Activities for Occupational Lifestyle Redesign and Experiential Learning

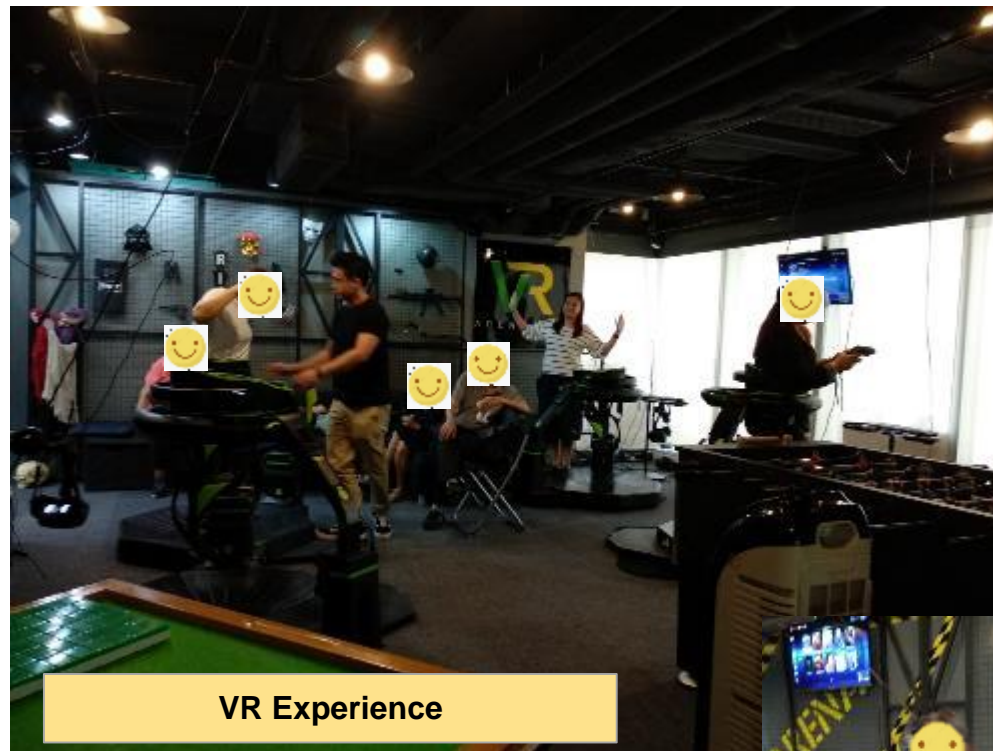
- Around once a month
- Based on discussion and interest of participants
- Example of activities:
 - Chi Nin Nunnery Experience
 - Hong Kong Ice Carnival
 - Circus Show
 - VR Experience
 - Shrimping Experience
 - Indoor War-game
 - Haunted House
 - Ocean Park



Highlights of experiential activities



Circus Tour



VR Experience



Hong Kong Ice Carnival



Experiential Learning & Community Activities subsidized by BDF

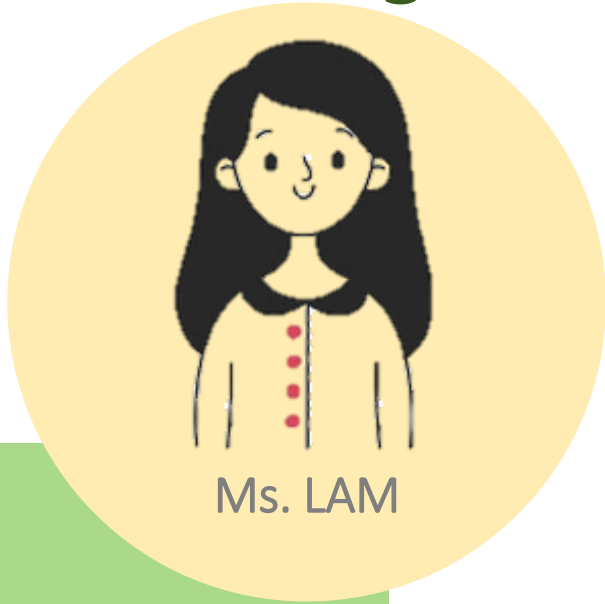
- Example of community activities that participants completed for interest development/vocational exploration:
 - Cake Making
 - Music course (e.g. guitar/piano/Guzheng)
 - Sports course (e.g. tennis/gym/yoga)
 - Crafting course
 - Painting course
 - Vocational related, e.g.
 - Security guard license course
 - Hygiene course (as kitchen manager)
 - Driving lesson
 - Beauty course (as beautician)
 - Educational course (e.g. concept on recovery)





Case Sharing

Case Sharing



Ms. LAM

- 33/F
- Divorced
- Living with 12 years old son, parents, brother and sister-in-law in a crowded PHU
- Started using Ketamine after divorced in 2011
- Introduced by friends

- Referred to SAAU by CPPSA (Counselling Programme for Psychotropic Substance Abusers)
- Active use of Ketamine on daily basis
- Due to depressed mood
- Rumination of divorce issues
- Multiple stresses from other life domains e.g. financial, family conflicts
- Physical complications due to Ketamine use
 - Dysuria
 - Urinary frequency
 - On and off cystitis



Phase 1: Insight Enhancement

- Rapport building
- Explored personal values and life goal
 - wished to live independently with son
- Educated facts about Ketamine use
- Discussed pros and cons of using Ketamine
- Attempted to develop discrepancy between substance abuse and personal life goal → promote stage of change

Phase 2: Relapse Prevention

- Identify high-risk situations for Ketamine use
 - Depressed mood → Medication Adjustment
 - Rumination of divorcing → Ventilation and redirect life focus
 - Financial difficulties → CSSA application
 - Conflicts with family → Alternative coping strategies
 - Urinary complications → Encouraged urology follow up
- Modifying covert antecedence
 - Encouraged OT workshops and SAAU day programs for daytime engagement
 - Participated BDF community outings for positive experience
 - Used BDF subsidies for interest development

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活動/課程名稱:

蛋糕製作過程

活動/課程日期:

2017年9月至10月

參與活動/課程後感想:

我學識更多蛋糕製作, 且自己更有成就感同每做一個蛋糕,

的作品也很開心

Phase 3: Aftercare services

- Prioritized real life challenges: unpaid loans
- Facilitated job seeking: part-time worker in children playground at shopping mall
- Assisted to set target for monthly payment
- Continued to foster in interest development



Upon Project End

- Reduced in frequency in Ketamine use
- At best 2 months abstinence
- Positive feedback on worker role and interest development
- Fluctuated mood but able to coped by ventilation and distraction
- Similar family conflicts and relationship





Result And Experience

- Outcome Measures
- Lesson Learnt

Outcome Measures

	Proposed Target	Proposed	Outcomes (N=87)
1	60% of participants show reduction in drug use frequency	BDF Set No.5 (Frequency of Drug Use in the Past 1 Month)	<ul style="list-style-type: none"> Among participants who reported using drug at pre-test, 81.8% of them showed reduction in drug use frequency Among participants who reported not using drug at pre-test, 95.3% of them avoided relapse
2	60% of participants show higher level in stage of change	BDF Set 13 (Contemplation Ladder)	<ul style="list-style-type: none"> 39.1% of participants advanced to a higher level in stage of change Statistical significant improvement shown in paired t-test (P=0.000046)
3	60% of participants reduce in risk of relapse	BDF Set No.14a (Stimulate Relapse Risk Scale)	<ul style="list-style-type: none"> 79.3% of participants reduced in risk of relapse
4	60% of participants improve the frequency of utilizing the coping strategies	Checklist of Utilization of Coping Strategies	<ul style="list-style-type: none"> 78.2% of participants improved frequency in utilizing the coping strategies
5	60% of participants improve life function	Life Functioning Assessment Inventory	<ul style="list-style-type: none"> 73.5% of participants improved life functioning

Outcomes – Words from Participants

- Feedback on matching with personal goal and community courses

參與活動/課程後感想:

令我覺得人生充實及豐富，回想過去遷
徙以至精神病，從無機會到外國接觸個世界，
甚至沒機會學任何事，有了此計劃，令我生
命有了全新感覺，對疾病有幫助。

參與活動/課程後感想:

上完瑜珈之後，發覺自己的身心都變

從來沒有想過，只要堅持，就能做得到。

參與活動/課程後感想:

認識些熱愛運動和學習的朋友，擴大自己
的社交圈子，重拾正~~常~~健康生活，而且
學習使我感到積極，通過學習認識和了解
自己的不足，從而加以改善。

Outcomes – Words from Participants

- Feedback on matching with personal goal and community courses

參與活動/課程後感想:

令自己增加了路面經驗 反對汽車既操控力
對尋找相關工作有幫助。

參與活動/課程後感想:

在私人課堂上，我學懂了基本的健身技巧，並
可運用在我的生活中，令我有健康的身體和目標。

參與活動/課程後感想:

我學識更多的蛋糕制作，自己更有成就感同每做一個蛋糕
的作品也很開心

Experience Learnt

- Having chance to revisit past experience of relapse/substance abuse behavior helped participant to **understand more the reasons behind** and critical point leading lapse episodes
- By acknowledging and understanding the pathway of relapse, participants **were more “aware” and “ready” to tackle risk factors**
- Also, apart from ways to enhance relapse prevention and craving management, exploration on **meaningful activities matching their skills** and strength help to increase ways to cope/ventilate stress or high risk situation by establishing a more **balanced and fruitful life** pattern
- Expand **further on potential beneficiary participants**, e.g. in-patient unit who are not covered by specialized service



Thank You!

Q & A