



***Project Edelweiss-Supportive
Service for Young Drug
Abusing Mothers, Their Mates
and Families-in-Origin
BDF140010***

1, June 2015 - 31, May 2017
Caritas Hong Kong



introduction

- The project is to serve 80 drug abusing mothers and 40 family members in two years. It targets to work on them in the following aspect:
 - Reduce the drug mother's frequency of drug use
 - Enhance their self-efficacy; improve their parenting skills and family relationship
 - Reduce their anxiety in marital relationship
 - Enhance their family member's drugs knowledge and how to help the drug users in different stage of drug use
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Project Content

- Community outreach program
 - To provide drug education talks in MCHCs/hospitals and young mothers service in NGOs
 - To enhance their understanding on the effects of drugs abuse during the maternity period
 - 600 young mothers

Project Content

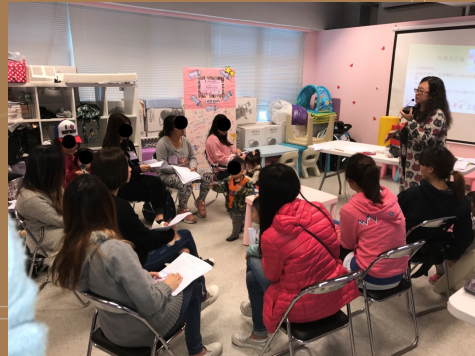
- Individual Development Programme
 - *80 young drug abusing mothers*
 - Counseling sessions :Motivational interviewing
 - To reduce and eventual eliminate the mothers' dependence on substances.
 - To reduce their parental stress
 - *40 family members of drug mothers*
 - To improve their marital relationship
 - To enhance their understanding on drug use and how to help the drug user in different stage of drug use

Project Content

Life Skills Enhancement Programme

- To raise life skills in communication, socializing
- To demonstrate the life value of parenting
- To enhance self-efficacy

- To recruit 72 drug mothers and their family members to join 3 groups, namely Art Group, Vocational Training and Mutual Support Group, in which 58 of them should complete 4 sessions



Project Content

Family Therapy

- Reduce their anxiety in marital relationship
- Enhance their family member's drugs knowledge and how to help the drug users in different stage of drug use
- To recruit 25 family members in our service



Project Content

● Family day camp

- To recruit 30 drugs mother and their family members in our service
- To improve their family relationship



Output Evaluation

Evaluation methods and outcome benchmarks :

- Output indicator 1 (community outreach program):
- 616 young mothers and their family members join our community education service

- Output indicator 2 (individual counseling):
- 82 drugs mothers join our individual counseling

- Output indicator 3 (life enhancement group) :
- 114 young drug abusing mothers and their family members engage in life skill enhancement groups, among which 63 of them complete 4 sessions

- Output indicator 4 (family therapy)
- 28 family members join our service

- Output indicator 5 (family day camp)
- 37 drug mothers and their family members join our service

Outcome Evaluation

Evaluation methods and outcome achievement :

- Outcome indicator 1 (increase in drug knowledges):
 - 97.4 of service users reported an increase in knowledge of drug harms
- Outcome indicator 2 (Frequency of drug abuse):
 - 95% of service users reported a reduction in drug use dosage
- Outcome indicator 3 (marital relationship) :
 - 10 mates join our service
 - 66.7% of service users reported a reduction in worry about relationship with partner
- Outcome indicator 4 (self-efficacy , parenting)
 - 87.3% of service user reported an improvement in self-efficacy
- Outcome indicator 5 (family member's capacity)
 - 37 family members join our service
 - 82.4% of family members reported an increase in capacity to help drug mothers

Evaluation results : community education program

- 97.4 of service users reported an increase in knowledge of drug harms

Service user	Satisfactory level
616	599 (97.4% gained knowledge of drug harms)
	16 (2.6% did not gain knowledge of drug harms)

Evaluation results : Drug status

- 95% of service users showed a reduction in drug use dosage

Service user	Abstinence rate
82	57 (71.3% quitted)
(80 valid cases)	23 (28.8% not quitted)

Service user	Drop in drug use dosage
82	76 (95% reduced drug use dosage)
(80 valid cases)	3 (3.8% no change in drug use dosage)
	1 (1.2% increased drug use dosage)

Evaluation results : 1) Marital relationship 2) self-efficacy and parenting

- 66.7% of service users reported a reduction in worry about relationship with partner

Service user	Improvement in martial relationship
10	6 (66.7% improved)
(9 valid cases)	0 (0% no change)
	3(33.3% deteriorated)

- 87.3% of service user reported an improvement in parenting and self -efficacy

Service user	Self-efficacy and parenting
63	48 (87.3% improved)
(55 cases were reported)	7 (12.7% deteriorated)

Evaluation results : family member's drug knowledge

- 82.4% family members reported an increase in capacity to support drug abusing mothers

Family members	Increase in capacity to support drug abusing mothers
37	28 (82.4% improved)
(34 valid cases)	1 (2.9% no change)
	5 (14.7% deteriorated)

Experience Gained

- Reason behind success
 - Outreach visits are very important for those hidden and hard-to-reach young drug abuse mothers
 - The network with ex-drug abusing mothers is very important for recruiting new cases
- Lesson Learnt
 - More co-operation with other drug abuser counseling service may contribute to our case source

Conclusion

- Pregnant is a special time in a life of young drug abuse women. It provides them a good chance to stay away from drug and ask for help in overcoming their addiction.
- Strengthen the family support network of drug mothers is one of the best ways to eliminate their drug taking habit, but the family members are hard to reach. Most clients are living separated or loss contact with their family in-origins. They do not have any positive support network.
- Peer counselor service is an another way to build up relationship with such complicated clients

End