



CATCH II Family Support Scheme BDF170054

Project implementation period: 1 June, 2018 - 31 May, 2021
Hong Kong Christian Service

Introduction

CATCH II-Families Support Scheme is an extended three-year project, which aims to enhance family members' skills and knowledge to handle drug issues in the families, thus to engage as soon as possible the drug abusers to drug counselling services. Based on our frontline experience, although many family members discovered the drug abuse problems in the family, they did not know how to deal with the situation because of the lack of relevant skills and knowledge. Therefore, psychoeducation and supporting works are vitally important to facilitate the family members to take one step forward on dealing with the drug taking problems.

We aim to enhance the family members' well-being. In fact, it is not easy for the family members to deal with the situation in the family, in the long run, they may be mentally and physically exhausted and that may cause a vicious cycle –negative interaction between the family members and the drug abusers. In the hope of stopping the vicious cycle, the project collaborates with the Centre on Behavioral Health of The University of Hong Kong to provide services based on the "Body-mind-spirit Holistic healthcare model", reducing the adverse impact on the family members and empowering them to be a strong companion.

Objectives

- To improve the family members' physical and psychological health, and to enhance their capability of dealing with drug-taking issues so as to motivate the drug abusers to seek help .
- To increase the positive interaction between the drug abusers and their family members ; to enhance the drug abusers' motivation to deal with drug-taking issues .
- To help professionals involved in the helping process to increase their skills on handling drug abuse issues .

Project Content

Family Support Service

- Individual case follow-up and counselling.
- Body-Mind-Spirit experiential workshops based on an integrative, person-centered and holistic health-focused service model.
- Therapeutic groups, mutual support groups and peer counselling training.
- Medical and multi-disciplinary professional services.

Drug Abuser Support Service

- Detoxification and counselling services.
- Family-oriented counselling.
- Reaching out home-based counselling for low-motivational or hidden drug abusers.
- Referral services.

Professional Training

- Skill and knowledge training for the helping professionals.
- Frontline experience sharing.

BMS groups for carer



Peer Support Network



Other groups



Output and Outcome Evaluation

Evaluation methods: post-test survey

- Patient Health Questionnaire -9 (PHQ-9) Chinese version (Pre-test and post-test survey)
- Beat Drugs Fund Question Set No. 20 (Pre-test and post -test survey)
- Beat Drug Fund Question Set No.13 (Pre -test and post -test survey)
- Beat Drugs Fund Question Set No21 (Post -test survey)

Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1	To provide 300 psychoeducation sessions and mutual group activities for 60 drug abusers' family members with a total of 1,200 man-times of participants	Provided 285 (95%) psychoeducation sessions and mutual group activities for 148 (246.7 %) drug abusers' family members with a total of 1,849 (154%) man-times of participants
Output Indicator 2	To provide 500 case follow-up sessions for 100 drug abusers' family members	Provided 1,481 (296.2%) case follow-up sessions for 148 (148%) drug abusers' family members
Output Indicator 3	To provide 140 case follow-up sessions (including at least 70 sessions of home-based/ reaching and counselling) for 70 drug abusers	Provided 195 (139.3%) case follow-up sessions (including at least 96 (137.1 %) sessions of home-based/ reaching and counselling) for 72 (102.9%) drug abusers

Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 4	To provide 150 sessions of medical and multi-disciplinary professional support services for 50 drug abusers' family members	Provided 141 (94 %) sessions of medical and multi-disciplinary professional support services for 53 (106%) drug abusers' family members
Output Indicator 5	To provide 3-day training and 72-hour supervision for 15 frontline social workers and sharing session for 60 anti-drug related professional sharing session	<p>Provided 3-day training for 18 (120%) frontline social workers</p> <p>Provided 69.5 (96.5%) hours supervision for 15 (100%) frontline social workers</p> <p>Organized sharing session for 80 anti-drug related professional sharing session</p>

Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	<p>Participants show improvement in psychological health</p> <p>(Statistical significant improvement in participant's psychological health as indicated by paired t-test or 70% of participants show improvement in their psychological health)</p>	81.3 % of participants show improvement in their psychological health
Outcome Indicator 2	<p>Participants show improvement in their capacity to deal with family member's drug taking issues</p> <p>(Statistical significant improvement in participant's capacity to deal with family member's drug taking issues as indicated by paired t-test or 70% of participants show improvement their capability to deal with family member's drug taking issues)</p>	87.7 % of participants show improvement their capability to deal with family member's drug taking issues

Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 3	<p>Drug abusers show improvement in their motivation to quit drugs</p> <p>(Statistical significant improvement in drug abuser's motivation to quit drugs as indicated by paired t-test or 60% of drug abusers show improvement in their motivation to quit drugs)</p>	78.9% of drug abusers show improvement in their motivation to quit drugs
Outcome Indicator 4	70% of professional participants rate the sharing session as useful and satisfactory	95.8 % of professional participants rate the sharing session as useful and satisfactory

Experience Gained

Reason behind success

- The project applied “Body -mind -spirit Holistic healthcare model” which is a new perspective on enduring pain, positive growth and transformation and not problem -oriented .
- Family members learnt to self-care, so they have more capacity to handle the addiction problems .

Conclusion

It is crucial to work with family member of drug abusers in the drug treatment service that facilitate abusers have one step forward to reach the service. Family members can be resource when they are capable to deal with the drug-taking issues and with a better mental and psychological well-being.



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