

**Building Competence for Sustained Anti-Drug Work: An Integrated Humanistic
and Cognitive-Behavioral Training for Practitioners and Students of Social
Work and Healthcare Professions
(BDF 120015)**

Executive Summary

Background and Objective

In response to service needs, this project developed a training package to enhance the competence in sustained anti-drug work of practitioners and students in the social work or healthcare profession. This package built on the integrated humanistic and cognitive-behavioral approach to anti-drug work, which had demonstrated its effectiveness.

The objectives of the project are developing, delivering, and evaluating a customized training package to build the competence of practitioners and students of the social work or healthcare profession in sustained anti-drug work. This package comprised an Introductory Workshop and Advance Course in order.

Method

The training operated in two stages, with an Introductory Workshop followed by an Advanced Course. The one-day Introductory Workshop operated in six rounds to target 480 trainees, whereas the five-day Advanced Course ran in three rounds to target 72 trainees who had completed the Introductory Workshop.

The Introductory Workshop introduced knowledge about drugs commonly abused in Hong Kong, counseling guidelines, initial assessment, and care needed. Whereas, the Advanced Course elaborated knowledge on the integrated humanistic and cognitive-behavioral treatment, assessment phase concerning screening and assessment, treatment phase concerning engagement and building the motivation to change, negotiating behavior changes, early relapse prevention, relapse prevention or management, additional treatment components about families and social networks, application in different settings, and practicum or case conference.

Results

Eventually, 514 students or practitioners completed the Introductory Workshop and 85 of them completed the Advanced Course subsequently. These numbers overshoot the planned numbers of 480 and 72 for the Introductory Workshop and Advance Course respectively. The evaluation research of the project showed that 92.5% of the trainees of the Introductory Workshop showed an improvement in four knowledge aspects from pre-training to post-training. Similarly, the research revealed that 98.8% of the trainees of the Advanced Course had an improvement in eight aspects of knowledge from pre-training to post-training.

Conclusion

The project successfully achieved its objectives of developing, delivering, and evaluating a customized training package to build the competence of practitioners and students of the social work or healthcare profession in sustained anti-drug work. This success is encouraging for extending the training to other professional groups.