




**Implementation period: 16/6/2020 – 15/6/2023**

**Building Capacity among Practitioners and Students of Social Work and Healthcare Professions for Anti-Drug Work with Young Adults, Pregnant Women/Mothers, and Sexual Minorities: An Integrated Humanistic and Cognitive-Behavioral Training Program Augmented by an Online Learning Platform (BDF190032)**

**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**



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An Integrated Humanistic and Cognitive-Behavioral Training Program Augmented by an Online Learning Platform (BDF190032)**

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## 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

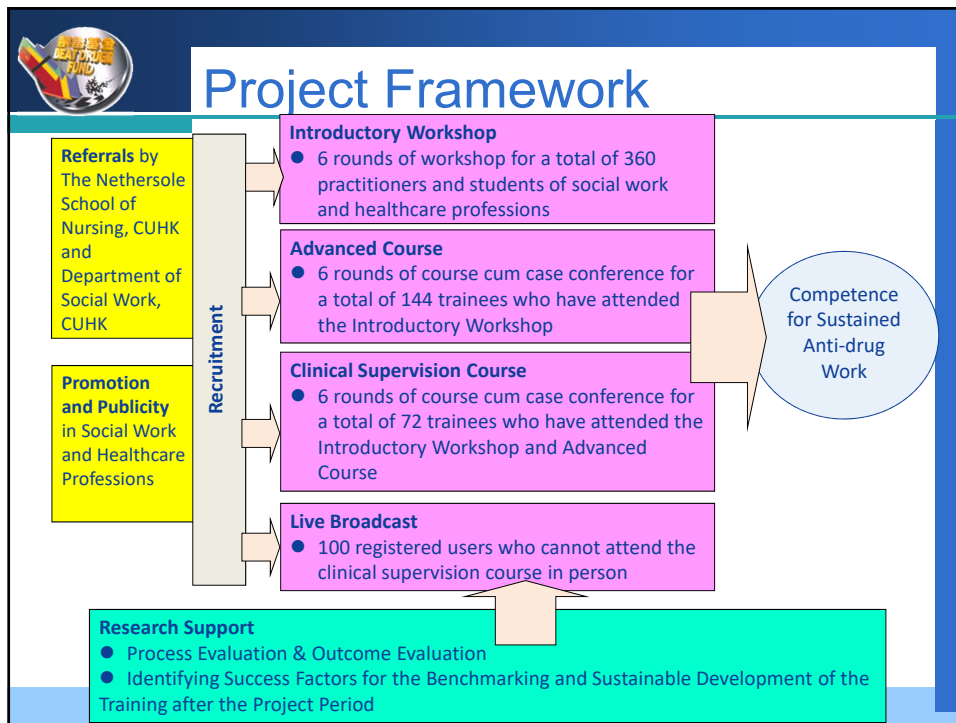
- **Introductory Workshop (6 rounds):** Understanding the needs of drug abusers, motivating drug abusers to face their problems, and making referrals for appropriate care
- **Advanced Course (6 rounds):** Motivating and engaging drug abusers to change, enhancing protective factors for the abusers in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



## 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

- **Clinical Supervision Course (6 rounds):** Enhancing treatment of clients with problematic drug abuse in their service settings
- **Live Broadcast of Clinical Supervision Course (6 rounds):** Enabling registered users who are not able to attend our clinical supervision course in person can still benefit from the live broadcast and participate in case discussion



**Introductory Workshop**

**6 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

**6 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 3 full-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



## Live Broadcast of Clinical Supervision Course

**6 rounds of live broadcast of clinical supervision course:**

- Delivering live broadcast sessions of the clinical supervision course for synchronized viewing and case discussion
- Enabling registered users who are not able to attend our clinical supervision course in person can still benefit from the live broadcast and participate in case discussion
- Enabling registered users to raise burning issues in their anti-drug work and receive immediate feedback and advice from our trainers
- Facilitating deeper learning of knowledge and skills in handling increasingly complex cases with focus on young adults, pregnant women/mothers, and sexual minorities



## Photos

Group Photo of Mr. Max Szeto (Trainer) and the participants at the Clinical Supervision Course for Practitioners and Students of the Social Work & Healthcare Professions on 6/5/2023



 Photos


Mr. Max Szeto (Trainer) at the Clinical Supervision Course for Practitioners and Students of the Social Work & Healthcare Professions on 15/4/2023




 Photos


Mr. Max Szeto and Dr. Harris Har (Trainers) and the participants at the Introductory Workshop on 5/11/2022




 **Photos**

Ms. Wendy Hon (Trainer) and the participants at the Advanced Course for Practitioners and Students of the Social Work & Healthcare Professions on 30/7/2022



 **Photos**

Dr. Harris Har (Trainer) at the Advanced Course for Practitioners and Students of the Social Work & Healthcare Professions on 23/7/2022





Mr. Max Szeto and Dr. Harris Har (Trainer) and the participants at the Introductory Workshop on 4/12/2021


## Project Website

Web-based Audio-Visual Learning Materials

### Powerpoints

<p>Introduction Workshop Drug Commonly Abused in Hong Kong</p>	<p>Introduction Workshop Guidelines for Drug Abuse Counseling</p>	<p>Introduction Workshop Initial Assessment and Intervention</p>
<p>Introduction Workshop The Structure of Anti-Drug Services</p>	<p>Advanced Course Overview</p>	<p>Advanced Course Engagement and Building Motivation</p>






## Project Website

### Web-based Audio-Visual Learning Materials


#### Assessment Tools

功課卡




活動紀錄


平衡時期軸




價值評估



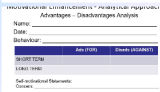
Motivational Enhancement - Questions Often Used for M.E.



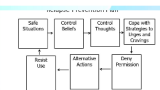
Motivational Enhancement - Decision Balance Sheet



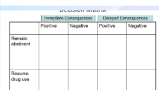
Motivational Enhancement - Analytical Approach




Cognitive-behavioral Relapse Prevention Model - Relapse-Prevention Plan




Cognitive-behavioral Relapse Prevention Model - Decision Matrix




生命線






## Project Website


### Live Broadcast of Clinical Supervision Courses




Live Broadcast Archive  
06/05/2023




Live Broadcast Archive  
22/04/2023




Live Broadcast Archive  
15/04/2023




Live Broadcast Archive  
06/12/2022




Live Broadcast Archive  
29/10/2022




Live Broadcast Archive  
22/10/2022



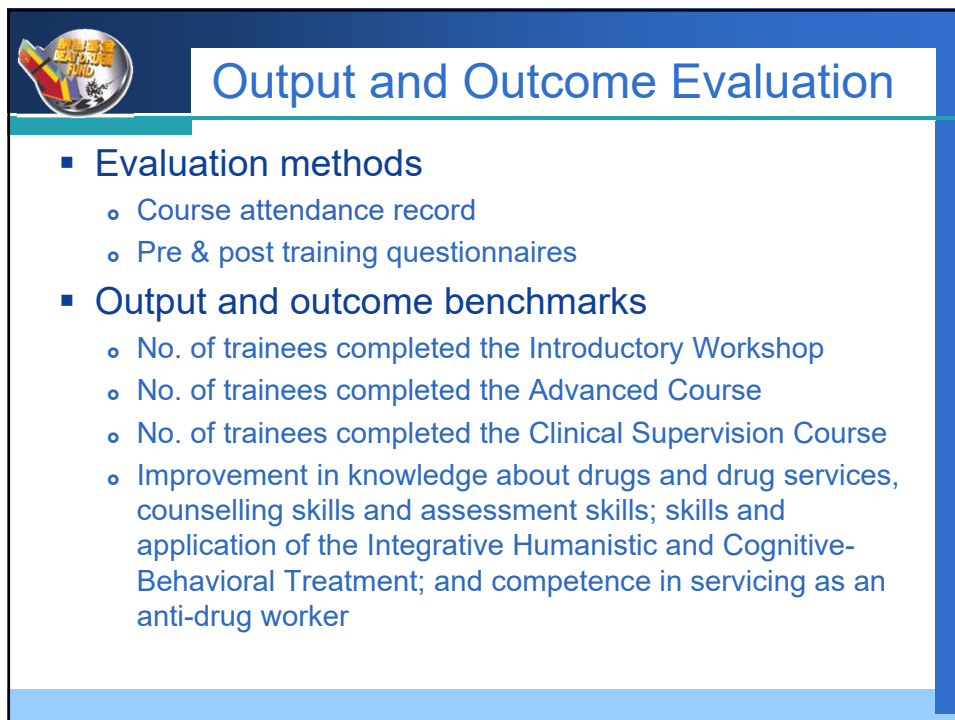
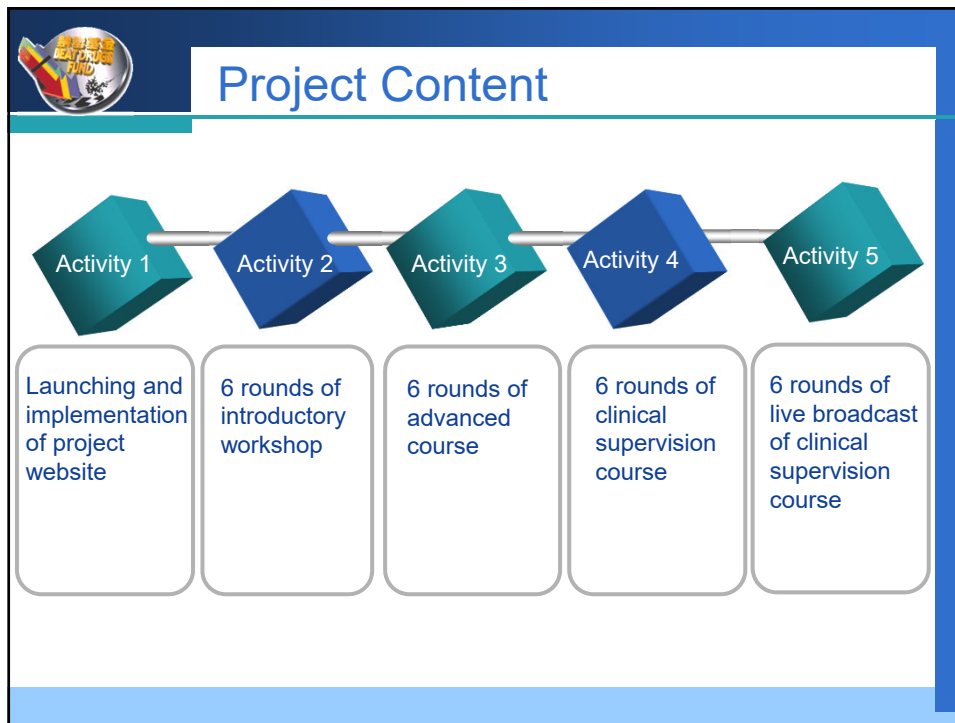
Live Broadcast Archive  
11/06/2022




Live Broadcast Archive  
07/05/2022




Live Broadcast Archive  
30/04/2022






## Output Evaluation

	Expected Result	Achieved Result
<b>Output Indicator 1</b>	Conduct not less than 6 rounds of Introductory Workshop with 360 trainees completing the workshop	Conducted 6 rounds of Introduction Workshop with 391 trainees completed the workshop
<b>Output Indicator 2</b>	Conduct not less than 6 rounds of Advanced Course with 144 trainees completing the course	Conducted 6 rounds of Advanced Course with 179 trainees completed the course
<b>Output Indicator 3</b>	Conduct not less than 6 rounds of Clinical Supervision Course with 72 trainees completing the course	Conducted 6 rounds of Clinical Supervision Course with 76 trainees completed the course
<b>Output Indicator 4</b>	Provide a bilingual web-based audio-visual learning materials for 1,200 users	1216 registered users



## Outcome Evaluation

	Expected Result	Achieved Result
<b>Outcome Indicator 1</b>	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)	391 valid questionnaires evaluated  95.9% showed improvement
<b>Outcome Indicator 2</b>	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)	171 valid questionnaires evaluated  96.5% showed improvement




## Outcome Evaluation

	Expected Result	Achieved Result
<b>Outcome Indicator 3</b>	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 t-test)	74 valid questionnaires evaluated  97.3% showed improvement
<b>Outcome Indicator 4</b>	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 t-test)	74 valid questionnaires evaluated  98.6% showed improvement




## Outcome Evaluation

	Expected Result	Achieved Result
<b>Outcome Indicator 5</b>	70% of registered users of our live broadcast sessions of the Clinical Supervision Course show improvement in competence in clinical anti-drug work  (or significant improvement found using the paired t-test)	95 valid questionnaires evaluated  96.8% 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**
  - Hybrid Format of Conducting Courses: especially the live broadcast of the Clinical Supervision Course allowed participants who could not attend the course physically to interact with trainers and other participants immediately
  - 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

- **Lessons learnt**
  - Flexible format of conducting courses to overcome the limitations of pandemic and classroom availability
  - Tremendous needs for the training from students and practitioners of diverse backgrounds
  - Worthwhile to extending training to other students and practitioners



## Conclusion

- Conclusion
  - Project is effective in improving the participants' knowledge about drug services, counseling skills, and assessment skills, as well as facilitating the application of the Integrated Humanistic and Cognitive-Behavioral Approach to anti-drug work
  - Web-based audio-visual learning materials facilitates self-learning
  - The synchronized nature of the live broadcast sessions enables registered users to raise anti-drug work issues and receive feedback and advice from our trainers immediately