



Say No to Drugs –  
Path Builders for Youth Project  
BDF 160026

**Project implementation period:**

1st May 2017 to 30th April 2019

**Grantee:**

Rotary Club of Admiralty Limited

**Co-organizer:**

TWGHs CROSS Centre

## Introduction

- This territory-wide project aims at providing rehabilitation services and mentoring program for existing drug abusers and ex-drug abusers under the age of 35 during 05/2017 to 04/2019.

## Project Content

- Project elements include individual counselling services for drug abusers/rehabilitees, mentorship training, mentoring activities including regular gatherings and volunteering activities. Promotion system, job referrals and provision of employment advices will be provided for drug-free mentees with good performance.

## Project Activities

## Mentor Training



## Agency Visit in Mentor Training



## Individual Counselling Session for Mentees



## Support Counselling Training Session for Mentors



Matching, Mentoring and Supportive Services  
(Gathering)



Matching, Mentoring and Supportive Services  
(Leisure activities)



Matching, Mentoring and Supportive Services  
(Team Building activities)



Matching, Mentoring and Supportive Services  
(Adventure-based activities)



## Matching, Mentoring and Supportive Services (Volunteer services)



## Graduation and Award Presentation



# Output and Outcome Evaluation

## Evaluation methods

1. Attendance forms (output record)
2. Questionnaires (outcome evaluation)
3. Project Committee meeting

## Attendance form sample



無毒青年友出路計劃

小組及活動參加者出席紀錄表

活動編號：\_\_\_\_\_

負責社工：\_\_\_\_\_

共節數：\_\_\_\_\_

活動名稱：\_\_\_\_\_

時 間：\_\_\_\_\_

費用：\_\_\_\_\_

活動時段：\_\_\_\_\_

活動地點：\_\_\_\_\_

費用：\_\_\_\_\_

	姓名 (中文全名)	參加者編號									出席總數	出席率
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
		出席人數										



## Questionnaires Sample: Adaptation of the General Self-Efficacy Scale (For mentee)



無毒青年友出路-由心起動  
活動前評估問卷  
<自我效能感>

參加者編號：\_\_\_\_\_

你認為以下句子有幾正確？請✓合適答案

	(0) 完全不 正確	(1) 尚算 正確	(2) 多數 正確	(3) 完全 正確
a) 如果我盡力去做，我總是能夠解決難題的	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
b) 即使別人反對，我仍有辦法達成我所要的	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
c) 對我來說，堅持理想和達成目標是容易的事	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
d) 我自信能有效地應付任何突如其來的事情	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
e) 以我的才智，我能應付意料之外的情況	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
f) 如果我付出必要的努力，我一定能解決大多數的難題	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
g) 我能冷靜地面對困難，因為我可信賴自己處理問題的能力	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
h) 面對一個難題時，我通常能找到幾個解決方法	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
i) 處在困境的時候，我通常能想到應付的方法	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
j) 無論什麼事發生在我身上，我通常都能應付自如	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Questionnaires Sample: Knowledge on harmful use of drug (For mentor)



無毒青年友出路  
活動前評估問卷

參加者編號：\_\_\_\_\_

請細心閱讀各句子，然後選出你認為最適合的答案。這份問卷只作評估用途，所有資料絕對保密。吸毒泛指在沒有醫生指示下使用違禁或合法的有害精神毒品，例如K仔、大麻、「冰」、搖頭丸、咳藥水、天拿水等。

	(A) 非常 不同意	(B) 不同 意	(C) 很難 說	(D) 同 意	(E) 非常 同意
1. 長期吸食大麻類毒品會誘發呼吸系統疾病	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. 吸食合成大麻素會出現幻覺	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. 長期吸食可卡因毒品有機會誘發心臟病	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. 吸食可卡因毒品會令鼻腔受損	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. 吸食K仔類毒品會令小便失禁	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. 吸食K仔類毒品會影響手眼協調能力	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. 吸食咳藥水毒品會令牙齒潰爛	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. 吸食咳藥水毒品會影響排泄系統	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. 吸食「冰」類毒品會令情緒變得焦慮及緊張	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. 吸食「冰」類毒品會導致難以入睡	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Project Committee meeting



## Output Benchmarks & Evaluation Results

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Output Indicator 1</b>	To recruit at least 100 drug abusers / ex-drug abusers and 100 mentors to join the project	Recruited 143 (143%) drug abusers / ex-drug abusers and 132(132%) mentors to join the project
<b>Output Indicator 2</b>	70 participating drug abusers /ex-drug abusers complete at least 4 sessions of counselling	95 (135.7%) drug abusers /ex-drug abusers have completed at least 4 sessions of counselling

## Output Benchmarks & Evaluation Results

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Output Indicator 3</b>	70 mentors complete at least 4 sessions of training	78 (111.4%) mentors have completed at least 4 sessions of training
<b>Output Indicator 4</b>	70 mentors join the agency visit	81 (115.7%) mentors have joined the agency visit

## Outcome Benchmarks & Evaluation Results

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Outcome Indicator 1</b>	70% of drug abusers who have completed the matching and mentoring show reduction in frequency of drug abuse or demonstrated continual abstinence	95 valid cases evaluated - 33 cases reported using drug at pre-test, 93.9% of them showed reduction in frequency of drug abuse - 62 cases reported not using drug at pre-test, 100% of them demonstrated continual abstinence

## Outcome Benchmarks & Evaluation Results

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Outcome Indicator 2</b>	70% of drug abusers who have completed matching and mentoring can strengthen the sense of perceived self-efficacy (or statistical significant improvement in perceived self-efficacy)	95 valid cases evaluated; 94.7% of drug abusers who have completed matching and mentoring can strengthen the sense of perceived self-efficacy

## Outcome Benchmarks & Evaluation Results

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Outcome Indicator 3</b>	70% of mentors who have completed mentors training show an increase in acceptance of treatment and rehabilitation services and ex-drug abusers (or statistical significant improvement in acceptance of treatment and rehabilitation services and ex-drug abusers)	105 valid cases evaluated; 87.6% of mentors who have completed mentors training show an increase in acceptance of treatment and rehabilitation services and ex-drug abusers

## Outcome Benchmarks & Evaluation Results

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Outcome Indicator 4</b>	70% of mentors enhance their knowledge on harmful use of drugs (or statistical significant improvement in knowledge on harmful use of drugs)	105 valid cases evaluated; 83.8% of mentors enhance their knowledge on harmful use of drugs

## Process Evaluation

1. The project has recruited a group of mentors to help young drug abusers to steer away from drug abuse and re-develop a healthy drug-free lifestyle.
2. Matching, mentoring and supportive services have been provided in order to develop positive social support network for mentees and to strengthen relationship, communication and mutual support among mentees and mentors.
3. Mentor trainings have been provided to mentors in order to enhance their drug knowledge and strengthen their communication and counselling skills.

## Experience Gained

### 1. The importance of social support

Under learning theory, skills can be acquired through communicating with peers and. Human beings are equipped with the ability to learn in many ways, which is determined by an interaction in between genetics and experiences. In the project, we found that social support is effective in influencing drug abusers to reduce drug use.

### 2. The effectiveness of mentoring

Mentors and mentees spend quality time together engaging in different types of recreational activities. Mentors provide support and guidance to mentees. We found that the project could assist mentees to go difficult life stages through mentoring.

### 3. To make use of team mentoring

Mentees are able to interact and match with multiple mentors. This allows mentors to share their feedback and experience in getting along with the same mentee. Besides, sharing sessions are arranged for all mentors for exchanging of opinions.

## Other Findings

1. Family support is an important element in drug rehabilitation for both the mentees and their family members. Close family relationships and mutual support is beneficial to encourage mentees to drug abusers to quit drugs.
2. Preventive education work in the community (such as schools and workplace) is useful to deliver anti-drug messages in the district.

## Conclusion

1. As a whole, all project output and outcome have been achieved. A total of 143 mentees and 132 mentors have been recruited.
2. Continuation of this project has commenced in 05/2019. In the new project, counselling work for family members of drug abusers / ex-drug abusers and sharing of mentoring and matching experience in the community will be added. Mentees' age up to 40 will be recruited to benefit more drug abusers / ex-drug abusers.

End