

Sprouting a New Life Journey: A Holistic Parent Counselling, Education and Support Program for Drug-Abusing Parents (BDF140021)



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Department of Social Work, The Chinese University of Hong Kong



Introduction

- The Department of Social Work, The Chinese University of Hong Kong (CUHK) partnered with the Hong Kong Lutheran Social Service (HKLSS) to jointly develop a holistic parent counselling, support and education project for pregnant abusers and drug-abusing parents living in the Kowloon East District.



Project Content

- The project lasted three years and comprised the following eight interrelated components: (1) a qualitative needs assessment study to aid in the exploration of pregnant abusers' and drug-abusing parents' needs and the design of a tailor-made parent counselling, education and support program for those parents; (2) training workshops for the professional staff of the Hong Kong Rainbow Lutheran Centre and Evergreen Lutheran Centre of HKLSS to equip them with knowledge and skills in helping those parents to fulfil their parental needs; (3) individual counselling and treatment services for drug-abusing parents or parents-to-be to deal with their drug abuse problem and to enhance their parenting attitude, knowledge, and skills,



Project Content

- (4) prenatal and postnatal healthcare services and mind-body interventions for pregnant abusers; (5) parent support and education groups for pregnant abusers, parents who are currently taking drugs, or parents who have quitted drugs but are facing childrearing difficulties; (6) training programs for parent volunteers for building the support networks for pregnant abusers and drug-abusing parents; (7) training workshops for helping professionals to learn how to help drug-abusing parents; and (8) publication of a parent education and support manual for knowledge transfer.



Output Evaluation

- Objective 1: To recruit 90 pregnant drug abusers or drug-abusing parents to receive case work services. This objective was achieved with the 100% of the target met in output indicator 1.
- Objective 2: To recruit 60 pregnant drug abusers or drug-abusing parents with infant (out of 90 cases) to participate in prenatal and/or postnatal medical care services. This objective was overachieved with the 130% of the target met in output indicator 2.



Output Evaluation

- Objective 3: To recruit 64 drug abusing parents or parents who have quitted drugs but face child rearing difficulties to attend parent support and education groups. This objective was overachieved with the 120.31% of the target met in output indicator 3.
- Objective 4: To recruit 25 professional staff of the Hong Kong Rainbow Lutheran Centre and Evergreen Lutheran Centre of Hong Kong Lutheran Social Service (HKLSS) to participate in training workshops. This objective was overachieved with the 128% of the target met in output indicator 4.



Output Evaluation

- Objective 5: To recruit 30 parent volunteers to attend the training workshops. This objective was overachieved with the 143.33% of the target met in output indicator 5.
- Objective 6: To recruit 240 practitioners or students of social work, healthcare, parent education and teaching professions to attend the training workshops. This objective was overachieved with the 127.08% of the target met in output indicator 5.



Output Evaluation

- Objective 7: To recruit 400 participants to attend one of the two sessions of public seminar cum press conference and to have 2,000 copies of parent education and support manual being disseminated. Regarding the former objective, it was overachieved with the 105% of the target met in this output indicator. Regarding the latter objective, it was achieved with the 100% of the target met in this output indicator.



Outcome Evaluation

- The first outcome indicator was achieved because among the 25 cases who reported not using drugs in pre-test, 100% avoided relapse. Moreover, among those who reported still using drugs in pre-test, 72.22% (26 cases) quitted drugs and 88.89% (32 cases) reduced drug use frequency after treatment.
- The second outcome indicator was achieved because 87.5% of participants had their babies attending regular check-up at the Department of Obstetrics and Gynaecology, Comprehensive Child Development Service (CCDS) of Department of Pediatrics and Adolescent Medicine of United Christian Hospital for developmental assessment.



Outcome Evaluation

- With regard to the third outcome indicator, while only 59.6% of participants experience positive change in parental stress and 53.4% of participants experience positive change in parenting sense of competence, the result of paired samples *t*-test indicates a statistical significant improvement in participant's parenting sense of competence ($p < 0.05$).
- The fourth outcome indicator was achieved because 93.4% of participants were satisfied with the program and 88.5% of participants found the program helpful in fulfilling their parenting needs.



Outcome Evaluation

- The fifth, sixth, and seventh outcomes were achieved because 100% of professional staff from the Hong Kong Rainbow Lutheran Centre and Evergreen Lutheran Centre of HKLSS were satisfied with the training provided by the team members and specialist trainers, 100% of parent volunteers were satisfied with the program, and 95.6% of participants in the training workshops were satisfied with the workshops.



Experience Gained

- Reason behind success & Lesson learnt
 - The existing established collaborative channel between Hong Kong Lutheran Social Service and the Comprehensive Child Development Service of the Department of Obstetrics and Gynecology, United Christian Hospital.
 - Close and effective collaborations between medical officers, social workers, parent education practitioners, and researchers during project implementation.
 - The importance in providing prenatal and postnatal support and guidance for pregnant abusers by an experienced postnatal care worker .



Experience Gained

- Reason behind success & Lesson learnt
 - Ongoing consultation services and training sessions provided by The Chinese University of Hong Kong for the professional staff of the Hong Kong Lutheran Social Service.
 - The creation of a mutually supportive environment for pregnant abusers and mothers with drug abuse problems.
 - The use of needs assessment, process evaluation, and evaluation study to aid in the design of a holistic and tailored programme.



Conclusion

- More financial and human resources should be given to provide one-stop, tailored, and normalized services for parents with drug abuse problems.
- The government and related organizations should formulate clear policies or service strategies to guide the development, coordination, and provision of related services.
- More systematic programme evaluation research should be conducted with a view to improving the design and implementation of the related services.



Professor Cheung was leading drug-abusive mothers to have a meaningful mind-body group session.



To build up a relaxing atmosphere for sharing, lunchtime among drug-abusive parents was one of the best ways





**Learning through fun games-
Parent education groups for drug-
abusive parents**



**Drug-abusive
mothers were
waiting to see
their kids after
the parent
education
group**





Drug-abusive parents were learning to serve each other in parent education groups



Learning to be grateful - Drug-abusive parents prepared lunch for the helpers who took care of their kids while they had the parent education group.





Professional Staff Training Workshops



Supporting Drug-Abusing Parents: Symposium on Holistic Parent Counselling and Education





Supporting Drug-Abusing Parents: Symposium on Holistic Parent Counselling and Education



Supporting Drug-Abusing Parents: Symposium on Holistic Parent Counselling and Education





Supporting Drug-Abusing Parents: Symposium on Holistic Parent Counselling and Education



End