

Project Eudaimonia 7-05

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Single Year Project

Section 1: Overview

A. Area of Concern

According to Singapore's Central Narcotics Bureau (CNB), 64% of the total number of drug abusers arrested in 2018 were below the age of 30. The increasing prevalence of younger addicts spurred us to undertake this project. The reason why we chose this particular area of concern is because we realised that the recovering addicts in our community lack sufficient support.

According to American Addiction Centers, one of the main stereotypes that recovering addicts face is the derogatory label of "junkie", which refers to people who live on the streets, are unemployed, and often rob others to fund their addiction. Recovering addicts are often automatically classified as hopeless obsessive drug users and are hence ostracised by society.

According to anonymised accounts from our beneficiaries, many of the members who had relapsed into substance or behavioral addictions had done so due to three main reasons: lack of full-time employment, lack of support networks, and lack of understanding from family members and members of society. As a result, we focused around the latter two issues in order to ensure that we could provide sustained support for our beneficiaries.

B. Challenges Identified

One of the main challenges faced by our beneficiaries that we have identified is the stereotypes and prejudices that they face on a daily basis. As a result, recovering addicts in our communities do not receive adequate support, slowing down their recovery. In addition, lack of knowledge about rehabilitation resources in Singapore and stigmas against halfway houses prevent addicts from seeking help.

C. Underlying Problem

Given that addiction is an underdiagnosed mental sickness in Singapore and that there is a lack of awareness and empathy towards people suffering and recovering from addiction, and addiction recovery centers such as WeCare Community Services as a whole, how might we raise awareness about these issues amongst the general public such that they can better understand and empathise with people suffering or recovering from addiction in 2020 and beyond?

D. Action Plan

Action	Outcome	Timeframe
Training activities	Increase the interactions with our beneficiaries so that the public can better understand and support them.	June-July
Start an Instagram account early on in the year to conduct outreach campaigns.	Generate greater awareness about our beneficiaries and WeCare, and provide necessary links or helplines for rehab resources.	Feb-Aug
WeCare website translation	Allow WeCare to overcome language barriers.	Jul-Aug
Host talks by WeCare organisation	Allow the public to better understand recovering addicts and to clarify any doubts or misconceptions.	Feb-April
Weekly art lessons	Help our beneficiaries develop healthy lifestyles and hobbies.	May
Sports sessions	Sports allows for greater interaction, while building up teamwork and camaraderie, skills necessary for recovering addicts when reintegrating into society.	May
Concert with performances by our beneficiaries	Break stereotypes and boost their confidence in social interactions, allowing them transit smoothly when reintegrating back to society.	May

Section 2: Implementation of Action Plan

Action	Outcome	Timeframe
Physical interaction with beneficiaries to understand needs	We better understood our beneficiaries and the importance of organizations like WeCare. We also better understood their unique needs.	Oct 2019 - Feb 2020
Creating infographics and running a social media outreach campaign on Instagram	We started an Instagram account early on in the year to conduct outreach campaigns. Each one of our infographics reached over 200 people from our 400+ followers, for a total of around 4.5k views on all our infographics.	Feb 2020 - Aug 2020
Translating the WeCare website into Chinese	We helped WeCare to translate their webpage at wecare.org.sg into Chinese. As of August 2020, the site is in a prototype stage and will be put online in October 2020.	Jul 13 2020 - Aug 10 2020

Section 3: Project Outcomes

A. Accomplishments

We have reached out to approximately **450** people through Instagram with a total of **21** posts of infographics on the risks of addictive habits, the stereotypes about recovering addicts, and the resources available in Singapore to prevent or recover from addiction, with around **4500** views in total. In addition, we have helped to translate approximately **90** pages worth of content from WeCare's official website into Chinese, potentially allowing them to reach up to **42%** more people than they could before.

B. Reflections

We learned that many of our beneficiaries came from broken families and did not have the opportunity from young to excel in life. Through this, we realised that we should be very

appreciative of how fortunate we are to be able to have what we have today. We realized how difficult it was for stigmatized groups like recovering addicts to give themselves a voice, especially within a situation where most people do not care about such issues in the first place. It was hard to erase the stereotypes of addicts as being violent and uncooperative even among those who sympathized with our cause. We also understood that these stigmas were in part due to the success of anti-drug campaigns in Singapore as well as the culture of seeing addicts as delinquents from young, hence complicating outreach efforts.

C. Scope of Project

Community impact:

Members of public could learn more about WeCare SG and recovering addicts, as well as the resources available to help addicts. Through this, we hope that more people will take up the task of continuing to provide support for addicts in society.

Community involvement:

Our project included 2 volunteers who were not from our core team. This interaction allowed them to understand more about the challenges that recovering addicts face and work together to create solutions for those problems.

Resolution of AoC/UP:

We identified that there was a lack of awareness about addiction and the resources available for addiction rehabilitation. We resolved this through drawing more attention to such issues in our social media campaign, allowing close to 450 people to understand more about the issues raised in the UP through various infographics. We have also allowed a much larger group of people from society to access WeCare's resources through translation.

Word count: 997

Citations

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