



# “RE-STRUCTURING LIFE · A BETTER TOMORROW” – STRENGTHENING INPATIENT AND AFTERCARE SUPPORT FOR DRUG REHABILITEES (BDF170037)

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# Rundown

- Introduction
- Objectives
- Scope of Services
- Output & Outcome Evaluation
- Output Benchmarks & Evaluation Results
- Experience gained
- Conclusion
- Q & A



# Introduction

- 3 years project
- A project aims to strengthen the aftercare services of drug rehabilitees of SARDA (Chinese and Non-ethnic Chinese)



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# Objectives

In terms of non-ethnic Chinese rehabilitees:

- To reduce their risk against relapse to drugs in environment with less cultural barrier
- To enhance their competency to their daily living

In terms of general rehabilitees:

- To enhance their self-efficacy on drug avoidance
- To enhance their well-beings

In terms of the public:

- To raise the community's awareness of anti-drugs messages
- To enhance community members' acceptance to drugs rehabilitees



# Dimensions of work

- Individual work – vocational counselling / sustainability of rehabilitation
- Family work - family support (e.g. family visits)
- Group work – counselling group / Ad hoc workshops / interest classes
- Social engagement – volunteer trainings / services



# Scope of Services

## For local Chinese Rehabilitees

- Vocational Counselling
- Counselling Group
- Vocational Training
- Interest Classes
- Talks and Workshops
- Volunteer Services
- Outdoor Leisure Activities





# Scope of Services

## For Non-ethnic Chinese Rehabilitees

- Individual Counselling
- Aftercare Family Visit
- Major Cultural Activities
- Community Volunteer Training
- Music Band and Community Band Show
- Nepali Sharing and Support Group



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# Output and Outcome Evaluation

- Evaluation methods
- Output evaluation: Attendance (Over 70% participants attend)
- Different man-times target depends on types of activities
- Outcome evaluation:
  - Beat Drugs Fund Question Set No. 12
  - Beat Drugs Fund Question Set No. 3
  - WHO QOL Five Well Being Index (Chinese)





# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<b>Output Indicator 1</b>	<p><b>150</b> groups sharing for <b>600</b> man-times of Nepalese drugs rehabilitees</p> <p><b>12</b> cultural activities for <b>120</b> man-times of non-ethnic Chinese drug rehabilitees</p>	<p><b>168</b> groups sharing for <b>908</b> man-times of Nepalese drugs rehabilitees</p> <p><b>22</b> cultural activities for <b>121</b> man-times of non-ethnic Chinese drug rehabilitees</p>



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# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<b>Output Indicator 2</b>	<p><b>18</b> vocational training courses for <b>150-180</b> man-times of rehabilitees, among which <b>70%</b> (105 or 126 man-times) rehabilitees complete the course</p> <p><b>18</b> interest classes for <b>150-180</b> man-times of rehabilitees, among which <b>70%</b> (105 or 126 man-times) rehabilitees complete the class</p>	<p><b>18</b> vocational training courses for <b>219</b> man-times, <b>187</b> (85%) rehabilitees completed the courses</p> <p><b>18</b> interest classes for <b>202</b> rehabilitees, among which <b>163</b> (80%) man-times completed the class</p>



# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<b>Output Indicator 3</b>	<p><b>18</b> times of outdoor leisure activities for <b>150-180</b> man-times of rehabilitees and <b>36-45</b> man-times of their family members, among which <b>70%</b> (105 -126 man-times) rehabilitees and <b>70%</b> (25 - 32 man-times) their family members take part in the activities</p> <p><b>18</b> sessions of volunteer services for <b>150-180</b> man-times of local Chinese rehabilitees, among which <b>70%</b> (105 -126 man-times) rehabilitees participate in the service</p> <p><b>18</b> talks and workshops for <b>360</b> man-times of participants, among which <b>70%</b> (or 252 man-times) rehabilitees would attend</p>	<p><b>23</b> times of outdoor leisure activities for <b>265</b> man-times of rehabilitees and <b>41</b> man-times of their family members, among which <b>265</b> (100%) man-times of rehabilitees and <b>41</b> (100%) man-times of their family members take part in the activities</p> <p><b>24</b> sessions volunteer services for <b>163</b> man-times of local rehabilitees, among which <b>163</b> (100%) man-times of local Chinese rehabilitees participate in the service</p> <p><b>26</b> talks and workshops for <b>353</b> man-times of participants, among which <b>353</b> (100%) man-times of rehabilitees attended</p>



# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<b>Output Indicator 4</b>	5 volunteer service training programs for 35 man-times of volunteers	16 volunteer service training programs for 44 man-times of volunteers



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# Output Benchmarks & Evaluation Results

	Expected Result	Achieved Result
<b>Output Indicator 5</b>	<p>After-care visits for <b>210</b> man-times of non-ethnic Chinese rehabilitees and their family members</p> <p>Set up a music band and conduct not less than <b>72</b> music learning sessions for <b>120</b> man-times of non-ethnic Chinese rehabilitees</p> <p><b>3</b> community road shows / music performance</p>	<p><b>363</b> man-times of non-ethnic Chinese rehabilitees and their family members received after-care visit</p> <p>Set up a music band and conduct <b>128</b> music learning sessions for <b>351</b> man-times of non-ethnic Chinese rehabilitees</p> <p><b>4</b> community road shows / music performance</p>



# Output Benchmarks & Evaluation Results

	<b>Expected Result</b>	<b>Achieved Result</b>
<b>Outcome Indicator 1</b>	Chinese rehabilitees show improvement in self-efficacy on drug avoidance	<b>71.8%</b> of participants showing reduction in relapse risk  <b>67.7%</b> of participants showing increase in chance of resisting drugs
<b>Outcome Indicator 2</b>	Non-ethnic Chinese rehabilitees show improvement in self-efficacy on drug avoidance	<b>73.5%</b> of participants showing improvements in self-efficacy on drug avoidance
<b>Outcome Indicator 3</b>	Rehabilitees show improvement in their well-being	<b>72.1%</b> of participants showing improvements in their well-being





# Experience gained 1

- **Reason behind success**

- Keep close and meaningful contact with rehabilitees and their family members
- Good collaboration with caseworkers of SARDA
- Make good use of online platforms (e.g. Zoom) in holding activities during the outbreak of pandemic (COVID-19)
- Employment of staff with cultural sensitivity and awareness



# Experience gained 2

- **Lesson learnt**

- Empowerment / organizing activities according to the needs of rehabilitees
- Ad hoc workshops and talks are recommended in response to social health issues
- Arts (e.g. Music) provide a platform to gather multi-cultural rehabilitees



# Conclusion 1

- Users show that they have:
  - lower risk against relapse to drugs in environment with less cultural barrier
  - Higher competency to their daily living
  - Higher self-efficacy on drug avoidance
  - Better well-beings



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# Conclusion 2

- Social inclusion elements (Chinese and non-ethnic Chinese)
- Language courses for non-ethnic Chinese rehabilitees
- Subsidies for medical check-ups
- Sensitivity of digital technologies with service users / Awareness of the digital transformation during the COVID-19 global pandemic (e.g. Zoom & Microsoft Teams)



# Contact us

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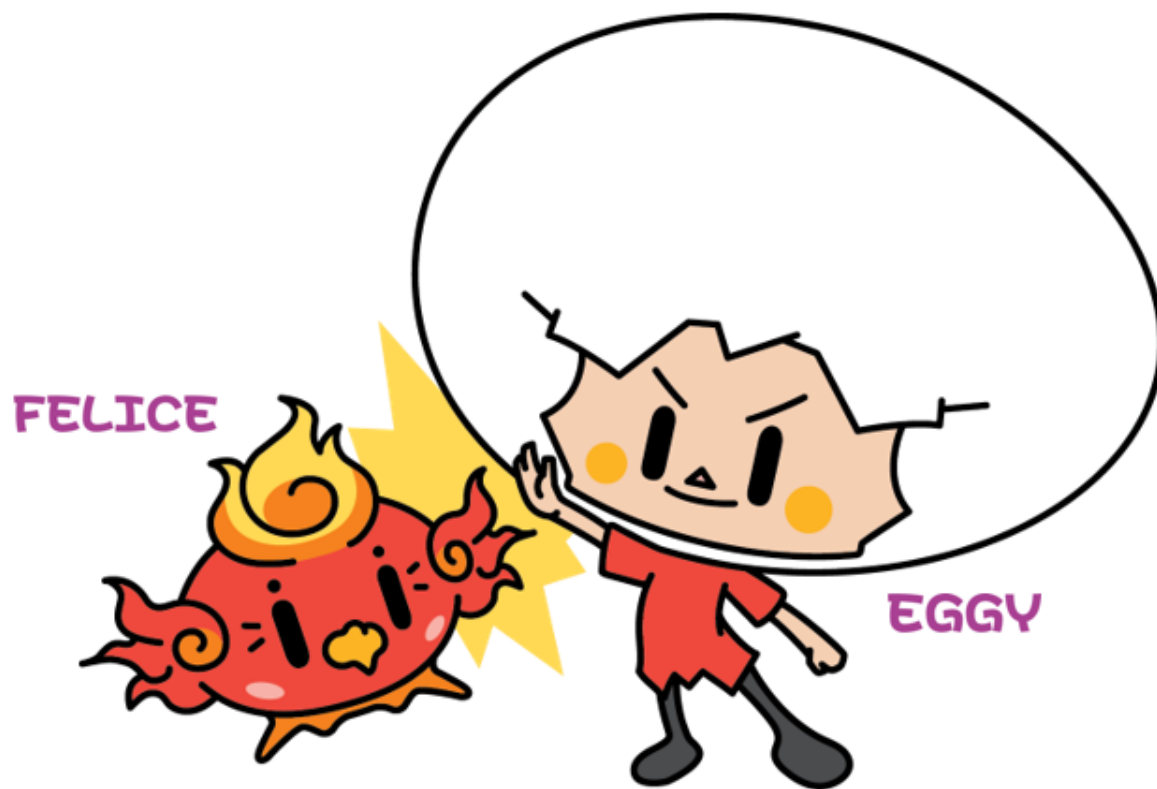


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# THANK YOU !



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