



PROJECT NAME: RE-STRUCTURING LIFE · A BETTER TOMORROW” —
STRENGTHENING INPATIENT AND AFTERCARE SUPPORT FOR DRUG REHABILITEES
(BDF170037)

Project implementation period:

July 2018 – June 2021

Grantee:

The Society for the Aid and Rehabilitation of Drug Abusers



INTRODUCTION

- 3 years project
- A project aims to strengthen the aftercare services of drug rehabilitees of SARDA

- Objectives:
 - In terms of non-local rehabilitees:
 - To lower their risk against relapse to drugs with less culture barrier environment
 - 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 spread the anti-drugs messages to the community
 - To allow community members more accepting drugs rehabilitees



PROJECT CONTENT

- Counselling groups



PROJECT CONTENT

- Counselling groups



PROJECT CONTENT

- Interest Classes



PROJECT CONTENT

- Health Talks



PROJECT CONTENT

- Self-awareness workshops



PROJECT CONTENT

- Volunteer Services



PROJECT CONTENT

- Volunteer Trainings



PROJECT CONTENT

- Music Band



PROJECT CONTENT

- Stress management workshops



PROJECT CONTENT

- Nepalese support groups



PROJECT CONTENT

- Nepalese support groups



PROJECT CONTENT

- Vocational Training classes



PROJECT CONTENT

- Vocational Training classes



PROJECT CONTENT

- Music Performance



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	150 groups sharing for 600 man-times of Nepalese drugs rehabilitees 12 cultural activities for 120 man-times of non-Chinese drug rehabilitees	168 groups sharing for 908 man-times of Nepalese drugs rehabilitees 22 cultural activities for 121 man-times of non-Chinese drug rehabilitees
Output Indicator 2	18 vocational training course for 150-180 man-times of rehabilitees, among which 70% (105 or 126 man-times) rehabilitees complete the course 18 interest classes for 150-180 man-times of rehabilitees, among which 70% (105 or 126 man-times) rehabilitees complete the class	18 vocational training courses for 219 man-times, 187 rehabilitees completed the courses 18 interest classes for 202 rehabilitees, among which 163 man-times completed the class



OUTPUT BENCHMARKS & EVALUATION RESULTS

	Expected Result	Achieved Result
Output Indicator 3	<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 252man-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 man-times of rehabilitees and 41 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 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 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
Output Indicator 5	<p>After-care visits for 210 man-times of non-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-Chinese rehabilitees</p> <p>3 community road shows / music performance</p>	<p>363 man-times of non-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-Chinese rehabilitees</p> <p>4 community road shows / music performance</p>



OUTCOME 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-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 improvement in their well-being



EXPERIENCE GAINED

- Reason behind success
 - Keep close contact with rehabilitees
 - Keep close contact with caseworkers of SARDA
 - Make good use of Zoom in holding activities because of COVID19
 - The employment of an EM social worker

- Lesson learnt
 - Organizing activities according to the needs of rehabilitees
 - Casual workshops and talks are recommended
 - Music is a crucial element to gather multi-cultural rehabilitees
 - Light refreshments are recommended to provide after activities and programs



CONCLUSION

- Conclusion
- Re-structuring Life · A Better Tomorrow” – Strengthening Inpatient and Aftercare Support for Drug Rehabilitees (BDF170037) is practical to strengthen the aftercare services of drug rehabilitees of SARDA
- Users shows that they have:
 - lower risk against relapse to drugs with less culture barrier environment
 - Higher competency to their daily living
 - Higher self-efficacy on drug avoidance
 - Better well-beings



CONCLUSION

- Suggestions and Way forward
- Social inclusion elements can be stressed more in the project, as local and non-local rehabilitees are separated in different activities
- Language courses are recommended for non-local rehabilitees
- Subsidies in medical check-ups are their common need in aftercare services that the project should include it
- Zoom is an excellent platform to deliver lessons under pandemic, but the tutors need more skills and preparations

