



Project Content

Art and sports courses



To improve the physical and mental health of female drug abusers through provision of regular art and sports programmes.

Provide **Art course** to trainees, such as visual art, music, design & information technology, drawing, painting etc.



Project Content

Art and sports courses



Provide **Sports course** to trainees, such as yoga, dancing, physical fitness (including lesson of physical education & health) etc.



Vocational training course

To enhance the ability in the learning process and their motivation to strive for more positive consequences.

Project Content



Glass Painting Certificate Course



Cornhole Instructor Course



Mölkky Instructor Course



Baking Candle Certificate Course

Group Counselling Sessions by social workers



To provide group counselling sessions to female drug abusers so as to improve their **emotional stability**.

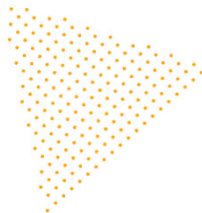
Elements of mindfulness, self-understanding and self-appreciation were introduced in the group.

Project Content



Art performance or sports programme (on-line or off-line)

To encourage our female drug abusers using on-line or off-line technique to enjoy art or sports activities.



Project Content

Sharing sessions by Trainees

To let trainees participated into the project to share on what they have benefited and their experience during the treatment process.



Project Content

Sharing sessions by well-known athletes / art workers



To motivate the trainees to learn from successful experience from well-known athletes or art workers.



Project Content

Visiting or participating cultural & recreation activities in community



To expand female drug abusers' horizons in Art and Sport activities and enhance their motivation to learn more in this area.



Internship programme



To strengthen our trainees' participation in Art and Sport course. Trainees were arranged to assist in the course rundown and preparation.



Project Content

Introduction and Promotion of rehabilitation programme through exhibition of inhouse artwork and sport training in public utilities

To disseminate **anti-drug message** and participants can share their **rehabilitation experience** of the benefit of art and sport activities in their own physical and mental well-being.



02

Output and Outcome Evaluation

Evaluation methods



Output Evaluation

- Data was retrieved from participant's enrolment or registration record

Outcome Evaluation

- General Health Questionnaire (GHQ-12)
 - SF-36 Chinese version or equivalent
 - Beat Drugs Fund question set No. 12
- pre-and post-test

Output Benchmarks

Indicator 1

Provide **not less than 6** sessions of art performance or sports programme (on-line or off-line) to **75-90** participants, among which **75-90** participants with an average attendance rate of **80%**

Indicator 2

Provide **not less than 72** sessions of group counselling to **75-90** participants, and the actual no. of service recipients reach up to **288-360** man-times



Evaluation Results

Result 1

Provided **24** sessions of art performance or sports programmes (on-line) to **92 (122.7%)** participants, among which **92** participants with an average attendance rate of **92.9%**

Result 2

Provided **72** sessions of group counselling to **100** participants, and the actual number of service recipients reach up to **653 (226.7%)** man-times



Output Benchmarks

Indicator 3

Provide 9 vocational training courses for 12-18 trainees or rehabilitees with an average attendance rate reaching 70% or 12 participants receiving the training certificate

Indicator 4

Recruit 75-90 participants to join 6 sharing sessions and the actual no. of participants reach up to 150-180 man-times



Evaluation Results

Result 3

Provided 10 vocational training courses for 46 trainees or rehabilitees with an average attendance rate reaching 100% or 46 participants receiving the training certificate

Result 4

Recruited 119 (158.7%) participants to join 13 sharing sessions and the actual number of participants reach up to 206 man-times

Output Benchmarks

Indicator 5

Recruit 75-90 participants to join 6 sharing sessions by well-known athletes / art workers and the actual no. of participants reach up to 150-180 man-times

Indicator 6

Recruit 75-90 participants to join 66-72 art and sports courses with average of 12 hours each course and the actual attendance of 5,544-6,048 man-hours



Evaluation Results

Result 5

Recruited 97 (129.3%) participants to join 9 sharing sessions by well-known athletes / art workers and the actual number of participants reach up to 159 man-times

Result 6

Recruited 157 participants to join 94 art and sports courses with average of 12.91 hours each course and the actual attendance of 10759 man-hours

Output Benchmarks

Others: Internship programme

Recruit 5-6 participants per year with at least completed of 50 hours. i.e. 15-18 participants to provide 900 hours in 3 years and 70% of the participants complete the programme

Others: Visiting or participating cultural & recreation activities in community

2 visits per year (not less than 6 visits in total)
At least 18-24 persons in 3 years

Others: Introduction and Promotion of rehabilitation programme through exhibition of inhouse artwork and sport training in public utilities
2 exhibitions per year (not less than 6 exhibitions in total)
Over 200-300 participants



Evaluation Results

Result

Recruited 18 participants to provide 900 hours in 3 years and 100% of the participants completed the programme

Result

Recruited 8 visits to 27 participants in 3 years

Result

9 exhibitions in total
Recruited 1167 participants to visit the exhibition

Evaluation Results

98.10%

1.90%

■ improved
■ no change/deteriorated

Data Collected:
Pre-test : 155
Post test : 155

Outcome Benchmarks

Indicator 1 (Evaluation method: GHQ-12)

Female drug abusers show improvement in **mental health**
(70% of participants show improvement in mental health or statistical significant improvement in participant's mental health as indicated by paired t-test)

Outcome Benchmarks

Indicator 2

(Evaluation method: SF-36 Chinese version or equivalent)

Female drug abusers show improvement in **physical health**

(70% of participants show improvement in physical health or statistical significant improvement in participant's physical health as indicated by paired t-test)

Evaluation Results

Data Collected:

Pre-test : 155

Post test : 155

99.40%

0.60%

■ improved

■ no change/deteriorated

Evaluation Results

94.2% Improvement in coping skills

94.8% Reduction in drug use desire

93.5% Reduction in relapse risk

85.8% Increase in importance to remain drug free

93.5% Increase in chance of resisting drug

Data Collected:

Pre-test : 155

Post test : 155

Outcome Benchmarks

Indicator 3

(Evaluation method: Beat Drugs Fund Question Set No. 12)

Female drug abusers show improvement in **self-efficacy to refuse drug use**

(70% of participants show improvement in self-efficacy to refuse drug use or statistical significant improvement in participant's self-efficacy to refuse drug use as indicated by paired t-test)

03

Experience Gained



Reasons Behind Success



✓ Holistic "Body-Mind-Spirit-Society" Recovery Model

- **Sports:** Strengthen physique, release stress, build teamwork.
 - **Arts:** Heal trauma, express emotions, rebuild self-worth.
 - **Vocational Training:** Equip with future livelihood skills, instill hope.
 - **Group Counselling Sessions:** Provide psychological support, reinforce motivation for change.
 - **Community outings and exhibitions:** Broaden horizons, bridge rehabilitation to community
- **Success Key:** Not just separate activities, but a **synergistic multi-dimensional approach** promoting comprehensive recovery.



Reasons Behind Success



✓ "Strengths-Based" & "Gender-Specific" Design

- Use sports and arts that **catered to women's interests and strengths**, effectively boosting engagement and self-efficacy.
- Transform identity **from "addict" to creator/performer** through artistic and athletic achievements.

✓ Sustained Engagement & Momentum

- Prevent burnout during long-term rehabilitation by continuously offering **fresh stimuli and a sense of achievement**
- Enable trainees to remain **consistently engaged** in their recovery journey



Lesson Learnt

□ Objective gap with external instructors

• Teaching Style Mismatch

Instructors may focus on "**professional output**," while trauma-affected trainees need a "**safe, encouraging, non-judgmental**" environment.

• Goal Misalignment

Instructors aim for "**quality artwork**," while social workers prioritize "**engagement and psychological healing**."



Corresponding Solutions

Pre-Collaboration

- 🌀 Prioritize evaluating the company's **teaching philosophy and collaborative flexibility**, not just cost and reputation.
- 🌀 Clearly articulate that the program's core objective is **"healing,"** not "skill output"



During Collaboration

- 🌀 **In-Class Support:** Social workers must be present, acting as **"classroom facilitators"** and **"emotional supporters"**
- 🌀 **Post-Class Feedback:** Hold quick **post-class debriefs** for immediate feedback. Adapt class content, pace, and teaching methods **flexibly** based on participants' actual situations.
- 🌀 **Participant Empowerment:** Proactively gather **trainees' feedback** (their interests, strengths, and suggestions for instructors)

Lesson Learnt



❑ Trauma-induced behavioral challenges

- Trainees' complex needs rooted in **relationship trauma** (e.g., domestic violence, sexual assault) and maternal stress.
- Trainees often present **with low patience, self-esteem, and interpersonal skills**
- **Emotional reactions** may be triggered during activities—including crying, anger outbursts, conflicts, or non-cooperation.

Corresponding Solutions



- **Pre-session briefing** for instructors on participant profiles and potential triggers.
- **Real-time coordination** between social workers and instructors to flexibly adapt sessions.
- Structured **follow-up support** to process incidents individually.
- Targeted intervention using emotional triggers as direction for **group counseling**.

04

Conclusion

Conclusion



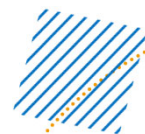
- Three-year implementation (Oct 2022 - Sep 2025)
- A **more diverse and enriched** range of art and sports programmes compared to the Phase 1.0
- All output indicators successfully **met or exceeded**
- All three outcome indicators **exceeded 85%**
- Positive impact on participants' **physical & mental health**
- Enhanced **self-efficacy in drug refusal**

Way Forward -Phase 3.0

Building on the achievements and lessons from Phase 1.0 and 2.0, the project will embark on **a new three-year Phase 3.0 initiative.**

A key innovation is the introduction of **volunteer programmes**, designed to enable trainees to **give back to society** and further enhance their **sense of connectedness with the community.**

We believe Phase 3.0 will further enhance female drug abusers' physical and mental well-being, opening a beautiful new chapter in their lives.



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