



01-Jul-2018 – 30-Jun-2020

**Lightening Soul, Renewing Life – Psychological
Healing Support Services for Ex-drug Abusers
and Their Family Members**

「新心靈·新生命」戒毒者及家人心靈療癒支援計劃

BDF170053

Caritas – Hong Kong



**Lightening Soul, Renewing Life – Psychological Healing Support
Services for Ex-drug Abusers and Their Family Members**

1. Introduction

2. Project Content

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Introduction

- Through the provision of drug treatment and rehabilitation services including clinical case and group work experience and observation, Caritas Lok Heep Club (CLHC) observes that many drug abusers use drugs as a mean to anesthetize their psychological pains due to the past traumatic experiences.
- Meanwhile, many family member of Ex-drug abusers are affected by their past traumatic experience, which, as a result, causing dysfunctional family relationship and vicious symbiosis with the ex-drug abusers. It consequently exerts much negative influence on the Ex-drug abusers' long-term rehabilitation.



Project Content

- This 2-year project was mainly divided into four parts –
 - 1) Workshop for facilitating Ex-drug abusers' awareness to the relationship between past traumatic experience and drug problems;
 - 2) Therapeutic group sessions and intensive case counselling sessions to help Ex-drug abusers' resilience to past traumatic experience;
 - 3) Workshop, therapeutic group and intensive case counselling sessions to facilitate family members of Ex-drug abusers to build up effective family interactive pattern;
 - 4) Conference, booklet and video publication to increase social work profession's concerns in dealing with trauma and drug issues.



2. Project Content

There were three parts of 12 Activities

Part I – Workshop and Therapeutic Groups

Activity 1 – Experiential Workshop for Ex-drug abusers

Activity 2 – Experiential Workshop for Family members of Ex-drug abusers

Activity 3 – Therapeutic Group Counselling(Level 1) for EATE

Activity 4 – Therapeutic Group Counselling(Level 1) for EAFMTE

Activity 5 – Therapeutic Group Counselling(Level 2) for EATE

Activity 6 – Therapeutic Group Counselling (Level 2) for EAFMTE

Activity 7 – Therapeutic Group Counselling(Level 3) for EATE

Activity 8 – Therapeutic Group Counselling(Level 3) for EAFMTE



2. Project Content

Part II – Intensive Case Counselling

Activity 9 – Intensive Case Counselling for EATE

Activity 10 – Intensive Case Counselling for EAFMTE

Part III – Professional Enhancement (Conference, Booklet and Video)

Activity 11 – Professional Enhancement 1: Conference on dealing with trauma in drug issue

Activity 12 – Professional Enhancement 2: Booklet and Video Publication



2. Project Content

Therapeutic Groups for EXDA and their Family Members



2. Project Content

Therapeutic Groups for EXDA and their Family Members





2. Project Content

Online Seminar on “Trauma and Connection” 「傷.連」 Making Connection with Self through Healing Traumatic Experience

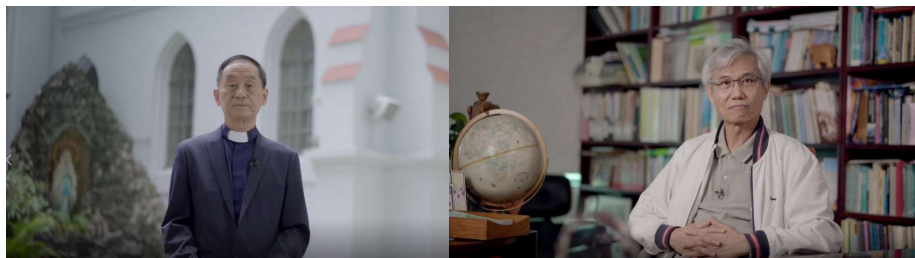


Speech by Ms. Ivy Law Chui Mei, JP (Commissioner for Narcotics)



2. Project Content

Online Seminar on “Trauma and Connection” 「傷.連」 Making Connection with Self through Healing Traumatic Experience



Speeches by Rev. Joseph Tak Lung Yim Chief Executive, Caritas – Hong Kong and
Professor Lo Tit Wing, Chairman of Social Work Committee, Caritas – Hong Kong



2. Project Content

Online Seminar on “Trauma and Connection” 「傷.連」 Making Connection with Self through Healing Traumatic Experience



Speeches by Mr. Frederick Lai Wing Hoi, JP, Director, Social Work Services, Caritas – Hong Kong and Ms Lam Yee Wan, Eliza, Head of Family Service, Caritas – Hong Kong



2. Project Content

Online Seminar on “Trauma and Connection” 「傷.連」 Making Connection with Self through Healing Traumatic Experience



Guest Speeches by Professor Tse Shu Ki, Samson, Associate Dean (Undergraduate Education), Director of Experiential Learning, Faculty of Social Sciences, The University of Hong Kong with his PhD student, Mr. Tse Ka Wo, and by Dr. Miao Yin King, May, Specialist in Psychiatry.



2. Project Content

Publication and Video for Service Promotion and Consolidation



Publication Materials (Leaflets, Posters, Bookmark, Booklets, USB and Memo Pad)



2. Project Content

Publication and Video for Service Promotion and Consolidation



Publication Materials (Post Cards and Wish Cards)



2. Project Content

Publication and Video for Service Promotion and Consolidation




Videos for Service Promotion




Output Evaluation

	Expected Result	Achieved Result
Output Indicator 1	Conduct 10 workshop sessions for 36 ex-drug abusers and 24 family members of ex-drug abusers	10 Workshops (100%) were conducted for 37 ex-drug abusers (102.8%) and 25 family members of ex-drug abusers (104.2%) respectively
Output Indicator 2	(a) Conduct 48 therapeutic group counselling sessions for 205 ex-drug abusers with traumatic experience (b) Conduct 40 therapeutic group counselling sessions for 153 ex-drug abusers' family members with traumatic experience	(a) 102 therapeutic group counselling sessions (212.5%) were conducted for 212 ex-drug abusers (103.4%) (b) 60 therapeutic group counselling sessions (150.0%) were conducted for 157 family members of ex-drug abusers (102.6%)



Output Evaluation

	Expected Result	Achieved Result
Output Indicator 3	(a) Provide 84 intensive case counselling sessions for at least 14 ex-drug abusers with traumatic experience (b) Provide 36 intensive case counselling sessions for at least 6 ex-drug abusers' family members with traumatic experience	(a) 85 intensive case counselling sessions (101.2%) were provided for 21 ex-drug abusers with traumatic experience (150.0%) (b) 51 intensive case counselling sessions (141.7%) were provided for 6 ex-drug abusers' family members with traumatic experience (100%)
Output Indicator 4	100 anti-drug workers served with 2 training sessions on trauma treatment	207 anti-drug workers (207%) (393 man-times) served with 4 training sessions (200%) on trauma treatment



Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 1	70% of the Ex-drug Abusers with Traumatic Experience (EATE) gain awareness on the relationship between past traumatic experience and relapse	172 valid cases evaluated / 84.9% gained awareness on the relationship between past traumatic experience and relapse
Outcome Indicator 2	70% of the Ex-drug Abusers' Family Member with Traumatic Experience (EAFMTE) gain awareness on the relationship between past traumatic experience and ex-drug abusers' long term rehabilitation	114 valid cases evaluated / 93% gained awareness on the relationship between past traumatic experience and ex-drug abusers' long term rehabilitation
Outcome Indicator 3	EATE show reduction in relapse risks (Statistical significant reduction in relapse risk as indicated by paired t-test or 70% of EATE show reduction in relapse risks)	31 pre-test questionnaires collected 27 valid cases evaluated with pre-post test / 100% improvement on reduction in relapse risks



Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 4	EAFMTE show improvement in functional coping of past traumatic experience (Statistical significant improvement in functional coping of past traumatic experience as indicated by paired t-test or 70% of EAFMTE show improvement in functional coping of past traumatic experience)	27 pre-test questionnaires collected 19 valid cases evaluated with pre-post test / 94.7% improvement in functional coping of past traumatic experience
Outcome Indicator 5	70% of participants gain awareness and/or knowledge about trauma treatment	103 valid cases evaluated / 95.1% gained awareness and/or knowledge about trauma treatment
Outcome Indicator 6	70% of participants rate the Professional Enhancement Conference as satisfactory	191 valid cases evaluated / 86.9% rated the activity as satisfactory



4. Experience Gained

1. Service Users were able to use a trauma lens to analyze their problems
2. With regards to the background of the service users, each session of the group was required to redesign so as to fulfill their needs
3. Not simply did the service reinforced service users' trauma awareness but also the helping professionals
4. Service users were not too weak or too vulnerable, but we must be careful for their reactions
5. Trauma-related services are needed so as to respond to their service needs



5. Conclusion

1. To enhance Ex-drug abusers' awareness on the relationship between past traumatic experience and relapse

With the provision of therapeutic groups to the participants, it was significant to reinforce their self-awareness in relation to the trauma and the effect of the trauma. On the basis of the provision of the service, the participants could reduce the impact of the trauma and deliver a more effective recovery journey in the foreseeable future.



5. Conclusion

2. To strengthen Ex-drug abusers' resilience on past traumatic experiences for long term rehabilitation

Not just did Caritas Lok Heep Club provide a series of Level 1 therapeutic groups to ex-drug abusers, it was also important to provide a number of Level 2 and Level 3 therapeutic groups so as to deepen their understanding in relation to the trauma which might adversely influence the rehabilitation or give rise to relapse.



5. Conclusion

3. To develop functional copings of Ex-drug abusers' family members on past traumatic experience in order to stabilize Ex-drug abusers' rehabilitation

Family members of the ex-drug abusers with traumatic experience were also important in drug treatment service because their interaction with drug abusers could always influence the recovery process, such as long-term rehabilitation or relapse.



5. Conclusion

4. To arouse social work profession's concern in dealing with trauma in drug issue

Caritas Lok Heep Club organized a 4-session “Trauma and Connection” 「傷.連」 Making Connection with Self through Healing Traumatic Experience Online Seminar Series”. It was extremely helpful to raise the awareness of the social workers and other helping professionals in the drug field to pay sufficient attention to the trauma-related service for drug abusers as well as their family members.