

Special Care for the Special Mothers 3.0 BDF210061

1 July 2022 to 30 June 2025

The Society for the Aid and Rehabilitation of Drug Abusers



Introduction

- With sponsorship from the Beat Drugs Fund, SARDA started the project “Special Care for the Special Mothers’ – Residential Detoxification and Rehabilitation Project for Pregnant Women” in 2016 and the second phase of Project 2.0 was also completed in February 2022. We launched Project 3.0 in July 2022 and was completed in June 2025.
- Our service targets are extended from pregnant drug abusing women to drug abusing women with infants and preschoolers.



Project Content

1. To provide residential drug treatment and rehabilitation services, include 24- hour medical care, psychosocial counselling, psychotherapy, antenatal and postnatal care to pregnant drug abusers and female drug abusers with infant / preschoolers
2. To equip female rehabilitees to be capable mothers by enhancing their parenting capacity through skills training.
3. To improve family relationship of the pregnant drug abusers and female drug abusers with infant/preschoolers, in order to strengthen their support network in the future
4. To give support and assistance to family members, where appropriate.



Output Evaluation

Indicator	Description of Indicator	Output Evaluation
1	A. Provide residential treatment and rehabilitation program to 39 pregnant drug abusers or female abusers with infants/ preschoolers. B. Provide early childhood and parenting education workshop for 28-39 participants with at least 18 sessions (total 36 hours) with total attendance of 56-78 man-times.	A. Provided 56 pregnant drug abusers or female abusers with infants/ Preschooler. B. Provided 43 participants with 33 sessions(66 hours) with total attendance of 259 man-times.
2	A. Provide sharing sessions by service recipients for 28-39 participants with at least 12 music/art training and 6 sharing session, among which 70% (20-28 participants) of them complete 4 lessons and 1 sharing session. B. Provide counselling on relapse prevention and life skill training for 28-39 participants with at least 36 group/ individual sessions, among which 70% attended (20-28 participants) with total attendance of 112-156. C. Promote 6-12 peer intern as role model who provided 2,016 hours of internship service to female drug abusers.	A. Provided 37 participants with 78 training and 68 sharing sessions, among which 78.3% (29 participants) completed 4 lessons and 1 sharing. B. Provided 53 participants with 1083 group/ individual sessions, among which 100% (53 participants) received training with total attendance of 651 man times. C. Promoted 18 peer intern as role model who provided 2016 hours of internship service.

Output Evaluation (Cont...)

Indicator	Description of Indicator	Output Evaluation
3	A. Provide individual and group counselling by social workers 28-39 participants weekly individual counselling sessions 72 group counselling sessions, with 70% attendance (or 1420 individual counselling man times and 655 group counselling man times). B. Provide individual and group counselling by clinical psychologists 28-39 participants with 3 individual counselling sessions per person and 75 hours of group counselling sessions, among which 70% average attendance achieved (or 82 individual counselling man times and 118-163 group counselling man times).	A. 53 participants with 179 group sessions. Achieving 100% attendance (2223 individual man-times and 987 group counselling man-times). B. 36 participants with 3 individual sessions per person and 80.5 hours of group counselling sessions, with 70% average attendance (135 individual man-times and 250 group counselling man-times).
4	A. Daily regular check-up by medical staff for 70-100% of pregnant drug abusers. B. Provide 102-145 escort sessions for antenatal and postnatal care services targeting pregnant drug abusers.	A. 14 (100%) pregnant drug abusers were provided with daily regular check-up. B. Provided 120 escort sessions.

Output Evaluation (Cont...)

Indicator	Description of Indicator	Output Evaluation
5	A. Provide supportive services to family carers of female abusers, including delivery of family resource pack to 39 families with total attendance of 26-32 man-times. B. Provide supportive services to family members of drug abusers, including individual / family interviews, referral of community resources for 39 families with total attendance of 26-32 man-times.	A. Provide supportive services to family carers of female abusers, including delivery of family resource pack to 46 families with total attendance of 92 man-time. B. Referral of community resources for 47 families with total attendance of 789 man-times.
6	Provide with indoor or outdoor family activities to 28-39 families with total attendance of 56-78 man-times.	Provide with indoor or outdoor family activities to 48 families with total attendance of 158 man-times.

Outcome Evaluation

Outcome Indicator	Evaluation Method	Output and Outcomes	Evaluation Results
1. 70% of female participants showed improvement in anti-drug attitude.	BDF Question Set 18	50 valid questionnaires were collected	98% of female participants showed improvement in anti-drug attitude.
2. 70% of female participants showed improvement in self-efficacy to refuse drug use.	BDF Question Set 4	50 valid questionnaires were collected	84% of female participants showed improvement in self-efficacy to refuse drug use.
3. 70% of female participants showed reduction in frequency of drug use.	BDF Question Set 6	46 valid questionnaires were collected	100% of female participants showed reduction in frequency of drug use
4. 70% of female participants showed improvement in self-efficacy in child-caring and parenting.	Parental sense of competence scale	49 valid questionnaires were collected	87.7% of female participants showed improvement in self-efficacy in child-caring and parenting

Experience Gained

Reason behind success

1. Interdisciplinary teams built strong teamwork to provide comprehensive, quality services for the drug abusing mothers, such as clinical psychologists, medical staffs, social worker, postnatal care worker and the peer counselor with drugs rehab experience.
2. Provide continuous therapeutic casework and group work for tackle the addiction problem for the drug abusing mothers.
3. A foundational network was built among the professional parties who provide the direct service to the drug abusing mother (e.g. SWD, FCPSU, IFSC, CCPSA, Hospitals, etc.).



Experience Gained



4. Provide well designed course and groups with parenting and life skill training.
5. Continuous improvement in outreaching skills to promote the SCSM projects and the branding of residential drug treatment for the drugs mothers are firmly established among the various collaborative partners.



Experience Gained

Lesson learnt

1. Involving drug abuse mothers as intern who have successfully overcome drug addiction can play a crucial role in encouraging other female drug abusers especially drug abuse teenagers to seek help.
2. Addressing the complex factors contributing to drug abuse mothers: parent-child relationships, marital relationships, cross-generations issues for child caring.
3. Ongoing support and follow-up , continuous engagement, regular outreaching (especially family support) after treatment can significantly increase the project's effectiveness and impact on the community.
4. Regular evaluation allows for adjustments and modifications based on the project's outcomes, ensuring that resources are allocated efficiently.

Conclusion

- Good response towards the project has shown the increasing need on structured professional rehabilitation training for the drug abuse mothers.
- The success of this project hinges on our ability to build trust, empowerment and foster a supportive community environment for drug abuse mothers.
- Residential drug rehabilitation are essential for drug abusing mothers to cut off the impact of drugs on infants and young children. Additionally, the drug mothers can kick off their addiction in a drug-free environment allowing them to rebuild both themselves and their family healthy lives.

End
Thank you