

Project CARE PLUS –  
Community-based Treatment  
And Rehabilitation Support  
Service for Ethnic Minorities +  
Drug Mothers & Drug Prevention



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# *Introduction*

- Project Content & Process Evaluation
- Output & Outcome Evaluation
- Output & Outcome Benchmark and Evaluation Result
- Experienced Gained
- Conclusion
- Suggestion & way forward

# *Project Content*

Induction Program

Pre-vocational  
Program

Hidden Youth/Rehab.  
maintenance family  
case

Parenting  
Strengthening  
Program

Family Reconciliation  
Program

Exercise Groups

Outreach

Lifestyle Change  
Program

Mutual Support Group

# *Induction program- Health Support Group*

## Objective

1. To raise participants motivation to enter drug treatment
2. To raise their sense of health awareness
3. To raise their positive thinking

## Intervention and activities

1. Harm reduction experience shared by EM SPE
2. Retreatment referral talk: Oasis Hostel and sharing from rehab hostel client
3. Community brotherhood: Celebrate big festivals, movie sharing

# Induction Program- Health Support Group



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# *Pre-vocational Program- Friday Working Group*

## Objectives

- 1. To raise client's vocational skills
- 2. To build up a positive social network
- 3. To strengthen client's self-esteem



# *Pre-vocational Program- Friday Working Group*

Needs of target group(Ex- drug users)

- Low self-confident
- Lack of social resources
- Weak in use of English
- Weak in social communication skills



# *Pre-vocational Program- Friday Working Group*

Intervention means/ Intervention models

- Life planning
- Experiential Learning
- Positive thinking



# Pre-vocational Program- Friday Working Group



# *Pre-vocational Program- Coffee class*

## Objectives

- 1. To explore the interests of clients
- 2. To enhance pre-vocational skills
- 3. To learn the coffee making skills



# *Pre-vocational Program- Coffee class*

Needs of target group  
(Mainly for Active drug users)

- Narrow career choices/interests
- Lack of life goal and motivation
- Poor daily routine
- Lack of social resources

# ***Pre-vocational Program- Coffee class***

Intervention means/ Intervention models

- Career and Life planning
- Experiential Learning
- Positive thinking





# Pre-vocational Program- Coffee class



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# Rehabilitation maintenance family case

- Client name: Bob
- Ex drug user
- Family members:
  - Wife and 2 sons( P.3 & P.5)
  - Financial support by CSSA



# Rehabilitation maintenance family case

## ● Needs of the family

### Bob's wife

- Under pressure of looking after their sons
- Poor relationship with her husband

### Bob

- Mental illness affect his life
- Smoke frequently
- Poor family role

### Bob's sons

- Elder son has poor relationship with parents.
- Elder son has changed his personality and behaviour.

# Rehabilitation maintenance family case

## Intervention

- Build up relationship with clients and family members
- Child-Centred Approach
- Cognitive Behavioural Relapse Prevention Model (CBRP)
- Strength based approach

# Rehabilitation maintenance family case

Changes after intervention

- Higher motivation to work and learn
- Reduce smoking
- Maintain the rehabilitation
- Relieve high pressure of taking care children



# Career and Life Development- Hidden Youth case

- Two Nepalese brother clients:  
David(25/M) and Gordan(23/M)
- David is ex-drug user and Gordan is active drug user of heroin
- Live together with parents



# Career and Life Development- Hidden Youth case

-Clients underlying problems

1. Poor self-confidence:

unhygienic, fat, no strengths

2. Poor communication skills and worked only few days for every jobs:

answering Yes/No only, weak English

3. Weak social network and live skills:

No phone, no money, never been to Yau

Ma Tei

# Career and Life Development- Hidden Youth case

-Career and Life Planning Intervention & Change

1. Volunteering and job trial:

Went to Mei Foo, YMT, Austin & tried to work as cleaner  
and food delivery

2. Developing interests and social network:

Cycling, Football, boxing

3. VASK counselling:

Evaluated from experience for better self-  
understanding, hygiene and communication



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# ***Parent strengthening program- Mothers group***

## Objective

- 1. To build up mutual support
- 2. To release their negative emotion
- 3. To build up a positive lifestyle
- 4. To reduce taking drug

# ***Parent strengthening program- Mothers group***

Needs of target group (Active drug users)

- Lack of self confidence
- Lack of social network
- Weak in finding positive lifestyle



# ***Parent strengthening program- Mothers group***

Intervention means/ Intervention models

- Expressive art therapy
- Horticultural therapy
- Mindfulness approach
- Experiential Learning



# Parent strengthening program- Mothers group



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# Family Reconciliation Program





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# ***Social Rehabilitation-Exercise Therapy Groups***

- Objectives:
  1. To maintain positive habits and interests for rehab clients
  2. To develop a positive social network of rehab clients
  3. To improve the physical strength for rehab clients for integrating to normal life
  
- Intervention and activities:
  1. Regular exercises training: HIIT, Zumba
  2. Positive life attitude sharing with EM SPE colleague
  3. Dinner for mutual support

# Social Rehabilitation-Exercise Therapy Groups



1. Jogging ~ 30 Seconds

PowerDirector

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# Outreach





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# Lifestyle Change Program



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# Mutual Support Group





# *Process Evaluation*

## 1. Change of dynamic

- E.g. Exercise Group
- From participation led by colleagues to mutual support becoming leaders

## 2. In-depth exploration of interest

E.g. Mothers group



# *Process Evaluation*

3. High and long attendance & motivation
  - E.g. Long terms clients from Health Support group
  - Brotherhood of drug users and rehab clients



# *Output and Outcome Evaluation*

- Evaluation methods

1. Ask clients' feedback after the program.

2. Pre & post test



# *Output and Outcome Evaluation*

- Reduce the frequency of taking drugs
- Trust and rely on our service
- Important of our EM colleagues (Senior Peer Educator)

# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<b>Output Indicator 1</b>	A. Provide at least <b><u>180 sessions</u></b> of outreaching activities for <b><u>4,500</u></b> (person-times) EM at-risk individuals	A. <b><u>200 sessions</u></b> of outreaching activities <b><u>(111 %)</u></b> for <b><u>4,136 (92%)</u></b> EM at-risk individuals
	B. Provide at least <b><u>144 sessions</u></b> of outreaching activities for <b><u>1,440</u></b> (person-times) EM in specific occupation(s)	B. <b><u>140 sessions</u></b> of outreaching activities <b><u>(97%)</u></b> for <b><u>2,057 (143%)</u></b> EM at-work
	C. Provide at least <b><u>6 sessions</u></b> of mass program for <b><u>600</u></b> (person-times) of EM community members	C. <b><u>6 sessions</u></b> of mass program <b><u>(100%)</u></b> for <b><u>864 (144%)</u></b> EM community members

# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<b>Output Indicator 2</b>	A. A total of <b><u>360</u></b> (head count) EM drug abusers / rehabilitees receive <b><u>counselling</u></b> with Motivational Interviewing and assessment, with <b><u>216</u></b> (person-times) case plans set for treatment and rehabilitation. Among 216 case plans, <b><u>50%</u></b> (or <b><u>108 cases plans</u></b> ) will be achieved	A. <b><u>346 (96.1%)</u></b> Drug abusers / rehabilitees cases with <b><u>273 case plans set (126.4%)</u></b> and <b><u>191 case plans achieved (176.9%)</u></b>
	B. A total of <b><u>90</u></b> (head count) drug abusers being <b><u>referred</u></b> to community-based treatment, SACs, DTRCs or other <b><u>drug treatment services</u></b>	B. <b><u>101 (112.2%)</u></b> Drug abusers

# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<b>Output Indicator 3</b>	Provide <b><u>ongoing support</u></b> in treatment (including relapse prevention, discharge preparation and adaptation training) for <b><u>300</u></b> (person-times) rehabilitees	<b><u>295 (98.3%)</u></b> Rehabilitees
<b>Output Indicator 4</b>	<p>A. A total of <b><u>2,160</u></b> (person-times) drug abusers / rehabilitees attend the <b><u>Rehabilitation Strengthening Programs</u></b> with the following elements:</p> <ul style="list-style-type: none"> <li>- <b><u>induction</u></b> program (<b><u>540</u></b> person-times attendance)</li> <li>- <b><u>parenting strengthening</u></b> program (<b><u>360</u></b> person-times of female attendance)</li> <li>- <b><u>social rehabilitation</u></b> program (<b><u>540</u></b> person-times attendance)</li> <li>- <b><u>lifestyle change</u></b> program (<b><u>360</u></b> person-times attendance)</li> <li>- <b><u>peer volunteer</u></b> program (<b><u>360</u></b> person-times attendance)</li> </ul>	<p>A. <b><u>2,423 (112.2%)</u></b> drug abusers / rehabilitees</p> <ul style="list-style-type: none"> <li>- <b><u>649 (120.2%)</u></b> attendance</li> <li>- <b><u>324 (90%)</u></b> female attendance</li> <li>- <b><u>595 (110.2%)</u></b> attendance</li> <li>- <b><u>485 (134.7%)</u></b> attendance</li> <li>- <b><u>370 (102.8%)</u></b> attendance</li> </ul>

# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<b>Output Indicator 4</b>	B. <u>360</u> person-times drug abusers / rehabilitees attend the <u>pre-vocational training</u> and aftercare service	B. <u>363 (101%)</u> drug abusers / rehabilitees
	C. A total of <u>216</u> (person-times) rehabilitees attend <u>Mutual Support Group</u>	C. <u>314(145%)</u> rehabilitees
<b>Output Indicator 5</b>	A. A total of <u>120</u> (person-times) frontline staff attend <u>6 sessions</u> of <u>professional training</u> for anti-drug frontline workers	A. <u>297 (247.5%)</u> frontline staff attended <u>7 sessions</u> of professional training
	B. Provide <u>family reconciliation programme</u> for <u>648</u> (person-times) family members of drug abusers/ rehabilitees	B. <u>641(99%)</u> Family members of drug abusers/ rehabilitees

# *Outcome Benchmarks & Evaluation Results*

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Outcome Indicator 1</b>	50% of drug abusers show reduction in drug use or stop using drugs after completing the treatment	90 persons completed the treatment and 44 of them reduced in drug use frequency <b><u>(57.14%)</u></b>
<b>Outcome Indicator 2</b>	50% of participants show improvement in their motivation to quit drugs or statistical significant improvement indicated by paired t-test	120 Drug abusers completed the survey and 72 show improvement in motivation to quit drugs <b><u>(60%)</u></b>



# *Outcome Benchmarks & Evaluation Results*

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Outcome Indicator 3</b>	50% of participants show improvement in their capacity to support drug abusers or statistical significant improvement indicated by paired t-test	140 participants completed the survey and 97 participants showed improvement in capacity to support drug abusers' family members <b><u>(69.3%)</u></b>

# *Experience Gained*

Reason behind success

- Personal centred approach
- Stability of programs
- Empathy
- We-feeling support from EM colleagues



# *Experience Gained*

## Lesson learnt

- Approach by the interests
- Be a facilitator and active listener
- Let clients feel love and care



# Conclusion

- Diversity of our service
- Good teamwork and communication
- Empowerment of clients



# Suggestions & Way forward

- Career Life Planning
- Pre-release support
- Positive Psychological
- Parent education
- Education/ Sharing of drug-free lifestyle
- Hygiene education



**End**

