

I Dare, I Want – Strength-based Project

我敢。我想 – 優勢為本計劃

(Ref: BDF180040)

Project Implementation Period 1/8/2019 – 31/7/2021

Occupational Therapy Department, Kwai Chung Hospital

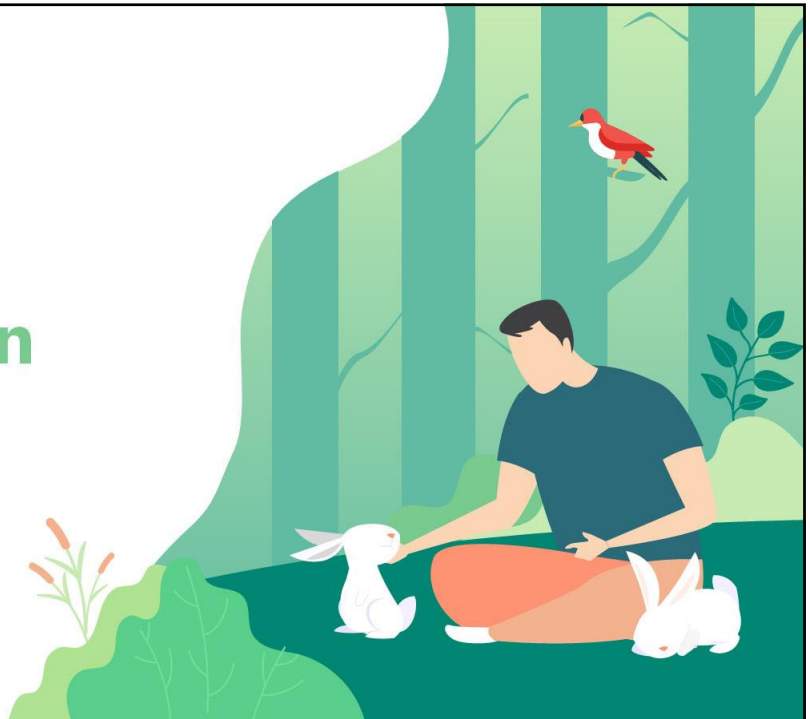


Content

- Introduction
- Project Content
- Output and Outcome Evaluation
- Experience Gained
- Conclusion



Introduction



“I Dare, I Want – Strength-based Project”

- Referencing to Strengths Model (Rapp and Goscha, 2012)
- **Shifting the focus** to see the possibilities but not solely the deficits

Pathological approach
(Disease, symptoms and causes)



Strength-based approach
(Skills, abilities & resources)

- Align with paradigm shift to **Recovery-Oriented** approach and our **OT practice**.

Essence of Strength Model

- “A strength model of case management helps people achieve the goals they set for themselves”
 - holistic manner, apart from viewing their SA issue,
 - worked together in partnership (not work for)
 - identify, secure and sustain the wide range of resources both environmentally and personally
 - recognize, utilize and enhance the strengths, both internal and external
- Niches: from *Entrapping* > *Enabling*, leading to the ultimate outcome



Research Support

- Strength-based approach
 - flexible and **recent therapeutic style** to engage and develop resources for SA (Shaima & Narayanan, 2018)
 - enhance **treatment participation** and retention (Vanderplasschen et. al., 2007)
 - positively on use of medical and substance abuse services > **retention** in out-patient or aftercare service (Vaughan-sarrazin et. al., 2000)
- Strength-based practice
 - improvement in **employment** functioning (Siegal et. al., 1996)
 - number of days employed⁺
 - employment-related problems⁻
 - less troubled by employment situation after six months
 - increasing **treatment retention** was also found (Siegal et. al., 1996; Siegal et. al., 1997; Rapp et. al., 1998)
 - correlated with improvement of **life functioning** in other domains as mediating factors
 - E.g., decrease drug use, social and family conflicts
 - **less criminality** associated with participation in aftercare service (Siegal et. al., 2002)
 - positive effect
 - **employment status** for methadone users (Zanis & Coviello, 2001)
 - **psychological outcome and employment** for amphetamine users (Cretzmeyer et. al., 2003)

Project Content

- Service Pathway
- Treatment Modalities
- Photos & Feedbacks

Service Pathway

- OT Perspective
 - facilitate the recovery process of substance abusers
 - re-engagement into meaningful and satisfying activities
 - developing role that dissociated from drugs use
- "I Dare, I Want – Strength-based Project"
 - employ the essence of strengths model
 - incorporate 5 elements
 - strength-oriented service pathway
- 3-phase treatment continuum
 - "A new way to see myself"
 - "I can, and I want"
 - "On the track"
- Status
 - from acute, rehabilitative to aftercare stage
 - hospitalization under in-patient care &
 - population of psychotropic substance abusers, such as use of "ice"

Elements of Strengths Model	Phase of Service Delivery	Treatment Modality
Engagement & Relationship	Phase I - "A new way to see myself" <ul style="list-style-type: none"> ✦ to establish therapeutic relationship ✦ to understand concept and use of strength model ✦ to explore strengths and identify life values/aspiration ✦ to develop insight between present situation & goal 	<ul style="list-style-type: none"> - Motivational interviewing - Functional assessment - Strength assessment - Psycho-education with inter-active material - Skills building
Strength Assessment	Phase II – "I can, and I want" <ul style="list-style-type: none"> ✦ To develop personal recovery plan ✦ To match individual strengths & environmental resources ✦ To enhance necessary coping skills, e.g. lifestyle redesign & relapse prevention ✦ To facilitate execution and pursuit of one's goal 	<ul style="list-style-type: none"> - Personal recovery plan - Goal setting & implementation - Psycho-education - Experiential activities - Community outreaching services - Follow-up
Personal Planning	Phase III – "On the track" <ul style="list-style-type: none"> ✦ To monitor utilization of strengths/related strategies ✦ To support coping in real-life daily living ✦ To promote community reintegration ✦ To bridge the acquisition of community resources and support 	
Resources Acquisition		
Collective continuous collaboration		

Treatment Modalities



Individual Session

- Assessment & Consultation
- Goal Setting & Execution
- Strength & Individual Needs



Telephone Support

- Regular contact for monitoring & support



Learning Subsidy

- Support meaningful participation in community
- Strength Exploration



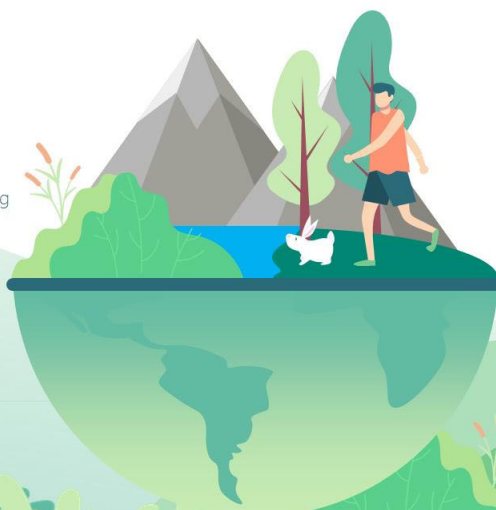
Groups

- Strength Development
 - Educational
 - Life skills
 - Self-management



Community Outing

- Experiential
- Interest activity



Community Outing

Experiential Community Outing

- Large group
 - Around once/1-2 month (e.g. experiential/tasting/seasonal/symbolic)
- Small group (e.g. interest class/sports in more than one-off basis)

Example and Photo

Example:

Karaoke
Movie appreciation
Barbeque
Visit to Hwa Por Manson
Sports Outing

Only a few activities were commenced from Aug 2019 to Jan 2020

Suspended since Feb 2020 up till now due to impact of covid-19

Participants are encouraged to attend individual activities in community when the situation of covid-19 has improved



Learning subsidy

Build up habit and strengths

Classes/Activities can be:

- Interest/strengths building, such as swimming, cooking or language class
- related to the vocational aspects, such as certified course for security or construction site worker.

Examples and Photos

More than 60 applications for subsidy on interest development/work-related enhancement, for example:

Cooking: cake making, latte art, cocktail making, Chinese cuisine

Art: Neon-light (LED) making, Thangka, gem-stone polishing

Sports: Thai boxing, yoga

Crafts: pottery, silver bangle

Work-related: LCCI course, security guard, driving license (e.g. taxi), worker license

Music: Singing, guitar, music theory, piano

Others: English, food and nutrition in Chinese culture, fashion tailoring, Mindfulness, counseling



Feedback and Photos

參與活動後感想:

希望老師及助教能自食其力, 並不用別人幫助
上完最後對的士的信心大開了很多。

參與活動後感想:

鍛煉身體, 有手有腳, 心情平靜
在家養成瑜珈運動習慣

參與活動後感想:

用整蛋糕的既能, 唔去拍毒品, 靠自己轉換下心情, 整晚
隨便學到好的技巧, 媽媽都覺得好味, 過程辛苦都值得。

參與活動後感想:

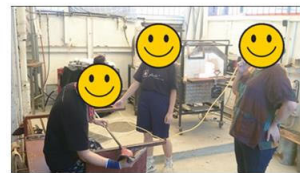
可以再更熱衷你好開心, 加上仔仔主動陪我去, 增加大家的
可以了解仔仔更多的。



Feedback and Photos

參與活動後感想:

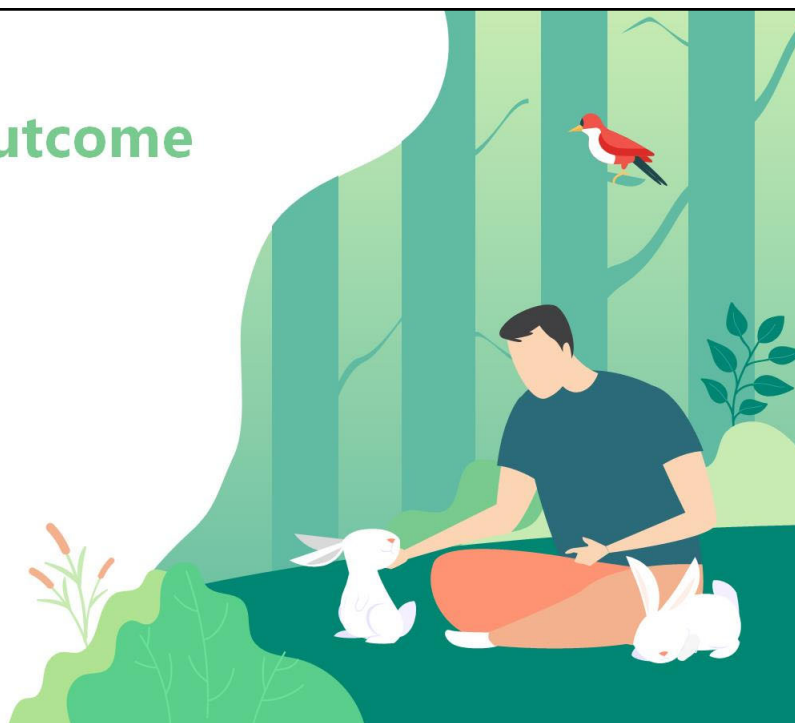
相比較之前開始的某些課程，
深化技術，在生活上，我可存自己
在靜，放慢腳步，感受到生活就在當
下。



參與活動後感想:

- 有成就感，多了一個工作去向。
- 對保安工作及規則有更多的知識。

Output and Outcome Evaluation



Output Measures

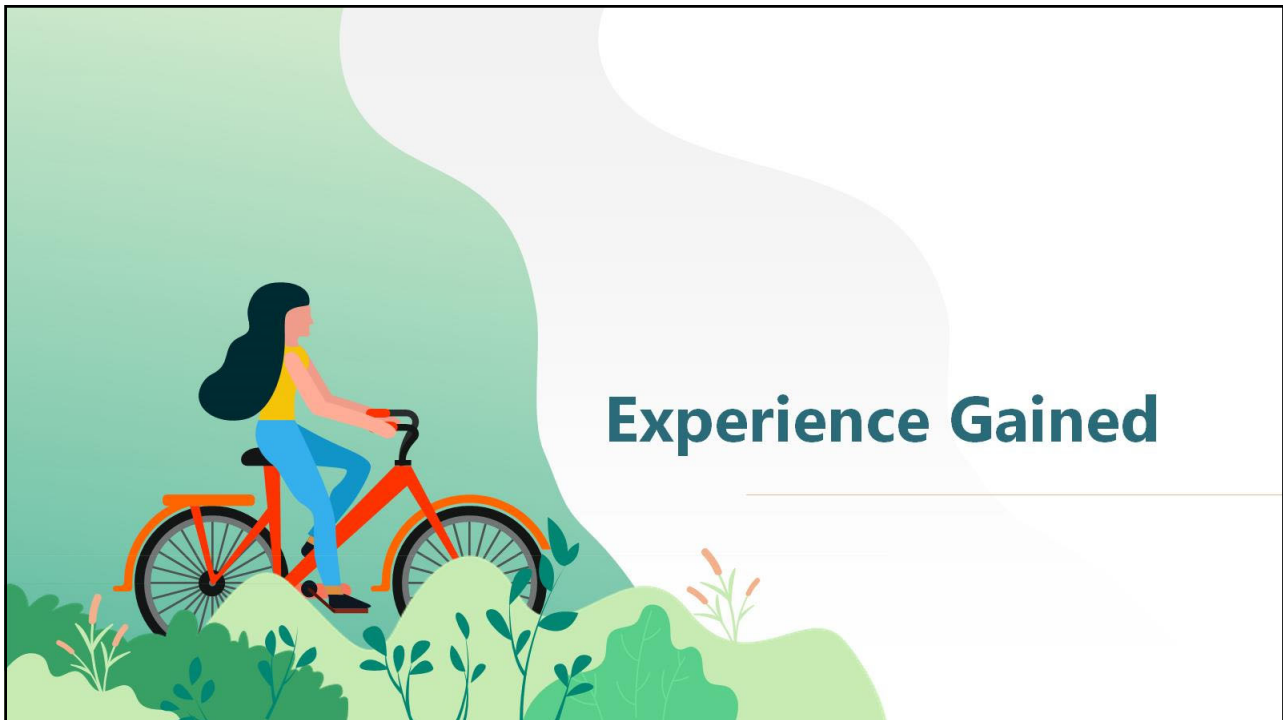
Output Indicator	Expected Result	Achieved Result
Output Indicator 1	<p>Provide 1 600 therapeutic sessions for 130 substance abusers</p> <p>Note: Therapeutic sessions include sessions of assessments, therapeutic interventions and community outreach in individual or group based format</p>	130 participants were recruited and 1624 therapeutic sessions were provided

Outcome Measures

Outcome Indicator	Expected Result	Achieved Result
Outcome Indicator 1	<p>Substance abusers show reduction in frequency of drug use (60% of substance abusers show reduction in frequency of drug use)</p>	<p>79% showed reduction in drug use frequency</p> <p>92% avoided relapse</p>
Outcome Indicator 2	<p>Substance abusers show reduction in relapse risk (60% of substance abusers show reduction in relapse risk or statistical significant reduction in substance abuser's relapse risk as indicated by paired t-test)</p>	<p>61% showed improvement in compulsivity for drug (CD).</p> <p>59% showed improvement in impetus and confidence to avoid drug (IC).</p>
Outcome Indicator 3	<p>Substance abusers show improvement in mental well-being (60% of substance abusers show improvement in mental well-being or statistical significant improvement in substance abuser's mental well-being as indicated by paired t-test)</p>	<p>46% showed improvement in desire for help (DH).</p> <p>62% showed improvement in treatment readiness (TR).</p>

Outcome Measures

Outcome Indicator	Expected Result	Achieved Result
Outcome Indicator 4	Substance abusers show improvement in mental well-being (60% of substance abusers show improvement in mental well-being or statistical significant improvement in substance abuser's mental well-being as indicated by paired t-test)	65% showed improvement in mental wellbeing
Outcome Indicator 5	Substance abusers show improvement in level of strength (60% of substance abusers show improvement in level of strength or statistical significant improvement in substance abuser's level of strength as indicated by paired t-test)	70% showed improvement in level of strength
Outcome Indicator 6	Substance abusers show improvement in life functioning (60% of substance abusers show improvement in life functioning or statistical significant improvement in substance abuser's life functioning as indicated by paired t-test)	65% showed improvement in life function

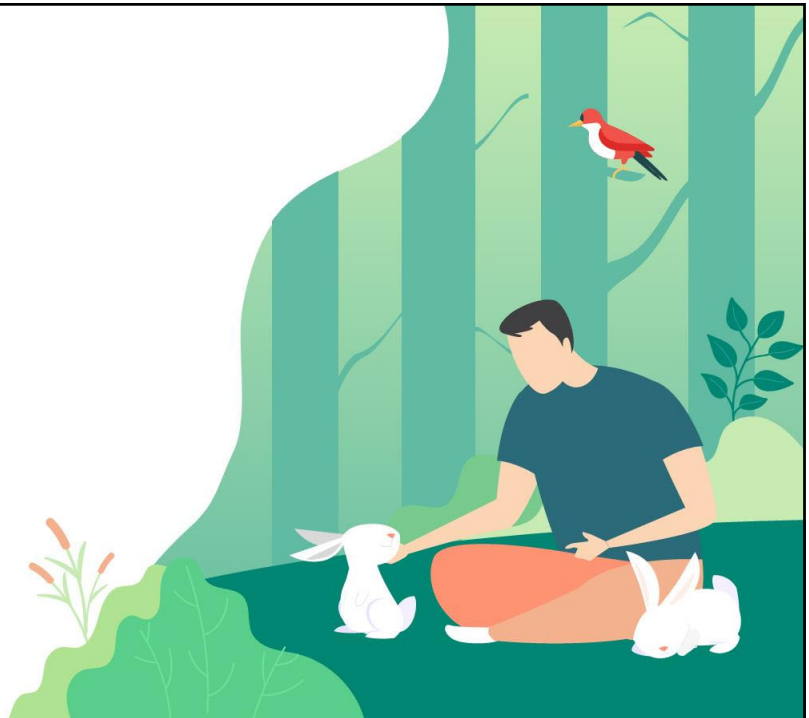


Experience Gained

- Exploring participants' strength significantly benefits their recovery in substance misuse
- Participants treasured opportunities of using BDF subsidies for strength development and community outings for peer supports and positive experience
- Broader range of treatment modality allowed flexibility for implementing the project when facing with the impact of COVID-19
- For outcome indicator 3, the underachieved percentage for subdomain desire for help (DH) may be due to the impact of COVID-19 i.e. participants may not wish to get out to seek help actively when the COVID-19 become worse
Emphasis and education of the importance of help seeking have been done when we were conducting therapeutic sessions hoping to boost participants' awareness of desire for help
- Exploration of alternative mode or platform of service provision for easy help seeking, with advancement of technology e.g telecare, video meeting

Conclusion

- Conclusion
- Way forward



Conclusion

- Successful and effective project implementation
- Provided insight to our service development in SA field
- Contributed to construction to new BDF project



Way Forward

Project Name:	Resilience Building Project (韌力建構工程) <BDF200045>
Objective:	To improve drug use pattern, mental well-being, resilience level and life functioning through 3 stage service pathway aiming to build up participant's resilience
Project Period:	August, 2021 – July, 2023 (2-year period)

