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Tung Wah Group of Hospitals

越峰成長中心

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# CROSS Fitness 2.0 -

A Community-Based Reintegrated Project for young adult with drug abuse



Grantee:  
Tung Wah Group of Hospitals  
Hong Kong Baptist University

Implementation period:  
5/2019-6/2022

# Introduction

- Territory-wide project
- Targeted young adult drug abusers aged 40 or below, especially those aged between 21 and 35
- Adopted empowerment theory and relapse prevention model
- Exercise-based intervention with the following aims:
  1. To reduce drug abusers' drug use frequency
  2. To enhance their physical ability, stress management, self-efficacy to avoid drug use, life satisfaction (include quality of life) and wellness
  3. To empower and transform their identity and the connections with the community through **CROSS V**-volunteer services and CROSS Peer Coaches.

# Flow of Service

## The 3 phases of the Project





# Recruitment

- Snowballing approach
- Referral from CCPSAs, DTRCs and Related Service Units
- Outreaching physical check-up ad challenge station







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# 3 Phases of the Project

1. Assessment in Free Trial Stage
2. CROSS Fitness all-rounded Power-up Stage
3. Transformation and Empowerment Stage

# 1. Assessment in Free Trial Stage

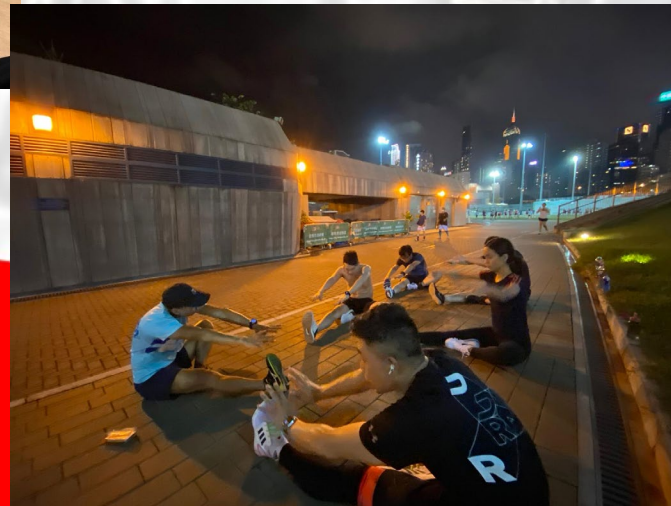
- Fitness assessments





# 1. Assessment in Free Trial Stage

- Group-based exercise program (Free trial)





## 2. CROSS Fitness all-rounded power-up stage

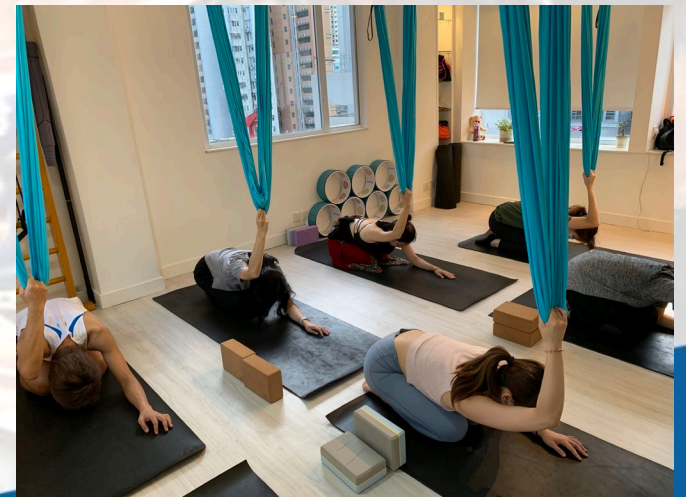
- Group-based exercise program





## 2. CROSS Fitness all-rounded power-up stage

- One-shot health related activity





## 2. CROSS Fitness all-rounded power-up stage

- One-shot health related activity





# 3. Transformation and Empowerment Stage

- Volunteer Service to CROSS Fitness





# 3. Transformation and Empowerment Stage

- CROSS Peer Coach Scheme







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# Output and Outcome Evaluation

- **Pre-test**
- **Post-test**







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# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 1	To recruit at least 100 drug abusers, 100 significant others and 40 community volunteer mentors to join the exercise-based intervention, among which 120 person use at least 1 session of CROSS fitness Centre	<ul style="list-style-type: none"> <li>- Recruited 180 (180%) drug abusers;</li> <li>- Recruited 90 (90%) Significant others;</li> <li>- Recruited 70 (175%) Community volunteer mentors;</li> </ul> <p>113 (94.2 %) person used at least 1 session of CROSS fitness Centre</p>
Output Indicator 2	<p>(a) 70 drug abusers complete at least 5 sessions of counselling</p> <p>(b) 70 drug abusers' significant others complete at least 2 sessions of counselling</p>	<p>105 (150%) drug abusers completed at least 5 sessions of counselling</p> <p>71 (101.4%) drug abusers' significant others completed at least 2 sessions of counselling</p>
Output Indicator 3	<p>(a) 70 drug abusers attend at least 7 sessions of Group-based exercise program</p> <p>(a) 70 drug abusers' significant others attend at least 1 session of Group-based exercise program</p> <p>(b) 28 community volunteer mentors attend at least 1 session of Group-based exercise program</p>	<p>109 (155.7%) drug abusers attended at least 7 sessions of Group-based exercise program</p> <p>90 (128.6%) drug abusers' significant others attended at least 1 session of Group-based exercise program</p> <p>29 (103%) community volunteer mentors attended at least 1 session of Group-based exercise program</p>





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# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Output Indicator 4	<ul style="list-style-type: none"> <li>(a) 70 drug abusers attend at least 3 sessions of relapse prevention group</li> <li>(b) 70 drug abusers attend at least 1 session of social service</li> </ul>	<p>66(94.3%) drug abusers attended at least 3 sessions of relapse prevention group</p> <p>63 (90%) drug abusers attended at least 1 session of social service</p>
Output Indicator 5	<ul style="list-style-type: none"> <li>(a) 30 CROSS Peer Coach complete and pass the sports-related certificated training course</li> <li>(b) 21 CROSS Peer Coach complete at least 3 sessions of career counselling</li> <li>(c) 11 CROSS Peer Coach complete at least 3 sessions of job counselling</li> <li>(d) 11 CROSS Peer Coach complete at least 2 sessions of job training</li> <li>(a) Employ 15 CROSS Peer Coach as part-time or full-time coaches</li> </ul>	<p>35 (116.7 %)CROSS Peer Coach completed and passed the sports-related certificated training course</p> <p>30 (142.9%) CROSS Peer Coach completed at least 3 sessions of career counselling</p> <p>11 (100%) CROSS Peer Coach completed at least 3 sessions of job counselling</p> <p>34 (309.1%) CROSS Peer Coach completed at least 2 sessions of job training</p> <p>Employed 17 (113.3%) CROSS Peer Coach as part-time or full-time coaches</p>
Output Indicator 6	<ul style="list-style-type: none"> <li>(a) 150 high-risk youths receive physical check-up or fitness challenge station services</li> <li>(b) 50 drug abusers, 50 drug abuser’s significant others and 20 community volunteers attend at least 1 session of one-shot health related activity</li> <li>(a) 32 community volunteer mentors attend at least 3 sessions of community volunteer mentor training</li> </ul>	<p>243 (162%) high-risk youths received physical check-up or fitness challenge station services</p> <p>75 (150%) drug abusers, 56 (110%) drug abuser’s significant others and 36 (180%) community volunteers attended at least 1 session of one-shot health related activity</p> <p>37 (115.6%) community volunteer mentors attended at least 3 sessions of community volunteer mentor training</p>





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# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 1	70% of drug abusers show reduction in frequency of drug abuse	<p>180 drug abusers completed the Pre-test survey, 85 completed post-test survey.</p> <p>Among those who used drug at pre-test survey (n=35), 91.43% showed reduction in drug use frequency.</p> <p>Among those who did not use drug at pre-test survey (n=50), 94.00% avoided relapse.</p>
Outcome Indicator 2	<p>Drug abusers show improvement in level of health-related physical activity</p> <p>(70% of drug abusers show improvement in level of health-related physical activity or statistical significant improvement in drug abuser's health-related physical activity level as indicated by paired t-test)</p>	<p>180 drug abusers completed the Pre-test survey, 85 completed post-test survey.</p> <p>74.1% of respondents showed improvement in in level of health-related physical activity.</p>
Outcome Indicator 3	<p>Drug abusers show improvement in positive coping ability (or skills of stress management)</p> <p>(70% of drug abusers show improvement in positive coping ability or statistical significant improvement in drug abuser's positive coping ability as indicated by paired t-test)</p>	<p>180 drug abusers completed the Pre-test survey, 85 completed post-test survey.</p> <p>74.1% of respondents showed improvement in positive coping ability (or skills of stress management).</p>





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# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
Outcome Indicator 4	Drug abusers show improvement in self-efficacy to avoid using drugs  (70% of drug abusers show improvement in self-efficacy to avoid using drugs or statistical significant improvement in drug abuser's self-efficacy to avoid using drugs as indicated by paired t-test)	180 drug abusers completed the Pre-test survey, 85 completed post-test survey.  81.2% of respondents showed improvement in self-efficacy to avoid using drugs.
Outcome Indicator 5	70% of drug abusers show improvement in their level of life satisfaction  (70% of drug abusers show improvement in their level of life satisfaction or statistical significant improvement in drug abuser's level of life satisfaction as indicated by paired t-test)	180 drug abusers completed the Pre-test survey, 85 completed post-test survey.  77.6% of respondents showed improvement in their level of life satisfaction.
Outcome Indicator 6	70% of drug abusers show improvement in their level of perceived wellness  (70% of drug abusers show improvement in their level of perceived wellness or statistical significant improvement in drug abuser's level of perceived wellness as indicated by paired t-test)	180 drug abusers completed the Pre-test survey, 85 completed post-test survey.  76.5% of respondents showed improvement in their level of perceived wellness.
Outcome Indicator 7	70% of drug abusers show improvement employment readiness  (70% of drug abusers show improvement in employment readiness or statistical significant improvement in drug abuser's employment readiness as indicated by paired t-test)	62 drug abusers completed the CROSS Fitness all-rounded Power-up stage and entered to the Transformation and Empowerment stage. All the drug abusers entered to this stage completed the Pre-test survey and 24 drug abusers completed the Post-test survey.  79.2% of drug abusers show improvement in employment readiness.





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# Experience Gained

- Recruitment stage

1. Fitness experiencing station to promote the fitness concept and healthy lifestyle.

2. Snowballing approach



# Experience Gained

- Assessment in Free Trial Stage
  1. To assess participant's psychological wellbeing and physical quality
  2. Providing group-based exercise program (free trial) to assess participant's interest



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# Experience Gained

- **CROSS Fitness all-rounded Power-up Stage**
  1. To maintain the participants' motivation of exercise, the project worker encourage them invited the significant others to participant the training sessions together
  2. The regular exercises group will motivate the participants to keep the sports habit
  3. CROSS Fitness membership scheme and reward system
  4. CROSS Tracker to have self tracking on the sports performance
  5. Cognitive Therapy Relapse Prevention Group as a method to understand the relationship between using drugs and personal rules
  6. One-shot health related activity to broaden the horizon of sports activities





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# Experience Gained

## • Transformation and Empowerment Stage

1. To be an exercise volunteers to serve other service targets: elderly, high-risk youth is a good opportunity to explore the strengths
2. Volunteer mentors will be a role model in the exercise group
3. The post-test questionnaire helps the participants to make a self evaluation
4. CROSS Peer Coach Scheme to support service targets applied for the sports-related certificated coach training course
5. CROSS Jump to prepare and refer the job opportunities for service targets



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# Other Findings

1. It is suggested to add the element to evolve the self motivation of the service targets to do the sports. Boosting the motivation is important for the service targets to face the difficulties during the COVID-19 with the lock down policy. The high motivation can nourish the service targets to find ways to solve the problem of doing sports.



# Conclusion

1. As a whole, all project output and outcome have been achieved. A total of 85 service targets have been complete the 10 sessions of group-based exercise program with pre-pro test completion. 17 CROSS Peer Coaches employed as part-time or full-time coaches, the service targets can further development their sports-related career in the future.
2. With the successful experience in the past, this territory-wide project aims at drug abusers' aged 40 or below to reduce drug use frequency, enhance their physical ability, stress management, self-efficacy to avoid drug use, life satisfaction (include quality of life) and wellness .



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