



Service Priorities and Programmes
Electronic Presentations

Convention ID: 410

Submitting author: Ms S K CHEUNG

Post title: Occupational Therapist II, United Christian Hospital, KEC

Weaving Positive Emotion and Wellness into Daily Living: A Multi-Disciplinary Mental Health Recovery Program to Reduce Relapse for People with Substance Abuse

SK Cheung(1)(2), HNW Sezto (1)(2), JCW Leung(1)(3), WC Lam(1)(3), YF Man(1)(3), Paul KW Kong(1)(4), Antonia Sin(1), SH Wan(1)(2)

(1)Kowloon East Substance Abuse Clinic, (2) Occupational Therapy Department, United Christian Hospital, (3) Department of Psychiatry, United Christian Hospital, (4) Kowloon East Cluster Clinical Psychology Department, United Christian Hospital

Keywords:

Positive psychology

Substance Abuse

Person-centred practice

Positive Emotion

Introduction

Substance abuse treatment has demonstrated efficacy at reducing drug use problems for substance abuser (National Institute on Drug Abuse, 2009). Conversely, issues of a return to the use of a substance following a period of abstinence, remains a critical factor that increases the risk of continued relapse (Moss & Cook, 2012) which prevents the individuals from achieving a recovery lifestyle away from the use of substance. Empirical studies showed that lifestyle imbalance can lead the addicted person into a high risk situation that begins the relapse process (Marlatt, 1985). Lessen the likelihood of relapse, the focus of intervention was shifted away from pathology to an emphasis on the individual's in identifying and nurturing strengths, building positive emotions, lifestyle and experiences (Seligman & Csikszentmihalyi, 2000).

Objectives

To promote positive emotion, lifestyle and overall wellbeing of the substance abusers

Methodology

A qualitative research method was adopted. Participants were recruited and referred from case workers of the Substance Abuse Clinic (SAC). Participants received psychoeducation about ways to enhance mental wellbeing and were facilitated to develop concrete action plan. Continuous guidance was provided by respective SAC case workers regularly. All the participants attended a session to share their success and experience in planning & doing the wellbeing enhancing activities together with their families or loved one. Reflective journals and satisfaction survey was conducted to collect the feedback from the participants.

Result

Based on the PERMA model and framework of positive psychology (Martin, 2011), a "Living in Wellbeing" program was held from October, 2013 to January, 2014 for the clients with substance abuse. Overall 62.5 % of referred clients completed the program. 100% of the client agreed that the program was (1) helpful in enhancing their positive emotions; (2) promoting positive engagement and relationship with their significant ones; (3) increased confidence to integrate more positive and flourishing engagements in their lifestyle in the coming future. Feedback from the participants provided a preliminary positive manifestation of using PERMA model to promote well-being and lifestyle changes for the clients in SAC. It differs from the traditional intervention that helping the client learn skills to maintain abstinence in situations that can trigger a relapse but rather protect clients from psychological problems, helps the client experiences a lifestyle of wellness and develop a broader set of competencies to handle stressors and numerous relapse risks. Further efforts on coaching techniques to assist client's develop long lasting behavior to engage in wellbeing enhancing activities was needed. A better controlled research with larger sample size was also suggested.