

From Addiction to Creation: Project on Using Creative Arts for Drug Use Prevention and Young Adult Drug Users Empowerment (Project “CAPE”)

Project Reference No.: BDF180022

Project Period:
1 June, 2019 - 19 January, 2024



Centre on Behavioral Health, HKU
香港大學行為健康教研中心



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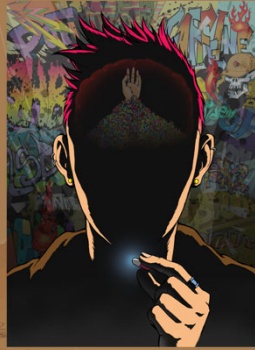
Introduction

- In Hong Kong, drug addiction among young adults has become an increasingly prevalent issue
 - Drug use as a means of coping with stress, mood-related problems, and boredom
 - Not seeking for professional help or other forms of social support in dealing with problems resulting from taking drugs
- Most drug rehabilitation services in Hong Kong focus on
 - Reducing drug use
 - Providing psychoeducation on drug-related mental health issues
 - ✓ Empirically efficacious
 - ✗ Issue of non-compliance and drop-out from programs
 - → Imminent need for synergizing innovation to revamp Hong Kong's drug rehabilitation service
- Project CAPE
 - Integrating creative arts with drug rehabilitation services in Hong Kong
 - Exploring its effectiveness, acceptability and practicality among young adult drug abusers and caseworkers

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Project Content

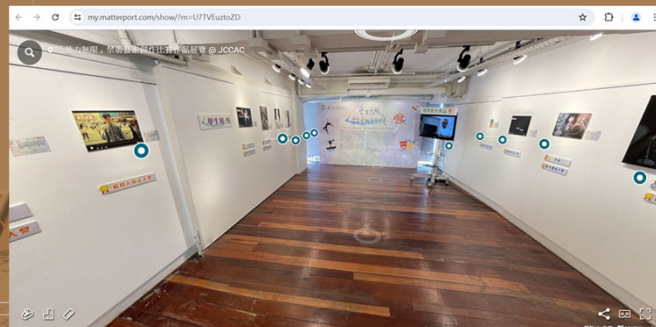
- Creative Art Competition (08/2019 – 02/2020)
 - Showcasing artwork submissions, award-winning artwork and artwork created by young adult drug rehabilitees
 - 280 artwork entries were submitted



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Project Content

- Multimedia Project Website (08/2019 – 01/2024)
 - A multimedia website introducing the Creative Art Competition, and showcasing artwork submissions, award-winning artwork and artwork created by young adult drug rehabilitees
 - Providing a virtual tour of the Creative Art Competition Exhibition
 - **44,923 hit rates** of the competition and exhibition website.



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Project Content

- Creative Arts Competition Exhibitions
 - 2 exhibitions: 05/2021; 09/2021
 - Displaying the artwork from the Creative Arts Competition
 - An attendance of **8,622** has been recorded



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Project Content

- 4-day Train-the-Trainer Program
 - 2 cohorts (09/2020 and 05/2021) of face-to-face, creative arts-informed intervention skills training, and supervision sessions
 - Covering the fundamentals of therapeutic use of creative arts, practical skills, and its application in drug rehabilitation
 - Designed and conducted by qualified Expressive Arts Therapist
 - 30 professionals/frontline staff completed the 4-day training



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Project Content

- Creative Arts Drug Rehabilitation Program (10/2020 to 7 02/2023)
 - Ambassadors-led 8-week creative arts drug rehabilitation service
 - A total of **175 drug rehabilitees** attended the 8-week creative arts drug rehabilitation group intervention; 157 participated reported an attendance rate of 70% of above.
 - Eligible participants were randomly assigned into either (i) an 8-week Creative Arts Drug Rehabilitation Program or (ii) a control group for research purpose; a total of 252 responses were analyzed in the research study.



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Project Content

- Art Book (04/2022 – 11/2023)
 - Documenting the artwork created by young adults during the creative arts drug rehabilitation programs.
 - 5,000 copies were delivered to local schools, drug service organizations, and the general public.



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Project Content

- Art Exhibition cum Closing Ceremony and Press Conference
 - 2 exhibitions (04/2023 & 01/2024)
 - Displaying the artwork from the Creative Arts Drug Rehabilitation Program
 - The 2nd exhibition has been held as part of the Closing Ceremony and Press Conference to introduce the CAPE project and disseminate the research findings to the public



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Output and Outcome Evaluation

- Overall Program (Outcome Indicator 1)
 - Quantitative data
 - Exhibition's attendees
 - Collected after the visit
 - Beat Drugs Fund question set no. 8 (with modification)

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Output and Outcome Evaluation

- Creative Arts Drug Rehabilitation Program (Outcome Indicator 2 - 5)
 - Mixed method, 2-arm, non-blind, randomized controlled study design
 - Both quantitative and qualitative
 - Eligible participants:
 - Young adults attending professional service from one of the drug rehabilitation service providers
 - With minimum 70% attendance in 8 sessions
 - *Quantitative data:*
 - Paper-and-pencil questionnaires packet composing of locally validated measurements on drug use habits, and dimensions of mental health (including self-esteem, self-compassion, anxiety and depression symptoms, and perceived stress)
 - Two separate time points: (i) baseline (T_0) and (ii) 8-week follow-up (T_1)

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Output and Outcome Evaluation

- Creative Arts Drug Rehabilitation Program (Con't) *Qualitative data*
 - *Quantitative data*
 - Hospital Anxiety and Depression Scale (HADS)
 - Self-Compassion Scale, Chinese version (the self-soothing subscale) (SCS-C)
 - Positive and Negative Affect Scale (PANAS)
 - Coping Self-Efficacy Scale (CSE)
 - Drug Avoidance Self-Efficacy Scale (DASES)
 - Self-report record of drug use frequency in the past one month
 - Basic demographics
 - *Qualitative data*
 - Focus-group interviews with creative arts drug rehabilitation program's participants
 - Using a semi-structured interviewing protocol developed by the Centre on Behavioral Health

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Output and Outcome Evaluation

- 4-day Train-the-Trainer Program (Outcome Indicator 6)
 - Quantitative data
 - Collected upon completion of the 4-day training
 - Beat Drugs Fund question set no. 21
 - Qualitative data
 - Focus-group interviews
 - Train-the-Trainer Program participants
 - Using a semi-structured interviewing protocol developed by the Centre on Behavioral Health, The University of Hong Kong

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Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1	35,000 hit rates of the competition and exhibition website	44,923 hit rates of the competition and exhibition website (128.35%)
Output Indicator 2	a) An attendance of 2,500 in the Creative Art Competition Exhibition b) An attendance of 2,500 in the Creative Art Exhibition c) 200 attendees of the Prize-giving Ceremony	a) A total attendance of 8,622 (344.9%) has been recorded b) A total attendance of 5,574 (222.96%) has been recorded c) A total attendance of 203 (101.5%) has been recorded

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Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 3	To recruit 120 participants to attend the 8-week creative arts drug rehabilitation service with at least 100 of them completed the program with 70% attendance rate	<ul style="list-style-type: none"> Recruited 175 participants (145.83%) to attend the 8-week creative arts drug rehabilitation service with 157 of them (157%) completed the program with 70% attendance rate

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Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 4	To recruit 30 professionals/ frontline staff to attend the training program with 25 of them completed the 4-day training and the 2 supervision sessions	<ul style="list-style-type: none"> Recruited 31 professionals/frontline staff (103.3%) 30 of them (120%) completed the 4-day training and the 2 supervision sessions

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	70% of participants agree that the publicity event is effective in disseminating anti-drug messages	<ul style="list-style-type: none"> • <u>Beat Drugs Fund question set no. 8 (with modification)</u> <ul style="list-style-type: none"> • 528 valid cases evaluated • 72.3% of participants agree that the publicity event is effective in disseminating anti-drug messages

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 2	70% of rehabilitees show improvement in mental health outcome or statistically significant improvement in rehabilitee's mental health outcome as indicated by paired t-test)	<ul style="list-style-type: none"> • <u>HADS</u> <ul style="list-style-type: none"> • 120 valid cases evaluated • 70.0% showed improvement in anxiety and/ or depression level • <u>PANAS</u> <ul style="list-style-type: none"> • 120 valid cases • 77.5% showed improvement in positive and/ or negative affect

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 3	70% of rehabilitees show improvement in coping self-efficacy or statistically significant improvement in rehabilitee's coping self-efficacy as indicated by paired t-test	<ul style="list-style-type: none"> • <u>SCS</u> <ul style="list-style-type: none"> • 121 valid cases • 83.5% showed improvement in Self-Soothing Attitude and / or Self-Defeating Attitude
Outcome Indicator 4	70% of rehabilitees show improvement in drug avoidance self-efficacy or statistically significant improvement in rehabilitee's drug avoidance self-efficacy as indicated by paired t-test	<ul style="list-style-type: none"> • <u>Beat Drugs Fund question set no. 3</u> <ul style="list-style-type: none"> • 121 valid cases evaluated • Statistically significant improvement found

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 5	70% of rehabilitees show reduction in drug use frequency	<ul style="list-style-type: none"> • <u>Beat Drugs Fund question set no. 5</u> <ol style="list-style-type: none"> a) Reduced drug use frequency <ul style="list-style-type: none"> • 29 valid cases evaluated • 79.31% showed improvement b) Cases quitted <ul style="list-style-type: none"> • 29 valid cases evaluated • 65.52% quitted c) Cases avoided relapse <ul style="list-style-type: none"> • 90 valid cases evaluated • 95.56% showed avoided relapse

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 6	70% of trained ambassadors rate the creative art training and supervision as satisfactory	<ul style="list-style-type: none"> • <u>Beat Drugs Fund question set no. 21</u> <ul style="list-style-type: none"> a) Anti-drug Professional Training <ul style="list-style-type: none"> • 30 valid cases evaluated • 100% cases rated the activity as useful, rich or satisfactory b) Overall rating <ul style="list-style-type: none"> • 30 valid cases evaluated • 93.3% cases rated the activity as satisfactory

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Experience Gained

- A **creative arts-based intervention program** showed potential benefits in improving psychosocial well-being, self-efficacy of coping and drug avoidance via non-verbal and creative expression of emotions.
- The **creative arts exhibitions** also showed benefits in raising public awareness of drug use problems among young adults, and in enhancing empathetic understanding towards rehabilitees.
- A time-limited, **creative arts-based Train-the-Trainer program** showed promising benefits to frontline staff in enhancing their facilitation skills in incorporating artistic elements into their service for drug rehabilitees.

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Other Findings

- Perceived benefits of the creative arts-based intervention for drug rehabilitees
 - Mood management
 - Social relationships
 - Self-awareness
 - Self-efficacy & confidence
 - Broadened perspective towards drug use
- Therapeutic factors in creative arts-based intervention for drug rehabilitees
 - Creative arts-specific factors
 - Non-verbal expression
 - Embodiment
 - Concretization
 - Creativity
 - Artistic pleasure
 - Sense of togetherness
 - Interpersonal learning

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Other Findings

- Perceived Benefits (Reported by Participants) from the Train-the-Trainer Program
 - Enhancing knowledge in the use of creative arts in a drug rehabilitation program
 - Strengthening practice competency in using creative arts elements in rehabilitation work
 - Attaining personal growth in the training program: better self-understanding and more confident in using arts as facilitation in clinical work.

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Conclusion

- Creating the rubrics for the furtherance of creative arts intervention as a culturally relevant, evidence-based, and person-centred approach to drug rehabilitation.
- Further training, research efforts, and explorations will be required to aggregate empirical evidence with scientific rigor to support the effectiveness of therapeutic use of creative arts in drug rehabilitation.

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End

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