



BDF I70035

1/7/2018-30/6/2021

Healthy Life Style for LGBT
Youths

Project Content

- 1. Counselling Service
- 2. Drug Prevention Group
- 3. Expressive Arts Therapy Group
- 4. Healthy Lifestyle Group
- 5. Online Outreach
- 6. Gay Events Outreach
- 7. HIV Test Outreach
- 8. Professional Training
- 9. Community Education
- 10. Research
- 11. Online Practice Manual

Photo-zoom 體能



Poster



Art supervision group



Expressive art therapy group



Project Content

- 1. Counselling Service: 58 drug dependent gay youths receive counselling service with 678 sessions
- 2. Drug Prevention Group: 125 gay youths attend the group with 375 man-times.
- 3. Expressive Arts Therapy Group: 6 groups with 39 gay men attended
- 4. Healthy Lifestyle Group: 28 Drug dependence gay youths & 49 High risk gay youths attended

Project Content

- 5. Online Outreach: Total 1075 gay men were engaged among which 436 were drug taking. 384 gay men were provided with online counselling and 90 were referred to offline service
- 6. Gay Event Outreach: 2 300 gay men were provided drug education
- 7. HIV Outreach: 575 gay men were provided with HIV test counselling service with 72 gay men received motivational interview

Project Content

- 8. Professional Training: 63 social workers and addiction workers received the 3 days training
- 7 social workers or addiction workers attended the advanced supervision group
- 24 gay men with addiction participated in 9 sessions of group coaching

Project Content

- 9. Community Education: An instagram account was completed and published. 9 posters and 2 movies were made with total 61458 views.
- 10. A research report about the effectiveness of creative arts therapy program for gay people addicted CF was produced.
- 11. A online practice manual about using art for gay people addicted CF was finished

Output and Outcome Benchmarks

Due to the adverse effects brought about by COVID-19, adjustments has been made to some output and outcome targets.

Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1	A website, 9 posters and 2 drug prevention short movies to be produced, with a total of 52,000 views	9 posters (100%) and 2 short movie(100%) with 61458 views (118.19%)
Output Indicator 2	120 gay youths attend drug prevention group and the attendance rate reach 80% (or 384 man-times)	125 gay youths (104.17%) with 375 man-times (97.66%)

Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 3	A total of 520 counselling sessions to be provided, serving at least 56 drug dependent gay youths (adjusted after COVID-19 variation)	58 Drug dependent gay youths (103.57%) with 678 sessions (130.38%)
Output Indicator 4	36 drug abusing gay youths attend expressive art therapy group (adjusted after COVID-19 variation)	39 drug abusing gay youths attend group (108.33%)

Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 5	70 social workers or addiction workers receive the training about using expressive arts therapy to work with gay men with chem sex issue, among which 7 of them will attend the advanced supervision group	The first workshop completed with 63 participants (90%) 7 (100%) participants attended the advanced supervision group.

Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	<p>Drug dependent gay clients show improvement in their quitting motivation</p> <p>(70% of drug dependent gay clients show improvement in their quitting motivation or statistical significant improvement in quitting motivation as indicated by paired t-test)</p> <p>(adjusted after COVID-19 variation)</p>	<p>57 post counselling questionnaire is completed with 75.4% improvement showed.</p>

Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 2	<p>60% of drug dependent gay clients reduce drug use frequency after completion of treatment</p> <p>(adjusted after COVID-19 variation)</p>	<p>57 post counselling questionnaire is completed with 84% improvement showed</p>

Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 3	<p>Participants perceive a higher level of risk associated with drug abuse after attending the programme</p> <p>(70% of gay youths perceive a higher level of risk associated with drug abuse or statistical significant increase in gay youth's perception of risk associated with drug abuse as indicated by paired t-test)</p>	<p>112 valid data has collected, 71.4% shows higher level of risk associated with drug abuse</p>

Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 4	<p>Participants show a lower level of permissiveness towards drug abuse after attending the programme</p> <p>(70% of gay youths show a lower level of permissiveness towards drug abuse or statistical significant reduction in gay youth's permissiveness towards drug abuse as indicated by paired t-test)</p>	<p>112 valid data has collected, 73.2% shows lower level of permissiveness towards drug abuse</p>

Experience Gained

- Experience in working with gay men struggling with ChemSex.
- Experience in drug prevention program and education with gay youths.
- Using expressive arts therapy to support gay youths who addicted Chem Fun.

Reason behind success

- The project are closely work with Project touch helps the participants build up a normal gay life without drug. It helps the participants have a higher motivation in quitting drug.
- The sensitivity of gay culture contributed the positive result of the project in both anti drug education part and treatment part.

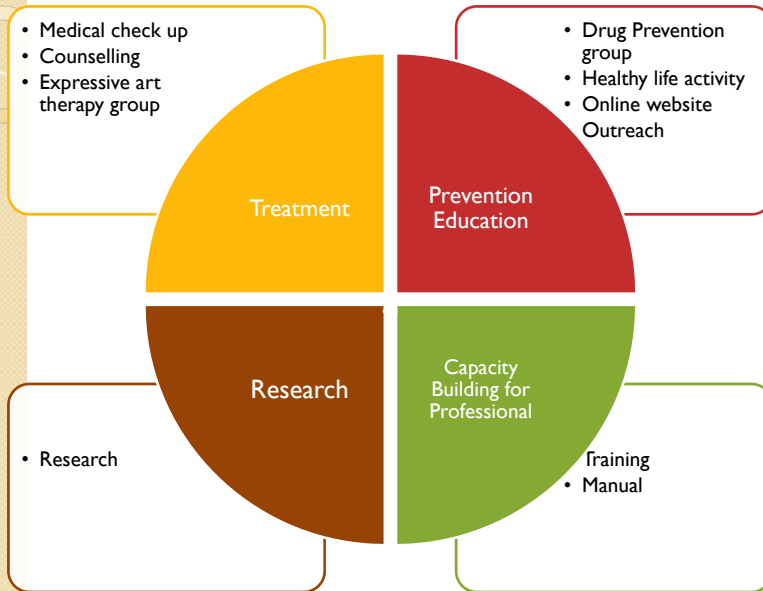
Overall evaluation

- The project provided drug prevention education for the gay community both in online and offline method
 - The online education and outreach activity shows an over achieved target.
 - The sharing of some ex-chem fun participant is meaningful.
- The project provided treatment for drug dependent gay youths, through counseling, expressive art group and healthy life style group.
 - 75.4% of clients received counselling service showed an improvement in their quitting motivation
 - 84 % of the clients showed a reduction on drug use frequency.

Overall evaluation

- The project reduced the possibility of taking drug among high risk gay youths.
 - Build up healthy supported network is important on building up resilience.
 - 71.4% of participants of drug prevention group showed a higher level of risk associated with drug abuse
 - 73.2% of participants showed a lower level of permissiveness towards drug abuse.
- The project built up the capacity of relative professional on working with drug dependent gay youths
- The project developed a local prevention and treatment model for gay youths.

Conclusion



Suggestion and way forward

- Take care the difficulty as a gay men is a essential part in dealing Chemfun issue.
- For a better support to Chemfun user, more training about the knowledge of LGBT special needs should be organise.
- A different service program should be develop to target on the adult and the adolescent who participants in Chemfun.

