



**Caritas, Hong Kong
Youth and Community Service**

Project L BDF 160021

**Project implementation period:
1/9/2017 - 31/8/2020**



Introduction

This project aims at developing a gender specific art therapy in community based drug rehabilitation work during Sept 2017 to Aug 2020. Through outreaching service, art therapy in drug rehabilitation work, family and partner support work, community based art experience and training to :

- (1) Reach out the hard to reach / hidden young adult female drug abusers, especially those aged 21 to 35
- (2) Increase their awareness on their drug related problems and myth of drug abuse
- (3) Engage them into the art therapy drug rehabilitation work and eventually lessen or quite the drug abuse problem
- (4) Engage their family members and develop their ability in supporting their drug abuse family members
- (5) Engage the female drug abuser via the Community based art therapy experience and to empower them into the creating process
- (6) Engage the community via the Community based art therapy experience and to create a better understanding and acceptance
- (7) Lastly, increase the ability of the social workers/teachers on using art as a mean to work with the drug abuse problem.

Project Content

- ▶ Outreach Service
- ▶ Drug Rehabilitation Service (individual counselling / Therapeutic group / experiential art workshop / time out service)
- ▶ Community Art Workshop
- ▶ Training Workshop

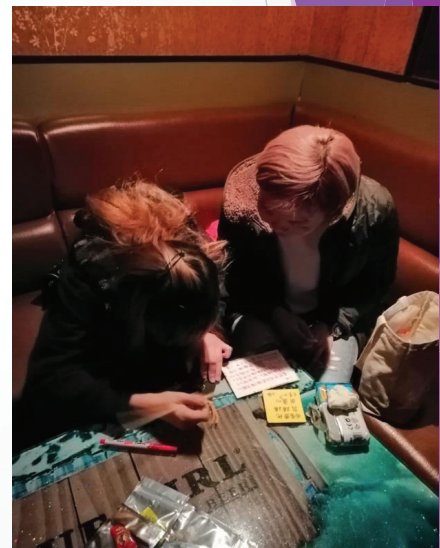


Outreaching Service

Through weekly venue, online & peer driven outreach to approach hard to reach young female drug users. A close working relationship with nightclubs has also been built up.



Peer driven outreach



On-site artwork

Drug Rehabilitation Service - Individual counselling

Through using expressive art intervention in individual counselling to assist female drug users to express their inner voice and increase their self-understanding.



Expressive art therapy

Drug Rehabilitation Service - Therapeutic groups

Using different interventions such as expressive art therapy, narrative therapy in group counselling to relieve female drug user the stress from gender role, increase their self-understanding, build up their self-identity and ability, understand their challenges on intimate relationship, childhood experience & career aspects, expand their choices in life and ultimately reduce their dependence on drug use.



Intimate relationship group



Meaning of life with art

Drug Rehabilitation Service - Experiential art workshops

Through this experience female drug users feel more comfortable to express their inner voice using artistic means, it is not only relieving their stress but also helping them to explore their own needs.



Flower plate workshop

Candle workshop



Drug Rehabilitation Service - Time out service

Helping the drug abuser to curb their craving and explore other ways to relieve their stress



Yoga Class



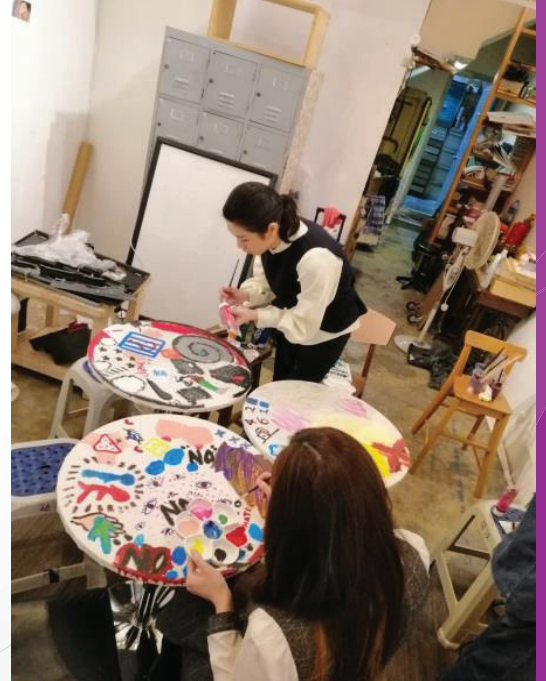
Cookies Class

Community Art Workshop

Through the participation of community members and high risk youth, creating mutual understanding and acceptance. During the art creating process the inner voice of female drug abusers have been expressed and heard. We have received a lot of positive feedback.



夜場。從她的視覺 Community Art Exhibition



Training workshop

This training workshop has covered 3 different perspectives on working with female drug users they were gender sensitive approach, trauma informed care and expressive art therapy. An interaction between participants and social workers was created through the female drug user's story telling sessions. Positive feedback about using art intervention in working with drug users has been gained.



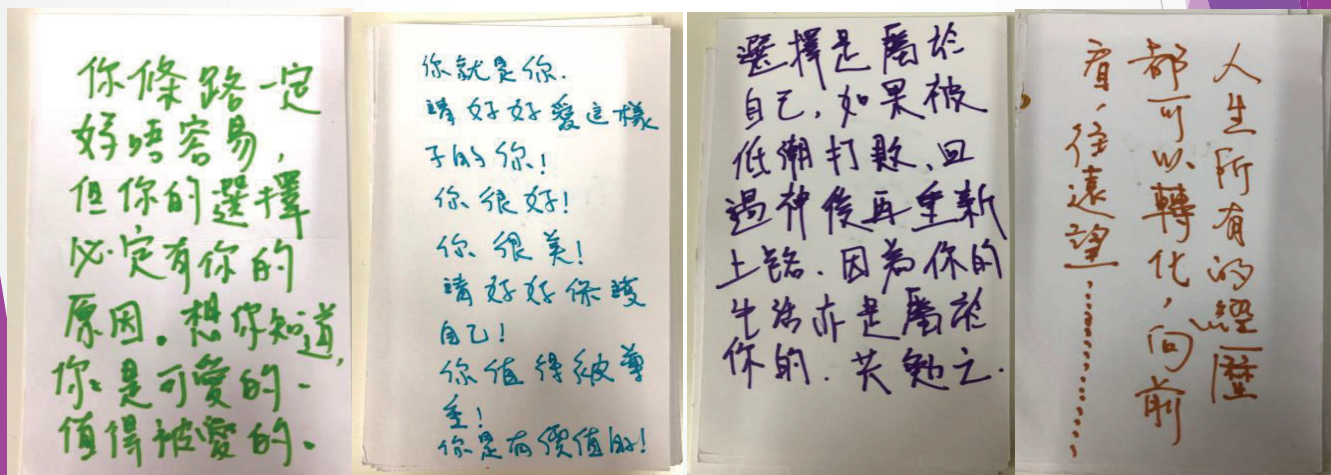
Story telling session



Training session

Output and Outcome Evaluation

To evaluate the project effectiveness, the project had used the tailor-made questionnaire (pre-test and post-test) to assess female drug abuser's improvement in anti-drug attitude, BDF questionnaire No.6 to assess the female drug abuser's drug use frequency, No.20 to assess the capacity of the family members to support drug abusing family members and No.21 to assess the participant's satisfaction about the training.



Output Evaluation

	Expected Result	Achieved Result
Output Indicator 1	To reach 6000 female drug abusers / at risk females (who are either unemployed or work in high risk work environment) via peer driven, workplace based outreach and online based outreach	8269 female drug abusers/at risk females had been reached
Output Indicator 2	To motivate 600 young female drug abusers / at risk females to attend the awareness and education program (online / offline)	717 young female drug abusers / at risk females had been motivated

Output Evaluation

	Expected Result	Achieved Result
Output Indicator 3	To motivate 356 female drug abusers to join the group or individual drug rehabilitation service (adjusted after COVID-19 variation)	382 female drug abusers had been joined the drug rehabilitation service
Output Indicator 4	To mobilize 69 at risk youth and 50 community members to attend the community art workshop on the myth of drug scene (adjusted after COVID-19 variation)	69 At risk youth and 162 community members had attended the community art workshop
Output Indicator 5	To mobilize 100 participants to attend training workshop on conducting art therapy for female drug abusers	112 participants (108 social workers & 4 teachers) had attended the training workshop

Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 1 <i>Tailor-made questionnaire (pre & post test)</i>	70% of female participants show improvement in anti-drug attitude	78.4% of female participants show improvement in anti-drug attitude
Outcome Indicator 2 <i>BDF Questionnaire No.6</i>	70% of the participants reduce or stop using drug in the past three months	82.57 % of the participants reduce or stop using drug in the past three months

Outcome Evaluation

	Expected Result	Achieved Result
Outcome Indicator 3 <i>BDF Questionnaire No.20</i>	70% of the family members show improvement in the capacity to support drug abusing family members	72.2 % of the family members show improvement in the capacity to support drug abusing family members
Outcome Indicator 4 <i>BDF Questionnaire No.21</i>	75% of participants rate the training as satisfactory	96.8% of participants rate the training as satisfactory

Experience Gained

- ▶ The participants expressed that their stresses were released through taking part in art-based activities. Art-based intervention helped them to express themselves through the process of creating artwork.
- ▶ Community exhibition and story telling sessions in the training workshop empowered the female drug users to speak for themselves. Through the interaction between the participants and the females, mutual understanding and acceptance has been established.
- ▶ It is important to involve community members, family members and partner's in the helping process to support the females to quit drugs.
- ▶ Gender sensitive approach is crucial in working with females especially for those who are working in Nightclubs. It can increase the female's self-awareness and develop their self-agency.
- ▶ Peer driven outreach is significant in this project as it expanded the service target networks and brought good influence to the service target groups.

Conclusion

In this project we found that using expressive art therapy can help the female drugs abusers to:

- a. Increase their self-understanding and self-awareness
- b. Relieve their stress from different aspects such as trauma from childhood, sexual violence and domestic violence.
- c. Develop their self-agency and inner resources
- d. Explore their choices in life
- e. Reduce their dependance on using drugs

Way forward

Career and life development service

- On-job training or skill training is needed to develop female's ability to explore the other options to help further their career
- Building up community partnership to provide workplace learning and placement for the female drug abusers
- Involving community and other professionals in the helping process to expand the available resource to female drug abusers



Thank You For Your Support !