





14<sup>th</sup> August 2023 to 13<sup>rd</sup> February 2025

**Happy and Healthy Family Scheme 3.0**  
**BDF220032**  
**The Society for the Aid and Rehabilitation of Drug Abusers**




Happy and Healthy Family Scheme 3.0

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## Introduction

- This project aims to enhance the ability of drug abusers' family members to support their drug abusing relatives
- It also was designed for improving the self-efficacy and self-control of drug rehabilitants for relapse prevention



## Project Content

- This project served family members of drug abusers;
- This project formed volunteer teams and provided volunteer services, i.e. beach cleanup, elderly visit and free lunchbox distribution;
- Published story book and online video share the positive attitudes of rehabilitated parents
- Provided anti-drug school sharing sessions

 Project Content

Family members supportive group



Anti-drug school sharing

 Project Content

Volunteer service




Volunteer training

 **Project Content**

 **Storytelling training for rehabilitated parents**

 **The story book published**

 **Rehabitee parents record audio for the storytelling video**


 **Project Content**

**Family Members Support**  
Provide individual assessment, meeting and supportive group for family members of drug abusers

**Anti-drug School Sharing**  
Provide anti-drug sharing session to students


**Volunteer Team**  
Recruit the rehabilitated drug abusers, provide training and services opportunities

**Production Of Story Book And Video**  
Provide storytelling skills training for rehabilitated parents, publish the story book and video about their stories




## Output and Outcome Evaluation

- Evaluation methods
- Output and outcome benchmarks
- Evaluation results




## Output Evaluation

	Expected Result	Achieved Result
<b>Output Indicator 1</b>	Provide 3 anti-drug sharing sessions to 100 students	Provided 3 sharing sessions to 302 students
<b>Output Indicator 2</b>	Provide 3 training sessions to 4 drug rehabilitee parents and publish 1 storytelling video online (via IG and Facebook etc.) for 1000 views from the general public.	Provided 3 training sessions to 5 drug rehabilitee parents  Published one storytelling video online (via Youtube and Meta(Facebook)) for 2840 views from the general public
<b>Output Indicator 3</b>	Provide 330 sessions of individual assessment and individual meeting plus 5 sessions of supportive group to 30 family members of drug abusers.	Provided 388 sessions of individual assessment and individual meeting plus 16 sessions of supportive group to 38 family members of drug abusers




## Output Evaluation

	Expected Result	Achieved Result
<b>Output Indicator 4</b>	<p>A. Provide 10 volunteer training sessions to 10 rehabilitated drug abusers</p> <p>B. 10 Volunteers provide a total of 200 volunteer services to community deprived family and people, environment, elderly, students or other drug abusers</p>	<p>A. Provided 10 volunteer training sessions to 29 rehabilitated drug abusers</p> <p>B. 27 Volunteers provide a total of 202 volunteer services to community deprived family and people, environment, elderly, students or other drug abusers</p>
<b>Output Indicator 5</b>	500 story books with stories of rehabilitee parents will be released and distributed to the related parties as IFSCs, DTRCs, CCPSAs, schools and general public	500 Story books with stories of rehabilitee parents were released and distributed to the related parties as IFSCs, DTRCs, CCPSAs, schools and general public




## Outcome Evaluation

	Expected Result	Achieved Result	Remark
<b>Outcome Indicator 1</b>	<p>Participants show improvement in their capacity to support drug abusing family members</p> <p>(70% of participants show improvement in their capacity to support drug abusing family members/ statistical significant improvement in capacity to support drug abusing family members as indicated by paired t-test)</p>	<p>Pre-test: 38 Post-test:32</p> <p>84.4% participants show improvement in their capacity to support drug abusing family members</p>	Beat Drugs Fund question set 20
<b>Outcome Indicator 2</b>	<p>Participants show improvement in anti-drug attitude</p> <p>(70% of participants show improvement in anti-drug attitude/ statistical significant improvement in anti-drug attitude as indicated by paired t-test)</p>	<p>Pre-test: 302 Post-test:293</p> <p>57.3% participants show improvement in anti-drug attitude</p> <p>Statistical significant improvement found</p>	Beat Drugs Fund question set 16




## Experience Gained

- Reason behind success
- Reason behind underachievement of target
- Lesson learnt

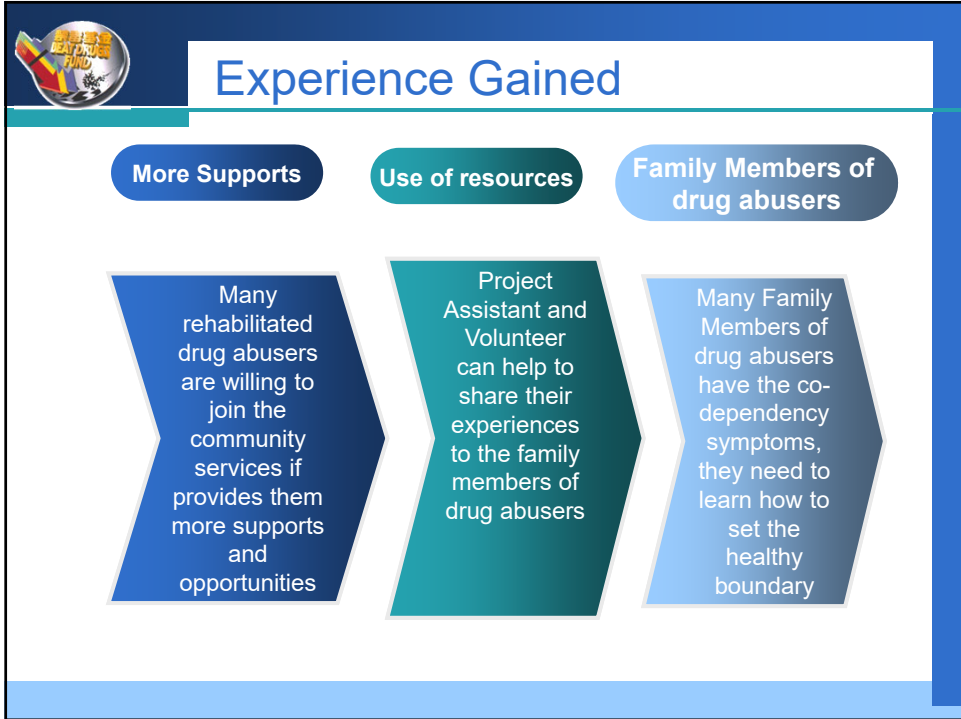
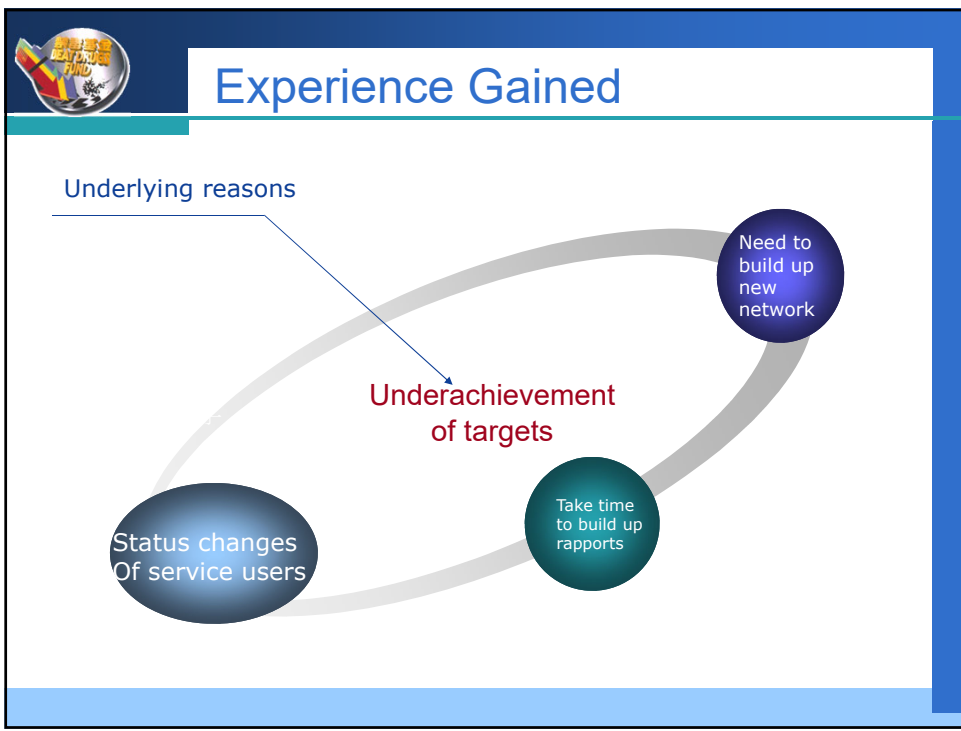



## Experience Gained

Reason behind success




1. Maintain good co-operation with partners (i.e. FCPSU, IFSC, CCPSA, Elderly services centre)
2. Sustain a well-trained team
3. Continuous supervision to project assistant
4. Concerns the needs and interests of the services users





## Conclusion

- Rehabilitated drug users need more supports and opportunities to lead them come out the community, that can improve their self efficacy to achieve relapse prevention
- family members of drug users always face to multiple problems from their family, they need more supports by various ways.



## Suggestion

- To train up long-term volunteers, including supportive family members of drug users with aims to regularly visit those families which facing drug problems.
- To conduct school anti-drug workshops with real-life stories sharing, addiction education and refusal skills by rehabilitated clients.
- To develop volunteer leaders to organize activities and partner with other NGOs to help recovering clients and engage them in volunteer services.



## Way Forward

- To provide list of suitable volunteers including supportive family members to Sarda social workers for arranging further follow-up services.
- Apply for other fundings with hope to continue and expand current services for clients and their families in need.