



1 August 2020 – 31 January 2024

**Lightening Soul, Renewing Life – Psychological  
Healing Services for Drug Abusers / Ex-drug  
Abusers and Their Family Members**  
「新心靈·新生命」吸毒或戒毒康復者及家人心靈療癒計劃  
BDF190042  
Caritas – Hong Kong



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

1. Introduction
2. Project Content
3. Output and Outcome Evaluation
4. Experience Gained
5. Other Findings and Conclusion



## 1. Introduction

Through the provision of drug treatment and rehabilitation services, 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 experience, which consequently hinders their long-term rehabilitation.

Meanwhile, many family member of drug abusers/ex-drug abusers are affected by their past traumatic experience, which, as a result, causing dysfunctional interactional patterns and family relationship. It consequently exerts much negative influence on their drug rehabilitation.

3



Therefore, this project aims at 1) enhancing the motivation of hidden or low motivation drug abusers to seek help, 2) facilitating significant systems to provide functional response to drug abusers/ex-drug abusers, and 3) enhancing ex-drug abusers' social participation to consolidate their positive changes in trauma healing and drug rehabilitation.

4



## 2. Project Content

**The Project content was mainly divided into five components:**

- 1) Online outreaching services to explore and reinforce the motivation of hidden and/or low motivated drug abusers to seek appropriate services.
- 2) Individual intervention to reinforce and stabilize the drug abusers/ex-drug abusers' rehabilitation process.
- 3) Family intervention to facilitate the positive family interaction between the family members and drug abusers/ex-drug abusers.
- 4) Community-based intervention to encourage and motivate ex-drug abusers for social participation.
- 5) Professional enhancement to raising awareness and knowledge of treatment in social work profession.

5



## 2. Project Content

**There were Five parts of 18 Activities**

### **Part I – Online Outreaching**

**Activity 1 – Online Outreaching for DA, EXDA & FM**

### **Part II – Activity-based programs and Therapeutic Groups**

**Activity 2 – Activity-based Program for DA / EXDA**

**Activity 3 – Activity-based Program for DAFM / EXDAFM**

**Activity 4 – Joint Family Program for DA / EXDA and their FM**

**Activity 5 – Therapeutic Group for DATE / EXDATE**

6



## 2. Project Content

### Part II – Activity-based program and Therapeutic Groups

Activity 6 – Therapeutic Group for Family Members of Drug abuser assessed with Traumatic Experience (DAFMTE) / Family Members of Ex-drug Abuser assessed with Traumatic Experience (EAFMTE)

### Part III – Intensive Case Counselling

Activity 7 – Intensive Case Counselling for DATE / EXDATE

Activity 8 – Joint Family Counselling for DATE /EXDATE and their FM

Activity 9 – Intensive Case Counselling for DAFMTE / EAFMTE

7



## 2. Project Content

### Part IV – Voluntary Work for Coachers

Activity 10 – Training for Coachers in Voluntary Work

Activity 11 – Voluntary Work for Coachers, EXDA, FM

Activity 12 – Annual Gathering for EXDATE and EAFMTE

Activity 13 – Public Education for General Public

8



## 2. Project Content

### Part V – Professional Enhancement (Conference, Consultation, Talk, Case Collaboration, Booklet and Video)

Activity 14 – Service Enhancement on Providing Trauma-related Knowledge for Casework and Group Practice.

Activity 15 – Talks on TICP for Drug Treatment Agencies

Activity 16 – On-going case collaboration under TICP framework

Activity 17 – Professional Enhancement 1: Conference on Trauma Treatment for Anti-drug Workers

Activity 18 – Professional Enhancement 2: Toolkit and Video Publication



## 2. Project Content

### Online Outreaching for General Public



住住添添上癮住住好住住可以共渡時日!





## 2. Project Content

### Therapeutic Groups for DA/EXDA and their Family Members



11



## 2. Project Content

### Therapeutic Groups for DA/EXDA and their Family Members



12



## 2. Project Content

### Activity-based Program DA/EXDA and their Family Members



13



## 2. Project Content

### Voluntary Work for Coachers, EXDA and Family Members



14



## 2. Project Content

### Professional Conference 『傷信繫愛』



## 2. Project Content

### Publication Materials







## 2. Project Content

### Video for Service Promotion and Consolidation



<https://youtu.be/tFFS13HHXT4>



[https://youtu.be/DG\\_yOIUy-ik](https://youtu.be/DG_yOIUy-ik)

17



## 3. Output Evaluation

	Expected Result	Achieved Result
<b>Output Indicator 1</b>	<p>(a) Conduct 30 activity-based program sessions for 300 drug abusers / ex-drug abusers</p> <p>(b) Conduct 15 activity-based program sessions for 100 family members of drug abusers / ex-drug abusers</p> <p>(c) Conduct 20 joint family program sessions for 100 drug abusers / ex-drug abusers and their family members</p>	<p>(a) 46 activity-based program sessions (153.3%) were conducted for 298 drug abusers / ex-drug abusers (99.3%)</p> <p>(b) 25 activity-based program sessions (166.7%) were conducted for 115 family members of drug abusers / ex-drug abusers (115%)</p> <p>(c) 20 joint family program sessions (100%) for 143 drug abusers / ex-drug abusers and their family members (143%)</p>

18



### 3. Output Evaluation

	Expected Result	Achieved Result
<b>Output Indicator 2</b>	<p>(a) Conduct 150 therapeutic group sessions for 250 drug abusers / ex-drug abusers assessed with traumatic experience</p> <p>(a) Conduct 50 therapeutic group sessions for 100 family members of drug abusers / ex-drug abusers assessed with traumatic experience</p>	<p>(a) 171 therapeutic group sessions (114%) were conducted for 263 drug abusers / ex-drug abusers assessed with traumatic experience (105.2%)</p> <p>(a) 61 therapeutic group sessions (122%) for 91 family members of drug abusers / ex-drug abusers assessed with traumatic experience (91%)</p>

19



### 3. Output Evaluation

	Expected Result	Achieved Result
<b>Output Indicator 3</b>	<p>(a) Conduct 700 intensive case counselling for 70 drug abusers / ex-drug abusers assessed with traumatic experience</p> <p>(b) Conduct 70 joint family counselling sessions for 70 drug abusers / ex-drug abusers assessed with traumatic experience</p> <p>(c) Conduct 200 intensive case counselling sessions for 30 family members of drug abusers / ex-drug abusers assessed with traumatic experience</p>	<p>(a) 729 intensive case counselling (104.1%) were conducted for 124 drug abusers / ex-drug abusers assessed with traumatic experience (177.1%)</p> <p>(b) 91 joint family counselling sessions (130%) were conducted for 66 drug abusers / ex-drug abusers assessed with traumatic experience (94.3%)</p> <p>(c) 206 intensive case counselling sessions (103%) were conducted for 41 family members of drug abusers / ex-drug abusers assessed with traumatic experience (136.7%)</p>

20



### 3. Output Evaluation

	Expected Result	Achieved Result
<b>Output Indicator 4</b>	(a) Conduct 10 public education sessions for 1,000 general public (a) Conduct 2 training sessions on trauma treatment for 100 anti-drug workers	(a) 11 public education sessions (110%) for 10,922 general public (1,092.2%) (a) 3 training sessions (150%) on trauma treatment for 100 anti-drug workers (100%).



### 3. Outcome Evaluation

	Expected Result	Achieved Result
<b>Outcome Indicator 1</b>	Drug abusers show reduction in drug use frequency (70% of drug abusers show reduction in drug use frequency)	57 Pre-test Questionnaires (No.5) collected & 36 valid cases evaluated / 36 participants reported using drug at pre-test, 75% reduction in drug abuse frequency
<b>Outcome Indicator 2</b>	Ex-drug abuser maintained abstinence (70% of ex-drug abusers maintained abstinence)	196 Pre-test Questionnaires (No. 5) collected & 133 valid cases evaluated / 133 participants reported not using drug at pre-test, 99.25% maintained abstinence



### 3. Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 3	Drug abusers and ex-drug abusers show improvement in family adaptability and cohesion (Statistical significant improvement in family adaptability and cohesion as indicated by paired t-test or 70% of drug abusers and ex-drug abusers show improvement in family adaptability and cohesion)	38 Pre-test Questionnaires Collected & 19 valid cases evaluated / 68.4% improvement in family adaptability and cohesion Statistical significant improvement found ( $p < 0.05$ ) by paired t-test
Outcome Indicator 4	80% of participants rate the Professional Enhancement Conference as satisfactory	98.9% of participants rate the Professional Enhancement Conference as satisfactory

23



### 4. Experience Gained

#### Reason behind success

1. The service users were able to use a trauma lens to understand and analyze their drug abuse problems.
2. Trauma-related services were needed for drug abusers/ex-drug abusers and their family members so as to respond to their service needs in drug rehabilitation.
3. It was important to integrate the principles of Systemic Family Approaches into Trauma-Informed Care Practice, which would effectively strengthen the positive family interactional patterns in drug-abusing families.
4. Not simply did the service reinforced service users' trauma awareness but also the helping professionals.

24



## 5. Conclusion

### 1. To enhance hidden or low motivated DAs' awareness on drug related problem

With the usage of the website, social networking sites, and instant message applications to engage with low-motivated DAs or Ex-DAs and their families. The project had also successfully increased awareness among hidden or low-motivated DAs and Ex-DAs about the impact of their traumatic experiences and drug abuse. It would facilitate them to receive the activity-based programs, therapeutic groups, and case counselling.

25



## 5. Conclusion

### 2. To enhance DAs and EX-DA's awareness on the effects of traumatic experience posed on the drug rehabilitation

The psychoeducation programs were arranged to help DAs and EX-DAs understand themselves better, reinforce their personal strengths, increase awareness of traumatic experiences, and identify their counseling needs. The project was successful in increasing awareness of the impact of trauma on drug abuse and providing support to facilitate the reconnection of DAs / Ex-DAs with their inner selves, ultimately contributing to their recovery and well-being.

26



## 5. Conclusion

### 3. To strengthen DAs and Ex-DAs' coping ability on the co-occurrence of traumatic stress and drug addiction problem so as to stabilize their drug rehabilitation

The intensive case counseling could enhance DA/Ex-DA's understanding on the complex relationship between trauma and drug behavior so that they could stabilize themselves and enhance their motivation for better drug rehabilitation. In the psychoeducation sessions, DAs and Ex-DAs could gain insight to recognize their own resources and strengths that contributed to individual resilience for traumatic experiences and drug addiction.

27



## 5. Conclusion

### 4. To facilitate the family system to provide functional response to DAs and Ex-DAs who survived from traumatic experience so as to support their drug rehabilitation

Individual and joint family case counselling, group work and program service were applied in the project and it successfully promoted mutual understanding, emotional bonding and effective communication between family members and their DA/Ex-DA, and enhanced family interaction as an effective emotional support unit to facilitate drug rehabilitation process.

28



## 5. Conclusion

### 5. To enhance Ex-DAs' social participation to consolidate their positive change in trauma healing and drug rehabilitation

Participation in voluntary service to enhance Ex-DA's sense of self-advocacy and contribute to society was essential to positive change from trauma and drug rehabilitation. The voluntary service, drama activities, public education and annual gathering program were held for consolidating their accomplishments and recognizing the positive contribution on society which reinforced their sense of self-worth.

29



## 5. Conclusion

### 6. To enhance the awareness and knowledge of anti-drug workers in delivering comprehensive assessment and intervention on the co-occurring traumatic stress and drug addiction problem

Three professional training sessions for 100 anti-drug workers were held with the support from guest speakers, Dr Renee Chiu and Dr Andy Fung. The participants clearly understood the importance on the psychological needs of drug abusers from the survey and trauma intervention in family perspective. The publication of booklets was able to let social workers and helping professionals to understand the needs of trauma work in drug-related services.

30