



1.8.2021-31.7.2024

 **Caritas – Hong Kong**
Project Butterfly
BDF20024

Project Butterfly

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Introduction

Project Summary

This territory-wide project aims at providing family-based Body-Mind-Spirit-integrated drug treatment and rehabilitation service to hidden drug abusers and their family members within 08/2021 to 07/2024. 1668 high risk youths, hidden drug abusers and family members will be reached through outreach services; and eventually 375 hidden drug abusers and 168 family members will be benefited in this three-year project.

The main project activities include venue-based and internet-based outreach services, individual and group family rehabilitation services, family activities, vocational training and peer educator, etc.

90% of hidden drug abusers will reduce or quit drug; and 76% of families will have an enhanced family relationship and family functioning, which will positively influence the drug rehabilitation process of the hidden drug abusers.

Court outreach and Online outreach

We conducted court outreach service at 7 magistrate courts and outside facilities of Hong Kong Correctional Service Department where we distributed educational pamphlets and provided legal support.

Also, online outreach was conducted to identify and reach high risk youths, hidden drug abusers or their family members, using Instagram account (IG page), Facebook page and our official website (<https://youknowlaw.caritas.org.hk/>) cover the dire consequence of engaging in drug trafficking activities.



Psycho-education workshops

We conducted a number of workshops with different themes (including drug, stress management, new sports, expressive art, Parenting communication skills) to educate drug abusers and their families about the latest drug information and stress management skills.

Drug abusers workshops

Relapse prevention



Counselling cards



New Sports (Kin-Ball)



Psycho-education workshops

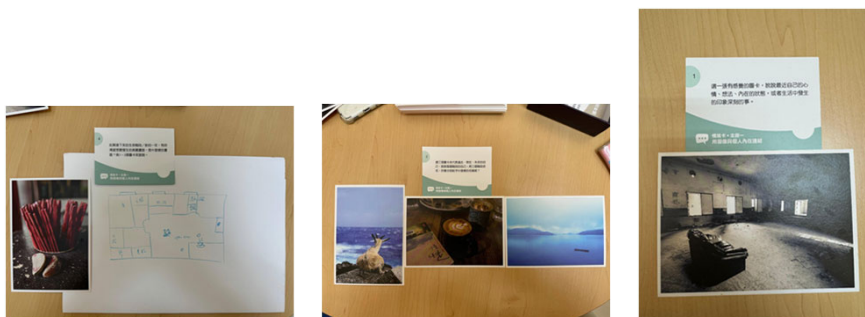
The workshops also promoted constructive communication methods within families, as well as provided family members with appropriate parenting techniques and positive social resources.

Family members workshop



Individual Counselling

We provided individual counseling service to help drug abusers and their families resolve addiction-related issues, improving relationships and coping skills. This process enhanced the motivation to quit drugs and improve family relationship.



Therapeutic group

We held several therapeutic groups (including the use of counselling cards, sports, mindfulness, arts, etc) to assist drug abusers in understanding the link between substance use, past experiences, and family dynamics. Providing new insights for Cannabis abusers and helping families recognize personal issues that attribute to addiction.

Drug Abusers Group



Therapeutic group

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Family Member Group



Medical assessment and rapid drug test

We provided medical assessment and treatment service on mental and physical health as well as rapid drug test service to engage drug abusers and their family members into the drug rehabilitation and increase participants' awareness of how drug affects their health condition and their family members

Drug Test



Chinese Medicine



Vocational training

We organized numerous vocational training to help client develop essential job skills, appropriate working attitude, and useful languages. To assist drug abusers to reintegrate into the labour market, especially in the difficult time of coronavirus pandemic.

Kin-ball Instructor Training Course



Training Workshop on Events MC



Family activities

We organized numerous family activities to provide positive experiences to the family and enhancing family relationships, which contribute to the drug rehabilitation of the drug abusers.

Ocean Park Family activity



Jumpin Gym Family Activity



Birthday Family Feast



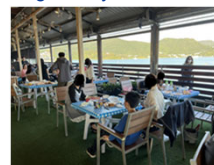
DIY Mooncake Activity



Silver Ring Making Workshop



Sai Kong Family Barbecue Activity

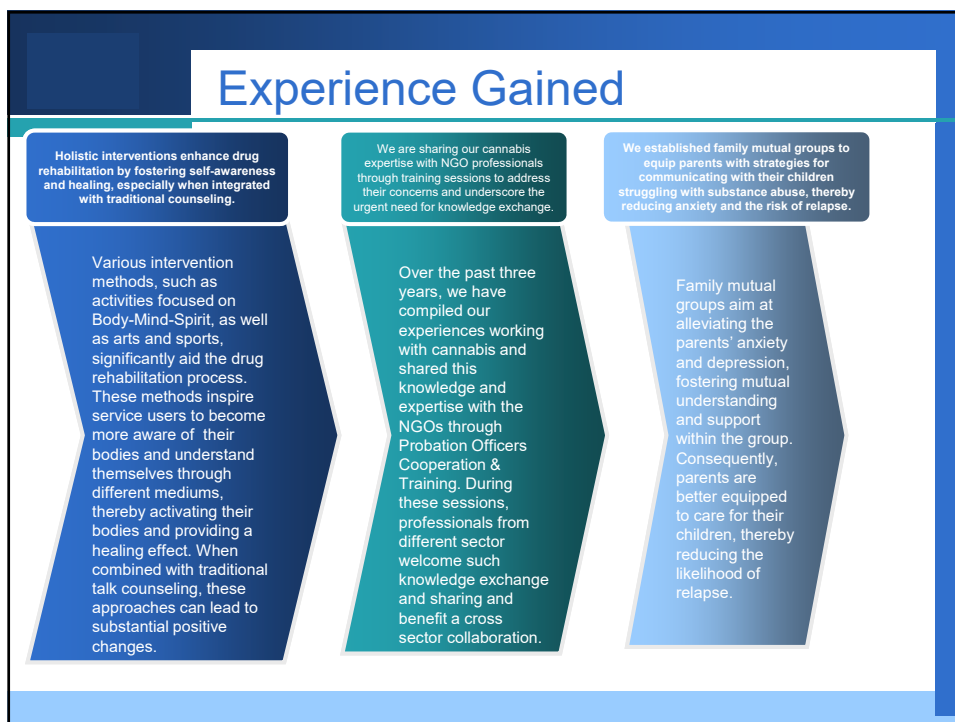
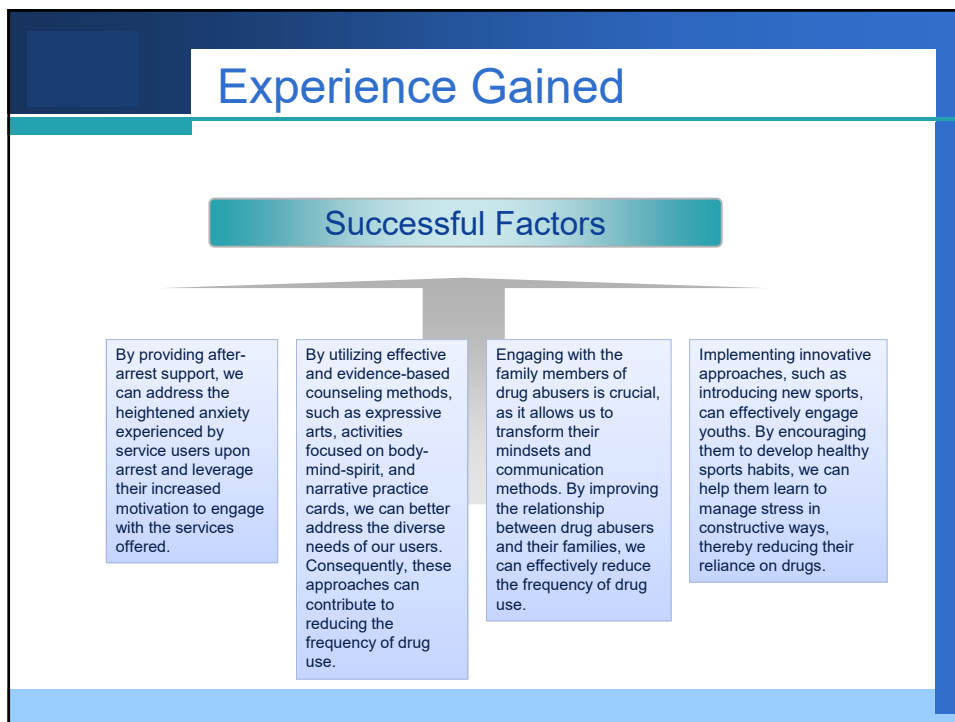


Project Output

	Expected Result	Achieved Result
Output Indicator 1	Reach out to 1,200 high risk youths, hidden drug abusers and family members with at least 900 sessions of outreaching service via venue-based and internet-based outreach.	Reached out to 1,668 high risk youths, hidden drug abusers and family members with 876 sessions of outreaching service via venue-based and internet-based outreach.
Output Indicator 2	Provide at least 18 psycho-education workshops to 48 drug abusers and 24 family members with an average attendance rate of 65%.	Provided 24 psycho-education workshops to 72 drug abusers and 24 family members with an average attendance rate of 83%.
Output Indicator 3A	Provide 1,350 sessions of individual counselling service to 315 hidden drug abusers and 135 family members	Provided 2,827 sessions of individual counselling service to 375 hidden drug abusers and 168 family members
Output Indicator 3B	Provide at least 32 sessions of therapeutic group service to 25 hidden drug abusers and 18 family members with an average attendance rate of 65%.	Provided 81 sessions of therapeutic group service to 74 hidden drug abusers and 18 family members with an average attendance rate of 76.7%.
Output Indicator 4A	Provide medical assessment and treatment service on mental and physical health to 140 hidden drug abusers and 60 family members	Provided medical assessment and treatment service on mental and physical health to 145 hidden drug abusers and 74 family members
Output Indicator 4B	Provide at least 400 sessions of rapid drug test to 200 hidden drug abusers	Provide 1,406 sessions of rapid drug test to 209 hidden drug abusers
Output Indicator 5	Provide vocational training to 24 hidden drug abusers with an average attendance rate of 65%.	Provide vocational training to 32 hidden drug abusers with an average attendance rate of 100%.

Project Outcome

	Expected Result	Achieved Result
Outcome Indicator 1	Participants show improvement in their motivation to quit drugs.	373 valid cases evaluated 74.3% of participants showed improvement in their quitting motivation.
Outcome Indicator 2	Participants show reduction in their drug use frequency	371 valid cases evaluated 89.76% of participants reduced their drug use frequency six months after receiving individual and group counselling.
Outcome Indicator 3	Family members of drug abusers show improvement in their capacity to support drug abusing family members.	168 valid cases evaluated 75.6% of participants show improvement in their capacity to support drug abusing family member
Outcome Indicator 4	Participants who take part in vocational training show enhancement in employment readiness.	32 valid cases evaluated 81.3% of participants show enhancement in employment readiness
Outcome Indicator 5	Family members show improvement in relationships with drug abusers.	68 valid cases evaluated 91.2% of participants show improvement in family relationships with drug abusers



Other Findings

- Family members of arrested drug abusers often require considerable time to locate support services. Promoting these services in district and online platforms could increase the chances of reaching families and drug abusers in need.
- Additionally, establishing cooperative relationships with various lawyers and legal assistants can effectively reach potential targets, enabling us to provide services to a larger number of drug abusers and their family members.
- In compare with other service users, participants in the Expressive Art Workshop showed a 15% additional improvement in their capacity to support family members who abuse drugs
- In compare with other service users, participants in Kin-Ball activities showed a 66% higher motivation to quit drugs. Additionally, they exhibited a 3 times reduction in drug use frequency than those did not join any activities after six months

Other Findings

Over 50% served young drug abusers are cannabis takers. Cannabis users differ from traditional drugs users who have distinct purpose and personal background behind.

Based on Caritas social worker's frontline practice, we identify 7 types of cannabis taker named -

CRAFTER

Creator, Returner, Activist, Follower, Tripper / Traveler, Expert, Reliever

#Creator = Music / Art Composer

Returner = Returning from foreign countries

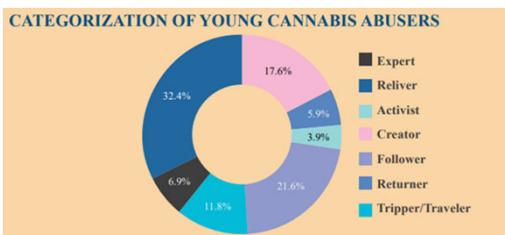
Activist = Enthusiastic about political or society Issues

Follower = Trend-follower

Tripper = Question the life meaning of life

Expert = Proud of knowledge about Cannabis

Reliever = Killing pain



Suggestions

Suggestions:

- Emotional Driven Approach: Stress and emotional distress caused by life and relationships are the underlying problem of most drug abusers. Therefore, assisting service users by helping them recognize, become aware of, and release suppressed emotions are sustainable ways to enhance their emotion management ability.
- Increasing Promotion online for our services could more effectively reach potential service users in need.
- The recent emergence of new drugs like "太空油" in Hong Kong has affected many students. It is recommended that the NGOs responds promptly and establishes more forums for exchange.
- Incorporating more physical engagement interventions is suggested.

Way Forward:

With the increasing number of young people being arrested for drug offenses and the constant evolution of drug types, support services for those arrested are indispensable. Continuing to support these young service users through early intervention and diversified intervention methods can attract them, enhance their motivation for rehabilitation, and help them maintain a drug-free life.

Thank You