



鈴蘭計劃 Project L

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明愛青少年及社區服務



Project L

鈴蘭計劃

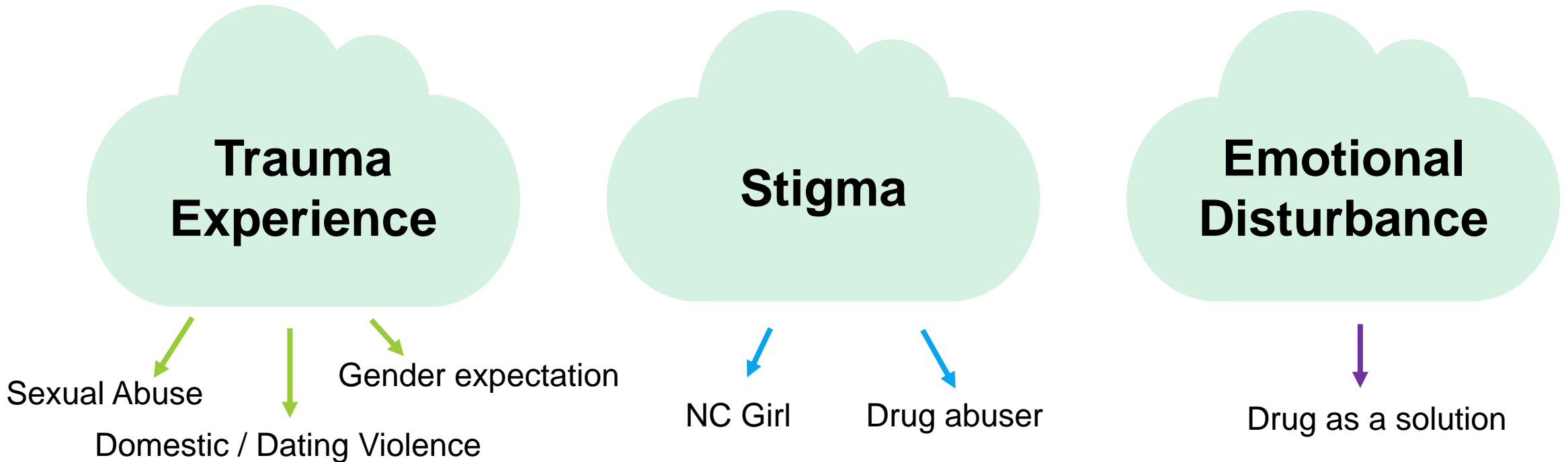
- Night Club Outreaching
- Online Outreaching
- Gender Sensitive Approach
- Art Based Intervention

Duration: 3 years



How the project was conceptualized & put into a BDF proposal

- Previous working experience + observation



How the project was conceptualized & put into a BDF proposal

- Social phenomenon
- Fill in service gap
- Studies & literature reviews



Service Target



♀ ≤ 35

Young female workers in night club


Young female drug abusers

Hidden at-risk young female or drug abusers on internet

Family members or partner of the female drug abusers



Key Service & intervention



Venue & Online Outreach

- Peer driven outreach
- Introducing art in NCs



Drug Rehabilitation

- Body check
- Time out service
- Art workshops
- Case & Group



Community Based Art Workshop

- Community Art exhibition
- Training workshop



GOAL

01

Increase user's awareness of drug related harm

02

Help users to refocus on their needs, release their stress

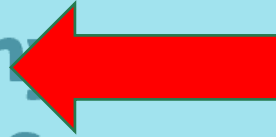
03

Increase users' motivation to reduce drug use frequency and quit drugs



Maslow's Hierarchy of Needs

New role and identity



Self Agency

Art-based intervention

Community work

Self-identity



Trauma,

**Gender expectation,
Embodiment issue**

Family & Partner work

Self-esteem

Group work

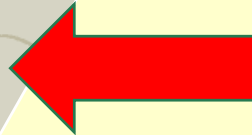
Value

Individual work

Basic needs satisfied

Build up therapeutics

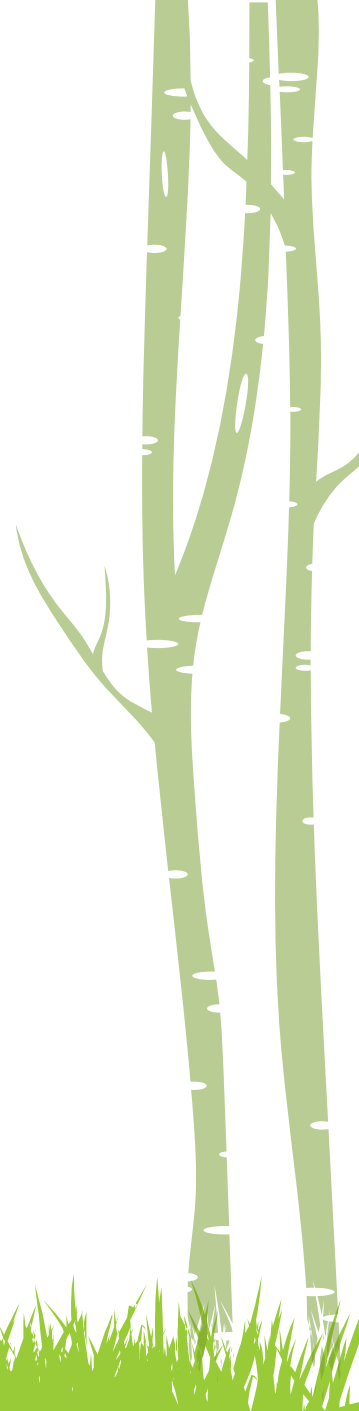
alliances



**Tangible needs,
Drug Issue
Crisis**

Why using Expressive Arts?

Art therapy is noted by authorities as a highly effective modality of treatment for addicts, among other reasons because it is “difficult to falsify” (Hammer, 1958, p. 603).



Why using Expressive Arts?



Used in substance abuse treatment since the 1950s



A alternative treatment to support the drug treatment in center



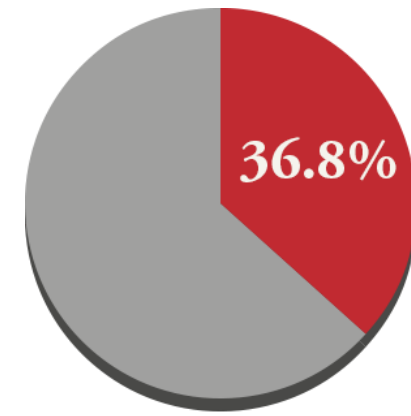
Used as a way to provide emotional release, self-expression, stress management, and adjustment to recovery.



Why using Expressive Arts?

The *Journal of Addictions Nursing* states that art therapy can contribute to the recovery process in the following ways:

- > Decreasing the client's denial of addiction
- > Increasing the client's motivation to change
- > Providing a safe outlet for painful emotions
- > Lessening the shame of addiction



Use Art Therapy

36.8 percent of programs in the study sample offered art therapy as part of a comprehensive rehab program.

Why using Expressive **Arts**?



Arts as a metaphor to help the clients to express their emotion and consolidate their life experience → **settle the core life issue/ trauma**



Using non-verbal way to express the unspoken feelings, it helps client to self regulate their emotions → **reduce the dependency of using drug**



Externalizing and Visualizing the problems and resources. → **to visualize how drug affect her life**



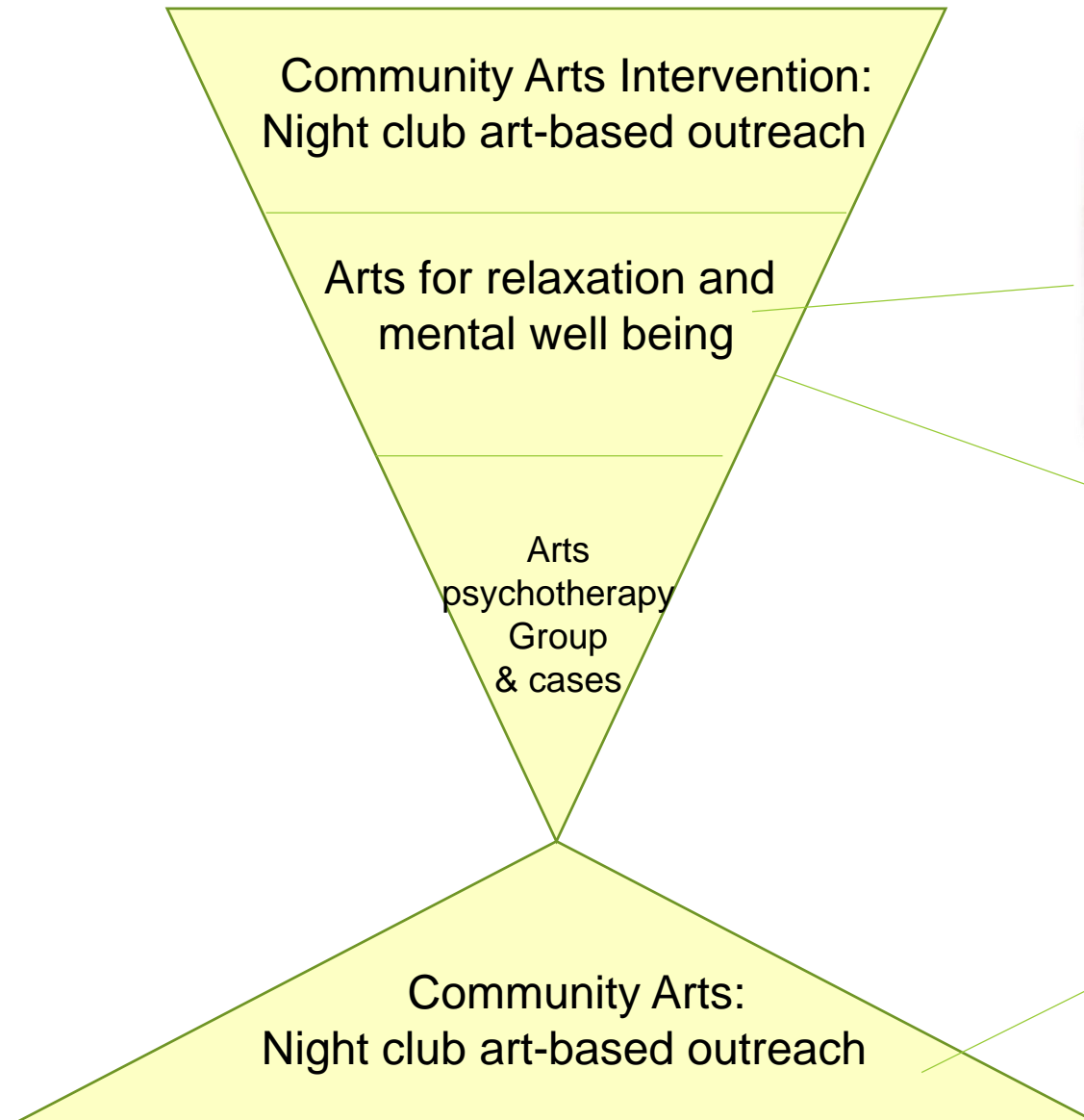
Provide a safety space for self-discovery and re-connect with their body, mind and spirit → **to build up a better live without drug**



Client can learn to using different art forms to deal with their boredom in daily → **reduce their craving toward drug**



Project L 鈴蘭計劃 – Arts-based Intervention



Community art based Exhibition, Workshop, Art tour



夜場， 從她的視角

Night Club, from Her Perspective

25.1.2019 (Fri) - 28.1.2019 (Mon)



嘗試不要太快給「夜場」任何解釋或定義。
而是否可能讓我們回到夜場中的女子自身。
從「她」的視角來檢視其中的個體處境？
每一個「她」的故事都值得被尊重與聆聽。

地址
Venue

CCCC Artspace
Green Wave Art 碧波押
油麻地上海街404號地下
G/F 404 Shanghai Street, Yau Ma Tei

主辦機構及單位



協辦單位



支持機構



開放時間
Dates & Times

25/1 (Fri)	26/1 (Sat)	27/1 (Sun)	28/1 (Mon)
3pm-9pm	11am-9pm	11am-9pm	11am-9pm
	12pm-1.30pm	12pm-1.30pm	
	3pm-4.30pm	3pm-4.30pm	3pm-4.30pm
5.30pm-7pm	6pm-7.30pm	6pm-7.30pm	

開幕及嘉賓導賞
Opening & Guest Tour

導賞及工作坊
Guided Tour & Workshops

夜場，從她的視覺 nightclub, from her perspective



To let their voice and story can be listened in a safety environment by using different art forms



Their exploitation in their working experience





To let the community not only watch but listen, feel and experience



你條路一定
好唔容易，
但你的選擇
必定有你的
原因。想你知道，
你是可愛的。
值得被愛的。





你就是你。
請好好愛這樣
子的你！
你很好！
你很美！
請好好保護
自己！
你值得被尊
重！
你是有價值的！

選擇是屬於
自己，如果被
低潮打敗，回
過神後再重新
上路。因為你的
生活亦是屬於
你的。共勉之。

人生所有的經歷
都可以轉化，向前
看，往遠望，.....

Over 80 Feedbacks from the Community to the
Nightclub female drug addicts

Lesson Learnt

-  Project sustainability
-  Importance of peer counselor
-  Co-work with expressive art therapist and local artists
-  Reflection in using art intervention

