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## Reaching the Unreachables and Breaking Codependency -

Support Platform for Family Members of Substance Abusers

家『停』互累 - 隱蔽互累症家庭支援站


**BDF130022**

**Caritas – Hong Kong**




Reaching the Unreachables and Breaking Codependency –  
Support Platform for Family Members of Substance Abusers

1. Introduction
2. Project Content
3. Output and Outcome Evaluation
4. Experience Gained
5. Other Findings and Conclusion




## 1. Introduction

According to our clinical case and group work experience, we strongly believe that many family members of substance abusers do not own and admit into full awareness of their personal negative emotions, even unconsciously turn to Codependency. It exerts much influence on their mental health and impedes the functional relationships within the family. It thereby negatively reinforces the substance abusers to maintain the substance abuse problem and to have low motivation for change. There are no special services for FMSAC, this project filled the service gap by providing comprehensive services.



## 1. Introduction

The project aimed at early identifying and treating hidden/potential FMSAC. It promoted the mental health of FMSAC and enhanced their functional relationships within their family. It in turn motivated the substance abusers to get drug treatment and go through the process of social rehabilitation and integration into community.




## 2. Project Content


**There were Three Parts of 11 Activities**

**Part I – To Provide Early Identification of Hidden/Potential FMSAC**

- Activity 1 – Volunteer Training
- Activity 2 – Volunteer Gathering
- Activity 3 – Exhibition
- Activity 4 – Talk for Family Members of Substance Abusers




Volunteer Training      Volunteer Gathering      Exhibition      Talk




## 2. Project Content

**Part II – To Provide Early Intervention for Hidden/Potential FMSAC and Motivate Hidden Substance Abusers to Get Help**

- Activity 5 – Counselling Service for Hidden FMSAC & Substance Abusers
- Activity 6 – Home-visit and/or Interview for Hidden Substance Abusers
- Activity 7 – Medical Support Service for Hidden/Potential FMSAC
- Activity 8 – Therapeutic Group for Hidden FMSAC
- Activity 9 – Supportive Group for Hidden/Potential FMSAC



Therapeutic Group      Supportive Group      Supportive Group




## 2. Project Content


**Part III – To arouse Public Concern in dealing with Codependency**

**Activity 10 – Workshop on Co-dependency**


**Activity 11 – Book and DVD**




Workshop



Workshop




Book & DVD




## 3. Output Evaluation

	Expected Result	Achieved Result	Remark
Output Indicator 1	300 Hidden/Potential FMSAC are identified	326 Hidden/Potential FMSAC were identified	109% Achieved
Output Indicator 2	60 Hidden FMSAC receive Intensive casework service	69 FMSAC received intensive casework service	115% Achieved
Output Indicator 3A	20 Substance Abusers receive intensive casework Service	20 Substance Abusers received intensive casework service	100% Achieved
Output Indicator 3B	30 home-visits/ interviews are conducted to 10 Hidden Substance Abusers	32 home-visits/ interviews were conducted to 17 Substance Abusers	107% & 170% Achieved




### 3. Output Evaluation

	Expected Result	Achieved Result	Remark
<b>Output Indicator 4</b>	60 Hidden/Potential FMSAC referred to get medical consultation	61 Hidden/Potential FMSAC referred to get medical consultation	102% Achieved
<b>Output Indicator 5</b>	64 group sessions conducted for Hidden/Potential FMSAC	72 group sessions conducted for Hidden/Potential FMSAC	123% Achieved
<b>Output Indicator 6</b>	2 training workshops conducted for 100 Anti-drug Workers	2 training sessions conducted for 175 Anti-drug Workers	175% Achieved
<b>Output Indicator 7</b>	Book & DVD distributed to 500 Anti-drug Workers	Book & DVD were distributed to 506 Anti-drug Workers	101% Achieved




### 3. Outcome Evaluation

	Expected Result	Achieved Result	Evaluation Methods
<b>Outcome Indicator 1</b>	80% of participants satisfy with the out-reaching services	225 questionnaires evaluated, 95.3% of participants showed satisfaction	Tailor-made Evaluation Questionnaire (Post-test Survey)
<b>Outcome Indicator 2</b>	80% of participants show a reduction in codependency severity score	53 questionnaires evaluated, 92.5% of participants showed a reduction in codependency severity score	Codependency Severity Score Survey (Pre-test & Post Test Survey)
<b>Outcome Indicator 3</b>	70% of substance abusers show an improvement in motivation to quit drugs	8 questionnaires evaluated, 87.5% of substance abusers showed an improvement in motivation to quit drugs	Beat Drugs Fund Question Set No. 13 (Pre-test & Post Test Survey)



### 3. Outcome Evaluation

	Expected Result	Achieved Result	Evaluation Methods
<b>Outcome Indicator 4</b>	80% of hidden/potential FMSAC show satisfaction with medical support services	34 questionnaires evaluated, 100% of participants showed satisfaction with medical services	Tailor-made Evaluation Questionnaire (Post-test Survey)
<b>Outcome Indicator 5</b>	80% of participants agree that the supportive group work service is effective in helping them to cope with the stress	65 questionnaires evaluated, 100% of participants agreed that the supportive group work service was effective in helping them to cope with stress	Tailor-made Evaluation Questionnaire (Post-test Survey)
<b>Outcome Indicator 6</b>	70% of participants satisfy with the professional training	139 questionnaires evaluated, 98.6% of participants showed satisfaction with the professional training	Tailor-made Evaluation Questionnaire (Post-test Survey)



### 3. Outcome Evaluation

	Expected Result	Achieved Result	Evaluation Methods
<b>Outcome Indicator 7</b>	80% of participants satisfy with the book and DVD published	127 questionnaires evaluated, 99.2% of readers showed satisfaction with the publication of book and DVD	Tailor-made Evaluation Questionnaire (Post-test Survey)
<b>Outcome Indicator 8</b>	70% of substance abusers show an improvement in their awareness of the harm of substance abuse	7 questionnaires evaluated, 71.4% of substance abusers showed an improvement in their awareness of the harm of substance abuse	Tailor-made Evaluation Questionnaire (Post-test Survey)



## 4. Experience Gained


### Reason behind success

1. With a very good network with social services agencies, Caritas Lok Heep Club promoted and implemented the project effectively.
2. The steering committee members with vast experience in treating Codependency gave us great advice for service implementation and development.
3. The trained and experienced volunteers actively participated in the service delivery e.g. talks, workshops, therapeutic and supportive group sessions.

Good  
Networking

Steering  
Committee

Volunteers'  
Involvement



## 5. Conclusion

### 1. To Strengthen Outreaching Service for Hidden FMSAC

The hidden FMSAC tend to have the “approach-avoidance conflict”. Their feelings about seeking professional help are rather ambivalent. With provision of outreaching service, social workers and volunteers would enhance their motivation to resolve ambivalence and seek help effectively. It in turn helps them develop functional family relationship and mobilize the substance abusers to quit drugs.



## 5. Conclusion

### 2. To arouse Anti-drug Workers' Concern in Dealing with Codependency

The project was a new endeavour for Caritas Lok Heep Club. It is important for the continuation of the work in the treatment and rehabilitation service field as an approach to handling substance abuse problems.