

**CROSS Fitness
a Community-based
rehabilitation project
(BDF160028)**

Implementation period: 5/2017-4/2019

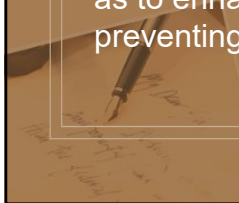
Grantee: Tung Wah Group of Hospitals



Introduction

- a community-based pilot project
- Positive Psychology
- Aftercare service
- Exercise-based intervention

It aims to enhance drug abusers' awareness on health concern and improve their physical health so as to enhance their motivation on quitting drug and preventing relapse.



Project Content

- Recruitment
- Assessment and Motivation Enhancement Stage
- Exercise-based Intervention Stage
- Consolidation stage

Recruitment

- Snowballing approach
- Trendy sports activities



Recruitment

- Use of “Smart Truck” as a mobile physical check-up and fitness station
- Self-apply through online media



Assessment and Motivation Enhancement Stage

- Motivational interviewing



Exercise-based Intervention Stage

CROSS Fitness membership scheme



Exercise-based Intervention Stage

"CROSS PRO" - Exercise Training



Exercise-based Intervention Stage

“CROSS PRO” - Exercise Training



Exercise-based Intervention Stage

“CROSS Reborn” Relapse Prevention



Exercise-based Intervention Stage

Family involvement



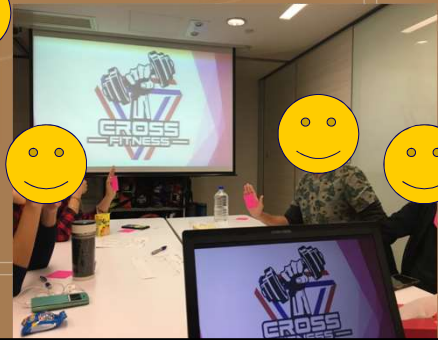
Exercise-based Intervention Stage

Support from Volunteer Mentors



Exercise-based Intervention Stage

Support from Volunteer Mentors



Exercise-based Intervention Stage

Recognition scheme



Consolidation stage

- Voluntary Services to promote a healthy lifestyle



Output and Outcome Evaluation

- Pre-test
- Post-test



Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1	To recruit at least 80 drug abusers (50 young adult who are aged 21-35) to join the sports intervention.	Recruited 143(179%) drug abusers (including 88 (176%) young adult who are aged 21-35)
Output Indicator 2	70% or 56 participants can complete at least 5 sessions of counselling.	98 (175%) participants completed at least 5 sessions of counselling
Output Indicator 3	56 participants achieve 70% attendance in the exercise training.	84 (150%) participants attended at least 9 sessions of exercise training
Output Indicator 4	56 participants achieve 70% attendance in the Cognitive Therapy Relapse Prevention group.	64 (114%) participants attended at least 3 sessions of Cognitive Therapy Relapse Prevention Group
Output Indicator 5	To recruit 20 volunteer mentors to support the drug abusers.	22 volunteer mentors to support the drug abusers.
Output Indicator 6	To recruit 80 family members of the participating drug abusers to join the project.	Recruited 113 (141%) family members
Output Indicator 7	56 family members attend at least 2 sessions of counselling.	61 (109%) attended at least 2 sessions of counselling

Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	70% of drug abusers who have completed the Exercise-based Intervention Stage can abstain from drugs or demonstrate a reduction in frequency of drug abuse	81 valid questionnaires evaluated, among which 30 participants indicated reduced drug use frequency. Among the 51 participants indicated no drug use in pre-test, 100% can abstain from drugs. Among 30 participants indicated drug use in pre-test, 100% demonstrate a reduction in frequency of drug abuse.
Outcome Indicator 2	70% of drug abusers report a higher level of physical activities after completing the Exercise-based Intervention Stage (or statistical significant improvement in level of physical activities)	81 valid questionnaires evaluated 86.4% of drug abusers reported a higher level of physical activities.
Outcome Indicator 3	70% of drug abusers show improvement in their positive coping ability after completing the Consolidation Stage (or statistical significant improvement in positive coping ability)	81 valid questionnaires evaluated 81.5% of drug abusers show improvement in their positive coping ability
Outcome Indicator 4	70% of drug abusers show improvement in their self-efficacy to avoid drug use after completing the Consolidation Stage (or statistical significant improvement in self-efficacy to avoid drug use)	81 valid questionnaires evaluated 90.1% of drug abusers show improvement in their self-efficacy to avoid drug use.
Outcome Indicator 5	70% of family members, who have completed Exercise-based intervention stage, show improvement in their capacity to	71 valid questionnaires completed. 88.7% of family members show improvements in their capacity to support the drug abusers

Experience Gained

● Recruitment stage

1. Online promotion to share project activities: Facebook, IG, YouTube
2. Fitness experiencing station to promote the fitness concept and healthy lifestyle

Experience Gained

● Assessment and Motivation Enhancement Stage

1. To access participant's interesting exercise and physical quality
2. Encourage participants to commit at least 12 exercise training sessions and set up personal fitness goals

Experience Gained

● Exercise-based Intervention Stage

1. Using of Pre-test and post-test questionnaire to address participants' healthy awareness
2. To maintain the participants' motivation of exercise, the project worker encourage they invited the significant others to participant the training sessions together
3. The regular exercises group will motivate the participants to keep the habit
4. CROSS Fitness membership scheme and reward system
5. Cognitive Therapy Relapse Prevention Group as a method to understand the relationship between using drugs and personal rules
6. Volunteer mentors will be a role model in the exercise group

Experience Gained

● Consolidation Stage

1. To be an exercise volunteers to serve other service targets: elderly, high-risk youth is a good opportunity to explore the strengths
2. The post-test questionnaire helps the participants to make a self evaluation

Conclusion

- Applied Positive Psychology in addiction recovery model into aftercare services
- With the application of exercise-based intervention, it aims to enhance drug abusers' awareness on health concern and improve their physical health so as to enhance their motivation on quitting drug and preventing relapse.
- The program design is suitable for youth, the project provided a series of exercise training, therapeutic group, family involvement, mentor support and voluntary social services for the drug abusers who are aged 40 or below targeting those who are aged 21-35 drug abuse young adults.

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