



香港戒毒會

THE SOCIETY FOR THE AID AND
REHABILITATION OF DRUG ABUSERS

戒往開來
傳承關愛

Decades of devotion
Love across generations

2021-2022

禁毒宣傳



Publicity

康復服務



Rehabilitation

預防教育



Education

戒毒治療



24 Treatment

FELICE



雞蛋仔
EGGY



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鑑於吸毒者的背景不同、需要各異，香港一直採用不同形式的戒毒治療和康復服務予以配合。香港戒毒會是本港主要戒毒服務單位，與政府一直緊密合作，致力透過多元化服務，包括住院式戒毒治療及康復計劃和美沙酮治療計劃輔導服務，抗擊濫毒問題。

過去多年，香港戒毒會求進不懈，竭力應對不斷演變的吸毒情況。香港戒毒會因應大多數吸毒者，尤其是青少年，較難接受長時間的戒毒治療，推行了「靈靜假期 - 短期住宿治療計劃」，讓他們能夠暫時擺脫毒品的影響，認清毒品的禍害，為斷癮治療做好準備。香港戒毒會又為孕婦及其家人舉辦「非常照顧 非常媽媽」住院戒毒康復計劃，成功幫助染有毒癮的孕婦和母親重展新生。

新型冠狀病毒病疫情肆虐，香港戒毒會積極參與疾病預防和控制工作，致力確保轄下服務單位運作暢順。我藉此機會衷心感謝香港戒毒會謹守崗位，共渡時艱。毒品的禍害嚴重，香港戒毒會多年來從事戒毒工作，成績有目共睹，對社會饒有建樹。展望來時，戒毒工作仍然挑戰不斷。衛生署會繼續與香港戒毒會攜手合作，為戒毒人士提供適切支援，緩減毒害，為香港締造更美好的環境。

林文健

衛生署署長
林文健醫生, JP



Hong Kong has been adopting different forms of drug treatment and rehabilitation to cater for the needs of drug abusers from different backgrounds. The Society for the Aid and Rehabilitation of Drug Abusers (SARDA), a major drug treatment service unit in Hong Kong, has worked closely with the Government in combating drug abuse through its diversified services including residential drug treatment and rehabilitation programmes and counselling service for Methadone Treatment Programme.

SARDA is committed in tackling the changing landscape of drug abuse with continuous improvement. In view that most drug abusers, especially youngsters, have lower tolerance to long-term treatment, SARDA has launched the Mindful Break – Short Term Treatment Programme to give them a break from the yoke of drugs, enabling them to recognise the harm caused by drugs ahead of a more comprehensive detoxification. Additionally, SARDA has also launched a residential detoxification and rehabilitation project named Special Care for the Special Mothers for pregnant drug abusers and their families, helping drug abusers turn over a new leaf during and after pregnancy.

Amid the raging COVID-19 epidemic, SARDA has actively participated in disease prevention and control to ensure smooth operation of its service units. I would like to express gratitude to SARDA for its dedication in these difficult times. While the impact of drug abuse is devastating, SARDA's contribution to society with its drug treatment work over the years is well recognised. Given the challenges ahead, the Department of Health will continue to work hand-in-hand with SARDA to provide necessary support for a better Hong Kong where drug abuse is kept in check.

A handwritten signature in black ink, appearing to read 'Lam Man-kin', located below the main text.

Dr. LAM Man-kin, JP
Director of Health



香港戒毒會在熱心的社會賢達領導下於1961年成立，為有志戒除毒癮的濫藥人士提供戒毒治療及康復服務，服務香港超過六十年。本會一直以「有戒無類」精神，致力協助不同年齡、性別、種族和宗教的濫藥人士建立健康新生活，並積極與政府及持份者攜手推動禁毒預防教育，建設和諧關愛社會。

香港戒毒會為全港最大型提供自願戒毒治療及康復服務機構，以醫療及社會心理輔導模式，免費為濫藥人士及其家人提供多元化服務。本會轄下設有四間住院式戒毒治療及康復中心、四間社會服務中心及五間中途宿舍，提供戒毒治療、善後輔導及支援重投社會等服務。去年，入住本會轄下四間戒毒治療康復中心人數共571人，斷癮程序完成率是86.3%，康復程序完成率为91.8%，而善後輔導完成率达95.3%。此外，本會在衛生署轄下全港美沙酮診所，為美沙酮服藥人士及其家人提供個人及小組輔導服務。

迎接疫症挑戰

就應對新型冠狀病毒病，特別是來勢洶洶的第五波疫情，總幹事譚紫樺於年度內續領導七個專責小組，包括：「人力資源應變」、「防疫物資」、「運作模式上應變」、「跨部門入院應變管理」、「抗疫衛生準備及預防教育」、「COVID-19創傷復原暨精神健康」及「善用資訊科技」，以保障同工及服務對象健康，攜手跨越這前所未有的挑戰。

追求卓越

根據藥物濫用資料中央檔案室2021年的數字顯示，被呈報的整體吸毒人數較2020年上升，其中被呈報的二十一歲以下吸毒人數更上升44%，而首次被呈報的吸毒人數則上升24%。其中被呈報的二十一歲以下吸食可卡因及大麻的青少年人數分別上升85%及48%，而二十一歲以下青少年最常吸食的毒品則是大麻、可卡因及氯胺酮。此外，根據執法部門的統計數字，2021年全年涉及毒品罪行的被捕人數較2020年上升20%，而同期二十一歲以下青少年的被捕人數亦上升32%，當中主要涉及大麻。

回應香港當前吸毒情況，尤其是青少年吸食毒品的趨勢，本會凹頭青少年中心續向禁毒基金申請，推行為期三年的「靈靜假期 2.0 - 短期住宿治療計劃」，目的為驅使青少年及早處理毒品問題，以免在毒品問題上泥足深陷，使身心因著吸毒而出現不可逆轉的損害。

The Society for the Aid and Rehabilitation of Drug Abusers (SARDA) was established in 1961 under the leadership of enthusiastic community leaders. Serving Hong Kong for over 60 years, SARDA provides drug treatment and rehabilitation services for drug abusers who want to quit drug addiction. With the spirit of "No Drug Addict Left Behind", SARDA endeavours to assist drug abusers of different ages, genders, races and religions to establish a new and healthy life. It also actively cooperates with the Government and stakeholders to promote drug-prevention education for creating a harmonious and caring society.

SARDA is the largest provider of voluntary drug treatment and rehabilitation services in Hong Kong. Based on medical and psycho-social counselling model, SARDA provides for drug abusers and their family members a wide range of free and diversified drug treatment and rehabilitation services. SARDA comprises four residential drug treatment and rehabilitation centres, four social service centres and five halfway houses. They provide drug treatment, aftercare and supporting services for drug abusers to reintegrate into the society. Last year, our four residential treatment and rehabilitation centres had admitted a total of 571 drug abusers. The detoxification rate was 86.3%, rehabilitation rate was 91.8%, and the aftercare completion rate was 95.3%. In addition, SARDA provides individual and group counselling services for methadone users and their families in all methadone clinics under the Department of Health.

Meeting the Pandemic Challenge

In response to the novel coronavirus disease (COVID-19), especially the threatening fifth wave of the epidemic, the Executive Director, Ms. Angelique TAM continued to lead seven task forces during the year including: "Human Resources Preparedness and Response", "Disease Prevention Material Supplies", "Mode of Operation Preparedness and Response", "Inter-departmental Admission Response Management", "Disease Prevention Preparedness and Preventive Education", "COVID-19 Post-traumatic Recovery cum Mental Health", and "Strategic Development of Information Technology", in order to protect the health of our colleagues and service users, and to work hand in hand to overcome the epidemic.

In Quest of Excellence

According to figures from the Central Registry of Drug Abuse (CRDA) in 2021, the overall number of reported drug abusers increased compared with 2020, of which the number of reported drug abusers under the age of 21 increased by 44%. The number of newly reported drug abusers rose by 24%. Among them, the number of young people under the age of 21 who reported using cocaine and cannabis increased by 85% and 48% respectively. The most common drugs used by people under the age of 21 were cannabis, cocaine and ketamine. In addition, according to statistics from law enforcement departments, the number of people under arrest due to drug-related crimes in 2021 increased by 20% compared with 2020, of which the number under the age of 21 increased by 32% in the same period, mainly involving cannabis.

In response to the current drug abuse situation in Hong Kong, especially the trend of drug abuse among young people, the Au Tau Youth Centre (ATYC) of SARDA continued to apply to the Beat Drugs Fund for the implementation of the three-year "Mindful Break 2.0 - Short-term Treatment Programme", which aims to drive young people to deal with drug problems as soon as possible, not to get stuck and cause irreversible damage to body and mind due to drug abuse.





有關計劃屬全港性，專為受毒品困擾人士(尤其是年輕人)提供短期住宿戒毒治療服務，以暫時擺脫毒品的影響，整理思路，認清吸食毒品的禍害，如：大麻、可卡因及氯胺酮，並為重返社區接受戒毒輔導服務或繼續接受住宿戒毒服務作準備。此外，計劃亦加強透過線上抗毒宣傳，以接觸隱蔽吸毒青少年，增加其接受服務的機會。

承傳創新

為改善接受住院戒毒及康復服務的濫藥婦女生理及精神健康，達致穩定參與康復程序，建立健康的生活方式，減低復吸的機會，區貴雅修女紀念婦女康復中心年度內續向禁毒基金成功申請撥款，推行為期三年的「體藝同樂助康復2.0」計劃，有關計劃不單為康復中的濫藥婦女提供持續的體育及藝術活動，亦同時為其家人提供參與體育及藝術活動的機會，藉此幫助家人認識減壓方法，提升家人協助康復者的能耐。

本會多年來一直非常關注濫藥女性懷孕的獨特需要，明白支援受濫藥問題影響家庭的逼切性，年度內續向禁毒基金申請撥款，以推行「『非常照顧·非常媽媽』3.0」。有關計劃為懷孕或育有入讀幼稚園前兒童的濫藥婦女提供住院式戒毒治療及續顧服務，在處理其毒品問題的同時，輔以育兒技巧及親職技能訓練，以提升她們的親職能力，協助受毒品問題困擾的婦女成為稱職的母親，創造有利於胎兒/幼兒的成長的環境，減低出現社會問題及帶來相關的社會成本。

為加強對成功戒毒人士提供續顧服務，以減低復吸的機會，凹頭青少年中心年度內續向禁毒基金成功申請撥款，推行為期三年的「『燃希攻略－優化康復治療及續顧服務計劃』2.0」，有關計劃旨在為康復中人士提供全方位康復治療及續顧服務，以協助確立穩固的健康生活方式，其中包括生涯規劃、升學就業輔導、培養健康生活興趣、個人成長訓練、服務社會人士等，並透過家人輔導服務，提升家人對戒毒康復人士的支援能力。

此外，為推動少數族裔人士和本地華裔居民間的溝通和交流，本會年度內再向民政事務總署「地區為本種族融和計劃」遞交申請，並成功獲批進行「種族共融2.0」計劃。透過一系列的藝術和體育活動，提升社區內少數族裔人士和本地華裔居民社區的歸屬感。活動包括學習印度舞蹈、牆畫藝術、樂隊訓練、歷奇訓練及並其他特別活動項目等。

此外，本會石鼓洲康復院獲呂明才基金會贊助，開展「魚菜共生計劃」，贊助包括建立整個系統，及資助訓練院友的課程費用。另外亦感謝綠悠天創辦人潘嘉麗主席、顧問潘學新先生和綠悠天團隊全力支持，協助石鼓洲康復院建立此可持續供應有機食物的室內魚菜共生系統。

另就資訊科技發展方面，本會全力為電腦系統進行多項提升工程以加強資訊保安：包括採用Microsoft 365多重要素驗證、加強防火牆設定防範攻擊、強化及提升防毒軟件；

It is a territory-wide programme that provides short-term residential drug treatment services for people suffering from drugs (especially young people) to temporarily ward off the effects of drugs, organise their thoughts, and recognise the harms caused by drugs, such as cannabis, cocaine and ketamine. The programme prepares them for reintegrating into the community for drug rehabilitation counselling services or continuing the residential treatment services. In addition, the programme also strengthens online anti-drug publicity to reach out to hidden drug addicts and increase their chances of receiving services.

Heritage and Innovation

In order to improve the physical and mental health of drug abuse women receiving residential drug treatment and rehabilitation services, achieve stable participation in the rehabilitation process, establish a healthy lifestyle, and reduce the chance of relapse, Sister Aquinas Memorial Women's Treatment Centre (WTC) had successfully applied funding again from the Beat Drugs Fund during the year to implement the three-year "Taste of Art and Sports" - Project for the physical and mental well-being of female drug abusers under residential treatment 2.0". The project provides continuous sports and artistic activities for women who are recovering from drug abuse, and at the same time offers opportunities for their families to participate in sports and arts activities, so as to help family members learn ways for reducing stress and enhance their ability to assist the drug rehabilitants.

Over the years, SARDA has been very concerned about the unique needs of pregnant women who abuse drugs, and understands the urgency of supporting families affected by drug abuse. During the year, we continued to apply for funding from the Beat Drugs Fund for implementing "Special Care for the Special Mothers' 3.0". The project provides residential drug treatment and aftercare services to drug abuse women who are pregnant or have children at pre-kindergarten level. While dealing with their drug problems, the project offers parenting skills training to enhance their ability in parenting, helps women suffering from drug problems become competent mothers, creates an environment conducive to the growth of fetuses/children, and reduces social problems and related social costs.

In order to strengthen the provision of aftercare services for drug abusers who have successfully be rehabilitated, and to reduce the chance of relapse, the ATYC successfully applied for funding from the Beat Drugs Fund during the year to implement the three-year "Enlightening Hope - Strengthening Rehabilitation and Aftercare Services Programme' 2.0". The programme aims to provide comprehensive rehabilitation and aftercare services for people who are recovering from drug abuse, and to help them establish a stable and healthy lifestyle, including life planning, career and further studies counselling, cultivating interests in healthy life, personal growth training, serving the community. Through family counselling services, the programme also enhances family members' ability to support drug rehabilitants.

In order to promote communication and exchange between ethnic minorities and local Chinese residents, SARDA, during the year, submitted again a funding application to the "District-based Programmes for Racial Harmony" of the Home Affairs Department. The application was successfully approved to carry out "Hand In Hand 2.0". Through a series of arts and sports activities, the sense of belonging of ethnic minorities and local Chinese residents in the community was enhanced. Activities of the project included Bollywood dance, Graffiti, music band training, adventure based training and other special events.

In addition, the Shek Kwu Chau Treatment and Rehabilitation Centre (SKC) was sponsored by The Lui Ming Choi Foundation to carry out the "Aquaponics Project". The sponsorship includes the establishment of the entire system and subsidy for training courses. I would like to thank the founder of Green Skies Aquaponics Farming, Ms. Kitty POON, consultant Mr. Louis PUN, and the team of Green Skies for their full support in assisting SKC to establish this indoor aquaponics system that can supply organic food sustainably.

With regard to the development of information technology, SARDA has made every effort to carry out a number of projects that upgrade our computer systems in order to enhance information security. These projects include adopting Microsoft 365 Multi-Factor Authentication, strengthening firewall settings to prevent attacks, and strengthening and upgrading anti-virus software.



此外，本會亦引用Power Automate，以自動化執行制式、重覆性的流程，減輕日常作業負擔。此外，在2019新型冠狀病毒肆虐的情況下，本會繼續擴大運用資訊科技的層面，包括透過視像平台舉行輔導小組、健康講座、安排服務使用者的家屬作視像探訪；並進行員工會議及培訓等。

今年是香港戒毒會成立六十周年，響應6月26日國際禁毒日，本會於6月至7月期間在全港9個地區擺設街站，在推廣戒毒康復資訊的同時，亦呼籲大眾參加本會為慶祝六十周年於Facebook專頁舉辦之「『敢謝』挑戰」(Thank "YOU" Challenge)，鼓勵向曾經在自己生命經歷上遇上困難時給予支持的人士表達感謝，同時亦向社會人士宣傳支持及接納戒毒康復人士的重要性。

此外，本會亦透過不同方式以宣傳本會六十周年，包括創作六十周年主題曲：「此生改變」，由本會四位成功戒毒康復人士娓娓唱出「過來人」的心聲：縱然擺脫毒癮的過程會遇到許多挫折、矛盾及困擾，但香港戒毒會六十年來一直與不同年齡、性別、種族、宗教的戒毒人士手挽手「關關去關」，幫助他們改變，重建新生活。另外，亦透過製作及出版六十周年特刊、吉祥物等，介紹及宣傳本會服務，發放正能量。

伙伴攜手

本會重視與不同持份者保持緊密合作，建立長遠的伙伴關係，攜手推動戒毒康復服務，使戒毒康復人士獲得社會上不同界別人士的支持和接納，促進社會共融。

年度內本會繼續透過香港賽馬會慈善信託基金資助推行的「賽馬會『健體蛻變』計劃」，推動住院戒毒康復人士認識運動對身心帶來的益處。透過提供新穎、有系統、多元化的康體活動，以提高戒毒人士持續運動的動機，從而改善身體健康狀況及自我效能感。計劃除了包括在本會轄下四間住院式戒毒治療及康復中心舉行不同類型的體育訓練、獎勵計劃外，更邀請傑出運動員分享經驗，包括世界健體小姐冠軍鄭麗莎女士及三度在世界錦標賽中獲得對練金牌的香港武術代表袁家瑩女士。

本會繼續獲香港賽馬會慈善信託基金及香港公益金支持，推行「同輩輔導及見習學員計劃」及「同輩輔導」計劃。計劃透過聘用成功的戒毒康復員為同輩輔導，作為角色模範，並藉著分享成功康復經驗啟發其他康復員，提升他們改變的動機；有關計劃亦會招募康復員擔任「見習學員」，透過職業訓練協助學員學習應對工作上的挑戰，為重返社會作準備，減低復吸機會。此外，香港賽馬會慈善信託基金並資助「同輩輔導」及「見習學員」接受培訓，提升其就業能力，鞏固重返社會基礎。

關注吸毒人士感染愛滋病病毒的高危風險，本會透過愛滋病信託基金資助，繼續推行「香港戒毒會全方位愛滋病防治、關愛及支援計劃」，其中包括透過「鳳凰計劃」招募成功戒毒康復人士及尼泊爾美沙酮服藥人士，以外展方式向流連街頭吸毒人士宣傳預防愛滋病；又透過「星火行動」計劃，為感染愛滋病病毒人士提供健康及心理社會教育輔導服務，加強他們接受愛滋病治療及戒毒治療的動機。

We have also installed Power Automate to automate mode of execution and repetitive processes to reduce daily workload. Besides, given the wide-spreading of COVID-19, SARDA continues to expand the use of information technology in service delivery, which includes organising counselling groups, health seminars, and arranging service users' family members for visits through online video platforms, and in staff meetings and training.

This year marks the 60th anniversary of SARDA. In response to the International Day Against Drug Abuse on 26 June, SARDA has set up street counters in nine districts throughout Hong Kong from June to July to promote drug rehabilitation information and to appeal to the public to join the "Thank 'YOU' Challenge" organised by SARDA on its Facebook page to celebrate its 60th anniversary. The "Thank 'YOU' Challenge" was organised to encourage people to express their gratitude to those who have supported them in their difficult life experiences and to promote the importance of supporting and accepting rehabilitated drug abusers in the community.

In addition, SARDA also promoted its 60th anniversary through various means, including the creation of the 60th anniversary theme song "Changed My Life Completely", which featured four successful rehabilitated drug abusers of SARDA singing the words of "ex-drug abusers". Although the recovery from drug addiction involves many setbacks, conflicts, and difficulties, SARDA has been working hand in hand with drug abusers of all ages, genders, races, and religions for 60 years to help them change. SARDA has also published a special edition of its 60th anniversary booklet and the mascots to introduce and publicise its services and spread positive energy.

Partnerships

SARDA attaches great significance in maintaining close collaboration with different stakeholders, establishing long-term partnerships, and working together to promote drug rehabilitation services, so that drug rehabilitants would receive support and acceptance from different sectors of the society, and fostering social inclusion.

This year, the "Jockey Club 'Healthy Me' Sports Programme" funded by The Hong Kong Jockey Club Charities Trust continued to promote the benefit of exercise to drug rehabilitants in residential treatment and rehabilitation centres. Through innovative, systematic and diversified recreational and sports activities, this programme aims at enhancing the motivation of drug rehabilitants to do exercise so as to improve their physical health and self-efficacy. The programme organises different types of sports training and award schemes in our four residential drug treatment and rehabilitation centres, and invites a number of outstanding athletes for experience sharing. They include Ms. Lisa CHENG, Miss World Bodybuilding Champion, and Ms. YUEN Ka Ying, the representative of Hong Kong Wushu and the three-time gold medalist in duilian at the World Wushu Championships.

SARDA continues to receive support from The Hong Kong Jockey Club Charities Trust and The Community Chest of Hong Kong to implement the "Peer Counsellor and Internship Scheme" and the "Peer Counsellor Scheme". Under these schemes, drug rehabilitants are employed as peer counsellors, who act as role models to inspire other rehabilitants by sharing their successful rehabilitation experience, strengthening rehabilitants' motivation to change for good. These schemes also provide opportunities for suitable rehabilitants to become "interns", who would receive vocational training to learn how to cope with challenges at work, be prepared for reintegration into the society, and reduce the chance of relapse. The Hong Kong Jockey Club Charities Trust also supports peer counsellors and interns for vocational training, which enhances their employability and consolidates the foundation for them to reintegrate into the society.

Concerned about the high risk of HIV infection among drug abusers, SARDA, through the sponsorship from the AIDS Trust Fund, continues to implement the "A holistic approach on HIV/AIDS Prevention, Care and Support Programme for Drug Users, SARDA", which includes the "Phoenix Project" and the "Spark Action". The "Phoenix Project" recruits a group of drug rehabilitants and Nepalese methadone patients to provide HIV/AIDS preventive education for street-loitering drug abusers through an outreaching approach. The "Spark Action" provides health and psychosocial education counselling services for people living with HIV, in order to enhance their motivation to receive AIDS and drug rehabilitation treatments.





本會年度內與惠氏營養品香港繼續合作，舉行「惠氏營養品伴你美麗人生講座」之「腸道健康與免疫力」，講座以線上形式進行，為戒毒康復人士及其家人講解先天免疫系統與後天免疫系統的分別、腸道感染防禦機制等，幫助改善腸道健康，提升免疫力。

年度內本會獲平等機會委員會贊助，舉辦「童心·接納·重新出發」計劃，藉著小組活動和創作和諧粉彩畫，讓小學及初中學生認識平等及反殘疾歧視條例，抒發有關感受，並將畫作和分享編輯製作成2022記事簿。計劃亦透過分享會，向業界同工介紹美沙酮治療計劃輔導服務，和戒毒康復人士的正面轉變，增加業界同工對濫藥者及戒毒康復人士受歧視的敏感度，鼓勵大眾接納戒毒康復人士，傳遞平等共融信息。

年度內成年婦女康復中心續與基督教聯合醫院合作，舉行「流動認知功能康復計劃在戒毒康復者的隨機對照試驗」，為學員提供流動認知功能康復服務和正規的心理教育。

就特別提升女性戒毒學員重返社會的信心及投入職場的競爭力，區貴雅修女紀念婦女康復中心於年度內舉行「基礎韓語班」、「基礎英語會話班」、「專業漫畫設計證書課程」及「西式甜品製作證書課程」；而成年婦女康復中心亦舉辦「基礎電腦班」、「甜品及烘焙包餅製作訓練課程」及「西式甜品及啣花蛋糕製作課程」。

社區協作

本會積極與社區多方協作，推廣宣傳禁毒訊息，與社區人士攜手抗毒。本會與國際獅子總會中國港澳303區青年拓展及禁毒警覺委員會（YODAC）持續合作推行禁毒警覺活動，於年度內舉行「中秋關懷行動」、「濃情暖意賀新春」及「YODAC獎勵計劃」，積極推動社區人士關懷及接納戒毒康復人士，並關注他們的下一代成長，又向社會不同持分者提供抗毒資訊，共建無毒社會。

年度內本會亦有參加滙豐香港社區節，由美沙酮輔導服務功課輔導班學員及導師合作進行音樂表演，並夥拍佛香講堂羅陳楚思長者鄰舍中心合作演出，積極宣揚健康生活、遠離毒品的訊息。

積極倡導

為推動社會人士正面認識戒毒康復人士（「過來人」），並協助大眾認清毒品帶來的禍害，本會積極宣傳戒毒治療及康復工作，讓「過來人」重返社會過程中得到接納和社會認同。年度內區貴雅修女紀念婦女康復中心院長與學員、石鼓洲康復院社工與學員、「『機會由你創』- 全方位醫社合作外展服務2.0」計劃主任與助理，及美沙酮輔導服務康復人士與家人等，亦分別接受《南華早報》、《新城財經台》、《香港電台第一台》、《香港經濟日報》等訪問，讓社會大眾認識本會服務，以及成功戒毒康復人士的心路歷程與蛻變經驗，呼籲受毒品問題困擾人士及早尋求專業協助。

During the year, SARDA continued to collaborate with Wyeth Nutrition Hong Kong to conduct the "Wyeth Nutrition Supports Your Beautiful Life Lecture". With the theme "Gut Health and Immunity", the lecture was held online to explain to drug rehabilitants and their family members the differences between the innate immune system and the acquired immune system, and the defence mechanism of intestinal infection, in order to help improve intestinal health and enhance immunity.

SARDA was sponsored by the Equal Opportunities Commission to organise the "Empathy Acceptance Restart" project. Through group activities and the creation of nagomi pastel paintings, primary and junior high school students understand better equality and the Disability Discrimination Ordinance, and express their feelings. The drawings and sharing are edited into a 2022 notebook. The project also introduces the Methadone Treatment Programme Counselling Service and the positive changes of drug rehabilitants to other social workers through sharing sessions, thereby increasing their sensitivity to the discrimination against drug abusers and drug rehabilitants, and encouraging the public to accept drug rehabilitants, as well as sending a message of equality and inclusion.

During the year, the Adult Female Rehabilitation Centre (AFRC) continued to cooperate with the United Christian Hospital to conduct "A Randomised Control Trial to study the Effectiveness of the Mobile Functional Cognition Programme (MFCP) for Persons with Substance Abuse", which provides mobile cognitive function rehabilitation services and formal psychological education for the rehabilitants.

In order to enhance female drug rehabilitants' confidence of returning to the society and their competitiveness in the workplace, the WTC, during the year, organised "Basic Korean Language Class", "Basic English Oral Class", "Professional Comic Design Certificate Course" and "Western-style Dessert Making Certificate Course". The AFRC also held "Basic Computer Class", "Dessert and Cake-baking Training Course" and "Western-style Dessert and Cake Making Course".

Community Collaboration

SARDA has been actively collaborating with different social sectors in the community to disseminate anti-drug messages in order to battle against drugs. We continued to cooperate with the Youth Outreach & Drug Awareness Committee (YODAC) of Lions Clubs International District 303 - Hong Kong & Macao, China, and organised events to raise awareness on drugs. During the year, we organised the "Mid-Autumn Caring Action", "Warm Hearts to Celebrate the New Year" and "YODAC Award Scheme" to actively promote caring and accepting drug rehabilitants by members of the community, and to pay attention to their next generation. We also provided anti-drug information to different stakeholders in the community in order to build a drug-free society.

During the reporting year, SARDA also participated in the HSBC Hong Kong Community Festival, where the trainees and tutors of the Methadone Counselling Service Homework Tutorial Class orchestrated a music performance. They also cooperated with the International Buddhist Progress Society Law Chan Chor Sze Neighbourhood Elderly Centre to actively promote healthy living and drug-free messages.

Actively Advocate

To promote to members of the society the positive image of drug rehabilitants in the capacity of "an ex-drug abuser", and to help the public understand the harmful effects of drugs, we have actively promoted our work in drug treatment and rehabilitation, enabling "ex-drug abusers" to be accepted and recognised in their journey of social integration. During the year, the Superintendent of WTC and trainees, social workers and trainees of SKC, the supervisor and assistant of the "'You Got Chance' - multidisciplinary holistic outreaching service for drug abusers 2.0" project, as well as rehabilitants and family members of the Methadone Counselling Service were interviewed by the "South China Morning Post", "Metro Finance Channel", "RTHK Radio 1", and "Hong Kong Economic Times" to share with the public SARDA's services, and the challenging journey and transformation experience of successful drug rehabilitants, and appeal to people suffering from drug problems to seek professional assistance as soon as possible.



戒往開來

Decades of devotion

主席報告

Chairman's Report

培育人才

本會一向積極與業界同工進行各方面的交流合作，分享經驗。年度內本會總幹事譚紫樺獲邀於OSC/UBS NGO領袖課程中分享交流作為領袖的經驗及挑戰。此外，本會成年婦女康復中心院長獲邀代表香港戒毒會及國際預防藥物與物質濫用非政府組織國際聯盟 (IFNGO) 於國際研討會 64th Session of the Commission on Narcotic Drugs，其中一場以網上會議進行的會外活動，會議主題是“Understanding the Desistance Journey of Female Substance Abusers and the Implications for their Interventions”，發表題為“Engaging the Mothers with Substance Use Problems: A Multiple Approach by The Society for the Aid and Rehabilitation of Drug Abusers, the Hong Kong Experience”，與來自不同國家的戒毒康復專業人士分享本會為已為人母的濫藥婦女提供的最新戒毒輔導服務。員工是機構寶貴的資產，本會非常重視培訓員工，積極裝備他們的專業知識及經驗。去年，接受內部培訓及參與外間進修課程(主要透過網絡研討會)員工近750人次。

衷心感謝

藉著發表本年度報告的機會，我謹代表本會衷心感謝保安局禁毒專員、衛生署署長、社會福利署署長對本會一直以來的引導和支持。感謝禁毒基金、香港賽馬會慈善信託基金、香港公益金、愛滋病信託基金，以及各界的捐助者和義工，對本會服務的慷慨支持。同時，我亦要衷心感謝香港戒毒會的執行委員會、管理委員會、研究委員會各委員、名譽顧問、名譽法律顧問、名譽資訊科技顧問、臨床心理學顧問、義務園藝顧問、全體員工以及熱心參與本會服務的義工，於過去一年的辛勤和專心致志的服務。面對近年更多青少年被呈報吸毒，普羅大眾誤信大麻不是毒品而降低對大麻的戒心，從事戒毒康復、禁毒宣傳的工作確實不容鬆懈。我深信本會同工會繼續竭盡所能、堅守專業，發揮良好團隊的精神，協助更多戒毒康復人士重建新生，並提醒大眾毒品的禍害，攜手建立關愛共融社會。

Nurturing Talents

SARDA has always been actively engaged in various aspects of exchanges and collaboration with colleagues in the drug rehabilitation field. During the year, our Executive Director, Ms. Angelique TAM was invited to share the experience and challenges of being a leader in the OSC/UBS NGO Leadership Programme. Besides, the Superintendent of AFRC was invited to represent SARDA and the International Federation of Non-Governmental Organizations for the Prevention of Drug and Substance Abuse (IFNGO) to give a presentation at one of the online side events of the 64th Session of the Commission on Narcotic Drugs. The theme of this international conference was “Understanding the Desistance Journey of Female Substance Abusers and the Implications for their Interventions”. The AFRC Superintendent gave a presentation titled “Engaging the Mothers with Substance Use Problems: A Multiple Approach by The Society for the Aid and Rehabilitation of Drug Abusers, the Hong Kong Experience”, and shared with drug rehabilitation professionals from different countries the latest drug counselling services provided by SARDA for mothers who abuse drugs. Employees are a valuable asset of an organisation. SARDA attaches great importance to employee training, actively equips them with professional knowledge and experience. Last year, nearly 750 employees participated in internal and external training courses, mainly through webinars.

Vote of Thanks

Taking the opportunity of publishing this annual report, on behalf of SARDA, I would like to express my sincere thanks to the Commissioner for Narcotics of the Security Bureau, the Director of Health, and the Director of Social Welfare for their continuous guidance and support. Thank you to the Beat Drugs Fund, The Hong Kong Jockey Club Charities Trust, The Community Chest of Hong Kong, the AIDS Trust Fund, as well as donors and volunteers from all walks of life for their support to SARDA. I would also like to sincerely thank fellow members of the Executive Committee, Management Committee, Research Committee, and Honorary Advisors, Honorary Legal Advisor, Honorary Information Technology Advisor, Clinical Psychology Consultant, Honorary Horticultural Consultant, as well as all staff members of SARDA and volunteers who have participated enthusiastically in our services in the past year, contributing their hard work and dedicated services. In view of the increasing number of young people being reported as drug addicts in recent years and the general public has misunderstood that cannabis is not a drug hence the vigilance against cannabis is lowered, it is indeed more challenging to engage in drug rehabilitation and anti-drug communication. I firmly believe that our colleagues will continue to do their best, uphold professionalism, and exercise good team spirit in order to help more drug rehabilitants rebuild new lives, remind the public of the scourge of drugs, and work together to build a caring and inclusive society.

執行委員會主席
周偉淦先生, 太平紳士

Mr. Raymond CHOW, JP
Chairman of Executive Committee





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Officers



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Chairman

周偉淦先生, 太平紳士
Mr. CHOW, Raymond, JP



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Mr. LI Shu Fai, Lawrence, SBS, JP



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何京文先生, 太平紳士
Mr. HO, Kenneth, JP



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Prof. CHEUNG Yuet Wah, PhD, MH, JP



戒往開來

Decades of devotion

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楊寶坤先生, 太平紳士

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Mr. YEUNG Po Kwan, OBE, OStJ, CPM, MCIL, FCMI, FRSA, JP

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王婕妤律師

Honorary Legal Advisor

Ms. WONG, Pauline

名譽資訊科技顧問

謝詩賢工程師

Honorary IT Advisor

Ir. TSE Si Yin, John

臨床心理學顧問

何念慈女士

Clinical Psychology Consultant

Ms. HO, Annie

義務園藝顧問

袁澤球先生

Honorary Horticultural Consultant

Mr. YUEN, Joseph

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執行委員會主席

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李培文醫生 – 衛生署 (由2021年6月)

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戒往開來

Decades of devotion

董事會及各委員會

Board and Committees

組織結構

Organisation Structure

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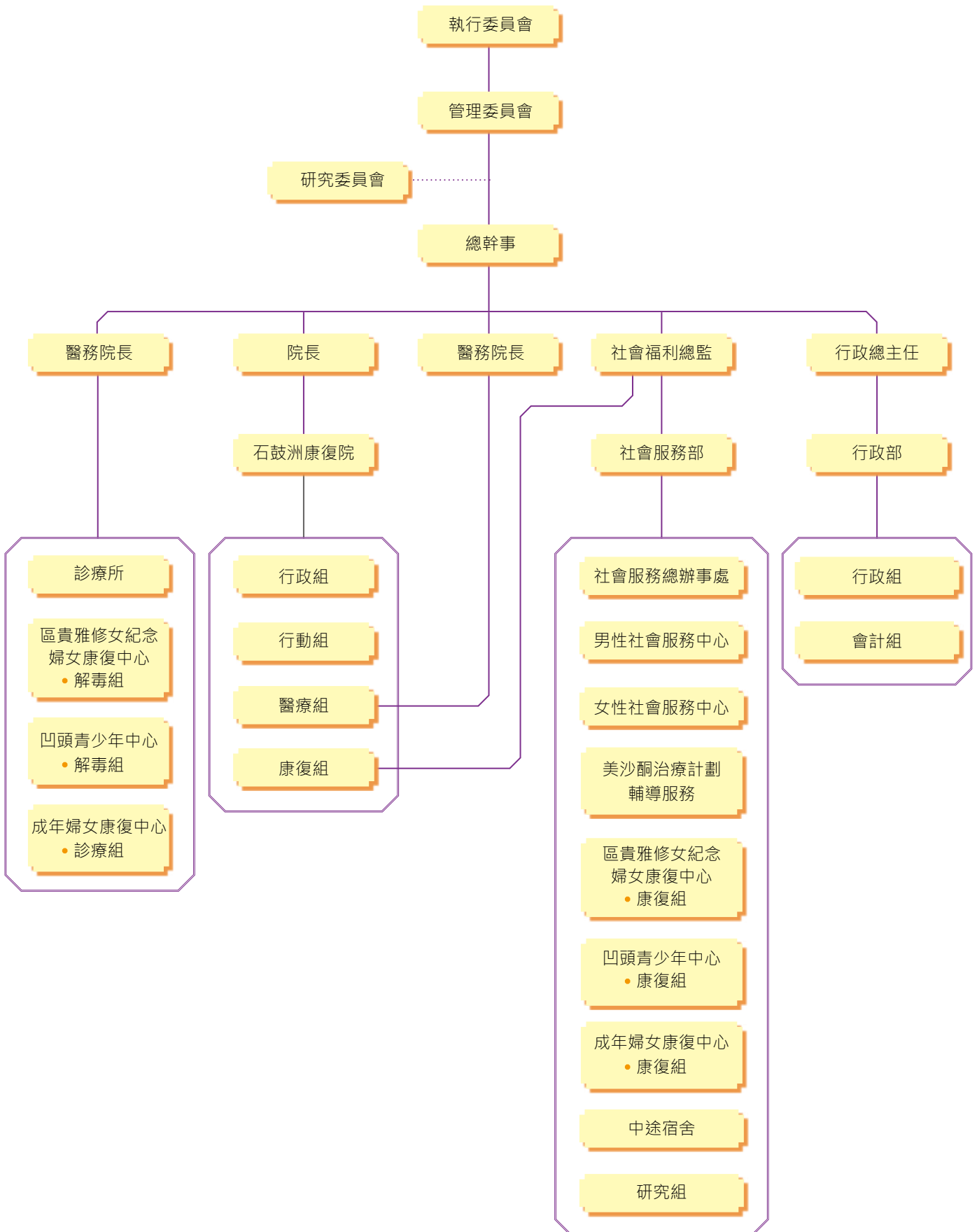


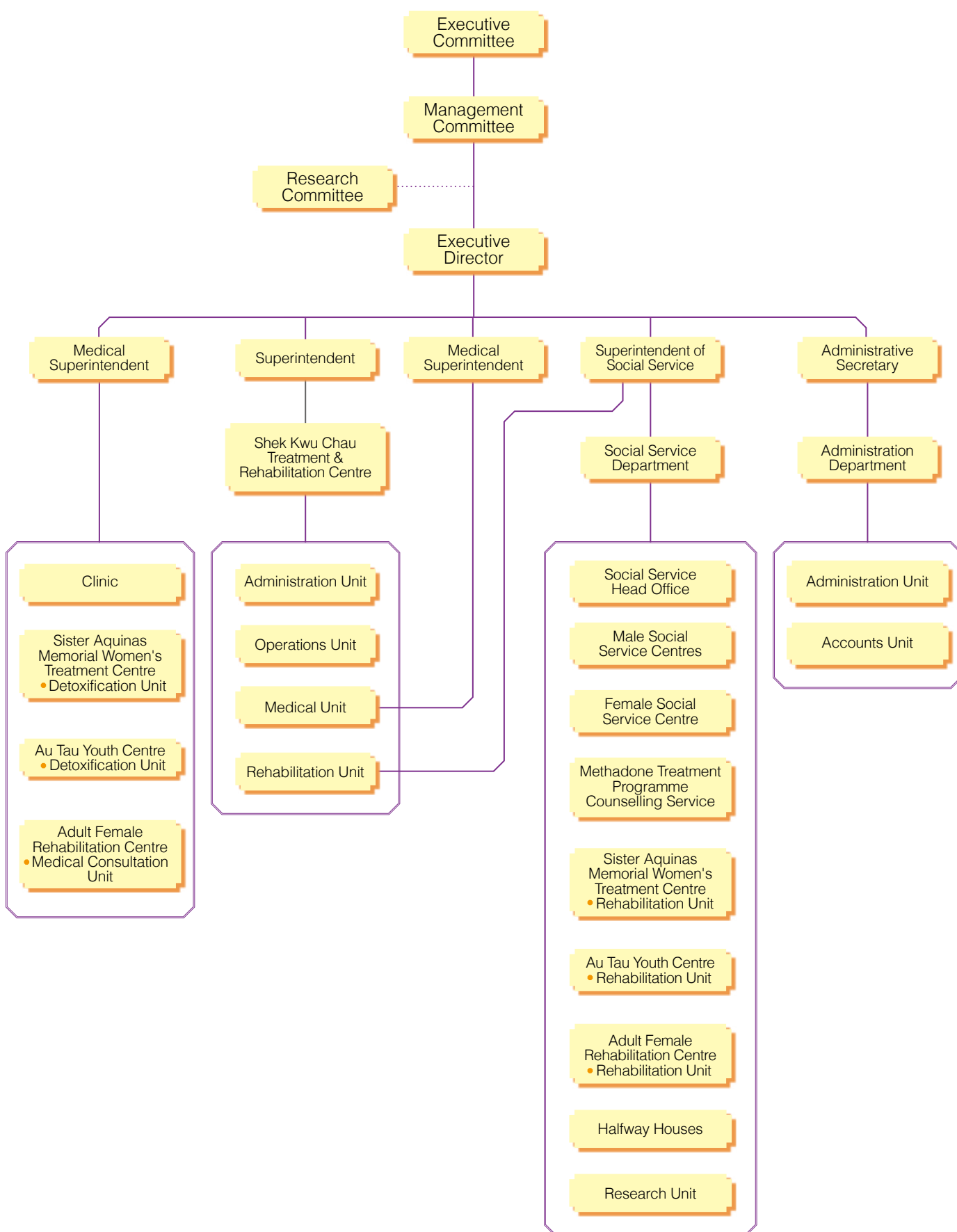
組織圖

Organisation Chart

組織結構

Organisation Structure







1. 香港戒毒會成立於1961年，宗旨如下：
 - i) 為吸毒人士提供治療與康復服務及其他一切有關幫助；
 - ii) 推行禁毒預防教育；
 - iii) 與其他人士或機構商議、討論及合作，以求發揚本會之宗旨；
 - iv) 在有需要時向政府當局推薦及建議有關法例以發揚上述之宗旨。
2. 以不影響上述宗旨為原則，採取任何其他步驟來發揚本會之宗旨：
 - i) 建設、裝備及管理任何治療及康復戒毒人士之物業或機構；
 - ii) 興建及發展任何工業計劃以便錄用或教導戒毒康復人士；
 - iii) 進行研究吸毒問題；
 - iv) 鼓勵、參與及支持和防止吸毒有關之公民教育。
3. 本會及本會會員皆以非牟利為目的。本會接受政府「不敷補助金」資助，用於自願接受治療及康復計劃之戒毒者身上。本會為香港社會服務聯會之會員，亦為香港公益金創辦會員機構之一。





1. The Society for the Aid and Rehabilitation of Drug Abusers (SARDA) was established in 1961 with the following aims:
 - i) To give aid to, to treat and to take all necessary steps to rehabilitate persons who are drug abusers,
 - ii) To promote public education against drug abuse,
 - iii) To consult, advise, or co-operate with any other person or organisation in furthering the aims of the Society,
 - iv) To make such recommendations to the Government and to advocate such laws as may be deemed necessary in furthering these aims.

2. To take any other action deemed necessary for the furtherance of the aims of the Society, including, without prejudice to the generality of the foregoing:
 - i) building, equipping and managing any property or institution wherein persons are to be housed for treatment and rehabilitation,
 - ii) building and developing an industrial project or projects wherein persons recovering from the effect of drugs can be employed or taught a trade,
 - iii) undertaking any research into the problems of drug abuse,
 - iv) encouraging, participating in, and supporting community education of the problems and preventing of drug abuse.

3. None of the aims of the Society includes the acquisition of gain by the Society or its individual members. The Society is subvented on a deficiency grant basis by the Government for the treatment and rehabilitation of drug abusers on a voluntary basis. It is a member of the Hong Kong Council of Social Service and a founding member agency of The Community Chest of Hong Kong.





我們的願景

- 為自願戒毒人士提供國際推許的綜合戒毒治療及康復服務。
- 提供獨特創新，與時並進的禁毒宣傳及預防教育。

我們的使命

- 為吸毒人士提供適切的綜合戒毒治療及康復服務，使他們擺脫毒癮，融入社群，重建新生。
- 善用既有資源，全力推動禁毒預防教育，使新一代不受荼毒。

我們的價值觀

- **愛心與關懷**
以愛心與關懷，輔導受助人士，使他們康復成長，回饋社會。
- **專業與效率**
敬業樂業，全力提高效率、效能和服務質素。
- **善用資源**
珍惜現有、善加利用、創展所需、強化服務。
- **莊敬自強**
律己敬人、尊重法紀、勵己助人、自強不息。

Our Vision

- To provide internationally renowned voluntary drug treatment and rehabilitation services to all drug abusers.
- To work towards creating a drug free community by promoting preventive education.

Our Mission

- To reduce the scourge of drug abuse by giving aid to, by treating and by taking all necessary steps to rehabilitate persons who are drug abusers.
- To complement Government and other agencies in providing preventive education by making the best use of available resources.

Our Values

- Love, Care and Concern.
- Dedication, professionalism and teamwork.
- Efficiency, effectiveness and innovation.
- Credibility, reliability and sustainability.



石鼓洲康復院 Shek Kwu Chau Treatment and Rehabilitation Centre



凹頭青少年中心 Au Tau Youth Centre

香港戒毒會是全港最大型的志願戒毒機構，以醫療及社會心理輔導模式，免費為自願人士提供多元化的戒毒治療及康復服務。本會轄下有四間住院式戒毒治療及康復中心，包括兩間男性中心及兩間女性中心。其中，石鼓洲康復院及凹頭青少年中心是為男性而設；區貴雅修女紀念婦女康復中心及成年婦女康復中心是為女性而設。門診式的戒毒治療服務則有美沙酮治療計劃輔導服務。

The Society for the Aid and Rehabilitation of Drug Abusers (SARDA) is the largest voluntary drug rehabilitation organisation in Hong Kong. It adopts medical and psycho-social counselling model and provides diversified voluntary treatment and rehabilitation services, free of charge to drug abusers. There are four residential drug treatment and rehabilitation centres including two for males and two for females. Shek Kwu Chau Treatment and Rehabilitation Centre and Au Tau Youth Centre are for males. Sister Aquinas Memorial Women's Treatment Centre and Adult Female Rehabilitation Centre are for females. Under the methadone treatment counselling programme, we provide counselling service in out-patient methadone clinics.



區貴雅修女紀念婦女康復中心 Sister Aquinas Memorial Women's Treatment Centre



戒往開來

Decades of devotion

此外，本會共設立四間社會服務中心及五間中途宿舍，提供善後輔導及支援服務。本會亦設有一間診療所。本會服務與時並進，積極與政府部門及各界攜手推動社區禁毒教育工作。

In addition, SARDA runs four social service centres and five halfway houses which provide aftercare and other support services. There is also a clinic. SARDA responds proactively to the changing service demands and actively collaborates with Government departments and various sectors to promote anti-drug community education.

戒毒治療及康復服務

Treatment and Rehabilitation Services



成年婦女康復中心 Adult Female Rehabilitation Centre



美沙酮治療計劃輔導服務 Methadone Treatment Programme Counselling Service



中途宿舍 Halfway House



社會服務中心 Social Service Centre





石鼓洲康復院

Shek Kwu Chau Treatment and Rehabilitation Centre



魚菜共生耕作 Aquaponic Farming



動物護理 Animal Care



龍舟體驗 Dragon Boat Programme

石鼓洲康復院於1963年4月成立，為不同年齡吸食海洛英毒品的男士提供免費及自願的治療和康復服務。又於2010年8月開始推行「新德計劃」，為18歲或以上吸食危害精神毒品的男士提供綜合住院康復療程。現時院內設有260個宿位，是全港最大型的自願戒毒中心之一。海洛英毒品濫用者的治療程序包括一至三星期的斷癮治療，以及隨後12至26星期的個人康復療程。至於危害精神毒品濫用者，一般療程為期26至52星期。所有院友需每月接受評估，以審視其治療進度及為他們未來重新融入社區作好準備。去年，本院共收納552名人士入院。為防止新冠病毒的傳播，院方推行一系列的防疫措施，當中包括以視像形式進行公務和家屬探訪，以至分別為職員及院友提供防疫培訓及教育等，讓院友在一個安全及健康的環境下接受治療和康復。

院方提供全面的社交心理技巧訓練予院友，當中包括人際關係技巧、解決困難技巧、溝通技巧，以至教育預防重吸毒品和預防感染愛滋病等。為增強院友的就業能力，院方去年籌辦了多項職業訓練課程，包括由禁毒基金撥款的油漆裝飾班和水管裝嵌班，由僱員再培訓局資助的廚務助理基礎證書課程，以及由勞工及福利局成人教育資助計劃下的基礎電腦班。完成課程後，院方會促成他們獲取相關機構簽發的證書。除此以外，院方提供多項工作治療，包括木工、金工、泥水、魚菜共生耕作、園藝、美術，以至內部維修保養等。

Shek Kwu Chau Treatment and Rehabilitation Centre (SKC) has come into operation since April 1963, providing free and voluntary treatment and rehabilitation services to male heroin abusers of different age groups. In August 2010, the "Project SARDA" was launched to provide a comprehensive residential treatment programme for male psychotropic substance abusers aged 18 or above. With the accommodation capacity of 260, SKC is the largest of the same kind in Hong Kong. For heroin abusers, the treatment programme involves a 1 to 3-week detoxification, followed by an individualised rehabilitation lasting for 12 to 26 weeks, whereas the treatment programme for psychotropic substance abusers lasts for 26 to 52 weeks. All residents are to be assessed monthly to monitor their treatment progress and to prepare for their reintegration into the community. In the past year, SKC has admitted a total of 552 persons. To prevent the spread of coronavirus, SKC has implemented a series of precautionary measures ranging from using video for official and family visits to providing preventive training and education for staff and residents respectively and that residents could receive treatment and rehabilitation in a safe and healthy environment.

SKC provides comprehensive psycho-social skills training for residents including interpersonal skills, problem-solving skills, communication skills as well as relapse prevention and prevention of infecting HIV/AIDS. To enhance the employability of the residents, SKC has conducted a number of vocational training courses in the past year including Painting & Decoration Course, Plumbing and Pipe-fitting Course funded by the Beat Drugs Fund, a Foundation Certificate in Chef Assistant Training Course sponsored by the Employees Retraining Board and an Elementary Computer Course subsidised by Adult Education Subvention Scheme by Labour and Welfare Bureau. Upon completion of the courses, they are arranged to obtain certificates from relevant authorities. Other job skills training ranging from wood work, metal work, masonry, aquaponic farming, gardening, painting to in-house repair and maintenance are also provided.

戒毒治療及康復服務

Treatment and Rehabilitation Services



石鼓洲康復院

Shek Kwu Chau Treatment and Rehabilitation Centre

戒毒治療及康復服務

Treatment and Rehabilitation Services



防疫健康講座 Anti-epidemic Health Talk



直立板體驗 Stand Up Paddling

在品格培養方面，院方提供不同的動物寄養和護理活動，培養院友的關懷和責任感，並安排他們參與社區義工服務。為進一步加強院友的抗毒決心，院方自2012年開始推行一項名為「奔向驕陽」的長跑活動，除一般訓練外，院方會安排他們參加社區上不同的長跑比賽和慈善活動，協助他們建立自信和社會責任感。院方亦提供多個興趣小組，例如足球、草地滾球、健身班、水墨畫和樂隊等，以加強院友的身心發展。不同的宗教團體會定期到本院提供宗教服務，以滿足院友心靈和信仰上的需要。於春節、中秋節和聖誕節期間，院方會為院友籌辦慶祝聚會。院方非常鼓勵家屬及外間志願團體探訪院友，以幫助他們建立家庭關係和社區支援。為了確保院友在重新融入社區後脫離毒品，所有院友離院後會由本會註冊社工跟進，並提供為期12個月的專業善後輔導。

For character development, SKC provides various animal care and fostering activities for residents to promote their sense of caring and responsibility. Besides, they will be arranged to participate in volunteer services to the community. To further strengthen their determination to stay away from drugs, a long-distance running programme, namely "Run for a Mission" has been started since 2012. Apart from regular training, the residents are arranged to participate in various competitions and charity runs in the community so as to build up their confidence and social responsibility. Various hobby and interest groups like football, lawn bowls, fitness training, ink and wash painting and music band are arranged to enhance their athletic and cultural development. Religious services are also provided by different religious bodies to cater for their spiritual and religious needs. In addition, festival gatherings during Chinese New Year, Mid-Autumn and Christmas are organised for the residents. Visits by family members and other volunteers are encouraged to strengthen their family ties and social support. To ensure a drug-free life after their reintegration into the community, a 12-month professional aftercare service is provided by registered social workers for all residents after they leave SKC.



油漆裝飾班 Painting and Decoration Class



「奔向驕陽」長跑隊 "Run for a Mission" Team





凹頭青少年中心

Au Tau Youth Centre



木工班 Woodwork

凹頭青少年中心成立於1997年，主要為29歲或以下濫藥青少年，提供自願住院戒毒康復服務。除自行申請入住中心外，也有感化主任或濫用精神藥物者輔導中心社工轉介，接受整個治療程序包括一至三星期的斷癮治療，及一般三至十二個月的康復療程。

由2002年7月開始，凹頭青少年中心採用「治療社區」模式，強調個人責任、紀律和服從，透過晉升制度培養奮鬥自強和助己助人的精神，並藉著互助互愛的團體生活，促進個人成長。由於受到疫情的影響，中心大部份的課堂也以視像的形式進行，但也影響不到學員們的學習進度，當中有一位學員以「非常優秀」的等級，成功通過英國皇家音樂學院聯合委員會的鋼琴二級考試、六位學員成功考取健身教練證書課程(銅級)的證書資格、十位學員完成運動營養學入門證書課程及七位學員考取咖啡沖調師證書資格。同時，為強化家屬和學員的溝通，中心定期組織家屬小組和家長日活動。

為確保他們能夠保持操守及接受適當的支援和轉介服務，學員離院後會接受一年的善後輔導。去年，該中心共接納了24名學員入住。



運動攀登 Rock Climbing



長跑訓練班 Distance Running Class

Au Tau Youth Centre (ATYC) became operational in 1997 and mainly providing voluntary residential treatment and rehabilitation to young male drug abusers of or under the age of 29. Apart from self-applications, referrals to the Centre are made by probation officers and social workers of Counselling Centres for Psychotropic Substance Abusers. The treatment programme includes a 1 to 3 weeks detoxification followed by an individualised period of rehabilitation ranging from 3 to 12 months under normal circumstances.

ATYC has adopted the Therapeutic Community (TC) model since July 2002. The TC model provides opportunity for the trainees to learn responsibility, discipline and conformity. Through planned work and a hierarchy position system, trainees learn responsibility, diligence and mutual help. The ultimate goal is to achieve personal growth through mutual aid and communal life. In response to the pandemic of COVID-19, online teaching have been adopted in our Centre. Through the online lessons and examinations, 1 trainee have passed the ABRSM piano Grade 2 with distinction grade, 6 trainees obtained qualification of Bronze Personal Trainer Certificate Course, 10 trainees obtained qualification of Nutrition in Sport Certificate Course and 7 trainees have successfully acquired and internationally recognised "City and Guilds Professional Barista Certificate". Moreover, the Centre regularly runs family support groups and family days to foster the families' communication with the trainees.

Trainees on discharge from the Centre are offered 1-year aftercare to ensure their abstinence and to provide them with the necessary support or referrals. Last year, 24 trainees went through the programme.



戒往開來

Decades of devotion

區貴雅修女紀念婦女康復中心

Sister Aquinas Memorial Women's Treatment Centre

戒毒治療及康復服務

Treatment and Rehabilitation Services

區貴雅修女紀念婦女康復中心於1968年開始提供服務，為濫藥女性(特別是年輕濫藥女性)提供三至十二個月的自願住院戒毒治療及康復服務。

除了由1982年開始採用「治療社區」模式外，在康復程序上也結合社會心理輔導。為了針對年輕濫藥女性的需要，程序上強調正面的群體支持及朋輩影響；而且也著重提高學員的自我認識、責任感、情緒處理及解決問題能力。配合香港中學文憑試的課程，區貴雅修女紀念婦女康復中心在教育課程內容上也包括通識、科技與生活及視覺藝術等科目，讓學員們有多元的學習機會。

受疫情影響，區貴雅修女紀念婦女康復中心以網上課程提供不同的職業技能訓練，包括「漫畫設計證書課程」、「專業西式甜品證書課程」、「創意手工藝製作課程」、「咖啡拉花證書課程」、「基礎英語會話課程」及「職前工作坊」等，讓學員裝備自己，以便更順利重投社會。

區貴雅修女紀念婦女康復中心讓學員接觸新興的運動、音樂及團隊訓練項目，讓學員們保持身心健康，遠離毒品。

去年，區貴雅修女紀念婦女康復中心共接納了51名學員入住。



團隊建立活動 Team Building



學員分享 Sharing by trainee



有機種植工作坊 Organic Planting Workshop



專業西式甜品證書課程
Professional Western Dessert Certificate Course

The Sister Aquinas Memorial Women's Treatment Centre (WTC) commenced its service in 1968. It provides 3 to 12 months of voluntary drug treatment and rehabilitation to female drug abusers, especially young female drug abusers.

Apart from adopting the Therapeutic Community (TC) model since 1982, the Centre also incorporates psycho-social counselling into its rehabilitation programme. To address the specific needs of young female drug abusers, emphasis is put on the positive group and peer support. Moreover, the rehabilitation programme focuses on enhancing the trainees' self-understanding, sense of responsibility, emotion management and problem-solving skills. To tie in with the curriculum of the Hong Kong Diploma of Secondary Education Examination, WTC includes liberal studies, technology and living and visual art, etc. in the educational programmes and at the same time provides diversified learning opportunities for the trainees.

Due to the pandemic, various job skill training courses are held online for the trainees, such as "Certificate Course in Comics Design", "Professional Western Dessert Certificate Course", "Creative Handmade Art and Craft Course", "Coffee Latte Art Certificate Course", "Basic English Oral Class" and "Pre-vocational Workshop", etc. to equip themselves to re-integrate into the society smoothly.

New sports, music and team building activities were also introduced to trainees to keep them physically and mentally healthy and stay away from drugs.

Last year, 51 trainees were admitted into the Centre.





成年婦女康復中心

Adult Female Rehabilitation Centre



慶祝香港戒毒會60周年活動 SARDA 60th Anniversary Celebration



自我挑戰訓練 Self-challenge Training



瑜伽訓練 Yoga



親職技巧訓練 Parenting Skills Training

成年婦女康復中心成立於1997年，為30歲或以上的成年濫藥婦女提供三至十二個月的自願性住院式康復治療。中心也會為有志戒除毒癮的女性提供短期住院斷癮治療。此外，中心亦會安排住院婦女和兒童進行家庭探訪及親子活動。

入住中心的婦女大部份均有長期使用毒品的歷史，兼有複雜的情緒、個人及家庭問題。為了照顧她們特別的需要，中心提供個人及家庭輔導、小組治療、生活技能訓練、親職技巧訓練及家庭生活教育等。

此外，中心也舉辦了多元化的訓練課程，以裝備婦女們將來能成功回歸家庭及工作崗位。課程包括：情緒調適小組、靜觀訓練、自我挑戰訓練、成人教育課程、義工服務、拉伸及瑜伽、電腦班及烹飪班等。中心亦與不同的機構合作，舉行特別活動，包括：賽馬會「健體蛻變」計劃、禁毒基金「我創我未來」、禁毒基金『正念學堂』優化女性治療康復及續顧計劃、紅絲帶中心「紅絲帶動力」預防愛滋病教育資助計劃、「安迪潘瑜伽聯盟」瑜伽訓練和明愛堅道社區中心「絲一族」婦女義工活動等。

去年，成年婦女康復中心共接納了15位婦女接受康復治療，亦轉介了23位婦女到區貴雅修女紀念婦女康復中心進行斷癮治療，並為她們提供續顧服務。

The Adult Female Rehabilitation Centre (AFRC) was established in 1997. It provides 3 to 12 months of voluntary residential treatment and rehabilitation service to adult female drug abusers of or above the age of 30. The Centre also offers a short-term detoxification programme to women who are desirous of completing detoxification in a residential setting. The Centre also arranges for female residents to have family visits and parent-child activities with their children.

Most of our female residents have a long drug use history with complex emotional, personal, and family problems. To cater to their specific needs, the Centre provides individual and family counselling, group therapy, life skills training, parenting skills training, and family life education.

Providing various training courses, our residents were well-equipped to return to family and work in the future. The training includes Emotion Adjustment Training, Mindfulness Training, Self-challenge Training, Adult Education, Volunteer Service, Stretching & Yoga, Computer Class, and Cooking Class. In collaboration with other organisations, some special programmes were conducted, including 'Jockey Club "Healthy Me" Sports Programme', Beat Drugs Fund "Act for a Bright Future" & "Mindfulness Training", Red Ribbon Centre "Red Ribbon in Action" AIDS Education Funding Scheme, Andiappan Yoga Community "Yoga Training" and Caritas Community Centre - Caine Road "The Silk Ladies Female Volunteer Services".

Last year, a total of 15 adult females were admitted into the Centre for rehabilitation treatment. The Centre also provided counselling services to 23 adult females who had undergone detoxification treatment at Sister Aquinas Memorial Women's Treatment Centre. Hence, aftercare service was also provided.



美沙酮治療計劃輔導服務

Methadone Treatment Programme Counselling Service

戒毒治療及康復服務

Treatment and Rehabilitation Services



「童心·接納·重新出發」專業同工分享會 “Empathy Acceptance Restart” Professional Sharing Session

香港戒毒會自1993年與衛生署合作，為美沙酮服藥人士提供輔導服務。凡年齡在21歲以下的青少年吸毒者、初次申請美沙酮治療的人士和女性吸毒者，均會優先接受服務。其他服藥人士則可以透過自行申請、經醫生轉介或經本會社工的邀請而獲得輔導服務。截至2022年3月底，共有1,894位美沙酮服藥人士接受本會的輔導服務，其中參與脫癮療程人士為168人，接受為期18個月的善後輔導跟進服務的成功脫癮人士為34人。去年，本會社工為美沙酮個案進行了17,528次面談和810次探訪，提供了1,935次對外轉介服務。

SARDA had joined hands with the Department of Health to provide counselling service for methadone patients since 1993. Methadone patients under the age of 21, first-time applicants and female patients are given priority to receive the counselling service. Other patients may also enjoy the service through self-application, referral by doctors or invitation by SARDA social workers. As at 31 March 2022, a total of 1,894 methadone patients received counselling services. Among them, 168 patients were under the detoxification programme and 34 patients received the 18-month post-detoxification aftercare service. Last year, our social workers conducted 17,528 interviews and 810 visits for methadone patients. 1,935 referrals were made to external services.



家暉舍戶外活動 Family Association Outing





惠氏營養品伴你美麗人生講座
Wyeth Nutrition Supports Your Beautiful Life Lecture



親子伴讀工作坊
Parent-child Reading Workshop

本會自2002年10月開始積極推行一系列小組服務，包括輔導小組、婦女組、青年組、家屬組、功課輔導班、康樂活動及社區義工服務。輔導小組推動組員互相分享及學習如何處理生活上的壓力及困難。婦女組關注女性服藥人士獨特的需要，如怎樣照料子女及婦女生理衛生等。青年組透過領袖訓練及人際關係技巧訓練等活動，協助組員建立自尊、自我形象和自信心。家屬組鼓勵組員自助及互助，並學習了解美沙酮服藥人士的一些重吸先兆行為。本會於2004年3月協助美沙酮服藥人士家屬成立「家暉舍」自助組織，至今已有超過1,000名登記會員。我們舉辦康樂活動以協助服藥人士建立新的生活模式、驅除空虛與寂寞、減輕生活壓力、增加生活情趣以及降低對毒品的渴求。我們組織社區義工服務，讓美沙酮服藥人士透過助人的過程，獲得正面的自我評價，從而成功重返社會。去年，我們舉辦了588節小組，共有4,458位美沙酮服藥人士/家屬參與。

Since October 2002, a series of group services for methadone patients had been launched, including counselling groups for patients of all ages, female groups, youth groups, family groups, tutorial classes, recreational activities and community volunteer services. The counselling groups focus on sharing and coping strategies. The female groups focus on gender-specific needs of female patients such as child-caring, women's health, etc. The youth groups aim at enhancing members' self-esteem, self-image and self-confidence through leadership and interpersonal skills training. The family groups encourage family members to support each other in the recovery process. The family members can also learn about relapse cues and warnings in the client which may indicate an impending return to drug abuse. The Family Association of the Methadone Treatment Programme (MTP) patients was set up in March 2004, with over 1,000 registered members. Social and recreational activities are also held to help methadone patients develop new lifestyles. Healthy activities reduce boredom and loneliness, help manage stress, provide opportunities for fun and reduce drug cravings. Community volunteer services are organised to help methadone patients develop positive self-regard through helping other people. All these can contribute to the patient's success in social reintegration. During the reporting year, a total of 588 group sessions were conducted with 4,458 participants.



靜觀訓練 Mindfulness Training



聖誕花環工作坊 Christmas Wreath Workshop



戒往開來

Decades of devotion

社會服務中心

Social Service Centres

本會透過四間社會服務中心提供入院登記、善後輔導服務、社區教育及康樂活動予戒毒及康復人士。中心特別著重為康復人士提供善後輔導、職業輔導及有益身心的文娛康樂活動，以協助他們遠離毒品，並維持操守。

去年，共有804人透過本會四間社會服務中心進行入院前登記接受康復治療。此外，本會社工為輔導個案進行了11,378次個人面談、299次家庭輔導及275次探訪，並舉辦了1,233次小組活動，共有9,274名個案參與。

此外，為方便自願戒毒人士，本會推行流動外展登記服務，在市區及新界選定的美沙酮診所、公園及避寒中心提供直接登記及辦理入院手續。

The 4 Social Service Centres provide admission registration, aftercare service, community education as well as recreational activities to patients and drug rehabilitants. Special emphasis is placed on aftercare counselling, employment guidance as well as social and recreational activities to help the drug rehabilitants maintain a drug-free life.

During the reporting year, a total of 804 drug abusers were registered for treatment and rehabilitation at the 4 Social Service Centres. Our social workers conducted 11,378 interviews, 299 family interviews and 275 visits. A total of 1,233 group sessions were conducted with 9,274 participants.

SARDA also provides outreaching registration and intake service in selected methadone clinics, public parks and cold shelters.



端午節活動 Dragon Boat Festival Celebration



流動外展街站 Street Counters



義工服務 Volunteering



慶祝中秋活動 Celebration of Mid-Autumn Festival

戒毒治療及康復服務

Treatment and Rehabilitation Services





中途宿舍

Halfway Houses



戶外活動 Outings

本會設立中途宿舍的目的是為戒毒康復人士提供重返社會前的短期居所，透過社工及宿舍職員的輔導和支持，協助康復人士重建家庭關係及社交網絡，進一步加強他們的解難能力及預防重吸技巧，以鞏固他們重返社會後過無毒生活的決心和能力；更鼓勵舍員參加本會社會服務中心舉辦的文娛康樂活動以及報讀各種職業技能訓練課程，重新建立健康的生活模式並準備重投社會工作，成為社會上具生產力的一員。

本會共設有五間中途宿舍，包括一間以自負盈虧模式運作的自助宿舍 - 白普理培青中心。本會為男性戒毒康復人士提供的宿位共 64 個，而為女性戒毒康復人士提供的宿位則為 12 個。去年，共有 118 位康復人士入住宿舍，全年平均使用率為 78.5%。

The setup of halfway houses is to provide short-term accommodation for drug rehabilitated persons during the stage of social reintegration. Through counselling and support by social workers and the staff at halfway houses, rehabilitants can re-build family relationships and social networks, as well as increase their problem-solving and relapse prevention skills. Residents are encouraged to participate in recreational activities organised by social service centres to re-develop a new and healthy living style and to enroll in jobs skills training course so as to equip themselves to become a productive member of the society.

SARDA runs a total of 5 halfway houses, including one operating on a self-financing basis - The Bradbury Pui Ching Centre. The five halfway houses provide 64 bed spaces for males and 12 bed spaces for females. Last year, a total of 118 drug rehabilitated persons were admitted to the halfway houses, which recorded an average utilisation rate of 78.5%.



義工服務 Volunteering



康樂活動 Recreational Activities



音樂晚會 Music Night



藝術活動 Art Activities



「無毒共融、美好社區」 -

社區為本非華裔高危人士禁毒預防外展教育服務 2.0

“A Drug Free Pluralistic and Harmonious Community” – A community-based reaching out drug prevention and intervention for high-risk and hidden Non-ethnic Chinese 2.0

由2017年7月開始，香港戒毒會獲得禁毒基金贊助，設立「『無毒共融、美好社區』-社區為本少數族裔高危青年禁毒預防外展服務」。承蒙禁毒基金支持，本會續獲贊助延續非華裔外展服務，自2020年8月起，將受惠對象擴展至不同年齡層及提供多元化服務給有需要的非華裔人士，提升他們正視濫用藥物對身心的影響。

本計劃服務對象為非華裔人士。本隊以外展方式到不同地方接觸高危人士，提供預防吸毒 / 戒毒輔導及服務，並新增醫療服務津貼（適用於各醫療服務，包括牙科、精神科及婦科等），提升吸毒人士對自身健康的關注及了解吸毒行為對身體的影響；舉辦不同興趣班及職業培訓課程，讓參加者建立正面興趣。

除了鼓勵吸毒人士關注自己的健康和需要，提升他們戒毒的動機外，亦善用地區資源和建立地區網絡，與不同非華裔地區團體、社福機構、學校合作舉辦預防濫用藥物的教育工作坊，分享本會就非華裔人士所提供的全方位外展教育及輔導、住院、續顧服務，以便大眾更了解本會服務和接觸有需要人士。另外，本隊亦招募非華裔康復人士為實習生，協助本隊服務及向公眾人士分享自己康復經驗。

過去五年，外展隊接觸非華裔人士達6,910人次；為高危人士、吸毒人士及協助受毒品困擾的人士和其家長提供輔導服務和轉介，讓更多非華裔人士得悉本會服務和正視濫用藥物情況，以達至「無毒共融、美好社區」的願景。



聯繫非華裔團體

Liase with non-ethnic Chinese Community

A team for non-Chinese, “A Drug Free Pluralistic and Harmonious Community – A community-based reaching out drug prevention and intervention for high-risk and hidden non-Chinese ethnic youth”, was started in July 2017 with sponsorship from the Beat Drugs Fund. We are glad that the Beat Drugs Fund keeps support to the service for non-ethnic Chinese and the project “A Drug Free Pluralistic and Harmonious Community – A community-based reaching out drug prevention and intervention for high-risk and hidden Non-ethnic Chinese 2.0” was launched in August 2020. The service targets were extended to all ages of non-ethnic Chinese and various services are provided in order to raise the public awareness on both physical and psychological harms caused by drug taking behaviour under the continued supports from the Beat Drugs Fund.

The team goes to different places to approach non-ethnic Chinese, promotes anti-drug messages, provides counselling services and offers prompt referral or registration of treatment services to service targets. To enhance the awareness on health conditions and drug-related issues and raise target's motivations on rebuilding a healthier life, subsidises for drug abusers to seek medical services including dentistry, psychiatry, gynaecology and etc. Also, there are different interest classes and vocational training courses for service targets to build up healthy lifestyle and strengthen their interests.

Apart from raising the targets' awareness on their health and motivation for treatment needs, the team builds up networks with local groups and utilises community resources. The team co-works with non-ethnic Chinese community groups, NGOs and schools for drug prevention talks and workshops to the public and family members of drug abusers in order to let the public know more about the all rounded services for non-ethnic Chinese (from outreach service, inpatient service and aftercare service) provided by SARDA and approach the one in need. Former non-ethnic Chinese drug abusers are recruited to be interns. They work with the team and share their rehabilitation experiences to the public.

In the past five years, more than 6,910 contacts with non-ethnic Chinese have been made. The team offered prompt referrals for the high-risk groups, drug abusers and provided counselling services to them and their families so as to establish a drug free and harmonious community as the final goal.



外展服務 Outreach Service



泰拳班 Muay Thai Class



「童」創未來學習教室

“Create our Future” Children Learning Station



SARDA 耀星兒童樂隊聯耆長者中心會員於滙豐香港社區節進行音樂表演
Concert by SARDA Shiny Star Children's Band and members of the Elderly Centre at the HSBC Hong Kong Community Festival

本會在滙豐香港社區夥伴計劃贊助下，於2021年9月至2022年8月推行「童創未來學習教室」。這項計劃的目的是協助美沙酮服藥人士子女改善學習表現、規劃個人發展、投入音樂活動改善情緒控制、促進他們身心健康、學習興趣、提升自信及計劃未來。

去年，這項計劃為123位參加者舉辦了35節功課輔導班、35節音樂訓練小組、2節一對一的個人導師服務、3節職業分享會、2次探訪長者中心及安老院義工服務、1次正念親子活動及35節英語工作坊。訓練評估顯示，超過96%兒童報告他們在學習動機、個人發展規劃、自信心及社交技巧方面有改善。整體來說，這項計劃能夠幫助吸毒人士子女建立自信和計劃未來，這兩方面是兒童成長和發展的關鍵要素。

With sponsored by HSBC Hong Kong Community Partnership Programme, SARDA implemented a project named “Create our Future Children Learning Station” from September 2021 to August 2022. The Project aimed at helping children of methadone patients for enhancing their academic performance, personal growth, interest in musical activities for better emotional regulation, physical wellness, learning interest, enhancing self-confidence and career planning.

Last year, the project conducted 35 tutorial class sessions, 35 musical sessions, 2 sessions with one-to-one mentorship service, 3 career training sessions, 2 elderly volunteer services, 1 mindfulness training session as well as 35 English language workshops for 123 participants in total. Post-training evaluation indicated that more than 96% of the children reported improvements in their learning motivation, confidence and social skills. Overall, the Project helped the children of drug using parents to build confidence and plan for their future, which are key features of child growth and development.



小小夢想家計劃 Little Dreamers



英語工作坊 English Language Workshop



音樂班 Music Class



燃希攻略 - 優化康復治療及續顧服務計劃

Enlightening Hope – Strengthening Rehabilitation and Aftercare Services Programme

特別服務項目
Special Projects



禁毒音樂會 Anti-drug Music Concert



義工服務 Volunteering



皮革工作坊 Leather Workshop



烘焙及糕餅製作 Baking and Pastry Class

本會在2019年7月起獲禁毒基金資助推行為期3年的「燃希攻略 - 優化康復治療及續顧服務計劃」。本計劃旨在以凹頭青少年中心康復中人士的生活模式為介入點，為他們於院舍住宿及續顧期間提供多方面的訓練、支援及輔導服務，以改變他們的生活模式，確保離院後可以融入社會，重燃希望，建立健康無毒人生。

計劃主要分為三個部分，第一個部分主要圍繞康復中人士工作或升學規劃，使康復者找到合適的工作、職業技能培訓課程或學校。透過小組及興趣班訓練，加強其自我管理能力的建立，建立正面價值觀，提升解難及建立人際關係的技巧，協助康復中人士重返社會，建立穩定的生活模式。第二個部分為康復中人士回饋社會。透過義工服務、過來人分享會和禁毒音樂會，康復中人士以自身經歷向公眾人士宣傳禁毒訊息，正面建立他們的形象，並增加其自我效能感及自信，提升預防復吸能力。第三部分為家人輔導。透過向家人及康復中人士提供家庭輔導及介入，讓家人了解他們的進度及成長，強化家人與康復中人士的關係，協助他們重建健康的家庭生活。

計劃開展至2022年6月30日，為87位康復中人士進行共1,102節個人升學就業輔導；此外，共有3,323人次參與個人成長小組，並有3,617人次參與各個興趣班訓練，與160位康復中人士家人進行共685節家人輔導，及舉行6次過來人分享會並向801位公眾人士宣傳禁毒訊息。在疫情下，興趣班訓練及家人輔導改以視像方式進行，以延續學員的學習，並且繼續強化與家人的連繫，促進學員成長。

Sponsored by the Beat Drugs Fund, SARDA implemented a 3-year project named "Enlightening Hope – Strengthening Rehabilitation and Aftercare Services Programme" starting from July 2019. The project aims at intervening the rehabilitees in Au Tau Youth Centre and the graduates from the Centre with their lifestyle through counselling, training and support service. The project is to ensure the rehabilitees can reintegrate into society and sustain their healthy lifestyle.

The project mainly consists of three parts. The first part concerns the life planning of rehabilitees. The project aims to help to match them with job skills training course, suitable job and school. There is a wide range of hobby groups and developmental groups to enhance rehabilitees on their values, communication skills and self-control. The second part is to contribute to society with rehabilitees' personal experience. Through volunteer work, sharing and music concerts, rehabilitees share their experience in rehabilitation and share the anti-drug message. Meanwhile, they can boost their confidence and self-efficacy. The third part is family counselling. Through family counselling, the family will understand more about the rehabilitation progress change of rehabilitees so that trust and healthy relationships can be strengthened.

As at 30 June 2022, 87 rehabilitees underwent 1,102 sessions of counselling concerning their life planning. Moreover, a total of 3,323 attendees participated in developmental group. For the hobby groups, 3,617 attendees were joining them. Also, 160 family members of the rehabilitees joined 685 family counselling, and six sessions to promote anti-drug messages to 801 members of the public. Under the COVID-19, the online meeting is used for all hobby groups and family counselling. It is hoped that the learning of rehabilitees and their family relationship can still be sustained through the pandemic.





健康家庭親子樂計劃 2.0

Happy and Healthy Family Scheme 2.0

本會於2020年8月在禁毒基金贊助下推行一項為期三年的「健康家庭親子樂計劃2.0」。這項計劃的目的是協助目前或曾經受毒品影響的家長提升抗毒能力和親職效能感。

本計劃分為四個部份：「脫獨計劃」為子女大多數留在院舍或寄養家庭的吸毒家長提供社工評估、親職訓練及親子活動。「勵進計劃」為面對親職困難的戒毒康復家長提供社工評估、親職訓練及親子活動。「專業訓練」為從事戒毒康復服務及家庭服務的社工提供訓練，提升他們服務受毒品影響家庭的能力。以及，「義工小隊」招募穩定康復家長，提供訓練及服務機會，提升他們自我信心及抗毒能力。

去年，這項計劃為52位家長提供了693節個人及小組親職訓練。



專業訓練 Professional Training and Sharing



親子活動 Family Activities



親職訓練 Parenting Capacity Building

With support from the Beat Drugs Fund, SARDA implemented a 3-year project named "Happy and Healthy Family Scheme 2.0" starting from August 2020. The Project aims to help those parents who are currently or formerly affected by drug abuse to improve their drug refusal ability and parenting capacity.

The Project consists of four parts. Reunion Programme provides social work assessment, parenting capacity training and family activities for drug using parents whose children are mostly receiving foster care services. Recovery Programme provides social work assessment, parenting capacity training and family activities for drug rehabilitee parents with difficulties in parenting their children. Professional Training and Sharing Session provides training to social workers in the field of drug abuse and family service, with an aim to enhance their self-efficacy in serving drug-affected families. Lastly, volunteer team recruits and trains drug rehabilitee parents to serve others to enhance their self-efficacy and ability of drug refusal.

Last year, the Project provided 693 sessions of individual and group parenting skills training sessions for 52 parents.



義工服務 Volunteering



戒往開來

Decades of devotion

賽馬會「健體蛻變」計劃

Jockey Club "Healthy Me" Sports Programme

本會在香港賽馬會慈善信託基金的捐助下，由2018年11月起推行一項為期三年的「賽馬會『健體蛻變』計劃」。此計劃的目的是提高戒毒康復人士運動的動機及建立恆常運動的習慣，改善身體狀況、生活滿足感及自我效能感。計劃分別在本會四間戒毒治療及康復中心推行運動訓練活動。

本計劃分為四個部份：「喜動學堂」包括邀請不同範疇的運動員分享奮鬥的經歷，推動堅持及克服的信念；教授與運動及健康有關的知識；為康復員進行身體測量，評估他們的身體改變。「體育訓練」是根據康復員的身體狀況，在本會四間戒毒治療及康復中心舉行健步行、草地滾球、跑步、健身、健體操、躲避盤及花式跳繩等課程。設有「獎勵計劃」，頒發禮物、獎盃及獎牌，以鼓勵參加者積極運動。「進修課程」是推薦表現優異的參加者考取相關的運動證書，協助帶領相關運動。

計劃至2021年11月30日完結，共舉行了37次「喜動學堂」及80項「體育訓練」課程，為超過2,890人次提供課程。

With support from The Hong Kong Jockey Club Charities Trust, SARDA implemented a 3-year project named "Jockey Club 'Healthy Me' Sports Programme" starting from November 2018. The aims of the Project are to inspire rehabilitees' motivation on sports and develop habits of regular exercise, so that their physical health, life satisfaction and self-esteem can be improved. Regular sports training activities will be carried out at the four residential drug treatment and rehabilitation centres.

The Project consists of four parts. "Happy Workout Happy Life" sharing will invite athletes from different fields to share their stories of how to overcome challenges, pursue persistence and their dreams through sports. Useful information of sports and health will be taught and body fitness measurements for the rehabilitees will be carried out to evaluate their physical changes. Considering the rehabilitees' health condition, different types of "Sports Training Programmes" such as fitness walking, lawn bowls, running, fitness training, aerobic exercise, dodgebee & rope skipping will be conducted at the four residential drug treatment and rehabilitation centres. "Award Scheme" will be developed to encourage the rehabilitees to join sports training. The awards include gifts, trophies and medals. "Sports Trainer Programmes" will be offered to the outstanding participants to obtain related accredited qualifications and become the assistants of sports activities.

A total of 37 "Happy Workout Happy Life" sharing and 80 "Sports Training Programmes" had been conducted. An attendance of over 2,890 was recorded till the project end on 30 November 2021.



喜動學堂 - 運動員分享 Athlete Sharing, Happy Workout Happy Life



躲避盤課程 Dodgebee Course



草地滾球課程 Lawn Bowls Course



健身課程 Fitness Training Course

特別服務項目

Special Projects





靈靜假期 - 短期住宿治療計劃

Mindful break – Short Term Treatment Programme

本會在2020年8月起獲禁毒基金贊助推行為期2年的「靈靜假期 - 短期住宿治療計劃」。本計劃旨在為35歲以下有吸毒習慣之男性或女性，提供7至14天短期住宿計劃，暫時擺脫毒品的影響，整理思路，為接受戒毒康復治療或重返社區作準備。

計劃由社工負責提供初步評估及輔導，為有需要的吸毒人士安排短期住宿服務，讓吸毒者暫時脫離毒品的誘惑。在短期住宿治療期間，他們會參與各種興趣班及體感訓練活動，以舒緩脫癮期的生理反應，提升他們投入無毒生活的動機。此外，計劃社工會為吸毒者提供個人輔導，協助他們檢視個人生涯，反思毒品帶來的禍害，從而訂立改變計劃。與此同時，社工會接觸吸毒者家人，為他們提供輔導服務，協助家人與吸毒者重建關係及改善溝通模式。最後，計劃會定期設立流動街站，向公眾人士宣傳抗毒訊息，提升公眾抗毒意識，並為有需要人士提供諮詢服務及安排跟進。

計劃開展至2022年3月31日，計劃社工已接觸了73位有吸毒習慣之男性及女性，並且為他們提供了初步評估服務及個人輔導。當中有47位吸毒者已成功安排入院接受短期住宿治療，並且參與了共93節興趣培養班，及131節運動體驗訓練。同時，計劃社工已向48位吸毒者家人提供共81節家人輔導，舉行了17次流動外展街站，共接觸了874名公眾人士。



禪繞畫工作坊 Zentangle Workshop



流動外展街站 Street Counters



魚菜共生耕作 Aquaponic Farming



瑜珈訓練 Yoga

Sponsored by the Beat Drugs Fund, SARDA implemented a 2-year project named “Mindful Break – Short Term Treatment Programme” starting from August 2020. The project has provided 7 to 14 days of short term residential treatment to under-35-year-old males or females, aiming at get rid of drugs temporarily to have a fresh thought and make preparation for further rehabilitation treatment or reintegration into the society.

Under the project, the social worker has made assessment and counselling to the drug abusers by residential treatment to let the abusers stay away from drugs temptation. During the treatment, they could join interest classes and sport training activities to relieve the withdrawal symptoms and increase the motivation for drug-free life. On the other hand, the social worker has provided individual counselling to the abusers, including reviewing life-long history, identifying negative drug effects and setting changes plan. The social worker has also contacted their families and provided counselling service in order to help rebuild and improvement of family relationship. Finally, regular street counters are set up to promote anti-drug message and raise public awareness, with consultation and follow-up service for the needy.

As at 31 March 2022, 73 males or females drug abusers were reached and received assessment and counselling service. 47 of them made enrollment to the residential service, receiving total 93 sessions of interest classes and 131 sessions of sport training activities. The social worker has also provided 81 sessions of counselling to 48 family members. In 17 street counters, 874 people were reached.



「正念學堂」優化女性治療康復及續顧計劃

Mindfulness Training: Women-Focused Rehabilitation & After-care Project

於2021年8月起，本會獲禁毒基金贊助推行為期三年的「正念學堂」優化女性治療康復及續顧計劃。本計劃為受毒品問題困擾的婦女提供多元化訓練課程及預防重吸輔導服務，協助婦女提升自我覺察力，鼓勵自我關懷，並促進個人成長。

計劃分為四個重點：(一)婦女身心靈健康活動，包括正念成長課程、預防重吸輔導、健康講座及瑜珈工作坊；(二)家庭活動：包括親職輔導、家人輔導及生活技能訓練，以協助婦女重建家庭關係；(三)職業技能訓練，包括職前工作坊、職業技能培訓課程及續顧服務，以裝備婦女重投社會；(四)禁毒預防教育，包括中學作過來人分享及社區義工服務，以宣傳禁毒訊息。

截至2022年3月31日，本計劃共為76位婦女及48位家人提供服務，共舉辦了87節正念成長小組、197次預防重吸輔導，30節親職輔導、112次家人輔導、2項職業技能培訓課程及2項社區義工服務。

Starting from August 2021, the Society has been sponsored by the Beat Drugs Fund to implement a 3-year project called "Mindfulness Training: Women-Focused Rehabilitation & After-care Project". The project provides different trainings and relapse prevention to women who are suffering from drug problems. The Project enhances women's self-awareness, self-care, and personal growth.

The Project is divided into four important areas: (1) Women's mind, body and health programmes, including mindfulness training, relapse prevention counselling, health talks and yoga workshops; (2) Family activities for helping women to rebuild the family relationship, including parenting training, family counselling and life skills training; (3) Vocational training for equipping women to reintegrate into society, including job hunting workshops, vocational skills training courses and after-care services; (4) Anti-drug prevention such as school talks and community volunteer services for promoting anti-drug publicity.

As of 31 March 2022, the Project has provided services for 76 women and 48 family members. A total of 87 sessions of mindfulness growth groups, 197 sessions of relapse prevention counselling, 30 sessions of parenting sessions, 112 sessions of family counselling sessions, 2 sessions of vocational skills training course and 2 community volunteer services have been conducted.



義工服務 Volunteering



正念成長課程 Mindfulness Course



職業技能訓練 Vocational Skills Training



正念訓練 Mindfulness Training



鳳凰計劃

Phoenix Project

本會於2000年在衛生署紅絲帶中心資助下推行「鳳凰計劃」。這項計劃招募一群成功戒毒個案及數位尼泊爾美沙酮服藥人士，以外展方式向流連街頭的吸毒者提供愛滋病預防教育。這項計劃在2003年開始獲得愛滋病信託基金的贊助。

「鳳凰計劃」的目的是提高流連街頭的吸毒者對感染愛滋病病毒風險的警覺，並鼓勵他們減少共用針筒、在進行性行為時使用安全套及接受愛滋病病毒抗體測試。

去年，「鳳凰計劃」共展開了178次外展活動，接觸吸毒者達3,299人次，其中包括 549名新來港人士及少數族裔人士。

這項計劃透過每年進行吸毒者街頭訪問評估其成效。最近一次訪問在2021年7月進行，抽樣訪問了689位吸毒者。訪問結果顯示90.8%的被訪者曾經接受愛滋病病毒測試並知悉測試結果，92.2%的被訪者在最近一次進行性行為時使用安全套，97.7%的被訪者在最近一次吸毒時沒有與陌生人共用針筒。



外展服務 Outreaching Service



街頭訪問吸毒人士 Annual survey of street recruited drug users



愛滋病預防教育活動 AIDS Preventive Education



清理棄置針筒 Clean up discarded syringes

SARDA started the Phoenix Project in 2000 with financial support from the Red Ribbon Centre of the Department of Health. The Project recruited a group of former drug users and several Nepalese methadone patients as peer volunteers to provide outreaching HIV preventive education to street drug users. The Project has been sponsored by The AIDS Trust Fund since 2003.

The Project aims at increasing street drug users' awareness on HIV/AIDS, encouraging them to reduce needle sharing, to use a condom during intercourse and to attend HIV antibody testing.

Last year, a total of 178 outreaching sessions were conducted with 3,299 contacts made with street drug users, in which 549 were new immigrants and ethnic minorities.

The Project outcome is evaluated by an annual survey of street-recruited drug users. The latest survey was conducted in July with a sample of 689 drug users. The findings revealed that 90.8% of the respondents attended a HIV test and knew the result, 92.2% used condom in their last sexual intercourse and 97.7% did not share needles with those outside their usual network in their last injection.



「重整生活·更好明天」為戒毒康復人士提供住院及續顧支援2.0

“Re-structuring Life·A Better Tomorrow” – Strengthening Inpatient and Aftercare Support for Drug Rehabilitees 2.0

本會於2021年8月起展開了「『重整生活·更好明天』為戒毒康復人士提供住院及續顧支援2.0」計劃。計劃為期三年，目標是為石鼓洲康復院的戒毒康復人士提供各方面的支援及訓練，期望讓康復人士遠離毒品，融入社會，以及學習種族共融。此計劃可以分為兩部分，第一部分主要是關顧正接受住院式戒毒服務的非華裔戒毒康復人士，協助他們適應院舍生活；第二部分是為所有華裔及非華裔康復人士加強續顧支援，以協助他們重整生活。

計劃展開至今，共舉行了11次非華裔支援小組、33次多元文化樂隊小組、2次音樂表演、4節職業訓練、12節興趣小組、8次戶外活動、7節義工活動、8節語言小組、以及個別和小組輔導服務，共為超過519人次提供服務。

SARDA started a 3-year project named “ ‘Re-structuring Life · A Better Tomorrow’ - Strengthening Inpatient and Aftercare Support for Drug Rehabilitees 2.0” in August 2021. The project aims at providing aftercare services for rehabilitees discharged from Shek Kwu Chau Treatment and Rehabilitation Centre (SKC) from August 2021 to July 2024. The project is a combination of two categories, in which the first part is to provide care and support services to those non-Chinese rehabilitees for better adaptation in the residential setting, while the second part is an intensive aftercare service for both local Chinese and non-Chinese rehabilitees, in order to help them reorganise their lives and promote social inclusion.

Until 2022, the project has provided 11 sessions of non-Chinese support group, 33 sessions of multi-cultural music band, 2 public music performances, 4 sessions of vocational training, 12 sessions of interest classes, 8 sessions of outdoor activities, 7 sessions of volunteer services, 8 sessions of language class, as well as other individual and group counselling sessions. As a whole, the project has served more than 519 man-times.



戶外活動 Outing



非華裔支援小組 Non-ethnic Chinese Support Group



義工服務 Volunteering



手機攝影課程 Phonetography



星火行動

Spark Action

特別服務項目

Special Projects



個人健康護理教育 Personal Health Care Education

「星火行動」是本會在愛滋病信託基金的贊助下於2006年開始推行的計劃，目的是為感染愛滋病病毒的美沙酮服藥人士提供心理社會服務及促進他們接受治療的動機。這項計劃設立了一個有效的監察系統，記錄受感染個案的資料，以助社工回應他們的服務需要，增加他們接受愛滋病及戒毒治療的依從性。

截至2022年3月31日，「星火行動」服務了101位感染愛滋病病毒的美沙酮服藥人士，並成功轉介了83.2%的確診個案到衛生署綜合治療中心接受治療。在過去一年，83.1%的轉介個案仍出席覆診。

去年，「星火行動」提供了123次緊急現金援助，協助感染愛滋病病毒的美沙酮服藥人士應付突發的財政困難，為他們組織了29次社交活動，向他們派發了216份健康教育資料套。



愛滋病教育講座 AIDS Prevention and Education

此外，「星火行動」於去年舉辦了7次教育講座，為98位正接受院舍戒毒治療服務或美沙酮治療計劃人士，提供預防愛滋病的正確知識。

SARDA started the Spark Action Project in 2006 with sponsorship from the AIDS Trust Fund, aiming to provide psycho-social services to HIV infected methadone patients and to strengthen their motivation for seeking treatment. The Project sets up an effective monitoring system to keep track of methadone patients who have contracted HIV, which allows social workers to address patients' treatment needs and exhort them to adhere to medical and drug treatments.

As at 31 March 2022, Spark Action had served 101 HIV-infected methadone patients and successfully referred 83.2% of all the identified cases to the Integrated Treatment Centre of the Department of Health for further medical treatment on HIV/AIDS. 83.1% of the referred cases continued to attend medical appointments in the past year.

Last year, the Project provided 123 cases of emergency financial support to cash-strapped patients in coping with unexpected financial difficulties, organised 29 social activities for HIV-infected patients and distributed 216 sets of health education kits to them.

Moreover, Spark Action had organised 7 educational workshops for 98 participants who were receiving residential drug treatment service or methadone treatment programme so as to provide them the knowledge on HIV prevention last year.



健康教育資料套 Health Education Kit



愛滋病教育講座 AIDS Prevention and Education



「非常照顧非常媽媽」2.0

“Special Care for the Special Mothers” 2.0

承蒙禁毒基金支持，本會繼在2016年推行為期兩年的「『非常照顧·非常媽媽』- 懷孕女性住院戒毒康復計劃」後，自2019年3月起，將服務對象擴展至育有嬰幼兒的濫藥女性，開展「『非常照顧非常媽媽』2.0」計劃。

計劃目的為正在懷孕或育有嬰幼兒的濫藥婦女，提供跨專業合作的戒毒服務，照顧她們的身心健康及胎兒的成長；服務內容包括24小時醫療照顧、臨床心理學家及社工提供個人及小組輔導服務、陪月員提供產前產後陪診及身體調理服務，計劃亦有為家人提供支援，以協助他們準備迎接及照顧新生命。本會期望透過此項計劃，能填補濫藥懷孕女性在住院戒毒服務上的需求，並協助這班準媽媽及新任媽媽重過無毒生活、作稱職的母親，並藉此預防跨代吸毒。

至2022年2月28日，「『非常照顧非常媽媽』2.0」計劃已全期完成，全計劃共為九位懷孕濫藥女性及三十位育有嬰幼兒的濫藥女性提供服務。

With sponsorship from the Beat Drugs Fund, SARDA has started the 2-year project “Special Care for the Special Mothers’ – Residential Detoxification and Rehabilitation Project for Pregnant Women” in 2016, and the “Special Care for the Special Mothers 2.0” Project was launched in March 2019, the service targets were extended to the drug abusing women with infant.

The Project aims at providing drug treatment and rehabilitation service to pregnant drug abusers and drug abusing women with infant with multi-disciplinary collaboration. Services included 24-hour medical care, individual and group counselling services provided by clinical psychologist and social worker, escort service and care by postnatal care worker, etc. as to address the physical, psychological and social needs of the pregnant women; and take care of the development of fetus. The Project also provided support to their family members, in order to prepare them for the role change in taking care of the newborn. It is expected that the Project could fill the service gap in residential drug treatment for pregnant drug abusers, in order to help them to live a drug-free life, be a capable parent, and to prevent cross-generational drug abuse.

Till 28 February 2022, the Project 2.0 had been completed. We had served 9 pregnant drug abusers and 30 drug abusing mothers with infant in total.



小組輔導 Group Counselling



家人分享會 Family Sharing Session



視像探訪 Video Family Meetings



手工藝 Handicrafts





體藝同樂助康復

“Taste of Art and Sports” – Project for the physical and mental well-being of female drug abusers under residential treatment



氣球佈置課程 Balloon Decoration Class



劍球班 Kendama Class



花藝手工班 Flower Handicraft Class



瑜伽訓練 Yoga

本會自2020年8月起獲禁毒基金贊助推行為期兩年的「體藝同樂助康復」計劃。本計劃旨在以運動及藝術課程協助區貴雅修女紀念婦女康復中心學員提升心理及生理健康，建立健康生活模式，從而鞏固她們出院後之無毒生活。

計劃主要分為兩部份，第一部份主要為學員組織不同及新興的健體運動，例如：空手道、匹克球、劍球、飛標、瑜珈及搖搖等。而藝術課程有和諧粉彩、夏威夷小結他、木箱鼓及一人一劇場等。第二部份是成長小組及家人分享活動，目的為鞏固學員對有關學習進展，也可以讓學員家人了解她們成長。

截至2022年3月31日，為學員進行共180節活動及16節成長小組，共有670人次參與。因疫情關係，家人活動以網上形式進行。

With Sponsorship from Beat Drugs Fund, SARDA has started the 2-year project “ ‘Taste of Art and Sports’ - Project for the physical and mental well-being of female drug abusers under residential treatment” was launched in August 2020. This project aims at improving the physical and mental health of rehabilitees in Sister Aquinas Memorial Women’s Treatment Centre through regular art and sports activities, as well as helping them to establish a healthy lifestyle, which further consolidate their drug-free life after discharge.

The project mainly consists of two parts. The first part consists of different kinds and newly developing Sports Programmes including Karate, Pickleball, Kendama, Darts, Yoga, and Yoyo, etc, while Art Programme included Pastel Nagomi Art, Ukulele, Cajon and Playback Theatre, etc. The second part is to organise developmental group and family sharing activities, which further strengthen their learning with the support of their family members.

As at 31 March 2022, 180 sessions of Art and Sports programmes were organised for rehabilitees and a total of 16 developmental groups were conducted with 670 attendees. Due to the pandemic, online family sharing activities were conducted.



空手道班 Karate



「機會由你創」- 全方位醫社合作外展服務 2.0

You Got Chance – multidisciplinary holistic outreaching service for drug abusers 2.0

獲禁毒基金贊助，香港戒毒會於2021年8月展開為期三年醫社外展服務2.0，由社會工作人員、註冊護士及同輩輔導以醫療知識結合心理輔導模式到各公立醫院及地區，向正接受治療的濫藥人士及高危群組提供合適戒毒服務，包括醫院個案轉介、病房輔導小組、物質誤用診所外展工作及地區個案跟進等。

本隊共向10間公立醫院物質誤用診所、急症室、精神病病房、社區物質濫用外展服務及醫務社會服務等不同部門，推廣香港戒毒會全方位戒毒治療及康復服務，並建立不同形式的合作伙伴關係。

此外，本隊在新型肺炎疫情期間到訪本會中途宿舍，由護士向入住中途宿舍的康復人士及職員舉辦健康講座，加強他們的防疫及個人衛生意識。

到目前為止，此計劃透過地區及醫院外展服務，分別接觸超過900及400人次，當中超過100人次轉介至本會轄下住院式戒毒治療及康復中心。

Sponsored by the Beat Drugs Fund, SARDA has launched a three-year medical-social outreaching service 2.0 since August 2021 to provide suitable drug treatment services to drug abusers and high-risk groups who are receiving treatment. With their medical knowledge and psychological counselling methods, social worker, registered nurse and peer counsellor visited public hospitals and districts to reach for these people. Services rendered have included hospital case referrals, ward counselling groups, substance abuse clinic outreach and case follow-ups in community.

The team delivered full range of drug treatment and rehabilitation services of SARDA to different service units for a total of 10 public hospitals, which included substance abuse clinics, accident & emergency departments, psychiatric wards, community substance abuse outreaching service and medical social service departments. The team has thus fostered valuable networking and built-up different forms of partnership with these hospitals as well.

Besides, the team has also visited the halfway houses of SARDA during COVID-19. The registered nurse has conducted health talks to the rehabilitants and staff members to arouse their awareness to prevent COVID-19 and the importance of personal hygiene.

So far, the scheme has successfully reached for more than 900 people through district outreaching services and 400 through hospital networking. More than 100 of them were referred to SARDA's drug treatment and rehabilitation centres for residential drug treatment.



聯繫專業醫護人員 Liaise with medical professionals



外展健康檢查 Outreach Health Check



社區外展 Community Outreaching



SARDA 諮詢熱線 2574 3300

SARDA Hotline

本會戒毒熱線自1973年投入服務，乃香港最早期專為戒毒而設的求助熱線，服務至今超過49年。熱線由專業註冊社工接聽，為有需要的人士及家長提供情緒支援和疏導、吸毒問題解答及戒毒服務轉介等。去年，共收到1,458個電話查詢。

The Drug Counselling Hotline, Hong Kong's first hotline solely targeting drug rehabilitation, has been in service for more than 49 years since it opened in 1973. The Hotline is answered by registered social workers who offer emotional support, respond to inquiries on substance abuse problems, and provide drug treatment referral services for the people in need and their parents. Last year, the Hotline received a total of 1,458 calls.

同輩輔導計劃

Peer Counsellor Scheme

本會十分重視成功戒毒康復的人士並持續聘用他們為同輩輔導。他們作為角色模範，透過分享自身的康復經驗而給予他人領悟和啟示；在陪伴新出院康復人士踏上康復之路時，同輩輔導們亦能同時加強自身持續操守的自信心。兼職的同輩輔導主要服務美沙酮診所服藥人士，而全職的同輩輔導則主要服務戒毒治療及康復中心的住院及離院康復人士。去年，本會共聘用29名全職同輩輔導及12名兼職同輩輔導。本會藉此鳴謝香港賽馬會慈善信託基金及香港公益金大力支持本會的同輩輔導計劃。



同輩輔導與康復員進行小組活動
Group activity of peer counsellor and rehabilitants

The Peer Counsellor Scheme continuously employs recovered patients as peer counsellors. They act as role models and through sharing their own "recovery stories", they give much insight and inspiration to others. By accompanying the "new comers" to walk on the road to recovery, the peer counsellors' self-confidence to maintain abstinence can also be enhanced. The part-time peer counsellors serve mainly at the methadone clinics, whilst the full-time peer counsellors work with the rehabilitants and those discharged from the drug treatment and rehabilitation centres. Last year, a total of 29 full-time and 12 part-time peer counsellors were employed. We take this opportunity to acknowledge The Hong Kong Jockey Club Charities Trust and The Community Chest of Hong Kong for their supports to the Scheme.



同輩輔導分享康復經驗
Peer counsellor share the rehabilitative experience



同輩輔導與康復員戶外活動 Outing of peer counsellor and rehabilitants



戒往開來

Decades of devotion

社區義工計劃

Community Volunteer Scheme

本會致力推行社區義工計劃，為了善用社區資源以及發揮互助互愛的精神，本會積極招募社會上各階層人士成為本會義工，並提供訓練。社區義工與本會康復人士共同為社區服務，有助戒毒康復人士重拾自信，回饋社會及擴大社交生活。去年，共有51名社區人士登記成為本會的社區義工，共舉辦了59次戶外服務及855次室內活動。

The Community Volunteer Scheme was established by our Society to facilitate mutual assistance and community care. Members of the public from all walks of life are recruited. Training courses are provided to prepare them for the service. The joint effort of the community volunteers and our rehabilitated drug abusers helps to enhance the social integration, self-worthiness and self-confidence of the rehabilitants. Last year, 51 members of the public registered as community volunteers. They organised 59 outdoor services and 855 indoor activities.



戶外活動 Outings



透過視像方式進行義工服務 Online Volunteering

禁毒宣傳教育

Anti-Drug Publicity and Education

本會經常接待學生及社會人士參觀轄下戒毒治療及康復中心的設施和服務，讓他們了解本會的工作及認識濫用藥物的禍害。

此外，本會更與不同團體，包括學校、家長教師協會、地區組織及其他社會服務機構舉辦禁毒教育講座、過來人分享會及攤位遊戲，使大眾認識毒品的禍害，遠離毒品。

SARDA received many students and members of the public to visit our drug treatment and rehabilitation centres to enable them to understand the services we provided and the harmful consequences of drug abuse.

SARDA organised anti-drug talks, ex-addicts' sharing sessions and game booth with various organisations, including schools, Parent and Teacher Associations (PTA), community organisations and other social service agencies to raise public awareness on the harmful effects of drug abuse and the importance of staying away from drugs.



禁毒教育講座 Anti-drug Education to Youth



學員分享 Sharing by trainee

支援服務 Support Services





職員培訓

Staff Development



面試技巧培訓工作坊

Training Workshop for Effective Interviewing Skills

為增進員工的專業知識及技巧，本會積極鼓勵員工參與外間進修課程，並定期為員工提供內部培訓。同時，本會亦資助員工參加本地及國際會議，讓員工擴闊眼界，了解更多有關社會服務的發展。

In order to update and broaden staff's professional knowledge and skills, SARDA encourages staff to enrol in external trainings and conducts in-service training sessions periodically. SARDA also subsidises staff to join local and overseas conferences for broadening their horizons and enabling them to learn more about the development of the social welfare services.

年度內，本會有一位同工修讀社會工作課程。員工參與近80個培訓項目及課程(主要透過網絡研討會)，參加人次達744。

During the year, one of our colleagues was pursuing his study in Social Work. Staff participated in nearly 80 training programmes and courses (mainly through webinars), with attendance of 744.



演說訓練 Presentation Skills Drilling



「擊活人心」- 心肺復甦法及自動心臟除顫器課程
Press to shock - Save a life CPR & AED Course

診所

Clinic



入院前身體檢查 Physical examination before admission

本會設有一間診所，為申請戒毒人士提供入院前身體檢查，並為康復人士提供醫療服務。

本會自2004年4月開始，採用快速尿液化驗棒為住院戒毒康復員及康復人士提供尿液化驗以確保其操守。去年，本會共進行了15,251個尿液樣本化驗。

SARDA maintains an outpatient clinic to carry out physical examination for applicants before admission into our drug treatment centres. It also provides medical consultation to rehabilitants.

SARDA adopted the One-step Test Strips (Urine) to verify the drug free status of both in-patients and ex-patients since April 2004. Last year, a total of 15,251 urine tests were carried out.



【為愛重生】毒海浮沉30載工傷險死醒覺 好爸爸為妻女戒用白粉癮重生



「爸爸，辛苦了！一路走來不容易！」
14歲女兒
57歲 何偉強



入獄11次不悔
1年後，他出獄後繼續工作，到處奔波多年，想早日還家仍持有難得，他繼續努力不斷戒毒和戒煙，戒煙後，他戒除毒癮，10多天沒有抽煙，「真係」戒煙後他覺得不再痛苦。



工傷後決心戒毒
那一次戒毒，是在女兒3歲那年，舉家在戒毒工作時間最難，全身戒決不痛，他十分擔心自己會癮發，又想到藥費巨額，太太和女兒反對。



「爸爸，辛苦了！一路走來不容易！」
14歲女兒
57歲 何偉強

「爸爸，辛苦了！一路走來不容易！」
14歲女兒
57歲 何偉強



王冠也經常替爸爸做手工，在丈夫日前病倒，他比別人更忙，這不工作，他會戒煙，他更努力可憐心和責任，照顧身邊的人，他的精神也曾經在戒毒戒毒中。



2021年7月3日新城電台「人生馬拉松」訪問北九龍社會服務中心社工鄭明輝及「機會由你創」- 全方位醫社合作外展服務2.0活動助理黃智恆。

3 July 2021 – Mr. CHENG Ming Fai, Social Worker of North Kowloon Social Service Centre (NKSSC), and Mr. WONG Chi-hang, Programme Assistant of “You Got Chance” – multidisciplinary holistic outreaching service for drug abusers 2.0” were interviewed by “Life Marathon”, Metro Radio.



2021年12月14日港台電視31台「精靈一點」訪問本會「機會由你創」- 全方位醫社合作外展服務2.0計劃主任林奕希及活動助理黃智恆。

14 December 2021 – Mr. Henry LAM, Project Officer of “You Got Chance” – multidisciplinary holistic outreaching service for drug abusers 2.0” (“You Got Chance”), and Mr. WONG Chi-hang, Programme Assistant of “You Got Chance” were interviewed by “Adviser” RTHK 31.

2021年6月17日香港經濟日報訪問美沙酮治療計劃輔導服務康復員及其家人。

17 June 2021 – A rehabilitant of Methadone Treatment Counselling Programme and his family members were interviewed by TOPick, Hong Kong Economic Times.



Hong Kong / Society

Drugs

FOLLOW

Coronavirus stress leading to rise of cannabis culture in Hong Kong, experts warn, as more young people are reported for drug abuse during pandemic

- Some turn to drugs because of increased stress, anxiety over past two years, counsellors say
- Legalisation of cannabis in some countries, social media have led young to 'trivialise risks'



Cha is in a recovery programme at Sister Aquinas Memorial Women's Treatment Centre in Sheung Shui. Photo: Xiaomei Chen

Cha* was 22 when she smoked ketamine for the first time at a friend's home. She took it again the next day, and every day for the next two months.

Looking back, the Hongkonger, now 29, says she was trying to get over breaking up with her boyfriend.

She went on to try methamphetamine, cannabis and cocaine. She took methamphetamine, commonly known as 'ice', the most, spending HK\$500 (US\$64) for 1.75g which lasted her a week.

"I became so addicted that whenever I felt sad or bored, I thought of drugs and turned to them," says Cha, the younger of two daughters.

She dropped out of school after becoming pregnant, gave birth at 16 and sank deeper into her habit. She turned to drugs more often after the coronavirus pandemic struck, disrupting her efforts to find a job.

Many young Hongkongers have been found taking drugs, as the gloomy social and economic environment after the social unrest of 2019 was made worse by the pandemic, which brought lockdowns and social-distancing restrictions.

Many young Hongkongers have been found taking drugs, as the gloomy social and economic environment after the social unrest of 2019 was made worse by the pandemic, which brought lockdowns and social-distancing restrictions.

There were 220 reported drug abusers aged under 21 in the first three months of this year, up by 47 per cent from 150 in the same period last year, according to Central Registry of Drug Abuse statistics released last month.

The number of known young abusers climbed to 525 for the whole of last year, up 6 per cent from 494 in 2019, despite a 4 per cent drop in the total number of reported drug abusers, from 5,773 to 5,569.

Reported drug abusers are those the Central Registry of Drug Abuse is informed about by various sources including law enforcement agencies, treatment and welfare agencies, tertiary institutions, hospitals and clinics. Not all of those reported are arrested.

Photo: Xiaomei Chen



They took drugs out of curiosity, to relieve stress, or to identify with peers
Social worker Katy Wan

Police detained 1,043 people for drug offences in the first three months of this year, up by nearly 60 per cent from 652 the same period last year. They included 142 aged under 21, up more than 50 per cent from 97 arrested in the same period last year.

Under the law, the maximum penalty for major drug offences, such as trafficking and manufacturing of dangerous drugs, is life imprisonment and a fine of HK\$5 million. Anyone who possesses or consumes a dangerous drug may be fined up to HK\$5 million and jailed for up to seven years.

It starts with 'being curious'

The Rainbow Lutheran Centre, which helps psychotropic substance abusers, received 10 new cases of drug abusers under 21 during the first half of this year. It had nine such cases for the whole of last year, and six in 2019.

Social worker Katy Wan Kit-ying, the officer in charge of the centre, says many young people felt more stressed when the pandemic followed the political turmoil in 2019.

The lockdowns and social-distancing rules stopped them from going out and seeing their friends.

"They took drugs out of curiosity, to relieve stress, or to identify with peers," she says.

Some took drugs with their peers when schools were closed because of the pandemic.

Wong Karok-dan, a social worker with the Same Centre of the Hong Kong Children and Youth Services, says he has noticed more young abusers using substances such as ketamine and cannabis, rather than stimulants like 'ice', and attributed this to increased stress and anxiety among young people over the past two years.

The centre provides treatment and rehabilitation for about 150 abusers annually.

Others say reported cases went up when parents discovered their children's drug habits because people stayed at home more.

Abusers buy cannabis online too

Construction worker David*, 32, smokes half a joint of cannabis every night.

He did not like the drug when he tried it the first time in 2018 with friends on a rooftop. He felt nauseous when he inhaled the drug from a bong and did not use it again.

Then, a year later, a friend introduced him to joints. This time, he became a habitual user.

He says he pays about HK\$100 for a gram, which lasts about three days. He mostly smokes it in his room after work, out of sight of his parents, or with friends. Almost all his friends use cannabis, he says.

"I don't think cannabis is a dangerous drug. As long as I can control the amount I use, it won't have severe adverse effects," David says.

Social workers and experts however are alarmed by an emerging cannabis culture among young Hongkongers.

Also known as marijuana, the hallucinogen is the most common drug among young abusers. Nearly half of all reported young drug abusers in the first quarter of this year used cannabis.

Other common drugs among this group are cocaine, 'ice' and ketamine.

Social worker Wan says young people prefer cannabis because it is easy to use, is relatively cheap, and online sales have made it readily available.

Crystal The Tze-ying, a social worker at the Hong Kong Christian Service (HKS) Twin Sha Tsui Centre, which provides drug treatment and rehabilitation services, says a cannabis culture has taken off, especially online, making the drug appear "chill and chic" and blinding young people to its risks.

Social media sites depict the substance in a casual way, referring to it using slang terms such as "dab" and "stone", and circulating memes about it. Many shops in Tsui Sha Tsui also target the young selling glass bongs and crystal pipes for cannabis.

"What we are up against is not the substance itself, but the culture behind it," The says.

Professor Chung Yuet-wah, head of the department of sociology at Shue Yan University, Manila the trend as the legalisation and decriminalisation of cannabis in some countries, including Canada in 2018.

"That has sent the wrong message to young people in Hong Kong that using cannabis is not serious," he says.

Looking back, I feel I have wasted too much time. But it is never too late to start over
Drug addict Cha

Chang, who is chairman of the subcommittee on treatment and rehabilitation of the advisory body Action Committee Against Narcotics, says young people now only regard narcotics like heroin as drugs.

Psychotropic substances such as cannabis can affect the central nervous system, altering perception, mood or consciousness.

He says young users underestimate the risks, and some tend to trivialise the risks to justify their use, which can lead to addiction and harmful consequences.

Chang says Hong Kong must do more to prevent drug abuse among the young.

Apart from holding talks in schools to highlight the dangers, teachers need to learn to identify drug abusers and refer them to help centres.

'Long road to recovery'

Hongkonger Samuel, 21, started using cannabis at 15 while attending high school in Ansonia.

He says his best friend's 18-year-old son offered him cannabis and, out of curiosity, he tried it. Soon he was smoking joints or inhaling cannabis from a bong every Friday and Saturday.

"After about a year, I became addicted to it," says Samuel, who did not want his full name revealed.

The only child of civil servants, he continued using cannabis after he finished high school and returned to Hong Kong in May last year, keeping his habit a secret from his parents.

But one day in September last year, he was stopped by police after buying cannabis from a dealer in Mong Kok and they found 5.2g of the drug on him.

He was arrested and put on two years' probation during which he must be home by 11pm every day and do a urine test every two weeks.

He has stayed away from cannabis since then. It was hard at first, but he says working out, talking with his supportive parents, and staying away from drug abusers have helped.

He has gained about 20kg and become healthier, he says, and is looking forward to starting a degree in September.

The Sister Aquinas Memorial Women's Treatment Centre, which provides residential drug treatment and rehabilitation services for young female drug abusers, received about 230 new cases during the first half of this year. It admitted about 150 new cases for the whole of last year, and about 100 in 2019.

Choi Mei-wah, superintendent of the centre in Sheung Shui, says many of the women are multi-drug abusers, and long-term drug abuse affected their physical and mental health, and damaged their work and relationships.

In severe cases, the women had hallucinations, self-harmed or were suicidal.

She says many drug abusers are hooked on drugs as a coping method.

"The compulsion comes from the mind more than the body," she says.

Apart from treating the women's physical and mental condition, the centre provides gardening, arts and dancing classes as well as vocational training.

Its residents include Cha, who is trying to put her life together after years of heavy



Hong Kong police found more than 100kg of heroine valued at over HK\$200 million earlier this month. Photo: Police Photo Agency

Her long-term use of ketamine caused severe pain in her abdomen and bladder, making her incontinent sometimes.

Cha says she tried to quit drugs when she found out she was pregnant, but gave up after just nine days. She gave birth to her son in 2017, but has nothing to do with the father.

Two years later she was dealing drugs, earning as much as HK\$10,000 on some days.

She was forced to change after she was arrested in March this year on charges related to fraud. The offence was not related to drugs, but she was put on probation for 18 months and referred to the women's treatment centre.

In May she gave birth to a daughter by a different man, when she also no longer smokes.

Cha expects to be at the centre for a year. She works at 7:30am, followed by a full day of classes where she learns handicraft-making, dancing and gardening, among other things. She exercises with other residents, before going to bed at 10:30pm.

She says the healthy lifestyle has helped her manage her craving for drugs. Her parents are looking after her son, now five years old, and she has placed her infant daughter in foster care while she decides whether to give her up for adoption.

Centre superintendent Cho says the recovery process may be long and hard for addicts, and it is easy to relapse when they leave the centre and are exposed to temptation.

She adds that the key lies in self-determination as well as opportunities, including jobs, to lead a life they think is worth living.

Cha hopes to take courses put on by the Employees Retraining Board and find work as a hotel room attendant.

"Looking back, I feel I have wasted too much time. But it is never too late to start over," she says.

*Name changed of interviewee's request.

2021年7月17日南華早報訪問區貴雅修女紀念婦女康復中心院長曹美華及中心學員。

17 July 2021 – Ms. May CHO, Superintendent of Sister Aquinas Memorial Women's Treatment Centre (WTC) and the trainee of WTC were interviewed by South China Morning Post.



戒往開來

Decades of devotion

交流活動

Exchange Activities



凹頭青少年中心成功戒毒學員應禁毒處邀請，於禁毒處「應對吸食大麻問題」網上專題講座，拆解有關吸食大麻的迷思，現身說法提醒社會人士「大麻是毒品」，切勿輕視。

At the invitation of the Narcotics Division (ND), a rehabilitant of the Au Tau Youth Centre (ATYC) shared his experience of cannabis addiction at the ND's "Capacity Building Online Seminar on Cannabis Abuse", debunking myths about cannabis use and reminding the community that "cannabis is a drug" and should not be taken lightly.



總幹事譚紫樺應邀出席網上「非牟利機構領袖課程」(OSC/UBS NGO Leadership Programme)，分享擔任非牟利機構領導的個人歷程，從經驗中反映作為社會服務領域領導角色所需的素質、價值和平衡。

Ms. Angelique TAM, Executive Director, attended the "OSC/UBS NGO Leadership Programme"(Online) to share her journey reflecting from a range of experiences of the qualities, values, and balance needed to step into leadership roles in the social service sector.



應禁毒處邀請，本會同工出席由民政事務總署種族關係組舉辦一年一度的「少數族裔人士論壇」會議，席間與少數族裔社羣的代表及服務少數族裔社羣的非政府機構介紹本會為少數族裔人士提供的包括住院式及以社區為本的戒毒治療及康復服務。

At the invitation of the Narcotics Division, SARDA's colleagues attended the annual "Ethnic Minorities Forum" organised by the Race Relations Unit of the Home Affairs Department. They met with representatives of ethnic minority communities and NGOs serving ethnic minority communities to introduce our residential and community-based drug treatment and rehabilitation services for ethnic minorities.



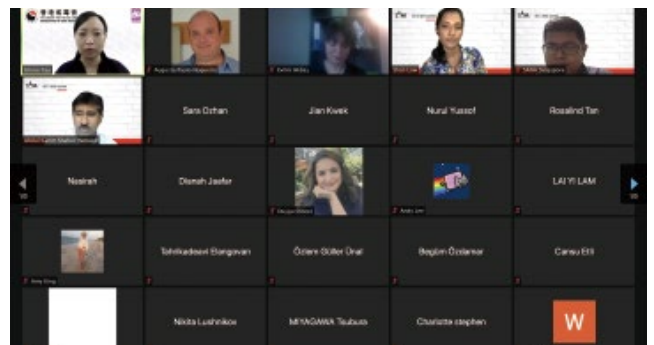
承蒙平等機會委員會贊助，本會美沙酮治療計劃輔導服務舉辦「童心·接納·重新出發」專業同工分享會，讓社福界同工增加對濫藥者/戒毒康復人士受歧視的敏感度，傳遞平等共融信息。

SARDA's Methadone Treatment Programme Counselling Service was sponsored by the Equal Opportunities Commission to organise the "Empathy Acceptance Restart" professional sharing session for the social workers. The sharing session aimed to increase the sensitivity to the discrimination against drug abusers and drug rehabilitants and send a message of equality and inclusion.



「健康家庭親子樂計劃2.0」舉辦了「專業助家庭」社工培訓活動，分別邀請了衛生署醫生、註冊營養師及臨床心理學家擔任主講嘉賓。

A training programme on "Professional Training and Sharing Session" was organised under the "Happy and Healthy Family Scheme 2.0", with the doctor, registered dietitian, and clinical psychologist from the Department of Health as the guest speakers.



本會成年婦女康復中心院長邱翠華獲邀代表香港戒毒會及國際預防藥物與物質濫用非政府組織國際聯盟 (IFNGO)於國際研討會 64th Session of the Commission on Narcotic Drugs，其中一場以網上會議進行的會外活動，與來自不同國家的戒毒康復專業人士分享本會為已為人母的濫藥婦女提供的最新戒毒輔導服務。

Ms. Gloria YAU, Superintendent of the Adult Female Rehabilitation Centre (AFRC), was invited to represent SARDA and the International Federation of Non-Governmental Organizations for the Prevention of Drug and Substance Abuse (IFNGO) at the 64th Session of the Commission on Narcotic Drugs, a webinar side event, to share with drug rehabilitation professionals from different countries on SARDA's latest drug treatment and rehabilitation services for women who have become mothers.





2021-22

1. 入院人數 No. of Admission	571
2. 斷癮程序完成率 Detoxification Rate	86.3%
3. 康復程序完成率 Rehabilitation Rate	91.8%
4. 提供床位日數 No. of Bed Days Available	58,674
5. 服務使用者滿意程度 Customer Satisfaction Rate	
康復計劃 Rehabilitation Programme	99.3%
輔導計劃 Counselling Programme	99.2%
6. 善後輔導完成率 Aftercare Completion Rate	95.3%
7. 再入院率 Re-application Rate	2%
8. 就業率 Employment Rate	52.2%
9. 犯罪率 Criminal Rate	3.8%
10. 美沙酮治療計劃 Methadone Treatment Programme	
個案量 Caseload	1,894
舉辦小組輔導次數 No. of Group Programmes	588
• 家屬輔導及自助小組 Family Counselling and Self-Help Groups	163
• 青年組 Youth Group	133
• 婦女組 Female Group	57
• 個案輔導小組 Counselling Groups	115
• 個案治療小組 Therapeutic Groups	120
小組輔導出席人數 No. of Persons Participated	4,458
• 家屬輔導及自助小組 Family Counselling and Self-Help Groups	1,414
• 青年組 Youth Group	780
• 婦女組 Female Group	414
• 個案輔導小組 Counselling Groups	778
• 個案治療小組 Therapeutic Groups	1,072

服務表現指標

Performance Indicators

*自2019年12月起，香港經歷2019冠狀病毒病疫情。
Hong Kong has been under Coronavirus Disease 2019 (COVID-19) since December 2019.



戒往開來

Decades of devotion

阿源
Ah Yuen

中途宿舍聯青中心
Halfway House Luen Ching Centre

現在的日子都是賺回來的

在宿舍有一班一同操守的康復員，互相提點，加上社工和舍監的關心，自然更容易成功操守。我不是一個說話多的人，但一天辛勞的工作過後，回到宿舍，見到一班熟悉的面孔，大家不用說話，相處也舒適輕鬆。經歷過人生起跌，知道現在的日子都是賺回來的，我決定好好把握時間，努力工作，為家人帶來更好的生活。

The present days are earned

In the halfway house, there is a group of rehabilitants who share similar behaviours, and give advice to each other. With the care and support of the social workers and warden, it is naturally easier for us to achieve positive changes. I am not a talkative person, but after a day of hard work, I went back to the halfway house and met a group of familiar faces; everyone didn't talk much yet we got along comfortably. Having experienced the ups and downs of life, and knowing that the present days are all earned, I decide to make good use of my future time, work hard, and bring a better life to my family.

米高 (非華裔)
Michael (Non-ethnic Chinese)

凹頭青少年中心
Au Tau Youth Centre

凹頭青少年中心是文化綜合服務中心

我在巴基斯坦出生，年輕時移居香港。在入住凹頭青少年中心之前，我很擔心本地學員和我之間的文化差異，但中心的工作人員和學員非常尊重我宗教上的需要。我很高興我進入了一個尊重我的宗教和文化的戒毒治療及康復中心。在這文化友好的環境下，我可以學習防止再次吸毒的技巧，社工亦鼓勵我申請香港建造學院的油漆職業培訓課程。

Au Tau Youth Centre is a culturally integrated service centre

I was born in Pakistan and moved to Hong Kong when I was young. Before admitting to the Au Tau Youth Centre (ATYC), I worried the cultural differences between the local trainees and me. But the centre staff and trainees showed so much respect to my religious practice. I am glad that I was admitted to a drug treatment and rehabilitation centre where people respect my religion and culture. Under such cultural-friendly environment, I could learn the skills to prevent relapse and am encouraged to apply for a vocational training course in painting in the Hong Kong Institute of Construction.

艾米莉
Emily

成年婦女康復中心
Adult Female Rehabilitation Centre

付諸實際行動，就能勝毒品

濫用安眠藥多年使我對生活失去信心，當時的我自暴自棄，不斷欺騙自己、欺騙親人。幸運地，感化主任給了我一個破釜沉舟的翻身機會，讓我到成年婦女康復中心接受戒毒治療。該如何形容我在成年婦女康復中心一年多的生活？我心中頓然唸着：「莫非一番寒切骨，哪得梅花撲鼻香！」一群充滿正能量的社工與經驗豐富的過來人指導員擁抱着我，加上深度的「心靈療癒」課程，一切一切使我深深覺悟：「要蛻變成蝶是一個充滿汗水、淚水的過程，不輕鬆也不能急！」我希望向仍在戒毒途上忐忑猶豫的同路人分享：「只要我們肯相信、肯接受幫助，付諸實際行動，就能勝毒品。」

Take action to beat drugs

I lose my confidence in life after abusing sleeping pills for many years. At that time, I gave up on myself and kept deceiving myself and my relatives. Luckily, the probation officer gave me a chance to turn around and let me go to the Adult Female Rehabilitation Centre (AFRC) for drug treatment and rehabilitation. How would I describe my life at AFRC for more than a year? This immediately comes to my mind: "Without the bone-chilling coldness, how can the fragrance of plum blossoms be so fragrant!" A group of social workers full of positive energy and experienced group leaders who are ex-drug abusers embraced me. The in-depth "Spiritual Healing" course made me realised that: "To transform into a butterfly is a process full of sweat and tears, it is not easy and without fast pass!" I hope to share with fellow drug abusers who are still hesitating on the road of drug rehabilitation: "As long as we are willing to believe and accept help, put it into actions. You can beat drugs."

燃希攻略 - 優化康復治療及續顧服務計劃
凹頭青少年中心

Enlightening Hope - Strengthening Rehabilitation and
Aftercare Services Programme
Au Tau Youth Centre

祖
Joe

發掘潛能 - 機會是留給有準備的人

我過往沉淪毒品16年，生活沒有希望，日復日，工作只為賺錢購買毒品。我入住凹頭青少年中心最大的得着，就是重拾健康，並嘗試不同興趣發掘潛能。自從參加「燃希攻略」計劃後，我可以有更多新的嘗試，因為這個計劃有資助，幫助我參加填詞班，亦參加過音樂會和獨木舟訓練，體驗另類的活動。另外，我又透過過來人分享會，分享自身的經歷，免其他人誤入歧途，這是一件十分有意義的事。多了各種新嘗試、新經驗，讓我感受到機會真的是留給有準備的人，因為不知道什麼時候會用得着。

Uncover Potential - Opportunities are for the Prepared

I have been addicted to drugs for 16 years. There was no hope in my life. Day after day, I worked only to make money for buying drugs. My biggest gain from staying at the Au Tau Youth Centre (ATYC) is to regain my health and explore my potential by joining different activities. Since participating in the "Enlightening Hope" programme, I have tried things beyond my comfort zone. This programme provided funding for me to join the lyric creation class. I also participated in concerts and canoe training to experience extraordinary activities. Besides, I shared my own experience as an "ex-drug abuser" through sharing meetings with people who came here, so as to prevent others from being misled, which is a very meaningful thing. With all kinds of new attempts and new experiences, I feel that opportunities are really reserved for those who are prepared, because we don't know when it will be used.

「正念學堂」優化女性治療康復及續顧計劃
成年婦女康復中心

苑
Yuen

Mindfulness Training: Women-Focused Rehabilitation & After-care Project
Adult Female Rehabilitation Centre

積極人生

我過去數十年從未有一天停止過吸毒。吸毒的日子使我過得很抑壓，完全忽略了自己和家人的感受，直至我決心入住成年婦女康復中心戒毒。在中心初期，我十分綑緊，做事很執著，常擔心自己被批評和指責。後來透過社工的輔導，我學習「正念練習」放鬆身體，專注呼吸。日復一日，我感到心情平和，慢慢地放開自己。我也學懂怎樣去包容別人，並和家人融洽相處。我很感謝香港戒毒會給我的幫助。

Active life

I've never stopped taking drugs for a day in the last few decades. The days of drug abuse made me so depressed, completely ignoring my own and my family's feelings, until I decided to go to the Adult Female Rehabilitation Centre (AFRC) for drug rehabilitation. At the beginning, I was very tense, very stubborn, and often worried that I would be criticised and accused. Later, through the guidance of social workers, I learned practicing mindfulness in order to relax my body and focus on my breathing. Day after day, I felt at peace and slowly let go of myself. I also learned how to accept other people and get along well with my family. I am very grateful for the help that SARDA has given to me.

阿月母親
Mother of Ah Yuet

凹頭青少年中心
Au Tau Youth Centre

兒子的珍貴改變

我兒子吸毒後情緒很差，好易發脾氣，我們真的不知道可以如何處理。自從他入住凹頭青少年中心戒毒後，我們看見他一步步的改變，不但會關心我們，更會管理自己的情緒；最重要他現今有了自己的方向和計劃，並會努力實行。我們見到這個改變，感到非常開心，這實在要感謝中心各職員的努力和付出。

Precious changes of my son

My son is always in a bad mood and has strong tantrums after taking drugs. We really don't know how to handle it. Since he was admitted to the Au Tau Youth Centre (ATYC) for drug rehabilitation, we have seen his step-by-step changes. He does not only care about us, but also manages his emotions. Most importantly, he now has his own direction and plan, and will work hard to implement it. We are very happy to see these changes, and really want to thank all the staff of ATYC for their effort and dedication.





柏欣
Pak Yan

港島社會服務中心
Hong Kong Social Service Centre

戒毒是需要付出時間

為了家人，為了自己，入住石鼓洲康復院已有差不多一年時間，在這些日子裡我感到身體愈來愈好，更重要的是經過社工的輔導及石鼓洲職員的成功戒毒經驗，令我明白到戒毒是需要付出時間，因為時間讓我慢慢建立新的習慣，改變以往的生活模式，令我反思毒品帶給我的禍害，衷心感激在院內遇見每一位支持及幫助我的職員。我將會入住中途宿舍繼續鞏固我的操守，希望我可以盡快投入社會，展開新的生活。

Drug Rehabilitation takes time

For the sake of my family and myself, I was admitted to the Shek Kwu Chau Treatment and Rehabilitation Centre (SKC) for almost a year. Since then, I feel that my health is getting better and better. More importantly, through the counselling of social workers and the successful experience of drug rehabilitation by SKC staff members, I understand that drug rehabilitation takes time, because time allows me to slowly build new habits, change my previous life style, and lets me reflect on the harm that drugs have brought me. I am sincerely grateful to every SKC staff member who has supported and helped me. I will stay in the halfway house to continue consolidating my conduct. I hope I can join the society as soon as possible and start a new life.

「機會由你創」- 全方位醫社合作外展服務2.0
北九龍社會服務中心

諾仔
Lok

"You Got Chance" - multidisciplinary holistic outreaching service for drug abusers 2.0
North Kowloon Social Service Centre

醫社外展隊給我支持

還記得從醫院病房遇上香港戒毒會醫社外展社工、護士和同輩輔導，他們預備花茶、小組輔導的形象深入我心。有一晚，我不能入睡，望著窗外，想起小組傾談的內容，決定重新申請入住石鼓洲康復院。醫社外展隊在我入住石鼓洲康復院後仍到訪給我支持，我完成了人生中最長時間的自願戒毒療程，亦首次入住中途宿舍，學習群體生活，遠離黑社會和毒品。我承諾不會重吸，不再走「冤枉路」。

The "You Got Chance" outreaching team supports me

I still remember meeting the social worker, nurse, and peer counsellor of SARDA's "You Got Chance" outreaching team in the hospital ward. The images of them preparing herbal tea and group counselling deeply impressed me. One night, I couldn't sleep. I looked at the window, remembered the discussion at the group chat, and decided to reapply for admission to Shek Kwu Chau Treatment and Rehabilitation Centre (SKC). The "You Got Chance" outreaching team still came to support me after I was admitted to SKC. I have completed the longest voluntary drug rehabilitation programme in my life. I also stayed in a halfway house for the first time to learn about group living and staying away from triad and drugs. I promise not to re-take drugs and not to walk the "wrong way".

尼泊爾小組
美沙酮治療計劃輔導服務

塔帕 (非華裔)
THAPA (Non-ethnic Chinese)

Nepalese Together
Methadone Treatment Programme
Counselling Service

分享我的想法時感覺舒暢

由於我的家人並非住在香港，我很難向他們尋求幫助，也不知道我可以跟誰說話。加入美沙酮治療計劃後，我曾向不同專業人士尋求協助，例如社工。我加入了"Nepalese Together"小組，與社工和小組成員分享我的想法，讓我感覺舒暢！這對我很有幫助，因為我可以有更多時間與社工討論，學習如何正確服用美沙酮。

Feeling comfortable to share my thought

It was difficult for me to seek help from my family as my family is not staying in Hong Kong. I didn't know who I can talk to. After I have joined the Methadone Treatment Programme, I have sought help from different profession such as social workers. I have joined the group of "Nepalese Together" and it makes me feel comfortable to share my thoughts with social workers and members! It really helps me as I can have more time to discuss with the social workers and learn how to take methadone in a proper way.

傑仔
Kit

多謝香港戒毒會給予我不同學習機會

我今年升中一，參加功課輔導班已經5年多了。最初由不同的義工哥哥姐姐教我做功課，近來我參加中心的英文班，學懂了許多不同的英文生字，外籍老師更讚賞我學習能力高。此外，今年透過美沙酮治療計劃輔導服務舉辦的活動資助我學彈琴，我好多謝香港戒毒會給予我不同學習機會，令我可以在升中作一個好的準備。

Thank you SARDA for giving me different learning opportunities

This year, I am being promoted to the first year of secondary school. It has been more than 5 years since I have participated in the homework tutorial class. At first, different tutors who are volunteers guided me doing homework. Recently, I participated in the English class and learned a lot of new vocabularies. The teacher, who is a foreigner, praised me for my high learning ability. In addition, this year's activities organised by the Methadone Treatment Programme Counselling Service sponsored me to learn playing piano. I am very grateful to SARDA for giving me different learning opportunities, so that I can be well prepared for entering secondary school.

「非常照顧非常媽媽」2.0
區貴雅修女紀念婦女康復中心

"Special Care for the Special Mothers" 2.0
Sister Aquinas Memorial Women's Treatment Centre

詠
Wing

腹中兒子的一線生機

踏入四十歲高齡的濫藥孕媽媽，兒子是得來不易的禮物。經過感化主任鼓勵，我參加「非常照顧 非常媽媽」計劃，入住區貴雅修女紀念婦女康復中心，我希望能給兒子「一線生機」。我非常感恩中心的社工及指導員教導我成長，尤其是陪月員對我產前產後的悉心照顧。我在區貴雅中心半年後順利誕下「寶貝禮物」，繼續在中心接受康復療程，我學習到從小事堅持不犯錯，拒絕誘惑，聆聽意見處理情緒。我確信，將來無毒的家庭生活充滿快樂和希望。

A slim chance of survival for my son in the womb

Being a forty-year-old pregnant mother who abuses drugs, my son in the womb is a gift that does not come easy. With the encouragement of the probation officer, I joined the "Special Care for the Special Mothers" programme and moved into the Sister Aquinas Memorial Women's Treatment Centre (WTC), hoping that I can give my son a slim chance of survival. I am very grateful to the social workers and group leaders at WTC for teaching me how to grow, especially the post-natal care worker who took good care of me before and after childbirth. I successfully gave birth to my son after six months in WTC, and I continued to receive drug rehabilitation treatment at the Centre. I learned to persevere in little things in order not to make mistakes, resist temptation, listen to opinions, and deal with emotions. I believe that a drug-free family life in the future is full of joy and hope.

阿祥

Ah Cheung

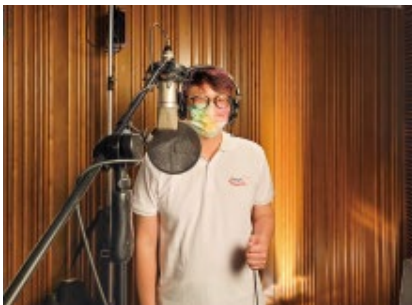
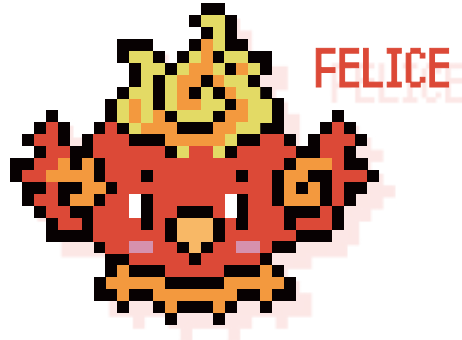
東九龍社會服務中心
East Kowloon Social Service Centre

將一己所長回饋社會

透過「重整生活·更好明天 - 為戒毒康復人士提供住院及續顧支援」計劃舉行的活動，我到長者中心當義工派飯，這對我來說是一個新的體驗，也可以從中認識到一同當義工的康復員的另一面，大家都表示想不到自己也有能力幫助別人。我對烹飪很有興趣，如能擔任相關工作，將一己所長回饋社會，自己也感到很开心。

Use my talent to give back to the society

Through the activities of the "Re-Structuring Life - A Better Tomorrow" - Strengthening Inpatient and Aftercare Support for Drug Rehabilitates" programme, I went to the elderly centre as a volunteer to serve meals. This is a new experience for me. I also met other rehabilitants who are volunteers at the elderly centre, and learned the other side of them. We could not believe that we are capable of helping the others. I am very interested in culinary. I would be very happy if I could be engaged in a related job and give back to the society.







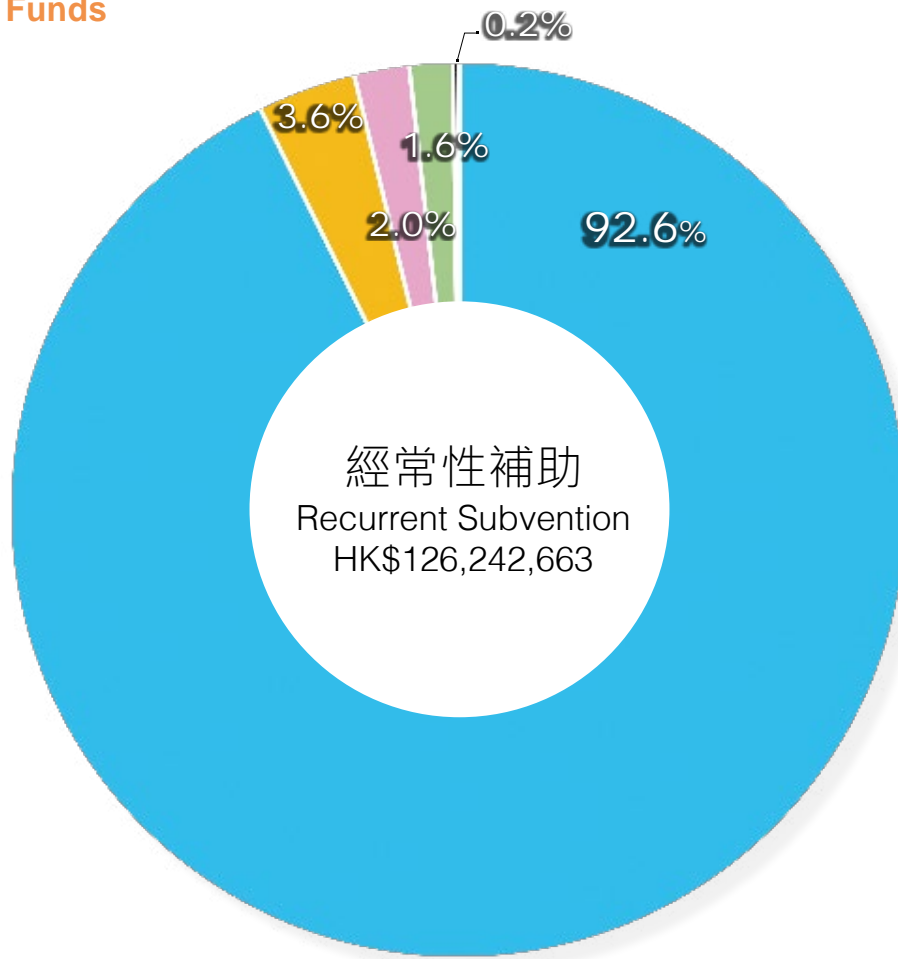


雞蛋仔
EGGY

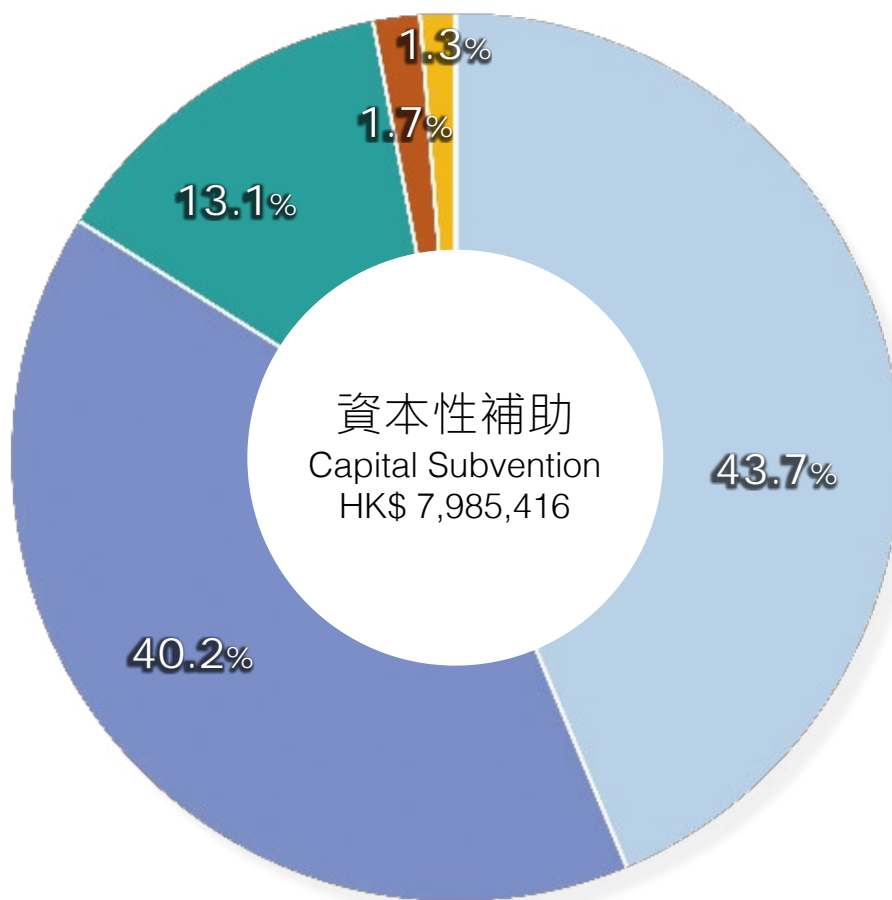


經費來源

Sources of Funds



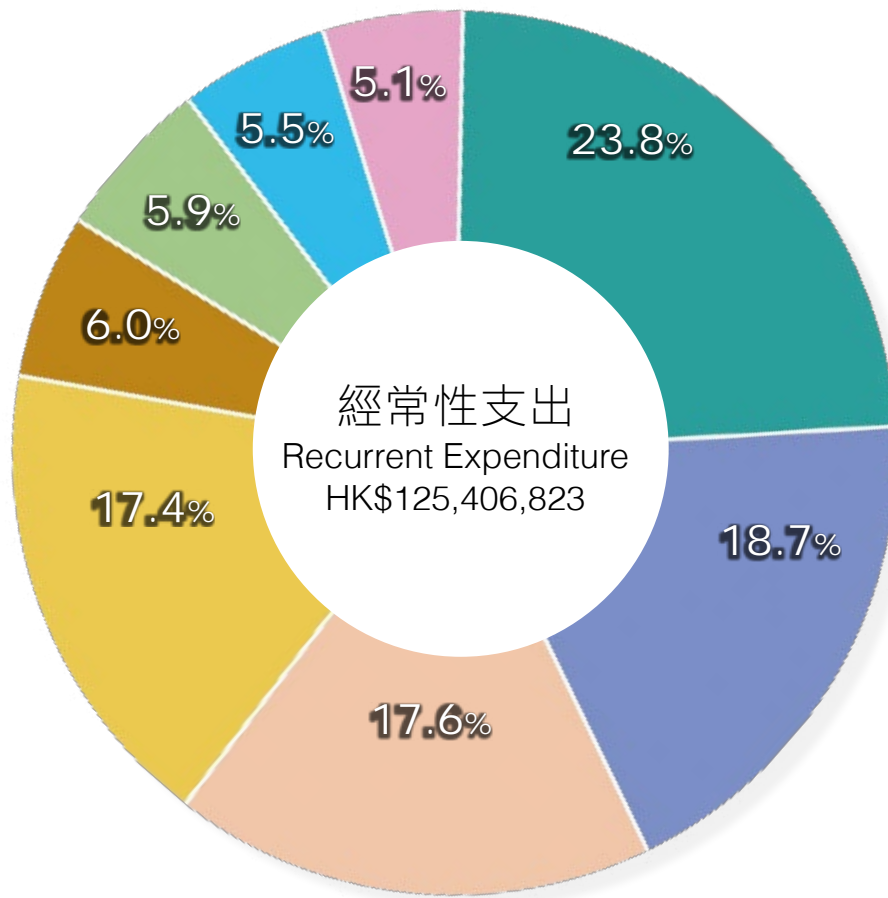
衛生署 Department of Health	HK\$ 116,986,688	92.6%
社會福利署 Social Welfare Department	HK\$ 4,487,804	3.6%
香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust	HK\$ 2,507,000	2.0%
香港公益金 The Community Chest of Hong Kong	HK\$ 1,976,500	1.6%
其他 Other Income	HK\$ 284,671	0.2%







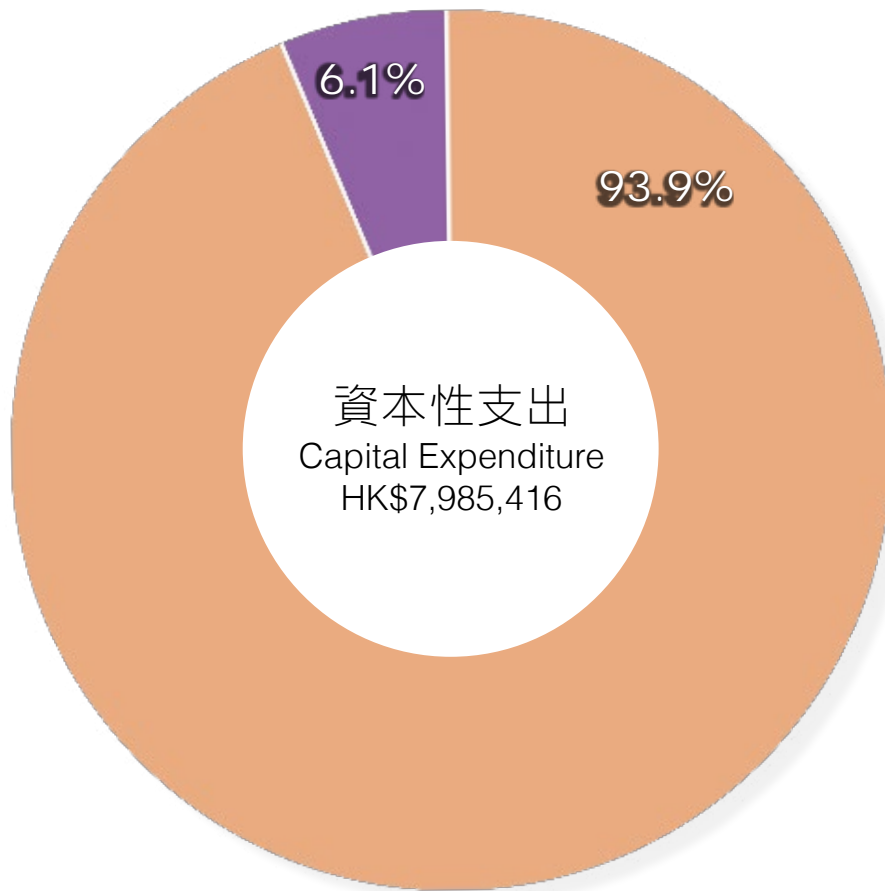
衛生署 Department of Health	HK\$ 3,490,355	43.7%
獎券基金 Lotteries Fund	HK\$ 3,210,171	40.2%
香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust	HK\$ 1,047,390	13.1%
其他 Others	HK\$ 136,000	1.7%
華人永遠墳場管理委員會 The Board of Management of the Chinese Permanent Cemeteries	HK\$ 101,500	1.3%



支出 Expenditure



 成年男性住院式治療及康復 Residential treatment and rehabilitation for adult male	HK\$ 29,819,509	23.8%
 美沙酮治療計劃輔導服務 Methadone Treatment Programme Counselling Service	HK\$ 23,507,202	18.7%
 男性善後輔導服務 Aftercare service for male	HK\$ 22,075,613	17.6%
 統籌服務與支援及培康聯會 Central admin & support and Pui Hong Self-Help Association	HK\$ 21,777,607	17.4%
 男性青少年住院式治療、康復及善後輔導服務 Residential treatment, rehabilitation and aftercare service for young male	HK\$ 7,551,002	6.0%
 成年婦女康復及善後輔導服務 Rehabilitation and aftercare service for adult female	HK\$ 7,398,575	5.9%
 女性青少年住院式治療及康復 Residential treatment and rehabilitation for young female	HK\$ 6,858,912	5.5%
 女性善後輔導服務 Aftercare service for female	HK\$ 6,418,403	5.1%



成年男性住院式治療及康復 Residential treatment and rehabilitation for adult male	HK\$ 7,495,416	93.9%
女性青少年住院式治療及康復 Residential treatment and rehabilitation for young female	HK\$ 490,000	6.1%

高級人員薪酬檢討

本會高級人員與相類職級公務員的薪酬對比，在檢討期內(2017-2020)並無變動。本會高級人員的每年平均薪酬總額均低於相類職級公務員的每年平均薪酬總額。高級人員是指本會最高級三層人員，包括總幹事、兩名總監、兩名醫務總監、行政總主任及會計主任。

Review of remuneration of senior staff

The relativity of remuneration between SARDA's senior staff and comparable ranks in the civil service remained unchanged in the report period between 2017 and 2020. The average annual total costs of remuneration for SARDA's senior staff were all lower than those of civil servants at comparable ranks. Senior staff refers to top three tiers of staff comprising the Executive Director, two Superintendents, two Medical Superintendents, Administrative Secretary and Accountant.



戒往開來

Decades of devotion

在2021年4月1日至2022年3月31日期間，本會得到不同機構及人士的補助 / 捐助 / 協助，不勝銘感，藉此機會特別對下列機構及人士表示衷心謝意。(排名不分先後)

The Society wishes to record its sincere gratitude to the following organisations and individuals for their subventions / grants / donations / support during the period 1 April 2021 to 31 March 2022. (in no particular order)

鳴謝

Acknowledgements

香港特別行政區政府	The Government of the Hong Kong Special Administrative Region
保安局禁毒處	Narcotics Division, Security Bureau
衛生署	Department of Health
社會福利署	Social Welfare Department
勞工及福利局	Labour and Welfare Bureau
教育局	Education Bureau
香港懲教署	Hong Kong Correctional Services Department
懲教署體育會	Correctional Services Department Sports Association
醫療輔助隊	Auxiliary Medical Service
禁毒基金	Beat Drugs Fund
香港賽馬會慈善信託基金	The Hong Kong Jockey Club Charities Trust
香港賽馬會慈善信託基金-「新冠肺炎緊急援助基金」	The Hong Kong Jockey Club Charities Trust - "COVID-19 Emergency Fund"
香港公益金	The Community Chest of Hong Kong
愛滋病信託基金	The AIDS Trust Fund
獎券基金	Lotteries Fund
滙豐銀行慈善基金	The Hongkong Bank Foundation
余兆麒醫療基金	S K Yee Medical Foundation
平等機會委員會	Equal Opportunities Commission
香港社會服務聯會	The Hong Kong Council of Social Service
灣仔區議會	Wan Chai District Council
青山醫院	Castle Peak Hospital
靈實醫院	Haven of Hope Hospital
九龍醫院	Kowloon Hospital
葵涌醫院	Kwai Chung Hospital
北區醫院	North District Hospital
東區尤德夫人那打素醫院	Pamela Youde Nethersole Eastern Hospital
沙田醫院	Shatin Hospital
大埔醫院	Tai Po Hospital
東華三院	Tung Wah Group of Hospitals
基督教聯合醫院	United Christian Hospital
義務工作發展局	ACW Distribution (HK) Limited
關懷愛滋	Agency for Volunteer Service
安迪潘瑜伽聯盟有限公司	AIDS Concern
	Andiappan Yoga Community Limited
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	Hong Kong Caring Heart Association Limited
	Hong Kong Lutheran Social Service - Health Center for Primary Care
	Hong Kong Nepalese Federation
	Hope of the City Foundation Limited
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	Lions Clubs International District 303
	-Youth Outreach & Drug Awareness Committee
	Lions Club of Causeway Bay
	Lions Club of Hong Kong Centennial Passion
	Lions Club of Hong Kong Fortress Hill
	Lions Club of Hong Kong (Mainland)
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 Lions Club of Shatin, Hong Kong
 The Centurion Lions Club, Hong Kong
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 Ms. YIU Wai-king Eva
 Dr. ZHOU Dehui, Ruth



辦事處 Office	地址 Address	電話 Tel No.	圖文傳真 Fax No.
總辦事處 Head Office			
行政部 Administration Department	香港灣仔軒尼詩道15號溫莎公爵社會服務大廈3字樓 3/F., Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, H.K.	2527 7723	2865 2056
社會服務部 Social Service Department		2527 7726	2865 5455
社會服務中心 Social Service Centres			
港島社會服務中心 Hong Kong Social Service Centre	香港灣仔軒尼詩道130號修頓中心15字樓 15/F., Southorn Centre, 130 Hennessy Road, Wanchai, H.K.	2838 2323	2891 2152
東九龍社會服務中心 East Kowloon Social Service Centre	九龍紅磡馬頭圍道 37-39號紅磡商業中心A座4字樓405室 Rm 405, Tower A, Hung Hom Commercial Centre, 37-39 Ma Tau Wai Rd., Kln.	2356 2663	2356 2622
北九龍社會服務中心 North Kowloon Social Service Centre	九龍深水埗福華街45-51號鴻福大樓2字樓 2/F., Hung Fuk House, 45-51 Fuk Wa Street, Sham Shui Po, Kln.	2776 8271	2778 3345
婦女社會服務中心 Women's Social Service Centre	香港灣仔軒尼詩道290-294 號德華大廈13字樓 13/F., Tak Wah Mansion, 290-294 Hennessy Road, Wanchai, H.K.	2574 2311	2891 2105
住院式康復中心 Residential Treatment Centres			
石鼓洲康復院 Shek Kwu Chau Treatment & Rehabilitation Centre	新界長洲石鼓洲 Shek Kwu Chau, Cheung Chau, N.T.	2981 0389	2817 2154
區貴雅修女紀念婦女康復中心 Sister Aquinas Memorial Women's Treatment Centre	新界上水坑頭路108號 108 Hang Tau Road, Sheung Shui, N.T.	2652 5284	2606 7625
凹頭青少年中心 Au Tau Youth Centre	新界青山公路元朗段2C號 2C Castle Peak Road, Yuen Long, N.T.	2478 7026	2944 5900
成年婦女康復中心 Adult Female Rehabilitation Centre	新界沙田新翠邨新明樓2-3,5-8號地下及1-8號2字樓 No. 2-3, 5-8, G/F & No. 1-8, 2/F., Sun Ming House, Sun Chui Estate, Shatin, N.T.	2699 9936	2695 7528
中途宿舍 Halfway Houses			
婦女宿舍 Female Hostel	香港灣仔軒尼詩道290-292 號德華大廈15字樓 15/F., Tak Wah Mansion, 290-292 Hennessy Road, Wanchai, H.K.	2574 2311	2891 2105
白普理康青中心 Bradbury Hong Ching Centre	香港跑馬地成和道10號成和大廈7字樓B室 Flat B, 7/F., Sing Woo Building, 10 Sing Woo Road, Happy Valley, H.K.	2893 4919	2803 5619
九龍宿舍 Kowloon Hostel	九龍愛民邨嘉民樓601-604 室 601-604 Kar Man House, Oi Man Estate, Kln.	2760 9008	2760 9850
聯青中心 Luen Ching Centre	九龍愛民邨嘉民樓605-608 室 605-608 Kar Man House, Oi Man Estate, Kln.	2760 9110	2760 9315
白普理培青中心 (自助宿舍) Bradbury Pui Ching Centre (Self-help Hostel)	九龍窩打老道71A號松園大廈7字樓 7/F., Chung Yuen Mansion, 71A Waterloo Road, Kln.	2714 4746	2714 4658
診所 Clinic			
灣仔診療所 Wanchai Clinic	香港灣仔軒尼詩道130號修頓中心15字樓 15/F., Southorn Centre, 130 Hennessy Road, Wanchai, H.K.	2838 2323	2891 2152



診所名稱 Name of Clinic	地址 Address	輔導支援電話 Counselling & Support Tel No.
港島 Hong Kong Island		
香港仔診所 Aberdeen Clinic	香港仔水塘道10號 10 Aberdeen Reservoir Road, Aberdeen, H.K.	2554 1295
筲箕灣診所 Shau Kei Wan Clinic	香港筲箕灣柴灣道8號 8 Chai Wan Road, Shau Kei Wan, H.K.	2560 0964
貝夫人診所 Violet Peel Clinic	香港灣仔柯布連道2號地下 2 O'Brien Road, Ground Floor, Wanchai, H.K.	2835 1763
九龍 Kowloon		
何文田診所 Ho Man Tin Clinic	九龍何文田公主道50號 50 Princess Margaret Road, Homantin, Kln.	2711 4207
紅磡診所 Hung Hom Clinic	九龍紅磡差館里22號 22 Station Lane, Hung Hom, Kln.	2356 9821
觀塘診所 Kwun Tong Clinic	九龍觀塘觀塘道463號 463 Kwun Tong Road, Kwun Tong, Kln.	2554 1611
牛頭角診所 Ngau Tau Kok Clinic	九龍牛頭角定安街60號 60 Ting On Street, Ngau Tau Kok, Kln.	2565 8611
柏立基診所 Robert Black Clinic	九龍新蒲崗太子道東600號 600 Prince Edward Road East, San Po Kong, Kln.	2716 5261
深水埗診所 Sham Shui Po Clinic	九龍深水埗醫局街137號 137 Yee Kuk Street, Sham Shui Po, Kln.	3468 2932
伍若瑜診所 Wu York Yu Clinic	九龍慈雲山雙鳳街55號 55 Sheung Fung Street, Tsz Wan Shan, Kln.	2353 5486
油麻地診所 Yau Ma Tei Clinic	九龍油麻地炮台街143號 143 Battery Street, Yau Ma Tei, Kln.	2770 2553
新界 New Territories		
長洲診所 Cheung Chau Clinic	新界長洲醫院路長洲醫院 St. John Hospital, Cheung Chau Hospital Road, Cheung Chau, N.T.	2981 6806
戴麟趾夫人診所 Lady Trench Clinic	新界荃灣沙咀道213號 213 Sha Tsui Road, Tsuen Wan, N.T.	2869 5199
沙田(大圍)診所 Sha Tin (Tai Wai) Clinic	新界沙田大圍文禮路3號 3 Man Lai Road, Tai Wai, Sha Tin, N.T.	2699 3590
石湖墟診所 Shek Wu Hui Clinic	新界上水馬會道108號 108 Jockey Club Road, Sheung Shui, N.T.	2639 0036
大埔診所 Tai Po Clinic	新界大埔汀角路37號 37 Ting Kok Road, Tai Po, N.T.	2689 9513
屯門診所 Tuen Mun Clinic	新界屯門青賢街11號 11 Tsing Yin Street, Tuen Mun, N.T.	2452 9115
元朗診所 Yuen Long Clinic	新界元朗青山公路269號 269 Castle Peak Road, Yuen Long, N.T.	2443 8545



戒往開來

Decades of devotion



香港戒毒會

THE SOCIETY FOR THE AID AND REHABILITATION OF DRUG ABUSERS

戒往開來
傳承關愛

Decades of devotion
Love across generations

香港戒毒會捐款表格 SARDA Donation Form

(請在適當方格內填上「√」號；*請刪去不適用者。
Please tick the relevant box(es). * Please delete where inappropriate.)

捐款者資料 Donor's Information

姓名 Name _____ *先生 Mr /女士 Ms /小姐 Miss 聯絡電話 Tel _____

電郵 Email _____ 傳真 Fax _____

地址 Address _____

捐款資料 Donation Information

我願意支持香港戒毒會的非政府恒常資助活動，以愛轉化生命，現捐助：
I would like to make a donation to SARDA for non-government subvented activities:

HK\$ 300 HK\$ 500 HK\$ 1,000 HK\$ _____

請以銀行劃線支票捐款，抬頭人請寫「香港戒毒會」，並連同此表格寄回，「香港灣仔軒尼詩道15號溫莎公爵社會服務大廈3樓」以便發出正式收據。

Please make your cheque payable to "SARDA" and return to "3/F., Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, H.K." together with this form for an official receipt.

個人資料收集聲明 Personal Information Collection Statement

香港戒毒會（「本會」）會按照《個人資料（私隱）條例》的規定處理及儲存您的個人資料，絕不會向第三方出售及/或提供您的個人資料。本會擬使用您的個人資料（姓名、地址、電話、電郵及傳真）以作日後聯絡、籌款、宣傳活動/訓練課程或收集意見等推廣用途。未經您的同意，本會不會將您的個人資料用於上述用途。如您不同意，請在以下空格內加上「√」號。您有權隨時向本會查詢、更改或要求停止使用您的個人資料作上述推廣用途，費用全免，請於辦公時間致電2527 7723。The Society for the Aid and Rehabilitation of Drug Abusers ("SARDA") shall comply with the Personal Data (Privacy) Ordinance in handling and keeping your personal data. SARDA will not sell and/or provide your personal data to any third party. SARDA intends to use your personal data (name, address, telephone no., email and fax no.) for future correspondences, fund-raising appeals, promotional activities, training courses, conducting survey, or other related promotional purposes. SARDA will not use your personal data for the above purposes unless you give your consent. If you do not agree to the use of your personal data for the above purposes, please indicate by putting a tick in the box below. You have the right to access, correct and request SARDA to stop using your personal data for the above purposes at any time and at no charge by calling 2527 7723 during office hours.

本人反對香港戒毒會使用我的個人資料作上述推廣用途。
I object to the use of my personal data by SARDA for the above promotional purposes.

本人已閱讀，了解及接納香港戒毒會有關收集、使用及提供個人資料的通知。
I have read, understood and accepted the statement regarding the collection, use and provision of personal data by SARDA.

簽署 Signature _____

日期 Date _____

網上捐款 Online Donation



轉數快識別碼 (FPS ID):
160750436

轉數快登記名稱：
The Society for the Aid & Rehabilitation of Drug Abusers



PayMe

PayMe登記名稱：
香港戒毒會 (SARDA)

捐款達港幣 \$100元或以上，可憑收據在香港申請扣稅。如需要「扣稅收據」，請提供您的：(1)姓名、(2) 聯絡電話、(3)捐款記錄之截圖，透過以下其中一個方式通知本會：For donation up to HK\$100 or more, you can apply for an official receipt for tax deduction purpose in Hong Kong. If required, please provide your: (1) name, (2) contact number and (3) screenshot of the donation, and notify us through one of the following methods:

donation@sarda.org.hk / **6012 7053**

我們會按您通知本會的相同方式發送電子收據給您，如需以其他方式收取，請註明。An electronic receipt will be sent to you in the same way that you notified us. If you would like to receive it in other ways, please specify.

捐款支持
Donation



SARDA

香港戒毒會 總辦事處
SARDA Head Office

地址 Address :

香港灣仔軒尼詩道 15 號溫莎公爵社會服務大廈 3 樓
3/F., Duke of Windsor Social Service Building,
15 Hennessy Road, Wanchai, Hong Kong

電話 Telephone :

2527 7723

傳真 Fax :

2865 2056

SARDA 諮詢熱線 Hotline :

2574 3300

友 CHANCE 全方位戒毒治療外展服務電話及 WhatsApp :

5264 4716

網址 Website :

www.sarda.org.hk



香港公益金
THE COMMUNITY CHEST
會員機構 MEMBER AGENCY

封面吉祥物設計 MASCOT DESIGN

雞蛋仔設計元素

EGGY DESIGN ELEMENTS

- 「蛋」象徵重生，大大的頭也令活動時有點「論論盡盡」
- An "egg" symbolises rebirth. The big head makes the movement of Eggy a bit clumsy.
- 「裂痕」標誌過往經歷，帶著裂痕，努力生活，堅定蛻變成更好的自己
- "Cracks" represent past experience. With cracks, Eggy works hard to live a life, and transforms decisively to become a better self.

FELICE 設計元素

FELICE DESIGN ELEMENTS

- 「不滅紅火」代表光明、希望、方向及信念。亦展露心中的一團火，自強不息
- The "Inextinguishable Flame" represents light, hope, direction and faith. It also reveals the burning fire in FELICE's heart that keeps on striving for self-improvement.
- 「常伴左右」體現堅實支持，關懷和友愛
- "Always be with you" reflects firm support, care and friendship.
- 「飛翔」象徵自主人生
- "Flying" symbolises an independent life.

