



Vitamin Cs BDF190041
Caritas – Hong Kong



Vitamin Cs

- 1. Introduction**
- 2. Project Content**
- 3. Output and Outcome Evaluation**
- 4. Process Evaluation**
- 5. Experience Gained**
- 6. Other Findings and Conclusion**



Introduction of our Project

Introduction

Reconnecting and refunctioning the different systems of the rehabilitees



Individual
Issues



Families



Organization



Society
systems

Change the substance abuse behaviors



Project Content

Project Content Vocational Training Course

Media Production



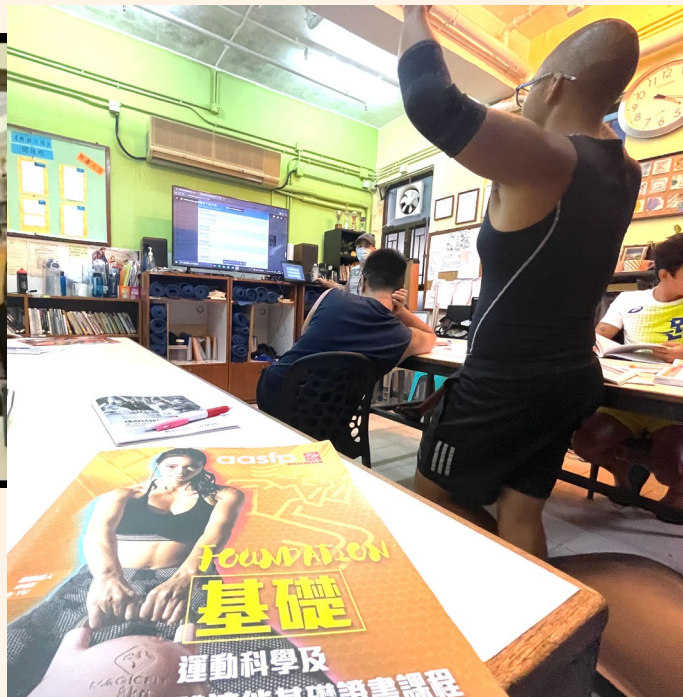
Project Content Vocational Training Course

Home Repairing and Maintenance



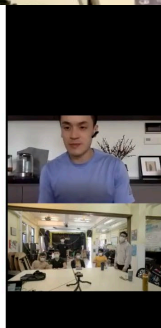
Project Content Vocational Training Course

Sportsmanship



基本伸展指引

- 保持伸展狀況10至30秒
 - 伸展至動作末端，但不要有顯著疼痛感覺
 - 在伸展時保持有節奏及緩慢的呼吸
- 靜態伸展 (Static Stretching)
 - 動態伸展 (Dynamic Stretching)



Project Content

Volunteer Workshop



Volunteer Services



Project Content Volunteer Services

Volunteer Alliance Program

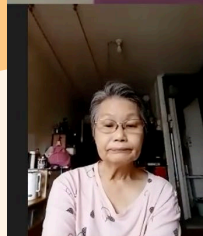


Project Content Volunteer Services

Volunteer Service



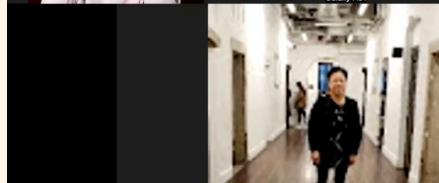
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Galaxy A31



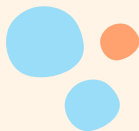
YIM CHING LING



明愛東頭長者中心_嘉如姑娘

Project Content Volunteer Services

Anti-Drug Talk



Project Content Volunteer Services

Volunteer Appreciation Ceremony



Project Content YouTube Channel

The first Anti-drug Channel hosted by Rehabilitees --
毒舍障礙

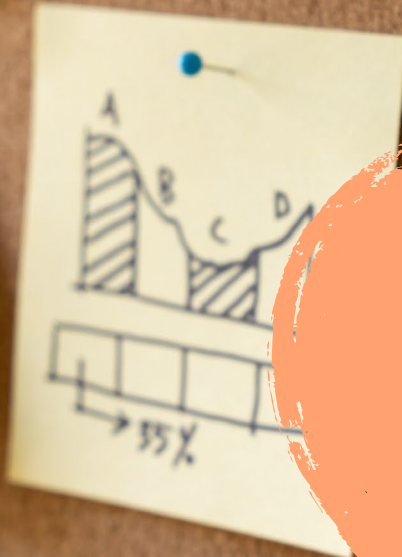
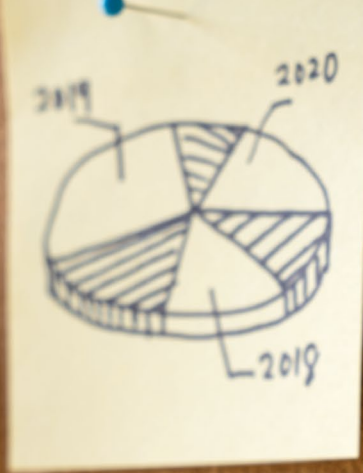


https://www.youtube.com/channel/UCDGcb9T8-6xB_ULkPIPANLg

Project Content Others

- Vocational Counselling
- Family Joint Counselling
- Volunteer Video Production Team

NEVERTHELESS



Output and Outcome Evaluation

Output and Outcome Evaluation

Output Indicator 1

Expected Result

- Provide 12 vocational training courses. 47 rehabilitees attend at least 5 sessions of vocational training.
- Provide 12 volunteer training workshops. 47 rehabilitees attend at least 2 sessions of volunteer training.

Achieved Result

- Provided 12 vocational training courses. (100%) 50 rehabilitees attend at least 5 sessions of vocational training. (106%)
- Provided 22 volunteer training workshops. (183%) 65 rehabilitees attend at least 2 sessions of volunteer training. (138%)

Output and Outcome Evaluation

Output Indicator 1



Output and Outcome Evaluation

Output Indicator 2

Expected Result

- 47 rehabilitees receive at least 2 hours of individual vocational counselling.
- 24 rehabilitees receive at least 1 hour of vocational counselling with their family members.

Achieved Result

- 58 rehabilitees received at least 2 hours of individual vocational counselling. (123%)
- 50 rehabilitees received at least 1 hour of vocational counselling with their family members. (208%)

Output and Outcome Evaluation

Output Indicator 2



Output and Outcome Evaluation

Output Indicator 3

Expected Result

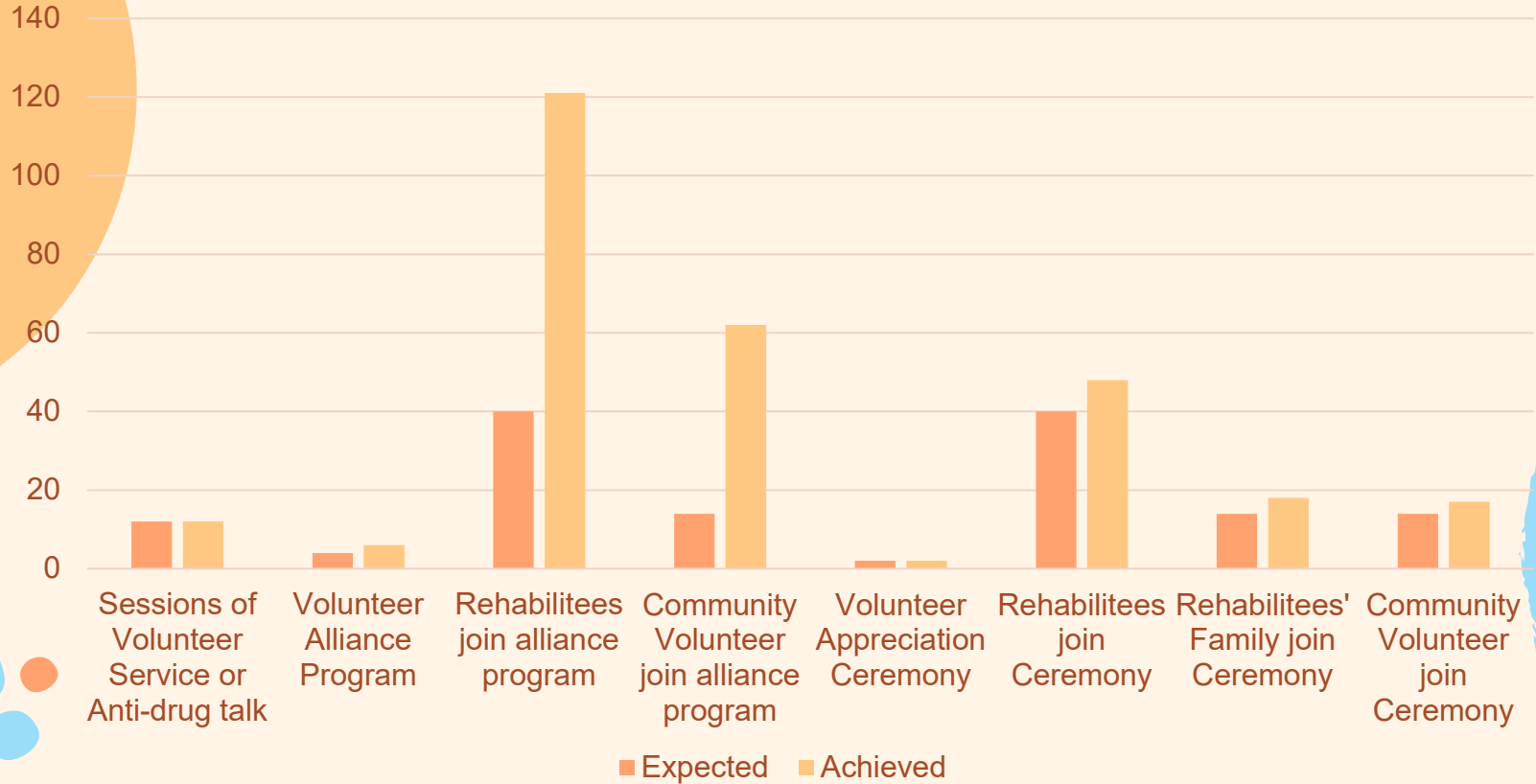
- Provide 12 sessions of volunteer service or anti-drug programs for 300 general public.
- Provide 4 volunteer alliance programs for 40 rehabilitees and 14 community volunteers.
- Provide 2 mass volunteer appreciation ceremony for 40 rehabilitees, 14 rehabilitee's family members and 14 community volunteers.

Achieved Result

- Provided 12 sessions of volunteer service or anti-drug programs (100%) for 1,538 general public. (513%)
- Provide 6 volunteer alliance programs (150%) for 121 rehabilitees (303%) and 62 community volunteers. (443%)
- Provide 2 mass volunteer appreciation ceremony (100%) for 48 rehabilitees (120%), 18 rehabilitee's family members (129%) and 17 community volunteers. (121%)

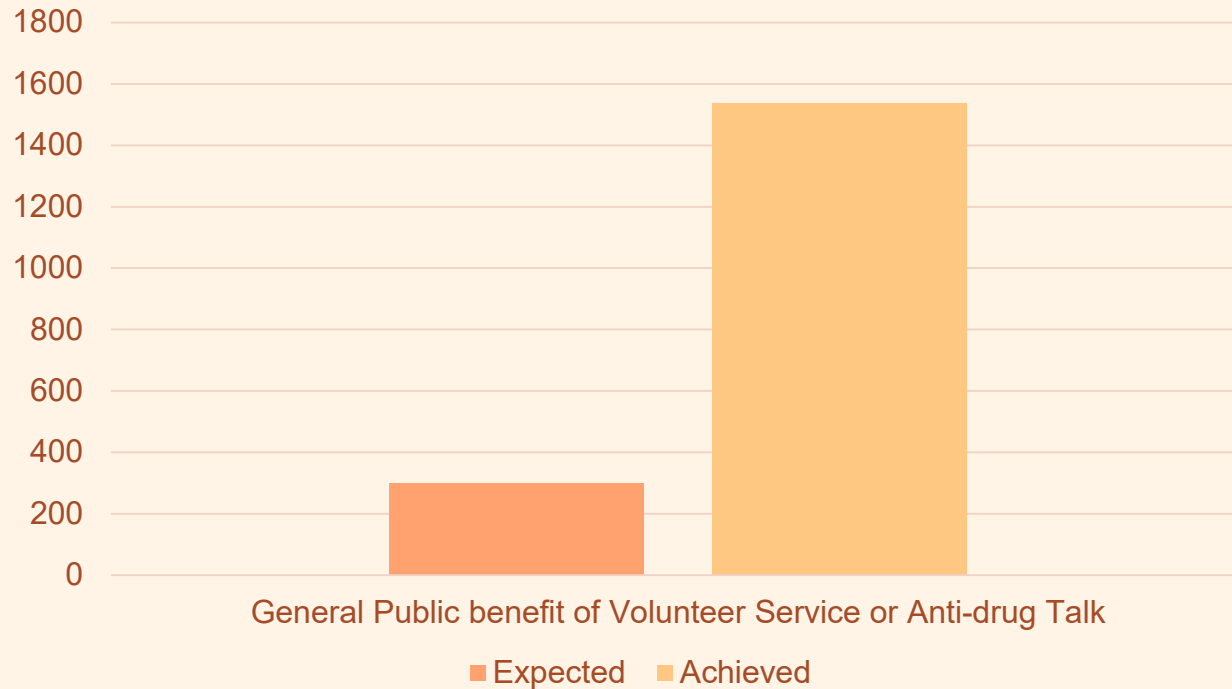
Output and Outcome Evaluation

Output Indicator 3



Output and Outcome Evaluation

Output Indicator 3



Output and Outcome Evaluation

Output Indicator 4

Expected Result

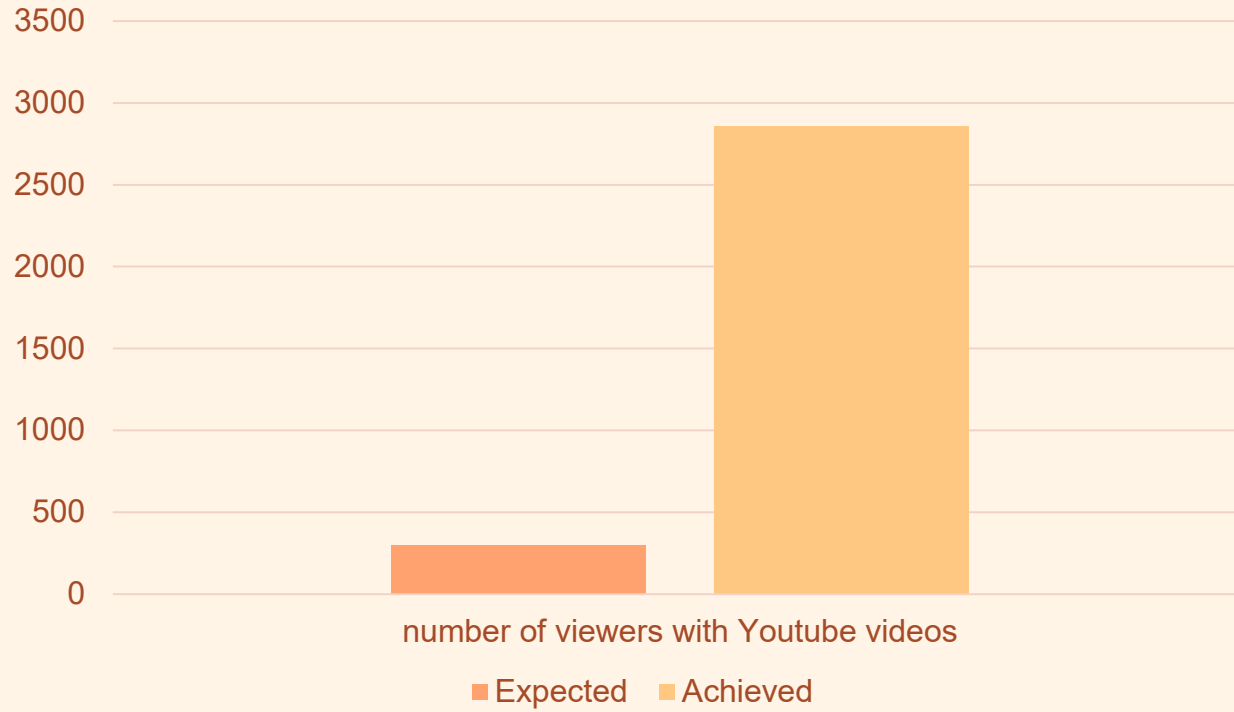
- Produce 4 videos with anti-drug message and disseminate these videos on YouTube for 300 views.
- Produce 4 video for centres / schools / organizations and 4 video about rehabilitees and their families.

Achieved Result

- Produce 4 video with anti-drug message (100%) and disseminate these videos on YouTube for 2,858 views. (953%)
- Produced 4 video for centres / schools / organizations (100%) and 4 videos about rehabilitees and their families (100%).

Output and Outcome Evaluation

Output Indicator 4



Output and Outcome Evaluation

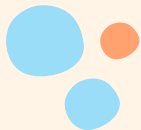
Outcome Indicator 1

Expected Result

70% of participants show improvement in employment readiness or statistically significant improvement in participant's employment readiness as indicated by paired t-test

Achieved Result

47 valid surveys received, 76.6 % of rehabilitees showed improvement in employment readiness.



Output and Outcome Evaluation

Outcome Indicator 2

Expected Result

70% of participants show improvement in employment readiness and working attitude or statistically significant improvement in participant's employment readiness and working attitude as indicated by paired t-test

Achieved Result

54 valid surveys received, 81.5% of rehabilitees showed improvement in employment readiness and working attitude.

Output and Outcome Evaluation

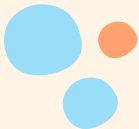
Outcome Indicator 3

Expected Result

70% of participants show improvement in self-efficacy to avoid using drugs or statistical significant improvement in self-efficacy to avoid using drugs as indicated by paired t-test

Achieved Result

54 valid surveys received, 72.2% of rehabilitees showed improvement in self-efficacy to avoid using drugs



Output and Outcome Evaluation

Outcome Indicator 4

Expected Result

70% of participants show improvement in self-efficacy to avoid using drugs or statistically significant improvement in self-efficacy to avoid using drugs as indicated by paired t-test

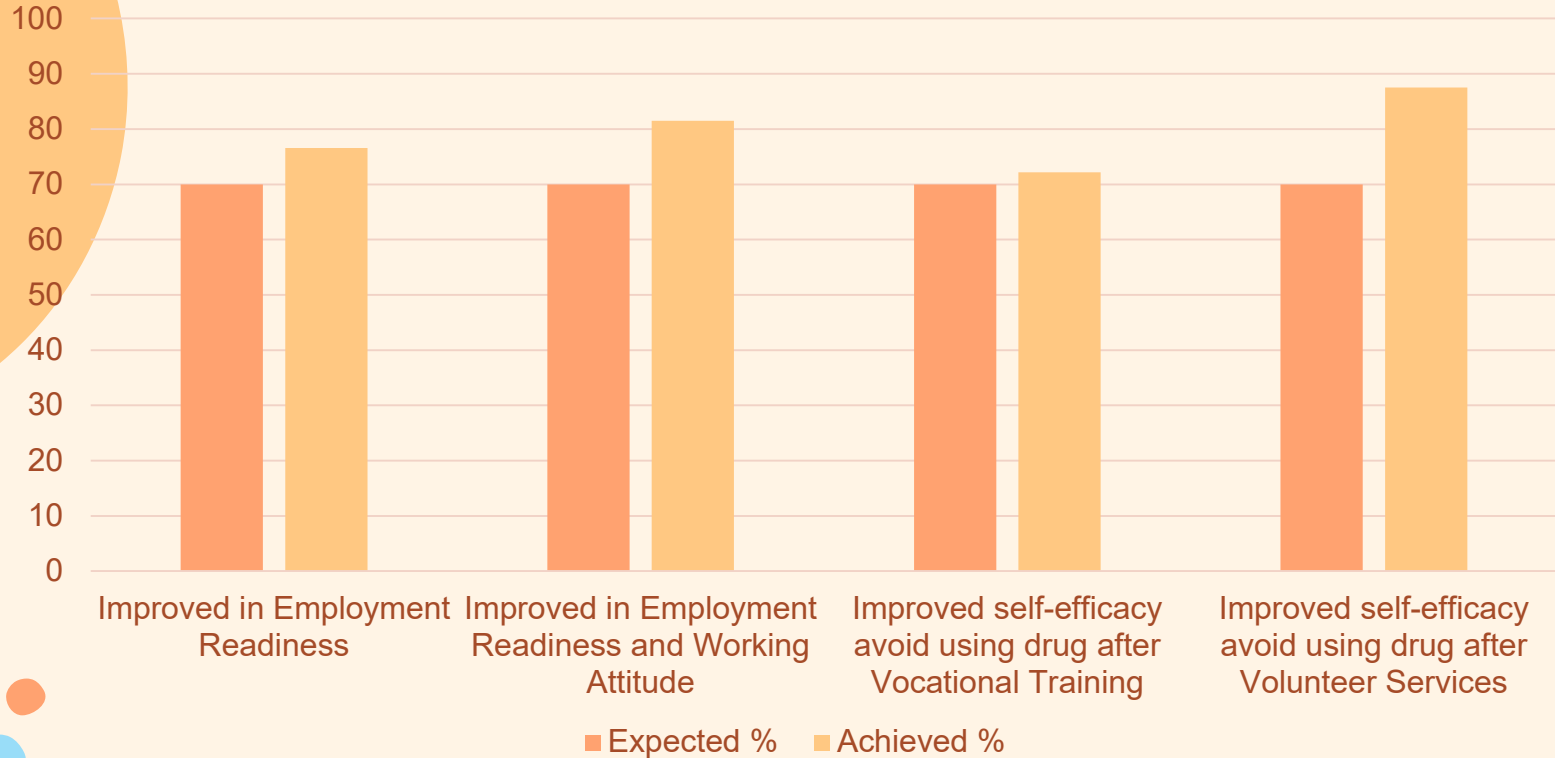
Achieved Result

24 valid surveys received, 87.5% of rehabilitees showed improvement in self-efficacy to avoid using drugs



Output and Outcome Evaluation

Outcome Indicators




Output and Outcome Evaluation

Outcome Indicators

Rehabilitees have participated in a training course with professional tutors sharing about the skills and on-job experiences



A photograph of a man in a grey tank top and black shorts operating a red manual sprayer. He is spraying water towards another man who is standing in the background, shirtless and with tattoos. The scene is outdoors with trees and a car visible in the background. A large blue cloud-like shape is overlaid on the bottom left of the image, containing the text 'Process Evaluation'.

Process Evaluation

Process Evaluation Vocational Training

Rehabilitees had a chance to practice what they've learn in volunteer services and daily life.



Process Evaluation Volunteer Workshop

Rehabilitees learned different skills to enhance their volunteer service skills.



Process Evaluation Volunteer Workshop

The skills learned by rehabilitees are not only useful for implementing the project, but could also enrich their lives.



Process Evaluation

Volunteer Alliance Program

In these alliance programs, we had joint programs with community volunteers, such as 青少年牧養團契，扶青團 or 明愛中東九龍長者義工聯席. These organizations had quality volunteer work background. Rehabilitees were impressed by the community volunteers about their passion to serve different service recipients, on the other hand, the community volunteers also appreciated the work done by the rehabilitees.



Process Evaluation

Volunteer Appreciation Ceremony

The mass ceremonies gave us a chance to show appreciation to the participants of the projects, including rehabilitees, their family members, community volunteers and organization or company. All the parties have a chance to share their feeling about the project.



Process Evaluation Volunteer Services

We started a new set of volunteer service in zoom for the elderly. Good feedback was received from the service users and the agencies who joined volunteer services.



Process Evaluation

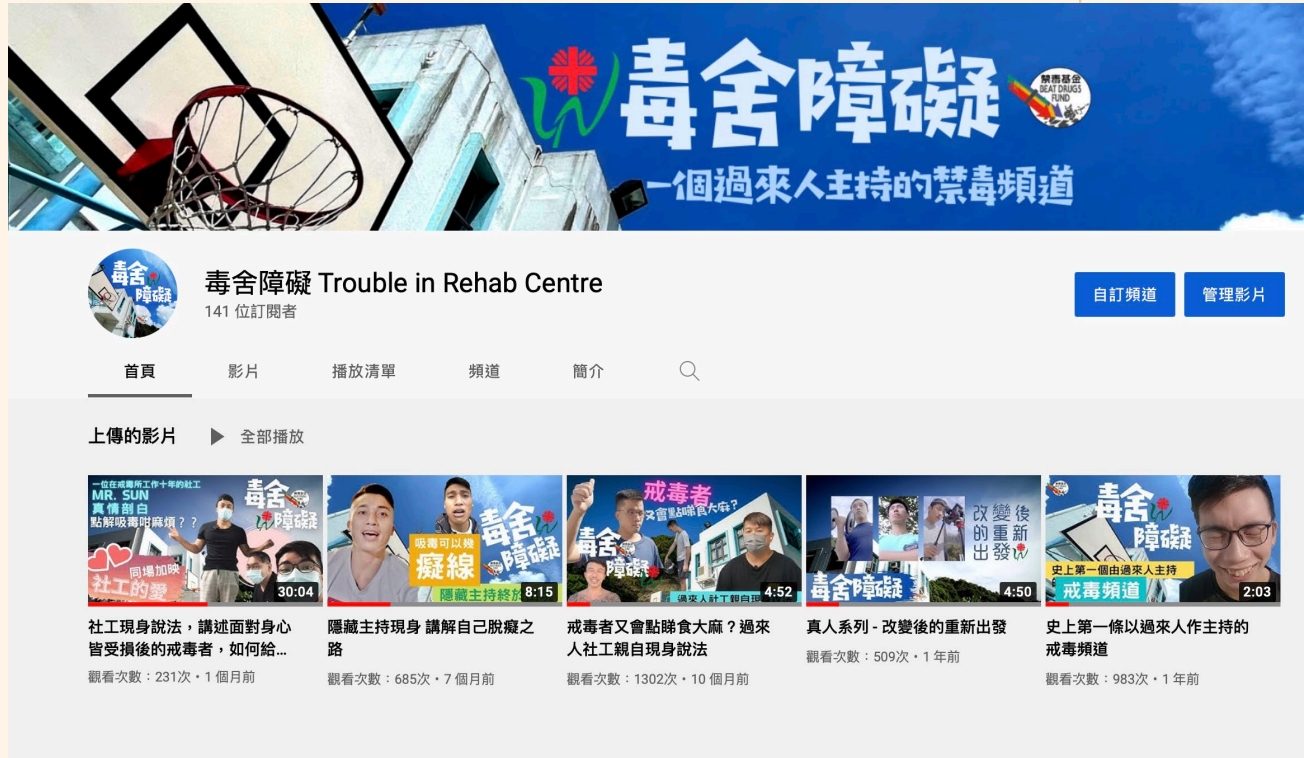
Anti-drug Talk

Anti-drug talk was one of our signature program which received great feedback. Sharing by social worker and rehabilitees with performance of anti-drug band helped participants understand the harmful effect of drugs.



Process Evaluation Youtube Channel

We established a YouTube channel called “毒舍障礙”. We had trained two rehabilitees to become the host of the channel to spread anti-drug messages.



The screenshot shows the YouTube channel page for "毒舍障礙 Trouble in Rehab Centre". The channel has 141 subscribers. The banner features a blue background with a basketball hoop on the left and the channel's logo on the right, which includes a red flower and the text "毒舍障礙" and "一個過來人主持的禁毒頻道". Below the banner, there are navigation tabs for "首頁", "影片", "播放清單", "頻道", and "簡介". The "上傳的影片" section displays five video thumbnails with their titles and view counts:

- Video 1: "社工現身說法，講述面對身心皆受損後的戒毒者，如何給..." (30:04, 2312 views, 1 month ago)
- Video 2: "隱藏主持現身 講解自己脫癮之路" (8:15, 685 views, 7 months ago)
- Video 3: "戒毒者又會點睇食大麻？過來人社工親自現身說法" (4:52, 1302 views, 10 months ago)
- Video 4: "真人系列 - 改變後的重新出發" (4:50, 509 views, 1 year ago)
- Video 5: "史上第一條由過來人主持的戒毒頻道" (2:03, 983 views, 1 year ago)



Experience
Gained

Experience Gained

- 1. Reason behind success**
- 2. Reason behind underachievement of target**
- 3. Lesson learnt**

Experience Gained Reson behind Success



BDF as a professional funding body

- Give big support in project preparation and running
- Professional administrative staff



Caritas Wong Yiu Nam Centre

- Twenty more years of experiences working with drug rehabilitees
- Professional team helps keep rehabilitees available and motivational.



Strong networking of drug rehabilitation services

- Volunteering with rehabilitees is welcome by many parties.
- Centre established a strong network on recruiting community volunteers.

Experience Gained Reason behind Success



Flexible Program Schedules

- A quick decision to change plan in epidemic situation
- Good use of online setting and resources



Fine Tune on Program Content

- Project always explore the updated needs of rehabilitees and volunteer service users
- Always keep the Training Program up with the society pacing



Good Relationship with Rehabilitees

- The setting of the centre gave a close relationship to co-work
- A constant meeting with clients is necessary, rather than just a service provider.



Conclusion

Conclusion and Way Forward

In Project Vitamin Cs, We discovered rehabilitees have a lot of potential learning different skills, after they are free of the control of drug.

This project has a role of facilitator to help them re-gain the three vitamin Cs they should own, Competence, Connection and Contribution.



Conclusion and Way Forward

We are glad that this project give us a chance to connect many parties which are enthusiastic to walk with drug rehabilitees.

Finally, rehabilitees can stand up again in the community with confidence and dignity through their contributions in society.



Conclusion and Way Forward

In the future, it's so grateful to have Beat Drug Fund supporting the continuation of this project. We will try our best to connect more resources and plan more programs to help drug rehabilitees develop their career pathway, strengthen the resistance of drug after they having the Vitamin Cs.





End of Presentation
Thank You