

# 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  
BD7200053*

*1.8.2021 - 31.7.2023  
Tung Wah Group of Hospitals*



東華三院

Tung Wah Group of Hospitals



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# Introduction

**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.**



# *Mindfulness based intervention in Addiction*

- **Relapse prevention modal**
  - **Experiential avoidance [ACT]**
    - **mood disorder**
  - **Living with craving and addiction [High risk situation]**
  - **Increase Psychological flexibility**
    - **(Time, emotion, thoughts and identities)**
  - **Increasing Self-efficiency**
- **Mind training**
  - **Reconnect the mind with the body and emotion**
  - **Ability of attending and filtering(distraction)**
  - **Willingness and practical approach**
  - **Automatic Pilot**
- **Inner social Functioning**
  - **Self-compassion**
  - **Awareness and acceptance**
  - **Self-regulation**

# 悠然致遠

為有飲酒問題之戒毒人士  
提供靜觀為本治療



「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
- 身體檢查及醫療諮詢
- 動機式訪談
- 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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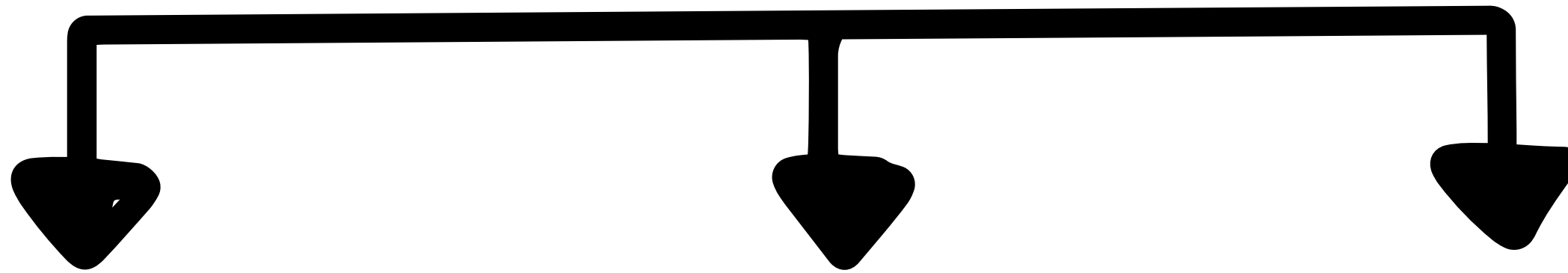
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# Project Content

## 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, 1.5 hrs 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

# Different level of Intervention

- Experiential group activities
  - **Diversify**[sport/art/visit/practice/living style]
  - **Fun**
  - Resourceful
  - **Experiential (peaceful, relax, social)**
- Mindfulness-based Relapse Prevention (MBRP)
  - Rolling and brief
  - Practical
  - Professional(Manual-based)
  - **Zoom** & in person
  - **Social Feature**
- Regular mindfulness reunion
  - **Regular**(Repeatedly)
  - Educational
  - Reunion(social elements)
  - Zoom & in person
  - **Application**

# *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

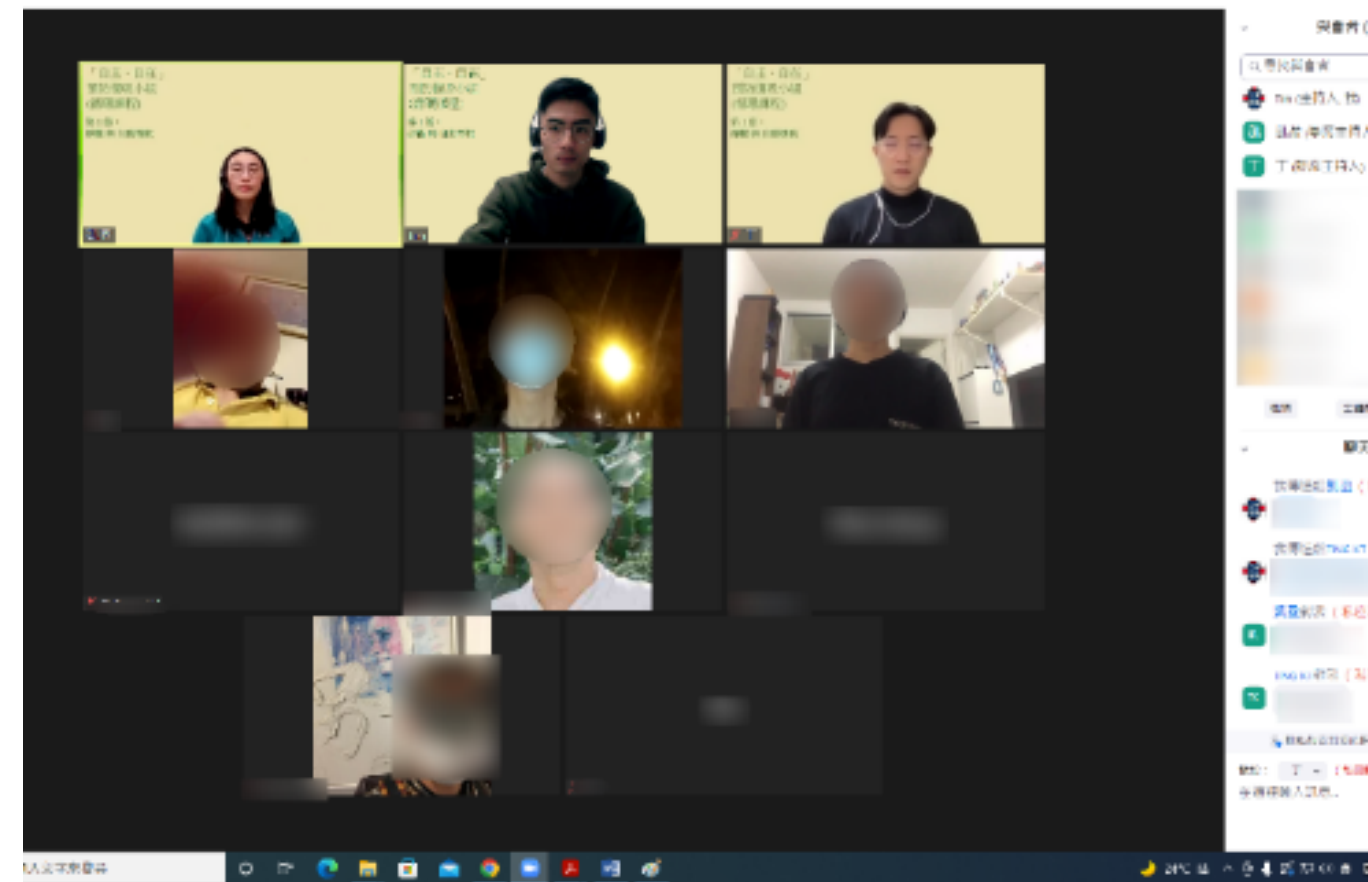
Hydroponics workshop



# Mindfulness-based Relapse Prevention (MBRP) Group RA



Sitting meditation exercise



Mindful check in exercise

# Mindfulness-based Relapse Prevention (MBRP) Group



Mindful walking



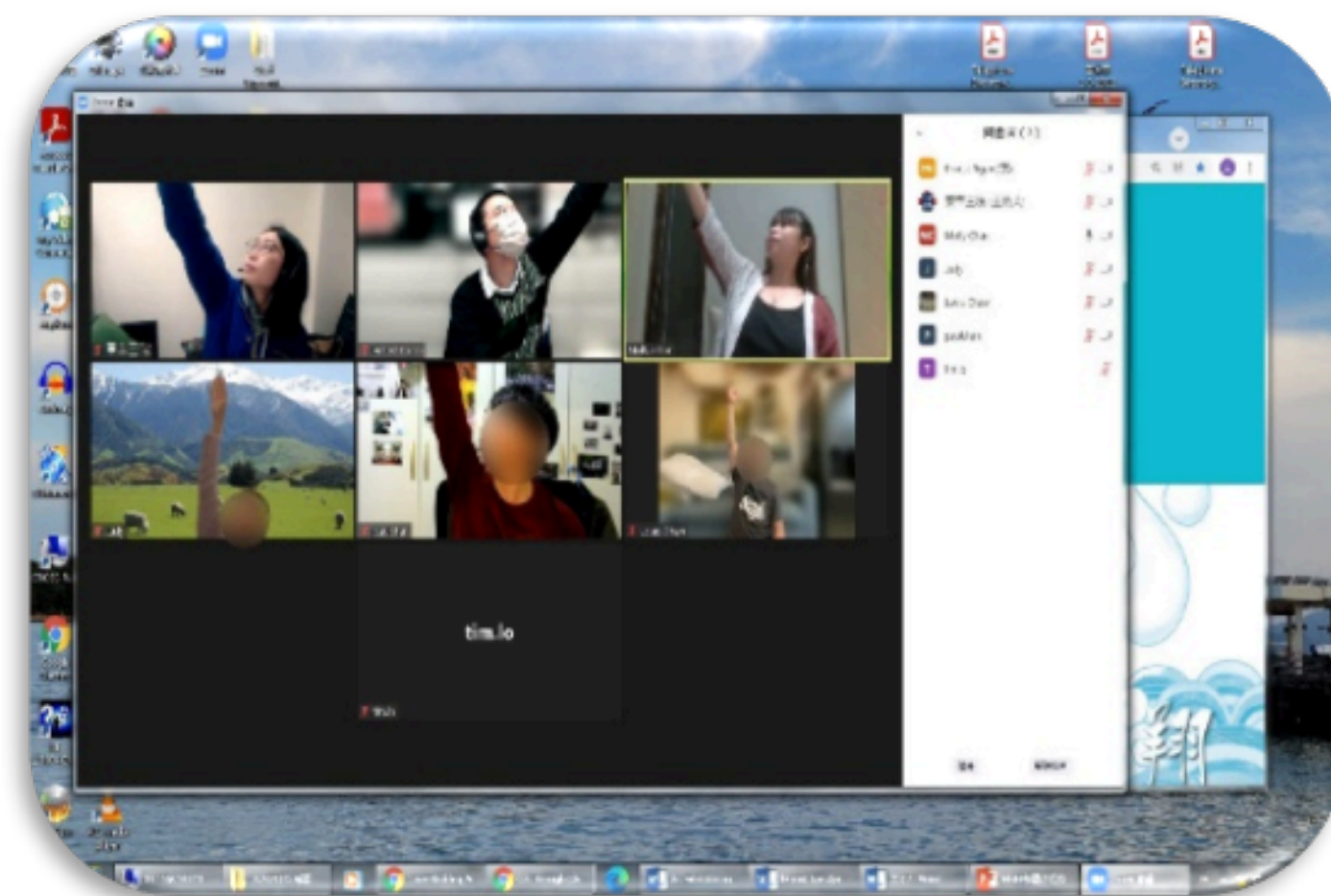
Sitting meditation



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

Session	Theme
1	Mindfulness Vs Automatic Pilot
2	Emotions as Visitors
3	Self-Compassion
4	Responding( not reacting) to triggers
5	Seeing Thoughts as Thoughts
6	Surfing the Urge
7	Following Your Values
8	Exploring Your Needs

# *Regular mindfulness reunion*



# *Regular mindfulness reunion (Day Camp)*



# Output & Outcome Evaluation

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Output Indicator 1</b>	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.
<b>Output Indicator 2</b>	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
<b>Output Indicator 3</b>	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
<b>Output Indicator 4</b>	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

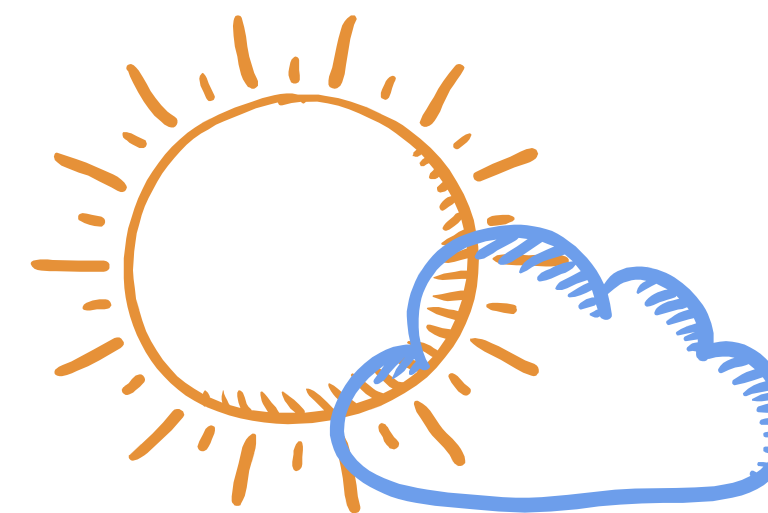
## Output & Outcome Evaluation

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Outcome Indicator 1</b>	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
<b>Outcome Indicator 2</b>	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
<b>Outcome Indicator 3</b>	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
<b>Outcome Indicator 4</b>	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*

- **MBRP was successfully adopted to local Chinese context.**
- **The great variety of experiential activities**
  - **Attract participants joining.**
  - **Bringing a taste of mindful experience,**
  - **Cultivate new interest**
  - **Promotes a sense of self-nourishment.**
- **Online platform makes more people living in difference districts would join the group more regularly.**
- **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*

- **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.**
- **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**