



Service Priorities and Programmes
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Submitting author: Ms Wan Ki, Pamela LIN

Post title: Occupational Therapist I, Castle Peak Hospital, NTWC

Pursuit of Meaningful Life through Occupational Lifestyle Redesign Program for People with Substance Abuse

Lin WKP(1), Wong KK(1), Cheng LS(1)

Occupational Therapy Department, Castle Peak Hospital

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Introduction

Most of the substance abusers are lack of content of everyday life; and they usually possess negative thoughts and have no concrete goal for a meaningful life. Occupational lifestyle dysfunction certainly increases risk of relapse into illicit drug and/or alcohol use. However the successful rate to engage substance-abuse clients in restructuring daily lives and in therapeutic activities to the referred daytime activity centers was low. The reasons for the low successful rate were as follow: 1) unfamiliar social environment, 2) divergent social background and mental condition among participants, 3) relatively less self-directed activities.

Objectives

In view of their concerns, an Occupational Lifestyle Redesign Program was piloted. It aimed to promote one's positive emotion, improve one's sense of achievement, facilitate activity engagement, enrich one's knowledge on healthy and balanced lifestyle and enhance socialization and develop positive relationship for mutual support. The program consisted of an intensive three months core program that of weekly group coaching sessions and several individual coaching sessions.

Methodology

Pre-post test analysis was conducted to evaluate the changes in subjective well-being (WHO-5), mood symptoms (Chinese Beck Depression Scale (CBDI) and General Happiness Scale (GHS)) of the clients before and after the program. Clients' self perceived changes were also documented.

Result

Two series of the program was organized from Jun 13 to Dec 13. 24 clients were recruited with age range from 40 to 63 with 264 attendances generated in total. The mean score of CBDI decreased from 17.1 to 6.8, (2) GHS increased from 4.19 to 4.88 and (3) WHO-5 increased from 45.7 to 64.9. It indicated that there was obviously improvement in mood and well-beings for those who participated in the OLSR program. The self-perceived changes from clients were also collected. Clients reported of improved mood, feeling relieved; improved in temper, family and social

relationship; aware of the importance of happiness inducing activities; able to think more positively and enhance the motivation to keep abstinence. To conclude, this pilot program assisted our clients to achieve recovery that is not just controlling their illnesses but also building up their resilience to substance/ alcohol abuse, redesigning their lifestyle, rebuilding their identify and sense of worthiness and ultimately pursuing independent, active, meaningful and drug-free life in the community.