

悠然 致遠

為有飲酒問題之戒毒人士提供靜觀為本治療

Project Embrace2.0 - Mindfulness-based Intervention for
Drug Abusers with Alcohol Problem

BDF200053

18.2021 – 31.7.2023

Tung Wah Group of Hospitals



東華三院

Tung Wah Group of Hospitals



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Introduction

Drug and alcohol use are mutually influential. Drug abusers are prone to use alcohol to achieve equilibrium during rehabilitation process, resulting in harmful drinking or even alcohol dependence, in turn increase the risk of drug relapse.

Mindfulness-based Interventions (MBIs) is an addiction treatment approach that has been widely adopted with empirical support in recent years. It replaces the habitual and immediate gratification behavioural pattern of drug / alcohol abuse by enhancing one's awareness, acceptance and self-compassion.

By means of experiencing and continual practising on mindfulness, this territory-wide project aims at helping drug abusers with alcohol problem to achieve more effective result on the prevention of relapse or addiction substitution.

[Click for project introduction animation](#) (in Cantonese)



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「非淡泊無以明志，非寧靜無以致遠。」
——《誠子書》

引言

吸食毒品與酒精使用有著互為影響的關係。戒毒人士在康復過程容易借助酒精去處理不適反應或逃避負面情緒，結果造成酒精倚賴，增加復吸的風險。

靜觀為本治療(Mindfulness-Based Intervention)是近年被廣泛採納同時有實證支持之成癮治療模式，透過培養覺察、接納和自我關愛，取代慣性及即時滿足的吸毒或酗酒行為。

計劃目標

協助有飲酒問題之戒毒康復人士有系統地學習靜觀並持續修習，達致預防復吸及避免成癮轉移。

計劃內容

單元一：個別輔導

- 全面評估
- 動機式訪談
- 身體檢查及醫療諮詢
- 接納與承諾治療(ACT)

單元二：靜觀介入治療

1

體驗工作坊

- 融合藝術、音樂、運動、飲食等，作生活化靜觀體驗

2

預防復吸小組

- 以靜觀預防復吸課程(MBRP)為藍本
- 內容包括各種靜觀練習(身體掃描、靜坐、靜心伸展等)及認知練習
 - 小組分享
 - 課外修習

3

定期持續共修

- 每月共修聚會或日營
- 提供持續修習和支援平台，鞏固所學

對象

- 受酗酒問題困擾之戒毒康復人士及其家人；或
- 正接受戒酒/戒毒治療的住院康復人士

計劃年期

2021年8月至2023年7月

費用全免

東華三院「遠酒高飛」預防及治療酗酒服務

查詢及報名：2884 9876

中心地址：

香港上環禧利街2號東寧大廈15樓1501-1504室

香港筲箕灣寶文街6號東華三院方樹泉社會服務大樓9樓

網址：<http://atp.tungwahcsd.org/>

保安局禁毒處
求助/諮詢

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Project Content

Domain 1: Individual Counselling

- Comprehensive assessment
- Acceptance and Commitment Therapy (ACT)
- Motivational interview
- Taste of mindfulness

Domain 2: Mindfulness -based Interventions (MBIs)

Experiential group activities

- Organize interest activities, such as art, music, physical exercises for informal experience on mindfulness

Mindfulness -based Relapse Prevention (MBRP) Group (RA)

- 8 sessions, 1.5hrs each
- Content includes formal mindfulness practice (body scan, sitting meditation, mindful stretching etc.) and cognitive exercises
- Group sharing
- Home practice

Regular mindfulness reunion

- Monthly reunion or day camp
- Provide continuous practice and support platform to consolidate the learning

Experiential group activities



Mindful Soap Making



Pastel Nagomi Art



Ceramics art



Alcohol ink painting



Mindful Yoga



Sand painting



Singing Bowl workshop



Forest Bathing (tea-tasting)



Mindful Calligraphy

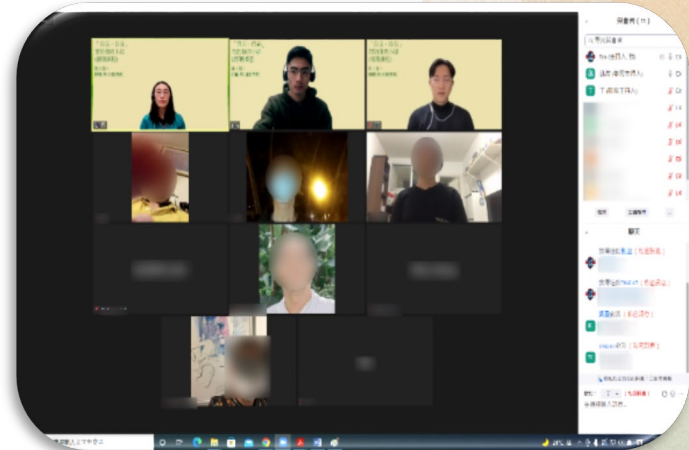
Hydroponics workshop



Mindfulness-based Relapse Prevention (MBRP) Group RA



Sitting meditation exercise



Mindful check in exercise

Mindfulness-based Relapse Prevention (MBRP) Group



Mindful walking

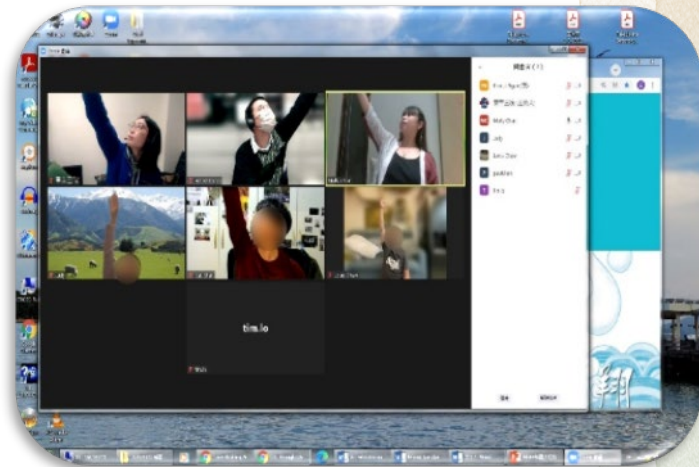


Sitting meditation



Writing down practice plan (In person & online mixed mode)

Regular mindfulness reunion



Regular mindfulness reunion (Day Camp)



Output & Outcome Evaluation

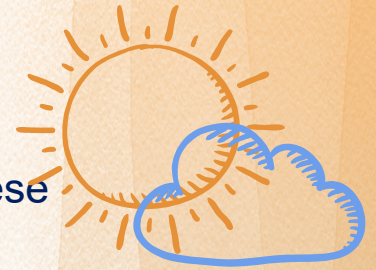
	Expected Result	Achieved Result
Output Indicator 1	Deliver not less than 280 individual counselling sessions to 80 drug abusers with drinking problem, among which 70% (or 56) participants attend at least 5 sessions of individual counselling	Delivered 501 (178.9%) individual counselling sessions to 103 (128.8 %) drug abusers with drinking problem, among which 64 (114.2%) participants attended at least 5 sessions of individual counselling.
Output Indicator 2	Deliver 32 sessions of Mindfulness-based Relapse Prevention Group (RA) to 40 drug abusers with drinking problem and their family members with a total attendance of 128 man-times	Delivered 40 (125%) sessions of Mindfulness-based Relapse Prevention Group (MBRP) to 47 (117.5%) drug abusers with drinking problem and family members with a total attendance of 259 (202.3%) man-times
Output Indicator 3	Deliver 20 sessions of regular mindfulness reunion to graduates of MBRP group (27 drug abusers with drinking problem and their family members) with a total of attendance of 80 man-times	Delivered 33 (165%) sessions of regular mindfulness reunion to graduates of MBRP group 39 (144.4%) drug abusers with drinking problem and their family members) with a total of attendance of 128 (160%) man-times
Output Indicator 4	Deliver 43 sessions of experiential group activities with various topics to 54 drug abusers with drinking problem and their family members with a total of attendance of 214 man-times	Delivered 47 (109.3%) sessions of experiential group activities with various topics to 60 (111.1%) drug abusers with drinking problem and their family members with a total of attendance of 219 (102.3%) man-times

Output & Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 1	70% of participants who attended 5 sessions of individual counselling demonstrate a reduction in usage of drugs or alcohol	93.33% (14/15) showed reduction in drug use and 71.64% (48/67) of showed reduction in drug or drinking frequency
Outcome Indicator 2	Participants who have attended 4 sessions of experiential group activities show improvement in mental health in depression, anxiety and stress level	92.2% of participants showed improvement in mental health in depression, anxiety and stress level
Outcome Indicator 3	Participants who have attended at least 4 sessions of mindfulness-based activities show improvement in their capacity to support drug abusing family members	100% of participants showed improvement in their capacity to support drug abusing family members
Outcome Indicator 4	Participants who have attended 6 sessions of MBRP or mindfulness reunion show reduction in the risk of relapse	82.4% of participants showed reduction in risk of relapse

Experience gained

- With support from experienced mindfulness teachers as well as clinical supervisors, MBRP was successfully adopted to local Chinese context.
- The great variety of experiential activities did attract participants joining. Other than bringing a taste of mindful experience, it also provides opportunities for participants to cultivate new interest which promotes a sense of self -nourishment.
- Using Online platform to deliver MBRP group and mindfulness reunions that makes more people living in difference districts would join the group more regularly .
- Apply MBRP(RA) provides the chance for the participant can join in the group any time they are ready. It's more flexible. Also, the length of MBRP(RA) is shorter than the traditional one. It enhanced the participation.





Difficulties encountered

1. The learning of mindfulness takes time and requires a participant to remain in maintenance phase of their addiction recovery stably. In reality, clients' situation often fluctuated so it was not easy to catch the right timing for intervention.
2. Drop-out was common for MBIs with a 8 -session MBRP Group which requires quite a long period of commitment. Some participants found this approach not suitable for them after joining the first few sessions.

Conclusion & way forward

1. Mindfulness -based Intervention is an effective way of drug rehabilitation in particular to sustain treatment progress. It requires ongoing practice and incorporation into daily living with a sense of acceptance and self -compassion.
2. Project continuation is approved by BDF for 3 years. In the third phase, the intervention can be extended to current drug abusers with problematic alcohol use. Collaboration across different drug treatment settings e.g. Probation Offices, DTRCs, psychiatric hospitals would be initiated to reach out potential participants in their early stage of recovery .



END