An Adventure-based Training for Youth Substance Abusers

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Abstract
Between July and October 2003, the Hong Kong Federation of Youth Groups assisted by the Paediatrics Department of Tseung Kwan O Hospital and the Youth Carenet Adventure Resource Centre ran a program for unemployed youth with substance abuse. Twenty-one youth were enrolled to the program and they came from different natural groupings. During the 10 days residential program, the youth were help to improve their problem-solving skills, sense of responsibility, social interaction skill and to develop a goal orientated lifestyle. Drug education was included in the training program. The youth were attracted to the physically demanding and exciting activities and did not resist the police trainers. Bonding was established and responsibility and discipline were developed. Nineteen out of the 21 participants had either returned or motivated to return to school/employment or stopped or reduced using drugs. (HK J Paediatr (new series) 2004;9:337-339)

Key words: Adventure; Delinquent; Multi-discipline; Substance abuse