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## **CROSS FITNESS 3.0 – A Community-based reintegrated project for young drug abusing adults**

**BDF210056**

**Tung Wah Group of Hospitals  
1/7/2022 – 30/6/2025**



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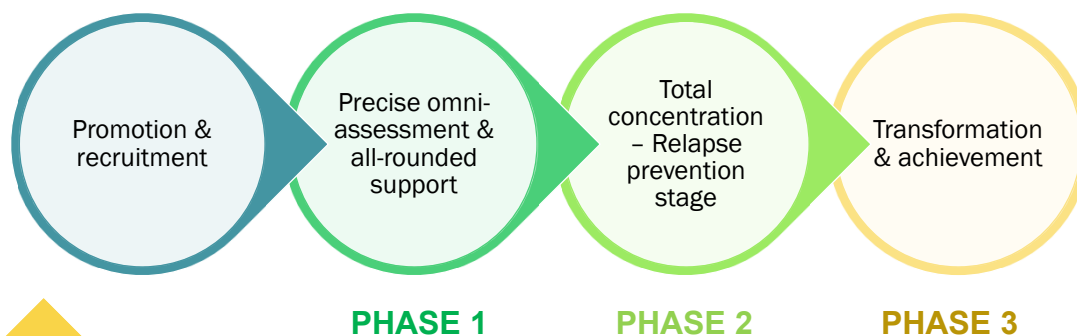


## **Introduction**

- Territory-wide project
- Targeted drug abusers/ ex-drug abusers aged 40 or below
- Exercise-based intervention, aiming at:
  - Reducing drug abusers' / ex-drug abusers' drug use frequency
  - Enhancing their physical ability
  - Enhancing stress management skills
  - Enhancing self-efficacy to avoid drug abuse
  - Improving levels of life satisfaction and perceived wellness



## Content



## Promotion & Recruitment

- Leaflet distribution
- Briefing sessions with stakeholders
- Outreaching “Physical Challenge” stations



### Outreaching “Physical Challenge” stations

Ex-drug abusers helped to share their experience of joining different sports-related activities and sports experience



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## PHASE 1 – Precise omni-assessment & all-rounded support

- Comprehensive *physical fitness tests* & *intake interviews* conducted by project workers and professional coaches
- Aims:
  - Tailor-made sport programme according to their interests & capabilities
  - Setting achievable goals with participants
  - Raising their awareness of keeping good health conditions



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## PHASE 2 – Total Concentration – Relapse Prevention Stage

- Stresses on relapse prevention through:
  - Physical check-up
  - Individual counselling
  - Individual fitness training
  - Cognitive-behavioural relapse prevention groups
  - One-shot health-related or sports-related activities
  - CROSS-Coin programme
  - CROSS Competition



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## PHASE 2 – Total Concentration – Relapse Prevention Stage



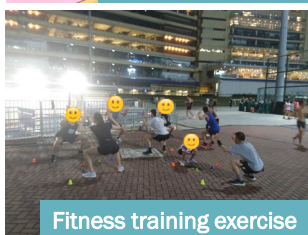
Physical Check-up



Cognitive Behavioural  
Relapse Prevention Groups



One-shot health-related or  
sports-related activities



Fitness training exercise



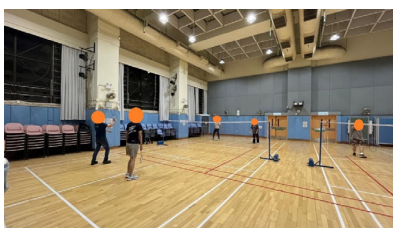
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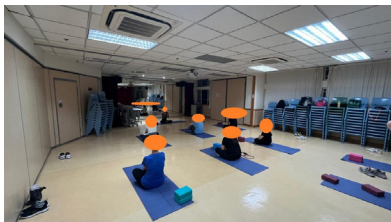
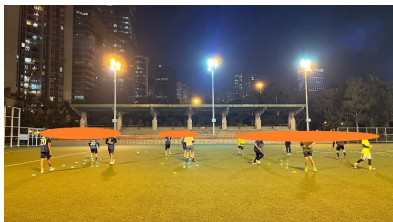


## PHASE 2 – Total Concentration – Relapse Prevention Stage



### CROSS-Coin programme

- Every effort of sports trainings were counted as “CROSS Coins”
- These coins were accumulated and earned them rewards, e.g. food and daily goods, which were donated to the needy afterwards





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## PHASE 2 – Total Concentration – Relapse Prevention Stage

### CROSS Competition



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## PHASE 2 – Total Concentration – Relapse Prevention Stage

- With involvements of significant others (e.g. family members) & mentors (community volunteers)
  - Involving in sports programmes
  - Counselling for significant others
  - Community volunteers training

### Community volunteers training

Mentors joined the training for equipping the basic knowledge of fitness





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## PHASE 3 – Transformation and Achievement

- Drug abusers' identities were transformed to enhance their self-efficacy:
  - CROSS V programme
    - Community Services
    - Outreaching “Physical Challenge” station
    - CROSS-Coins donation scheme
  - CROSS Peer Instructor Scheme
- Public promotion on sports and drug-free lifestyle:
  - Sports Day



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## PHASE 3 – Transformation and Achievement

### CROSS V Programme – Volunteer Services

Teaching elderly boxing



Cleaning up trashes at mountain



### CROSS V Programme – CROSS-Coins donation scheme

Delivering gifts from CROSS-Coins donation scheme to street-sleepers





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## PHASE 3 – Transformation and Achievement

CROSS Peer Instructor Scheme



Sports Day



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## Output Evaluation

|                       | Expected Result                                                                                                                                                                                        | Achieved Result                                                                                                                                                                                                                                        |
|-----------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Output indicator 1(a) | Recruit 180 drug abusers/ ex-drug abuser, significant others and community volunteer mentors to use CROSS Fitness Centre, among which 180 of them attend at least 1 session of fitness centre training | Recruit <u>301 (167.2%)</u> drug abusers/ ex-drug abuser, significant others and community volunteer mentors to use CROSS Fitness Centre, among which <u>182 (101%)</u> of them attend at least 1 session of fitness centre training                   |
| Output indicator 1(b) | Recruit 100 drug abusers / ex-drug abusers to attend the Volunteer Cross Coin programme, among which 70 of them complete at least 7 sessions                                                           | Recruit <u>249 (249%)</u> drug abusers / ex-drug abusers to attend the Volunteer Cross Coin programme, among which <u>70 (100%)</u> of them complete at least 7 sessions                                                                               |
| Output indicator 1(c) | Recruit 100 significant others to attend the Volunteer Cross Coin programme, among which 70 of them complete at least 2 sessions                                                                       | Recruit <u>189 (189%)</u> significant others to attend the Volunteer Cross Coin programme, among which <u>85 (121.4%)</u> of them complete at least 2 sessions                                                                                         |
| Output indicator 1(d) | Recruit 40 community volunteer mentors to attend the Volunteer Cross Coin programme, among which 28 of them complete at least 2 sessions                                                               | Recruit <u>110 (275%)</u> community volunteer mentors to attend the Volunteer Cross Coin programme, among which <u>50 (178.6%)</u> of them complete at least 2 sessions                                                                                |
| Output indicator 1(e) | Recruit 70 drug abusers/ex-drug abusers, 25 significant others and 40 community volunteers to attend social service, among which all of them (135 persons) attend at least 1 session of social service | Recruit <u>72 (102.9%)</u> drug abusers/ex-drug abusers, <u>41 (164%)</u> significant others and <u>67 (167.5%)</u> community volunteers to attend social service, among which <u>146 (108.1%)</u> persons attend at least 1 session of social service |



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# Output Evaluation

|                       | Expected Result                                                                                                                                                                                                                                          | Achieved Result                                                                                                                                                                                                                                                                      |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Output indicator 2(a) | Recruit 100 drug abusers/ ex-drug abusers to attend individual counselling, among which 70 of them complete at least 5 sessions of individual counselling                                                                                                | Recruit <u>159 (159%)</u> drug abusers/ ex-drug abusers to attend individual counselling, among which <u>66 (94.3%)</u> of them complete at least 5 sessions of individual counselling                                                                                               |
| Output indicator 2(b) | Recruit 100 significant others to attend counselling, among which 70 of them complete at least 2 sessions of counselling                                                                                                                                 | Recruit <u>126 (126%)</u> significant others to attend counselling, among which <u>76 (108.6%)</u> of them complete at least 2 sessions of counselling                                                                                                                               |
| Output indicator 2(c) | Recruit 20 drug abusers and ex-drug abusers to attend peer instructors volunteer counselling, among which 14 of them complete at least 3 sessions of volunteer counselling                                                                               | Recruit <u>25 (125%)</u> drug abusers and ex-drug abusers to attend peer instructors volunteer counselling, among which <u>14 (100%)</u> of them complete at least 3 sessions of volunteer counselling                                                                               |
| Output indicator 3(a) | Recruit 10 drug abusers / ex-drug abusers to share their experience of joining different sports related activities in outreaching physical challenge station and recruit 180 high risk youths to attend at least 1 session of physical challenge station | Recruit <u>14 (140%)</u> drug abusers / ex-drug abusers to share their experience of joining different sports related activities in outreaching physical challenge station and recruit <u>180 (100%)</u> high risk youths to attend at least 1 session of physical challenge station |
| Output indicator 3(b) | Recruit 40 community volunteer mentors to attend volunteer training, among which 28 of them complete 3 sessions of volunteer training                                                                                                                    | Recruit <u>110 (275%)</u> community volunteer mentors to attend volunteer training, among which <u>28 (100%)</u> of them complete 3 sessions of volunteer training                                                                                                                   |



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# Output Evaluation

|                       | Expected Result                                                                                                                                                                              | Achieved Result                                                                                                                                                                                                      |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Output indicator 4(a) | Recruit 100 drug abusers / ex-drug abusers to attend the cognitive behavioural relapse prevention group, among which 70 of them attend at least 3 sessions of relapse prevention group       | Recruit <u>196 (196%)</u> drug abusers / ex-drug abusers to attend the cognitive behavioural relapse prevention group, among which <u>71 (101.4%)</u> of them attend at least 3 sessions of relapse prevention group |
| Output indicator 5(a) | Recruit at least 20 CROSS Peer Instructors to attend sports-related certificated training courses, among which 20 of them complete and pass the sports-related certificated training courses | Recruit at least 20 (100%) CROSS Peer Instructors to attend sports-related certificated training courses, among which 20 (100%) of them complete and pass the sports-related certificated training courses           |
| Output indicator 5(b) | Recruit 100 drug abusers / ex-drug abusers to join the CROSS-Coin Donation scheme and 60 of them join the scheme with at least 300 general public benefit from the donation                  | Recruit <u>103 (103%)</u> drug abusers / ex-drug abusers to join the CROSS-Coin Donation scheme and <u>83 (138.3%)</u> of them join the scheme with <u>372 (124%)</u> general public benefit from the donation       |



## Output Evaluation

|                       | Expected Result                                                                                                                                                                                                                                                                                                                                          | Achieved Result                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Output indicator 6(a) | Recruit 70 drug abusers / ex-drug abusers to attend the physical check-up, among which 49 of them join at least 2 sessions of check-up                                                                                                                                                                                                                   | Recruit <u>149 (212.9%)</u> drug abusers / ex-drug abusers to attend the physical check-up, among which <u>52 (106.1%)</u> of them join at least 2 sessions of check-up                                                                                                                                                                                                                                                                           |
| Output indicator 6(b) | Recruit 100 drug abusers/ex-drug abusers, 100 significant others and 40 community volunteers to attend one-shot health related or sports related activity, among which 70 drug abusers/ex-drug abusers, 70 drug abuser's significant others and 28 community volunteers attend at least 3 sessions of one-shot health related or sports related activity | Recruit <u>249 (249%)</u> drug abusers/ex-drug abusers, <u>189 (189%)</u> significant others and <u>110 (275%)</u> community volunteers to attend one-shot health related or sports related activity, among which <u>71 (101.4%)</u> drug abusers/ex-drug abusers, <u>68 (97.1%)</u> drug abuser's significant others and <u>26 (92.9%)</u> community volunteers attend at least 3 sessions of one-shot health related or sports related activity |
| Output indicator 6(c) | Recruit 100 drug abusers/ex-drug abusers, 100 significant others and 40 community volunteers to attend CROSS Competition, among which 70 drug abusers/ex-drug abusers, 70 drug abuser's significant others and 28 community volunteers attend 2 sessions of sports related competition                                                                   | Recruit <u>119 (119%)</u> drug abusers/ex-drug abusers, <u>98 (98%)</u> significant others and <u>60 (214.3%)</u> community volunteers to attend CROSS Competition, among which <u>77 (110%)</u> drug abusers/ex-drug abusers, <u>67 (95.7%)</u> drug abuser's significant others and <u>29 (103.6%)</u> community volunteers attend 2 sessions of sports related competition                                                                     |
| Output indicator 6(d) | 14 drug abusers/ex-drug abusers, 7 drug abuser's significant others to attend Sport Fun Fair / Sports Day, 7 community volunteers and 100 people from general public attend 1 session of Sports Fun Fair / Sports Day                                                                                                                                    | <u>14 (100%)</u> drug abusers/ex-drug abusers, <u>10 (143%)</u> drug abuser's significant others to attend Sports Fun Fair / Sports Day, <u>8 (114.3%)</u> community volunteers and <u>125 (125%)</u> people from general public attend 1 session of Sports Fun Fair / Sports Day                                                                                                                                                                 |



## Outcome Evaluation

|                     | Expected Result                                                                                                                                                                                                                                          | Achieved Result                                                                                                                                                                                                                                                                                                                             |
|---------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Outcome indicator 1 | 70% of drug abusers show reduction in frequency of drug abuse                                                                                                                                                                                            | <u>70</u> drug abusers / ex-drug abusers who have completed Phase 2<br><br>Among which <u>33</u> drug abusers who were using drugs at pre-test survey, <u>32 (96.97%)</u> showed reduction in drug use<br><br>Among which <u>37</u> drug abusers/ex-drug abusers who did not use drugs at pre-test survey, <u>37 (100%)</u> avoided relapse |
| Outcome indicator 2 | Drug abusers show improvement in physical health conditions<br><br>(70% of drug abusers show improvement in physical health conditions or statistical significant improvement in drug abuser's physical health conditions as indicated by paired t-test) | <u>71</u> drug abusers / ex-drug abusers who have completed Phase 2<br><br><u>51 (71.8%)</u> of drug abusers/ex-drug abusers showed improvement in physical health conditions                                                                                                                                                               |
| Outcome indicator 3 | Drug abusers show improvement in stress management skills<br><br>(70% of drug abusers show improvement in stress management skills or statistical significant improvement in stress management skills as indicated by paired t-test)                     | <u>71</u> drug abusers / ex-drug abusers who have completed Phase 2<br><br><u>65 (91.5%)</u> of drug abusers/ex-drug abusers showed improvement in stress management skills                                                                                                                                                                 |



## Outcome Evaluation

|                     | Expected Result                                                                                                                                                                                                                                                                       | Achieved Result                                                                                                                                                                            |
|---------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Outcome indicator 4 | Drug abusers show improvement in self-efficacy to avoid using drug abuse<br><br>(70% of drug abusers show improvement in self-efficacy to avoid using drugs or statistical significant improvement in drug abuser's self-efficacy to avoid using drugs as indicated by paired t-test) | <u>71</u> drug abusers / ex-drug abusers who have completed Phase 2<br><br><u>58</u> (81.7%) of drug abusers/ex-drug abusers showed improvement in self-efficacy to avoid using drug abuse |
| Outcome indicator 5 | 70% of drug abusers show improvement in their level of life satisfaction<br><br>(70% of drug abusers show improvement in their level of life satisfaction or statistical significant improvement in drug abuser's level of life satisfaction as indicated by paired t-test)           | <u>70</u> drug abusers / ex-drug abusers who have completed Phase 2<br><br><u>59</u> (84.3%) of drug abusers/ex-drug abusers showed improvement in their level of life satisfaction        |
| Outcome indicator 6 | 70% of drug abusers show improvement in their level of perceived wellness<br><br>(70% of drug abusers show improvement in their level of perceived wellness or statistical significant improvement in drug abuser's level of perceived wellness as indicated by paired t-test)        | <u>71</u> drug abusers / ex-drug abusers who have completed Phase 3<br><br><u>59</u> (83.1%) of drug abusers/ex-drug abusers showed improvement in their level of perceived wellness       |



## Experience Gained

- Experience in motivating participants to develop habit of doing sports:
  - *Visualizing and quantifying physical conditions through physical check-up*
    - With the help of body composition test and other physical check-up, e.g. flexibility test, participants *easily visualize what they are unsatisfied with their health condition* at the time; e.g., too much fat, too less muscle.
    - These data can help enhance their motivation to modify physical condition through doing sports
  - *Building up positive experience of doing sports in one-shot activities*
    - *Choosing newly-emerged sports*: Raise participants' interest in sports and feel "doing sports = playing games"
    - *Setting appropriate difficulties for achievable goals*: Reduce barrier of doing sports through enhancing participants' sense of accomplishment and confidence to join



## Experience Gained

- Holistic approach to help participants to sustain the habit:
  - *Intervention on different systems in individual sports and team sports:*
    - Participants are encouraged to join both individual and team sports:
      - Individual sports - Intervention on Intrapsychic system: *participants communicate with their inner self* while training, it is crucially important and remarkable as participants at this point break through challenges and difficulties *by themselves*
      - Teams sports - Intervention on interpersonal system: participants feel *supported and encouraged by other teammates* and enhance sense of belonging in healthy social groups
  - *Close bonding between participants and social workers:*
    - *Workers exercise together* with participants to build rapport and establish common experiences in the training process
    - The close rapport can facilitate participants to open up themselves for in-depth intervention



## Experience Gained

- Holistic approach to help participants to sustain the habit (con't):
    - *Specific programme designs with anti-drug message to meet participants' needs:*
      - *Close collaboration between social workers and coaches:*
        - Close communication between project workers and sports coaches to *make sure coaches know the updated physical/psychological condition of participants*
        - Designing & creating *specific training scenes* for anti-drug debriefing, e.g. mini-games that require mutual support, designed challenges
      - *Consolidation of transferable skills in sports to relapse prevention and drug quitting skills*
        - Social workers would review with participants their training process and personal growth in terms of applying transferable skills (e.g. mental toughness, problem-solving skills) in relapse prevention and drug quitting
- Facilitate participants to enhance self confidence and sense of competence besides improving health



## Experience Gained

- Holistic approach to help participants to sustain the habit (con't):
  - *Concrete and progressive plans with participants to reduce discouragements:*
    - *Use of technology* (e.g. InBody, Health-tracking watches)
      - visualize health conditions and progress for *easier reviews in progress and goals*
    - *Setting SMART goals with participants*
      - ensuring participants achieve goals in a *reasonable pacing*
- Other experience gained:
  - *Importance of volunteering experience:*
    - *Identity transformation:* enhance participants' self-efficacy
  - *Importance of significant others' and community volunteers' involvement:*
    - *Role models* and *positive social network* establishment



## Conclusion

- Exercise indeed plays a vital role in the rehabilitation of drug abusers from both physiological and psychological perspectives –
  - Improve *physical health*;
  - Develop *problem-solving skills, stress management techniques, and mental toughness*;
  - Increase *self-efficacy*;
  - Surrounded by *positive social network*;
- which are all positive influences for long-term recovery and relapse prevention



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## Suggestion Forward

- **Application of transferable skills in sports training to daily lives:**

- Through sports training, participants can equip skills to break through challenges and difficulties, and *these skills can be transferred and applied in daily lives*, e.g. schools and workplace, for long-term relapse prevention
- Besides, for participants' better community reintegration, they are in needs of *career planning and development*, for all-rounded recovery
- When they inevitably face pressure in workplace, they can *remind how hard they had gone through in sports training*, making them *mentally strong* enough to *have the capability to deal with pressure*, and without making it a risk factor in terms of relapsing

- **Recommendation on development of career planning and development service:**

- Collaborating with *sports and non-sports corporates or companies* to explore any suitable *placement* or *working opportunities* to service users is recommended
  - Providing chance for participants to practice transferrable skills learnt in sports training (e.g. problem-solving skills and stress management techniques) in workplace with the aid of social worker's intervention
  - Expanding their network and vision to *widen their career choices*



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## Thank you

