



Say No to Drugs – Path Builders for Youth Project BDF 180026

Project implementation period:

1st May 2019 to 30th April 2021

Grantee:

Rotary Club of Admiralty Limited

Co-organizer:

TWGHs CROSS Centre

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Introduction

- This territory-wide project aims at providing rehabilitation services and mentoring program for existing drug abusers and ex-drug abusers under the age of 40 during 05/2019 to 04/2021.

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Project Content

- Project elements include individual counselling for drug abusers/rehabilitees. Supporting programmes including mentor training, mentoring process, regular gatherings, team building & adventure-based activities and volunteer services.
- New elements including in-depth counselling services in the aspect of family intervention, career counselling and personal development will be provided to drug abusers and their families. It aims to enhance the self-efficacy of drug abusers.

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- Appreciation and award will be given for those mentees or mentors who have fulfilled project requirement. Successful stories will be written out to record down the treasurable memories. Besides, mentee with the most excellent performance will be promoted to be an assistant mentor.

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Project Activities

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Phase 1: Recruitment and Matching Phase

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The Kick off of the project



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Mentoring and Matching Experience Sharing



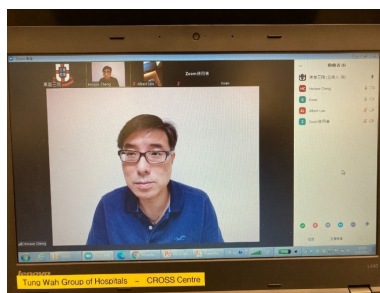
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Support Counselling Training Session for Mentors



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Mentor Training (Via Zoom)



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Phase 2: Supporting Phase

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Regular Gathering / Leisure Activities



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Regular Gathering / Leisure Activities



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Matching, Mentoring and Supportive Services (Team Building activities)



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Team building activities



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Volunteer services



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Phase 3: Developmental Phase

[17]



Family Programme



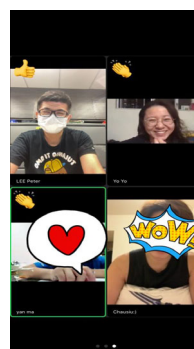
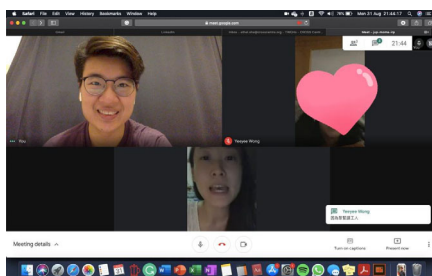
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Career Counselling



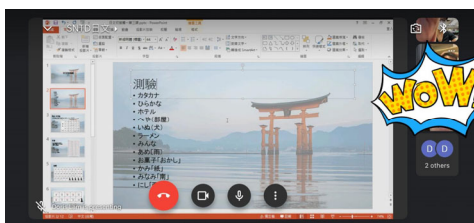
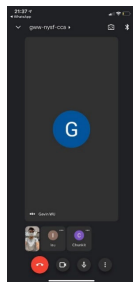
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Career Counselling



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Personal Development Programme



Phase 4: Recognition Phase




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 Recognition - Appreciation and Award Presentation
 Mentees' music performance



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 Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1A	To recruit 134 drug abusers/ ex-drug abusers and 134 mentors to join the project	Recruited 142 (106%) drug abusers / ex-drug abusers and 147 (110%) mentors to join the project
Output Indicator 1B	70% (66 participants in each group) of the mentors and mentees engage in 3 sessions of regular gathering/ leisure activities	66 (100%) drug abusers / ex-drug abusers and 74 (112%) mentors have engaged in 3 sessions of regular gathering/ leisure activities

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	Expected Result	Achieved Result
Output Indicator 1C	70% (66 participants in each group) of the mentors and mentees engage in 1 session of team-building or adventure-based activities	74 (112%) drug abusers / ex-drug abusers and 81 (123%) mentors have engaged in 1 session of team-building or adventure-based activities
Output Indicator 1D	70% (66 participants in each group) of the mentors and mentees engage in 1 session of volunteer services	66 (100%) drug abusers / ex-drug abusers and 79 (120%) mentors have engaged in 1 session of volunteer services

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	Expected Result	Achieved Result
Output Indicator 2	Provide individual counselling to 94 drug abusers/ ex-drug abusers, among which 66 participants receive at least 3 individual counselling sessions	131 (139%) drug abusers/ ex-drug abusers have been received individual counselling, among which 105 (159%) participants have been received at least 3 individual counselling sessions

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	Expected Result	Achieved Result
Output Indicator 3A	Provide training to 94 mentors, among which 66 mentors complete at least 2 sessions of training	114 (121%) mentors have been received mentor training, among which 91 (138%) mentors have completed at least 2 sessions of training
Output Indicator 3B	Provide support counselling to 94 mentors, among which 66 mentors complete at least 2 sessions of support counselling	119 (127%) mentors have been received support counselling, among which 108 (164%) mentors have completed at least 2 sessions of support counselling

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	Expected Result	Achieved Result
Output Indicator 4A	Provide personal development program to 57 drug abusers/ ex-drug abusers, among which 41 participants complete at least 4 sessions of personal development program	57 (100%) drug abusers/ ex-drug abusers have been received personal development program, among which 41 (100%) participants have completed at least 4 sessions of personal development program
Output Indicator 4B	Provide career counselling services to 66 drug abusers/ ex-drug abusers, among which 47 participants complete at least 2 sessions of career counselling services	79 (120%) drug abusers/ ex-drug abusers have been received career counselling services, among which 70 (149%) participants have completed at least 2 sessions of career counselling services

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	Expected Result	Achieved Result
Output Indicator 5A	Provide family counselling to 66 family members of drug abusers/ ex-drug abusers, among which 47 of them complete at least 2 sessions of family counselling	66 (100%) family members of drug abusers/ ex-drug abusers have been received family counselling, among which 48 (102%) of them have completed at least 2 sessions of family counselling
Output Indicator 5B	Provide family program to 66 family members of drug abusers/ ex-drug abusers, among which 47 of them complete at least 1 session of family program	84 (127%) family members of drug abusers/ ex-drug abusers have been received family program, among which 84 (179%) of them have completed at least 1 session of family program

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	Drug/ ex-drug abusers who completed phase 2 (supporting phase) show a more negative attitude towards drug abuse (70% of participants show improvement in attitude towards drug abuse or statistical significant improvement in participant's attitude towards drug abuse as indicated by paired t-test)	Completed 135 pre-test and 115 post-test. 115 valid cases evaluated and 93.9% of the drug/ ex-drug abusers who completed phase 2 (supporting phase) show improvement in attitude towards drug abuse.

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 2	Drug/ ex-drug abusers who completed the career counselling show improvement in their employment readiness (70% of participants show improvement in employment readiness or statistical significant improvement in participant's employment readiness as indicated by paired t-test)	Completed 135 pre-test and 98 post-test. 98 valid cases evaluated and 83.7% of the drug/ ex-drug abusers who completed the career counselling show improvement in employment readiness.

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 3	Drug/ ex-drug abusers' family members who completed family counselling show improvement in their capacity to support drug abusers (70% of participants show improvement in their capacity to support drug abusers or statistical significant improvement in participant's capacity to support drug abusers as indicated by paired t-test)	Completed 63 pre-test and 59 post-test. 59 valid cases evaluated and 93.2% of drug/ ex-drug abusers' family members who completed family counselling show improvement in their capacity to support drug abusers.

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	Expected Result	Achieved Result
Outcome Indicator 4	70% of drug/ ex-drug abusers who completed personal development program show improvement in their sense of perceived self-efficacy (70% of participants show improvement in sense of perceived self-efficacy or statistical significant improvement in participant's sense of perceived self-efficacy as indicated by paired t-test)	Completed 135 pre-test and 99 post-test. 99 valid cases evaluated and 84.8% of drug/ ex-drug abusers who completed personal development program show improvement in their sense of perceived self-efficacy.

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	Expected Result	Achieved Result
Outcome Indicator 5	Mentors who completed phase 2 (supporting phase) show improvement in acceptance of treatment and rehabilitation services and ex-drug abusers (70% of participants show improvement in acceptance of treatment and rehabilitation services or statistical significant improvement in participant's acceptance of treatment and rehabilitation services as indicated by paired t-test)	Completed 144 pre-test and 82 post-test. 82 valid cases evaluated and 84.1% of mentors who completed phase 2 (supporting phase) show improvement in acceptance of treatment and rehabilitation services and ex-drug abusers.

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Outcome Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 6	Mentors who completed mentor training gain knowledge on harmful use of drug (70% of participants gain knowledge on harmful use of drug or statistical significant gain in participant's knowledge on harmful use of drug as indicated by paired t-test)	Completed 144 pre-test and 79 pro-test. 79 valid cases evaluated and 84.8% of mentors who completed mentor training gain knowledge on harmful use of drug.

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Process Evaluation

1. The project has recruited a group of mentors to help young drug abusers to steer away from drug abuse and re-develop a healthy drug-free lifestyle.
2. Once mentees are promoted to be assistant mentors, they are believed to be further empowered psychologically through interacting with both mentors and mentees, manifesting their transformation.
3. Personal development and career counselling programmes are the useful intervention for enhancing the self-efficacy and the job training skills of the drug abusers.

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Experience Gained

1. The importance of family support

The project will also match mentees with mentors, who will support and journey with mentees after training. Social workers and mentors will also keep contact with mentees' family to provide family support and counselling when necessary.

2. The effectiveness of mentoring

Mentors and mentees spend quality time together engaging in different types of recreational activities. Mentors provide support and guidance to mentees. We found that the project could assist mentees to go difficult life stages through mentoring.

3. To make use of the promotion of the assistant mentors

The project will help garner job skills training and job opportunities for suitable mentees to develop their career. Mentees can also become assistant mentors through the promotion system, featured in this project term.

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Other Findings

1. It is suggested to conduct the talents exploration and development programmes for enhancing mentees' self-efficacy, perceived competence, perceived control and motivation to control, as well as to improve their interpersonal relationship in the workplace and family.
2. It is suggested to add a newly formal peer supporter training for mentees in order to consolidate their experiences and become peer supporters. Success stories of their transformation with mentors' support will be collected and shared.

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Conclusion

1. As a whole, all project output and outcome have been achieved. A total of 142 mentees and 147 mentors have been recruited.
2. With the successful experience of this project, a continuation of this territory-wide project aiming at providing aftercare service and enhancing relapse prevention and employability of drug/ex-drug abusers (“mentees”) aged 40 or below, including new target groups of drug abusing mothers, ethnic and sexual minorities, will be launched in May 2021.

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The End

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