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The Sunflower Bed Project


「葵籽計劃」

BDF101019




QK BLOG -The Sunflower bed Project

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Introduction


- **QK BLOG**
- **QK Blog (QK部落)** is the latest subsidiary of the Kwai Tsing Safe Community and Healthy City Association (KTSCCHCA). It is a community-based Adolescent Health Centre established in response to the rapidly rising trend of substance abuse among school children and teenagers.



Introduction


The Sunflower Bed Project “葵籽計劃”

- The sunflower bed project is built on a “hub & spoke model” – through networking with the schools on the basis of “Healthy School” setting, we use physical fitness assessment tools to reach out to secondary school (the spokes) and from there identify potential ‘at risk’ youths for further in-depth assessment at QK Blog (the hub).
- It works in close partnership with the Kwai Tsing School Principals’ Association, Academic Institutions and NGOs. It aims to engage at risk youths to ponder on their risky behaviors and intervene early. Outcome will be measured by the number of ‘at risk’ youths under the project who stay ‘clean’.

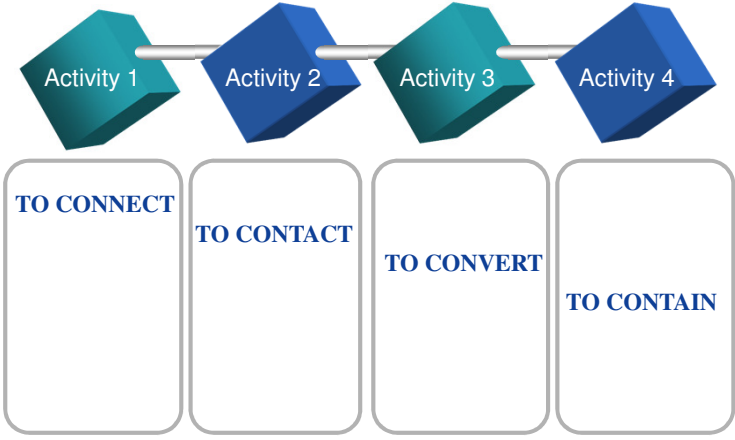


Project Content

- Key activities are 4 Cs
- 4 Carat Diamonds



Project Content



Activity 1

Activity 2

Activity 3

Activity 4

TO CONNECT

TO CONTACT

TO CONVERT

TO CONTAIN



Project Content

- To Connect:
- Through physical fitness assessment and web-based lifestyle questionnaire, we reach out to totaling 6,018 students over 2 years' span. Data generated from these will be analyzed with the respective School Principal and potential “at risk” youths (605 students) were identified and referred to QK Blog for an in-depth assessment.




Physical Fitness assessment at School






Project Content

- **To Contact:** At the assessment session at QK Blog, the student will be:
 - Interviewed by a social worker based on the HEADSS family-based assessment; WHO 5 mental well-being and CRAFFT drug abuse screening. Being in a non-stigmatizing and friendly environment as QK Blog, it will be easier to engage the youths to focus on health issues and risk-taking behaviors.
 - Assessment by an Occupational Therapist (OT) using the Rivermed Behavioural Memory Test (RBMT) and the BO Test of motor proficiency. Throughout the process, the test result will be shared concurrently with the youth and engage him/her to re-think the harmful consequence of taking drugs.
 - Assessment by a nurse for base-line physiological status of the youth.
 - Summary assessment by a specialist doctor (Adolescent specialist / Paediatrician / Psychiatrist) to diagnose the problem facing the youth and to explore potential strengths and weakness so as to target the mode of intervention.



Project Content


- To Convert:
- 320 students were require more intensive intervention, especially for substance abuse, and they will be referred to experienced NGOs. QK Blog also work with other schools and Academic Institutions to develop various supporting group activities to engage the at risk youth, and to nurture their potentials.



Project Content


- To Contain:
- The purpose of 葵籽計劃 is to identify the at risk youths early on in the normal school setting under the umbrella of “Healthy School”. Through this non-stigmatizing approach, we will be able to locate the ‘seeds- 籽’, nurture and help them to grow into beautiful 向日葵. It is hoped that by using this soft approach, we will be in a better position to contain the worsening drug abuse problem in HK.






Project Content

- **Occupational Therapy Lifestyle Intervention**
 - Assessment based on memory (RBMT) and hand-eye coordination (BOT) provided to all students referred in through the above school channel. Through this, 63 potential candidates were identified for the next phase of intervention.
 - ‘Occupational Lifestyle Redesign Programme for Adolescent’ - **QK三重奏計劃之生活定向課程**.
 - This works within the realm of “positive psychology” and “occupational therapy”. It gears towards developing personal strength, fostering personal growth, and pursuing quality of life. The course involves intensive closed group training + work skills training. Total 11 sessions spread over 5 – 6 weeks. Format include group discussion / role play / worksheets and questionnaires. Follow up assessment conducted at the end of 3 / 6 / 12 months for effectiveness in helping the youth.




Output Evaluation

	Description	Expected Result	Achieved Result
Output Indicator 1	The no. of physical fitness assessment and web-based lifestyle questionnaire	6000	6018
Output Indicator 2	The no. of in-depth medical/psychosocial assessment made at QK blog	600	605
Output Indicator 3	The no. of high risk youth receiving follow-up service from various support service in Kwai Chung hospital, NGOs or occupational lifestyle redesign program	240	320
Output Indicator 4	The no. of high risk youths identified to have experience of drug use in the in-depth medical / psychosocial assessment	NA	42




Outcome Evaluation

	Description	Follow up period	Result
Outcome Indicator 1	25% of participants in the occupational lifestyle redesign programme show improvement in physical / psychological well-being (or statistically significant improvement found in paired t-test)	6 th month 12 th month	60% 52%
Outcome Indicator 2	25% of participants in the occupational lifestyle redesign programme show improvement in career development self-efficacy (or statistically significant improvement found in paired t-test)	12 th month	41%
Outcome Indicator 3	25% of participants in the occupational lifestyle redesign programme show improvement in life satisfaction (or statistically significant improvement found in paired t-test)	6 th month 12 th month	47% 50%




Outcome Evaluation

	Description	Follow up period	Result
Outcome Indicator 4	25% of participants in the occupational lifestyle redesign programme show improvement in manual dexterity (or statistically significant improvement found in paired t-test)	12 th month	50%
Outcome Indicator 5	25% of participants in the occupational lifestyle redesign programme show improvement in memory function (or statistically significant improvement found in paired t-test)	12 th month	70.5%



Experience Gained from the Project (1)

- The data that QK project gathered from school assessment not only served the purpose of identifying potential cases for follow-up and treatment, but also provided invaluable information to understand the general picture of students' health and wellbeing, including happiness, risky behaviours, overweight/obese, and fitness.



Experience Gained from the Project (2)

- Progressing from lower grade to higher grade, students were getting less happy and compounded with more risky behaviours, and mental issues. All of these concerns seem to follow a similar pattern that increasing from junior grades, peaking at middle grades, then maintained at high levels throughout the higher secondary school years. These findings highlighted at least two messages for future actions.
- First, unhappy adolescents and problem adolescents shared something in common, which could be innate or environmental factors, or the combination thereof.
- Second, effective actions must be taken before entering middle grade levels, which include primary preventive and secondary preventive strategies.



Experience Gained from the Project (3)

- The data revealed that social connections were critically important for adolescents. An adolescent would be significantly happier, if he or she was socially connected to parents, and teachers, school mates and friends. Adolescents' happiness was also closely related to their mental and cognitive functions, including memory, cognitive processing, mood regulation, anxiety, etc.
- Therefore, creating a more socially accepting and supportive environment in both school and family would be very important.



Experience Gained from the Project (4)

- Regarding risky behaviors, the foremost important factor was family. Parents' behaviors, attitudes, and family dynamic in general, all had significant impacts on adolescents' risky behaviors.
- The picture of adolescents with multiple problem behaviors that emerged from the data was a vulnerable adolescent crying for help. They did not seem to have as much time spent with families, and no friends who cared for them, however, at the same time, they were exposed to family violence, and parents' substance use problems.
- Though the conclusion is subject to reverse causation to some extent, lacking a caring environment and supportive family would undoubtedly put these adolescents at a particularly vulnerable position.



SUMMARY(1)

- In summary, the school screening program was effective in identifying high-risk adolescents, and the most vulnerable adolescents were handled by professionals through QK blog. The referral was made appropriately upon the thorough investigation of individual profiles.
- However, there was greater proportion of adolescents who were in similar vulnerable trajectory remained in schools. The comprehensive data that were obtained on both lifestyle and fitness were particularly useful in monitoring and understanding adolescents' needs and concerns, which would inform future actions in preventing the progression of the concerned problems, as well as cultivating happy and well-adjusted young people.



SUMMARY(2)

- The service provided from QK Blog was satisfactory.
- Despite the concerns on time management, adolescents showed a good level of acceptance of the service model that QK project provided. The experiences they had with assessments, communications with staff and professionals, logistic arrangement were generally good.
- The testing and activities set out in QK were able to engage most of the students but there are rooms for improvement in the motivational interviews. The intervention also provided a satisfactory perceived change among the participants.
- In general, based on the feedbacks from adolescents, the QK project was well-received by the adolescents and their experience in QK were positive and encouraging.



SUMMARY(3)

- In terms of overall project management, the QK Blog appeared to achieve its aim successfully.
- The screening questionnaire was relevant and comprehensive; the screening criteria were excellent in sensitivity and reasonable in specificity.
- The appropriateness of referrals was also good and matched with the panel opinion in a huge proportion. Nevertheless there is room for improvement on the communication between the QK Blog Committee and the external parties so that we could thoroughly understand how the students comply on the follow up schedule.



SUMMARY(4)

- The QK project model also showed its close community integration for sustainability. The connection between QK and participating schools were outstanding. QK had close collaboration with the schools and both parties shared common resources to support at-risk adolescents and to prevent potential problems. Nevertheless the communication between QK and external parties of referral were less strong which calls for a better communication protocol in the future.
- Considering its excellence in service provision and community engagement, the QK Blog demonstrated a satisfactory strategic framework and implementation, which could be deemed as a successful model to identify, assess, and refer potential at-risk students in local community.



Reference

- Dr Patrick Ip ,Dr Sophia Li Ling ,Mr Wilfred Wong Hing-sang and Mr Frederick Ho Ka-wing. **Evaluation Report of Sunflower Seed Community-based Adolescent Health Project (QK Blog), 2013**