Introduction
Recovery is about people with mental health difficulties having the same opportunities in life as everyone else. It is about a personal journey towards a meaningful and satisfying life. It is about hope, control and opportunity. It is about living as well as possible. Clients with comorbidity of mental illness and substance abuse are commonly in difficult situations to be socially included and lead a meaningful and fulfilled life. The program, “Recovery College” empowers clients to become the experts of their own recovery journeys.

Objectives
(1) to empower clients to plan and lead their recovery journeys (2) to induce hope, support control and provide opportunity for clients in their recovery journeys (3) to cultivate and enhance peer support (4) to advocate personal growth in clients (5) to empower clients to serve the community

Methodology
Worked with a community partner (Sane Center-Counselling Center for Psychotropic Substance Abusers) to organize and provide the 40-session program to the clients of Substance Abuse Assessment Unit of Kwai Chung Hospital. The sessions were designed with reference from the essential concepts of recovery including hope, control and opportunity. The subjects covered physical training, music, positive psychological training, interest groups and volunteer training. Substance abuse nurses, social workers, peer counsellors and professional trainers were the tutors and facilitators of the sessions. Christo Inventory for Substance-misuse Services (CISS) was employed to be the outcome measurement to assess the pre and post wellbeing
of the clients.

**Result**
From 11 August to 19 Dec 2014, there were twenty clients enrolled in the Recovery College. By the end, twelve clients graduated from the college. Some of the graduates have successfully abstained from their substance abuse, some have started courses in peer counselling, some have returned to the job market, some became more health-alert (e.g. planned to quit smoking, doing more physical exercises… etc.), others have joined the voluntary services of churches. Enhancement of personal growth was observed with evidences. As rated by Christo Inventory for Substance-misuse Services (CISS), 92% of graduates had improvement in wellbeing, 83% had outstanding improvement, 0.08% had little improvement and the other 0.08% maintained static. Conclusion: The “Recovery College” for clients with comorbidity of mental illness and substance abuse was effective in empowering clients to plan and lead their recovery journeys. Obvious personal growth was observed with evidence. Graduated demonstrated enhanced self-confidence and self-control. Most of them reported to have more meaningful and fulfilled life with identified life goals and satisfactory social support especially from their peers and families. Suggestions/Recommendations: Future development of the program “Recovery College” is to deepen the personal growth of clients and to further develop their strengths. Formal training on music, sports and handcrafts will be provided. Personal growth camping will be organized. Community partnership will be reinforced since it is an essential element of the success of this program.