


Life Architect 2
BDF101017

1 September 2011 to 31 August 2014
Caritas



Introduction

- A proactive project for two types of hidden drug abusers, namely young female sex worker (24 or below) and hidden online young drug abuser (24 or below)



Project Content

- Services include
 1. **Outreaching Service to Night Club and Online World**
 - 1.1 Night club outreaching aimed at reaching out to the night club to identify the hidden young female drug abuser
 - 1.2 Online outreaching used data mining search and other internet tools to locate and identify hidden young drug abusers or at risk youth



Souvenirs distributed in night club



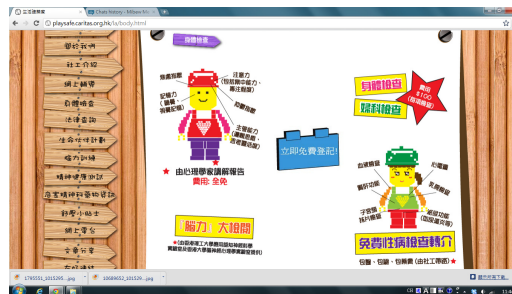
Search and reply forum posts



2. **Motivation Enhancement Service**

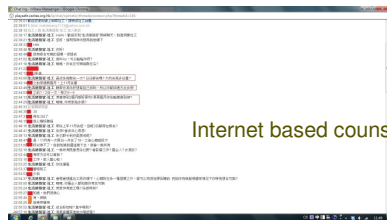
- 2.1 The service was mainly to deliver risk assessment to increase the motivation of the drug abuser to seek help.
- 2.2 Once they were identified and would be motivated to join a physical, cognitive and emotion assessment

Online body check assessment





- **3. Drug Rehabilitation**
- Once the drug abuser has motivation to change and they would attend the following services according to their stages of motivation
- 3.1 Internet based counseling and cognitive training were for the targets who were not able to attend face to face counseling and training
- 3.2 When they could attend face to face counseling, an **Individual based counseling** would be delivered
- 3.2 Suitable drug abusers would be invited to attend **a skill based group program** to enhance their distress tolerance skills, mindfulness skills, emotion regulation skills and interpersonal effectiveness skills



Internet based counseling



Online Cognitive training



- **4. Aftercare Services**
- We had two core programs to explore and support the individual to resume normal life.
 - 4.1 Community Partnership Program assisted the young drug abuser to interact with the community mentors and gained insights to tackle drug induced problem.
 - 4.2 Employment Training Program aimed at improving their work pattern and work skills before fully participating into the job market.



Community Partnership Program



Employment training program - Bakery course



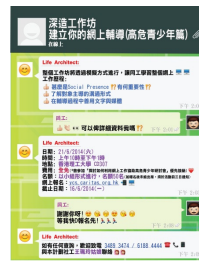
- **5. Professional Training**
- We organized three professional trainings for the helping professionals.
- 5.1 The first training was about what is online outreaching, how to conduct it and how to deliver basic online drug education and counseling. The targets were the youth and drug workers.
- 5.2 The second training was co-organized with Hong Kong Polytechnic University(HKPU). The first part of the training was about the research findings (characteristics of online youth and how to conduct an effective online drug counseling), the second part was about the how to make use of various social media to connect hidden drug users. Total 150 participants were joined.



- 5.3 The third training was an advanced training. The content was skill based. One of the core training mode was to invite our online clients to make different online simulations for the participants to solve. The participants found very stimulating.
- The overall feedback of the three trainings were very positive, since there is rare training on online outreaching and online drug counseling in the field.



Speakers of the second training



Recruitment poster of the third training



Output and Outcome Evaluation

- **Evaluation methods**
- Ten output indicators and four outcome indicators were developed. The evaluation methods included pre and post test, attendance record, outreaching log sheet and online record



Output Benchmark & Evaluation Result

	Expected Result	Achieved Result
Output Indicator 1	To reach 3,000 young female drug abuser / at risk young female who frequently work and play in night club, pub and discotheque	3,987
Output Indicator 2	Identify and deliver one brief drug counseling session (risk assessment and risk reduction) to 600 young female drug abusers	664
Output Indicator 3	Motivate 300 young female drug abusers to attend the motivation enhancement program	329
Output Indicator 4	Motivate 200 of the heavy drug dependent young females to receive drug rehabilitation program	298
Output Indicator 5	Motivate 100 young female drug abusers to attend the after care program	122



Output Benchmark & Evaluation Result

	Expected Result	Achieved Result
Output Indicator 6	Identify and reply to 45,000 drug related posts through forum, facebook, MSN tools and email	55,505
Output Indicator 7	Identify 4,200 hidden and at-risk youths in internet with follow-up means	4,389
Output Indicator 8	Provide 750 web-based drug education sessions	763
Output Indicator 9	Provide 1,000 online outreach drug education sessions to 450 hidden youths via MSN tools	1,405 sessions to 487 hidden youth
Output Indicator 10	Engage 225 hidden young drug abusers from internet to attend face-to face services	226



Outcome Benchmark & Evaluation Result

	Expected Result	Achieved Result
Outcome Indicator 1	70% of the participants show understand about their risk on drug abuse	86.7% of the participants show understand about their risk on drug abuse
Outcome Indicator 2	70% of the participants show improvement in their motivation to quit drug	90% of the participants show improvement in their motivation to quit drug
Outcome Indicator 3	70% of the participants reduce or stop using drug in the past three months	81% of the participants reduce or stop using drug in the past three months
Outcome Indicator 4	70% of hidden young drug abusers show improvement in attitude and knowledge towards drug abuse	76% of the hidden young drug abusers show improvement in attitude and knowledge towards drug abuse



Experience Gained

- Internet allows the young people to share about sensitive issues
- Social media can effectively connect the young people
- Young people feel more secure and comfortable to chat with social workers via various social media tools
- Night club is a high risk spot to locate and connect drug abuser, especially the young female. Most of them are severe drug abusers
- Sexual trauma and drug abuse are closely related and need to be handled together
- Many young female drug abusers have emotional problem
- A multi level intervention is important for young female drug abusers



Conclusion

- Online world and night club are two hot spots to locate and identify hidden drug abusers
- These two targets are definitely service gap
- A multi disciplinary cooperation is needed for the severe drug abusers

Suggestions

- It is important to continue the online work
- A specialized team could cater to the needs of young female drug abusers more appropriately

Way forward

- Develop various social media to connect the young drug abusers need to be continued
- Capacity building for the young social workers to use various social media
- Develop an effective way to assist the young drug abusers who has emotional problem or sexual trauma



End