



“RE-STRUCTURING LIFE · A BETTER TOMORROW” – STRENGTHENING INPATIENT AND AFTERCARE SUPPORT FOR DRUG REHABILITEES (BDF170037)

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60 years of Devotion Transformation across generations

Rundown

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Introduction

- 3 years project
- A project aims to strengthen the aftercare services of drug rehabilitees of SARDA (Chinese and Non-ethnic Chinese)



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Objectives

In terms of non-ethnic Chinese rehabilitees:

- To reduce their risk against relapse to drugs in environment with less cultural barrier
- To enhance their competency to their daily living

In terms of general rehabilitees:

- To enhance their self-efficacy on drug avoidance
- To enhance their well-beings

In terms of the public:

- To raise the community's awareness of anti-drugs messages
- To enhance community members' acceptance to drugs rehabilitees



Dimensions of work

- Individual work – vocational counselling / sustainability of rehabilitation
- Family work - family support (e.g. family visits)
- Group work – counselling group / Ad hoc workshops / interest classes
- Social engagement – volunteer trainings / services



Scope of Services

For local Chinese Rehabilitees

- Vocational Counselling
- Counselling Group
- Vocational Training
- Interest Classes
- Talks and Workshops
- Volunteer Services
- Outdoor Leisure Activities



Scope of Services

For Non-ethnic Chinese Rehabilitees

- Individual Counselling
- Aftercare Family Visit
- Major Cultural Activities
- Community Volunteer Training
- Music Band and Community Band Show
- Nepali Sharing and Support Group



Output and Outcome Evaluation

- Evaluation methods
- Output evaluation: Attendance (Over 70% participants attend)
- Different man-times target depends on types of activities
- Outcome evaluation:
 - Beat Drugs Fund Question Set No. 12
 - Beat Drugs Fund Question Set No. 3
 - WHO QOL Five Well Being Index (Chinese)



Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1	<p>150 groups sharing for 600 man-times of Nepalese drugs rehabilitees</p> <p>12 cultural activities for 120 man-times of non-ethnic Chinese drug rehabilitees</p>	<p>168 groups sharing for 908 man-times of Nepalese drugs rehabilitees</p> <p>22 cultural activities for 121 man-times of non-ethnic Chinese drug rehabilitees</p>



Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 2	<p>18 vocational training courses for 150-180 man-times of rehabilitees, among which 70% (105 or 126 man-times) rehabilitees complete the course</p> <p>18 interest classes for 150-180 man-times of rehabilitees, among which 70% (105 or 126 man-times) rehabilitees complete the class</p>	<p>18 vocational training courses for 219 man-times, 187 (85%) rehabilitees completed the courses</p> <p>18 interest classes for 202 rehabilitees, among which 163 (80%) man-times completed the class</p>



Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<p>Output Indicator 3</p>	<p>18 times of outdoor leisure activities for 150-180 man-times of rehabilitees and 36-45 man-times of their family members, among which 70% (105 -126 man-times) rehabilitees and 70% (25 - 32 man-times) their family members take part in the activities</p> <p>18 sessions of volunteer services for 150-180 man-times of local Chinese rehabilitees, among which 70% (105 -126 man-times) rehabilitees participate in the service</p> <p>18 talks and workshops for 360 man-times of participants, among which 70% (or 252 man-times) rehabilitees would attend</p>	<p>23 times of outdoor leisure activities for 265 man-times of rehabilitees and 41 man-times of their family members, among which 265 (100%) man-times of rehabilitees and 41 (100%) man-times of their family members take part in the activities</p> <p>24 sessions volunteer services for 163 man-times of local rehabilitees, among which 163 (100%) man-times of local Chinese rehabilitees participate in the service</p> <p>26 talks and workshops for 353 man-times of participants, among which 353 (100%) man-times of rehabilitees attended</p>



Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 4	5 volunteer service training programs for 35 man-times of volunteers	16 volunteer service training programs for 44 man-times of volunteers



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Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 5	<p>After-care visits for 210 man-times of non-ethnic Chinese rehabilitees and their family members</p> <p>Set up a music band and conduct not less than 72 music learning sessions for 120 man-times of non-ethnic Chinese rehabilitees</p> <p>3 community road shows / music performance</p>	<p>363 man-times of non-ethnic Chinese rehabilitees and their family members received after-care visit</p> <p>Set up a music band and conduct 128 music learning sessions for 351 man-times of non-ethnic Chinese rehabilitees</p> <p>4 community road shows / music performance</p>



Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	Chinese rehabilitees show improvement in self-efficacy on drug avoidance	71.8% of participants showing reduction in relapse risk 67.7% of participants showing increase in chance of resisting drugs
Outcome Indicator 2	Non-ethnic Chinese rehabilitees show improvement in self-efficacy on drug avoidance	73.5% of participants showing improvements in self-efficacy on drug avoidance
Outcome Indicator 3	Rehabilitees show improvement in their well-being	72.1% of participants showing improvements in their well-being



Experience gained 1

- **Reason behind success**

- Keep close and meaningful contact with rehabilitees and their family members
- Good collaboration with caseworkers of SARDA
- Make good use of online platforms (e.g. Zoom) in holding activities during the outbreak of pandemic (COVID-19)
- Employment of staff with cultural sensitivity and awareness



Experience gained 2

- **Lesson learnt**

- Empowerment / organizing activities according to the needs of rehabilitees
- Ad hoc workshops and talks are recommended in response to social health issues
- Arts (e.g. Music) provide a platform to gather multi-cultural rehabilitees



Conclusion 1

- Users show that they have:
 - lower risk against relapse to drugs in environment with less cultural barrier
 - Higher competency to their daily living
 - Higher self-efficacy on drug avoidance
 - Better well-beings



Conclusion 2

- Social inclusion elements (Chinese and non-ethnic Chinese)
- Language courses for non-ethnic Chinese rehabilitees
- Subsidies for medical check-ups
- Sensitivity of digital technologies with service users / Awareness of the digital transformation during the COVID-19 global pandemic (e.g. Zoom & Microsoft Teams)



Contact us

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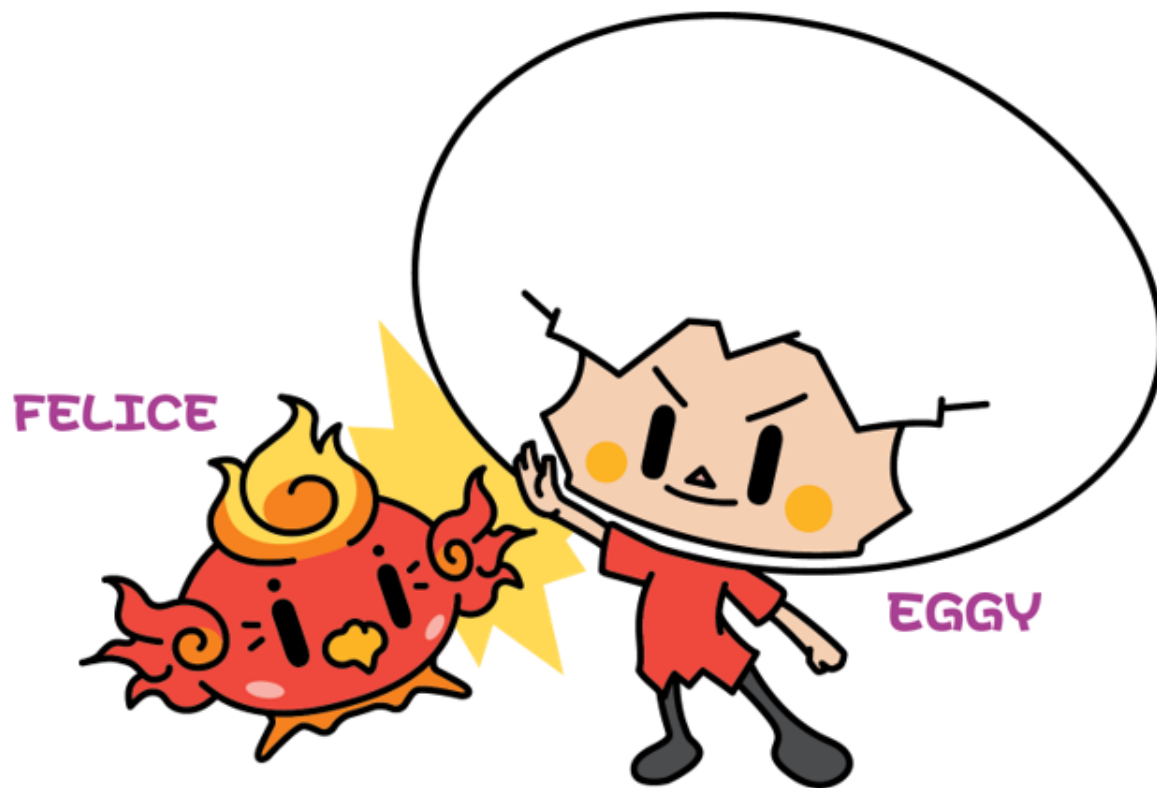


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THANK YOU !



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