

# Resilience Building Project

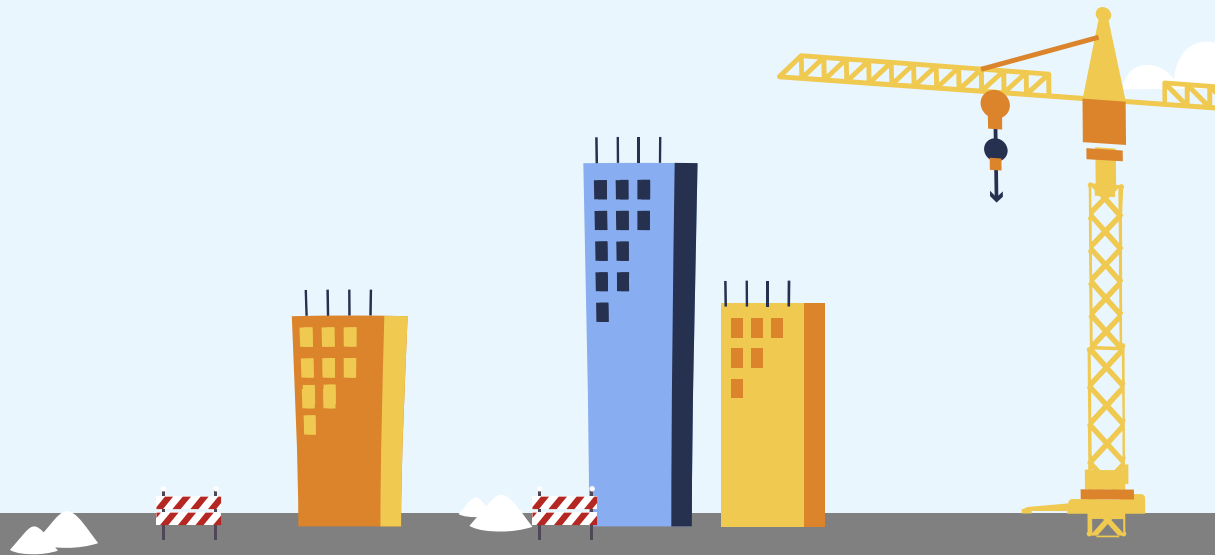
## 韌力建構工程

21'-23'

Project Implementation Period 1/8/2021 – 31/7/2023  
Occupational Therapy Department, Kwai Chung Hospital

### Speaker

Devin Leung APOT  
Bowie Lau APOT



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# Introduction

The background features a stylized cityscape. On the left, a tall yellow building with six orange square windows and three dark blue vertical lines on its roof is partially visible. On the right, a shorter blue building with five grey square windows and two dark blue vertical lines on its roof is partially visible. The sky is composed of horizontal bands of light blue, with several white, rounded cloud shapes scattered across it.

# 葵涌醫院

## 藥物誤用評估中心

- 醫管局轄下的八間為治療藥物濫用者而設的診所之一
  - 於1995年成立，為荃葵青，深水埗，旺角，北大嶼山及黃大仙區居民提供服務
  - 八間診所
    - 東區尤德夫人 那打素醫院物質誤用診所
    - 香港西 瑪麗醫院精神科藥物濫用診所
    - 九龍中 九龍醫院物質誤用診療所
    - 九龍東 九龍東物質誤用診所
    - **九龍西 葵涌醫院藥物誤用評估中心**
    - 新界東 威爾斯親王醫院藥物濫用診所
    - 新界東 北區醫院／雅麗氏何妙齡那打素醫院藥物濫用診所
    - 新界西 青山醫院屯門物質濫用診療所

# BDF Projects in KCH OTD

10'-12'

R3 Project

15'-17'

Occupational Lifestyle  
Redesign Life Role Re-  
establishment Project

17'-19'

3 Steps to Relapse  
Prevention

19'-21'

I Dare, I want-  
Strength-based Project

21'-23'

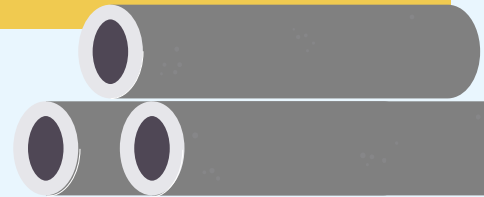
Resilience Building  
Project

23'-26'

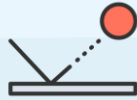
Voyage to Wellbeing

# Project Content

<b>Name of Project:</b>	Resilience Building Project 韌力建構工程
<b>Project Code:</b>	BDF200045
<b>Project period:</b>	August, 2021 – July, 2023 (2-year period)
<b>Objective:</b>	To improve drug use pattern, mental well-being, resilience level and life functioning through 3-stage service pathway aiming to build up participant's resilience
<b>Total number of participants:</b>	Not less than 130
<b>Total attendance :</b>	Not less than 1,600



# Resilience



*“Process of overcoming the negative effects of risk exposure, coping successfully with traumatic experiences, and avoiding the negative trajectories associated with risks”*

**– Fergus and Zimmerman, 2005**



# Two distinct dimensions

- Luthar (2006) has called resilience a construct with two distinct dimensions:

**Significant  
Adversity**

**V.S.**

**Positive  
Adaptation**

- This idea of a two-part construct is accepted by other researchers



# 3 common Resilience Models (Fergus and Zimmerman, 2005)



**Compensatory**



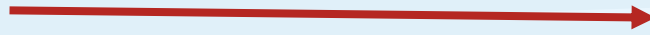
**Protective**



**Challenging**

# Protective Factor Model

**Risk**



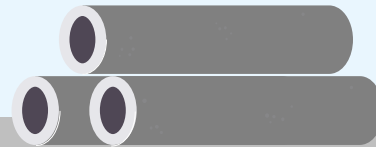
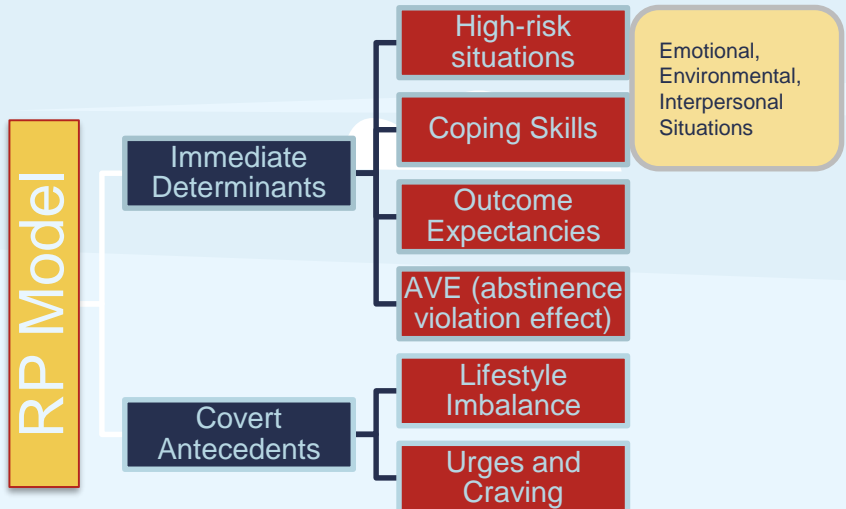
**Negative  
outcome**



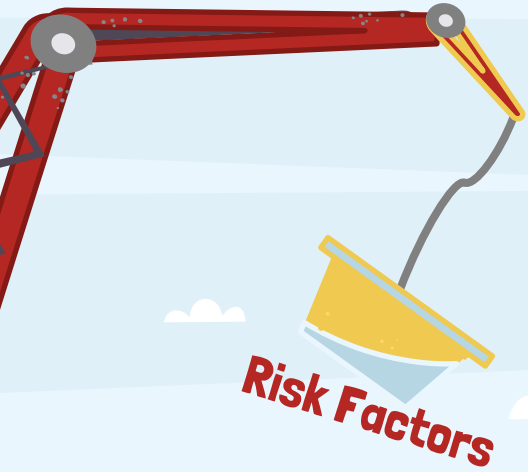
**Protective Factor**



- Reference from Relapse Prevention Model (RP Model)
- Commonly stressful issue and event for SA population:




# Resilience Building for SA

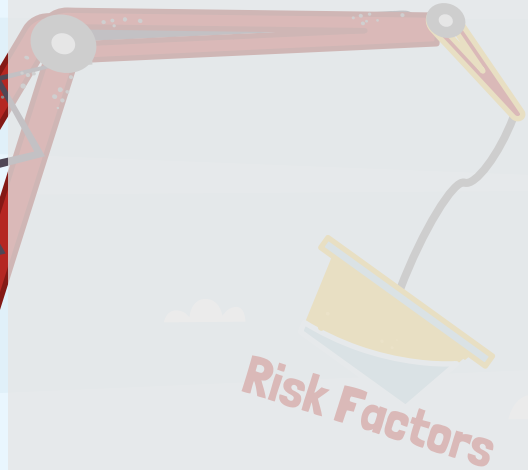


## Protective Factors



- 
1. Against overwhelming influence
  2. Promote well-being

# Resilience Building for SA



Focus of OT interventions

Protective Factors

- 
- 1. Resilience Booster**
    - ① Concept of Resilience
    - ② Personal Risk and Protective factors
  - 2. Resilience Enhancement**
    - ① Self-management
    - ② Meaningful Life Role
    - ③ Social and Balanced Lifestyle

- 
1. Against overwhelming influence
  2. Promote well-being



# Protective Factors

Internal	External
<b>Personal Values</b> 自我價值	<b>Social Network</b> 親朋支援
<b>Skills</b> 個人能力	<b>Fruitful Lifestyle</b> 積極生活
<b>Spiritual Support</b> 心靈寄託	<b>Positive Relationship</b> 正面關係
<b>Optimistic Mindset</b> 樂觀思維	<b>Professional Support</b> 專業支援



A stylized illustration of a yellow tower crane against a light blue sky with white clouds. The crane's horizontal jib is extended to the left, and a hook is suspended from it, holding a large, solid yellow rectangular block. The text 'Projet Overview' is written in a bold, dark red font on the front face of this block. The crane's vertical tower is on the right side of the frame, and a small yellow cabin is visible on the tower. The background consists of horizontal light blue bands and scattered white clouds.

# Projet Overview

# Service Pathway

Essence of Resilience	Stage of Service Delivery	OT Interventional Approach
Understanding Resilience	<b>Stage I - "Re-SEE-lience" (見「韌」見智)</b> <ul style="list-style-type: none"> <li>✓ To establish therapeutic alliance</li> <li>✓ To understand the concept of resilience</li> <li>✓ To be aware its relationship with SA behavior and life functioning</li> <li>✓ To recognize personal risk and protective factors with prioritization</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Resilience booster</b></li> <li>• Motivational interviewing</li> <li>• Review on personal resilience and risk/protective factors</li> <li>• Functional assessment</li> <li>• Resilience Enhancement Action Plan</li> <li>• Psycho-education with inter-active material</li> <li>• Skills building</li> </ul>
Reviewing Personal Risk and Protective Factors		
Equipping Effective Skills and Resources	<b>Stage II - "My Resilience, My Way" (「韌」心「韌」術)</b> <ul style="list-style-type: none"> <li>✓ To formulate individual "Resilience Enhancement Action Plan"</li> <li>✓ To enhance and employ internal strength, e.g. self-management in drug use and self-efficacy</li> <li>✓ To promote and strengthen external resources, e.g. social support and community resources</li> <li>✓ To integrate protective factors for formulation of health coping mechanism</li> </ul>	
Establishing Healthy Coping Cycle		
Replicating Successful Experience	<b>Stage III - "Resilience on the go" (游「韌」有餘)</b> <ul style="list-style-type: none"> <li>✓ To monitor and utilize strategies to moderate and counteract risk factors</li> <li>✓ To further acquire and strengthen relevant protective factors for sustainability</li> <li>✓ To enhance community reintegration and community resources acquisition</li> <li>✓ To establish life role and increase independency in leading a meaningful and functional life</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Resilience Enhancement</b></li> <li>• Psycho-education with inter-active material</li> <li>• Skills building</li> <li>• Resource Acquisition</li> <li>• Community experiential activities (individual &amp; groups)</li> <li>• Community reintegration services</li> </ul>
Sustaining Resilience and Recovery		





# Promotion

## 服務形式

### 4. 連繫社區資源

- 定期舉辦社區體驗活動，例如VR體驗、花卉展、冰上嘉年華、體育活動等。
- 轉介參加者到不同的社區機構，加強社區支援。
- 協助並提供現金津貼以參加社區活動。



### 地址

- 職業治療部  
新界葵涌醫院道3-15號LM座M2樓職業治療部
- 計劃查詢及聯絡 (職業治療部)  
電話：2959 8261  
聯絡人：丘先生/梁先生

### 保安局禁毒處

求助/諮詢

186 186

98 186 186



藥物濫用評估中心



新界葵涌醫院  
職業治療部



康樂及社區服務處  
禁毒基金資助

## 職業治療服務簡介

職業治療透過專業評估、心理輔導及不同復康活動，鼓勵藥物濫用人士在日常生活、工作及餘暇三方面積極參與有意義的活動，實現個人目標，建立充實的生活模式，戒除毒癮，預防復吸，重塑人生角色及提高生活質素。

## 服務對象

現正接受葵涌醫院服務的人士。



## 計劃簡介

本計劃名為「**韌力建構工程**」，旨在幫助藥物濫用人士認識個人危險因素及改善自身保護因素，從而提升個人韌力，以對抗毒品的引誘和生活上的挑戰，減低毒品使用情況和改善生活質素。

在本計劃中，參加者會接受三個階段的連貫性服務，當中包括：

### 1 見「韌」見智

- 認識何謂韌力
- 應對復吸的危機及發掘保護因素

### 2 「韌」心「韌」術

- 制訂提升韌力的行動計劃，增強優勢
- 運用保護因素建立正向應對機制

### 3 游「韌」有餘

- 以強化的韌力面對人生挑戰
- 重塑人生角色，獲得生活自主權

## 服務形式

- 1. 個人能力評估**
  - 按需要進行不同評估，例如自理能力、認知能力、工作能力、生活模式等。
- 2. 韌力提升規劃**
  - 以個人或小組形式發掘自身保護因素及優勢，並學習不同技能，例如壓力處理、社交人際關係、認知訓練、職業培訓、興趣體驗等。
- 3. 生活重整及人生轉導**
  - 協助參加者在不同生活領域發展，積極面對人生挑戰，建立正向健康的生活模式。



# Treatment Modalities



## Individual Sessions

Concept of resilience  
Goal setting



## Group Sessions

Self-Management  
Social and balanced lifestyle



## Telephone Support

Resilience Booster  
Review and follow up



## Learning Subsidy

New experience and learning



## Community Outing

Social and balanced lifestyle



# Worksheet for Resilience Booster

## 你夠韌力嗎?

**韌力**  
是指人在面對壓力或困境時，能否很快作出調整，避免或減輕負面事件影響生活的步伐，並且作出適應及改變的能力或特質。

### 我的壓力事件簿

我主要的危險因素/高危機況...

我慣常的反應和應對...

通常帶來的效果和感覺...

我覺得我嘅韌力...

**常見危險因素**

- 生理
- 心理
- 情緒
- 社交
- 生活不同範疇壓力, 如工作
- 長期
- 短期

嘗試去了解自己過往的壓力事件，或預期的問題，透過觀察自身擁有的和可去裝備的，幫助自己變得更堅韌！

## 認識你的保護網

有危險因素，自然就有**保護因素**  
原來我地本身都有唔同嘅**內在**同**外在**保護因素，你又冇以下邊啲呢？

內在保護因素	外在保護因素
<ul style="list-style-type: none"><li>自我價值和信心</li></ul>	<ul style="list-style-type: none"><li>親朋支持協助</li></ul>
<ul style="list-style-type: none"><li>個人能力</li></ul>	<ul style="list-style-type: none"><li>積極生活模式</li></ul>
<ul style="list-style-type: none"><li>心靈寄託</li></ul>	<ul style="list-style-type: none"><li>正面關係</li></ul>
<ul style="list-style-type: none"><li>彈性樂觀思想</li></ul>	<ul style="list-style-type: none"><li>專業支援</li></ul>

邊個保護因素對你緊要啲？

原來...  
韌力特質可以喺先天，但亦可以透過後天去培養!!

**諗一諗...**  
邊啲保護因素可以再進一步擴大發展，從而令自己更有「韌」力？

## 建構你的保護網

引致我有吸食毒品/破壞生活平衡的主要的危險因素...

我認為重要，亦想加強的保護因素

我可以這樣做去加強這項因素...

當保護因素發揮作用時，情況會變成怎樣？

保護因素可以為我帶來甚麼改變？

**內在保護因素**

- 自我價值提升
- 個人能力提升
- 增進心靈寄託
- 寄予樂觀希望

**外在保護因素**

- 親朋支持協助
- 積極參與活動
- 建立正面關係
- 尋求專業支援

建構不同的保護因素，跳起更好的**韌力保護網**，讓自己在生活上能乘風破浪！

# Self-management Program

## 復元 360 小組

第一堂 復元策略  
第二堂 健康生活  
第三堂 壓力管理  
第四堂 預防復發

地點：  
時間：  
<備有茶點招待!>  
報名及查詢：  
梁生

## 樂天生活 在五常

常勤臥  
常適子  
常連繫  
常學習  
常細味

“樂天生活在五常”透過多元化的活動，  
體驗生活重整，  
提升身心健康狀態，  
活出正向積極、均衡快樂的人生。

香港聖保羅醫院  
HOSPITAL  
SANTO ESPRITO  
醫院地址：香港公營醫院管理局

腦致專  
日常專注訓練  
ATTENTION  
CONTRIVING  
KIT  
USER MANUAL

# Vocational services

**葵涌醫院職業治療部 輔助就業服務**

ERB 課程

## 職業規劃輔導課程

由職業治療師 個別跟進

「助協會」 自助小組

「職場 明星」 支援隊伍

**ERB** = **ERB**

課程協助您重新認識自己，發掘個人優勢與強項，建立您的社交網絡，並助您掌握最新就業市場資訊，以維持最佳身心健康，成為**職場達人**！課程亦會提供工作實務訓練部分，體驗就業市場上的熱門工種。

多元化工作轉介 專業全免 培訓津貼 龐大獨立網絡 就業轉介

課程期：13天

課程內容：

- 復元概念
- 情緒及壓力管理
- 疾病管理
- 求職技巧
- 職場社交技巧
- 實務訓練

基本入讀資格：

- 15歲或以上
- 學歷在副學位或以下 (有關學歷詳情，請與本院聯絡)
- 香港合資格僱員
- 獲得葵涌醫院高九龍西區康復下專科門診(精神科)服務
- 入讀經與協會課程，申請人必需是失業、病後或失業人士

▲「入讀資格詳情可向培訓顧問查詢」

地址：葵涌醫院日間復元中心一樓

報名方法：請與您的職業治療師聯絡 或 致電 2959 8260 查詢

葵涌醫院輔助就業服務

**erb** 職業再培訓部

ERB是康復及監管機構，委託的BO訓練機構開辦培訓課程

**CIRCLE C LAUNDRY SHOP**

## 專業乾洗 DRY CLEAN

只需把衣物送到**CIRCLE C LAUNDRY**，**確認報價後我們會安排乾洗公司提供服務**，**方便快捷，輕鬆解決換季煩惱！**

送洗流程

收衣

確認報價

乾洗公司

安排取衣 (需時最少一星期)

服務熱線：2959 8064 鍾裕煥  
2959 8953 廖裕煥 (歡迎預約收取衣物)

地址：葵涌醫院LM座2樓 CIRCLE C LAUNDRY

乾洗服務時間：星期一至二 9:00-12:00  
星期四 14:00-17:00

**Circle T LAUNDRY SHOP**

## CIRCLE T 現正招募學員

Circle T 便利店於一九九四年十月開幕，旨在透過實際的工作環境，為復元人士提供食物及飲品的零售服務訓練。職業治療師及工場導師會按照各復元人士的能力和興趣，度身訂造合適的訓練項目，並給予指導，從而讓復元人士提升自信心及溝通技巧，協助他們逐步重返社會，例如在社區中擔任收銀員和店務員等工作。

訓練項目

- 理貨及貼價錢牌
- 食物及飲品製作
- 收銀 (包括操作八達通機)
- 店舖清潔
- 顧客服務

訓練時間

- 星期一至五
- 時段：上午：8:30-10:00/10:30-12:00  
下午：13:30-15:00/15:30-17:00

地址：葵涌醫院日間復元中心地下 聯絡我們：2959 8186 廖焯煥

# Interest Exploration and Strength Enhancement



**Music**  
Eru  
Guitar



**Cooking**

Chinese New Year  
Mocail



**Skills  
Building**



**Sports**  
Qigong  
Yoga

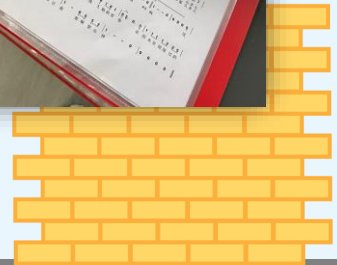
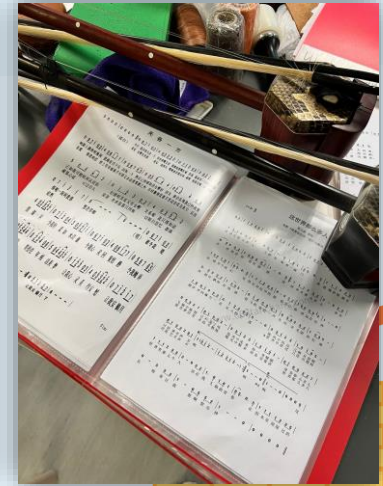


**Horticulture**

Indoor  
gardening



# Health Qigong & Music



# Horticulture and Aquarium





# Mocktail Making



# Festival Celebration

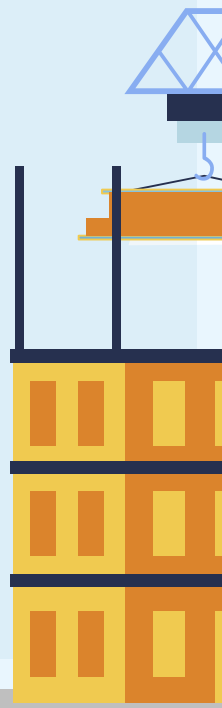


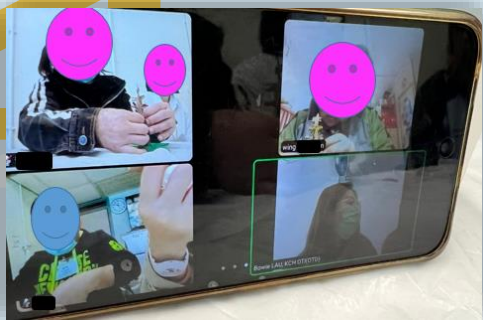
# Let's start the Christmas tree decoration!





# 我最喜愛的 聖誕樹





# Remote Magic Christmas Tree Making

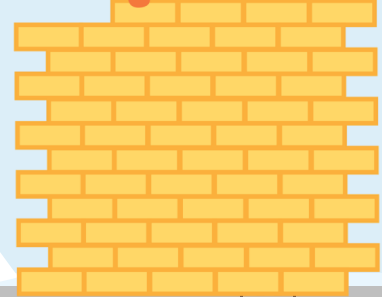


# Using learning subsidy in community



Skills  
Building

Resources  
Acquisition



# Community Experiential Activities



Protective factors

**Resiliency**

Social and balanced lifestyle

Community reintegration



# Meaningful Life Role





# Meaningful Life Role

**工聯會進修中心 收據**  
HKFTU / TUOYU CENTRE RECEIPT

課程編號: [ ] 課程名稱: [ ] 開課日期: [ ] 上課時間: [ ]

NO. [ ]

NO.01930 貨車吊機新操作員訓練證書 10月18日 9:00 AM

上課地點: 元朗錦上路吳家村新馬路口(香港建造業總工會)(96996920)

出席必須達100%,不可遲/早退超過15分鐘否則取消考試資格。

1. 課程費用: HK\$8,550.00(M) 經手人: [ ]

2. 課程日期: 8/10-20/10; 4-14堂實習8/11-22/11

2/20/2022

備註: ①已繳費用概不退還。  
②請依照所列之日期及時間並攜同收據上課;若有更改,本中心另行通知。

**香港建造業總工會**  
HONG KONG CONSTRUCTION INDUSTRY EMPLOYEES GENERAL UNION

會員證

會員編號: [ ] 工會代碼: [ ]

總數: \$170.00 會員姓名: [ ]

有效期至: 2/24-06 工種: AA建築業

入會日期: 2023/09/22 性別: 男

會址: 九龍城區地上海街183號華興商業中心2字樓  
電話: 2388 6067 手機: 9899 9166 傳真: 2383 5062  
網址: www.hkicigs.org.hk 電郵: hkicigs@yahoo.com.hk

**SECURITY AND GUARDING SERVICES ORDINANCE**  
(Chapter 460)  
《保安及護衛服務條例》  
(第460章)

**SECURITY PERSONNEL PERMIT**  
保安人員許可證

PERMIT NO. [ ]  
許可證編號: [ ]

Name (in English) [ ]  
姓名 (英文)

Name (in Chinese) [ ]  
姓名 (中文)

HK Identity Card No. [ ]  
香港身分證號碼

is hereby permitted to carry out the following category/categories of security work  
獲准執行下列類別的保安工作

A	甲	<input checked="" type="checkbox"/>	from 2023-02-13 to 2028-02-12
B	乙	<input checked="" type="checkbox"/>	from 2023-02-13 to 2028-02-12
C	丙	<input type="checkbox"/>	from --- to ---
D	丁	<input type="checkbox"/>	from --- to ---

inclusive,  
首尾兩天包括在內

**建造業安全訓練證書**  
Construction Industry Safety Training Certificate

持證人姓名 Holder's Name  
(中文): [ ]  
(English): [ ]

編號 References No: [ ]

完成課程日期 Date of Course Completion: 17/02/2023  
(日/月/年) (dd/mm/yyyy)

有效期限 Validity Period: 由 From 17/02/2023 至 to 16/02/2026  
(日/月/年) (dd/mm/yyyy)

本證明書由 香港建造業總工會簽發  
Issued by HONG KONG CONSTRUCTION INDUSTRY EMPLOYEES GENERAL UNION  
此證明書只供持證人查看及保存。  
This certificate is intended and should be kept by the certificate holder.

**業餘進修中心收據**  
HKFTU SPARE TIME STUDY CENTRE

課程編號: [ ] 課程名稱: [ ] 開課日期: [ ] 上課時間: [ ]

NO. [ ]

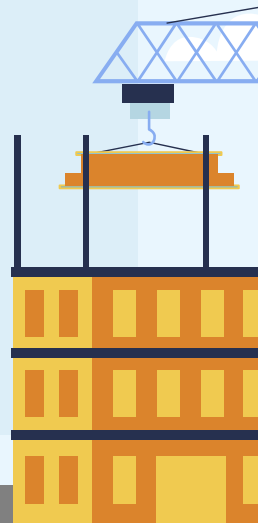
KK53725 音樂治療基礎工作坊 07月02日 7:00 PM

上課地點: 九龍土瓜灣馬頭涌道50號工人俱樂部(電話27129175)

學員姓名: [ ]

課程費用	HK\$300.00	經手人:	*網上報名*
PPS/信用卡	工聯VISA HK\$300.00	日期:	2/6/2022

備註: ①已繳費用概不退還。  
②請依照所列之日期及時間並攜同收據上課;若有更改,本中心另行通知。



# What we have done!

Resilience Enhancement Domain	Example of Interventions	Protective Factors	
		Internal	External
1. Self Management	• Drug Use Knowledge and Understanding	✓	
	• Relapse Prevention Strategy	✓	✓
	• Personal Asset Enhancement (e.g. strength/stress coping)	✓	✓
2. Meaningful Life Role	• Role Re-establishment (e.g. worker)	✓	
	• Goal Setting and Implementation	✓	✓
	• Vocational Counseling and Rehabilitation	✓	✓
3. Social and Balanced Lifestyle	• Occupational Lifestyle Redesign	✓	✓
	• Experiential Activity		✓
	• Community Resource Connection and Bridging		✓

# Out-put & Outcome Measure

	Domains	Assessment Tool
1	Frequency of Drug Use	BDF Evaluation Question Set No.6
2	Self-efficacy to Avoid Drug Use	BDF Evaluation Question Set No.3
3	Risk of Relapse	BDF Evaluation Question Set No.14a modified
4	Level of Resilience	Brief Resilience Scale
5	Mental Wellbeing	Short Warwick-Edinburgh Mental Well-being Scale
6	Life Functioning and Disability Level	WHO Disability Assessment Schedule II

# Output & Outcome Measure

**130 participants**

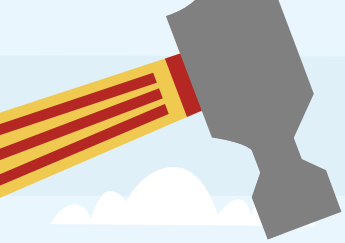
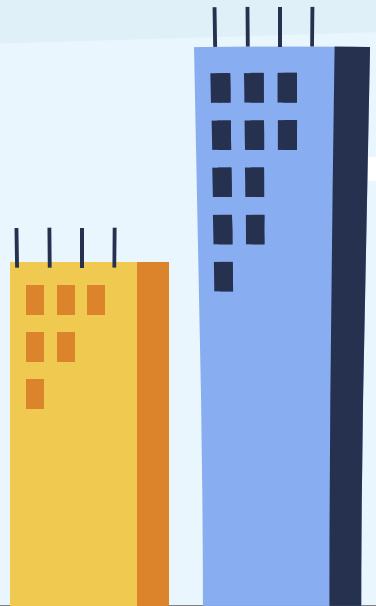
130 (100%) participants recruited

**1,600 attendance**

1,702 (106.4%) attendance

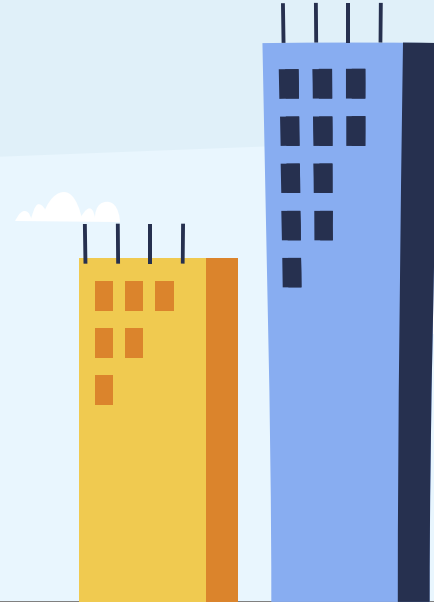
**60% shows improvement**

106 post-assessment completed



# Experience Gained


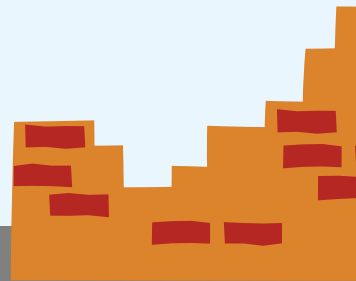
- **Boosting resilience** by enhancing the protective factors
- Service delivery through **3-stage model**
- **Different service modalities** during COVID-19 pandemic period
- **Support development of our OT service** in KCH
- Provided insightful contributions to **new BDF project**



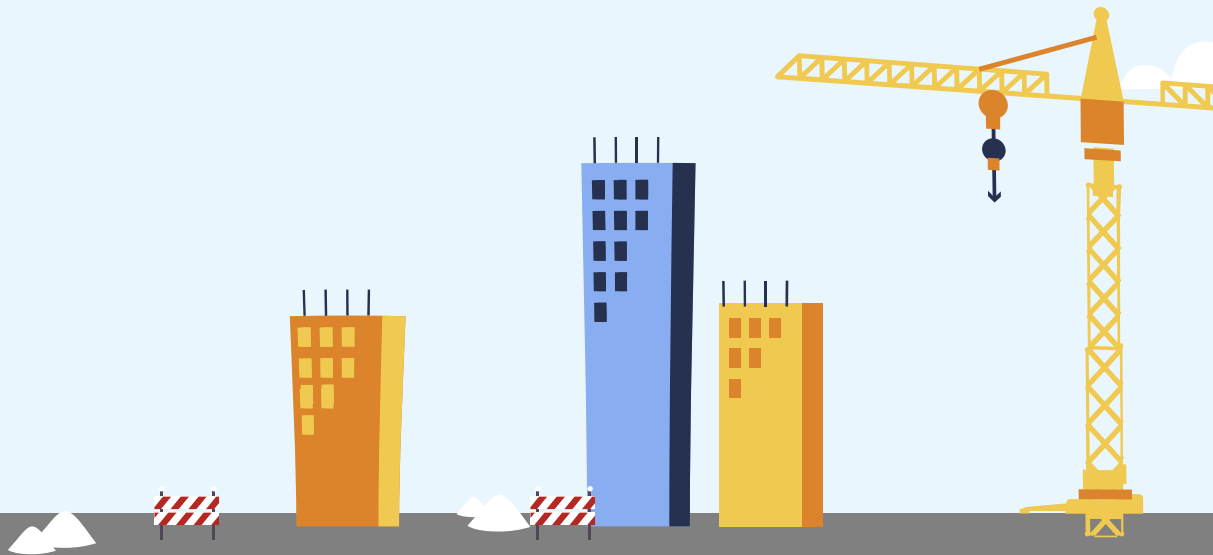


# Conclusion



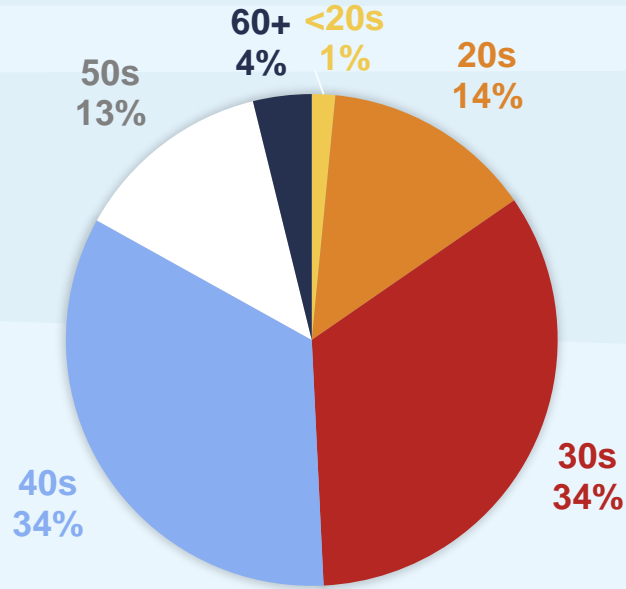
- 
- Effective and successful implementation of the project was accomplished
  - The objectives of the project were successfully achieved
  - Achieved **meaningful life-role** and **relapse prevention**
- 

# Thank you

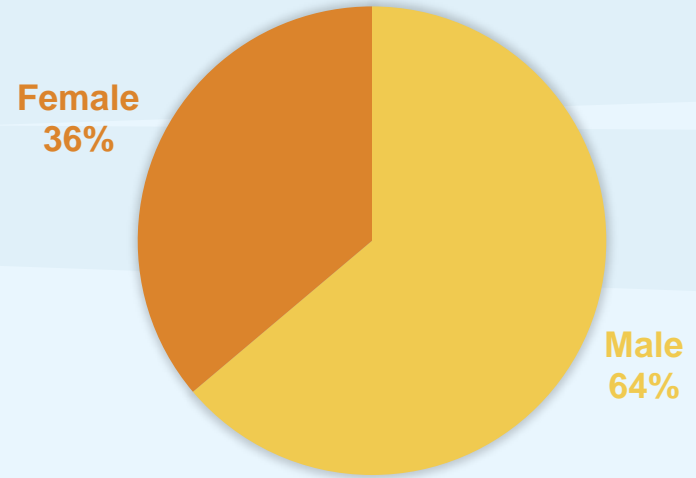


# Demographic Data

## AGE



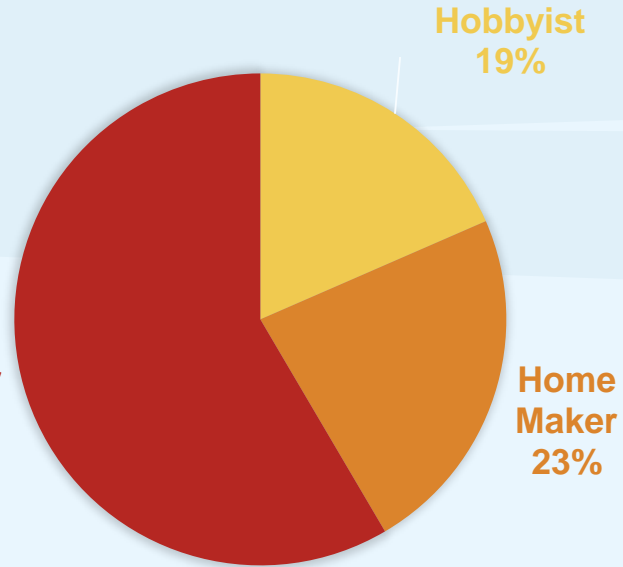
## GENDER



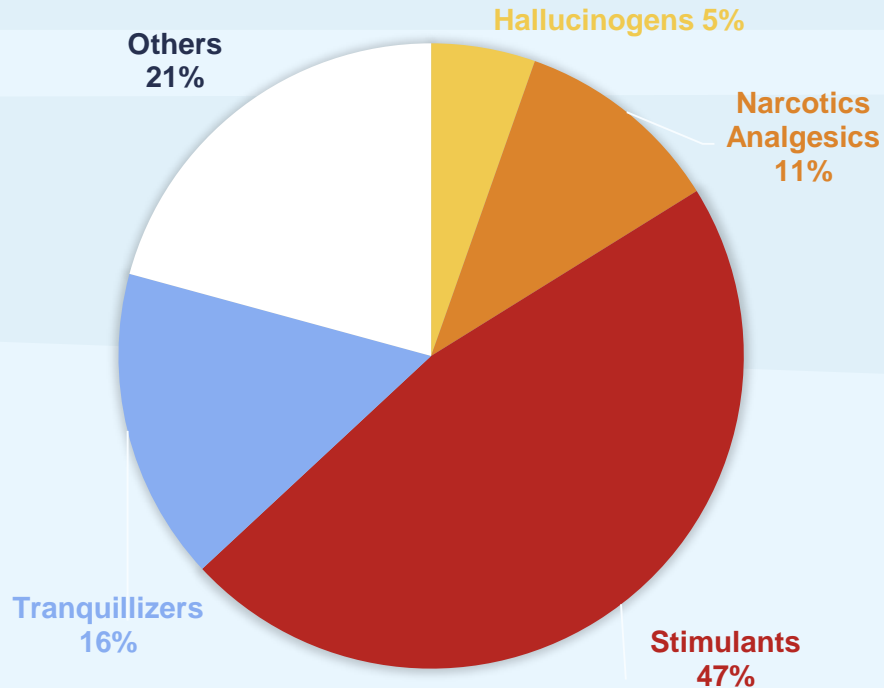


# Demographic Data

## ROLE



# Major Drugs



**47%**  
**Stimulant**  
Meth, Cocaine, etc.

**16%**  
**Tranquillizer**  
Imovane,  
Dormicum, etc.

**11%**  
**Narcotics Analgesics**  
Mainly Heroin

# Outcome Measure

## 1. Drug Use Frequency

- 68.6% reduced drug use frequency
- 57.1% quitted drug use
- 88.7% avoided relapse



## 2. Self-efficacy to Avoid Drug

- 84.9% improved drug avoidance self-efficacy



## 3. Risk of Relapse

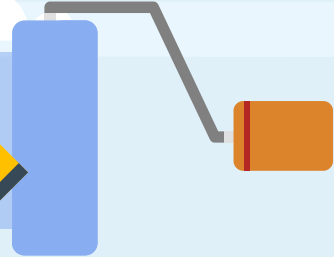
- 66 % improved in Intention to Use Drug (IU)
- 66% improved in Impetus and Confidence to Avoid Drug (IC)
- 67.9 % improved in Lack of Control over Drug (LC)



# Outcome Measure

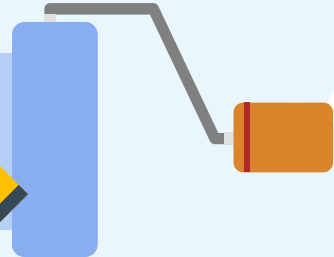
## 4. Level of Resilience

- 67.0% improvement



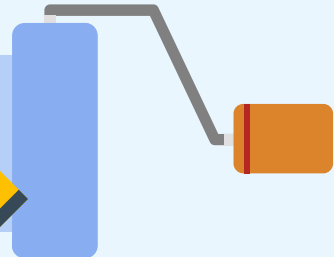
## 5. Mental Wellbeing

- 69.8% improvement



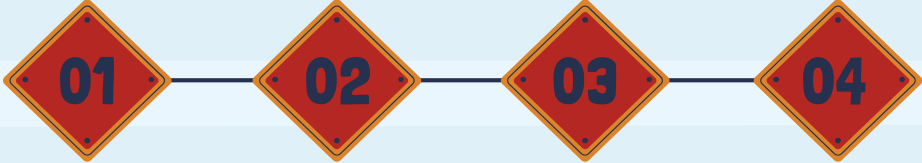
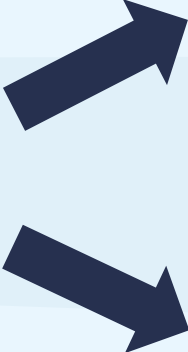
## 6. Life Functioning and Disability Level

- 63.2% improvement

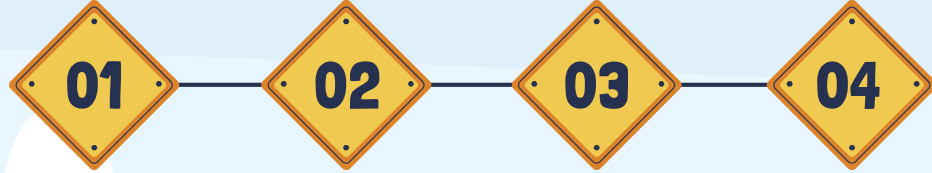


# Process Model of Addiction and Recovery

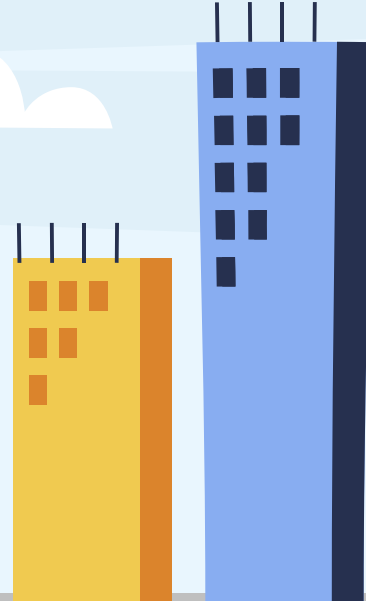
**Compulsive?  
Coping?**



**Compulsive**      **Relief**      **Negative**      **Guilt/ Shame**  
Behavior      Response      Consequence      Results



**Coping**      **Self-Esteem**      **Positive**      **Resiliency**



# Future plan

**Project Name:** Voyage to Wellbeing (快樂啟航) <BDF220043>

**Objective:** To reduce drug use frequency, improve attitude towards drug, relapse risk, sense of hope, mental wellbeing and life functioning of drug dependent person

**Project Period:** August, 2023 – July, 2026 (3-year period)

**Project Output:**  
No. of participant: no less than 180 participants  
No. of attendance: 2400 attendances

