

Stories of Recovery 新生之旅 BDF170012



May 1st 2018 – Dec 31st 2020
KELY Support Group Limited



Introduction

- The purpose of this project is to produce and share 5 Hong Kong based, culturally relevant video stories of drug addiction and recovery. The videos shared through schools, workplaces and other access points will raise awareness of risks and consequences of commonly reported substances (methamphetamine, ketamine and cocaine). The videos focus on prevention and reducing risks within at risk families, identifying hidden drug users and seeking help. A booklet that reinforces the content of the videos is also produced.

Objectives:

- Increase the number of culturally relevant, Hong Kong based drug prevention resources (5 video stories and one printed booklet) that will increase access to engaging and relevant information on the risks and consequences of drug use, addiction and recovery for Non-Chinese Speaking young people, their families and teachers in English Medium of Instruction schools
- Use these drug prevention resources to increase awareness of the risks and consequences of drug use and engage young people, families and teachers in discussions around seeking help, addiction and recovery



Project Content

- Developing 5 video stories (5 minutes each) on addiction and recovery and accompanying booklet, to be produced and shared with NCS youth, parents and EMI teachers and staff
- 16 screenings of 5 video stories of addiction and recovery and accompanying booklet for students, parents, teachers and other trusted adults



Output Indicators

	Output Indicators	Evaluation Method	Evaluation Results
1	950 NCS Secondary school students will watch the video stories	Data retrieved from participant's enrolment / registration record	1041 students watched the video stories
2	150 parents of NCS families will watch the video stories and receive the accompanying booklet		171 parents of NCS families watched the video stories and 150 of them received the accompanying booklet
3	150 teachers and other relevant staff from EMI schools will watch the video stories and receive the accompanying booklet		153 teachers and other relevant staff from EMI / International schools watched the video stories and 150 of them received the accompanying booklet



Outcome Indicators

Outcome Indicators	Evaluation Method	Evaluation Results
<p>1 Young participants show improvement in anti-drug awareness</p> <p>(Statistical significant improvement as indicated by paired t-test, or 70% of participants show improvement in anti-drug awareness)</p>	Pre-test and Post-test	<p>Collected 1041 questionnaire responses.</p> <p>59.3% of participants show improvement in anti-drug awareness</p> <p>Statistical significant improvement found</p>
<p>2 Parents and family participants show improvement in anti-drug awareness</p> <p>(Statistical significant improvement as indicated by paired t-test, or 70% of participants show improvement in anti-drug awareness)</p>		<p>Collected 23 questionnaire responses.</p> <p>69.6% of participants show improvement in anti-drug awareness</p> <p>Statistical significant improvement found</p>
<p>3 Teacher and staff participants show improvement in anti-drug awareness</p> <p>(Statistical significant improvement as indicated by paired t-test, or 70% of participants show improvement in anti-drug awareness)</p>		<p>Collected 13 questionnaire responses.</p> <p>76.9% of participants show improvement in anti-drug awareness.</p>



Experience Gained

- The 5 English videos were able to fill the gap of lacking of relevant resources for Non Chinese Speaking youth
- The videos were able to make the drug prevention information easily accessible than having the recovery drug users to share face to face
- Booklet was a good tool to help parents and teachers to open up conversation with their students/children around drug use



Experience Gained

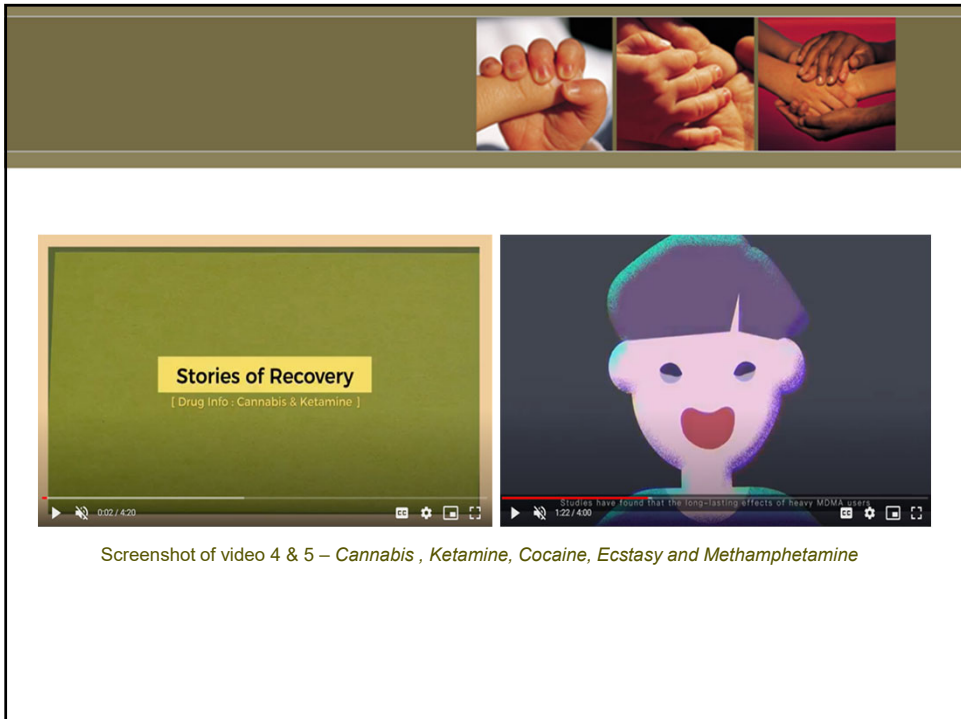
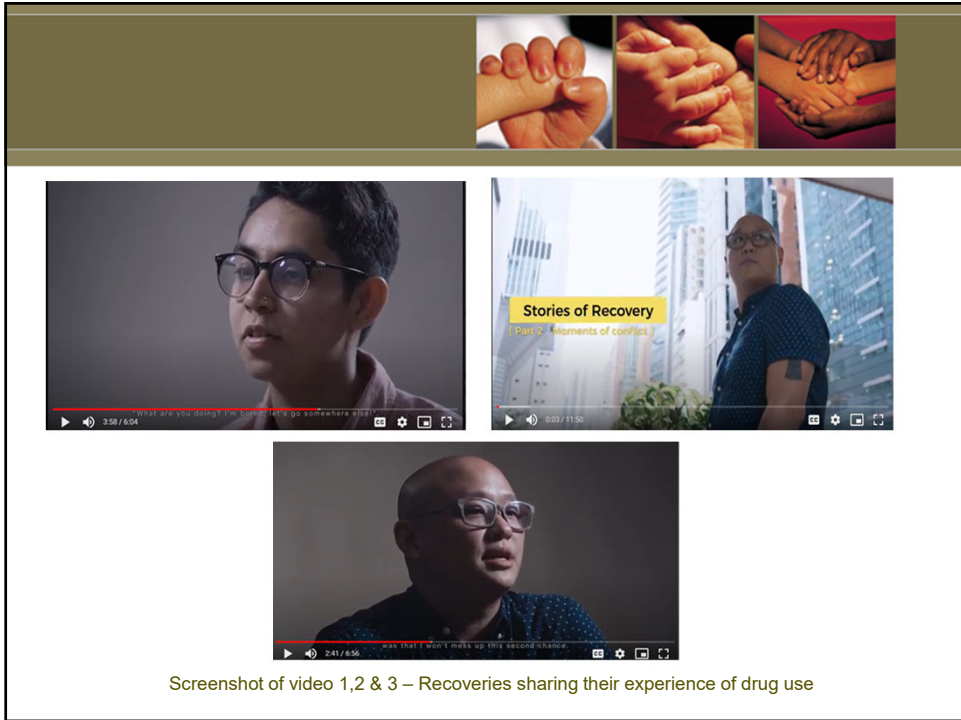
- With the suspension of schools during the COVID-19 pandemic, copies of the 5 videos and the booklet were sent to NCS schools for further disseminations to parents of NCS families, teachers as well as other relevant staffs from NCS schools, so that the schools and parents can continue to utilise the resources on their own time



Project photos

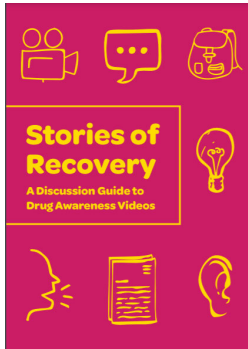


Video screening with secondary school students in Dec 2019.





Booklet



Introduction to the Series

KELY Support Group, with support from Beat Drugs Fund, brings you Stories of Recovery which shares 5 Hong Kong based, culturally relevant video stories of drug addiction and recovery. These videos challenge people to consider critically the risks and adverse consequences of commonly reported substances, for instance, marijuana, ecstasy, methamphetamine, ketamine and cocaine, through story-telling and infographics. The stories also highlight prevention strategies and reducing risks within families, personal decision making and help-seeking.

We would like to acknowledge and thank Derek Ma and Mikael Gicwan for their sharing of their journeys throughout videos 1 to 3, from how it began in the first place, to its development as a habit, their reasons for quitting drug, the process of the rehabilitation and finally, their take-home message to the youth.

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This booklet is designed to help schools, parents, other associated professionals, and non-Chinese Speaking (NCS) teenagers to engage in a discussion through the content of the videos.

There are five sections under Stories of Recovery:

- Real-Life Part 1: The Beginning
- Real-Life Part 2: Moments of Conflict
- Real-Life Part 3: Moving Forward
- Drugs Info 1: Cannabis and Ketamine
- Drugs Info 2: Ecstasy, Cocaine and Methamphetamine

We strongly recommend teachers and trusted adults to give guidance and instruction during discussions and debriefing to ensure that all participants can share and discuss different viewpoints under a secure and non-judgemental environment.

In the following sections of the booklet, you will find summary and reflection questions of each video as prompts to facilitate discussion. Trends and general information of the common drugs in Hong Kong have also been included. We have also provided tips for peer support, including KELY's NICE approach and a list of resources which should enable the participants to make informed choices and seek help when necessary.

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Content of the booklet



The end