



鈴蘭計劃  
Project L

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**Expressive Art Therapist**



明愛青少年及社區服務



# Project L

## 鈴蘭計劃

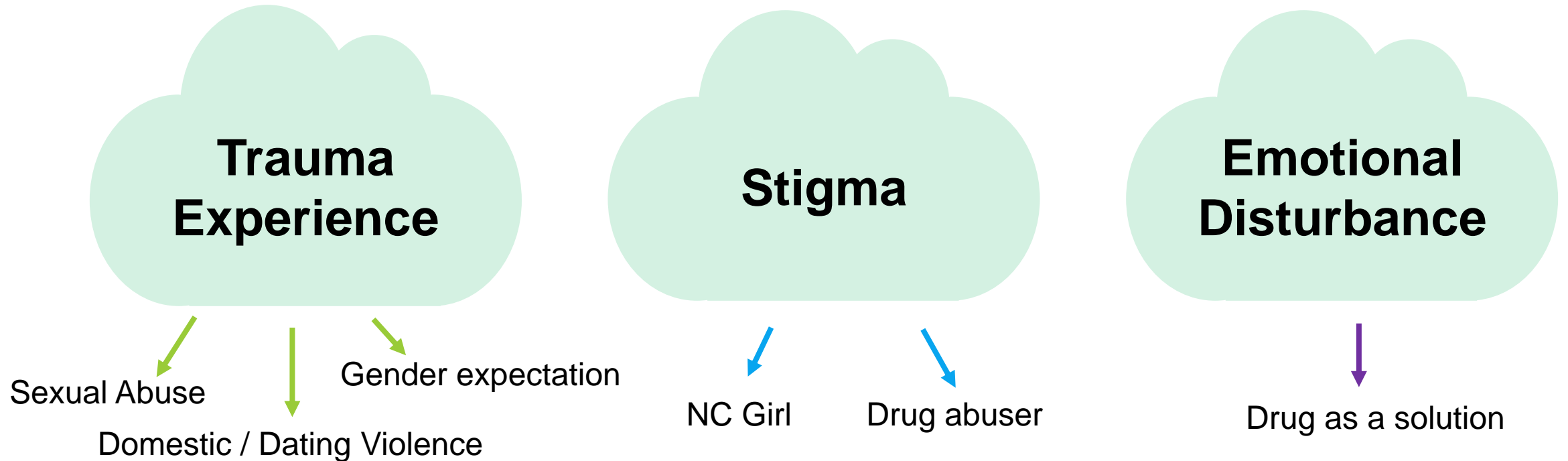
- Night Club Outreaching
- Online Outreaching
- Gender Sensitive Approach
- Art Based Intervention

Duration: 3 years





# How the project was conceptualized & put into a BDF proposal

- Previous working experience + observation



# How the project was conceptualized & put into a BDF proposal

- Social phenomenon  
- Fill in service gap
- Studies & literature reviews



# Service Target



♀ ≤ 35

Young female workers in night club


Young female drug abusers

Hidden at-risk young female or drug abusers on internet

Family members or partner of the female drug abusers



# Key Service & intervention



## Venue & Online Outreach

- Peer driven outreach
- Introducing art in NCs



## Drug Rehabilitation

- Body check
- Time out service
- Art workshops
- Case & Group



## Community Based Art Workshop

- Community Art exhibition
- Training workshop

# GOAL

01

Increase user's awareness of drug related harm

02

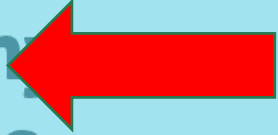
Help users to refocus on their needs, release their stress

03

Increase users' motivation to reduce drug use frequency and quit drugs

# Maslow's Hierarchy of Needs

**New role and identity**

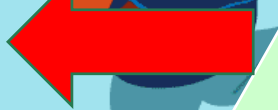


**Self Agency**

**Art-based intervention**

**Community work**

**Self-identity**



**Trauma,  
Gender expectation,  
Embodiment issue**

**Family & Partner work**

**Self-esteem**

**Group work**

**Value**

**Individual work**

**Basic needs satisfied**

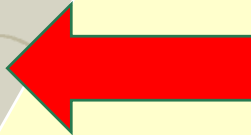
**Tangible needs,**

**Build up therapeutics alliances**

**Drug Issue**

**alliances**

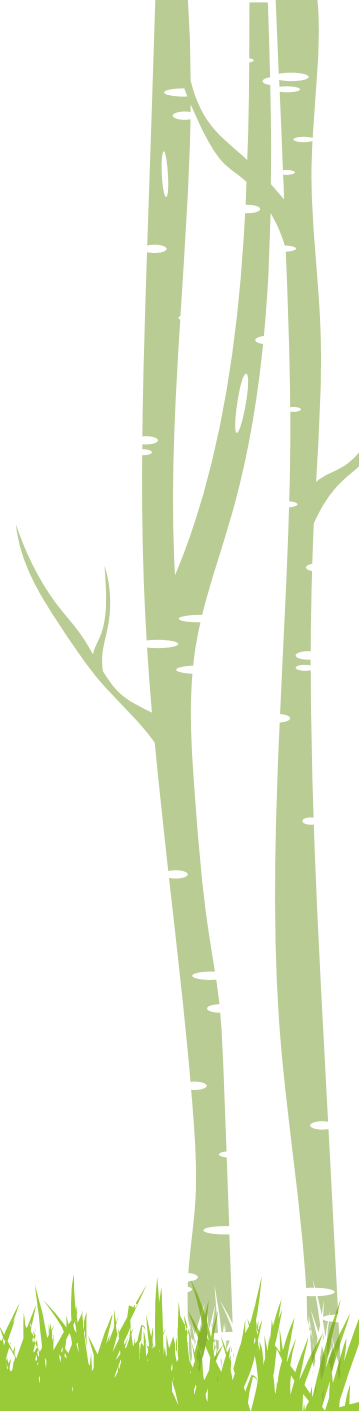
**Crisis**








# Why using Expressive Arts?

Art therapy is noted by authorities as a highly effective modality of treatment for addicts, among other reasons because it is “difficult to falsify” (Hammer, 1958, p. 603).



# Why using Expressive Arts?

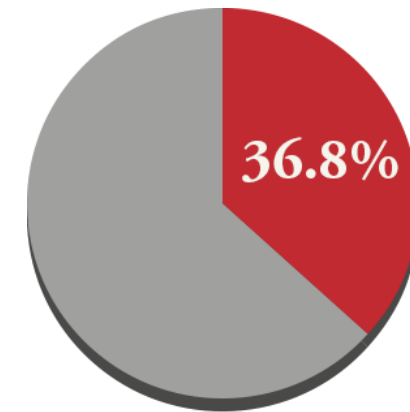
-  Used in substance abuse treatment since the 1950s
-  A alternative treatment to support the drug treatment in center
-  Used as a way to provide emotional release, self-expression, stress management, and adjustment to recovery.



# Why using Expressive Arts?

The *Journal of Addictions Nursing* states that art therapy can contribute to the recovery process in the following ways:

- > Decreasing the client's denial of addiction
- > Increasing the client's motivation to change
- > Providing a safe outlet for painful emotions
- > Lessening the shame of addiction



Use Art Therapy

36.8 percent of programs in the study sample offered art therapy as part of a comprehensive rehab program.

# Why using Expressive Arts?



Arts as a metaphor to help the clients to express their emotion and consolidate their life experience → **settle the core life issue/ trauma**



Using non-verbal way to express the unspoken feelings, it helps client to self regulate their emotions → **reduce the dependency of using drug**



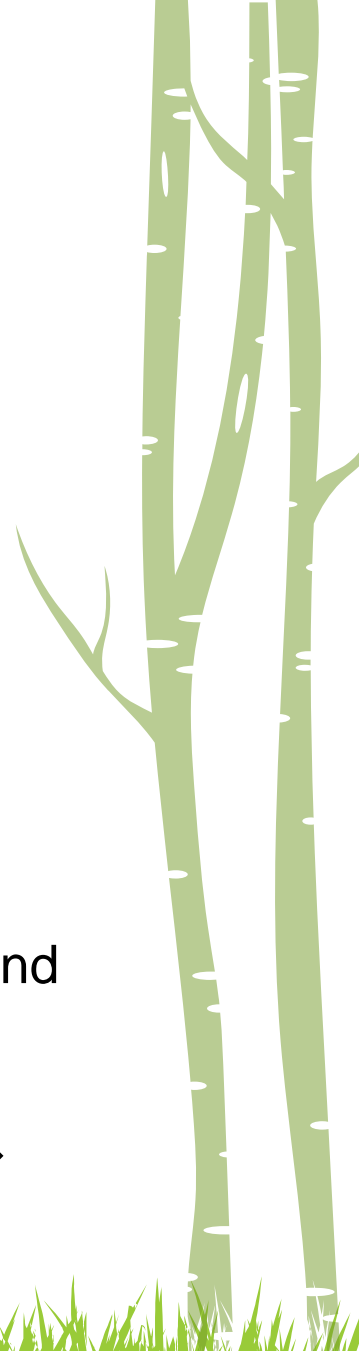
Externalizing and Visualizing the problems and resources. → **to visualize how drug affect her life**



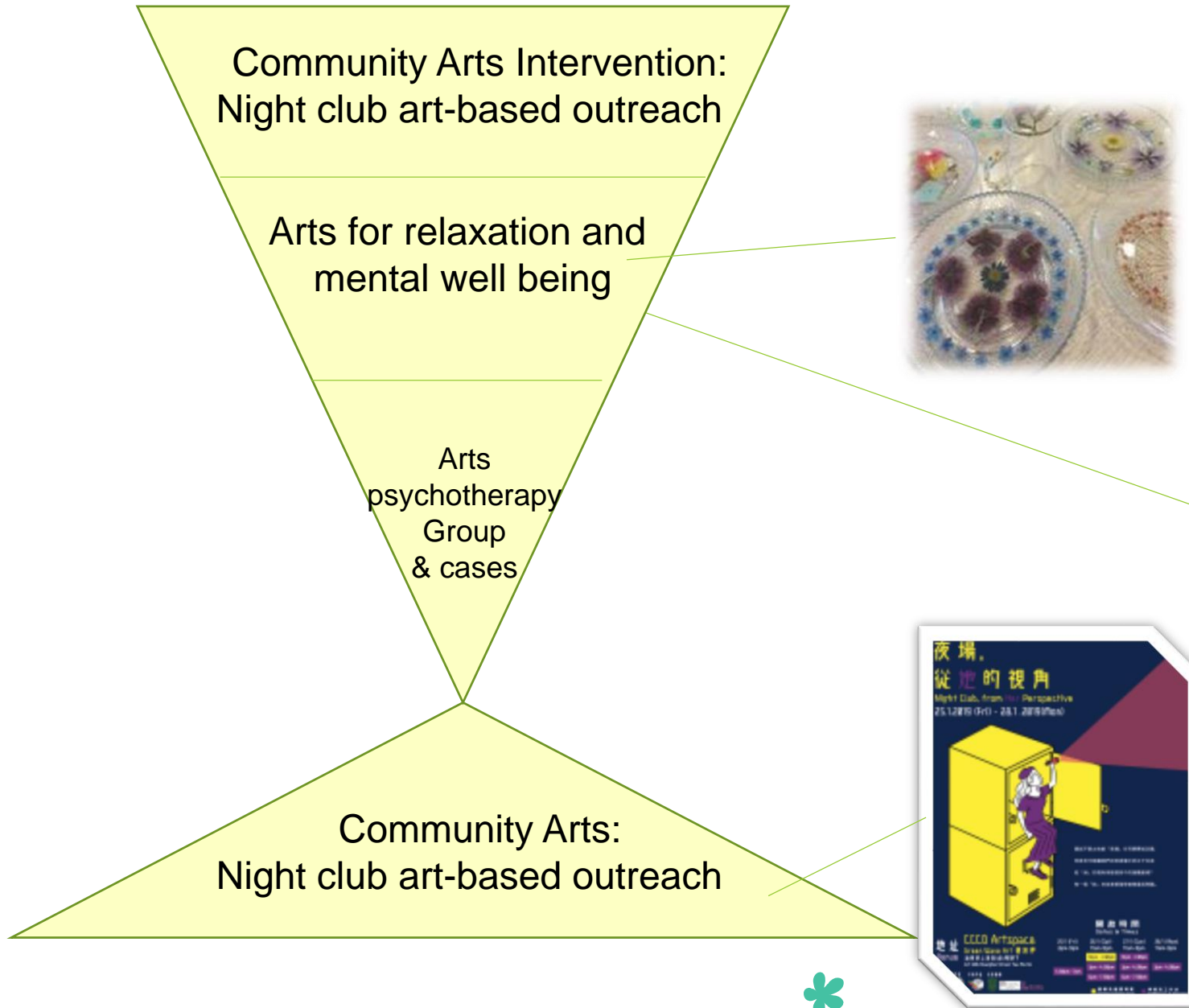
Provide a safety space for self-discovery and re-connect with their body, mind and spirit → **to build up a better live without drug**



Client can learn to using different art forms to deal with their boredom in daily → **reduce their craving toward drug**



# Project L 鈴蘭計劃 – Arts-based Intervention



Community  
art based Exhibition,  
Workshop,  
Art tour



# 夜場， 從她的視角

Night Club, from Her Perspective

25.1.2019 (Fri) - 28.1.2019 (Mon)



嘗試不要太快給「夜場」任何解釋或定義，  
而是否可能讓我們回到夜場中的女子自身。  
從「她」的視角來檢視其中的個體處境？  
每一個「她」的故事都值得被尊重與聆聽。

## 開放時間 Dates & Times

25/1 (Fri)	26/1 (Sat)	27/1 (Sun)	28/1 (Mon)
3pm-9pm	11am-9pm	11am-9pm	11am-9pm
	12pm-1.30pm	12pm-1.30pm	
	3pm-4.30pm	3pm-4.30pm	3pm-4.30pm
5.30pm-7pm	6pm-7.30pm	6pm-7.30pm	

地址  
Venue

CCCC Artspace  
Green Wave Art 碧波押  
油麻地上海街404號地下  
G/F 404 Shanghai Street, Yau Ma Tei

主辦機構及單位 協辦單位 支持機構



開幕及嘉賓導覽  
Opening & Guest Tour

導覽及工作坊  
Guided Tour & Workshops

# 夜場，從她的視覺 nightclub, from her perspective



To let their voice and story can be listened in a safety environment by using different art forms



Their exploitation in their working experience





To let the community not only watch but listen, feel and experience



你條路一定  
好唔容易，  
但你的選擇  
必定有你的  
原因。想你知道，  
你是可愛的。  
值得被愛的。





你就是你。  
請好好愛這樣  
子的你！  
你很好！  
你很美！  
請好好保護  
自己！  
你值得被尊  
重！  
你是有價值的！

選擇是屬於  
自己，如果被  
低潮打敗，且  
過陣後再重新  
上路。因為你的  
生活亦是屬於  
你的。共勉之。

人生所有的經歷  
都可以轉化，向前  
看，往遠望……

Over 80 Feedbacks from the Community to the  
Nightclub female drug addicts

# Lesson Learnt

-  Project sustainability
-  Importance of peer counselor
-  Co-work with expressive art therapist and local artists
-  Reflection in using art intervention

