




Implementation period: 16/6/2018 – 15/6/2020

**Enhancing Competence in Anti-drug Work among Practitioners and Students of Social Work and Healthcare Professions:
An Integrated Humanistic and Cognitive-Behavioral Training Program with Focus on High-risk Youth and Drug Rehabilitation Service Settings (BDF170048)**

**Grantee: Department of Social Work,
The Chinese University of Hong Kong (CUHK)**

**Supporting Organisation: The Nethersole School of Nursing,
The Chinese University of Hong Kong (CUHK)**

Sponsor: Beat Drugs Fund, The HKSAR Government




**Enhancing Competence in Anti-drug Work among Practitioners and Students of Social Work and Healthcare Professions:
An Integrated Humanistic and Cognitive-Behavioral Training Program with Focus on High-risk Youth and Drug Rehabilitation Service Settings (BDF170048)**

Research Team:
Prof. Steven Sek-yum NGAI,
Prof. Chau-kiu CHEUNG,
Prof. Siu-ming TO &
Prof. Mei-chun CHEUNG

Training Team:
Mr. Max SZETO, Ms. Wendy Siu-wan HON &
Dr. Harris Man-kwong HAR

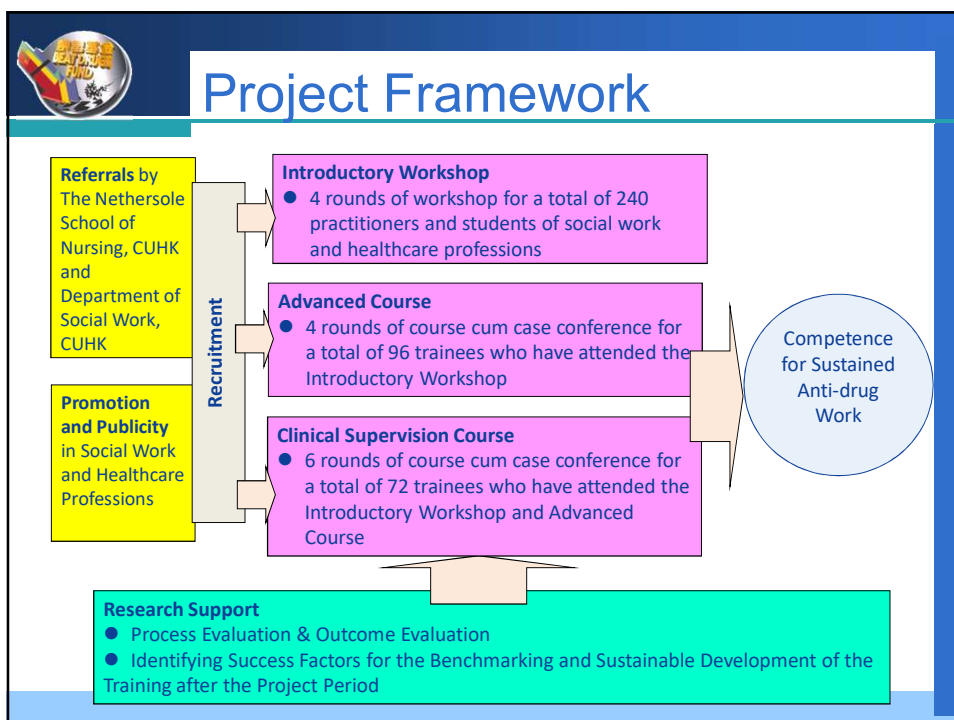
Advisor: Dr. Benjamin LAI



Objectives

This is a project to render training about integrated humanistic and cognitive-behavioral treatment to the practitioners and students of social work and healthcare professions to raise competence through

- **Introductory Workshop (4 rounds):** Understanding the needs of drug abusers, motivating drug abusers to face their problems, and making referrals for appropriate care
- **Advanced Course (4 rounds):** Motivating and engaging drug abusers to change, enhancing protective factors for the abusers in relapse prevention, and sustaining the growth and development of these abusers throughout their rehabilitation
- **Clinical Supervision Course (6 rounds):** Enhancing treatment of clients with problematic drug abuse in their service settings





Introductory Workshop

4 rounds of 1 full-day introductory workshop

- **Drugs commonly abused in Hong Kong**
- **Counseling guidelines**
 - View drug use along a continuum
 - Individualized treatment: Goals and methods
 - Enhancing self-efficacy
 - Multi-dimensional treatment aimed at long-term recovery
 - Least intrusive treatment
 - Remaining open to new methods and goals
 - Sensitivity to varying needs of diverse client populations, with emphasis on early identification of hidden drug abusers for rendering assistance
- **Initial assessment**
 - Acute intoxication and/or withdrawal complications
 - Biomedical conditions and complications
 - Emotional/behavioral conditions and complications
 - Treatment acceptance/resistance (stage of motivation)
 - Relapse/continued use potential
 - Recovery/healthy living environment
- **Level of care needed**
 - Early intervention (e.g. outreaching service, school social work, etc.)
 - Outpatient treatment (CCPSA)
 - Intensive outpatient / Short term hospitalization (SAC)
 - Residential services (medical mixed-mode centers, gospel centers)



Advanced Course

4 rounds of 3 full-day advanced course:

- Overview of an Integrative Humanistic and Cognitive-behavioral Treatment
- Assessment Phase: Screening and Assessment
- Treatment Phase 1: Engagement and Building Motivation to Change
- Treatment Phase 2: Negotiating Some Behavior Change
- Treatment Phase 3: Early Relapse Prevention
- Treatment Phase 4: Relapse Prevention/Relapse Management
- Additional Treatment Component – Families and Social Network Members
- Application in Different Settings



Clinical Supervision Course

6 rounds of 6 half-day clinical supervision course:

- Using Integrative Humanistic and Cognitive-Behavioral Treatment for Planning Anti-drug Work
- Demonstrating Appropriate Use of Counseling Skills for the Treatment of Clients with Problematic Drug Abuse
- Monitoring and Facilitating Trainees' Learning of Anti-drug Counseling Skills
- Enhancing Trainees' Self-understanding and Professional Development
- The clinical supervision course has the following features to maximize training effectiveness:
 - Homework assignments for the practice of components of the integrated humanistic and cognitive-behavioral approach
 - Role play and experiential learning
 - Case conferencing to consolidate practice experience systematically



Photos

Dr. Harris Har (Trainer) and the participants at the Introductory Workshop for Practitioners and Students of the Social Work & Healthcare Professions on 8/9/2018



 **Photos**

Mr. Max Szeto (Trainer) and the participants at the Introductory Workshop for Practitioners and Students of the Social Work & Healthcare Professions on 26/1/2019



 **Photos**

Dr. Harris Har (Trainer) and the participants at the Advanced Course for Practitioners and Students of the Social Work & Healthcare Professions on 13/7/2019



 **Photos**

Mr. Max Szeto (Trainer) and the participants were having sharing and discussion at the Clinical Supervision Course for Practitioners and Students of the Social Work & Healthcare Professions on 14/12/2019




 **Photos**

Ms. Wendy Hon (Trainer) and participants at the Advanced Course for Practitioners and Students of the Social Work & Healthcare Professions on 29/2/2020



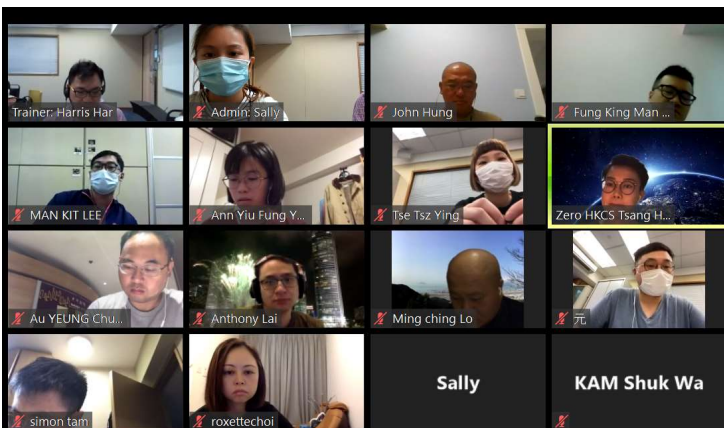

CONSEQUENCES

- Maladaptive coping
Delivers drug use and coping responses (rather than personal responsibility)
- From drug use to...
It is a global health issue
models of drug use and drug use itself to the con...
- Inevitable
Accepts, for better and...
ment and allows to...
ignore or condemn them




Photos

Participants and Dr. Harris Har (Trainer) at the Clinical Supervision Course for Practitioners and Students of the Social Work & Healthcare Professions on 30/5/2020

Project Website

Bilingual web-based version of Introductory Workshop, Advanced Course and Clinical Supervision Course



Enhancing Competence in Anti-drug Work among Practitioners and Students of Social Work and Healthcare Professions: An Integrated Humanistic and Cognitive-Behavioral Training Program with Focus on High-risk Youth and Drug Rehabilitation Service Settings

Organizer: Department of Social Work, The Chinese University of Hong Kong
Co-organizer: The Netherlands School of Nursing, CUHK
Sponsor: Beat Drugs Fund, The HKSAR Government

Reference Materials on 1-Day Introductory Workshop on Anti-Drug Work

- [Drug Commonly Abused in Hong Kong](#)
- [Guidelines for Drug Abuse Counselling](#)
- [Initial Assessment and Intervention](#)
- [The Structure of Anti-drug Services](#)

Reference Materials on 3-Day Advanced Course on Anti-Drug Work

- [Overview](#)
- [Assessment/Behavior Change](#)
- [Engagement and Building Motivation](#)
- [CR Relapse Prevention Model](#)
- [Additional Treatment Components](#)

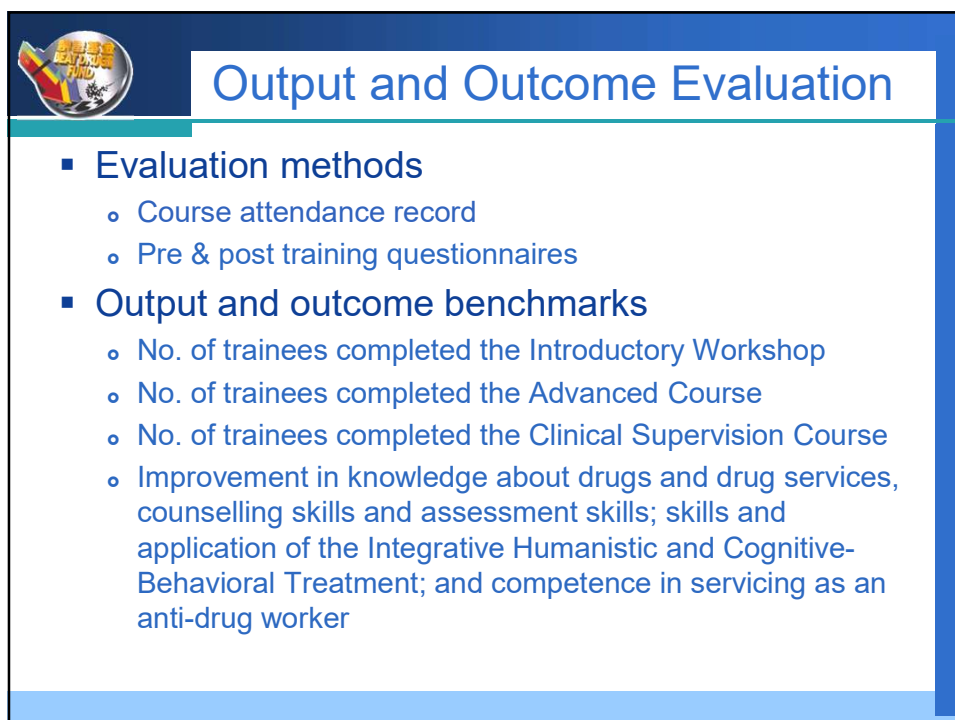
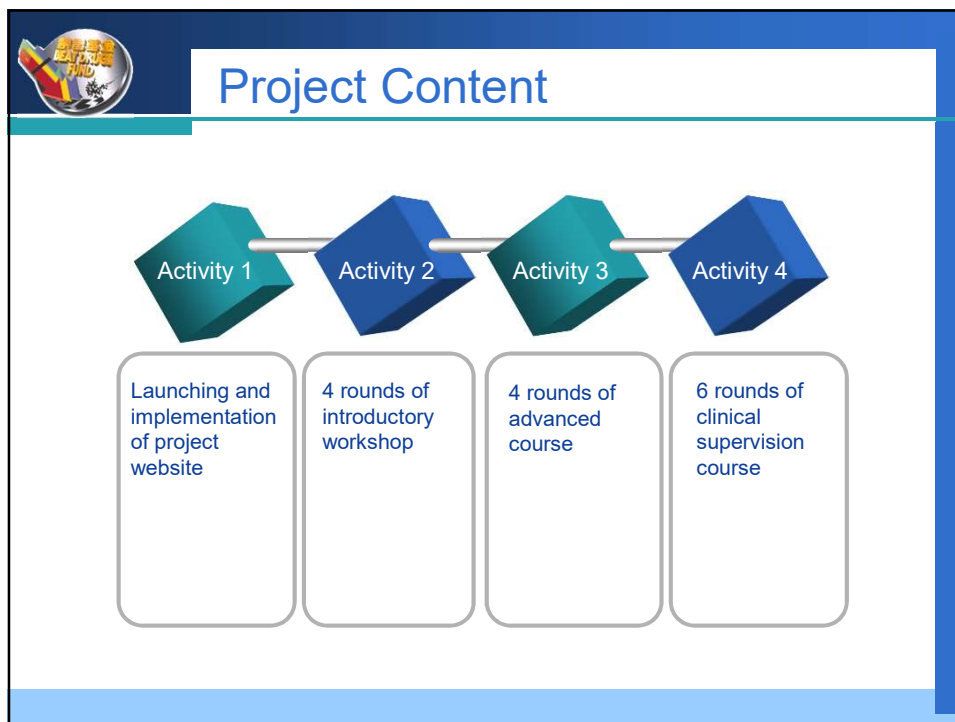
Reference Materials on 3-Day Clinical Supervision Course on Anti-Drug Work


- [Case Presentation Outline \(Hans\)](#)
- [Video Excerpts \(in Chinese only\)](#)
 - [Introduction \(Hans\)](#)
 - [Lecture 1 \(Hans\)](#)
 - [Lecture 2 \(Hans\)](#)
 - [Lecture 3 \(Hans\)](#)

Photos of Introductory Workshop for Practitioners and Students of the Social Work and Healthcare Professions: 8 Sept 2018

- [\[Photo 1\]](#) [\[Photo 2\]](#) [\[Photo 3\]](#) [\[Photo 4\]](#) [\[Photo 5\]](#) [\[Photo 6\]](#) [\[Photo 7\]](#) [\[Photo 8\]](#) [\[Photo 9\]](#) [\[Photo 10\]](#) [\[Photo 11\]](#) [\[Photo 12\]](#)


You are the **001740** visitor to this page.






Output Evaluation

	Expected Result	Achieved Result
Output Indicator 1	Conduct not less than 4 rounds of Introductory Workshop with 240 trainees completing the workshop	Conducted 4 rounds of Introduction Workshop with 273 trainees completed the workshop
Output Indicator 2	Conduct not less than 4 rounds of Advanced Course with 96 trainees completing the course	Conducted 4 rounds of Advanced Course with 107 trainees completed the course
Output Indicator 3	Conduct not less than 6 rounds of Clinical Supervision Course with 72 trainees completing the course	Conducted 6 rounds of Clinical Supervision Course with 75 trainees completed the course




Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 1	70% of participants who attend the Introductory Workshop show improvement in knowledge about drugs and drug services, counseling skills and assessment skills (or significant improvement found using the paired <i>t</i> -test)	256 valid questionnaires evaluated 96.9% showed improvement
Outcome Indicator 2	70% of participants who attend the Advanced Course show improvement in knowledge, skills and application of the Integrated Humanistic and Cognitive-Behavioral Approach to anti-drug work (or significant improvement found using the paired <i>t</i> -test)	99 valid questionnaires evaluated 98% showed improvement




Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 3	70% of participants who attend the Clinical Supervision Course show improvement in competence in serving as an anti-drug worker (or significant improvement found using the paired <i>t</i> -test)	76 valid questionnaires evaluated 92.1% showed improvement
Outcome Indicator 4	70% of participants who attend the Clinical Supervision Course show improvement in competence in clinical anti-drug work as assessed by the C-BIT Efficacy Scale (or significant improvement found using the paired <i>t</i> -test)	76 valid questionnaires evaluated 90.8% showed improvement




Process Evaluation and Experience Gained

- Source of information for Process Evaluation: The project team's review meetings and the participants' feedback during training sessions
- Reason behind success
 - Ample experience and expertise: Address the multifarious training needs of participants from the healthcare professions
 - Institutional support: CUHK Department of Social Work and The Nethersole School of Nursing, CUHK
 - Meeting pressing needs for systematic training on anti-drug work, such as the integrated humanistic and cognitive-behavioral treatment approach



Process Evaluation and Experience Gained

- Lesson learnt
 - Tremendous needs for the training from students and practitioners of diverse backgrounds
 - Worthwhile to extending training to other students and practitioners



Conclusion

- Conclusion
 - Project feasible, effective, and extendable
- Way forward
 - Extending training to other students and practitioners of helping professions
 - Addressing needs for even more rigorous training on the Integrated Humanistic and Cognitive-behavioral Treatment Approach, such as more advanced clinical supervision courses