




## “Project EMpower” – Ethnic Minority Youth Enhancement Scheme

### BDF 190019



Project implementation period: 1/8/2020 - 31/7/2022  
 Grantee: Tung Wah Group of Hospitals






## Introduction

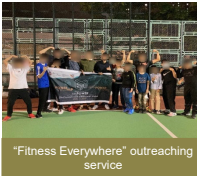
Project title	“Project EMpower” – Ethnic Minority Youth Enhancement Scheme
Project period	1/8/2020 - 31/7/2022
Target population	Ethnic minority youths aged 12-24 At-risk ethnic minority youths aged 12-24 Ethnic minority substance abusers aged 12-24
Target background	Grassroots families Public housing estate/ densely populated Low academic achievement Parents with low education level




## Output Benchmarks & Evaluation Results



	Expected Result	Achieved Result
<b>Output indicator 1</b>	(a) Provide at least <b>10 sessions</b> of "Say No to Cannabis" school programme for at least <b>600 ethnic minority youths</b> (b) Provide at least <b>100 sessions</b> of "Fitness Everywhere" outreaching service for at least <b>1,000 ethnic minority youths</b> (c) Provide at least <b>4 sessions</b> of "Project EMpower" exhibition for at least <b>500 general public</b>	(a) <b>19 sessions (190%)</b> for <b>601 participants (100.2%)</b> (b) <b>99 sessions (99%)</b> for <b>991 participants (99.1%)</b> (c) <b>4 sessions (100%)</b> for <b>834 (166.8%) general public</b>
<b>Output indicator 2</b>	(a) Provide at least <b>16 sessions</b> of empowering resilience workshops (VR workshop, sport training, life education programme and career and life planning workshop) and <b>80 sessions</b> of brief counselling for <b>80 at-risk ethnic minority youths</b> (b) Provide at least <b>4 sessions</b> of empowering resilience workshops (volunteer service) and <b>20 sessions</b> of brief counselling for <b>20 at-risk ethnic minority youths</b>	(a) <b>22 sessions of workshops (137.5%)</b> and <b>80 sessions of brief counselling (100%)</b> for <b>80 participants (100%)</b> (b) <b>4 sessions of workshops (100%)</b> and <b>18 sessions of brief counselling (90%)</b> for <b>18 participants (90%)</b>
<b>Output indicator 3</b>	Provide at least <b>24 sessions</b> of relapse prevention group and <b>72 sessions</b> of brief counselling for <b>36 ethnic minority drug abusers</b>	<b>24 sessions of group (100%)</b> and <b>88 sessions (122.2%)</b> of brief counselling for <b>44 participants (122.2%)</b>



"Fitness Everywhere" outreaching service



VR workshop

## Outcome Benchmarks & Evaluation Results



	Expected Result	Achieved Result
<b>Outcome indicator 1</b> • "Say No to Cannabis" school programme	Ethnic minority youths show improvement in anti-drug attitude  (70% of participants show improvement in anti-drug attitude or statistical significant improvement in participant's anti-drug attitude as indicated by paired t-test)	157 valid cases evaluated. 112 cases (71.3% of respondents) show improvement in anti-drug attitude.
<b>Outcome indicator 2</b> • "Project EMpower" exhibition	General public show improvement in their acceptance towards EM drug rehabilitees and ex-drug abusers  (70% of participants show improvement in their acceptance towards EM drug rehabilitees and ex-drug abusers or statistical significant improvement in participant's level of acceptance as indicated by paired t-test)	109 valid cases evaluated. 77 cases (70.6% of respondents) show improvement in acceptance towards EM drug rehabilitees and ex-drug abusers. 86 cases (78.9% of respondents) show overall improvement.




"Say No to Cannabis" school programme




"Project EMpower" exhibition


## Outcome Benchmarks & Evaluation Results



	Expected Result	Achieved Result
<b>Outcome indicator 3</b> • VR workshop • Sport training, • Life education programme • Career and life planning workshop • Volunteer Service	At-risk EM youths show improvement in self-efficacy on drug avoidance  (70% of participants show improvement in self-efficacy on drug avoidance or statistical significant improvement in participant's self-efficacy on drug avoidance as indicated by paired t-test)	97 valid cases evaluated. 83 cases (85.6% of respondents) show improvement in self-efficacy on drug avoidance.
<b>Outcome indicator 4</b> • Relapse prevention group	EM drug abusers show improvement in self-efficacy to resist drugs  (70% of participants show improvement in self-efficacy to resist drug or statistical significant improvement in participant's self-efficacy to resist drug as indicated by paired t-test)	44 valid cases evaluated so far. 34 cases (77.3% of respondents) show improvement in self-efficacy to resist drug.




Career and life planning workshop




Relapse prevention group


## Outcome Evaluation - Evaluation methods



	Description of Indicator <u>(with targets)</u>	Evaluation Method <u>Used</u>
<b>Outcome indicator 1</b> •"Say No to Cannabis" school programme	Ethnic minority youths show improvement in anti-drug attitude  (70% of participants show improvement in anti-drug attitude or statistical significant improvement in participant's anti-drug attitude as indicated by paired t-test)	Beat Drugs Fund Question set no. 18  (Pre-test and post-test survey)
<b>Outcome indicator 2</b> •"Project EMpower" exhibition	General public show improvement in their acceptance towards EM drug rehabilitees and ex-drug abusers  (70% of participants show improvement in their acceptance towards EM drug rehabilitees and ex-drug abusers or statistical significant improvement in participant's level of acceptance as indicated by paired t-test)	Beat Drugs Fund Question set no. 22 (modified version for EM drug rehabilitees and ex-drug abusers*)  (Pre-test and post-test survey)




"Say No to Cannabis" school programme




"Project EMpower" exhibition

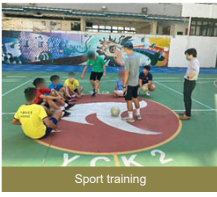
## Outcome Evaluation - Evaluation methods



	Description of Indicator <u>(with targets)</u>	Evaluation Method <u>Used</u>
<b>Outcome indicator 3</b> •VR workshop •Sport training, •Life education programme •Career and life planning workshop	At-risk EM youths show improvement in self-efficacy on drug avoidance  (70% of participants show improvement in self-efficacy on drug avoidance or statistical significant improvement in participant's self-efficacy on drug avoidance as indicated by paired t-test)	Beat Drugs Fund Question set no. 3  (Pre-test and post-test survey)
<b>Outcome indicator 4</b> •Relapse prevention group	EM drug abusers show improvement in self-efficacy to resist drugs  (70% of participants show improvement in self-efficacy to resist drug or statistical significant improvement in participant's self-efficacy to resist drug as indicated by paired t-test)	Beat Drugs Fund Question set no. 3  (Pre-test and post-test survey)



Relapse prevention group



Sport training

## Experience Gained



### Reason behind success

**Use of different means in program**

- Building up healthy living styles according to the interests of different groupings, for example:
  - Female group: handicraft
  - Male group: sports

**Cooperating with ethnic minority programme worker**

- EM programme workers considered the culture difference between Chinese worker and EM participants
- 1 male and 1 female EM programme worker involved into the participants with the same gender
- Contributed to rapport building, engagement and group discipline

**Career and life planning**

- Adopted career and life planning related sharing in programmes according to different interests of the EM participants who were confused with their future pathway




## Experience Gained



### Lesson learnt

Challenges encountered in the project and solutions learnt:

**Fluctuating attendance**

- Participants preferred flexibility and requested scheduling changes at the last minutes
  - ✓ Planning the schedule together
  - ✓ Focusing on time management in programme

**Lateness**


- Participants may late for activities
  - ✓ Having a buffer before programme
  - ✓ Focusing on the importance of commitment

**Rule-breaking behaviors**

- Participants may not understand the affection of breaking rules in programme
  - ✓ Setting up clear rules and reinforcement system
  - ✓ EM programme worker performed the big brother/sister figure in the groupings




## Conclusion



Ethnic minority teenagers and drug abusers would be influenced by the environment around them and culture of their origins.

Apart from being aware of the cultural difference of EM teenagers and drug abusers, understanding their challenges of living in Hong Kong is also important.

Confusion about their identity and future planning is a risk factor of drug abuse of EM youth. Life and career planning is suggested in the element of project planning.

