

SARDA

60th ANNIVERSARY 香港戒毒會

戒往開來
60年

戒往開來



香港戒毒會
SARDA



戒毒治療 • Treatment
康復服務 • Rehabilitation
禁毒宣傳 • Publicity
預防教育 • Education

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「扌」為雙手，「戈」為武器。意指雙手持戈，保持警惕。

一隻手，是香港戒毒會的悉心栽培、伸出援手；
另一隻手，是親朋、社會各界的支持。

持著以康復員堅毅意志，打造成戈，對抗層出不窮、挑戰社會和諧安定的毒害。

六十年深耕細作，香港戒毒會邀請了六十位向毒癮奮力抵抗的鬥士，提筆為本刊封面寫下「戒」字。六十個「戒」字，代表的，卻不單是六十個故事。
千千萬萬的成功個案，希望能激勵每位仍受毒品困擾的朋友：
「改變從來不怕遲，我們支持您！」

戒 Abstain — a Chinese character made up of components that mean a pair of hands bearing a weapon, or in other words, to be vigilant.

One hand belongs to the Society for the Aid and Rehabilitation of Drug Abusers (SARDA), reaching out with guidance and care. The other represents support from family and the society. These hands, shaped further by the unyielding will of our rehabilitants, have battled endlessly with the drugs that disrupt and challenge societal harmony.

In recognition of how far we have come over the last six decades, SARDA has invited 60 fearless warriors who overcame their drug abuse to write the word “abstain” on our book cover. The 60 “abstain”s represent not only 60 stories but thousands of successful cases we have encountered. We hope the message can be spread to all who are troubled by the drug problem: “It’s never too late to change, and you have our support!”

特此鳴謝以下題字鬥士：
Special thanks to our warriors:

Kazy • Michael Burton • QQ仔 • THAPA MAGAR, Ramu • Ricky • Tang • 小心子 • 小伙子 • 小珊
小鳳 • 巨神 • 光 • 何偉強 • 余美玲 • 李少康 • 李瑞紅 • 李樹根 • 沈美蓮 • 秀 • 周姑娘 • 明叔 • 坤
花 • 邱偉榮 • 阿倫 • 俊傑 • 范國賢 • 香 • 鬼 • 泰霖 • 國健 • 張姑娘 • 淑文 • 許卿蘭 • 彬 • 陳英勇
陳海 • 陳維興 • 傑 • 勞家輝 • 紫滕 • 雲 • 黃江蘭 • 詩明 • 嘉麗 Chai-Li • 廖志雄 • 甄明亮 • 劉女士
劉卓明 • 劉俊明 Ming叔 • 影月 • 慧儀 Angel • 樂樂 • 鄭明輝 • 瑩 • 樹敏 • 錫 • 蕉蕉 • 羅俊基 • 蘭
(排名不分先後)

讓改變從現在開始。
Let the change begin now.

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我們。

ABOUT US

香港戒毒會(SARDA)成立於1961年，為全港最大型的志願戒毒機構。以醫療及社會心理輔導模式，致力為不同年齡、性別、種族和宗教的自願人士，免費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，四間社會服務中心及五間中途宿舍，提供戒毒治療、善後輔導及重投社會的支援等服務。此外，本會在衛生署轄下全港美沙酮診所，提供個人及小組輔導服務。

香港戒毒會與時並進，積極回應弱勢社群的需求，得到社會各界的肯定，並獲得香港精神大使「提名機構」獎、「卓越實踐在社福獎勵計劃十大卓越服務獎」、「觸動社會慈善嘉許大獎」及「2018香港十大優質社會服務」等殊榮。

The Society for the Aid and Rehabilitation of Drug Abusers (SARDA) is established in 1961, is the largest provider of voluntary drug treatment and rehabilitation services in Hong Kong. SARDA adopts medical psycho-social counselling model, endeavours to provide free and diversified drug treatment and rehabilitation services to all drug abusers on a voluntary basis, regardless of age, gender, race and religion.

SARDA comprises four residential drug treatment and rehabilitation centres, four social service centres and five halfway houses, which provide drug treatment, aftercare and supporting services for social reintegration. In addition, SARDA joins hands with Department of Health to provide individual and group counselling services in all methadone clinics.

SARDA stays ahead in the pursuit of a drug-free society and responds proactively to the needs of the disadvantaged. SARDA has gained awards and recognition from the society including "Nominator of Hong Kong Spirit Ambassador", "Top Ten Best Practice Social Services Projects by HK Council of Social Service", "Touching CSR Award of the Association of Distinguished Corporation" and "Hong Kong Ten Outstanding Community Services 2018".



此生改變。

CHANGED MY LIFE COMPLETELY



當你聽這首歌時，好像戒毒康復者在娓娓道出他的故事。你會感受到他們在擺脫毒癮的過程，會遇到許多挫折、矛盾及困擾。這首歌象徵香港戒毒會，過去60年歲月裡一直與不同年齡、性別、種族、宗教的戒毒人士手挽手「關關去闖」，幫助他們改變，重建新生活，發放正能量。在未來充滿挑戰及機遇的歲月裡，套用歌曲精神：「堅守信念無悔 讓我此生改變」，就讓我們與戒毒人士及其家人並肩同行，堅持信念，踏上成功康復的道路。

When you hear this song, it's like listening to a rehabilitant slowly telling his story. You will learn that rehabilitants encounter multiple setbacks, dilemmas, worries, and doubts in the process to break the addiction. The song represents the 60 years in which the Society for the Aid and Rehabilitation of Drug Abusers (SARDA) has accompanied rehabilitants of different ages, genders, races and religions in jumping over hurdles to reach their new chapter in life and unleash positive energy. When you have finished listening, we hope the spirit of the song – "sticking to my belief and with no regrets at last, empowered me to change my life completely" – could also play out in your life as you face future challenges. At SARDA, we will walk side by side with you, towards successful rehabilitation.

音樂影片
Music Video



香港戒毒會60周年主題曲

The 60th Anniversary Theme Song of
The Society for the Aid and Rehabilitation of Drug Abusers (SARDA)

此生改變

CHANGED MY LIFE COMPLETELY

作曲 Composer:
Matthew FONG @ Wiener Music

填詞 Lyrics:
香港戒毒會 SARDA &
Cindy CHONG

香港戒毒會樂隊伴奏
SARDA Band:

黃錦寬 WONG Kam-foon,
黃智恆 WONG Chi-hang,
梁德祥 David LEUNG

香港戒毒會康復員主唱及主演
Rehabilitants of SARDA as Vocalists:

鄭明輝 CHENG Ming-fai,
BASNET Pankaj (Kazy),
GURUNG Asmita,
鄧俊傑 TANG Chun-kit

G 調
4/4

Verse

G - Bm -	C - Cm -	Bm - Em -	C - D -
5 5 4 3 3 5	5 4 4 0 5 5 #5 4 5	3 . 7 1' 0 5	6 5 4 0 3 5 2 1 2
(終)將兌現 苦	(海)搏鬥 要驅 趕雨天	(待)破曉 種	(心)裡那 份堅持 沿路
Will finally be honored	Fought vigorously to drive away rainstorm	Until dawn	seed persistence in my heart

G - Bm -	C - Cm -	Bm - Em -	Am - B7 -
3 0 3 4 5 0.5	5 4 4 0 5 5 #5 4 5	7 . 5 1' 1'	3' 2' 2' 0 1' 2' 0 1' 7
(上)遇攔淺 種	(種)怨困 見光 陰似煙	(味)嚐遍 最	(不)撓不 志短 我共
Ran aground along the path	Encountered resentment and difficulties / Days and years have vanished	Experienced tremendous hardships	My willpower is unwavering

Em - C -	B7 - A# -	Am7 - - -	D7 - - -
1' 0 1' 7 1' 0 6 5	7 1' 7 6 -	0 6 6 7 1' 6 1' 2'	3' 3' 1' 2' -
(你) 你 共我 鳳凰	(伴)你在旁	()同行互勉勵 挽手	(關)關 去闖
I and you / You and I	Phoenix is beside you	Accompanying and encouraging each other	to overcome every barrier

Chorus

G - D/F# -	C - G -	Em - Bm -	C - D -
3' 3' 3' 1' 2' ~ 2' 2' 7	1' 0 4' 3' 2' 7	1' 0 3' 7 0 6 5	6 7 1' ~ 5 2' 1' 2'
(今)天得你的 支撐讓	(我)解開 這毒	(癮)綑綁 使我	(能)夠 重生 越過
Am grateful for your support	SARDA helped me	to untie drug addiction	Enabled me to reborn

G - D/F# -	C - G -	Em - Bm -	C - D -
3' 3' 5' 2' ~ 2' 2' 2' 3'	1' 1' 1' 4' 3' 5' 2'	1' 0 5' 5' 4' 3' ~ 1'	4' 0 2' 3' 4' 3' 2' ~ 1' ~
(高)山 踏足 遍野 挽手	(前)行無退 避 終相	(信) 堅守 信念 無	(悔) 讓我此生改變
Climbing mountains and set foot everywhere	Going forward hand in hand with no fear	Sticking to my belief and with no regrets at last	Empowered me to change my life completely

我們的故事。

OUR STORY



1961

■ 一群熱心的社會人士，在羅理基爵士及貝納祺御用大律師的領導下，於1961年9月7日，正式成立香港戒毒會。

Led by Sir Albert Maria RODRIGUES, CBE, and Mr. Brook Antony BERNACCHI, OBE, QC, JP, supported by enthusiastic members of the public, the Society for the Aid and Rehabilitation of Drug Abusers (SARDA) was founded on September 7, 1961.



1963

■ 1963年4月23日，「石鼓洲康復院」正式啟用，提供男性住院戒毒服務。啟用初期，主要由青山醫院負責斷癮治療，石鼓洲康復院則負責斷癮後的康復服務。
On April 23, 1963, the Shek Kwu Chau Treatment and Rehabilitation Centre started operations, providing residential drug treatment and rehabilitation services for male substance abusers. In the early days, the Castle Peak Hospital was responsible for detoxification treatment while the Centre provided rehabilitation services.



1965

■ 為石鼓洲提供渡輪服務的「新德小輪」（後稱新德一號），在皇后碼頭起航。

Commencement of SARDA ferry service to Shek Kwu Chau from Queen's Pier (ferry renamed as SARDA I afterwards).

■ 在灣仔德華大廈設立市區診所及首間善後輔導中心，與離院的康復員並肩同行，面對各種戒毒康復後重投社會的問題。

A Town Clinic and first aftercare counselling centre was set up in Wan Chai's Tak Wah Mansion, to help rehabilitants resolve issues that they faced as they reintegrated into the society.



1967

■ 時任社會福利主任的錢明年博士，創立「香港戒毒會康復先進聯誼會」（康聯會）。為已戒毒的復康人士，提供文化及休閒活動，並鼓勵各操守中的會員，回饋社區，支持各項反吸毒運動（於1987年更名為「香港培康聯會」）。

The then Superintendent of Social Service Dr. CH'EN, James established "The Alumni Association of SARDA" that provides cultural and recreational activities for rehabilitants to help them keep a drug-free life as well as serve the society by supporting anti-drug campaigns (the association was renamed Pui Hong Self-Help Association in 1987).

1968

■ 獲獎券基金贊助，於灣仔德華大廈試辦「婦女戒毒中心」。

With funding from the Lotteries Fund, a pilot "Women's Treatment Centre" was set up in Tak Wah Mansion, Wan Chai.



1970

■ 在灣仔區設立「新德宿舍」，為在「婦女戒毒中心」完成療程者，提供短期住宿服務。

The "SARDA Hostel" was set up in Wan Chai to provide temporary accommodation for the female discharges of the "Women's Treatment Centre".

■ 與芬蘭差會合作，為25歲以下的男性康復員，設立「試驗性質的中途宿舍」，奠定推行中途宿舍服務的基礎。

Collaborated with the Finnish Lutheran Mission to establish an experimental halfway house for male discharges aged below 25, building the foundation to develop SARDA's halfway house services.

1973

■ 在九龍深水埗，設立「九龍宿舍」，為本會首間為男性康復員而設的中途宿舍，幫助較年長的康復員重投社會。

The "Kowloon Hostel" was established in Sham Shui Po, the first halfway house of SARDA for older male rehabilitants to help them reintegrate into the society.

■ 「戒毒熱線」正式投入服務，屬香港最早專為戒毒而設的求助熱線，讓市民大眾認識藥物濫用相關資訊及了解戒毒服務。

"SARDA Hotline" began service, the first such helpline in Hong Kong dedicated to the anti-drug cause, raising public awareness of the consequences of drug addiction and treatment services available.



1982

■ 本會一直以來均有聘請操守穩定的康復員擔任職員，但礙於資源，數量有限。此概念獲香港賽馬會慈善信託基金及香港公益金支持，成功開展「同輩輔導計劃」，僱用合適的戒毒人士擔當同輩輔導，旨在啟發、鼓勵其他康復員自強不息，增強自助網絡。

Employing rehabilitants as peer counsellors when resources were available, though the number is limited due to insufficient resources. This concept and practice, with the support of the Hong Kong Jockey Club Charities Trust and The Community Chest of Hong Kong, evolved into the "Peer Counsellor Scheme", where rehabilitants were employed as counsellors to inspire and encourage others fighting the addiction, in turn expanding the self-help network.



1987

■ 本會會徽原為「雙手折斷鴉片煙槍」，由於當時鴉片已被海洛英及危害精神毒品取代，為更加能反映當時情況，會徽正式改為「重生的鳳凰」，寓意脫離毒品後的康復員能重新振翅高飛，迎來新生。

The old SARDA logo of "Breaking an Opium Pipe with Both Hands" was replaced with that of a "Rebirth Phoenix", a bird symbolising regeneration or rebirth of drug rehabilitees, to reflect the changing times, with the popularity of opium being overtaken by heroin and other substances.



1989

■ 在賽馬會贊助，及會員捐款下，「香港培康聯會」設立永久總辦事處及康樂中心，並於1989年3月31日啟用。

With sponsorship from the Hong Kong Jockey Club and donations from members, the Pui Hong Self-Help Association established its permanent office and a cultural and recreational centre which went into operation on March 31, 1989.



■ 英國戴安娜王妃在1989年及1995年兩度訪問石鼓洲康復院。

Diana, Princess of WALES visited Shek Kwu Chau Treatment and Rehabilitation Centre in 1989 and 1995.



1993

■ 由1993年4月1日開始，為全港美沙酮診所提供輔導服務。

SARDA had started to provide counselling service in all methadone clinics in Hong Kong since April 1, 1993.

OUR STORY



1997

■ 1997年4月7日，服務年輕濫用藥物男性的「凹頭青少年中心」，於元朗正式投入服務。

The "Au Tau Youth Centre" in Yuen Long for male youth abusers began operations on April 7, 1997.



■ 於沙田成立「成年婦女康復中心」，為三十歲或以上的成年吸毒婦女提供自願性住院式康復治療。

The "Adult Female Rehabilitation Centre" providing women aged 30 or above with inpatient rehabilitation programmes on a voluntary basis was established in Shatin.

1998

■ 馬英九先生訪問石鼓洲康復院。
Mr. MA Ying-jeou visited Shek Kwu Chau Treatment and Rehabilitation Centre.



2000

■ 透過香港培康聯會的「輔助就業服務」，分別成立培康運輸、培康速遞、貴雅美容社企服務，並聘用本會成功戒毒康復員，在2007年因服務重整而結束，七年間協助無數康復員鞏固操守並重投社會。此計劃更曾在2003年的「第二十屆預防藥物與物質濫用非政府組織國際聯盟 (IFNGO)」中，獲頒發「2003年傑出創新服務計劃優異獎」。



Under the "Supported Employment Service" of the Pui Hong Self-Help Association, three social enterprises specialising in removal services, express delivery services and beauty services were established and employed rehabilitants, successfully helping them reintegrate into the society. The initiative was awarded the "Outstanding New Project 2003" in the "20th International Federation of Non-Government Organisations for the Prevention of Drug and Substance Abuse (IFNGO)" in 2003. The programme was discontinued in 2007 following a reorganisation of the service.

■ 獲衛生署紅絲帶中心資助，推行「鳳凰計劃」，招募本會成功戒毒康復個案擔任外展義工，探訪美沙酮服藥人士和街頭吸毒者，向他們推廣預防感染愛滋病病毒訊息和方法。該計劃在2003年起，獲得愛滋病信託基金贊助並繼續運作。



2004

■ 成立美沙酮服藥人士家屬自助組織－「家嘢舍」，為美沙酮服藥人士家屬提供支援，發揮家屬之間的互助精神。

The Family Association of the Methadone Treatment Programme (MTP) patients to help methadone patients strengthen interaction and boost mutual support among family members was set up.

2005

■ 著力研究設立不同基金作助學金之用：包括2005年的為康復人士子女而設的「郭志良教授紀念助學金」、2006年的「職員子女助學金」、以及2009年的「家嘢舍子女助學金」，鼓勵各參加者注重家庭幸福，關愛子女的學業及身心發展。

Various funds were established to award educational grants to children of rehabilitants, patients and employees. The grants included "Professor Julian CRITCHLEY Memorial Bursary Fund" for the children of rehabilitants in 2005, the "SARDA Staff Children Bursary Fund" in 2006, and the "MTP Children Bursary Fund" in 2009 and they aimed to promote healthy familial ties, with a focus on the education and well-being of the children.



2006

■ 獲愛滋病信託基金贊助，推展「星火行動」，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。

Sponsored by the AIDS Trust Fund, the "Spark Action" initiative, providing medical care and counselling to HIV-positive methadone patients was launched.

2007

■ 自2007年起，香港戒毒會獲得社會各界資助，舉辦為濫藥人士家屬而設的功課輔導班及管教子女工作坊，預防跨代吸毒及跨代貧窮問題，至今仍廣受服務使用者歡迎。

Since 2007, with sponsorships from various sectors of the society, SARDA has set up tutorial classes and parenting training workshops for children and family members of drug users to help prevent generational drug abuse and alleviate poverty.



2008

■ 湯漢樞機到訪石鼓洲康復院，主持天主教聖家小堂啟用禮。其後聖家小堂於2016年修葺重開，湯漢樞機亦再次到訪並主持儀式。

His Eminence Cardinal John TONG Hon visited Shek Kwu Chau Treatment and Rehabilitation Centre for the opening ceremony of Catholic Holy Family Chapel. He revisited in 2016 after the Chapel was renovated.



2010

■ 在石鼓洲康復院內推行「新德計劃」，旨在協助21至35歲成年吸食危害精神毒品人士。集中提升康復員職業技能，並鼓勵他們考取建造業議會頒發的證書，將來更容易重投社會。

The "Project SARDA" was introduced at the Shek Kwu Chau Treatment and Rehabilitation Centre. It focuses on raising occupational skills of rehabilitants aged 21 to 35, encouraging them to obtain certifications from the Construction Industry Council which will help their reintegration into the society.

■ 在禁毒基金的支持下，本會針對不同群組的獨特需要，推行一系列新服務，包括：「外展服務」、「非華裔服務」、「家人支援服務」、「懷孕濫藥婦女及初生嬰兒服務」、「職業培訓服務」、「就業輔導服務」等等。

Under the support of the Beat Drugs Fund, various service programmes were implemented to meet the specific needs of rehabilitants, and they included outreaching service, service for non-ethnic Chinese, family support service, service for pregnant drug users and the newborn babies, vocational training, supported employment service and so on.



■ 積極為戒毒康復人士發聲，增加社會大眾對戒毒服務的了解，在過去十年期間，有逾200次的傳媒報道。

Over 200 media coverage was undertaken in the past 10 years, raising the public's understanding of drug rehabilitation service and speaking for the rehabilitants.



2011

■ 總幹事譚紫樺女士，在2011年至2013年期間，以「有戒無類」為題，在報章《晴報》中撰寫近一百篇的專欄文章，細說各個感動人心的戒毒康復故事，讓外界明白本會服務之餘，亦成功增加公眾對戒毒康復人士的接納和理解。

Between 2011 and 2013, over 100 articles (name of column: "No Drug Addict Left Behind") penned by SARDA's Executive Director Ms. TAM, Angelique were published in Sky Post. These touching stories, detailing how the rehabilitants fight against addiction, not only increased the public's understanding of SARDA, but also led to greater understanding and acceptance towards rehabilitants.



■ 成立「奔向驕陽」長跑隊，以「唔駛跑得快，最緊要跑晒」為口號，鼓勵康復員磨練毅力耐力，堅持操守。多年來獲得多項團體跑步比賽獎項，包括連續三年取得「雷利衛徑長征－越野日征－機構接力隊」冠軍。

The "Run for a Mission" running team was set up to strengthen rehabilitants' patience and resilience. With its motto "Reaching the end was far more important than running fast", the team won numerous awards over the years, such as the championship for the "Raleigh Challenge - Wilson Trail, Explorer-Day Course, Corporate Team" for three consecutive years.

OUR STORY



2012

- 提名本會前康復員及現職註冊社工鄭明輝先生，順利榮獲「香港精神大使」獎，本會亦獲香港精神大使「提名機構」獎。
- Our rehabilitant and current registered social worker Mr. CHENG Ming-fai, Dennis was nominated and awarded the "Hong Kong Spirit Ambassador" award, and SARDA was awarded "Nominator of Hong Kong Spirit Ambassadors".



2013

- 本會的「關懷媽媽育兒培訓計劃」，獲得由香港社會服務聯會主辦，「卓越實踐在社福獎勵計劃」之「十大卓越服務獎」。本計劃培訓已成功戒毒康復人士，擔任陪月員，幫助有濫藥問題的懷孕婦女及新手媽媽，更能體貼她們的需要。
- The "Child Care Training for Female Methadone Patients with New Born Babies" project was awarded the "Top 10 Outstanding Award" of the "Best Practice Awards in Social Welfare" organised by the Hong Kong Council of Social Service. The project recruited rehabilitants to be post-natal care helper to help pregnant women and new mothers with substance abuse problem.

2014

- 香港培康聯會頒發第一屆「持續進修獎勵金」，有關獎勵金由九龍樂善堂贊助的「就業輔導組」撥款，以鼓勵成功戒毒康復員持續進修，自強不息。
- With the sponsorship of the Lok Sin Tong Benevolent Society, the Pui Hong Self-Help Association launched its first "Continuing Education Incentive Scheme" to encourage successful rehabilitants to continue to raise their skills and knowledge.

- 獲獎券基金資助，石鼓洲水塘擴建工程竣工，可供島上約180天的使用量。

With funding from the Lotteries Fund, expansion work on the Shek Kwu Chau reservoir was completed, raising its capacity to around 180 days of water supply to the island.

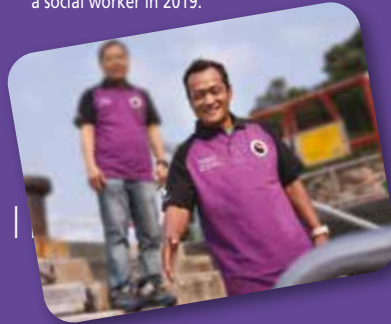


2015

- 本會石鼓洲康復院獲香港賽馬會慈善信託基金「行政長官社會資助計劃2015」資助，在院內進行康復院舍及戒毒病房搬遷與裝修工程，為戒毒康復人士提供更適切的住宿環境。

The Shek Kwu Chau Treatment and Rehabilitation Centre underwent removal and renovation works with funding from the Hong Kong Jockey Club Charities Trust's "HK SAR Chief Executive Community Project List 2015", offering rehabilitants a better residential environment.

- THAPA MAGAR, Ramu 先生成為本會第一位非華裔全職同事。同鄉的另一位尼泊爾康復員 BASNET, Pankaj (Kazy) 先生，在2016年亦加入本會成為全職同事，並在2019年成為註冊社工！
- Mr. THAPA MAGAR, Ramu became SARDA's first non-ethnic Chinese full-time staff. His fellow Nepalese rehabilitant Mr. BASNET, Pankaj (Kazy) also joined us as full-time staff in 2016 and had been successfully registered as a social worker in 2019.



2017

- 總幹事譚紫樺女士獲行政長官委任為非官守太平紳士。
- Executive Director Ms. TAM, Angelique was appointed Non-official Justice of the Peace by the Chief Executive.

- 針對隱蔽吸毒問題，香港戒毒會設立「友CHANCE全方位戒毒治療外展隊」，接觸及轉介各類吸毒個案。外展隊亦逐步擴展及完善外展服務。

A multidisciplinary holistic outreach team "YOU GOT CHANCE" was established to address the problem of hidden drug abuse, which expanded and bettered the outreach service.



- 「有戒無類」四字，正反映本會多年工作的宗旨，故本會以此為題，出版《有戒無類——為非華裔人士提供全方位戒毒治療康復服務》一書，剖析非華裔人士的戒毒康復心路歷程，並在2018年將「有戒無類」作商標註冊。

"No Drug Addict Left Behind" fully illustrates the underlying principle of our work. The book "No Drug Addict Left Behind - Treatment and Rehabilitation for non-ethnic Chinese through a Holistic Approach" detailing the rehabilitation journey of these people was published. "No Drug Addict Left Behind" was registered as a trademark in 2018.

- 時任北京故宮博物院院長單霽翔博士訪問石鼓洲康復院。

Dr. SHAN Jixiang, Director of the Palace Museum at that time, visited Shek Kwu Chau Treatment and Rehabilitation Centre.



2018

- 區貴雅修女紀念婦女康復中心迎來第一個在中心出生的小生命。在當值護士及同工的協助，當時正在接受戒毒療程的孕婦順利生產。

Sister Aquinas Memorial Women's Treatment Centre received its first new born. The baby was born to a rehabilitant under the assistance of the duty nurses and staff.



- 本會參加由Asia Charity Services (ACS) 舉辦的「賽馬會匯創數碼計劃」的企業傳訊專題活動，在16隊參賽組別中脫穎而出奪得全場總冠軍。

SARDA participated in a corporate communication event, "Jockey Club Engage Digital Exploration" organised by Asia Charity Services (ACS) and won the overall championship among 16 teams.

- 香港戒毒會信託人何世柱大衆荊勳賢，GBS, 太平紳士到訪石鼓洲康復院。

The trustee of SARDA, the Hon HO Sai-chu, GBM, GBS, JP, visited Shek Kwu Chau Treatment and Rehabilitation Centre.



2020

- 往來石鼓洲康復院的專船「新德八號」啟航！SARDA VIII ferry to Shek Kwu Chau Treatment and Rehabilitation Centre commenced service.



2021

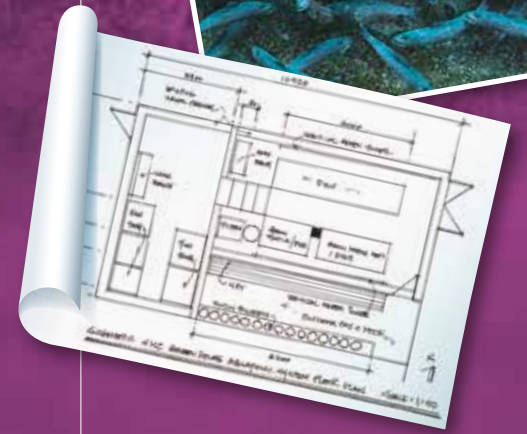
- 成為平等機會委員會認許「種族多元共融僱主約章」的支持機構之一。

Recognized as supporting organization for "the Racial Diversity & Inclusion Charter for Employers" of Equal Opportunities Commission.



- 在呂明才基金的贊助下，石鼓洲康復院與社企「綠悠天」合作，在院內推行大型耕養計劃「魚菜共生-重塑生命」，院友能掌握一技之長之外，更有助重建正向生命價值。

Sponsored by the Lui Ming Choi Foundation, Shek Kwu Chau Treatment & Rehabilitation Centre collaborated with Green Skies to initiate a large-scale project on aquaponic farming within the grounds of the Centre. Rehabilitants could master the related techniques and build up positive values towards life.



使用住院式治療及康復服務的累積人次**超過 100,000**人
Over 100,000 rehabilitants use
our residential drug treatment and rehabilitation services

而在過去十年，有**近 1,500**名使用住院服務的人次，屬非華裔人士
And in the past decade, almost 1,500 rehabilitants are non-ethnic Chinese

他們來自**超過 15**個不同的國家或城市
Who are from over 15 countries or cities



為美沙酮服藥人士提供的小組服務，
每年平均參與人次**超過 8,000**名
Group services for methadone patients attach over 8,000 participants
on average each year

為美沙酮服藥人士家屬而設的自助組織 -「家暉舍」，
累積會員人數**超過 1,000**人
There are over 1,000 registered members in our
Family Association of the Methadone Treatment Programme (MTP) patients

多名服務使用者於成功康復後仍活躍於本會活動，他們當中最長的操守紀錄是**45**年
The longest abstinence record kept by our service users is 45 years

在過去二十年，有**超過 300**名成功康復人士，曾成為本會的職員，為開展新生踏出重要的一步
Over 300 rehabilitants have become SARDA staff in the past 20 years and have turned over a new leaf

他們當中，年資最長的同工，已在本會服務**逾 30**年
One of them has served SARDA for over 30 years

使用本會住院服務後，**超過 90%**的服務使用者表示滿意
Over 90% of service users express satisfaction
towards our drug treatment and rehabilitation services

為已戒毒的康復人士而設的「香港培康聯會」，累積會員人數**接近 5,000**人
Pui Hong Self-Help Association, which is set up for rehabilitants who maintain abstinence, has nearly 5,000
cumulative members

本會最年輕的服務使用者為**0**歲（陪月服務），
The age of our service users ranges from 0 (post-natal care)

最年長的服务使用者為**86**歲（操守人士）
to 86 (and staying abstinent)



主席的話。

CHAIRMAN'S MESSAGE

執行委員會主席
Chairman of Executive Committee

周偉淦先生，太平紳士
Mr. CHOW, Raymond, JP



今年是香港戒毒會成立六十周年。甲子里程，縱然道遙，仍載譽前行。從1961年創會至今，經數代人辛耕勤耘，以及社會各界鼎力支持，香港戒毒會已是本港歷史最悠久和最具規模的自願戒毒機構，為數以萬計受毒品困擾人士及其家庭提供全方位服務，為戒毒康復界書寫了彌足珍貴的經驗和歷史。

在這六十載歷程中，本會能遠眺前景，敢於擔當；秉持關懷共建情懷，不斷開拓戒毒康復服務。本會於1963年創辦了為男性戒毒人士服務的石鼓洲康復院，及時回應香港當年日益嚴重的吸毒問題；在60年代至70年代期間為應對服務需求，先後在市區設立善後輔導中心、婦女戒毒中心以及女性中途宿舍和男性中途宿舍；在1982年，本會敢為人先，推出「同輩輔導計劃」，鼓勵康復「過來人」浴火重生，這亦呼應了於1987年更改的會徽——「重生的鳳凰」；兩年後「香港培康聯會」在賽馬會贊助及會員捐款下，設立永久總辦事處及康樂中心。於1993年，本會開始為美沙酮服藥人士提供「美沙酮治療計劃輔導服務」，及後更成立「家暉舍」，發揮家屬互助精神。

盱衡所長，敏於時求。本會因應90年代濫藥人士漸趨年輕化、濫用毒品多樣化、以及女性吸毒問題日益嚴重，在1997年分別成立「凹頭青少年中心」和「成年婦女康復中心」。為推廣預防感染愛滋病病毒教育，本會先後在「衛生署紅絲帶中心」和「愛滋病信託基金」資助下，推行「鳳凰計劃」和「星火行動」，招募康復人士擔任外展義工；亦為感染愛滋病病毒的美沙酮服藥人士提供心理輔導。在廿一世紀初，年輕人吸食危害精神毒品的情況日趨嚴峻，本會在石鼓洲康復院內推行「新德計劃」，協助吸食危害精神毒品人士戒毒康復，提供考取建造業議會證書的機會，提升職業技能。

新故相推，日生不滯。我們莫忘創會使命，更要與時並進。逾年累月的疫情衝擊了香港市民的身心，影響了生活模式，另有濫藥人口的變化及持續隱蔽，這些都為戒毒康復服務帶來衝擊。未來，機遇與挑戰並存，本人冀望本會上下一心，懷着歷久彌堅的初心，夯實良基，創優增值，挽手邁進新里程。

This is the Society for the Aid and Rehabilitation of Drug Abusers' (SARDA) 60th year of establishment. While the 60-year path may have been long and winding, it has been fulfilling and has brought us honour and pride in what we do. Through the hard work and efforts of generations of people, as well as the support from various factions of our society, SARDA has become Hong Kong's oldest and largest voluntary drug treatment and rehabilitation organisation since 1961. It has provided tens of thousands of drug abusers and their families with a comprehensive suite of services, accumulated and written down invaluable experience and history in Hong Kong's fight against drug abuse, as well as in rehabilitation.

In the course of six decades, our organisation has visualized the future and undertaken the task with courage. Coupled with care and a collaborative spirit, we have constantly explored and expanded our services. SARDA established the Shek Kwu Chau Treatment and Rehabilitation Centre in 1963 in response to the severe drug abuse problem in Hong Kong then. To meet the demand for our services in the 60s and 70s, we set up social service centres for aftercare service in the urban districts, as well as the Women's Treatment Centre and halfway houses for women and men respectively. In 1982, we pioneered the "Peer Counsellor Programme" that leverages successful rehabilitants' "rise from the ashes" experience, letting them help others to go through what they went through. This led to the change in our logo to feature the "Reborn Phoenix". Two years later, the Pui Hong Self-Help Association established a permanent office and recreational centre with the Hong Kong Jockey Club's sponsorship and donations from our members. In 1993, SARDA started providing counselling service for methadone patients, and subsequently established the Family Association of the Methadone Treatment Programme (MTP) patients, promoting and boosting mutual support between family members.

We are constantly maximising our strengths and keeping our eyes and ears to the ground. The organisation established the Au Tau Youth Centre and the Adult Female Rehabilitation Centre in 1997, with drug abuse becoming rampant among young people and women, as well as a greater variety of substances being used. To promote AIDS prevention education, SARDA launched the "Phoenix Project" and "Spark Action", which were sponsored by the Red Ribbon Centre of the Department of Health, and the AIDS Trust Fund, recruiting rehabilitants for outreach work, as well as providing counselling to HIV-infected methadone patients. With the abuse of psychotropic substances increasingly severe among the young as we entered into the 21st century, the organisation launched "Project SARDA" in the Shek Kwu Chau Treatment and Rehabilitation Centre to help these addicts quit the habit and rehabilitate. The programme also provided the opportunity for rehabilitants to take the examinations for various construction industry licences that can enhance their vocational skills.

The old will always make way for the new as changes come with time. Yet we never forget our initial mission, and we make very sure it keeps up and resonates with time. The pandemic that has hit and affected our lives for more than a year, along with changes and the elusiveness of the drug abuser population, has triggered new needs for rehabilitants. Looking ahead, there are as many opportunities as there are challenges. I hope everyone in SARDA unites as one with our mission, consolidate our good foundation and continue to create value, as we walk together towards a new era.

戒往開來。

KEEP GOING
Congratulations to SARDA's 60th Anniversary

香港戒毒會六十年誌慶



香港特別行政區行政長官
Chief Executive of HKSAR
林鄭月娥女士
GBM, GBS
The Hon.
Mrs. LAM CHENG
Yuet-ngor, Carrie
GBM, GBS

關愛啟導
助建新生

香港戒毒會六十周年紀念特刊

行政長官林鄭月娥





暖流傳愛 正風揚芬

政務司司長
Chief Secretary for Administration

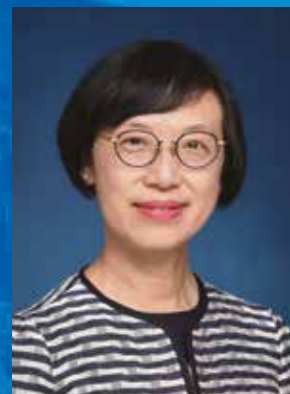
李家超先生 SBS, PDSM, PMSM, JP
Mr. LEE Ka-chiu, John SBS, PDSM, PMSM, JP



道正譽崇

保安局局長
Secretary for Security

鄧炳強先生 PDSM, JP
Mr. TANG Ping-keung PDSM, JP



同心抗毒 浩志匡羣

食物及衛生局局長
Secretary for Food and Health

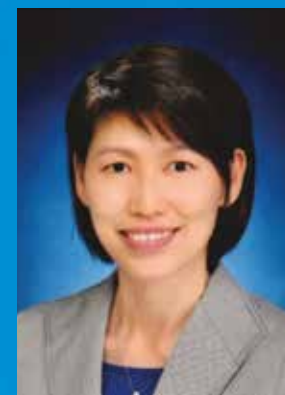
陳肇始教授 JP
Prof. CHAN Siu-chee, Sophia JP



履仁作善 導踏正途

勞工及福利局局長
Secretary for Labour and Welfare

羅致光博士 GBS, JP
Dr. LAW Chi-kwong GBS, JP



匡循正路 援展新生

保安局常任秘書長
Permanent Secretary for Security

葉文娟女士 JP
Ms. YIP Man-kuen, Carol JP



導羣播善 六秩功宏

衛生署署長
Director of Health

林文健醫生 JP
Dr. LAM Man-kin, Ronald JP



匡時扶正 濟社流芳

社會福利署署長
Director of Social Welfare

梁松泰先生 JP
Mr. LEUNG, Gordon JP



扶傾履善 除毒匡時

禁毒專員
Commissioner for Narcotics

羅翠薇女士 JP
Ms. LAW Chui-mei, Ivy JP



抗毒路漫漫 沿途有您 六十年悠悠 篤善力行

香港賽馬會主席
Chairman, The Hong Kong Jockey Club

陳南祿先生 GBS, JP
Mr. CHEN Nan-lok, Philip GBS, JP



滿懷信心嚴守戒 希望無限新生活

香港公益金入會、預算及分配委員會主席
Admissions, Budgets and Allocations Committee Chairman, The Community Chest

楊傳亮先生 BBS, JP
Mr. YANG, Charles BBS, JP



春風化雨 勵志同行

醫療輔助隊總參事
Chief Staff Officer of Auxiliary Medical Service

黃英強先生
Mr. WONG Ying-keung



匡正扶持 齊抗毒害

黃龍德會計師事務所有限公司首席執行董事
Chief Executive Director, Patrick Wong C.P.A. Limited

黃龍德教授 BBS, JP
Prof. WONG Lung-tak, Patrick BBS, JP



致意

香港戒毒會信託人
Trustee, SARDA

楊鐵樑爵士 GBM, SPMB, JP
The Hon. Sir YANG Ti-liang GBM, SPMB, JP



戒毒燈塔 導人向善

香港戒毒會信託人
Trustee, SARDA

何世柱先生 GBM, GBS, JP
Mr. HO Sai-chu GBM, GBS, JP



導正匡民 齊心抗毒

香港戒毒會信託人
Trustee, SARDA

梁智鴻醫生 GBM, GBS, OBE, JP
Dr. LEONG Che-hung GBM, GBS, OBE, JP



關愛同行 惠澤社群

香港戒毒會信託人
Trustee, SARDA

胡定旭教授 GBS, JP
Prof. WU Ting-yuk, Anthony GBS, JP



慈惠關懷泛香江 仁心濟世暖萬家

香港戒毒會名譽顧問
Honorary Advisor, SARDA

陳克先生 BBS
Mr. CHAN Hak BBS



裨益社羣

香港戒毒會名譽顧問
Honorary Advisor, SARDA

楊蕙心女士 JP
Ms. YEUNG Wai-sum, Amy JP



適者生存

香港戒毒會名譽顧問
Honorary Advisor, SARDA

楊寶坤先生 OBE, OStJ, CPM, MCIL, FCMI, FRSA, JP
Mr. YEUNG Po-kwan OBE, OStJ, CPM, MCIL, FCMI, FRSA, JP



六秩耕耘 播愛同行

香港戒毒會名譽法律顧問
Honorary Legal Advisor, SARDA

王婕妤律師
Ms. WONG, Pauline



以「戒毒者為中心」及 「數字化管理」熱烈服務社會

香港戒毒會名譽資訊科技顧問
Honorary IT Advisor, SARDA

謝詩賢工程師
Ir. TSE Si-yin, John



抗毒路獻關愛 守使命六十載

香港戒毒會臨床心理學顧問
Clinical Psychology Consultant, SARDA

何念慈女士
Ms. HO, Annie



毒海無涯 回頭是岸創新生

香港戒毒會管理顧問
Management Consultant, SARDA

郭桂明先生
Mr. KWOK, Bernard



執行委員會主席
Chairman of Executive Committee
周偉淦先生, 太平紳士
Mr. CHOW, Raymond, JP



副主席
Vice-Chairman
李樹輝先生, SBS, 太平紳士
Mr. LI Shu-fai, Lawrence, SBS, JP



前任主席及管理委員會主席
Former Chairman & Chairman of Management Committee
何京文先生, 太平紳士
Mr. HO, Kenneth, JP



榮譽秘書
Honorary Secretary
梁永鏗博士, PhD, BBS, 太平紳士
Dr. LEUNG, Vitus, PhD, BBS, JP



榮譽司庫
Honorary Treasurer
李榮忠先生
Mr. LI, George



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張越華教授, PhD, MH, 太平紳士
Prof. CHEUNG Yuet-wah, PhD, MH, JP



委員
Committee Member
陳合權先生, MH
Mr. CHAN, Kenny, MH



委員
Committee Member
張定森先生
Mr. CHEUNG Ting-shum, Alfred



委員
Committee Member
顧明仁博士, PhD, FRSA, FICM, MH
Dr. KOO, Charles, PhD, FRSA, FICM, MH



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**委員
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丁錫全醫生, MBChB,
FHKCPsych, FHKAM (Psychiatry)
Dr. TING Sik-chuen, MBChB,
FHKCPsych, FHKAM (Psychiatry)



**委員
Committee Member**
衛向安醫生, 太平紳士
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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。

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.

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。

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.

我們的價值觀

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

Our Values

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



足跡。

FOOTPRINTS

香港戒毒會為全港最大型的志願戒毒機構，服務足跡遍布全港。本會轄下有四間住院式戒毒治療及康復中心，其中包括位於離島的石鼓洲康復院，另設四間社會服務中心及五間中途宿舍，提供戒毒治療、康復服務、預防教育及禁毒宣傳等服務。此外，本會在衛生署轄下全港美沙酮診所，提供個人及小組輔導服務。

SARDA is Hong Kong's largest voluntary anti-drug organisation, where our services are available across the city. The organisation operates four residential drug treatment and rehabilitation centres, including Shek Kwu Chau Treatment and Rehabilitation Centre on Shek Kwu Chau island. There are four social service centres and five half-way houses providing detoxification and rehabilitation services, as well as preventive education and anti-drug publicities. In addition, SARDA joins hands with Department of Health to provide individual and group counselling services in all methadone clinics.



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



元朗美沙酮診所
Yuen Long Methadone Clinic

凹頭青少年中心
Au Tau Youth Centre

屯門美沙酮診所
Tuen Mun Methadone Clinic



戴麟趾夫人美沙酮診所
Lady Trench Methadone Clinic

沙田(大圍)美沙酮診所
Sha Tin (Tai Wai) Methadone Clinic

成年婦女康復中心
Adult Female Rehabilitation Centre

北九龍社會服務中心
North Kowloon Social Service Centre

伍若瑜美沙酮診所
Wu York Yu Methadone Clinic

白普理培青中心(自助宿舍)
Bradbury Pui Ching Centre (Self-help Hostel)

何文田美沙酮診所
Ho Man Tin Methadone Clinic

九龍宿舍 Kowloon Hostel

聯青中心 Luen Ching Centre

油麻地美沙酮診所
Yau Ma Tei Methadone Clinic

柏立基美沙酮診所
Robert Black Methadone Clinic

牛頭角美沙酮診所
Ngau Tau Kok Methadone Clinic

觀塘美沙酮診所
Kwun Tong Methadone Clinic

東邊街美沙酮診所
Eastern Street Methadone Clinic

總辦事處 Head Office

筲箕灣美沙酮診所
Shau Kei Wan Methadone Clinic

紅磡美沙酮診所
Hung Hom Methadone Clinic

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

香港仔美沙酮診所
Aberdeen Methadone Clinic

白普理康青中心
Bradbury Hong Ching Centre

灣仔診療所 Wanchai Methadone Clinic

婦女宿舍 Female Hostel

貝夫人美沙酮診所
Violet Peel Methadone Clinic

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

婦女社會服務中心
Women's Social Service Centre

長洲美沙酮診所
Cheung Chau Methadone Clinic



大埔美沙酮診所
Tai Po Methadone Clinic



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

石湖墟美沙酮診所
Shek Wu Hui Methadone Clinic



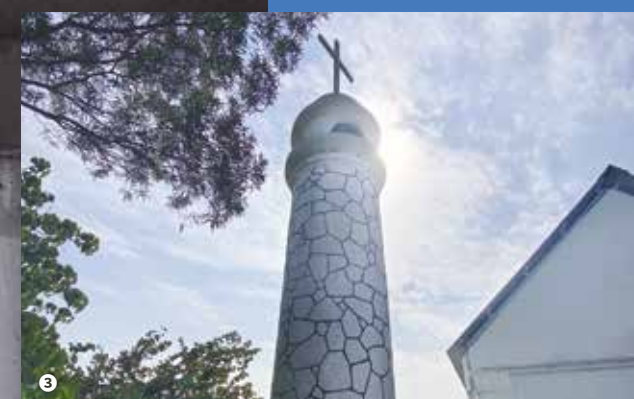
新。

心。

靈。

A NEW SOUL
Shek Kwu Chau Treatment &
Rehabilitation Centre

石鼓洲康復院



1963年，一個寂寂無聞，杳無人煙的偏遠小島，香港戒毒會在此創辦了石鼓洲康復院，以應對當年香港猖獗的吸毒問題，為男性戒毒人士提供一個能洗滌心靈的自願戒毒康復院舍。昔日的荒山野嶺，現在不但綠樹成蔭，並且建造出多個自成一角的康復社，錯落有致地散佈於樹叢之間，由蜿蜒曲折的狹小車道串連起來。一石一瓦，全都是歷年來眾多職員及院友努力的結晶，滿滿都是歷史，滿滿都是「戰績」。

地理上得天獨厚，每個康復社都擁有空曠前庭或怡人海景。有的可見旭日初升，有的可見斜陽夕照；晚上朗月當空，時而繁星點點，間或漁火閃閃，沒有手機的院友，自可斷絕鬧市塵囂，在鳥叫蟲鳴之間，靜心反思人生路向，療癒心靈創傷與軟弱，重新立志。在此恬靜環境之中，進行戒毒治療與心理輔導，輔以工作治療，職業技能訓練，以至其他康體活動，康復效果自然理想。

曾經沉淪毒海，經過石鼓洲的獨特療程，踏著回家的步伐前往碼頭，在林則徐像前駐足，憑欄眺望泊岸驚濤。回望幾許風雨，自信可重新站穩，昂首再次穿越通往碼頭的樓門。同一個樓門，一入尋「康復」，一出展「新生」，道盡無數在人生中迷途者在石鼓洲的心路歷程。

計劃詳情請參考：

www.sarda.org.hk/skctrch.html | www.sarda.org.hk/sarda.html

- 1 寧謐的環境，有助悟道。石鼓洲幫助康復員不被俗事所擾，專心接受康復療程。
A serene environment helps attain enlightenment. Shek Kwu Chau offers rehabilitants that peace of mind to focus on treatment and rehabilitation.
- 2 由康復員及職員合力，參考英國巴庫而建成的庭院，是當年「工作治療」的代表作之一。
The Courtyard built by rehabilitants and staff, which took reference from "Bath", is a successful representation of "work therapy".
- 3 4 石鼓洲有天主教堂、也有佛像、觀音、關帝、天后……尊重不同信仰，擁抱多元文化，是本會服務的特色之一。
Shek Kwu Chau houses a church, statues of Buddha, Kwun Yum, Guan Yu, Tin Hau..... Embracing different religions and cultures is one of SARDA's characteristics.

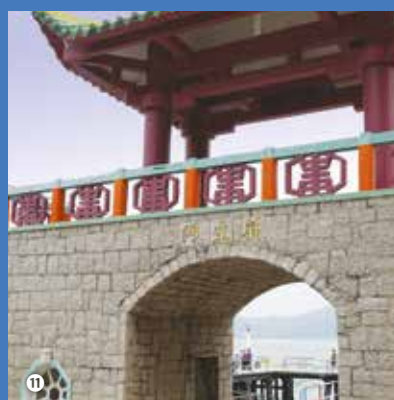
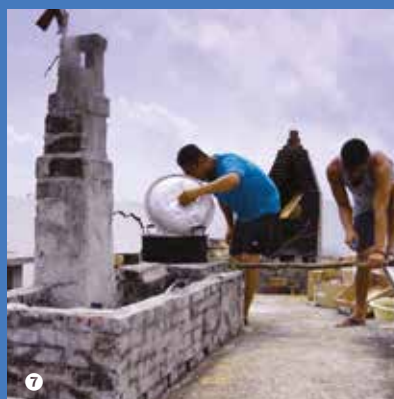
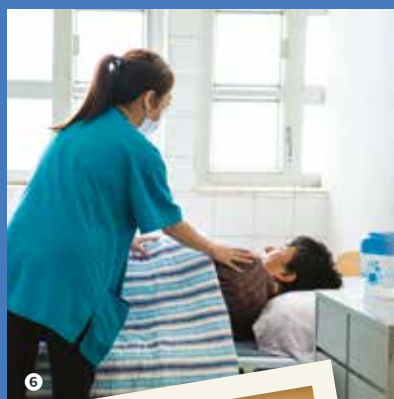
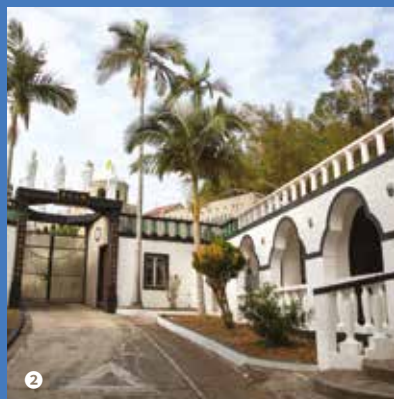


On an obscure and remote outlying island, the Society for the Aid and Rehabilitation of Drug Abusers (SARDA) established Shek Kwu Chau Treatment and Rehabilitation Centre, building a residence for adult male to voluntarily kick their addiction that would help turn a new chapter in their lives. The year was 1963 and Hong Kong was plagued with a severe drug problem. Fast forward to now. The barren mountains and ridges of yesteryear have given way to lush greenery and towering trees that engulf a community, its houses are connected by narrow meandering pathways towards a future borne from a focus on rehabilitation. Each brick and tile in the compound that was carefully laid by our staff, rehabilitants, and members holds our history and our success.

Blessed by the natural landscape, each rehabilitation house in the compound boasts of either a spacious terrace or a sea view to welcome a new day when the sun rises and to bask in the evening dusk of a sunset. At night, the moon hangs high in the sky at times, the stars twinkle, and shimmering fishing boat lights can sometimes be seen from afar. Free of the cellular world and the hustle-bustle of the city with only the relaxing sounds of crickets, rehabilitants can quietly reflect and heal, confront their weaknesses and reset their goals in life. Amid the serenity, they undergo detoxification treatment, receive counselling, participate in work therapy, and engage in healthy activities. It is an ideal environment for effective rehabilitation.

Rehabilitants will leave behind their past of having sunken in the drug sea. As they walked along the jetty towards the ferry pier where the mighty waves hit the shore, the Shek Kwu Chau's treatment programme that they had undergone arms them with renewed confidence to stand firm. Head held high, they pass through the gate, towards a new life built on the journey travelled at Shek Kwu Chau, where one was lost and yet found again.

For details, please visit:
www.sarda.org.hk/skctrch.html | www.sarda.org.hk/sarda.html



1 2 院內的各項建設、維修保養，均由職員和康復員主理，這種「工作治療」，逐步培養康復員的能力和責任感。
 The facilities in the centre are maintained and managed by staff and rehabilitants. Such "work therapy" helps to nurture rehabilitants' capabilities and sense of responsibility over time.

3 4 康復員會協助照顧島中動物，並參與相關的照顧訓練，培養愛心，從照顧動物中學會關心他人及自己的需要。
 With training, rehabilitants help to look after the animals on the island, which in turn teaches them how to care for others and themselves.

5 石鼓洲康復院重視培訓「過來人」成為職員，他們從自己的經歷出發，更能了解康復員戒毒康復過程的種種掙扎，明白康復員的需要。
 Shek Kwu Chau Treatment and Rehabilitation Centre places an importance in training successful rehabilitants to become staff, as these peers can empathize and better understand the struggles and needs of rehabilitants.

6 康復院內的護理大樓，有醫護人員二十四小時當值，照顧康復員渡過無比煎熬的脫癮期，以及應對在康復過程中種種的不適。
 Medical professionals run the "Healthcare Block" in the centre round the clock to care for rehabilitants during the most difficult stages of detoxification and their various discomforts experienced in the rehabilitation.

7 8 「過來人」職員是石鼓洲團隊的重要成員，默默支撐著每日運作及各種工務。水手、車長、廚師、維修工人、前台接待員……包括當你抵埗，對你展現燦爛一笑的職員，背後都有他們的故事！
 Ex-addict staff are important members of the Shek Kwu Chau team, tirelessly supporting daily operations and various chores. Whether it's the seaman, driver, cook, repairman, receptionist……including the first person who smiles warmly at you when step foot in the centre – they each have a story to tell.

9 院內提供各項培訓課程，幫助康復員迎接新生活。有些康復員更突破自我，參加各項比賽，包括在「金茶王大賽」中，一展身手！
 The centre offers various training courses to help rehabilitants face a new life. Some rehabilitants outdid themselves in various competitions, including showing off their tea brewing skills in the International KamCha (Hong Kong Milk Tea) Competition.

10 11 碼頭樓門，有兩個富有意義的名字：甫踏進石鼓洲康復院，要穿過的是「康復門」，象徵戒毒人士尋求康復脫離毒癮；離開時要穿過的則是「新生門」，寓意一穿過此門，邁向新生。一入一出，象徵著戒毒康復人士兩個不同階段。
 The gates at the ferry pier bear meaningful names. To get to Shek Kwu Chau Treatment and Rehabilitation Centre, the drug addict has to pass through the "Rehabilitation Door" to seek treatment to kick the addiction. When he leaves, he departs via the "New Life Door" towards a new chapter. The entrance and exit signify the rehabilitant's two critical stages in the journey.



LIU Chi-hung Sprints for His Beliefs

廖志雄，曾經沉淪毒海十年，在石鼓洲康復院成功戒毒後，擔任職員（現職高級指導員）近卅年。「這小島脫離外面的繁華世界，以及損友的引誘，幫我淨化心靈、反思人生路向，是我成功戒毒的關鍵。」志雄很感激當年關心自己，對他不離不棄的工作人員，「他們常『日哦夜哦』，但我能感受到他們的愛心和關心。而且很多大道理，要時間消化沉澱，一個安靜的環境對我好重要。」

石鼓洲的日子有別於市區，在晴朗的日子，可見曙光初現或紅日餘輝，下雨天則可看著簷前滴水，靜待燦爛彩虹。而每當夜闌人靜，志雄會在宿舍外草地上或樹蔭下「打霧」，看著廣闊夜空中的月亮或繁星，反省自己為何竟如此落泊，前路如何？是否終此一生與毒品為伍？多番思考，志雄輾轉重拾年少時的跑步興致，沿着石鼓洲蜿蜒曲折的車道奔馳往來，一面在天然氧吧中汲取靈氣，一面培養出積極的信念和決心，立志重新振作，遠離毒禍。

「戒毒絕對不是一件容易的事，所以我希望用自己的成功經驗，傳承給後來的院友，讓他們珍惜石鼓洲如此好的戒毒環境，陪他們走過這段艱辛的路。」志雄說這個「初心」廿八年來沒有改變，以致他能夠配合石鼓洲在設施和服務上的革新，其中最為人津津樂道的是2011年他有份牽頭成立的「奔向驕陽長跑隊」，至今累計有超過300名院友曾經參加，不但令他們的體魄大為改善，甚至在2016至2018年連續三年取得「雷利衛徑長征 - 越野日征 - 機構接力隊」冠軍。由此可見石鼓洲不但是志雄和眾多院友在賽道上的練習場，更是人生覺醒的道場啊！



- 1 敦志雄最印象深刻的，是成功鼓勵和訓練一些體重逾200磅的院友，踏出第一步，嘗試跑步甚至參加比賽。所付出的心機和耐力，比訓練自己還要多上幾倍呢！
Chi-hung's most memorable experience was successfully encouraging a few 200-pound rehabilitants to step out of their comfort zone and train to run in a race. The effort and patience required was many times more than in training himself.
- 2 曾奪「地貌大搜查定向比賽」冠軍、「揸水一戰」冠軍、「百仁基金beHERO Run」亞軍……無數的獎項，印證著「奔向驕陽長跑隊」所付出的血汗和努力。
Former champions of "NWS HK GeoWonders Hike Orienteering Contest" and "Race for Water", as well as the runner-up for the "Centum Charitas Foundation beHERO Run". Countless wins are testimonial to the blood and sweat that the "Run for a Mission" team has put in over the years.
- 3 長跑隊格言——「唔駛跑得快，最緊要跑晒」。背後理念暗合戒毒心法，戒毒是一場長途賽，快慢不是最重要，能堅持就是勝利！
The long distance team's motto: Finishing the race is more important than running fast. It embodies the rehabilitation spirit – the fight against addiction is a long-distance race in which speed isn't the most important factor but persistence is crucial to victory.
- 4 能文能武的志雄，18天的水陸混合外展訓練當然也難不到他！
Adept with both the pen and the sword, Chi-hung tackled an 18-day outward bound training at sea and on land with ease.

LIU Chi-hung was a drug addict for ten years. After his successful rehabilitation, he joined SARDA and has been a member of staff for nearly 30 years. He is now a Senior Group Leader. "Being removed from the bustling outside world and temptations of bad company, this little island helped me to quiet down and cleanse the soul, as well as reflect on my life and direction, which was pivotal to my successful rehabilitation." Chi-hung will always be grateful to the caring staff who never gave up on him during those difficult days. "Even though they were constantly nagging at me, day and night, I could feel their love and concern. Many of life's principles needed time to digest and sink in; a peaceful environment was therefore important at that point in my life."

Life in Shek Kwu Chau differs from that in the city. On a clear day, the sun's early rays are an invitation to a new day, while the setting sun sets the sky aglow and paves the way for the night to come. When it rains, raindrops fall from the eaves, and at times, a vibrant rainbow follows. In the still of the night, Chi-hung would laze on the lawn outside the house or under a tree, immersed himself in the evening dew as he gazed upwards at the shinning moon or stars, to reflect on his past action and ponder on how to reset his path. Would drugs continue to be a part of his life or not? Amid much introspection and deliberation, Chi-hung picked up the love he had for running in his youth. And as he began to sprint along Shek Kwu Chau's winding roads, he breathed in the fresh air and positive energy, built his beliefs and determination, pledged to make a fresh start and stay away from drugs.

"Detoxification is no easy feat. I certainly hope to impart my own successful experience to rehabilitants that came after me, help them appreciate Shek Kwu Chau's conducive environment to kick the habit, and accompany them on this treacherous road." Chi-hung's resolve has not changed in 28 years but has sustained him through the changes and reforms in the services and facilities at Shek Kwu Chau over the years. One of the most unforgettable memories was establishing the long distance running team "Run for a Mission" in 2011, which to date has drawn the participation of more than 300 rehabilitants. The running team has not only boosted the physical and mental well-being of its members but has also bagged numerous wins. It held the championship for the "Raleigh Challenge – Wilson Trail" for three consecutive years between 2016 and 2018. Shek Kwu Chau is not just the training ground for physical competition, but also a place to find awakening and life's purpose.

除了長跑隊，志雄更要負責協助院舍的日常運作：籌辦活動、排解糾紛、人事管理、訓練員工……哪裡有需要，都會見到志雄的身影，磨練出他獨當一面的辦事能力。Apart from the long distance running team, Chi-hung is also responsible for assisting the centre's daily operations – organising events, resolving conflicts, managing people and training staff. Wherever the need is, you'd see Chi-hung, one who can single-handedly handle any situation.



磨練。

ENDURANCE
Au Tau Youth Centre

凹頭青少年中心



在凹頭青少年中心的盡頭，總是不時傳來「一、二、三、四……」的叫喊聲，那裡是大家的健身房，空間雖小，但五臟俱全。裡面擠著一班小伙子，散發代表青春的汗水味，和清潔劑的殘留味道混合在一起。每一個在中心待上一段日子的人，都對這獨特氣味，有深刻印象。

健身房的斜對面，是中心的音樂室，被厚重的隔音窗簾包圍，仍難以完全掩蓋「夾band」的音樂聲，不過這音樂室鮮有觀眾支持，因為就算你待上一個多小時，你也很可能只聽到一段不停重覆的音樂。沒法子，因為凹頭青少年中心的樂隊，都是由一班之前從沒接觸過音樂的青少年組成，他們沒有高深的音樂造詣，有的是一股不斷探索和改善的狠勁。

最吸引人的，是放在廚房旁的水吧櫃，裡面有一部專業的咖啡機，給學員練習拉花之用。人們會以「不要浪費」為原因，把沖好的咖啡喝掉，但對練習拉花的學員來說，這並不是撈油水的地方，因為要拿鮮奶來練習拉花，必須先經過拉肥皂水（鮮奶價格不菲啊！）的訓練。只有練習過數千百次，技術得以認可的學員，才有機會站上拉花的舞台。

每一樣凹頭青少年中心的活動，背後都有同一種信念，即使你從未接觸過這些活動，我們深信，只要你付出努力，就一定會見到回報。不論是健碩的身體、美妙的樂曲、還是燦爛的鬱金香咖啡拉花，其實都是學員每日苦練下得出的成果。無論他日這份技術會否成為你職業或人生的一部分，所學到的「堅持」和「付出」，已經為你未來人生播下「成功」的種子。

種種磨練，就是對抗毒癮最好的良藥。

計劃詳情請參考：www.sarda.org.hk/atyc.html

Like an army drill, a chorus of "1, 2, 3, 4....." echoes through the corridor from the far end of the Au Tau Youth Centre (ATYC). Rain or shine, this exercise tempo flows from the tiny but well-equipped gymnasium. Within the space, an ever-present mixed scent of sweat and cleaning detergent has little bearing on the youngsters who are focused on their workouts. Rather, it embodies youth and leaves a mark on those who have spent time at the centre.

Diagonally across the gym is the music room, its interior wrapped around by heavy soundproof curtains. But the drapes cannot completely muffle the sounds made by the band of ATYC. Throughout an entire evening, you may only hear one piece of music looping over and over again. This is because the band is formed by a group of youngsters with no previous contact with music. The strong drive to learn, which outweighs the lack of musical knowledge, pushes them to keep exploring and improving.

The biggest draw at the centre is perhaps the beast on the bar counter in the kitchen – a professional coffee machine that rehabilitants use in practising latte art. While some might see the area as a mini-café with delicious coffee, trainees of latte art viewed it as a battlefield. They practise their skills with soapy water repeatedly and only after they have practised hundreds of thousands of times, their skills recognised, would they be able to take the stage.

Behind every activity at the ATYC is a belief that even if it was one you have not encountered before, you will be rewarded as long as hard work was put into it. Whether it is a healthy body, beautiful music or latte art of a blooming tulip, they are the results of those who persevered and trained hard. And whether the skill will be extended into your job or life, the determination, time and effort spent are seeds sown for potential success in the future.

A variety of tribulation and endurance are the best pills to fight drug addiction.

For details, please visit: www.sarda.org.hk/atyc.html

- ①② 透過互勉互勵的團體生活，青少年找到在讀書、工作、玩樂以外，也能建立成就和自尊的方法。
Youths found ways to learn, work, play, and build their dignity and success through the camaraderie from living together.
- ③④ 中心會因應學員的興趣及能力，安排訓練。無論是「泰拳教練」、「健身教練」、「國際咖啡師」、抑或是其他就業或音樂方面的證書，只要學員肯學、肯苦練，中心均會全力配合。
The centre arranges training for the rehabilitants based on their interests and capabilities. Whether it's to be a Thai boxing coach, personal trainer and barista, or for certifications to seek employment or musical qualification, the centre will provide its utmost support as long as the rehabilitants want to learn and put in the hard work.
- ⑤ 要走出自己的安舒區，每個人都曾萌生放棄的念頭，社工的鼓勵和肯定，令學員知道要超越的，不是其他人，而是過去的自己。
Stepping out of one's comfort zone is no easy feat and can push a person towards giving up. But with encouragement and assurance of social workers, rehabilitants know they only need to overcome their past and nothing else.

Faat, the Youth Who Doesn't Give Up

發仔第一次犯法，感化主任建議轉介到凹頭青少年中心，完成自願住院戒毒治療，他當時只順從父母的意願：「去凹頭中心，原本只當作是『找數』（以代替定罪後的服刑）。」被捕，對十八歲的發仔來說，純屬不幸。他吸毒數年，身邊朋友大多染有毒癮，吸毒在他眼中，並不是什麼大問題。

凹頭中心有不同的活動讓學員參加。好動的發仔，早在讀高小時，對跑步等運動頗有天份，進來凹頭中心後，重新接觸跑步、泰拳、健身等運動項目。「我不想輸，不想被人看不起。」每次的訓練，發仔總是努力支撐到最後。跑步、掌上壓、仰臥起坐、平板支撐、拳擊訓練、掃腿訓練……他的努力漸漸換來成績，成為當時學員中，表現最亮眼的一個。他原以為「成功」不太困難，但一次和導師的練習，顛覆了他的想法。「對打兩分鐘，我已經氣喘。泰拳導師的年紀是我的兩倍，盛年已過，但他和我對打完，好像連熱身運動也稱不上。」發仔參加的本意是消磨時間，現在，他開始調整自己的態度，面對真正的高牆，是需要付出真正的努力和血汗。

為參加練習賽，發仔需要控制飲食，將脂肪量推低，並增強肌肉量。每天的飯鏟，他都要「過水」，意即只吃不含調味料的食物。零食糖餅，更與他絕緣。「最辛苦是看著其他人可以『自由』進食，自己要自制。中心裡的選擇本已不多，但我的限制更大，只能吃白灼的豬雞菜，真的很難熬。」除了忍耐，導師精心設計的密集式訓練，亦令發仔每天都「苦不堪言」。但發仔沒有後悔過他的選擇，因為經歷這段時間的訓練，他在練習賽中打出漂亮一仗。

現在發仔選擇回內地發展健身和泰拳事業，面對新挑戰，他收起了之前的好勝心：「我也不肯定未來是怎樣，比我厲害的人有很多，但求盡力做好，問心無愧。」雖然謙虛，但他已不是當初沉迷毒海、一無是處的青年。磨練，令他成長，令他有信心面對任何誘惑時，都有能力說「不」。

「最重要，是我找回了自信心。」

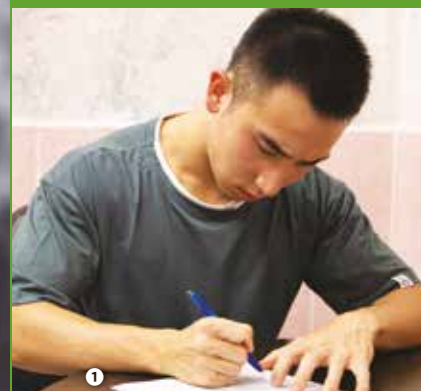
When Faat committed his first crime under the influence of drugs, the probation officer recommended a transfer to the Au Tau Youth Centre, and to complete a drug treatment and rehabilitation programme. At the time, he says he was simply obeying his parents. "I treated going to ATYC, initially, as an alternative to serving jail time." Arrested at 18, Faat blamed it on his poor luck. He had used drugs for several years and so had his friends around him; drug use was no big deal as far as he was concerned.

ATYC offers various activities and hobby groups for its young rehabilitants. An active person, Faat picked up running, Thai boxing, and other fitness related activities again, reigniting his aptitude for sports. "I didn't want to lose, or be looked down on by others," he says. He recalls how he held out to the last moment in every training session, however tough they were. Running, push-ups, sit-ups, planks, boxing, leg sweep training, his hard work slowly bore fruits as he emerged a top performer among his peers. At one point, he even underestimated what it would take to succeed, but the brief complacency was quickly quashed after a training session with his instructor. "I ran out of breath after fighting him for two minutes. My Thai boxing trainer was twice my age, long passed his peak. But our fight was not even a warm-up session for him!" Thai boxing, which he took on as a pastime until then, has triggered him to reassess his attitude – when one hit a wall, one needed to put in real work and sweat to overcome.

To prepare for competition, Faat underwent a strict diet to reduce his fat level while strengthening muscle mass. Each meal was a bland serving of foods prepared without any condiments or flavouring. Snacks and biscuit were of course an absolute no. "The hardest part was seeing other people freely eating whatever they want while I had to control myself. The choice was already limited at the centre, but my options were fewer. I could only have poached chicken and vegetables. It was unbearable." Tolerance aside, the intensive training designed by his teachers was "painful beyond words". But Faat never regretted his choice. Because of his endurance, he fought beautifully at a practice match.

Faat has headed north to mainland China for a career in fitness and Thai boxing, and towards new challenges. Removing the competitive streak he had previously, he says, "I can't be sure what the future holds. I'm sure there are lots of people who are far better than me. I only aim to do my best, and with a clear conscience." While modest, he is also no longer the youth drowned in the drug sea with nothing to his name. Training and endurance helped him grow, gave him the confidence to say no in the face of any temptations.

"Most importantly, I found my confidence again."



❶ 發仔感謝社工的扶持，帶領他逐步思考，認識自己想成為一個什麼樣的人。
Faat is grateful to the social worker's support, guiding him to think and reflect, to know what kind of person he wants to become.



❷ 為準備泰拳練習賽，發仔接受了三個月的密集地獄式訓練。發仔的感想是：「原來，我都有能力去改變自己。」
To prepare for competition, Faat underwent three months of intensive hell-like training. He thought: "I actually have the ability to change myself."



❸ 除了擅長的運動項目，發仔在中心職員啟發下，突破自己學習樂器，是樂隊中的肌肉型結他手和鼓手。
Apart from excelling in sports, Faat, inspired by staff at the centre, learnt to play musical instruments and became the guitarist and drummer of the band.



❹ 「認真看待每件事」，是發仔的個人堅持，也是他對其他學員的勉勵。
"To treat every matter and person with earnest" is not only a personal persistence but it is also encouragement that Faat gives his fellow rehabilitants.

重拾美麗人生。

RECLAIMING A BEAUTIFUL LIFE Sister Aquinas Memorial Women's Treatment Centre

區貴雅修女紀念婦女康復中心

矗立在中心的大榕樹，曾受蜂群所襲，弄至根斷葉枯、折枝遍地。移除蜂巢後，大榕樹憑著驚人的「意志」，枯樹重生，再展光彩，成了中心的標記，勉勵著學員，人生可以再次變得美麗。
The large Banyan tree at the centre was once attacked by a colony of bees, leaving fallen branches and withered leaves scattered across the ground. After the beehive was removed, the tree rejuvenated and became a symbol of encouragement for the rehabilitants.

區貴雅修女紀念婦女康復中心環境優美，貼近大自然，致力服務一群潛能無限、希望重拾活力的年輕濫藥女性。她們以往沉溺毒品囚牢而迷失、痛苦，為了扭轉生命困局，決意改變自己，回復往日之美麗。

中心的專業醫護團隊，具備豐富經驗及應變能力，照顧學員因吸食多類毒品而出現的健康問題，包括懷孕學員與胎兒的複雜症狀，甚至處理緊急分娩的情況。專業社工團隊提供個人輔導及成長小組，處理深層吸毒及情緒問題、改善人際關係等；配合「過來人」職員的同行照顧、訓練生活技能、分享成功經驗。中心亦提供與時並進的多元化職業技能訓練，發展年輕學員潛質才能；透過新穎的康體活動，讓她們散發健康活力。

用心培養，以愛灌溉，學員身心靈得到滋養及成長，中心的無毒環境，關愛氣氛，為學員除去心中的「害蟲雜草」。經過生命重塑、裝備自己的過程，堅定學員無毒生活的決心，學員在家庭及社會崗位上的用心耕耘，開拓無限可能，讓生命綻放色彩。

計劃詳情請參考：

www.sarda.org.hk/samwtc.html | www.sarda.org.hk/scsm.html



Against the backdrop of a soothing environment that is close to nature, Sister Aquinas Memorial Women's Treatment Centre (WTC) is committed to helping young female drug users who want to regain their energy and the vast potential in life. These women succumbed to drugs because they were once lost and in pain, but are now resolved to change and reclaim their beauty.

WTC has a very experienced medical team which is highly adaptable and capable of treating a wide range of health issues arising from rehabilitants' use of different substances, including complex pregnancies and emergency childbirths. In addition, a professional social workers team provides individual counselling and group therapy that tackle deep-rooted drug abuse and emotional problems, guiding rehabilitants to improve interpersonal relationships. These are complemented by the support and sharing from ex-addict staff. The centre also provides diverse vocational training in skills that are relevant to the current marketplace to uncover the potential of rehabilitants, as well as energize them through sports and recreational activities.

With love and careful nurturing as well as WTC's drug-free environment, rehabilitants' souls are nourished and they are able to get rid of "the pests and weeds" that once lived in their hearts. The process to reshape their lives and equip themselves not only strengthened their determination to live drug-free, but also opened up unlimited possibilities to a vibrant life.

For details, please visit:

www.sarda.org.hk/samwtc.html | www.sarda.org.hk/scsm.html



- 1 培養學員多方面的興趣，增進自我認識。
Nurturing rehabilitants' interests and helping them to learn more about themselves.
- 2 3 4 為發掘學員的能力，中心提供各類訓練：專業美容及化妝、美甲、寵物美容、園藝治療等等……多不勝數。
To realize rehabilitants' capabilities, the centre provides various forms of trainings: professional beauty and make-up, manicure, pet grooming, horticultural therapy and so on.
- 5 禪繞畫活動，既能助學員學習靜觀，也能一展學員的藝術天分。
Zentangle activities – they not only train rehabilitants to observe quietly, but also let them show off their artistic talents.

Man-man's Account: Change to Welcome a Better Future

敏敏感激在區貴雅修女紀念婦女康復中心的學習、改變與成長，成為她「重生」的重要基石。
Man-man is grateful for what she had learnt at WTC, leading to change and her maturity, the cornerstone to her "rebirth".



我是一位單親媽媽，在斷斷續續15年的毒海生涯中，經感化主任介紹下認識了香港戒毒會區貴雅修女紀念婦女康復中心，並經她安排到中心接受為期一年戒毒及康復訓練，當時我心想只是盡快完成，可以和女兒再聚。

初到中心的時候，我對所有人和事都感到陌生，心裡就只有害怕，性格倔強又自我中心的我又難與別人相處，有時會讓我與其他學員之間容易發生磨擦，掛念女兒的心情導致情緒起伏很大。幸好每一次都得到社工、中心職員及同輩輔導安撫平息。

轉眼間我已經離開中心接近五年的時間，不得不提的就是我在中心接受訓練期間報讀的專業美容課程，今天竟成為了我的事業。離開中心後，社工一直與我聯繫及給予支援鼓勵，加上自己的意志，我報讀各類適合自己的進修課程，增值自己，努力儲蓄，終於開設了一間屬於自己的美容小店。經營這間小店，由選址、租舖、裝修、購貨及宣傳，也是自己「一手包辦」；幸好我現在有健康的身體，否則，我哪裡有勇氣、力氣和精神處理一大堆工作與人事？

現在回想，真的衷心感激香港戒毒會上上下下，在我萬念俱灰時都不曾放棄過我，讓我能重拾自信。我會繼續努力，重設我的人生下半場及陪著女兒愉快成長，走更遠的路。感謝香港戒毒會引領我走向正路，讓我重獲新生！

I am a single mother. During the 15 years in my past when I was living on and off drugs, my probation officer introduced me to the Society for the Aid and Rehabilitation of Drug Abusers, and she arranged for me to undergo the one-year drug treatment and rehabilitation programme at WTC. At the time, my only thought was to complete it as quickly as possible so that I can reunite with my daughter.

When I first arrived at WTC, my heart was filled with fear as everything and everyone was foreign to me. Being stubborn and a self-centred person then, I found it difficult to get along with others, and would sometimes come into friction with other rehabilitants. Moreover, I was missing my daughter and this caused huge mood swings. Fortunately, I received counselling from the social workers, staff and peer counsellors, who provided comfort and appeased any tension that arose.

How time flies. I have already left WTC for nearly five years. I also have to mention that the professional beauty course I took at the centre has led me to my current career. After leaving WTC, with the encouragement of my social worker who kept contact with me regularly, I took up various courses to raise my market value, and saved hard. I was finally able to open a small beauty parlour. From picking the location, signing the lease, renovation, procurement and marketing, to operation, I did it all on my own. I'm thankful that I'm healthy or I wouldn't have the courage, stamina and spirit to deal with the load of work and all the interpersonal relations.

In hindsight, I'm really grateful to everyone at SARDA who never gave up on me when I had on myself; it allowed me to regain my confidence. I will continue to work hard, reconstruct the second half of my life and accompany my daughter to grow up happily. I thank SARDA for guiding me back on track, letting me regain a new life!

心窩。

WARMTH Adult Female Rehabilitation Centre

成年婦女康復中心



- ❶ 千萬別少看她們！18天的水陸混合外展訓練，完全不是問題！
Don't underestimate these ladies! An 18-day outward bound training at sea and on land was no obstacle to them.
- ❷ 曾到訪成年婦女康復中心的訪客，均對學員的廚藝讚口不絕。
Visitors to the centre had only praises for the rehabilitants' culinary skills.
- ❸❹ 中心活動動靜皆備，讓學員接觸更多的新事物，發掘更多的可能。
Activities at the centre cover both the active and passive, allowing rehabilitants to be exposed to new things while discovering their potential.



「一個窩心的家，讓她們成為自己真正的主人」

「成年婦女康復中心」自1997年開始為30歲或以上的婦女提供住院戒毒治療及康復服務。入住中心的婦女，有的來自破碎家庭，有的童年曾受虐待或被持續忽略，有的曾遭遇家庭暴力……一切一切，令她們社交退縮、自我形象低落、內心缺乏安全感和信任感。長期背負沉重的苦痛，使她們反覆無聲地深陷於毒品之中。

一切改變，由她們入住「成年婦女康復中心」這一個窩心的家開始。在中心，她們參加小組活動、心理輔導、職業培訓、家務指導和健體運動等訓練。在社工的接納和職員的鼓勵下，她們學習探索自身內在真實的需要、撫摸自己失落的心。她們學習不用毒品去逃避人生，也不將自己吸毒問題推諉他人。她們接受自己的不完美，不再將自己的痛苦無限地放大，並以感恩的心看待生命。「成年婦女康復中心」這個家給了她們一個心靈療愈的機會。

我們相信，每一個婦女都能從毒品中站起來，學習獨立、情理兼備的思考，為自己生命負責，成為自己真正的主人。

計劃詳情請參考：www.sarda.org.hk/afrc.html

A warm home to let them become masters of their destinies.

The Adult Female Rehabilitation Centre (AFRC) has provided women – aged 30 and above – with residential drug treatment and rehabilitation service since 1997. The rehabilitants at the centre have included women from broken homes, those who suffered abuse during childhood and long-term neglect, as well as victims of domestic violence. Such sufferings can cause social withdrawals, crush their self-esteem, heighten the sense of insecurity and distrust. Burdened with these pains over the long term, they sink deeper, silently, into their addictions.

But change begins to unfold when they check into the warmth home of the AFRC. At the centre, the rehabilitants participate in therapeutic groups, receive individual counselling and vocational training, as well as work therapy and fitness exercises. Encouraged by social workers and staff, they learn to explore what they really need and to repair their broken souls. They also learn not to use drugs as a way to escape or to blame others for their addiction problem. They accept their own imperfections, to not magnify their pain, but to face life with gratitude.

We believe that every woman can stand up against drug abuse, learn to be independent and to think with reason and compassion.

For details, please visit: www.sarda.org.hk/afrc.html

Mei-ling Steps Out for a New World



- 1 「我覺得信念是很重要，可以賦予人生有方向，不致走迷。」每天「早會」一起朗讀的「戒毒信條」，啟發美玲尋回自己的價值。
"I feel that one's belief is very important as it provides a direction in life so that you won't get lost." Reciting the 'Detoxification Creed' every morning let Mei-ling regain her own worth.
- 2 成為中心的高級同輩輔導，美玲希望好像身後的百花樹一樣，由開始懂得自愛，去愛身邊的人。愛，是可以延續下去的。
As the centre's Senior Peer Counsellor, Mei-ling hopes she's like the tree of hundred flowers behind her: from learning to love herself to loving those around her. Love can be passed on.
- 3 透過社工帶領的輔導小組，美玲開始接觸過去的自己，由厭棄到接納、擁抱自己。
Through the counselling group led by the social worker, Mei-ling began to confront her past, from resenting to accepting and embracing herself.
- 4 「我已一把年紀，生活還可有趣味嗎？」中心舉辦不同的活動，例如瑜伽、山藝、跑步等，美玲終於找到答案：「只要肯嘗試，我的人生還是很有趣的。」
"I'm already old, would life still be fun?" From the centre's different activities like yoga, mountaineering, running and so on, Mei-ling found the answer. "As long as I am willing to give it a try, my life can be very interesting."
- 5 「原來我都做得到！」以往怕水的美玲，在中心安排的外展訓練中，嘗試跳出安舒區。美玲感受到內心的一團火，很想自己可以改變
"I can do it too!" At the centre's arrangement, Mei-ling who was aquaphobic stepped out of her comfort zone. She was fired up and wanted to change.



美玲自小生於一個大家庭，在家排行尾二。當年一家十三口人擠在一個200呎的徙置區單位，家裡除了窮就是窮，加上父親患癌，家中的氣氛很緊張。美玲的童年經常被忽略，使她感覺自己在這世界上可有可無。十多歲的美玲向外闖，但工作成績多年停滯不前，男友若即若離。她開始打麻雀及賭博以填補內心的空虛，後來服用安眠藥自行治療失眠，安眠藥癮越陷越深，美玲被安眠藥迷迷糊糊地封閉了十年之久。

五十歲的美玲決定申請自願戒毒，入住成年婦女康復中心。每天的「早會」，和中心職員、學員一起朗讀「戒毒信條」：「透過悲傷、淚水、勇氣和愛心，我坦誠地開放自己，祛除防衛心理……」社工給美玲每星期的功課，讓美玲慢慢地學習去觸摸自己內心的感受，學習不批評、不厭棄，而是多聆聽、多安撫和鼓勵自己。透過輔導小組，與職員和學員之間的真誠相處，水滴石穿，美玲不單可以做回自己，更可以開始建立人與人之間的信任關係：「身邊的人都相信自己可以改過，為何自己不給自己機會呢？」。

在中心這個接納自己的「家」，美玲學習走出舊有的框框，嘗試新事物，她參與不同的活動，例如：「18日的海陸外展訓練」、瑜伽和山藝，活得愈來愈有朝氣。現在問美玲「我是誰？」的時候，她會認真地說：「我是經得起生活的磨練，我是可以堅持，也是有勇氣和耐力的。」

美玲現在擔任高級同輩輔導一職，擁抱自己的經歷，她更能理解到中心學員的複雜心情和困難。透過真誠接觸和分享，美玲鼓勵學員學習照顧自己的需要，她微笑地說：「因為自愛，我們都可找回真我。」美玲有著清晰的信念，繼續前行，珍惜人生。

Mei-ling was the second youngest child of a big family of 13, which squeezed into a 200 sq ft public flat in a resettlement area. Weighed down by the family's extreme poverty and her father's cancer, the atmosphere at home was often tense. Mei-ling was mostly neglected in her childhood, making her feel she was dispensable in this world. In her teens, she began to look to the outside world. She achieved little at work and the lukewarm relationship with her boyfriend went nowhere. To overcome a sense of emptiness, she started to play mahjong and gamble, and later took sleeping pills to battle insomnia. Her reliance on sleeping pills sucked her into an addiction where for the next decade, she lived life semi-consciously and mostly in a daze.

But at 50, Mei-ling decided to sign up for voluntary detoxification and checked into the AFRC. Every morning, along with her fellow rehabilitants and staff at the centre, she recited the "Detoxification Creed". "Through sorrow, tears, courage and love, I open up myself honestly, discard my defensive mindset....." Mei-ling's weekly homework assigned by the social worker was to learn gradually to confront her innermost feelings; she was not to judge or spurn herself, but to listen, placate and encourage herself more. Through the counselling group and sincere engagements with her fellow rehabilitants and staff, as well as perseverance, Mei-ling not only found herself again, but was also able to once more build trust and relationships with those around her. "People around me believed that I could change, so why couldn't I give myself that chance?"

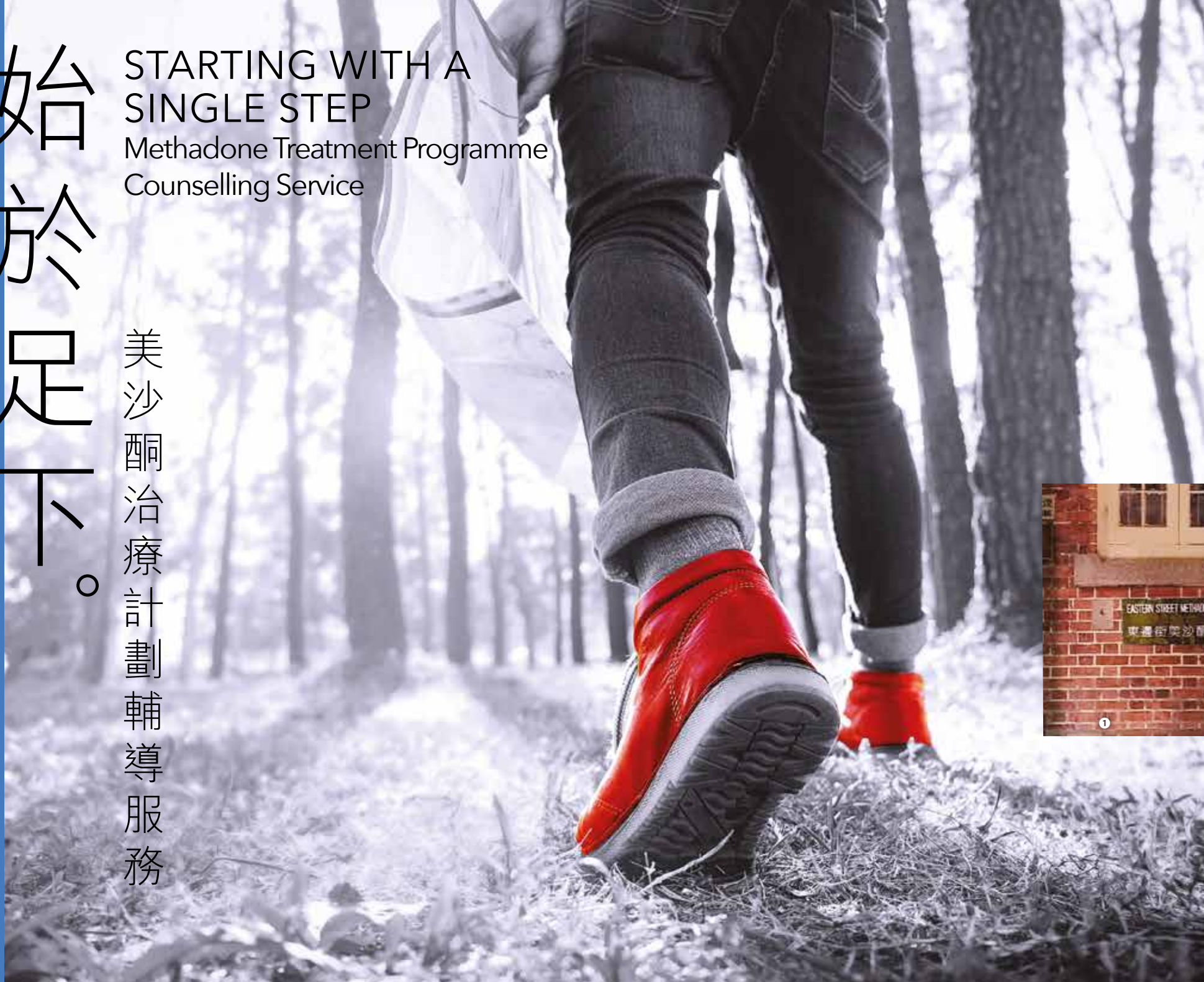
At the AFRC – the home that accepted her, Mei-ling learned to walk out of her old shell. She took on new ventures and activities like an "18-day Outward Bound Training Programme", yoga and mountaineering, living life with zest. If you asked her who she is now, she will say, "I'm able to withstand and overcome challenges, I am determined, courageous and resilient."

Mei-ling is now a Senior Peer Counsellor. Because of what she had gone through, she understands better the complex emotions and difficulties that rehabilitants have to deal with. With sincerity and through sharing, she encourages them to learn to take care of their own needs. With a smile, she tells them, "Only when we love us can we find our real selves." Mei-ling's belief can't be clearer as she continues to move forward, cherishing life.

始於足下。

STARTING WITH A SINGLE STEP Methadone Treatment Programme Counselling Service

美沙酮治療計劃輔導服務



早於1972年，政府為回應當時濫用海洛英所帶來的公共衛生和社會問題，設立美沙酮診所，試驗為鴉片類的成癮者提供美沙酮代用治療。美沙酮能有效地抑制海洛英的毒癮，降低服用者對海洛英的生理倚賴。多項研究亦指出，美沙酮代用治療能降低濫用海洛英行為、犯罪行為、醫療開支、注射風險及愛滋病傳播等等。

服用美沙酮人士可以與家人同住，繼續正常工作及生活。由於美沙酮的劑量一般只能維持24至36小時，服用人士需要每天服藥，診所在黑色暴雨及八號風球下，仍會照常開放，希望讓服藥人士免卻毒癮折磨，有尊嚴地繼續貢獻家庭及社會。當然，服藥人士要完全戒絕毒癮，仍需要逐步遞減服用美沙酮的劑量才成。

對濫用海洛英人士來說，「康復」二字，除了指處理生理上的「身癮」，還有心理上「心癮」。減藥可以怎樣減？如何抵抗吸食毒品的誘惑？面對情緒起伏、家人質疑，應如何自處？故美沙酮診所設有「美沙酮治療計劃輔導服務」，幫助美沙酮服藥人士處理「心癮」以及他們生活上遇到的種種挑戰。

香港戒毒會自1993年開始向全港美沙酮服藥人士提供個別輔導服務，並在2002年起為服藥人士及其家庭推行小組服務。我們深信，「戒斷毒癮」並不是一蹴而就的事，大部分服藥人士均需要一段長時間逐步作出改變。美沙酮治療換來寶貴的時間和空間，而輔導服務，則是陪同和守護著服藥人士，在荊棘路上前行。

「千里之行，始於足下。」處理毒癮是一個需要畢生奮鬥的過程。面對千里之遙，不少人都會懼怕踏出第一步。其實接受美沙酮治療，並減少使用海洛英，已象徵著服藥人士一顆想改變現況的心。透過輔導、小組、外展等工作，我們捉緊每一個服藥人士的微小改變，相信當中藏著通往幸福的道路。

計劃詳情請參考：www.sarda.org.hk/mccs.html



As early as 1972, the government began setting up the first Methadone Clinic to tackle the health and societal problems that arose from heroin abuse in Hong Kong, using a then pilot Methadone Treatment Programme to treat heroin addiction. Methadone can effectively suppress opiate addiction and lower addicts' physical reliance on heroin. Research has also shown that methadone used as treatment is able to reduce heroin abuse, criminal behavior, medical expenses, risk arising from injections and spread of HIV and so on.

Methadone patients can reside with their families and continue with a routine lifestyle. Because treatment dosages are only effective for 24 to 36 hours, they need to be administered daily. The clinics stay open even when the black rainstorm and typhoon 8 signals are hoisted so that methadone patients can receive their treatment, which lets them carry on with life in dignity and contribute to their families and the society. Naturally, patients who want to kick their addiction completely will need to first maintain on an optimal of methadone before gradually reducing it to zero.

To heroin abusers, "rehabilitation" not only encompasses quashing the physical addiction, but also the psychological reliance. How does one reduce drug intake? How does one resist the temptation to use drugs? How does one deal with emotional stress and questions from the family? Methadone clinics are set up also with "Methadone Treatment Programme Counselling Service" to help service users overcome the psychological reliance and other challenges in their daily lives.

SARDA has since 1993 provided counselling services to methadone patients in Hong Kong, and extended the scope to group service for abusers and their families in 2002. We believe that detoxification cannot be achieved overnight and most abusers need a long period of time to gradually make the change. Methadone treatment earns precious time and space, and the counselling service accompanies and takes care of abusers as they tread on the difficult path towards rehabilitation.

Every journey starts with that one single step. Abstinence can be a lifetime challenge. Fear is inevitable for many in view of long road before them. But signing up for methadone treatment to reduce heroin use is already an indication of the desire for change. Through counselling, group services and outreach services, we celebrate every abuser's change, however small, and believe that each one of these changes contributes towards happiness.

For details, please visit: www.sarda.org.hk/mccs.html

- 1 2 不論是「緩減傷害」，抑或「戒毒」，均是美沙酮治療計劃的目標。一些作為家中經濟支柱的服藥人士，透過美沙酮治療，可以踏出停用海洛英的第一步。Be it "harm reduction" or "detoxification", it is the objective of the Methadone Treatment Programme. Through this treatment, patients who are also breadwinners of families can take the first step in quitting heroin use.
- 3 香港戒毒會駐美沙酮診所的社工，會聯同其他職員及「過來人」，主動出擊，邀請參加小組活動，鼓勵服藥人士多走一步。SARDA's social workers based at methadone clinics, along with other staff and successful rehabilitants will proactively invite patients to participate in activities and take that extra step.



表達愛的方式，有千百種。「以身試毒」，你有聽過嗎？

阿榮與阿平中學時相識，相戀。青澀的愛戀在數年後開花結果，共諧連理，一切本應如童話般美滿。可惜阿榮在婚前，早已有吸毒的習慣，阿平曾苦心勸戒，但阿榮始終戒不了。轉眼結婚十年，小兒子也已經八歲，阿平不明白，也不甘心，倆口子的感情依舊如昔，她想證明「毒不難戒」，便嘗了一口白粉，以身試毒。

阿平最好的初衷，卻換來最差的後果。沉迷於毒品的兩人，再也難以負擔起家庭責任，大兒子要搬到親戚家居住，小兒子也對身染毒癮的父母萬般厭惡。無論在家庭上、經濟上，兩夫妻均受重壓，難以維持生計。在那十年的歲月中，尚幸他們有使用美沙酮服務，稍減毒癮對家庭的影響。

直至2009年，阿榮患上脊髓骨枯，劇痛難當，需要動手術。醫生跟他說，只有停止吸毒，才能治好，阿榮終於鼓起勇氣，向一直嘗試接觸他的香港戒毒會社工打開心窗，希望能夠戒毒。社工向他講解穩定使用美沙酮，並逐步減藥的方法，又邀請他參加戒毒會舉辦的自助小組，結識成功透過美沙酮戒毒的「過來人」，一步一步為他打開生命中的另一扇門，脫離毒癮的囚牢。2010年，他終於成功「掙杯」（即停止服用美沙酮，意指完成戒毒療程）」。

阿平目睹丈夫逐步邁向成功，自己卻原地踏步，內心更感痛苦。「毒鴛鴦」戒毒之難，在於即使有一方能決下心來戒毒，但身邊人還未同時作出改變，每天看著自己的伴侶吸毒，再大的堅持也會崩塌下來。阿平不想再影響阿榮，但同一屋簷下，又有哪處可避？吸毒的壓力，加上對丈夫的愧疚，那兩年，是阿平人生中最苦的日子。

到了2012年，阿平患了椎間盤突出，亦需要動手術，術後如果繼續吸毒，有可能令她病情惡化甚至不能行走。在阿榮和戒毒會社工的鼓勵下，阿平嘗試認真的接受輔導服務。「其實我之前有很大的壓力，也找不到傾訴的對象。和社工接觸後，我可以暢所欲言。社工關心的，不只是我是否戒毒，而是關心我整個人，她能接受我的顧慮、我的脆弱，令我知道自己不是孤軍作戰。」

大約半年後，阿平最終也成功「掙杯」，家人也重新接納他們。阿榮和阿平每每想起那位醫生，那位戒毒會社工，以及一眾自助小組成員，都充滿著感激之情。他倆在這圈子甚久，明白「毒鴛鴦」的下場，多是難逃「被捧打」的命運。現在，阿榮擔任自助小組的主席，阿平則是戒毒會「健康家庭親子樂」的計劃助理，竭力協助尚在努力的兄弟姊妹，告訴他們只要嘗試踏出第一步，一切，皆有改變的可能……

Love is expressed in a million ways. Have you heard of “using drugs on oneself” to show love?

Wing and Ping met in secondary school and fell in love. Their young love blossomed and the couple tied the knot several years later. Everything seemed perfect and fairy tale-like, except that Wing was a drug abuser even before he got married. Ping tried hard to persuade him to kick his habit with no success. Ten years into the marriage, their younger son was already eight, and the couple's relationship was as sound as before. Yet Ping still couldn't understand nor take Wing's addiction lying down. She wanted to prove that “kicking the drug habit was not difficult”, and took her first dose of heroin.

Alas, Ping's best intention turned into her worst nightmare. With both husband and wife now drowned in drugs, they could no longer take on the responsibility of caring for the family. Their elder son moved in with relatives while the younger brother despised his addict parents. The couple, under the weight of tremendous familial and economic pressures, could hardly make ends meet. The only small fortune for them during those 10 difficult years was that the Methadone Treatment Programme they underwent slightly lessened their addiction and thus, the adverse impact on the family.

It wasn't until 2009 that real change came. That year, Wing was diagnosed with degenerative spinal discs, causing him extreme pain and requiring surgery. As the doctor told him he must stop his drug use in order to be treated, Wing finally mustered up the courage, and approached SARDA's social worker. The social worker explained how the detoxification programme worked – through gradual dosage reduction, as well as invited him to participate in a mutual-aid group, where he met peers who succeeded in kicking the habit. And step-by-step, he was able to open a new chapter in his life, breaking away from the world of drugs. In 2010, he finally reduced the dose to zero and completed the detoxification programme.

Ironically, Ping found it heart-wrenching to witness her husband's two-year detoxification process when she was herself stuck in a rut. Caught between the pressure to use and her guilt towards Wing because her habit posed a risk to his efforts towards sobriety, the two years were one of the darkest periods of Ping's life. Living under the same roof, she had nowhere to hide.

In 2012, Ping found herself suffering from spinal disc herniation, which also required surgery. And her post-surgery situation could deteriorate if she continued her drug use, to the extent of losing her ability to walk. With the encouragement from Wing and SARDA, Ping began to earnestly accept counselling. “I was previously under tremendous pressure but didn't have anyone to confide in. After connecting with the social worker, I could speak freely and get everything off my chest. She wasn't just concerned with my addiction problem, but also about me as person. She accepted my concerns, weaknesses, and made me feel that I wasn't fighting the battle alone.”

Half a year later, Ping succeeded in kicking her habit, and her family members have once again accepted the couple back into their lives. Wing and Ping remain grateful to the doctors, social workers and members of the mutual-aid group. They knew what most drug-using couples ended up with - being stuck in the vicious cycle till the end of life. But now, Wing chairs the mutual-aid group while Ping is the Project Assistant at SARDA's “Happy and Healthy Family Scheme”. Both are doing their bit to help their peers, egging them on, telling them they only need to take the first step forward for change to come.



- ❶ 阿榮除了是自助小組的主席，近來更擔任「鳳凰計劃」外展服務義工，主動接觸其他兄弟姊妹。
Apart from chairing the mutual-aid group, Wing has also taken on outreach work for “Phoenix Project” to proactively reach out to drug users.
- ❷❸ 阿平曾在婦女小組中擔任同輩輔導，累積了相當紮實的經驗。有助她參與外展，以及「健康家庭親子樂」的工作。
As a former peer counsellor for the women's counselling group, Ping has accumulated solid experience. This helps in her outreach work and that for the “Happy and Healthy Family Scheme”.



Wai-keung Regains His Family



偉強自13歲開始接觸毒品，30多年來一直不停進出監獄，遇上太太後，他開始想有戒毒的想法。然而，要脫離毒海談何容易：「那是一個心魔，難以擺脫的心魔。」一直到女兒出世，漸漸長大，在「白粉」和「奶粉」之間，偉強不斷掙扎：「我想當個清清白白、健健康康的人。」他經常帶女兒一同出席美沙酮治療及支援活動，駐診所的戒毒會社工亦一直從旁支持偉強及其家人的需要，鼓勵他面對自己。改變的種子，慢慢在偉強心中扎根。

在2010年，女兒滿兩歲，偉強因工受傷，當刻半身沒了知覺，想到的第一件事，就是家人：「如果我有事，他們怎辦？白粉、奶粉……我最後決定選擇奶粉。」他聯絡駐美沙酮診所的戒毒會社工，商討如何用美沙酮進行戒毒治療。社工亦鼓勵他參與香港戒毒會的輔導小組，幫他找回一直因為毒品而放下的興趣。

戒毒期間，縱然遇到挫折和引誘，偉強都時刻警醒自己：「我會想起家人的付出，和社工對我的關心和鼓勵，提醒自己別去想毒品了。」而一直陪著偉強走這段戒毒路的女兒，也成了戒毒會的功輔班中的「小老師」。一眾社工、義工幫助偉強一家解決小朋友成長路上的大小問題，讓他們知道前路並不孤單。

現在，戒毒已逾十年的偉強，不單奪回自由、不受毒品束縛，更贏回家人的愛和驕傲。

Wai-keung had been using drugs since he was 13, and was also in and out of prison for more than 30 years. While he started to think about kicking his habit after meeting his wife, it was definitely easier said than done. "It's a demon in you, one that's hard to shake off," he recalls. Even with the birth of his daughter and then watching her grew up gradually, Wai-keung continued to struggle internally. It was always a case of "white powder" (heroin) versus "baby milk powder", as "I wanted to be a clean and healthy person". The social worker at the methadone clinic where he frequented, bringing his daughter along to attend the support activities, gave him and his family constant support and encouraged him to face himself. That's when the seeds of change were slowly sown in Wai-keung.

In 2010 when his daughter was two, Wai-keung was injured at work, and he felt numb from the waist down. The first thought that came to his mind then was, "What would become of my family if something happens to me? White powder, baby milk powder..... I finally opted for milk powder." The moment of awakening compelled him to call the social worker at SARDA to discuss how to use methadone to treat his addiction.

It wasn't all smooth sailing during detoxification. There were inevitable setbacks and temptations, but Wai-keung constantly checked on himself. "I would think of the sacrifices made by my family, and the social worker's concern and encouragement, remind myself not to think of drugs." Accompanying Wai-keung on his path to sobriety also was his daughter, who joined SARDA's tutorial class and became one of the "little tutors". As the social workers and volunteers helped him and his family resolved all matters relating to his little girl's upbringing, the three of them never felt one moment that they were left on their own.

Wai-keung has been clean for 10 years. He reclaimed not only his freedom, but was also no longer tied down by drugs, and regained his family's love and pride in him.

- ❶ 今年是偉強與太太結婚15周年，偉強感激太太一直對他不離不棄，成就這個溫暖的家。
This year is Wai-keung's 15th wedding anniversary. He is grateful to his wife for staying by his side to build a warm family.
- ❷ 偉強現在是香港戒毒會的同輩輔導，以自身經驗幫助康復員。
Wai-keung is SARDA's peer counsellor, using his own experience to help rehabilitants.
- ❸ 推廣禁毒訊息，讓更多人了解「過來人」的心聲，偉強就是想向社會表達，戒毒康復人士有著無限的可能。
Through promoting the anti-drug message, Wai-keung wants the society to hear the voice of rehabilitants, and that they also have unlimited potential.
- ❹ 女承父業，對唱歌和彈結他情有獨鍾。
His daughter has inherited his passion in singing and playing the guitar.



一個也不能少。

NOT ONE LESS Outreaching Service

外展服務



- 1 聘請非華裔人士加入外展團隊，拉近與非華裔服務對象的距離，更易破冰，建立關係。
Recruiting non-ethnic Chinese members for the outreach team with the aim of narrowing the gap with non-ethnic Chinese users, and breaking the ice to build the relationship.
- 2 外展隊的持續付出，逐漸讓濫藥人士打開心窗，嘗試作出改變。
The effort of the outreach team paid off when more and more drug abusers were stepping out of the comfort zone and making changes.



香港戒毒會外展服務歷史悠久。早在90年代初，本會同工發現，即使住院式戒毒治療及康復服務已面世多年，但仍有為數不少的濫藥人士，對有關服務不甚了解。在同工及「過來人」的智慧下，本會在全港不同高危地區，開展外展工作，甚至走入越南難民營，傳遞戒毒資訊。

隨著經驗累積，外展的手法和形式亦更趨成熟。香港培康聯會亦有成立外展工作隊，透過「過來人」到濫藥人士流連的地區，進行輔導、戒毒及預防愛滋病的宣傳工作，更執拾棄置針筒以免誤傷他人。在1998年，外展隊的工作更備受肯定，獲得「傑出愛滋病工作者表揚計劃」獎項。

隨著互聯網發展，戒毒資訊可透過網上搜尋，但外展工作卻仍是無可取代。時至今天，仍有不少的濫藥人士，對戒毒卻步。身邊的人，都會對他們說「只看你有沒有決心」，但當濫藥人士，連對自己的「信心」都失去時，更遑論「決心」了。香港戒毒會著力培訓戒毒康復人士擔任「同輩輔導」，就是希望給濫藥人士一個不是出現在報紙、不是出現在電視，而是站在他們跟前，活生生的成功例子。

隨著濫藥的種類和習慣改變，潛伏在非華裔人士、無家者、精神病患等特殊群組的濫藥問題愈趨嚴重，在各界的支持下，本會針對不同群組的需要，進行外展工作，將最適切的服务帶到他們手上。每個濫藥人士，都有改變的可能，不論任何國籍、年齡、性別、吸食毒品種類……一個，也不能少。

部份計劃詳情請參考：
www.sarda.org.hk/for_non_chinese_youth.html | www.sarda.org.hk/phoenix.html

SARDA has a long and rich history of outreach work. Back in the early 90s, our colleagues discovered that although residential drug treatment and rehabilitation services had by then been available for a few decades, many drug abusers had little understanding of these programmes and services. Leveraging the knowledge and expertise of our colleagues and ex-addicts, SARDA began to reach out to users at high-risk districts, including Vietnamese refugee camps, to spread the anti-drug messages.

As our experience accumulated, our outreach strategies and tactics, in tandem, matured. The Pui Hong Self-Help Association also established an outreach team of successful rehabilitants to provide counselling, promote treatment and AIDS prevention, as well as pick up discarded syringes to prevent them from further harming others in districts that drug users hang out. The team's work was well recognised and awarded the "Outstanding AIDS Workers Award" in 1998.

These days, even though the Internet's development has made information on drug treatment and rehabilitation services more easily accessible, outreach work remains irreplaceable. Until now, there are still many drug users who are deterred from seeking treatment. While those around would say it's how determined one is, addicts often lack confidence, let alone have the determination. This is why SARDA is committed to training successful rehabilitants to become peer counsellors, as they are walking examples to drug users and not some distant success stories on TV or in the newspaper.

With the increase in the variety of drugs and drug use, the problem of hidden abuse among non-ethnic Chinese, the homeless, and people with mental health problems have become more severe. Our organisation has targeted and reached out to these different groups to provide them with the right kind of services they needed, amid support from a wide spectrum of our society. Every abuser has the potential to change, regardless of nationality, age, gender, and the type of substance he or she uses. No one will be left behind.

For details, please visit:
www.sarda.org.hk/for_non_chinese_youth.html | www.sarda.org.hk/phoenix.html



電視劇經常有逃婚情節，你現實中有沒有見過？阿恆沒見過，但試過。他與女朋友註冊那一天，他沒吸毒，但冰毒的後遺症令他失去做任何事的動力，新郎哥到最後還是沒有出現在註冊的會場。阿恆對過去的自己的所作所為，滿是歉疚。「偷、呃、騙，為了要錢買冰毒，甚麼大話也會講，甚麼責任也不會負。」

有幸在戒毒後獲得新生，他一直警惕自己不可重吸，不可再令愛自己的人傷心。他現在用另一個方式補償過去，就是成為外展服務的活動助理，去尋找，陪伴，關心每一個吸毒的人，「幫得一個得一個」。

「作為『過來人』，我知道單靠自己戒毒是十分困難的。尤其身體不適時，意志特別薄弱，身邊又沒有支援，很易有吸毒的念頭。我和同事們外展時，四出接觸吸毒人士，都會盡力跟他們交心。讓他們對我們有信心，他們才會開放和分享自己，我們就能介紹和提供最合適的服務去幫助。」在本會工作近三年的阿恆，有一套「獨門技巧」去接近吸毒人士。「我不會一開始就介紹自己是『過來人』，會先在聆聽他們分享時，切身代入去瞭解，談談毒品可給他們的『好處』。但如要維持這些『好處』，失去的是甚麼，和值不值得。」

阿恆喜歡現在的工作。「我覺得這份工作適合我。因為我多口，不怕醜，跟甚麼人也能傾計。」他有時亦會到石鼓洲康復院探望經他轉介的個案，因為恆仔以誠待人，和他接觸過的個案，都對他留有深刻印象。

最後，問回最初的故事，結局究竟是怎樣？「立刻斷聯絡了……」恆仔平日看來正面樂觀，但背負著的，從未放下：「遺憾，一個也太多了……」這亦不斷地提醒著恆仔，要珍重眼前的人和事：「過去不能改變，但還有現在與將來啊。」

- 1 2 出擊與不同族裔的服務對象接觸，完全難不到阿恆。
Reaching out to interact with different races of users poses no difficulty for Hang.
- 3 阿恆與團隊成員走進醫院病房，為濫藥人士進行小組活動，提升戒毒動機。
Hang and his team members conduct group activities in a hospital ward to motivate rehabilitants during their detoxification treatment.
- 4 阿恆總是展現具親和力的笑容。歷經風雨，阿恆決定以樂觀的心擁抱新生。
Always wearing his friendly smile, Hang decides to embrace his new life in an optimistic attitude.

In TV dramas, there are often scenes in which the groom or the bride runs away from the wedding. But have you seen one in real life? Hang had not seen it, but had done it. On the day that Hang and his girlfriend were going to be registered, Hang did not take drug but the aftereffect made him lose the motivation to do anything and Hang went missing on his big day. Hang is remorseful for all he had done in the past. "Stealing, lying, cheating, just to get money to buy 'ice'; I told all sorts of lies and took absolutely no responsibilities."

As he counts his blessing for being able to start a new chapter, he stays vigilant, reminding himself never to use drugs or hurt those who loved him again. To make up for his previous wrongdoings, he has taken on the role of a Project Assistant in SARDA's outreach team to look out, provide support and care for drug abusers, "Helping each one of them, one by one."

"As an ex-addict, I know how difficult it is to quit the habit on your own. Especially when the body is unwell, the will is weak, and with no one beside you to give support, it's so easy to succumb to using. My colleagues and I would reach out to abusers across the city, do our best to connect openly and frankly with them. It's only when they feel confident about us that they will open up and share their innermost feelings. We can then introduce and provide the most appropriate service to help them." Having worked at SARDA for almost three years, Hang has a unique way of approaching abusers. "I don't introduce myself as a peer counsellor from the outset. I'd like to listen to what they want to share, then put myself in their shoes to discuss with them the 'benefits' that using drugs has brought them. After that we'd look at what we stand to lose should we want to keep these 'benefits' and whether it was worthwhile to do so."

Hang likes his job. "I feel that it suits me. I'm talkative and not shy; I can strike up a conversation with anyone." Sometimes he will make the trip to the Shek Kwu Chau Treatment and Rehabilitation Centre to visit rehabilitants whose cases he had handled and referred to the facility. As Hang is earnest, he has left a deep impression on the rehabilitants he came into contact with.

Last but not least — how did the initial story end? "She cut off all contact immediately....." Although Hang is an optimist, this is one baggage he hasn't let go of. "Even a single regret is way too many....." But it has also served as a constant reminder for him to cherish the present and the people around him. "I can't change the past but there is still the present and the future."

相扶。

SUPPORT Family Service

家庭服務

多姿多彩的活動，讓戒毒人士的家人有更多機會接觸新事物，發展興趣。
Varied and colourful activities that let rehabilitants and their families become exposed to novel things and develop new interests.

- 12 協助戒毒人士應對孩子的成長需要，不單能提升戒毒人士的自我效能感，更能預防跨代貧窮及吸毒問題。
Assisting rehabilitants in knowing how to respond to the needs of their children as they grow up not only raises rehabilitants' self-efficacy, but also helps prevent cross-generational poverty and drug abuse.
- 34 由「過來人」擔任陪月員，更能理解懷孕吸毒婦女經歷的種種掙扎，發掘她們轉變的動機。
Successful rehabilitants who double up as confinement nannies can better understand the experience and struggles that pregnant users undergo, which aid in helping and motivating these mothers-to-be to change.

辦「戒毒諮詢熱線」近五十個年頭，每一個曾接聽熱線的同工，都一定聽過一種充滿無力感的聲音，說出的這句話：「身邊的人吸毒，我可以怎辦？」

濫藥人士飽受身心煎熬，愛他的人亦同受其苦。然而濫藥在大眾眼中，仍是一件不能活在陽光下的事，見到所愛之人深陷痛苦，束手無策之餘，亦不敢讓別人知道。這種孤立無援的困境，驅使香港戒毒會一步一步建立家人服務，希望為一個一個家庭，帶來曙光。

早在六十年代，香港戒毒會社工在康復員住院期間及離院後，均會與家屬聯絡，以彈性兼個人化的輔導服務，幫助康復員及其家人渡過困境。香港戒毒會轄下的各院舍，亦會安排家屬探訪或活動，以加強康復員的決心。家人的支持，是其中一個令康復員改變的重大因素。

我們針對家屬不同的需要，逐步將服務常規化：

- 成立「家屬輔導小組」與自助組織「家嘅舍」，讓家屬有互相交流的平台，增加對戒毒康復服務的認識，及更了解濫藥人士的處境；
- 為美沙酮服藥人士子女開設「功課輔導班」和提升濫藥人士「親職能力」的計劃，以減低對濫藥人士子女的不良影響，預防跨代貧窮及跨代吸毒的問題，扶助濫藥人士子女茁壯成長；
- 設立支援「懷孕吸毒婦女及初生嬰兒」的計劃，幫助她們適應重大的人生轉變，提供合適的資源和服務……

我們珍惜每一次與濫藥人士及其家屬的接觸，致力發掘及提升濫藥人士的戒毒動機。

不論是家屬對濫藥人士的無限支持，濫藥人士對家屬的無言感激，抑或是濫藥人士家屬之間的相濡以沫，中間那份相扶的「情」，最是令人動容，亦是推動我們工作，最大的原動力。

部份計劃詳情請參考：

www.sarda.org.hk/mccs.html | www.sarda.org.hk/hhfamily.html | www.sarda.org.hk/scsm.html



For those who have manned the SARDA hotline over its near half-century of operation, that helpless plea from the other end of the line would have been nothing but familiar. "There's a drug abuser around me. What should I do?"

While the drug abuser suffers physically and mentally, it doesn't get easier for his or her loved ones. In the public's view, drug abuse isn't something you can talk about openly, so your hands are tied even when you see a loved one being tormented and trapped in agony. It is the plight of isolation and helplessness that drove SARDA to build up its family service, aiming to bring hope and sunshine to every family.

As early as in the 60s, SARDA social workers have begun the practice of staying connected with families of rehabilitants during their treatment and after they completed their programmes, offering flexible and customised counselling services to help rehabilitants and their loved ones cope with any difficulties and challenges. All SARDA centres will arrange for families to visit rehabilitants and participate in activities to reinforce rehabilitants' determination to kick the habit. Familial support is one of the crucial factors driving rehabilitants to change.

We target families' different needs and have gradually turned our services into regular offerings:

- Established counselling group for family members and the Family Association of the Methadone Treatment Programme (MTP) patients, providing the platform for family members to interact, increasing their understanding towards drug treatment and rehabilitation services so that they can understand better what rehabilitants go through;
- Set up tutorial classes for children of methadone patients and the programme to raise drug abusers' parenting skills so as to lessen any adverse impact on the children, as well as prevent potential generational poverty and drug abuse problems, ensuring as much as possible that the children can grow up healthily;
- Established programme to support pregnant drug abusers and help them get tide over their crucial turning point in life with appropriate resources and services.....

We cherish every opportunity to connect with rehabilitants and their families, to explore ways that motivate the rehabilitants to kick the habit.

Whether it is familial support for rehabilitants, rehabilitants' gratitude towards their families, or the mutual help that families give one another, the sentiment and care involved is always moving, which is also the greatest motivation for the work we do.

For details, please visit:

www.sarda.org.hk/mccs.html | www.sarda.org.hk/hhfamily.html | www.sarda.org.hk/scsm.html

Chun - From Receiving to Giving



- ❶ 這是一個不一樣的功輔班，學生年齡相距可以超過十年，導師需要因材施教，很有挑戰性。
This isn't your regular tutorial class. The age difference between students can be more than 10 years, which makes it challenging for the tutor who would have to tailor the teaching to each student's needs.
- ❷ 功輔班儼如一個大家庭，即使你是學生之一，也可以幫助較年幼的「同班同學」。
The tutorial class is like a big family, where the older student can be tutoring a younger one even though both are classmates.
- ❸ 除了功課輔導，社工和導師亦會籌辦不同的活動，訓練學生的生活技能、團隊合作、溝通技巧。
Apart from academic tutoring, social workers and tutors organise different activities to train students' communication and life skills, as well as foster teamwork.



「除了傳授知識，幫助學員追上學業成績，還希望他們能建立自信和培養良好學習態度……」是阿俊參與功課輔導班的教學抱負。

阿俊正在香港理工大學修讀物理治療學士課程，自考畢中學文憑試後，便開始替美沙酮服藥人士的子女補習。在2020年7月，大學一年級的暑假，阿俊正式成為功輔班的導師。究竟是什麼東西，讓一位年輕人這麼熱心，肯願意在每個周末耗上一個下午來教導一班小朋友的功課？

這是一個專為戒毒人士子女而設的功輔班。當時初入小學的阿俊，應母親要求，參加了這個功輔班。起初，他只是喜歡上課後可以與同學老師們一起玩耍，可以有茶點吃，對於學習不太熱衷，漸漸，阿俊受到導師的熱誠和關心所激勵，他開始用心學習。

「最初參加時，自己其實很“hea”，後來漸漸發覺老師那麼熱心鼓勵我，我都要努力，不可以讓他們失望。」導師每週都跟進他的功課，還不時考問他，讓阿俊養成經常溫書備課的良好學習態度。此外，阿俊的英語水平在參加了功輔班後大大攀升。在2019年的文憑試放榜日，阿俊考取佳績，入讀收生要求成績優異的物理治療學士課程。

回望多年的學習生活，阿俊深深體會到功課輔導班對生活在基層家庭的孩子的價值，「以自己為例，父母教育程度不高，讀小一小二時，他們還可以教我，較高年級時就不能教了，沒有人幫助很容易就想放棄，有功輔班老師引領著，我們才可以跟上進度。」他亦感激昔日老師對他的督促和關心：「老師平日上課對我們很嚴謹，但下課後會和我們玩耍，在節日活動中會預備一些小禮物表達鼓勵和關心，令我覺得很窩心。」

受到昔日導師的影響下，阿俊希望以自己的經驗，幫助有相似成長背景的學弟學妹。「希望幫他們提升學業成績，有能力改善自己的家庭環境，最終實踐他們的理想。」

“Apart from imparting knowledge and helping students catch up with their studies, I also hope they can build up confidence and cultivate a good learning attitude……” says Chun of his ambition in teaching at SARDA's afterschool tutorial class.

Chun, who is pursuing a degree in physiotherapy at the Hong Kong Polytechnic University, has been tutoring children of methadone patients since he finished secondary school. In July 2020, during the summer vacation of his freshman year in university, he became a full-fledged tutor of the tutorial class. So what drives this young man's passion to volunteer and spend every weekend afternoon teaching a group of children?

This afterschool tutorial class was tailor-made for the children of rehabilitants. Chun was once a student of the class 12 years ago, having joined it at his mother's request. At first, he was not keen on learning; he saw it as an afterschool activity where he could play, interact with other students and the teachers, enjoy some snacks. Chun was gradually moved by the enthusiasm of his teachers and their concern for him, becoming earnest in wanting to learn.

“In the initial period, I was laid-back and lazy. Later on, I realised and felt that the teachers were so enthusiastic in encouraging me that I needed to work hard too, to not disappoint them.” The teachers tracked his homework diligently every week, springing tests on him and helping him to cultivate a good learning attitude. Furthermore, he found that his standard of English improved greatly after joining the tutorial class. In 2019, Chun scored well in the university entrance exams and successfully enrolled in a highly competitive course.

Looking back at his years of studies and learning, Chun thoroughly understood from his own experience the value of such tutorial classes to children from grassroots families. “Take myself as an example. My parents aren't highly educated and could still teach me when I was at the lower primary levels. But they weren't able to do so when I went on to the higher levels. And when you don't get any help, it's easy for you to want to give up. With tutorial class teachers guiding us, we were able to catch up with the schoolwork.” He is also grateful to his past teachers for their supervision and care. “They were very strict with us during lessons. But after class, they would play with us and give us little presents on festive days as encouragement and to show their concern, which warmed my heart.”

Inspired and influenced by his teachers, Chun hopes to leverage his own experience to help others – his juniors with similar backgrounds. “I hope to help them better their school results, to then be able to improve their family environments, and eventually realise their ideals.”

有戒無類。

NO DRUG ADDICT LEFT BEHIND Service for Non-ethnic Chinese

非華裔人士服務



香港戒毒會以「有戒無類」為宗旨，致力為不同年齡、性別、種族和宗教的自願人士及其家庭提供戒毒治療及輔導服務。

追本溯源，越南難民潮及港英時期定居香港的喀喀兵，構成了本地非華裔人士的重要部分，但語言障礙、宗教、文化差異等種種原因，令他們和本地華人有著一定的隔膜。非華裔的吸毒人士，更傾向自我封閉，較少尋求外來人士的協助。故此，本會不僅特設有非華裔職員和義工的外展隊，主動到社區接觸非華裔人士並提供禁毒預防教育、及早辨識高危人士並作即場介入和轉介服務，亦在門診式美沙酮治療服務加設非華裔人士小組，協助他們融入社會。石鼓洲康復院更有專門供非華裔人士入住的康復社：「機社」，因應他們的需要而提供適切協助，避免因溝通不足而阻礙戒毒進度。非華裔康復人士亦有機會成為本會實習生，向公眾分享自己的濫藥與戒毒康復的經歷，消除公眾對濫藥康復人士的疑惑和標籤。

部份計劃詳情請參考：
www.sarda.org.hk/for_non_chinese_youth.html

With its "No Drug Addict Left Behind" motto, SARDA always aims to provide drug treatment and counselling services to anyone and their families who are interested, regardless of age, gender, race and religion.

This commitment can be traced back to decades ago when Vietnamese refugees and the Gurkhas first arrived in the city. Over time, the two groups made up a substantial portion of Hong Kong's non-ethnic Chinese population. The barriers created from differences in language, religion and culture placed a gap between them and the local Chinese people, which in turn drove the non-ethnic Chinese addicts towards keeping to themselves and rarely seeking outside help. SARDA therefore not only established a non-ethnic Chinese outreach team that went to different districts to promote the anti-drug message but also identified and intervened in high-risk cases, and made referrals to the appropriate services. The organisation also set up a mutual-aid group for non-ethnic Chinese people under the Methadone Treatment Programme, which would help these rehabilitants reintegrate into society. At the Shek Kwu Chau Treatment and Rehabilitation Centre, a rehabilitation house was set aside for non-ethnic Chinese rehabilitants to make sure they got all the necessary support required during their treatment and avoid any potential communication hiccups that could disrupt the process. Non-ethnic Chinese rehabilitants also have an equal opportunity to be interns at SARDA, where they can share their experience on rehabilitation to help eliminate the public's skepticism and labelling of rehabilitants.

For details, please visit:
www.sarda.org.hk/for_non_chinese_youth.html

- ❶❷ 非華裔人士小組舉辦不同的體驗活動，不需言語，也可找到共同方向和目標。
During the various activities organised by the non-ethnic Chinese group, rehabilitants can still find their common direction and goal despite the absence of a common language.
- ❸ 本會一直聘用非華裔人士，為本會提供戒毒康復服務予有需要的社區人士，支持種族多元共融。
SARDA supports racial diversity and inclusion by engaging non-ethnic Chinese to provide drug treatment and rehabilitation service to needy members of the community.
- ❹ 聘請非華裔人士的「過來人」加入團隊，更易讓非華裔戒毒人士有「同聲同氣」的感覺。
Non-ethnic Chinese peers joining the team can make non-ethnic Chinese rehabilitants feel a sense of familiarity and more at ease.
- ❺ 以尼泊爾文寫的「揮春」，你能猜到上面寫的是什麼嗎？
Can you guess what these Lunar New Year banners in Nepalese say?
- ❻ 不同種族、膚色，我們都是活在「同一天空下」。
We live under the same sky regardless of race and colour.

Kazy from the Global Village



- 1 透過接受專業社工訓練，Kazy有信心將工作做得更好。
With professional social work training, Kazy is confident that he can do his job even better.
- 2 人緣甚佳的Kazy成功考獲社工文憑，除了父母以外，一眾「粉絲」到場祝賀，更期待著參加Kazy將來學士課程的畢業禮呢！
When the highly sociable Kazy received his social worker diploma, not only were his parents on-site to congratulate him, but also a group of "fans". They are looking forward to the day when they can see him graduate from his degree course.
- 3 曾在街頭渡過無數個夜晚，不忘初心的Kazy回到熟悉的街道，向街坊證明一切都有可能！
Never forgetting the countless nights he had languished on the streets, Kazy returns to these familiar spots to let those who are still there know that nothing is impossible.
- 4 主動融入香港文化的Kazy，以身作則鼓勵非華裔人士突破自己，勇於接受新事物。
By actively integrating into the local Hong Kong culture, Kazy wants to set an example to encourage non-ethnic Chinese rehabilitants to outdo themselves and accept new things with courage.



Kazy是一個尼泊爾人，他生於香港，活在香港，卻從未認為自己是一個香港人。因種族差異，文化不同，他認為自己只能也只會與同鄉一同生活，一同成長，惟亦一起吸毒沉淪，誰會想到他現在是在戒毒會工作的專業社工？這一切改變，就在他30歲那年，走入香港戒毒會石鼓洲康復院接受自願戒毒治療開始。

「那時候，我住進了專門照顧非華裔人士的『機社』，戒毒會的社長煮了咖喱歡迎我。他們知道我不諳中文，盡力用英文與我溝通，閒時亦會教我廣東話，讓我不會因語言障礙放棄戒毒。」由於與不同國籍的學員與職員相處溝通，勇於學習的Kazy已經可以流利地唱廣東話歌了！

「最初，我在石鼓洲覺得真奇怪！為甚麼有佛像又有聖母像？有天后廟又會有教堂？」到後來，他成功完成療程，戒除毒癮，參加SARDA的不同服務，就知道原來SARDA期望每個人都能融入，能感受香港是自己的家。「我參加過為不同國籍人士舉辦的文化小組，當中有中國、越南、泰國、尼泊爾……小組能讓不同國籍人士互相交流，彼此了解。」Kazy喜歡音樂，是Band隊的組員，他也邀請不少有濫藥背境的同鄉參加，培養興趣，讓他們不會因孤獨而吸毒。一開始，他們因感到陌生而膽怯，但有社工主動接近，從旁協助，從被動到主動，一次，兩次，三次，現在，逢星期三晚上，他們都會自動自覺走上戒毒會的社會服務中心，拿起結他唱歌了。

「其實我戒毒不是一次就成功，在第一次完成石鼓洲療程後我找不到工作，與家人爭吵，找不到人傾訴，又重吸了，到社工找我，勸導我接受第二次療程後才真的戒了，再操守到現在。但是我弟弟就沒有我幸運……」Kazy愛笑，跟他談心會讓人忘記憂慮。看他的笑容沒法想像他曾經歷慘痛的過去。「我弟弟也是吸毒的，我在成功戒毒後勸了他多次他也沒有理會，他已經離世幾年……」

「我考社工牌，希望各人了解各國的整合，就是一體。當中無分彼此。」好學的Kazy，已在2021年9月開始，攻讀社工學士課程：「我很感謝香港戒毒會，改變我因吸毒而沉淪的命運，換來一個更精采有意義的人生。機構信任我，支持我讀書，給我機會逐步累積工作經驗，今天我才能擔當社會工作助理一職。我有學習中文，知道『失敗是成功的媽媽』。」他笑說：「我也會唱『月亮代表我的心』呀！」自信的Kazy最可愛！

Kazy is a Nepalese, born and bred in Hong Kong; yet he did not consider himself to be a Hong Konger at one point. Due to differences in race and culture, he thought he could only live and grow up with fellow countrymen, as well as drown in drugs with them. But who would have thought that he would now work at SARDA as a professional social worker? All these changes began the year he turned 30 and stepped voluntarily into SARDA's Shek Kwu Chu Treatment and Rehabilitation Centre to kick his addiction.

"At that time, I enrolled and stayed in the house for non-ethnic Chinese, and as a gesture of welcome, SARDA's group leader cooked curry for me. The staff knew I did not know Chinese, and they would try their best to communicate with me in English. When they were free, they taught me how to speak Cantonese so that I wouldn't give up because of the language barrier." By interacting and communicating with rehabilitants of different nationalities and ethnicities, coupled with his courage to learn new things, Kazy can even sing Cantonese songs fluently now.

"In the beginning, I thought Shek Kwu Chau was odd. Why did it, at the same time, have a Buddha statue and a Mother Mary statue, a Tin Hau Temple and also a church?" It was only after he completed his treatment programme, became clean, and participated in SARDA activities that he realised it was the organisation's aspiration for everyone to be integrated into Hong Kong and see it as home. "I took part in a cultural group set up for people of different nationalities; there were Chinese, Vietnamese, Thai, Nepalese.....The group promoted exchanges, and mutual understanding and learning about one another." Kazy likes music and is a member of the band. He has also invited fellow Nepalese rehabilitants to join and cultivate an interest in music to beat loneliness and stay clear of drugs. At first, they felt timid because of the unfamiliarity, but there would always be social workers around to provide support and egg them on. From being passive to proactive, after once, twice, or three times, they now, like clockwork, will meet every Wednesday at SARDA's social service centre, to pick up their guitars and sing.

"I didn't succeed in kicking the habit in one attempt. I could not find a job after completing the programme at Shek Kwu Chau the first time. I had an argument with my family, didn't have anyone to confide in, and resorted to drugs again. But the social worker found me, persuaded me to undergo treatment again. I kicked the habit after the second attempt and have been sober since. But my brother wasn't as fortunate as me....." Kazy loves to laugh. Chatting with him makes one forget his or her woes. It's therefore hard for anyone to fathom the tragic loss that he had suffered. "My younger brother was also a user. After I succeeded in kicking my addiction I persuaded him many times to go for treatment but he didn't listen. He passed on a few years ago....."

"My goal to becoming a social worker is to promote the integration of different ethnicities, where there is no distinction between one another." A keen learner, Kazy commenced his degree course in social work in September 2021. "I'm grateful to SARDA, which turned my drug-infested fate around for a more colourful and meaningful life. The organisation believed in me, supported me in my studies, and gave me the opportunity to accumulate work experience, which allowed me to become a social work assistant. I have been learning Chinese; I know that failure is the mother of success." Smilingly he adds, "I can also sing 'The Moon Represents My Heart'." Adorable is the confident Kazy!

全方位。

ALL-ROUNDER Comprehensive Supported Services

全面支援服務

吸毒很多時候只是問題的表徵，背後其實有著林林總總的問題需要處理。全面的戒毒服務，並不只是解決短期的毒癮問題，而是陪伴戒毒康復者邁向一條長期、穩定、健康的人生路。

在缺乏支援下，戒毒康復者在毒品問題前往往顯得無力，要減低復吸的情況，還是要從根本出發，協助他們認識自己需要，活出正面積極的人生。中途宿舍提供臨時住所，讓他們重建無毒規律生活；續顧輔導服務協助他們處理個人、家庭等問題；各區社會服務中心定期舉辦不同活動，協助他們建立興趣及健康社交生活；不同特別服務計劃為他們提供就業及親子家庭等支援……

我們希望能與他們結伴同行，在有需要時能及時伸出援手，令他們在戒毒路上不再感到孤單無助。

部份計劃詳情請參考：
www.sarda.org.hk/ssc.html
www.sarda.org.hk/hh.html
www.sarda.org.hk/bright_future.html

By and large, drug abuse isn't a mere reflection of superficial problems; it is a front that belies numerous, and sometimes more complicated issues that need to be tackled. A comprehensive drug treatment and rehabilitation service not only resolves drug abuse problems in the short term but also accompanies rehabilitants to move towards a stable and healthy life over the long run.

Rehabilitants can often feel powerless in the absence of support. To prevent relapse, it is critical to confront the problem at its root – help rehabilitants to know themselves and face life positively. Halfway houses provide temporary accommodation that lets them rebuild a drug-free and disciplined way of living. Aftercare service assists them in handling personal and family problems. Social service centres hold regular activities that help them build up their interests and a healthy lifestyle. Various special service programmes provide support for employment, family and parenting needs.

We hope to accompany them in their journey, to give them a hand when they need so that they no longer feel alone and helpless in their path to fight the drug habit.

For details, please visit:
www.sarda.org.hk/ssc.html
www.sarda.org.hk/hh.html
www.sarda.org.hk/bright_future.html

- 1 「奔向驕陽」長跑隊亦會召集完成住院戒毒康復程序的學員，挑戰不同的賽事。
"Run for a Mission" long distance running team solicit those who have completed their rehabilitation programmes to take part in various competitions.
- 2 戒毒康復人士多才多藝，離院後繼續發揮才華，在不同比賽中屢奪獎項。
Rehabilitants are multi-talented and continue to demonstrate their talents after leaving the centre, winning awards and trophies at different competitions.
- 3 除了由石鼓洲離院康復員組成的樂隊 "SARDA Rockers" 外，亦有由美沙酮康復人士組成的樂隊 "LEGOS"，兩隊樂隊均會在不同的活動中表演。
In addition to the band "SARDA Rockers" that was formed by rehabilitants who had left Shek Kwu Chau Treatment and Rehabilitation Centre, there is "LEGOS" band by rehabilitants from the Methadone Treatment Programme. Both bands perform at various functions and events.
- 4 習慣上山下海四處闖的康復員，龍舟活動當然難不到他們。
Mastering dragon boat is of course no difficulties to the outgoing rehabilitants.





If you ask Leong about the person he was ten years ago, he would paint a picture of stark contrast to the young man he is today — one brimming with confidence and a ready smile that brings sunshine into the room. “Droopy head, no confidence,” he says, “it was probably because I felt my efforts were not recognised or maybe I was a useless person and everything I did was also useless.” Leong began to use ketamine as a form of escapism from real life, and prolonged use made him avoid reality altogether.

“My father was also an addict. I didn’t have many childhood memories, but the picture of him injecting himself was one that I could not scrub off.” Leong’s father later succeeded in kicking the habit and became a SARDA staff. It was at his father’s encouragement that he enrolled in Shek Kwu Chau Treatment and Rehabilitation Centre. During his treatment and rehabilitation days at SARDA, he recalled receiving encouragement and help from many people, which gradually helped him restore his confidence. “I even remember the social worker then telling me I was a piece of stone. It needed to be chiseled to turn into something else.” Shouldn’t it be jade that needs to be chiseled before it becomes a gem? “Ha, I don’t quite remember. But I was competitive too, and since you people believed in me, I’d try to do my best then.”

After Leong completed his programme, he applied to the halfway house and continued to “chisel” on. He constantly outdid himself — as a master of ceremony, magic show performer, to sharing his story with others. “I still remember the first time I shared my story. My legs were shaking before I took the stage……” He subsequently took speech lessons to skill up and to learn how to face an audience. Now as a master of ceremony, he wouldn’t flinch when faced with unexpected situations. To him, the biggest gain wasn’t the eloquence built up, but the restored confidence and knowing he has the power to overcome any obstacles.

From being a volunteer to a peer counsellor, an assistant warden and now to a warden, he fervently remembers every person who has accompanied him through thick and thin. “I met with setbacks and grievances shortly after I entered the workforce. It was a senior from SARDA who reminded me that tolerance is a virtue and taught me to look at the big picture when tackling a situation. He truly had my welfare at heart. And the social worker accepted me for who I was and all my emotions, allowing me to ‘explode’…… Looking back, those might not have been big incidents, but with all these people having been by my side, I was able to move on and not backwards.” Leong now uses what he had experienced and leads by example, in the hope that the spirit of giving will be passed on. “I hope that I can extend the sincerity and earnestness that the social workers and my seniors have given me to others.”



① 那次阿亮的魔術表演，至今仍叫人津津樂道。
Leong’s magic show performance left many in the audience reminiscing.

②③ 舍監的角色，不只是處理行政工作和管理舍務，而是能緊密關注舍員的進展，及時作出提醒，並且給予鼓勵與支持。
The warden’s role deals not only with the administrative and management issues of the halfway house, but allows him to closely monitor the residents’ progress and issue them timely reminders of encouragement and support.

④ 重拾運動興趣的阿亮，與香港戒毒會團隊參加「公益金會德豐百萬泳」。
Picking up his love for sports, Leong and the SARDA team participated in the “Community Chest Wheelock Swim for Millions”.

⑤ 阿亮處事認真、平易近人，能與同工、服務使用者打成一片。
Leong is serious at work, yet easy-going and is able to get along well with fellow workers and service users.

看著眼前陽光自信、笑容可親的阿亮，問他會怎樣形容十年前的自己，他拋下了完全和他沾不上關係的六個字：「『頭耷耷！冇自信！』可能以往我覺得自己的付出，都沒有人會認同，或者自己實在不濟，做了也沒有用。」一開始，是用K仔（氯胺酮）來逃避現實，但吸毒久了，漸漸連現實也不敢觸碰。

「其實我父親也是『過來人』，我小時候的記憶不多，但見過他打針的畫面，怎樣都不會忘記。」阿亮的父親之後成功戒毒，當上了香港戒毒會的職員，在父親的鼓勵下，阿亮之後也去了石鼓洲康復院戒毒。他記得在戒毒會的日子，得到很多人的鼓勵和扶持，讓他漸漸拾回自信：「我還記得那時社工對我說我是一塊『什麼什麼石頭』，要經過磨練才成。」（是否玉不琢、不成器？）「哈，我也不記得了，但我自己也有好勝心的，既然你們信我，我就嘗試做好。」

阿亮完成石鼓洲康復院療程後，申請入住戒毒會中途宿舍，繼續砥礪琢磨，他不斷突破自己，擔任司儀、表演魔術、與人分享他的戒毒故事……「我還記得第一次上台分享，未上台前雙腳一直在顫抖……」之後他上了口才訓練班裝備自己，學習面對群眾，現在就算擔任司儀，面對突發情況也能得心應手。他最大的收獲，並不是口才，而是拾回的自信，讓他知道自己是有能力去克服障礙。

由任職義工、同輩輔導、助理舍監，到現在已擢升為舍監的阿亮，一直謹記在戒毒後，陪伴他捱過艱難日子的每一個人。「那時我入職不久，遇到挫折，覺得有點委屈，是那時的戒毒會前輩提醒我什麼叫『有容乃大』，教我如何處理得體、兼顧大局、真心為我著想；是社工接納我那時的情緒，讓我可以『爆』出來……現在回望，那些可能不是一件什麼大的事情，但有他們的同行，我才不會走回頭路。」現在的阿亮，活用過去的經歷，以身作則，希望將那份心意，傳承下去：「社工、前輩用心對我，我希望我也能同樣用心對人。」





01 | 新聞 晴報 2012年4月26日

有戒無類 譚紫樺 香港戒毒會總幹事

黑暗中的轉捩點

鄭明輝17歲販毒入獄，當時心想如果可以選擇，情願自己從沒有被生下來。

好不容易才等到探訪日的來臨。很想見到爸媽，但也很害怕，羞愧得無地自容。面前雖只是一片薄薄的玻璃，隔開的可是兩個多麼遙遠的世界，這種孤獨感訴說著與家人愈來愈疏遠的關係。

經歷了半年的強制戒毒生涯後獲釋，踏在往日的街道上，感覺卻很不自在，彷彿連人都投以歧視的眼光，外面的世界頓變得陌生得教人畏懼。

如舊和吸毒的朋友一起玩耍，不久，與毒品的角力賽中失敗了。往後十年，跟父母見面最多的地方就是監獄。雖想過回頭，但是案底累累，自覺人生已走到絕路。

在美沙酮診所接觸到戒毒會的社工，深深被這位臨屆退休社工的堅持與真誠打動了。康復院的社長和輔導員像家人般關懷愛護他，明輝深受感動，決定痛改前非，「雙親一生的眼淚都快為我流乾了，我不能讓他倆因我而遺憾終生！」

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2012年5月10日

26歲的初中生

26歲重讀中三的鄭明輝鼓起勇氣，穿上校服，每晚鏢而不捨地由石鼓洲康復院往長洲修讀夜校。放學後唯一的交通便是租坐小木艇返回宿舍，上島後還要摸黑走過兩個小時的崎嶇山路，一支手電筒成為他的親密戰友，既像探險又像貧困的山區小孩讀書；遇着三號風球，更在大海漂浮三個小時，好不驚險！旁人都質疑他：為何這般辛苦？

明輝偶會感到灰心，至今他仍記憶猶新：有次在長洲一間餐廳做功課的時候，一位天真無邪的小孩指着他的手上的蠟子紋身，傳來竊竊私語：「嘛！不要招惹那些人，壞人來的。」想起從前遭看更和鄰居白眼的種種情景，不禁痛哭起來。逆境自強談何容易！當晚輝仔向戒毒會的同工一一訴說內心的酸澀，經歷過逆境，終於學懂了珍惜。

雖然距離進入大學的夢想還很遙遠，但明輝深信事在人為，只要堅持理想，總會有成功的一天。

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12 | 新聞 晴報 2012年5月17日

有戒無類 譚紫樺 香港戒毒會總幹事

命運在我手

鄭明輝自14歲起吸食各種毒品，成功康復後，由義工再當上石鼓洲的朋輩輔導員；26歲時決定重讀中三，好不容易用了三年時間，完成了每晚長途跋涉的半工讀生涯，並於29歲中五夜校畢業，打算繼續升讀中六，不料那所長洲夜校因收生不足遭殺校。

雖然明輝曾考慮轉讀日校，但家中兩老均已退休，還是不能失去當時在石鼓洲的全職工作。他內心不斷交戰：「我家底多的是，身上紋滿又龍又蠟子，勉強完成中七又如何，將來亦未必有機構肯聘用。」正想放棄的時候，心底傳來一把強烈的聲音，叫他切切實實對自己一個交代，一定要繼續奮鬥下去。最終他決定自修中六，不用上班的時候便爭取時間參加補習班。

皇天不負有心人，後來輝仔獲理大社會工作高級文憑課程收錄。大學來電那一刻，世界彷彿停頓了，從前吸毒、警察追捕、入監獄……一切恍如夢中，此刻他深深感到命運始終掌握在自己手中！（下周續）

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18 | 新聞 晴報 2012年5月24日

有戒無類 譚紫樺 香港戒毒會總幹事

打不死

鄭明輝經過毒品長年累月的洗禮，腦內掌管記憶功能的區塊早被破壞得支離破碎，記憶力日漸變差，他仍然抱着「打不死」的精神，加倍努力，既專注在戒毒會的工作，也兼顧學業。

可是，明輝的爸爸卻不幸患了癌症，並開始接受化療，輝仔便從早到晚奔走於醫院、實習機構及工作機構間，因憂心父親的病情，更經常失眠，身心委實疲憊不堪。實習導師也曾提議他暫停學業，待一切事情稍為安頓後，才繼續進行實習。

但明輝認為過去自己不懂珍惜的事已很多，也曾經放棄太多，白白浪費了人生中寶貴的十年，最終決定咬緊牙根拼搏下去。校方看見他求學問的態度認真，都十分欣賞。

結果，憑着無比堅毅與鬥志，他於29歲時，在理工大學成功兼讀了社會工作高級文憑課程，2007至2011年期間共獲五個獎學金，其中四年都名列前茅，畢業時更獲頒授院長榮譽榜名單。

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2012年5月31日

有戒無類 譚紫樺 香港戒毒會總幹事

抗戰15年

鄭明輝用了七年時間，終於在第九次戒毒時徹底康復，之後捱過了連續八年的半工讀生涯，於33歲以驕人成績，入讀理大社會工作學位課程。

能夠走進大學的校園，這一切都來得不易。從艱苦奮鬥中體會付出的滿足，從書本中體驗知識日漸增長的快樂，明輝與大部分同學不同，他讀書並非為了追求考試的分數，他比其他同學花上更多時間在學業上，愉快地全程投入學習生活。

縱使偶爾感到疲憊，在學業及戒毒會的工作卻一直沒有鬆懈過來。可是好景不常，大學二年級那年，父親的病情惡化起來，明輝只好待在醫院等候檢驗結果，如坐針氈。（下周續）

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晴報 2012年4月19日

10 | 新聞 有戒無類 譚紫樺 香港戒毒會總幹事

十年黑暗

鄭明輝唸小學時，品學兼優，父母寄予厚望。其天賦令他贏得不少運動獎項，他立志長大後要成為一位出色的職業運動員，並獲推薦入讀心儀的體藝中學，豈料遭家人極力反對。他感到晴天霹靂，討厭父母當自己是一個扯綫玩偶。

迫不得已下他隨父母的意願升讀傳統名校，個性倔強的他並未就此放棄夢想，在學界也屢獲佳績。可是不單一直得不到父母認同，事與願違，中二那年，雙親嚴禁他參加課外活動，命令他專注學業。每天在爭吵聲中度過，輝仔望着忽然變得陌生的家，想着小時候那種溫暖情景已不復再，淚水緩緩淌下，不能追求兒時理想，他感到絕望。

當年只得14歲的輝仔自此經常離家出走，在屋邨內結識了一班街童。一步步走向黑暗之門，吸毒、販毒、打架、偷竊等無所不為。17歲因干犯了毒品案件，被判入懲教所。換過囚衣，他整夜呆呆地望着天花板不斷緩慢旋轉的舊式風扇。眼淚在心裏流，很想很想時光可以倒流。（下周續）

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2 | 新聞 晴報 2012年5月3日

有戒無類 譚紫樺 香港戒毒會總幹事

回饋重生地

鄭明輝吸食各種毒品十多年，期間五次被捕。之後，自願往戒毒會接受治療，親身見證許多成功康復的真人真事，這些經歷都為他灌注希望。

家長日那天，輝仔鼓起勇氣在台上道出奮鬥的心路歷程：「我係石鼓洲參加好多訓練，學識好多嘢。最開心家人第一次嚟探我嘅時候，傾吐足足一個鐘，談及好多石鼓洲生活上嘅種種，呢十年裏面第一次見到阿爸阿媽嘅笑容。在石鼓洲我睇咗好多關於人生哲理嘅文章，我不時望住日出問自己人生想點，現在醒覺生命中最重要係親情。以前就算媽媽響我面前喊，勸我回頭是岸，都會覺得好煩。真的對不起！謝謝你們的不離不棄！」

記得從前半夜骨痛，社長無微不至地照顧；成功戒毒後，明輝重返石鼓洲當義工，擔當同路人的角色，幫助仍身在浴火中掙扎的人。望着落日的點點餘暉，想起從前自暴自棄，錯失了許多機會，毅然決定重返校園。（下周續）

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晴報 2012年6月7日

10 | 新聞 有戒無類 譚紫樺 香港戒毒會總幹事

以生命影響生命

當父親患上末期肺癌，「樹欲靜而風不息」，鄭明輝便知道這人生一課是必須學習面對的，就讓自己在各方面都追求卓越，來報答父親吧！

有次他出席一所中學的座談會，看見這群邊緣少年滿口黑社會背語，明輝便告訴他們當日18歲販毒，慘被黑白兩道「追殺」的經過。到再交心時，一位同學吐吐真言：「如果讀到書，你估我真係好想做黑社會嘅嘢！」有些同學聽後緩緩垂下了頭，可見這句話如雷聲擊中彼此的心坎。大家紛紛表白個人的內心世界，甚至有人講述自己第一次吸毒時的情形與內心掙扎。

其實，帶領這種非自願參與的邊青小組是最困難的，但由於明輝懷有表裏一致的同理之心，感動之餘，很快便打動了在場的每一位人士。他毫不吝嗇地訴說自己的過去，娓娓道出如何由吸毒，以至獲獎學金入大學的奮鬥經過，激勵這些年輕人對自己、家庭與人生意義作出反思，啟發他們打破對黑社會與毒品的迷思。（下周續）

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晴報 2012年6月14日

15 | 新聞 有戒無類 譚紫樺 香港戒毒會總幹事

跳出香港

除了幫助本港的年輕人，鄭明輝亦以「生命鬥士」的身份，在澳門和國內推廣禁毒交流。早在2007年，他出席了世界會議青年論壇，代表社聯擔任講者，討論轟動一時的年輕荷官跳樓自殺事件。今年復活節，明輝應邀到廣西進行禁毒交流，參觀當地強制戒毒機關之餘，並與當地戒毒人士作分享。

其實，這類互動分享在內地很少舉行，而內地的朋友也很想擺脫毒品的枷鎖。

有人問明輝戒毒後最困難的是甚麼，他說：「最困難的是怎樣重建新朋友網絡。從前所有朋友都是吸毒者，畢竟有好些是年少玩伴，真的不想與他們從此斷絕關係，但如不決絕一點，最終自己很大可能會重吸。過程是困難的，回想我在戒毒後的日子，差不多兩年沒有朋友，經常獨個兒生活。」

明輝希望自己的生命故事能感染群眾，為有需要的人重新灌注希望。

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新聞 | 14 2012年12月13日 晴報

有戒無類 譚紫樺 香港戒毒會總幹事

不朽的香港精神

從過百名生命鬥士中選出來的「2012香港精神大使」，他們十位背景截然不同，共同之處是人生雖屢經跌宕，卻不屈不撓，自強不息。

其中一位奪獎的是香港戒毒會的社工鄭明輝。沉淪毒海十多年，被戒毒會駐美沙酮診所的社工所感，在夜校半工讀中三；後來在理工大學四年內，五次獲「傑出學生」獎學金。阿輝從不吝嗇地分享自己的積極地邁向人生。

其他大使包括57歲東山再起，創富後組織「無家者世界」球隊；也有相依為命的父女，女兒克服腦癌而導致完全失明的少女，用百倍於常人的努力，考獲八級鋼琴。

「香港精神大使」將履行其使命，延續我們引以為榮的拼搏精神，為年輕人作榜樣。讓香港精神再次成為香港成功的動力，創出新天地！（下周續）

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CHENG Ming-fai, on the Journey of Helping Profession

這十篇於2012年刊登於晴報的專欄，細說鄭明輝與毒癮奮鬥，在家人以及各戒毒會同工的支持下，創出一片天的故事。同年，他的種種努力開花結果，從過百名生命鬥士中，獲選為「2012香港精神大使」，證明戒毒康復人士的無限可能。並在2014年以36歲的「高齡」於香港理工大學社工學位課程畢業，開始投入輔導專業。

由最初的「白粉輝」、到在石鼓洲康復院戒毒、成為義工、職員，逐漸成長的「輝仔」、變成同學們眼中，好學的「阿輝」、最後成為註冊社工的「輝Sir」。鄭明輝熱衷於戒毒康復的工作，落力參與預防教育，為禁毒宣傳不遺餘力，就是希望社會各界，對戒毒康復人士有更多的理解、更多的支持。一路走來，他的目的始終如一。

鄭明輝的奮鬥經歷，激勵很多康復員繼續堅持戒毒之路。很多年青人及現時的「過來人」同工，包括尼泊爾康復員Kazy，也受到鄭明輝的鼓勵，踏上進修社工的旅途。經歷「始於足下」的美沙酮治療計劃輔導服務，走進助他找回「新·心·靈」的石鼓洲康復院，然後靠著有11年求學旅程的「全方位」續顧服務的守護，今天，鄭明輝秉承著「有戒無類」的精神，繼續著他的助人生涯。

The 10 articles published in a Sky Post column in 2012 told in details of how CHENG Ming-fai, supported by his family and the SARDA team, fought and won the battle against his drug addiction to turn his life around. The same year also saw all his efforts bore fruit when he beat more than 100 others to be named the 2012 Hong Kong Spirit Ambassador, underscoring the vast potential for rehabilitants. Two years later, as a mature 36 year-old student, he received his social work degree from the Hong Kong Polytechnic University and began a professional career in counselling.

From "Heroin Fai", to "Fai Tsai" during detoxification and rehabilitation at Shek Kwu Chau Treatment and Rehabilitation Centre, "Ah Fai" during the period of studying social work, and finally registered social worker "Fai Sir". The monikers he had earned along the way paralleled his personal development, as well as his passion in the field of drug rehabilitation, and in the promotion and education to prevent abuse. He aspires for our society to better understand and support rehabilitants; and that goal has never changed.

CHENG Ming-fai's experience inspired many other rehabilitants to persevere in their fight to kick drug addiction. Young people and fellow peers including Nepalese rehabilitant Kazy received encouragement from him to embark on the path to become a social worker. "Starting with a single step" to seek treatment at the methadone clinic and progressing to complete the programme at Shek Kwu Chau Treatment and Rehabilitation Centre where he emerged as "a new soul", CHENG Ming-fai then went on for another 11 years of study to become the "all-rounder" that will help realise his goal. With the notion that "no drug addict left behind", he continues to advance in a life dedicated to helping others.



接受媒體訪問，讓公眾更了解戒毒康復人士的心路歷程。
Being interviewed by the media to let the public understand better the challenges and struggles that rehabilitants experience.



結語

EPILOGUE

香港戒毒會精神：「堅持」

成功，往往不是一蹴而就。

香港戒毒會提名鄭明輝參選香港精神大使，成功當選，掌聲背後，又有誰曉得，一切得來都是不易；而推動我永不言棄的，豈不是我們的SARDA精神：「堅持」？

「從哪裡跌倒，就要從哪裡爬起來」，總要堅持，這就是香港戒毒會精神。自2010年加入香港戒毒會，我與同工、服務對象一同印證這一份SARDA精神。猶記得鄭明輝首次參選「香港精神大使」而終告落選，勸退的聲音不絕於耳。作為總幹事，我選擇持守SARDA精神，跳出失敗的框框，並且相信自己的眼光：「鄭明輝的改變可說是一個典範，他屢敗屢戰的精神能激勵人心，特別能夠喚醒青少年積極人生，實在可以成為香港精神大使。」

在一片不被看好的氣氛下，我鼓勵鄭明輝實踐SARDA精神：總要堅持，「從哪裡跌倒，就要從哪裡爬起來」，再接再厲，終於我們的努力得到肯定，成功當選為「香港精神大使」。

人生總會有跌倒、失敗的時候，香港戒毒會的服務對象在面對處理受毒品困擾問題上絕對不是坦途，在他們努力實踐SARDA精神的同時，我誠意邀請您支持我們的工作，為我們的服務對象打氣，與我們同行。

總幹事
Executive Director

譚紫樺女士，太平紳士
Ms. TAM, Angelique, JP

Perseverance, the spirit of SARDA

Success rarely happens overnight.

Behind the fanfare and applause that CHENG Ming-fai received after being named Hong Kong Spirit Ambassador, few would have known of the long and winding path treaded to reach the accolade, driven by none other than our shared perseverance.

Picking up from where we fell down — the need to persevere is what defines our spirit. Since I joined the organisation in 2010, colleagues and I, along with the people we serve have upheld this spirit. I remember the numerous voices advising us to retreat after CHENG Ming-fai failed to win on our first nomination of him for the award. As the Executive Director, I chose to uphold the SARDA spirit, leap out of our failure, and trust my judgment. Undoubtedly, CHENG Ming-fai can be a model case. His fighting spirit and transformation can be a source of motivation, especially in arousing young people to face life positively. He truly qualifies as a Hong Kong Spirit Ambassador.

Disregarding the cloud of doubt, I encouraged CHENG Ming-fai to persevere: to pick up from where he fell down. We persisted, and our hard work finally paid off — he was successfully named a Hong Kong Spirit Ambassador.

Life is full of ups and downs, where we'll fall and encounter failure. Just as it isn't always smooth for the people whom the SARDA helps to quit drugs. As they strive to put the SARDA spirit into practice, I sincerely ask for your support towards our work, to cheer for those we serve, and accompany us in the journey!

初心永續齊向前・同步跨過六十年

60 YEARS OF UNCOMPROMISING ENDEAVOUR



感謝。

THANK YOU

特別感謝正在閱覽這特刊的您
Special thanks to you, our reader



讓我們一起關懷和支持
戒毒康復人士重獲新生
讓社會更健康和諧

Your care and support for our rehabilitants make the world
a healthier and more harmonious place to live in

聯絡我們 CONTACT US

■ SARDA 諮詢熱線
SARDA Hotline
2574 3300

■ 友CHANCE全方位戒毒治療外展服務
YOU GOT CHANCE Hotline
☎ 5264 4716

■ SARDA 網頁
SARDA Web Site

www.sarda.org.hk

■ 總辦事處
Head Office

https://www.sarda.org.hk/ssho.html

■ 各服務單位
Offices and Service Units

https://www.sarda.org.hk/sscandothers.html

■ 電郵
Email
sarda@sarda.org.hk



60周年紀念特刊 1961-2021
60th Anniversary Special Bulletin 1961-2021

■ 各服務詳情
Service Introduction

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



www.sarda.org.hk/skctrch.html



www.sarda.org.hk/sarda.html

凹頭青少年中心 Au Tau Youth Centre



www.sarda.org.hk/atyc.html

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



www.sarda.org.hk/samwtc.html



www.sarda.org.hk/scsm.html

成年婦女康復中心 Adult Female Rehabilitation Centre



www.sarda.org.hk/afrc.html

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



www.sarda.org.hk/mccs.html

外展服務 Outreaching Service



www.sarda.org.hk/for_non_chinese_youth.html



www.sarda.org.hk/phoenix.html

家庭服務 Family Service



www.sarda.org.hk/mccs.html



www.sarda.org.hk/hhfamily.html



www.sarda.org.hk/scsm.html

非華裔人士服務 Service for Non-ethnic Chinese



www.sarda.org.hk/for_non_chinese_youth.html

全面支援服務 Comprehensive Supported Services



www.sarda.org.hk/ssc.html



www.sarda.org.hk/hh.html



www.sarda.org.hk/bright_future.html

傳承。
LEGACY

戒往開來60載
傳承關愛跨世代

60 YEARS OF DEVOTION
TRANSFORMATION
ACROSS GENERATIONS



香港戒毒會
THE SOCIETY FOR THE AID AND
REHABILITATION OF DRUG ABUSERS



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