

LiFE CHOICE **BDF100007**

**Community Health Organization for Intervention,
Care and Empowerment Limited**



October 2010 to September 2011



Introduction

- The Community Health Organization for Intervention, Care and Empowerment (CHOICE) was formally established in 2002 as a charitable non-governmental organization mainly base on volunteer services.
- Our mission is to control the spread of sexually transmitted diseases including AIDS in Hong Kong, by establishing social networks among the vulnerable communities, promoting disease prevention knowledge within such communities as well as empowering them. We are dedicated to implement prevention measures to reduce high risk behaviors and the harms caused by such behaviours.



Project Content

Activity	Content
1. Mass lecture for all students	- Knowledge of consequences of substance use and the brain response to substance abuse, knowledge of healthy life styles
2. Workshop for selected students	- Idea of life capital - Training in coping skills and positive self-appraisal that leads in turn to confidence in being able to apply the learned skills in real life - Enhancing student's critical thinking ability
3. Teacher's workshop [provided on request]	- Psychological mechanism in substance addiction - Emotional management and stress management - Motivational skills - Training students in learning self-control skills
4. Parent's workshop	- Basic facts on substance abuse - Training children in learning self-control skills - Emotional management and stress management - Parenting and communication skills
5. Developing a supportive environment for students	- Internet base platform - Tailored-made prevention program for participating school



Student's Workshop and Lecture





Parent's Workshop



Teacher's Workshop





Website



再思社區健康組織
Community Health Organization for
Information, Care and Empowerment

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健康人生活動計劃
 獲聯邦安省基金會「禁毒基金」資助，為中小學校開辦免費「健康人生活動計劃」。為深化此項活動的作用，主辦機構特別出版系列刊物，包括活動指南，以協助學校、家長及青少年參與此項活動。


Gear Up For The Future, Make a Bright CHOICE Now!
 選擇健康生活 * 就由今天做起

02 Sep, 2011
 安省大多市許多青少年及家長，均有參與「健康人生活動計劃」。這項活動旨在提高青少年的健康意識，並鼓勵他們做出健康的選擇。研究人員進一步研究發現，原本4年的調查期，將縮短至更短時間。這項研究顯示，該計劃對青少年的健康意識，可產生顯著影響。

物質依賴的定義
 由國際藥物控制委員會（INCB）定義為：對藥物產生生理依賴性，導致出現戒斷症狀，使患者繼續使用藥物以減輕痛苦。物質依賴的定義與戒斷症狀。

老師 (健康校園推廣)
 幫助學生在生理上、心理上及社會上負有責任感。協助家長與學生參與健康的活動。協助學生、家長及老師了解如何處理壓力、生活技能及抗挫折技巧。

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Output Evaluation

Description of Indicator	Target Population	Output Achieved
The number of students participate in the program (800 students from 6-8 schools)	Student	3393 students
The number of parents participate in the program (150 parents from 6-8 schools)	Parent	195 parents



Output and Outcome Evaluation

Description of Indicator	Evaluation Method Used	Data Collected and Results
Participant's attitude towards drug abuse (75% show improvement or statistical significant improvement found in paired t-test)	Evaluation Question set No.1 (pre-test & post-test)	Significant improvement in participants' anti-drug attitude found ($p < 0.05$)
Parent's knowledge and skills in effective communication and parenting (75% show improvement)	Workshop evaluation questionnaire (post-test)	Ninety five percent of parents reported improvement in communication and parenting skills



Conclusion

- The LiFE CHOICE mainly has three different intervention levels which are an individual approach, school-based approach and family approach. An individual approach is a series of workshops for selected students; school-based approach is mass lecture for all, preventive activity for individual school and internet-based support and reinforcement service; family approach is parenting workshop and supporting level is teacher's training workshop.



Conclusion

- This program is effective in modifying or enhancing personal and social competencies among the students and in increasing knowledge of parenting skill and drug awareness. It is based on the fact that the vast majority of participants like the program. The pre- and post-survey results demonstrated participants' actual improvement after attending the lecture/workshop.



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