



# 香港戒毒會

THE SOCIETY FOR THE AID AND  
REHABILITATION OF DRUG ABUSERS



2012年香港精神大使  
提名機構

香港戒毒會

戒毒治療  
Treatment

康復服務  
Rehabilitation

禁烟宣傳  
Publicity

預防禁烟  
Education





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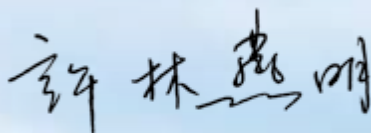
# 前言

**在**香港的禁毒工作中，非政府機構一直均扮演著舉足輕重的角色。香港戒毒會於1961年成立，是戒毒治療及康復服務的先驅，亦為政府重要伙伴之一。戒毒會每年接受政府資助8千多萬元，提供自願戒毒治療及康復院舍宿位與美沙酮治療計劃輔導服務，規模屬全港40個戒毒設施中最大。五十多年來，戒毒會幫助了不少戒毒者脫離毒海，重展新生，貢獻良多。

在政府與各界的不斷努力下，近年的吸毒情況已有明顯改善。唯毒品形勢不斷轉變，整體被呈報的吸毒者人數雖然大幅下降，但支援網絡卻需要愈來愈長時間，方可接觸到吸毒者，這也正是我們所關注的隱蔽問題。藥物濫用資料中央檔案室（檔案室）被呈報的吸毒人數，2012年較2008年下降了23%，但2012年首次向檔案室呈報的吸毒者當中，半數已吸毒最少4.0年，與2008年的1.9年相比，五年間上升超過一倍。

因應吸毒形勢的轉變，戒毒服務提供者都面對著挑戰，即如何能靈活應變，與時並進，使服務更能回應服務對象的需求。我們欣見香港戒毒會已逐步擴闊服務範圍，同時為濫用危害精神毒品的年輕人提供服務，並開展了一些新的計劃，例如為女性戒毒康復者提供園藝治療、向青少年戒毒者提供創意多媒體訓練，以及提供多元化的職前培訓，協助戒毒康復者融入社會。

最後，我感謝香港戒毒會各委員和員工一直孜孜不倦，為戒毒者提供服務。我們寄望戒毒會繼續努力，精益求精。



許林燕明  
禁毒專員



# Foreword

**N**on-governmental organisations (NGOs) play a pivotal role in the anti-drug cause in Hong Kong. Established in 1961, the Society for the Aid and Rehabilitation of Drug Abusers (SARDA) is a pioneer in drug treatment and rehabilitation services and has been one of Government's major partners. Receiving an annual government subvention amounting to over \$80 million, SARDA is the largest of the 40 drug treatment and rehabilitation centres in Hong Kong, providing not only voluntary residential drug treatment and rehabilitation service but also methadone clinic counselling service. Over the past 50 years, SARDA has made valuable contributions to Hong Kong's efforts helping drug abusers turn a new leaf in life.

Concerted efforts by the government and various sectors in recent years have brought remarkable improvements in the drug situation. The drug scene, however, has seen rapid changes. While the overall number of reported drug abusers has declined, it has taken longer and longer for drug abusers to be reached by the help networks: half of the newly reported cases to the Central Registry of Drug Abuse in 2012 had abused drugs for at least 4.0 years. Compared with 1.9 years in 2008, the figure has more than doubled over a span of five years.

Amidst the evolving drug scene, service providers in the anti-drug sector faces a real challenge of how to ensure a swift response to meet the changing needs of the day, and to ensure that the service provided best suits the needs of the people they serve. We are glad to see that SARDA is gradually broadening its services to cover psychotropic substance abusers, bringing in new programmes such as horticulture therapy for female ex-drug abusers, creative media training for young drug rehabilitees and various vocational training programmes to assist drug rehabilitees to reintegrate into society.

Last but not least, I would like to express my appreciation to the leadership and staff of SARDA for their dedicated services for those with drug problems. We look forward to seeing continuous efforts by SARDA.



Mrs Erika Hui  
Commissioner for Narcotics



# 主席報告 Chairman's Report

## 「康復成長與蛻變、抗毒關愛半世紀」

本會自1961年立會以來，秉承協助吸毒人士的使命，一直竭盡所能為受吸毒問題困擾人士及家庭提供適切的服務，與時並進，回應社會需要，在「戒毒治療、康復服務、禁毒宣傳和預防教育」四方面，與政府、企業伙伴和社區人士並肩攜手，打擊毒禍，共創無毒社區。

## 榮獲2012年香港精神大使「提名機構」獎

去年本會成功提名在本會戒毒康復的鄭明輝先生榮獲「2012年香港精神大使」獎。他憑著堅韌的毅力，從石鼓洲康復院義工身份、晉升為同輩輔導，繼而成為本會福利工作員，並努力進修獲得專業社工資格。這見證了本會多年努力的成果，令人鼓舞。鄭明輝同工將肩負著在社區及學校宣揚堅毅精神，鼓勵年青人以積極態度開創更開闊的未來。期望他的故事，讓更多有志戒毒的吸毒人士立定志向離開毒品。

## 「有戒無類」

由2011年9月起，本會總幹事譚紫樺女士每周四在「晴報」專欄，撰寫有關戒毒康復人士的故事。讀者對於專欄中許多扣人心弦的康復個案故事，反應十分熱烈，得到極高評價。這平台有效地推廣本會服務，改善公眾人士對戒毒康復人士的印象，增加對本會在戒毒治療及康復服務的認識和認同。

## 「奔向驕陽」長跑隊

本會成立「奔向驕陽」長跑隊，目的是希望透過訓練，讓戒毒人士學習以堅忍的心不斷地自我挑戰，磨練個人的毅力、增強抗逆力，邁向自我成長。徹底揮別對藥物的依賴，融入社群，重建新生。過往一年間，本會轄下的石鼓洲康復院長跑隊的康復員夥拍本會同工參與多項公開長跑賽事，包括『渣打香港馬拉松2013』、『點滴捐水行籌款賽2013』、78公里『雷利衛徑長征2012』、長洲環島比賽、禁毒盾賽、數碼港慈善賽及石壁水塘賽等等，全部得以順利完成。每位參與比賽的院友，由初期的戰戰兢兢，到心中充滿自信，背後不乏堅毅感人故事。

## 'Rehabilitate, Grow, Transform, Fight against Drug Abuse, Cared and Loved for Half a Century'

Since its inception in 1961, the Society for the Aid and Rehabilitation of Drug Abusers (SARDA), in accordance with its mission, endeavors to provide services to rehabilitants and their families, taking a leading role as a major driver of treatment and rehabilitation services for more than five decades. Joining hands with the government, business corporate and the community, our core values as manifested in our motto, are to render professional rehabilitation services, and to promote anti-drug publicity and preventive education programmes with an ultimate goal of creating a drug-free community.

## Awarded nominator of 2012 Hong Kong Spirit Ambassadors

With great honour, one of SARDA's rehabilitants, Mr. Cheng Ming Fai, Dennis, has been awarded Hong Kong Spirit Ambassadors 2012. Having gone astray and started taking and dealing in drugs in his early teens, Fai gained the unfailing encouragements from our social worker and set for himself a goal to become a social worker. Starting as a volunteer at Shek Kwu Chau Treatment and Rehabilitation Centre, then being promoted to peer counsellor, he became a higher diploma student at Hong Kong Polytechnic University, specialising in social work and was awarded five "Most Outstanding Student" scholarships. Today, Fai diligently accomplishes his goals and actively shares his story at schools and local communities to motivate youngsters to reflect upon their choices in life. It is one of the many successful cases cultivated in SARDA that we are proud of.

## "No Drug Addicts Left Behind"

Since September 2011, Ms. Angelique Tam Chi-wah, Executive Director of SARDA, had been writing a column about many touching stories of rehabilitation cases published on the Sky Post in order to promote the services of SARDA and to inculcate understanding of drug abusers to the public. The leading role of SARDA in improving the community acceptance and re-integration of rehabilitants via comprehensive treatment and after-care programmes has been reinforced.

## "Run for A Mission"

A long running team "Run for A Mission", made up of our rehabilitants and staff, has been set up with a vision, that is via training and strengthened awareness of the harmful effects of drugs, these runners will fortify their willpower to refuse temptation. Last year alone, our runners from Shek Kwu Chau triumphantly completed the "Standard Chartered Hong Kong Marathon 2013"; the "Race for Water 2013"; the 78Km "Raleigh Challenge - Wilson Trail 2012"; the Cheung Chau Island Run; the JPC Central District 24th "Anti-Drug Shield" Waterfront Fight Crime Run; the "Cyber Run for Rehab" at the



本會凹頭青少年中心康復員聯同社工、院長一同參與『渣打香港馬拉松2013』10公里賽事。雖然學員因曾吸食K仔等毒品令身體較為虛弱，尿頻、氣喘等後遺症，但仍然迎難而上，成功完成比賽。本會希望每位康復朋友，都好像本會「奔向驕陽」隊的宗旨——『唔使跑得快，最緊要跑晒』一樣積極面對人生的挑戰，戰勝自己，邁向新生。

## 凹頭青少年中心15周年

今年凹頭青少年中心開展服務邁進第15個年。回顧過去，中心清楚察覺到我們的服務對象已和15年前的大為不同，他們的年紀變得更輕、吸食環境變得更隱蔽，而且吸食的毒品更從過去以海洛英為主，發展為今天大家熟悉的危害精神毒品如K仔、冰等。因此，我們的服務計劃和流程與時並進，不斷創新，引領康復學員重回人生正軌。例如「翱翔科網計劃」以創意多媒體作為康復學員發揮的平台。2012年10月開始得到新濠天地資助中心開展「高飛人生」(Coffee Life)計劃。目的是讓學員透過學習沖調咖啡技巧，建立一技之長，幫助重投社會工作。今年，我們就有2位學員成功重返主流中學、3位學員成功申請在職訓局修讀專業文憑及1位學員在建造業議會進修專門技能。此外，我們有8位學員參與香港首屆中學文憑試，他們努力裝備自己，熱切期望轉化生命。我們知道這些只是一個開始，未來我們更會全力協助及鼓勵學員重返校園，鼓勵他們考取更多專業認可資格，提升畢業學員的就業競爭力，從而鞏固將來的無毒生活！

## 區貴雅修女紀念婦女康復中心45周年

2013年是本會區貴雅修女紀念婦女康復中心開展服務踏入第45個年頭。在本年3月5日的「有您同行」畢業暨頒獎典禮中，本會信託人何世柱GBS, JP榮任主禮嘉賓，有超過40位嘉賓蒞臨支持；加上當日出席之家長及學員，有超過120人，氣氛相當熱鬧，節目也十分緊湊。多年來，婦女康復中心碩果累累，成績有目共睹。在踏入45周年的里程碑，我們的一班同工將繼續堅持、盡心盡力服務年輕的吸毒女性及她們的家人。希望在學員努力脫離毒海的過程中，有我們同工能參與；在她們開展新生的歡呼聲中，有我們在當中。

## 「SARDA-重返社會職前培訓計劃」

「SARDA-重返社會職前培訓計劃」即「**培新計劃**」，目的是動員社區及商界人士，參與及支持本會戒毒康復學員，重投社會。此計劃由“禁毒基金”資助，自2012年6月開始，為期兩年。計劃展開近10個月，已為約有200多位康復人士提供「職前培訓」課程、鼓勵了96位人士加入「影子及試工計劃」、舉辦3次對外分享活動「同行者支援計劃」、接觸50多間公司／機構提供工作機會及有近2千人次瀏覽剛設立3個月「培新計劃網站」等，成績令人鼓舞。

Cyberport; and the Island District Run at the Shek Pik Reservoir, etc. Although filled with uncertainties and hesitations at the beginning, our runners completed each race with pride!

Our runners from Au Tau Youth Centre, accompanied by their Superintendent, also participated in the “Standard Chartered Hong Kong Marathon 2013”. Though debilitated physically by harmful effects of taking psychotropic substances like Ketamine and suffering from frequent urination and shortness of breath, they held on to the faith that **“Completing the whole race surpasses the value of one’s record”**. This exemplifies the very new fighting spirit they acquired in facing future challenges.

## The 15th Anniversary of Au Tau Youth Centre (ATYC)

ATYC has been in operation for 15 years and witnessed the rapid change of characteristics in the young rehabilitants. Recent phenomenon shows that age group of drug abusers is getting ever younger; their places of taking drugs are more hidden; major substances taken have been shifted from heroine to psychotropic substance abuse (PSA) such as Ketamine and Methamphetamine (“Ice”). To cater this change of drug scene, ATYC has tailor-made a wide spectrum of service programs. One of its innovative projects is the **“Soaring internet”**, a creative media platform allowing our young rehabilitants to learn the latest multimedia skills and computer knowledge. In October 2012, a new project, namely **“Coffee Life”**, funded by Melco International, provides vocational training programs on coffee making skills, a useful skill set for reintegration into society. Also, ATYC arranged various tutor classes and is proud to see 2 of our rehabilitants being admitted into mainstream high schools; 3 successfully enrolled into diploma programs at the Vocational Training Council; 1 taking a training course at the Construction Industry Council; and 8 being motivated to sit in the first HKDSE exams in 2012. Through this preventive education as well as treatment and rehabilitation programmes, these youngsters are better equipped and inculcated with positive attitudes and healthy lifestyles. In return their resolutions are further strengthened.

## The 45th Anniversary of the Sister Aquinas Memorial Women’s Treatment Centre (WTC)

On March 5, WTC held its 45th anniversary celebration, cum the Graduation Ceremony, with Mr. Ho Sai-chu, GBS, JP, as the Guest of Honor and nearly 120 participants, including 40 guests, WTC rehabilitants and their parents, teachers and staff. The event was highlighted with many encouraging sharing and heartwarming sights. Indeed, WTC has enjoyed another year of robust growth! Despite daunting challenges in the last 45 years, WTC has been able to scale new heights. Looking ahead, WTC is settling to the echo of the spirit that together, we care.

## ‘Project Direction’

A two-year project, sponsored by Beat Drugs Fund, named **“SARDA- Vocational Training Programme for Reintegration into Society (Project Direction)”**, has been launched for our 4 treatment and rehabilitation centers since June 2012. This project aims to collaborate with business sectors, the community and family members of rehabilitants and to enhance their employment opportunities, which in turn minimize their relapse rate and facilitate their reintegration into society. In the first 10 months, more than 200 rehabilitants have participated in vocational training, whilst 96 joined the “Shadowing and Job Placement Scheme”; with 3 sharing groups held for “Peer Support Scheme” and received support from more than 50 companies and corporations. On the publicity front, the Project Direction Website was designed, periodically publishing information on the latest job trends and trainings activities, and checked out by 2,000 visitors in the first 3 months.

## 反對於石鼓洲興建焚化爐

政府計劃興建焚化爐的位置與我們石鼓洲康復院最近的海面距離僅有十幾米，興建過程及焚化爐無可避免地會影響我們的康復員及同工，破壞原有清幽的環境，甚至可能令許多有心戒毒人士卻步，嚴重影響我們戒毒康復服務的持續發展。如果政府最終要於石鼓洲興建焚化爐，本會要求政府要確保以最先進的技術，把對人及環境的負面影響減至最低，同時負責任地解決對本會造成的損失，並採取適切配套。

## 戒毒治療及康復服務

去年申請入住本會區貴雅修女紀念婦女康復中心、成年婦女康復中心和凹頭青少年中心的人數持續平穩，平均使用率分別達90.7%、92.8%及89.6%。而本會石鼓洲康復院的平均使用率亦達78%，服務對象包括吸食海洛英及吸食危險精神毒品人士。與此同時，按社會福利署藥物倚賴者治療康復中心牌照條例規定，本會轄下全部院舍均獲得正式牌照。

## 美沙酮治療計劃輔導服務

美沙酮治療計劃輔導服務獲各持份者及服務使用者鼎力支持，成績卓越。在2013年3月底，共有1,920位美沙酮服藥者接受本會的輔導服務，其中參與脫癮療程人士有175人，接受為期18個月的善後輔導跟進服務的成功脫癮人士有75人。去年，我們舉辦了598節小組，共有9,010位美沙酮服藥人士/家屬參與。

本會獲得匯豐銀行慈善基金贊助，在2009年11月開始推行一項為期3年的「關懷媽媽育兒培訓計劃」，提升美沙酮服藥產婦照顧初生嬰兒的技巧、協助她們與初生嬰兒建立良好親密的母嬰關係、教育她們關注吸毒或吸食危害精神毒品對嬰兒造成的不良影響及提升她們的戒毒動機。藉著這3年工作經驗，本會在香港公益金資助下將於2013年5月推行一項名為「喜月同陪」的新計劃，除了保留育兒訓練的核心元素，更加入外展手法以接觸更多的美沙酮服藥家長，並透過工作坊發展家長的親子技巧。這兩個項目均獲得贊助公司及參加者一致好評。

「耀星計劃」自2008年開始獲香港公益金資助開展服務，計劃目的是透過教育活動和藝術治療活動促進美沙酮服藥人士子女的學業和情緒管理能力，預防跨代貧窮問題。去年，這項計劃為36位兒童舉辦了45節功課輔導班、為19位兒童舉辦了24節藝術治療小組、為39位兒童舉辦了18節興趣班，並為88位兒童及其家長舉辦了4次戶外家庭活動。所有報告均顯示兒童的學業表現和情緒管理能力有較大進步。

此外，由「愛滋病信託基金」資助的「星火行動」，去年的工作進展理想。此項計劃的目的是為感染了愛滋病病毒的美沙酮服藥人士提供健康及心理社會教育輔導服務，提高他們接受治療的動機。

## Objection of construction of the Integrated Waste Management Facility in the proximity of Shek Kwu Chau

The Government has chosen Shek Kwu Chau, an unspoiled island, to build an incinerator which will be just a couple of meters from one of our rehabilitation houses. SARDA is deeply concerned about Shek Kwu Chau's attractiveness and worried about prospective clients and whether SARDA could sustain its business with the implementation of the IWMF project, for undoubtedly it would give rise to adverse effects to operations and the staff's well-being of this detoxification, treatment and rehabilitation center. Should the implementation take place, SARDA looks forward to the goodwill of the Government to: (1) only adopt the most advance and non-hazardous technology and with the most stringent control on any potential hazards, nuisance and disruptions so as to minimize its negative impact both physically and psychologically and (2) take concrete re-provisioning measures to remedy the damages that the project may cause to Shek Kwu Chau.

## Treatment and Rehabilitation Services

The occupancy rates have remained steady in our 3 treatment centers, namely Sister Aquinas Memorial Women's Treatment Centre, Adult Female Rehabilitation Centre and Au Tau Youth Centre, with an average admission rate of 90.7%, 92.8% and 89.6% respectively. For Shek Kwu Chau Treatment & Rehabilitation Centre, serving both opiate and psychotropic substances abusers, this rate climbed to 78% last year. Moreover, all 4 centres have met all requirements under the "Drug Dependent Persons Treatment and Rehabilitation Centres (Licensing) Ordinance" of the Social Welfare Department and successfully obtained their licenses last year.

## MTP Counselling Service

With the support and patronage from all stakeholders, the MTP counselling service has enjoyed countless achievements. As at 31 March 2013, a total of 1,920 methadone patients received counselling service, among whom, 175 patients were under the detoxification programme and 75 patients received the 18-month post-detoxification aftercare service. Last year, the MTP service unit enjoyed continuous, excellent performance and conducted 598 group counselling sessions, and was patronised by a total of 9,010 participating clients.

With support from the Hongkong Bank Foundation, SARDA implemented a three-year project named "Child care training for female methadone patients with newborn babies" starting from November 2009. The Project aims at training pregnant methadone patients to take good care of their infants, to promote mother-infant attachment, to understand the impact of drug use on their babies and motivate them to quit drugs. Based on our experience over these three years, SARDA will start a new project named "Child in Mind" in May 2013 sponsored by the Community Chest. In addition to the core elements of child care training, this new Project will provide outreaching service to recruit more parents who are receiving methadone treatment and organise parenting skills training workshops for them. Both projects received remarkable comments from both the sponsors and the participants.

The "Shiny Star Scheme" sponsored by The Community Chest aims to combat intergenerational poverty among children of methadone patients through enhancement of educational opportunities; and to promote the emotional stability of the children through the use of art therapy since 2008. Last year, the project conducted 45 tutorial class sessions for 36 children, 24 art therapy group sessions for 19 children, 18 interest class sessions for 39 children and 4 outdoor family activities for 88 children and their parents. Post-training evaluation and feedback reported that improvement in children's academic performance has been observed.

此計劃設立了一個有效的監察系統，紀錄受感染個案的資料，以助專業社工瞭解他們的服務需要，增加他們接受愛滋病及戒毒治療的依從性，並鼓勵他們安全地與病毒共存。截止2013年3月31日，此計劃服務了74位感染了愛滋病毒的美沙酮服藥人士，並成功轉介了86.5%的確診個案到九龍灣綜合治療中心，接受進一步治療。

## 中途宿舍

中途宿舍是為在本會戒毒治療康復中心成功完成療程，及有需要的康復員提供最長12個星期的住宿服務。去年共有228位康復員入住本會5所宿舍，全年平均使用率為97.8%。

## 預防教育

由「愛滋病信託基金」資助「**鳳凰計劃**」在去年進展順利。招募一群成功戒毒個案及尼泊爾美沙酮服藥人士，以外展方式向流連街頭的吸毒者提供愛滋病預防教育。去年，展開了348次外展活動，接觸吸毒者達10,925人次，其中包括1,325名新來港人士及少數族裔人士。

本會在提供預防教育活動一向不遺餘力，積極參與。過去一年，有679名青少年及學生參觀位於本會石鼓洲康復院的「賽馬會禁毒預防教育中心」，提高抗毒意識。本會同時與其他學校及非政府機構合作，推行禁毒教育活動如「**糖衣風暴No Drugs 2013**」。石鼓洲校園抗毒籃球隊走訪不同中學，與同學切磋球技及分享吸毒禍害，活動好評如潮。

此外本會社工及成功戒毒康復人士到全港40間不同中小學進行禁毒講座、康復員現身說法及小組分享討論。活動得到參與學校、家長及學生的讚賞，參與人數超過15,000人。

本會在2012年8月至10月舉辦了一項「**全港健康家庭齊抗毒填色及四格漫畫創作**」比賽。這項比賽的目的是增加幼稚園學童和小學生對毒品禍害的警覺、宣傳健康家庭生活對預防青少年吸毒的重要性，鼓勵家長與子女透過創意填色活動一起抗毒。這項比賽收到超過7,000份作品。頒獎典禮於2012年11月10日舉行，共有85位兒童獲得嘉獎。

凹頭青少年中心學員身體力行，在「**翱翔科網計劃**」下，製作多媒體作品，到學校宣傳無毒生活正面訊息。有75位學員參與，為北區6間學校約1,500學生提供抗毒講座，均獲好評。

2012至13年間，本會仍繼續與香港大學專業進修學院合辦，為港島及離島區共40間學校推行「**禁毒有法-教師培訓課程**」。此項計劃由保安局禁毒處委託，旨在：讓教師認識推行含有禁毒元素的健康校園政策；增強教師推行禁毒教育工作的技巧及辨識有吸毒傾向高危學生的能力；及加深教師對轉介機

The project “**Spark Action**”, sponsored by the AIDS Trust Fund, did similarly well in the past year. Aiming to provide psycho-social services to HIV infected methadone patients and to strengthen their motivation for seeking treatment, the project set up an effective monitoring system to keep track of methadone patients having contracted HIV, allowing professional workers to address their treatment needs, exhorting them to adhere to medical and drug treatments, and encouraging them to cope with the disease with courage. As of 31 March 2013, the service had served 74 HIV-infected methadone patients and successfully referred 86.5% of all the identified cases to the Integrated Treatment Centre for further medical treatment on HIV/AIDS.

## Halfway Houses

Halfway House is an important stage for rehabilitants to reintegrate into society. It provides transitory accommodation to discharges who need a temporary place to live in and those who want to fortify their psychological preparation while facing external temptations. Last year, a total of 228 clients were admitted into our 5 halfway houses, recording an average utilization rate of 97.8%.

## Preventive Education

The **Project Phoenix**, an outreach AIDS prevention project also sponsored by the AIDS Trust Fund targeting on intravenous drug users, fared well in the past year. In this project, dozens of peer counselors are assigned to visit common spots for drug abusers to promote preventive education on AIDS. Last year, a total of 348 outreach sessions were conducted, with 10,925 contacts made with street addicts, among whom 1,325 were new immigrants and ethnic minorities.

Last year, SARDA hosted visits for a total of 679 students to The Hong Kong Jockey Club Drug InfoCentre, a display located on the island of Shek Kwu Chau. The designed setting of triumphant stories of ex-addicts sharing and a theme of “Your Support all along makes A Difference to Every Rehabilittee” no doubt has refreshed these young visitors’ anti-drug spirit. Also, SARDA collaborated with schools and various partners in organising a singing competition, called “**No Drugs 2013**”, along the theme of “Say NO to Drugs”. The event completed in May 2013 with remarkable publicity.

SARDA has also dispatched groups of social workers and ex-addicts sharing their experiences in 40 primary and high schools in town to encourage and solicit public support and attention for high-risk youths and drug abusers at different stages in life. We are proud to see these community volunteer schemes receiving overwhelming response, with 15,000 participants last year, from schools, parental groups and students!

Also, Pfizer Corporation Hong Kong sponsored the “**Wyeth Gold children coloring and four-box comic design competition**” taking place between August and October 2012, with the aim of raising anti-drug awareness among youngsters as early as in kindergartens and primary schools. 85 children, out of 7,000 plus applicants, had joyously received their awards during the presentation ceremony held on 10 November 2012.

In the project of “**Soaring Internet**”, a creative media platform helping young rehabilitants to develop positive attitudes and healthy lifestyles, there are a total of 75 youngsters in ATYC actively participating in the production of the website. 6 schools in the Northern District were visited which benefited 1,500 students in those ex-addict sharing sessions. This two-year program has enjoyed outstanding recognition and comments amongst all stakeholders!

In the year of 2012-13, SARDA continued to co-organise with the University of Hong Kong (SPACE) an anti-drug course “**Anti-drug**



制的認識。此計劃服務累積超過4,500位教師及其他教職人士，反應令人鼓舞。

2012年11月17日，本會與香港大學專業進修學院、再思社區健康組織在港大保良社區學院演講廳合辦「青少年得閒搞邊科」研討會，與學校老師、社工、學生及家長分享禁毒的知識及經驗，當日有超過200多名參加者。

### 職員周年聚餐及助學金頒獎禮

本會在去年12月6日假座紀利華木球會舉辦職員周年聚餐及第七屆職員子女助學金及第四屆美沙酮服藥人士(家暉舍)子女助學金頒獎禮。分別有6位職員子女及6位美沙酮服藥人士子女得獎。除了本會職員及委員會委員參與外，兩個助學金之得獎者及其家屬亦一同出席，接受本會頒發助學金。當晚主題是「延續半世紀的堅持」，本會在邁向另一個半世紀，將會繼續堅持服務理念。在此，我特別感謝員工福利會各位委員，安排了一個極豐富及愉快的晚宴。而第八屆「郭志良教授紀念助學金」頒獎典禮於2012年10月11日舉行，共有9位康復人士子女獲獎。每人獲頒助學金3,000元。

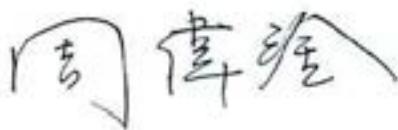
### 喜耀成長晚會

於2013年1月21日舉行了一年一度的喜耀成長晚會，主禮嘉賓是衛生署護士總監張淑雯女士。當晚共有696名康復員獲頒發操守優異證書，當中包括325名美沙酮治療計劃康復人士。本會希望繼續以愛心和關懷，幫助更多受吸毒問題困擾的人士，讓他們的生命改變，回饋社會和身邊的人！

### 衷心感謝

能有以上成績，實有賴本會各部門和前線同工為本會付出努力。在未來，本會仍會努力不懈聯繫各持份者，發展跨界的伙伴關係，發揮社會的積極力量，為弱勢社群重投社會注入新動力！

在此，我謹代表本會，衷心感謝衛生署署長、禁毒專員、社會福利署署長、香港賽馬會慈善信託基金、香港公益金、愛滋病信託基金，以及各界的捐助者和義務工作者，一直給與我們忠告和引導，以及在財政和精神上的支持。同時，我亦要衷心感謝香港戒毒會的執行委員會、管理委員會、研究委員會各位委員和名譽顧問，以及全體員工，在過去一年的辛勤和專心致志的服務。



執行委員會主席  
周偉淦太平紳士

**Solution-Training Programmes for Class/Subject Teachers** in 40 schools on Hong Kong and the Outlying Islands. This program has been commissioned by the Narcotics Division of the Security Bureau with objectives to: 1) equip teachers with a general understanding of the "healthy school policy" including an anti-drug culture, 2) enhance teachers' skills in conducting anti-drug education and their ability in identifying at-risk students; and 3) enhance teachers' knowledge of the referral system. The program received encouraging feedback from a cumulative number of 4,500 school teachers and related parties.

On 17 November 2012, SARDA co-organised with the University of Hong Kong (SPACE) and Community Health Organisation for Intervention, Care and Empowerment (CHOICE) a seminar on "What's up with teens in their leisure time" at HKU SPACE Po Leung Kuk Community College in sharing a beat drug knowledge and experience with school teachers, social workers, students and parents, with over 200 participants taking part.

### Staff Annual Dinner & Bursary Funds

The 7th disbursement of the SARDA Staff Children Bursary Fund and the 4th disbursement of MTP Children Bursary Fund, took place at the Staff Annual Dinner on 6 December 2012 during which 6 children of staff and 6 children of MTP patients were present. The 8th disbursement of the Professor Julian Critchley Memorial Bursary Fund took place on 11 October 2012. Nine children received the bursary fund of \$3,000 each.

### Graduation Night Ceremony

Our rehabilitants are awarded with recognitions at various occasions, including the one held on the Graduation Night on 21 January 2013. The Principal Nursing Officer (Public Health Nursing Division), Ms SM CHEUNG, officiated at the ceremony with a total of 696 rehabilitants, including 325 from the Methadone Treatment Programme, receiving their abstinence certificates on the occasion. What a meaningful and memorable occasion!

### Vote of thanks

To excel in these splendid programs and events with favorable commendations received, the endeavors and significant contributions of government officials, professionals, academics and frontline personnel should not go unnoticed. It is only with the full collaboration of various agencies and the effective exchange of knowledge, that the numerous aspects of drug problems can be tackled. The advice and guidance received has been invaluable.

On behalf of the Society, I would like to express our sincere thanks to the Director of Health, the Commissioner for Narcotics, the Director of Social Welfare, the Hong Kong Jockey Club Charities Trust, the Community Chest of Hong Kong, the AIDS Trust Fund, and the many other donors and volunteers, for their advice, guidance, as well as financial support during the year. Thanks must also go to fellow members on the Executive Committee, the Management Committee, the Research Committee, and to the Honorary Advisers and all staff members of SARDA, for their hard work and dedicated service during the year.



Mr. Raymond Chow, J.P.  
Chairman

# 組織結構 Organisation structure

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C Mgr, D Mgt, 太平紳士  
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C Mgr, D Mgt, JP



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Chairman of Research Committee

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Prof. Cheung Yuet Wah, PhD, MH, JP





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殷國榮先生	Mr. Yun Kwok Wing, Edwin

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李景輝先生 – 署理社會福利總監 (至 2012年 10月)	Mr. Lee King Fai - Acting Superintendent of Social Service (till October 2012)
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黃萬成先生 – 社會福利總監 (由 2013年 1月起)	Mr. Barry Wong - Superintendent of Social Service (since January 2013)
胡順安先生 – 石鼓洲康復院 (行動及行政) 院長	Mr. Patrick Wu - Superintendent (Operations and Administration) of Shek Kwu Chau Treatment & Rehabilitation Centre
王祖吉醫生 – 婦女康復中心及灣仔診療所醫務院長	Dr. Wong Cho Kat - Medical Superintendent of Women's Treatment Centre & Wanchai Clinic
蕭文琮女士 – 行政總主任 (至 2012年 6月)	Ms. Jackie Siu - Administrative Secretary (till June 2012)
劉小玲女士 – 行政總主任 (由 2012年 9月起)	Ms. Crisanta Lau - Administrative Secretary (since September 2012)
陸文光先生 – 會計主任	Mr. Andy Lok - Accountant

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王曼霞醫生 – 衛生署	Dr. Monica Wong - Department of Health
何詠燕女士 – 保安局禁毒處	Ms. Elaine Ho - Narcotics Division, Security Bureau





## 管理委員會 Management Committee



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李鑒麟博士, FMBA, C Mgr, D Mgt, 太平紳士 Dr. Lee Yuk Lun, Alan, FMBA, C Mgr, D Mgt, JP



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謝詩賢先生	Mr. Tse Si Yin, John
殷國榮先生	Mr. Yun Kwok Wing, Edwin



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劉小玲女士 – 行政總主任(由2012年9月起)	Ms. Crisanta Lau - Administrative Secretary (since September 2012)
陸文光先生 – 會計主任	Mr. Andy Lok - Accountant



### 政府代表 Government Representative

朱穎芝女士 – 衛生署 Ms. Barbara Chu - Department of Health

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# 2012 香港精神 大使委任禮

## 歷史及宗旨 *History and Aims*



### 歷史及宗旨

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







## History and Aims

1. The Society for the Aid and Rehabilitation of Drug Abusers (SARDA) was established in 1961 with the following aims:-
  - a) To give aid to, to treat and to take all necessary steps to rehabilitate persons who are drug abusers;
  - b) To promote public education against drug abuse;
  - c) To consult, advise, or co-operate with any other person or organisation in furthering the aims of the Society;
  - d) To make such recommendations to the Government and to advocate such laws as may be deemed necessary in furthering these aims.
2. To take any other action deemed necessary for the furtherance of the aims of the Society, including, without prejudice to the generality of the foregoing:
  - a) building, equipping and managing any property or institution wherein persons are to be housed for treatment and rehabilitation;
  - b) building and developing an industrial project or projects wherein persons recovering from the effect of drugs can be employed or taught a trade;
  - c) undertaking any research into the problems of drug abuse;
  - d) encouraging, participating in, and supporting community education of the problems and preventing of drug abuse.
3. None of the aims of the Society includes the acquisition of gain by the Society or its individual members. The Society is subvented on a deficiency grant basis by the Government for the treatment and rehabilitation of drug abusers on a voluntary basis. It is a member of the Hong Kong Council of Social Service and a founding member agency of the Community Chest of Hong Kong.

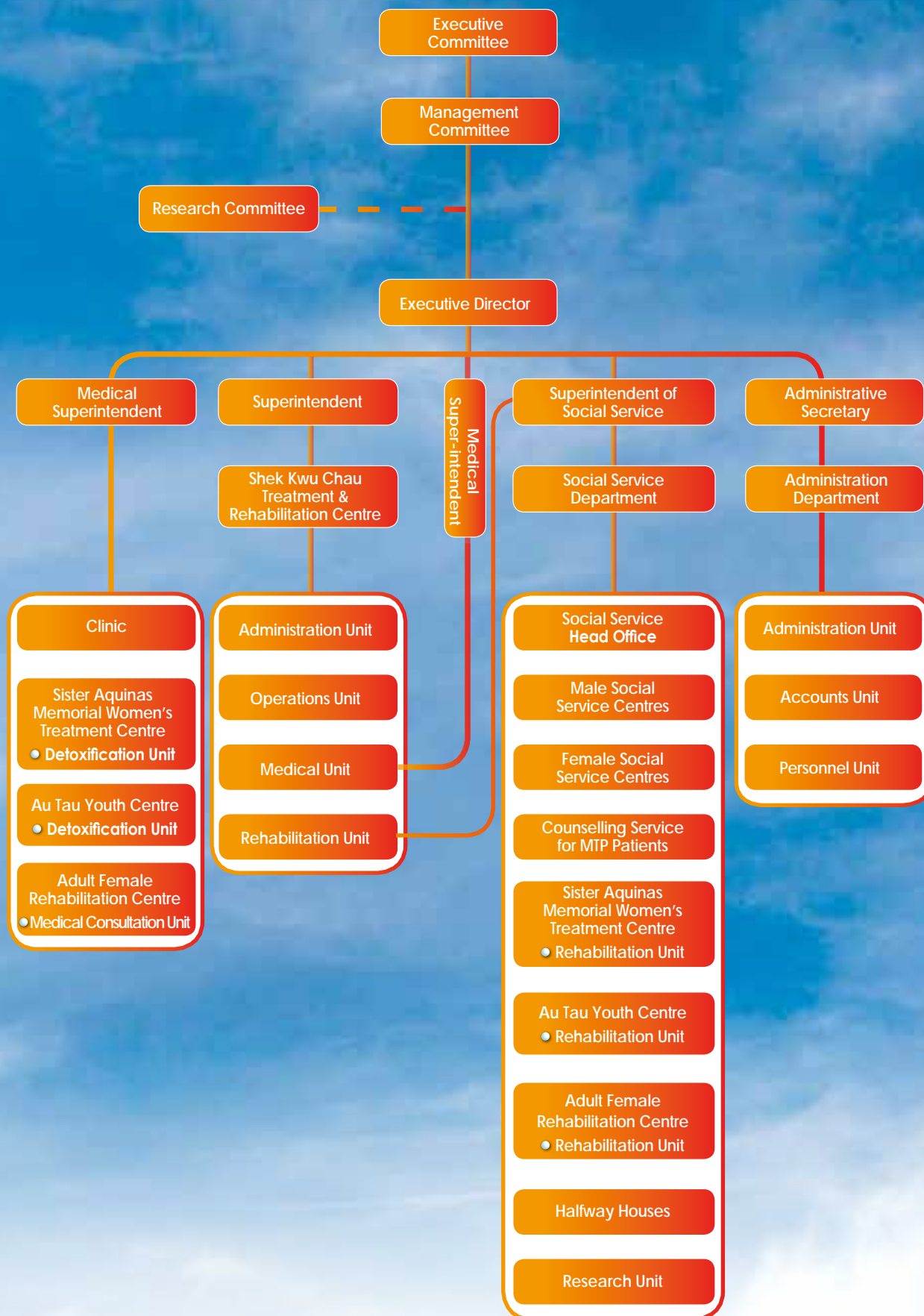




# 組織圖



# Organisation Chart





# 願景、使命及 價值觀宣言

## 我們的願景

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

## 我們的使命

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

## 我們的價值觀

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



# Vision, Mission and Values

## Our Vision

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

## Our Mission

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

## Our Value

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



# **戒毒治療及康復服務** **Treatment and Rehabilitation Services**



社會服務中心 Social Service Centres



凹頭青少年中心 Au Tau Youth Centre



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

為配合社會不斷變遷的需要，本會提供多元化的自願戒毒康復服務。本會轄下有 4 所住院式戒毒治療中心，其中石鼓洲康復院及凹頭青少年中心是為男性而設；區貴雅修女紀念婦女康復中心及成年婦女康復中心是為女性而設。門診式的戒毒治療服務則有美沙酮診所輔導服務。此外，本會共設立 4 間社會服務中心及 5 間中途宿舍，提供善後輔導及支援服務。本會亦設有 1 間診療所。本會近年更積極參與預防教育。

The Society provides a diversified voluntary treatment and rehabilitation service to drug abusers. There are four residential treatment centres including two for males and two for females. Shek Kwu Chau Treatment and Rehabilitation Centre and Au Tau Youth Centre are for males, whilst Sister Aquinas Memorial Women's Treatment Centre and Adult Female Rehabilitation Centre are for females. Out-patient service is provided in the form of counselling service in the Methadone Treatment Programme (MTP) Clinics. The Society also runs four Social Service Centres and five halfway houses which provide aftercare and other support services. There is also a clinic. The Society is also active in providing preventive education.



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



禁毒教育 Anti-drugs Education



中途宿舍 Halfway Houses



成年婦女康復中心  
Adult Female Rehabilitation Centre



診所  
Out-patient clinic



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



「奔向驕陽」長跑隊參與公開長跑賽事  
"Run for A Mission" long-distance running team participated in a public long-distance running event



78Km 雷利衛徑長征 2012  
78Km Raleigh Challenge Wilson Trail 2012



點滴揸水行籌款賽 2013  
Race for Water 2013

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

石鼓洲康復院於1963年4月成立，為不同年齡的男性自願戒毒者提供免費治療和康復服務。院內現設有260張床位，是全港宿位最多的自願戒毒中心。為吸食海洛英人士而設的治療程序包括由1至3星期的斷癮治療及4至23個星期的康復療程。本院亦於2010年8月開始推出了一項嶄新的服務「新德計劃」以回應青少年吸食危害精神毒品日益普及的問題，提供6個月至12個月的免費住院式治療服務。此計劃的相關個案是經由感化官和志願團體轉介。去年，本院共接納了1,679名人士入院戒毒而其中吸食危害精神毒品的人士有118人。

院方提供了嚴謹的醫療社會心理訓練，包括人際關係技巧、解決困難技巧、溝通技巧、預防重吸毒品、重整價值觀、性教育、愛滋病的危害、求職技巧及職業輔導。為迎合社會所需，院方亦開辦了全面的職業技能訓練課程，包括髹漆及裝飾班、木工班、砌磚課程、批盪課程、展台建造及佈置證書課程及電腦班等。院方亦會安排院友於完成課程後參與由建造業議會舉辦的各項認證測試。院方亦有提供其他工作治療，包括：木工、金工、電工、烘製麵包、耕種、園藝、美術、工藝、建築及維修等。寵物治療的引進亦為院友提供一個增加責任感和愛心的機會。本年度，本院的「奔向驕陽」長跑隊更完成了78公里的「雷利衛徑長征2012」和「點滴揸水行籌款賽2013」。

Shek Kwu Chau Treatment & Rehabilitation Centre (Centre) became operational in April 1963, providing free voluntary treatment and rehabilitation services to male drug abusers of all ages. Its current accommodation capacity is 260, one of the largest of its kind in Hong Kong. The treatment process for traditional opiate treatment programme involves a 3-week detoxification, followed by an individualized rehabilitation programme lasting from 4 to 23 weeks. We have also launched a programme named "Project SARDA" in August 2010, to address the rising prevalence of psychotropic drugs used among adolescents in recent years. Project SARDA provides 6 to 12 months residential treatment to these psychotropic substance abusers (PSA) as referred by the Probation Officers of Social Welfare Department and other voluntary agencies for our free residential treatment. In the past year, we admitted a total of 1,679 residents, including 118 PSA.

The Centre provides thorough medi-psycho-social training to equip the residents with skills of interpersonal relationship, problem-solving skills, communication skills, relapse prevention, values re-definition, sex education, risk of HIV/AIDS, job seeking and employment guidance. Job Skills Training are also introduced as part of the continuing learning and employment skill enhancement programme. We, in meeting market demands, have been successfully holding a number of training course including Painter & Decorator Course, Joiner Course, Bricklayer Course, Plaster Courses, Exhibition Booth Setting & Decoration Course and Computer Courses. Upon completion of the courses, they will attend related qualifying examinations held by Construction Industry Council and other accreditation organisations. Other minor training ranging from in-house metal work, electrical work, bakery, farming, gardening, art & painting to construction and maintenance are provided to the residents. Pet Therapy is also introduced to the residents to promote their sense of responsibility and care. Other than these, this year,



# 石鼓洲康復院

## Shek Kwu Chau Treatment & Rehabilitation Centre



展台建造及佈置證書課程 Certificate in  
Exhibition Booth Setting and Decoration



寵物護理課程  
Pet grooming course



水墨畫班戶外寫生  
Water painting class

為幫助院友與家人建立溝通、增強自信及促進融入社會，院方極鼓勵院友接受家屬及外界志願團體探訪。院方經常舉辦家庭聚會，讓院友多些機會和家人共融。院內興建了具宗教主題的廣場及教堂，宗教團體定期到本院舉辦宗教活動，以滿足院友信仰上的需要。培康聯會在院內設立的合作社，出售多種日常用品及零食，以提高院友的生活質素，而所得利潤將資助院內各項文娛康樂活動。院友離院後會由註冊社工跟進，接受為期12個月的善後輔導。

院方十分重視預防青少年吸毒的教育工作。為到訪的學校及志願機構的青少年安排預防吸毒教育講座。去年，本院共有679位青少年及學生到訪參觀，並直接從戒毒康復人士口述的個人經歷中，深刻體會到吸毒的害處，提高了他們抗拒毒品的意識。



糖衣風暴 2013  
No Drugs Campaign 2013

our long-distance running team, "Run for A Mission" completed the 「78 Km Raleigh Hong Kong 2012」 and 「Race for Water 2013」.

Family visits are strongly encouraged, as are visits by volunteer groups, in an effort to build up the family communication, enhance self-esteem and facilitate reintegration into society. Family gatherings for the reunion of the residents and family members are arranged regularly. Religious services were also held by various religious organisations. Facilities with different religious themes were built to meet the spiritual need of the residents. To improve the quality of life of the residents, a co-operative shop is run by the Pui Hong Self-Help Association to provide a variety of personal items and snacks to the residents. The profits so generated are used to subsidize the residents' recreational activities. Professional aftercare service is provided by our registered social workers to our residents for 12 months upon their discharge from the centre.

The Centre expressed grave concern over the preventive education for the youth. We have been providing anti-drug education programme for the visiting young people from schools and NGOs. Last year, there were a total of 679 youths who visited the centre. In addition, the experience-sharing with recovered drug abusers has raised their awareness of the hazards and their drug resistance consciousness.



參觀中華廚藝學院  
Visit Chinese Cuisine Training Institute



單車活動  
Biking event



文憑試預備班  
Preparatory class for DSE examination

## 凹頭青少年中心 Au Tau Youth Centre

凹頭青少年中心成立於1997，專為25歲或以下吸毒青少年，提供自願住院戒毒康復服務。除自行申請入住外，也有感化主任或美沙酮診所社工轉介，接受整個治療程序包括3星期的斷癮治療及3個月至12個月的康復療程。

由2002年7月開始，中心採用『治療社區』模式，強調個人責任、紀律和服從，透過晉升制度培養奮鬥自強和助己助人的精神，並藉著互助互愛的團體生活，促進個人成長。此外，中心於2011年7月獲得『禁毒基金』的資助，推行一項為期兩年的「翱翔科網」計劃。是項計劃專為青少年戒毒者引入不同的科技及多媒體創作技巧，增加個人科技的知識之餘，更向社區大眾宣揚抗毒的訊息。中心更在2012年10月份獲新濠國際發展有限公司資助「高飛人生」計劃，為學員提供適切就業技能訓練；學習沖調咖啡，加強將來就業競爭能力。再者，為強化家人和學員的溝通，中心也定期組織家人小組和家長日活動。

為確保他們能夠保持操守及接受適當的支援和轉介服務，學員離院後需接受一年善後輔導。去年，該中心共接納了52名學員入住。

AU Tau Youth Centre (ATYC) became operational in 1997 providing voluntary residential treatment and rehabilitation to young male drug abusers of and under the age of 25. Apart from self-applications, referrals are made by Probation Officers as well as social workers of the methadone treatment clinics. The treatment programme includes a 3-week detoxification followed by an individualized period of rehabilitation ranging from 3 to 12 months.

ATYC has adopted the Therapeutic Community (TC) model since July 2002. The TC model provides opportunity for the trainees to learn responsibility, disciplines and conformity. Through planned work and a hierarchy position system, trainees learn responsibility, diligence and mutual help. The ultimate goal is to achieve personal growth through mutual aid and communal life. With the sponsorship of Beat Drugs Fund in 2011, ATYC started to run a 2-year project ---"Soaring internet". This project focused on learning the latest multimedia skills and computer knowledge training, and delivering the anti-drug messages to the local community. In Oct 2012, ATYC received grant from Melco International Development Limited to launch a vocational training program --"Coffee Life". The programme was to give trainees a new opportunity by teaching them coffee making skills before their re-entry to the community.

The Centre regularly runs family support groups and family days to foster the family's concern and communication with the trainees.

Trainees on discharge from the Centre are offered one-year aftercare to ensure their abstinence and to provide them with the necessary support or referrals. Last year, 52 trainees went through the programme.



歷奇活動 Adventure-based learning



義工服務 Volunteer Service



英語補習班 English tutorial class



# 區貴雅修女紀念婦女康復中心

## Sister Aquinas Memorial Women's Treatment Centre

區貴雅修女紀念婦女康復中心於1968年開始提供服務，主要為29歲或以下的吸毒女性提供3至12個月的自願住院戒毒治療及康復服務。今年便是區貴雅中心的45週年紀念。

除了由1982年開始採用「治療社區」模式外，在康復程序上也結合社會心理輔導。為了針對年輕吸毒女性的需要，程序上強調正面的群體支持及朋輩影響，也著重提高學員的自我認識、責任感、情緒處理及解決問題能力。為了配合香港中學文憑試的要求，中心在教育課程內容上包括了通識、家政、服裝設計及視覺藝術等科目，讓學員們有多元的學習機會。

另一方面，也提供不同的職業技能訓練，包括「化妝及宴會籌劃助理實務課程」、「專業美甲」課程等，讓學員能更順利重投社會。中心亦與不同的機構合作提供「藝術治療小組」、精神科及職業治療之評估及跟進服務等。

獲禁毒基金資助開展的「心花盛放——園藝治療計劃」均受到學員及家長的歡迎。2012年4月，由禁毒專員許林燕明太平紳士主禮之「心花園」揭幕禮，標誌著「園藝治療」在中心的更進一步發展空間。

過去一年，區貴雅修女紀念婦女康復中心共收納了100名學員入住。

The Sister Aquinas Memorial Women's Treatment Centre (WTC) commenced its service in 1968. It provides 3 to 12 months voluntary drug treatment and rehabilitation to young female drug addicts of and under the age of 29. This year was its 45th Anniversary.

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

On the other hand, various job skills training are also offered for the trainees including "Assistant in Make-up and Banquet Arrangement Practice" and "Beautifying Nails", etc. for enhancing their smooth re-integration into the society. WTC also collaborated with other agencies in providing Art Therapeutic groups, Psychiatric and Occupational Therapy assessment and follow up services.

The "Blossom Heart" Horticulture Therapy Project subvented by the Beat Drugs Fund were welcomed by trainees and their family members. With the "Opening Ceremony" officiated by the Commissioner for Narcotics, Mrs. Erika Hui, JP, of the Horticulture Garden "心花園" in April 2012, it also signified horticulture therapy's further room for development in WTC.

During the period, 100 trainees were admitted into the Centre.



禁毒專員主持「心花園」揭幕典禮  
Commissioner for Narcotics officiated the Opening Ceremony of the Horticulture Garden



學員認真地為化妝考試進行練習  
Studying for the Make-up examination



有您同行 2013：HIP HOP 舞蹈  
Graduation Ceremony-HIP HOP Dance



學員參與義工團之活動  
Trainees participated in the Community Volunteers Group



學員參與「生命教育」之遊戲活動，從中了解自己  
Life Education for better self-understanding

# 成年婦女康復中心

## Adult Female Rehabilitation Centre

成年婦女康復中心成立於1997年，專為30歲以上的成年婦女吸毒者，提供3至12個月的自願性住院式康復治療。中心也為服用低度數美沙酮及有志戒除毒癮之女性提供短期住宿康復服務，亦接納申請者連同5歲以下兒童入住。

成年婦女吸毒者大部份是長期吸毒兼具複雜的情緒、個人及家庭問題。為了照顧她們這些需要，中心強調個人輔導、治療小組、生活技能訓練、言行交往分析、家務指導及家庭生活教育等訓練。

為了協助康復員重建新生，中心舉辦了「培新計劃」，提供職業英語訓練、職業普通話訓練、職前工作坊、工作體驗及試工安排，幫助有志就業的康復員掌握求職技巧、培養正確的工作態度。

去年，成年婦女康復中心共接納了27位婦女入住中心。

The Adult Female Rehabilitation Centre (AFRC) was established in 1997. It provides 3 to 12 months of voluntary residential treatment and rehabilitation service to adult female drug abusers above the age of 30. The Centre also offers short-term rehabilitation to female methadone patients who are maintained at a low dosage and are desirous of completing detoxification in a residential setting. The Centre also admits patients with children under the age of 5.

To meet with the specific needs of adult female drug abusers who are mainly chronic drug users with multiple emotional, personal and family problems, the programme emphasizes life skill training, transactional analysis, home management and family life education, apart from individual and group therapy.

The Centre runs the "Project Direction" to assist patients in building a new life. By providing training on workplace English and Putonghua, pre-employment workshop and by offering internship and job placement, the Project enhances patients' job-interviewing skills and fosters proper work attitude.

Last year, a total of 27 adult females were admitted into the Centre.



自我挑戰訓練 Self-challenge training



家務指導 Housework guidance



家屬座談會 Family Seminar



興趣班水彩畫  
Water painting class



愛滋病預防教育講座  
Educational talk on HIV/AIDS



古靈精怪扮野大賽  
Costume competition



# 美沙酮治療計劃輔導服務

## Methadone Treatment Programme Counselling Service



婦女組花藝訓練班  
Flower Arrangement Course



心靈支援小組 - 生命歷奇分享會  
Spiritual Group - Life adventure sharing



家暉舍十週年慶典  
Family Association 10<sup>th</sup> anniversary celebration

香港戒毒會自1993年與衛生署合作，為美沙酮服藥人士提供輔導服務。凡年齡在21歲以下的青少年吸毒者、初次申請美沙酮治療的人士和女性吸毒者，均會優先獲得提供服務。其他服藥人士則可以透過自行申請、經醫生轉介或經本會社工的邀請而獲得輔導服務。在2013年3月底，共有1,920位美沙酮服藥者接受本會的輔導服務，其中參與脫癮療程人士有175人，接受為期18個月的善後輔導跟進服務的成功脫癮人士有75人。去年，本會社工為美沙酮個案進行了32,694次面談和1,322次探訪、提供了3,274次對外轉介服務。

本會自2002年10月開始積極推行一系列小組服務，包括輔導小組、婦女組、青年組、家屬組、康樂活動及社區義工服務。輔導小組推動組員互相分享及學習如何處理生活上的壓力及困難。婦女組關注女性服藥人士獨特的需要，如怎樣照料子女及婦女生理衛生等。青年組透過領袖訓練及人際關係技巧訓練等活動，協助組員建立自尊、自我形象和

SARDA has joined hands with the Department of Health to provide counselling service for methadone patients since 1993. Methadone patients under the age of 21, first-time applicants and female patients are given priority to receive the counselling service. Other patients may also enjoy the service through self-application, referral by doctors or invitation by social workers. As at 31 March 2013, a total of 1,920 methadone patients received counselling service. Among them, 175 patients were under the detoxification programme and 75 patients received the 18-month post-detoxification aftercare service. During the year under report, our social workers conducted 32,694 interviews and 1,322 visits for the methadone patients. 3,274 referrals were made to external services.

Since October 2002, a host of group services for methadone patients have been launched, including counselling groups for patients of all ages, female groups, youth groups, family groups, recreational activities and community services. The counselling groups focus on sharing and coping strategies. The female groups focus on gender-specific needs of female patients such as child-caring, women health, etc. The youth groups aim at enhancing members' self-esteem, self-image and self-confidence through leadership and interpersonal skills training. The family groups encourage family members to support



尼泊爾小組團隊精神訓練  
Nepalese Teamwork training



尼泊爾小組文化節日交流活動  
Nepalese Cultural exchange festival



全港健康家庭齊抗毒填色及四格漫畫創作比賽頒獎典禮  
Presentation ceremony of a territory-wide anti-drug drawing and painting competition

# 美沙酮治療計劃輔導服務

## Methadone Treatment Programme Counselling Service

自信心。家屬組鼓勵組員自助及互助，並學習了解美沙酮服藥人士的一些重吸先兆行為。本會於2004年3月協助美沙酮服藥人士家屬成立『家暉舍』自助組織，至今已有約1,000名登記會員。我們舉辦康樂活動以協助服藥人士建立新的生活模式、驅除空虛與寂寞、減輕生活壓力、增加生活情趣以及降低對毒品的渴求。我們組織社區義工服務，讓美沙酮服藥人士透過助人的過程，獲得正面的自我評價，從而成功重返社會。去年，我們舉辦了598節小組，共有9,010位美沙酮服藥人士/家屬參與。

為推動美沙酮服藥人士關注家庭健康生活，美國輝瑞科研製藥營養品部在2012年贊助2,480罐嬰兒及母親奶粉予參與本會小組活動的美沙酮服藥人士及其子女。在2012年年8月，美國輝瑞科研製藥營養品部安排專家為超過160位美沙酮服藥人士提供了一次健康教育講座。

在美國輝瑞科研製藥營養品部全力支持下，本會在2012年8月至10月舉辦了一項全港健康家庭齊抗毒填色及四格漫畫創作比賽。這項比賽的目的是增加幼稚園學童和小學生對毒品禍害的警覺、宣傳健康家庭生活對預防青少年吸毒的重要性，及鼓勵家長與子女透過創意填色活動一起抗毒。這項比賽收到超過7,000份作品。頒獎典禮於2012年11月10日舉行，共有85位兒童獲得嘉獎。

each other in the recovery process. The members can also learn about relapse cues and warnings in the client that may indicate an impending return to drug abuse. A Family Association of the MTP patients was set up in March 2004, with over 1,000 members. Social and recreational activities are held to help methadone patients develop new social styles and resources. Healthy activities reduce boredom and loneliness, help manage stress, provide opportunities for fun, and reduce drug cravings. Community services are organized to help methadone patients to develop positive self-regard as a result of helping other people. All these can contribute to the patients' success in social reintegration. A total of 598 group sessions were conducted with 9,010 participants during the reporting year.

To promote healthy family life among methadone patients, Pfizer Nutrition sponsored 2,480 cans of infant and mother milk formula for the methadone patients and their children who participated in our group activities in 2012. Pfizer Nutrition also arranged specialists to deliver a health educational talk for over 160 methadone patients in August 2012.

A territory-wide anti-drug drawing and painting competition was organised from August to October 2012 with the support from Pfizer Nutrition. The objectives were to increase awareness on the harmful effects of drug abuse among kindergarten and primary school children; to publicise the importance of healthy family life on preventing youth drug abuse; and to engage parents in an anti-drug campaign through creative paintings with their children. The competition drew over 7,000 applications. A prize presentation ceremony was held on 10 November 2012 with 85 winners.



家暉舍新年活動  
Family Association New Year's event



健康教育講座  
Health educational talk



青年組樂隊 Youth band



# 社會服務中心 Social Service Centres



戶外活動 Outdoor Activity

本會透過4間社會服務中心提供入院前登記、善後輔導服務、社區教育及康樂活動予戒毒及康復人士。中心特別著重為康復人士提供善後輔導、職業輔導及有益身心的文娛康樂活動，以協助他們遠離毒品，並維持操守。

去年共有2,232人透過本會4間社會服務中心入院接受康復治療。在過在一年，本會社工為輔導個案進行了29,847個人面談、1,412次家庭輔導及2,751次探訪，並舉辦了1,493小組活動，共有23,861名個案參與。

為方便自願戒毒人士，本會推行流動外展服務，在市區及新界選定的美沙酮診所、公園及避寒中心提供直接登記及辦理入院手續。去年，共有72名申請者透過此渠道申請本會的住院戒毒治療服務。



2013 喜耀成長晚會 2013 Graduation Night

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

During the year under report, a total of 2,232 drug abusers were registered for treatment and rehabilitation through registration at the four Social Service Centres. Last year, our social workers conducted 29,847 interviews, 1,412 family interviews and 2,751 visits. A total of 1,493 group sessions were conducted with 23,861 participants.

The Society provides outreaching registration and intake service in selected methadone clinics, public parks and cold shelters. Last year, a total of 72 applicants registered for treatment through this channel.



包粽迎端午  
Dumpling making for Dragon Boat Festival



北九超級巨聲 Singing Competition



好爸打義工服務  
Volunteer Service



中心晚會活動 Evening gatherings for rehabilitates and families

# 中途宿舍

## Halfway Houses



同輩輔導與康復員分享操守經驗  
A peer counsellor shared his experiences of keeping abstinence



宿舍舍員與家人新春旅行燒烤樂  
Chinese New Year barbecue for residents and families

本會設立中途宿舍的目的是為戒毒康復員提供重返社會前的短期居所，透過社工及宿舍職員的輔導和支持，協助康復員重建家庭關係及社交網絡，並進一步加強他們的解難能力及預防重吸技巧，以鞏固他們重返社會後過無毒生活的決心和能力。住宿期間，康復員透過參加本會社會服務中心舉辦的文娛康樂活動及報讀各種職業技能訓練課程，重新建立健康的生活模式及準備重拾社會工作，成為社會上具生產力的一員。

本會共設有5間中途宿舍，包括一間以自負盈虧模式運作的自助宿舍；分別為男性戒毒康復員提供62個宿位，及為女性戒毒康復員提供12個宿位。去年共有228位康復員入住宿舍，全年平均使用率為97.8%。

The setup of halfway houses is to provide short-term accommodation for drug rehabilitated persons during the stage of social reintegration. Through counselling and support, social workers and the staff at halfway houses help rehabilitants rebuild family relationships and social networks, as well as increase their problem-solving and relapse prevention skills. Furthermore, they will participate in recreational activities organised by social service centres to re-develop a new and healthy living style. Some of them will also receive vocational training from other vocational institutes in order to equip themselves to become productive members of the society.

SARDA runs a total of 5 halfway houses, including one operating on a self-financing basis. The five halfway houses provide 62 bed spaces for males and 12 for females in total. Last year, a total of 228 drug rehabilitated persons were admitted into the halfway houses, which recorded an average utilisation rate of 97.8%.



舍友為宿舍迎新會作準備  
Residents prepared for the orientation night



新春旅行燒烤樂  
Chinese New Year barbecue trip



舍監在宿舍迎新會勉勵舍友  
House warden welcomed and encouraged newcomers



## 新德計劃 *Project SARDA*



導師帶領新德學員進行社區探訪，回饋社會  
Residents made community visits



新德學員到中學進行籃球比賽，宣揚抗毒訊息  
Basketball competition at a secondary school to promote anti-drug messages

本會於2010年8月在石鼓洲康復院推行一項嶄新服務——「新德計劃」。這是吸食危害精神毒品綜合治療計劃，為21至35歲青年提供6個月至12個月的免費住院式治療服務。個案主要來自社會福利署感化官，濫用精神藥物者輔導中心和其他自願機構轉介。本計劃特點是用深入適切的個人輔導手法以提高個案自省能力和培養責任感，更鼓勵他們參與各種職業技能訓練課程，包括油漆及裝飾、木工和砌磚課程等。院方亦安排院友報考由建造業議會舉辦的各項此等工藝測試，增加他們的就業競爭力，以便重投社會生活。去年共有107人受惠於此計劃。

"Project SARDA" was launched at Shek Kwu Chau Treatment and Rehabilitation Centre in August 2010 to provide 6 to 12 months of free comprehensive treatment for young males aged between 21 and 35 with psychotropic substance abuse. Apart from self-applications, many referrals were made by probation officers of Social Welfare Department, social workers of Counselling Centre for Psychotropic Substance Abusers (CCPSA) and other voluntary agencies. This Project focuses on in-depth individual counselling and helps residents to improve their self-reflection and sense of responsibility. Moreover, it emphasises job skills training such as painter & decorator, joiner and bricklayer courses. Residents are arranged to attend accreditation examinations administered by the Construction Industry Council. These employment-retraining courses strengthen their competitiveness and help them reintegrate into the society. During the year under report, a total of 107 young residents benefited from the project.



參與『點滴擲水行籌款賽 2013』  
Participated in 'Race for Water 2013'



夜行訓練 Hiking training at night

## 培新計劃 *Project Direction*



ERB 職業英語課程  
Vocational English Language Training by ERB



報讀建造業課程  
CITA Training Course  
for rehabilitants



展台建造及佈置證書課程  
Certificate in Exhibition Booth Setting and Decoration  
for rehabilitants

禁毒基金由2012年6月起資助香港戒毒會發展一項為期兩年計劃-「SARDA-重返社會職前培訓計劃」即「培新計劃」。計劃目的是動員康復人士家庭、社區及商界人士，支持香港戒毒會轄下4間住院式戒毒治療及康復中心的康復人士，重投社會。計劃獲多間機構支持為康復員提供訓練、參觀或就業機會，如僱員再培訓局課程、建造業訓練局、升降機公司、咖啡沖調公司等等。計劃可讓康復人士緊貼行業的知識和技巧，重建自信，從而提升日後就業機會，有助將來維持操守。計劃展開近十個月，已為約有200多位康復人士提供「職前培訓」課程、鼓勵了96位人士加入「影子及試工計劃」、舉辦3次對外分享活動「同行者支援計劃」、接觸50多間公司／機構提供工作機會及有近2千人次瀏覽剛設立3個月「培新計劃網站」等，成績令人鼓舞。

A two-year project named SARDA- Vocational Training Programme for reintegration into society (Project Direction) granted by Beat Drugs Fund is launched in our four treatment and rehabilitation centres since June 2012. The project aim is to mobilise the business sectors, community and family members of rehabilitants to support our rehabilitants in order to minimise the possibility of relapse and assist their reintegration into society. A lot of support from varies of parties e.g. Employees Retraining Board, Construction Industry Training Board, Lift Contractors, Coffee Shop etc, for providing training, visit and job placement to our rehabilitants. Through those working opportunities, our rehabilitants could build up their work efficiency as well as confidence so as to maintain their abstinence life in future. In the first 10 months, more than 200 rehabilitants have participated in vocational training, whilst 96 joined the "Shadowing and Job Placement Scheme"; with 3 sharing groups held for "Peer Support Scheme" and received support from more than 50 companies and corporations received. On the publicity front, the Project Direction Website was designed, periodically publishing information on the latest job trends and trainings activities, and checked out by 2,000 visitors in the first 3 months.



英語學習活動 English Learning Activities



蛋糕行業參觀 Visit to Bakery



## 星火行動 *Spark Action*

本會在2006年在愛滋病信託基金贊助下推行『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。這項計劃設立了一個有效的監察系統，記錄受感染個案的資料，以助社工回應他們的服務需要，增加他們接受愛滋病及戒毒治療的依從性。

截至2013年3月31日，『星火行動』服務了74位感染愛滋病病毒的美沙酮服藥人士，並成功轉介了86.5%的確診個案到衛生署綜合治療中心接受治療。在過去一年，73.3%的轉介個案仍出席覆診。

去年『星火行動』提供了139次緊急現金援助，協助感染愛滋病病毒的美沙酮服藥人士應付突發的財政困難。為他們組織了66次社交活動，向他們派發了97份健康教育資料套，並每半年出版一份《星火送暖通訊站》刊物，讓他們有一個溝通和互相支持的平台。



星火送暖通訊站 *Spark Action Newsletter*



愛滋病預防教育 *Educational talk on HIV/AIDS prevention*

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

As at 31 March 2013, Spark Action had served 74 HIV-infected methadone patients and successfully referred 86.5% of all the identified cases to the Integrated Treatment Centre of the Department of Health for further medical treatment on HIV/AIDS. 73.3% of the referred cases continued to attend medical appointments in the past year.

Last year, the Project provided 139 incidents of emergency financial support to cash-strapped patients in coping with unexpected financial difficulties, organised 66 social activities for, and distributed 97 sets of health education kits to, the HIV-infected patients. A newsletter was published semi-annually as a communication platform between HIV-infected patients which fosters an atmosphere of mutual support.

## 耀星計劃 *Shiny Star Scheme*



功課輔導班 School Tutorial class



藝術治療 Art therapy

本會在2008年在公益金贊助下推行『耀星計劃』，透過教育活動和藝術治療活動促進美沙酮服藥人士子女的學業和情緒管理能力，預防跨代貧窮問題。

去年，這項計劃為36位兒童舉辦了45節功課輔導班、為19位兒童舉辦了24節藝術治療小組、為39位兒童舉辦了18節興趣班，並為88兒童及其家長舉辦了4次戶外家庭活動。

功課輔導班每年進行一次訓練後評估。去年，所有家長均報告兒童的學業表現有進步。98%學童能夠準時完成家課，91.8%兒童表示學習興趣有所提升。至於藝術治療小組，所有參與的兒童均報告情緒管理技巧有改善。92.3%及91.5%於兒童分別報告在自信和社交技巧有改善。參與興趣班的兒童亦反映活動能幫助他們發展新的嗜好。

SARDA started the Shiny Star Scheme in 2008 with sponsor from The Community Chest. The Project aims to combat intergenerational poverty among children of methadone patients through enhancement of educational opportunities; and to promote the emotional stability of the children through the use of art therapy.

Last year, the Project conducted 45 tutorial class sessions for 36 children, 24 art therapy group sessions for 19 children, 18 interest class sessions for 39 children and 4 outdoor family activities for 88 children and their parents.

Post-training evaluation was conducted annually for tutorial classes. Last year, all parents reported improvement in children's academic performance. 98% of children handled their homework punctually and 91.8% of them reported an increase in learning interest. Regarding art therapy groups, all participating children reported improved emotional management skills. 92.3% and 91.5% of them reported higher confidence and better social skills respectively. Feedback from children also indicated that interest classes were able to help them develop new hobbies.





蹦蹦跳親子派對 Family Party



提供嬰兒照顧技巧訓練 Baby-care skills training

## 關懷媽媽育兒培訓計劃

### *Child Care Training for Female Methadone Patients with Newborn Babies*

本會獲得匯豐銀行慈善基金贊助，在2009年11月開始推行一項為期3年的「關懷媽媽育兒培訓計劃」，提升美沙酮服藥產婦照顧初生嬰兒的技巧、協助她們與初生嬰兒建立良好親密的母嬰關係、教育她們關注吸毒或吸食危害精神毒品對嬰兒造成的不良影響及提升她們的戒毒動機。

這項計劃招募成功戒毒的婦女擔任陪月員。她完成僱員再培訓局提供的陪月員訓練並取得認可證書及完成本會提供的輔導技巧訓練後，為美沙酮服藥產婦提供上門的育兒技巧訓練。陪月員透過分享其成功故事，促進美沙酮服藥產婦重過新生的動機。

在過去3年，這項計劃為33位美沙酮服藥產婦及其初生嬰兒提供了682次共2,526小時的訓練。完成訓練後，33位產婦均報告她們的育嬰技巧得到改善，25位產婦停止吸食毒品及/或穩定服用美沙酮，4位產婦成功戒毒。

藉著這3年工作經驗，本會在香港公益金資助下將於2013年5月推行一項名為「喜月同陪」的新計劃，除了保留育兒訓練的核心元素，更加入外展手法以接觸更多的美沙酮服藥家長，並透過工作坊發展家長的親子技巧。

With support from the Hongkong Bank Foundation, SARDA implemented a three-year project named "Child care training for female methadone patients with newborn babies" starting from November 2009. The Project aims at training pregnant methadone patients to take good care of their infants, to promote mother-infant attachment, to understand the impact of drug use on their babies and motivate them to quit drugs.

The Project recruited a female ex-drug user as a postnatal care trainer. The trainer was equipped with proper infant care skills and basic counselling skills by attending a certificate course in postnatal care services offered by Employees Retraining Board and a 2-day training course organised by SARDA. By sharing her success story, she also inspired the drug-involved mothers to turn over a new leaf and lead a drug free life.

In the past three years, 33 pairs of female methadone patients and their newborn babies were served with a total of 2,526 training hours in 682 sessions. All patients reported improvement in child-care skills in post-training evaluation. 25 patients stopped taking heroin or maintained on methadone and four of them successfully maintained a drug-free status.

Based on our experience over these three years, SARDA will start a new project named "Child in Mind" in May 2013 sponsored by the Community Chest. In addition to the core elements of child care training, this new Project will provide outreaching service to recruit more parents who are receiving methadone treatment and organise parenting skills training workshops for them.

# 鳳凰計劃 *Project Phoenix*

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

『鳳凰計劃』的目的是協助流連街頭的吸毒者提高對感染愛滋病毒風險的警覺、減少共用針筒、在進行性行為時使用安全套及接受愛滋病毒抗體測試。

去年，『鳳凰計劃』共展開了348次外展活動，接觸吸毒者達10,925人次，其中包括1,325名新來港人士及少數族裔人士。

這項計劃透過每年進行吸毒者街頭訪問評估其成效。最近一次訪問在2012年12月進行，抽樣訪問了696位吸毒者。訪問結果顯示81.3%的被訪者曾經接受愛滋病毒測試，91.0%被訪者在最近一次進行性行為時使用安全套，99.3%被訪者在最近一次吸毒時沒有共用針筒。



外展清理廢棄針筒服務  
Outreach service to clear up discarded syringes

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

The Project aims at helping street drug users to increase awareness on HIV/AIDS, reduce needle sharing, use condom during intercourse, and attend HIV antibody test.

Last year, a total of 348 outreach sessions were conducted, with 10,925 contacts made with street drug users, among whom 1,325 were new immigrants and ethnic minorities.

The Project outcome is evaluated by an annual survey of street-recruited drug users. The latest survey was conducted in December 2012 with a sample of 696 drug users. The findings reveal that 81.3% of the respondents attended HIV test, 91.0% used condom in the last intercourse and 99.3% did not share needles in the last injection.



Outreach at Jockey Club Tak Wah Park  
荃灣德華公園外展服務



## 支援服務 *Support Services*

### 戒毒諮詢熱線服務

本會戒毒熱線自1973年投入服務，乃香港最早期專為戒毒而設的求助熱線，服務至今超過40年。熱線由專業註冊社工接聽，為有需要的人士及家長提供情緒支援和疏導、吸毒問題解答及戒毒服務轉介等。去年度，共收到2,193個電話查詢。

### Hotline Service ☎ 2574 3300

The Drug Counselling Hotline, Hong Kong's first hotline solely targeting drug rehabilitation, has been in service for more than 40 years since it opened in 1973. The Hotline is answered by registered social workers who offer emotional support, respond to inquiries on drug abuse problems, and provide drug treatment referral services for the people in need and their parents. Last year, the Hotline received a total of 2,193 calls.

### 同輩輔導計劃

本會聘用成功的康復員為臨時同輩輔導，不單作為角色模範，更透過分享他們本身的康復經驗而給予他人領悟和啟示，在陪伴新出院康復員踏上康復之路時，更同時加強同輩輔導本身持續操守的自信心。兼職的同輩輔導主要於晚上服務美沙酮診所服藥人士，而全職的同輩輔導則主要服務戒毒中心的康復員。去年，本會共聘用18名全職同輩輔導及21名兼職同輩輔導。

### Peer Counsellor Scheme

The Scheme employs recovered patients on a temporary basis as peer counsellors. They act as role models and through sharing their own "recovery stories", they give much insight and inspiration to others. By accompanying the "new comers" to walk on the road to recovery, the peer counsellors' self-confidence in remaining abstinent can also be enhanced. The part-time peer counsellors serve mainly at the methadone clinics, whilst the full-time peer counsellors work with those discharged from the treatment centres. Last year, a total of 18 full time and 21 part-time peer counsellors were employed.



同輩輔導員協助推行小組活動  
Peer counsellors assisted in group activities



同輩輔導員協助推行藝術治療親子活動  
Peer counsellors assisted in family art therapy

## 支援服務 Support Services



義工服務  
Volunteer service



義工聖誕活動  
Volunteers' Christmas event



“好爸打”義工小組週年檢討會  
Annual evaluation of “Good Brother” volunteer group

### 社區義工計劃

為了善用社區資源，發揮互助互愛的精神，本會致力推行社區義工計劃，招募社會上各階層人士成為本會義工，並提供訓練。社區義工和本會康復員共同為社區服務，有助戒毒康復人士重拾自信，回饋社會及擴大社交生活。去年共有50名社區人士登記成為本會的社區義工，共舉辦64次戶外服務及187次室內活動，約7,204人次參與。

### Community Volunteers Scheme

The Community Volunteers Scheme was established to facilitate mutual assistance and community care. Members of the public from all walks of life are recruited. Training courses are provided to prepare them for the service. The joint effort of the community volunteers and our rehabilitated drug abusers helps to enhance the social integration, self-worthiness and self-confidence of the rehabilitants. Last year, 50 members of the public registered as community volunteers. They organised 64 outdoor services and 187 indoor activities. More than 7,204 participants (man/times) took part in the activities.



為在職老師舉行禁毒教育培訓  
Drug education trainings for teachers



與其他機構合作推行禁毒教育活動  
Collaboration with other organisations to implement drug education programmes



在社區內舉行禁毒教育研討會  
A seminar on drug prevention was held in the community



本會社工及成功戒毒康復人士到各中、小學舉行禁毒教育講座  
Social workers and rehabilitants presented anti-drug talks at primary and secondary schools

### 禁毒宣傳教育

本會經常接待學生及社會人士參觀轄下戒毒康復中心的設施和服務，讓他們了解本會的工作及認識吸毒的禍害。

此外，本會更與不同團體，包括學校、家長教師協會、地區組織、少年警訊及其他社會服務機構舉辦禁毒講座及過來人分享會，在社區推廣禁毒警覺訊息。去年度，參與人數超過15,000人。

### Anti-Drug Publicity and Education

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

SARDA organised anti-drug talks and ex-addicts' sharing sessions with various organisations, including schools, Parent and Teacher Associations (PTA), community organisations, Junior Police Call (JPC) and other social service agencies to promote anti-drug awareness to members of the public. Last year, more than 15,000 participants took part in the activities.



## 支援服務 *Support Services*



「與情緒不穩人士溝通技巧」工作坊  
Workshop on "Communication skills with emotional disturbed client"



舉行「客戶管理系統」課程  
A "Customer Management System" course was held



處理投訴及調解復和技巧  
Skills on handling complaints and mediation

### 職員培訓

為增進員工的專業知識及技巧，本會定期為員工舉辦「在職訓練日」及經常推薦員工參加本地及國際會議。去年，本會獲社會福利發展基金資助推行一系列職員培訓計劃，包括醫護常識、安全管理、法律常識、溝通技巧、輔導技巧等，以提升服務質素。

在年度中，本會有4位同工分別修讀社會工作碩士或學位課程。

### Staff Development

In order to update and broaden staff's professional knowledge and skills, In-service Training sessions were conducted periodically and staff were nominated to attend local and international conferences. With subsidies from the Social Welfare Development Fund, a series of staff training programmes were implemented last year to improve service quality. These programmes included medical knowledge, safety management, legal knowledge, communication skills, counselling skills, etc.

During the year, 4 staff were pursuing either their Master's degree or Bachelor's degree in Social Work.



為中途宿舍職員提供電腦訓練課程  
Computer training course for halfway house staff



為職員提供「動機面談法」工作坊  
"Motivational Interviewing Method" workshop for staff



精神健康工作坊  
Workshop on "Mental Health"

### 診所

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

本會自2004年4月開始，採用快速尿液化驗棒為住院戒毒及康復人士提供尿液化驗以確保其操守。在年度中，本會共進行了11,434個尿液樣本化驗。

### Clinic

The Society maintains an outpatient clinic to carry out physical examination for prospective admissions into our treatment centres. It also provides medical consultation to ex-patients.

Our Society adopted the One-step Opiate Test Strips (Urine) in April 2004 to verify the drug free status of both inpatients and discharges. In 2012/13, a total of 11,434 urine tests were carried out.



# 交流活動 *Exchange activities*

過去一年，本會積極促進與澳門及中國大陸社會福利機構交流活動，為社工培訓、社會福利、戒毒康復服務及禁毒教育各方面的交流合作，互通經驗。大大增加了彼此的連繫和了解，為日後進一步的交流合作奠定基礎。

Last year, SARDA actively arranged exchange activities with social welfare institutions in Macau and Mainland China for co-operation and exchange of experience on social workers training, social welfare, rehabilitation services and anti-drugs education. The deepening of mutual understanding has laid a solid foundation for further exchanges and co-operation in the future.



上海市自強社會服務總社來訪本會，彼此分享交流兩地戒毒及禁毒工作心得  
19 Delegations from the Council of Shanghai Ziqiang Social Services (上海市自強社會服務總社) visited SARDA for exchanging knowledge on anti-drug services



香港理工大學的中國交流生到成年婦女康復中心進行交流活動  
Mainland exchange students of The Hong Kong Polytechnic University visited AFRC



本會參與廣西禁毒辦公室交流團，分享兩地在毒品問題、防治政策與康復治療服務之經驗  
Exchange Tour to the Office of China National Narcotics Control Commission in Guangxi. Local drug problems, prevention policies, and rehabilitation service experiences were shared during the exchange tour



應澳門社工局的邀請區貴雅修女紀念婦女康復中心院長李惠儀女士與凹頭青少年中心院長楊旭先生擔任研討會主講嘉賓  
S/WTC and S/ATYC were invited to be the guest speakers of a training workshop organised by the Social Welfare Bureau of MSAR



深圳計劃督導助理到本會北九龍社會服務中心參觀學習  
A group of local social workers from Shenzhen visited the North Kowloon Social Service Centre



美沙酮輔導服務總監介紹本會美沙酮診所服務，美沙酮自助小組成員與東莞市社工分享戒毒經驗  
S/MTP introduced our counselling service at methadone clinics. Members of the Self-help Group for Detoxified Methadone Patient shared their experience with visiting social workers from Dong Guan, Mainland



廣州市禁毒辦領導和一線工作人員到訪東九社會服務中心  
Members of the Guangzhou Narcotics Office visited the East Kowloon Social Service Centre



探訪澳門更新自助社，加強戒毒康復工作交流  
Visit to Macau's Self-help group to share experiences with drug rehabilitation work





# 服務使用者心聲 Feedback Form Service recipients

## 寶玲 Bo Ling

自己因被判感化入住中心，起初曾質疑中心的療程，是否對自己起到作用。事實證明，這段日子確令我認清自己，找回個人的存在價值。中心除了舉辦有建設性的課程外，更着重心靈的輔導，在姑娘和姊妹的關愛鼓勵下，令我可以脫離以往孤獨無助的世界；更使我勇於踏出第一步，與家人建立信任和諧的關係！

I entered the centre because my probation officer requested me to do so. At first, I questioned whether the treatment process at the centre would be useful to me. Facts prove that while living there, I did understand more about myself and found my meaning in life. The centre organized constructive lessons and focused on spiritual counselling. I was able to detach myself from the lonely and helpless world with the care and support from the workers and sisters. I had the courage to take the initiative to build a trustworthy and harmonious relationship with my family!

## 美寶 Mei Bo

入院前，以為除了戒毒外，就是失去自由。但入住後感受到人與人之間的互相關懷和勉勵，漸減去內心的不安。在中心學習到的是終身受用的知識和價值觀，重新喚醒自己，了解到生活並不只是用物質和金錢來衡量，沒道理為了生活，反而毀了自己。言行交往分析小組更加強自我認識，學習表達方式，避免因太自我中心而影響人際關係。

At first, I worried about loss of freedom. After living in the centre, I felt the care and support from everyone there and my worries gradually disappeared. The knowledge and values I gained at the centre could be used in life. I learned that life isn't just a balance between money and luxuries. There's no reason for me to ruin myself just to live. I now have a better understanding of myself and learned how to better express myself to prevent affecting relationships due to self-centeredness.

## 美玲 Mei Ling

在中心生活已有一年時間，原先的計劃是半年，但發覺每天的學習都對自己有益。以前自覺沒有價值、抬不起頭，甚至很多切身問題都不懂尋求解決，從而放棄自己。但今天可藉着在中心的學習，為自己建立人生目標，當中更學到正面價值觀和積極態度。所以我會持之而行，在中心鞏固自己，為將來有意義的人生而努力。

I have lived in the centre for more than a year now. At the beginning, I planned to stay for half year only, but later realized that the daily learning was beneficial to me. I used to think that I'm not worth in anything and didn't know how to solve personal problems so I gave up on myself. Through learning at the centre, I established my goals in life and learned how to view things optimistically and maintain a positive attitude. I will continue to work hard at the centre and look forward to a meaningful life.

## 馮太 Mrs. Fung

很感激有人肯幫自己的女兒，從來都不知道有這些戒毒機構可以幫助自己，而且還認識到一班家長，大家可以互相交換心得及共同分擔，心情都開朗了許多！

I feel very fortunate to have someone willing to help my daughter. I didn't think there would be such helpful organizations. I even met other parents. We could share our thoughts and concerns together and it makes me feel a lot better.

## 亞輝 Ah Fai

其實自己初入此中心，只想戒除毒癮，沒想過中心原來有很多小組及程序給自己學習，在戒除毒癮之餘，亦學習認識自己，清楚自己的缺點，從中改善。在各類興趣小組亦令我培養出健康的興趣，更令我清楚知道就算沒有五光十色的生活，亦可有燦爛的人生。

When I first entered this centre, I only wanted to quit drugs. I didn't think there would be so many small groups and events at the centre for self-learning. In addition to quitting drugs, I understood more about myself, including my weaknesses, so that I could make improvements. I developed healthy interests from joining the interest groups which made me understand that even without the lively nightlife, I could still live a magnificent life.

## 阿立 (石鼓洲康復院新德計劃) Ah Lap (Project SARDA of SKC) 找到了方法 Solution found

我以前曾嘗試過戒毒，但不成功，也許是計劃不周或方法不對。但這一次在石鼓洲裡，有專業的社工輔導及藥物治療，而各社的社長亦是之前在這裡住的過來人，對我們的分享和忠告都是很有效，因為都是感同身受，比普通人來說更有說服力。另外這裡的設施對我們重過新生活都有很大的幫助，例如：健身房，可令身體機能改善；音樂室，可陶冶性情；教堂又可令心靈上得到寄託；康樂室，則可培養及發掘正常的興趣；此外，島裡定期舉辦一些大型活動及比賽，好讓大家玩得盡情，而又更有歸屬感。對我來說，這次我找對了方法和方向，在島內的學習不但提升自信心，更鞏固了我的戒毒意識，知道如何向毒品“Say No”，大大強化我重過新生活的決心。

I tried to quit drugs before, but I was unsuccessful perhaps due to poor planning or the method was incorrect. This time at Shek Kwu Chau, there was professional counselling from social workers and also drug treatment. Every house's Group Leader was an ex-addict and lived here before. Their sharing and advice were very helpful because they had the same experiences. They were more convincing compared to ordinary people. The facilities here are also very useful to us in building a new lifestyle. For instance, fitness room improves body condition; music room enhances temperament; church provides spiritual sustenance; and the entertainment room builds normal interests. Furthermore, lots of events and competitions are held on the island so that everyone could enjoy the moment and have a sense of belonging. To me, I have found the right method and proper direction. Learning on the island not only improved my self-esteem, but also enhanced my anti-drug knowledge. I know how to "Say No" to drugs which strengthened my motivation to live a new life.

## 傲飛 (美沙酮服藥人士自助小組聚賢社組員) Oh Fei, Member of Self-Help Group for Methadone patients

「生活中只有充滿著關愛，才會讓我們的心靈變得博大。這種關愛，我在聚賢社可尋找得到，令我下定決心走上這條康復大道。現在，我最期盼的是每天都是星期五—又是小組聚會的時候。」

A life filled with love and care will broaden our minds. I found this kind of love and care in the Self-Help Group, which made me determined to go through the road of rehabilitation. Now, I look forward to Fridays every day – for our next group gathering again.

## 楊太 (美沙酮服藥人士家屬) Mrs. Yeung, Family member of Methadone patient

「經美沙酮診所社工介紹，我參加了家屬輔導小組。最初在小組每提起家人吸毒的事，自己都哭成淚人，但後來認識了很多同路人，又得到社工的開解，我學懂關心自己和如何幫助吸毒的家人。我們這些家屬，很多都是孤單無助的，實在感謝香港戒毒會的支持。」

I joined the Family Counselling Group through the social worker's referral. At first, I would cry every time I mentioned my son's drug-taking issues. But after meeting people with similar problems, I learned how to better take care of myself and how to help my drug-using son. Family members like us often feel lonely and helpless. I truly thank SARDA for all the support.

## 阿紅 (美沙酮服藥人士子女功課輔導班家長) Ah Hung, Methadone patient

「女兒參加功課輔導班後，學業進步好大，特別是英文方面。我自己一點英文都不懂，女兒每一次參加功課輔導班之後，英文默書次次都一百分，真的十分感謝各位社工、導師、義工的幫助。」

My daughter's academic performance, especially in English, improved significantly after joining the Tutorial Class. I don't understand English at all. After attending every Tutorial Class, my daughter would score full marks in her English dictations. I am very grateful for all the help from the social workers, instructors, and volunteers.

## 阿俊 (美沙酮服藥人士子女功課輔導班學童) Ah Chun, Child of Methadone patient

「每一次我都準時出席功課輔導班，除了成績提升了很多，更重要的是我更懂得和人相處！多謝各位導師的幫助！」

I am punctual every time I attend the tutorial classes. In addition to improving my academics, I learned how to get along with other people! Thank you to every instructor for their help!



# 服務表現指標

## Performance Indicators

服務表現指標 Performance Indicators		2010-11	2011-12	2012-13
1. 入院人數 No. of Admission		1,597	1,824	1,858
2. 斷癮程序完成率 Detoxification Rate		84%	80%	80%
3. 康復程序完成率 Rehabilitation Rate		74%	72%	72%
4. 提供床位日數 No. of Bed Days Available		146,730	126,636	126,290
5. 佔用床位日數 No. of Bed Days Occupied		93,510	101,912	102,594
6. 服務使用者滿意程度 Customer Satisfaction Rate				
• 康復計劃 Rehabilitation Programme		97.5%	99.9%	99.9%
• 輔導計劃 Counselling Programme		97.3%	99.7%	99.8%
7. 病床每日成本 Cost per Bed Day		\$330.48	\$334.02	\$352.38
8. 善後輔導完成率 Aftercare Completion Rate		92.8%	89.1%	89%
9. 再入院率 Re-application Rate		4.6%	4.6%	4.2%
10. 就業率 Employment Rate		50.6%	47.5%	58.1%
11. 犯罪率 Criminal Rate		8.2%	5.7%	5.3%
12. 操守率 Abstinence Rate	男 Male	54.5%	54.3%	53.8%
	女 Female	57.4%	57.7%	67.3%
13. 美沙酮治療計劃 Methadone Treatment Programme				
• 個案量 Caseload		1,907	1,919	1,920
• 舉辦小組輔導次數 No. of Group Programmes		576	604	598
• 小組輔導出席人數 No. of Persons Participated		8,549	8,951	9,010





# 經費來源 2012-13

## SOURCES OF FUNDS

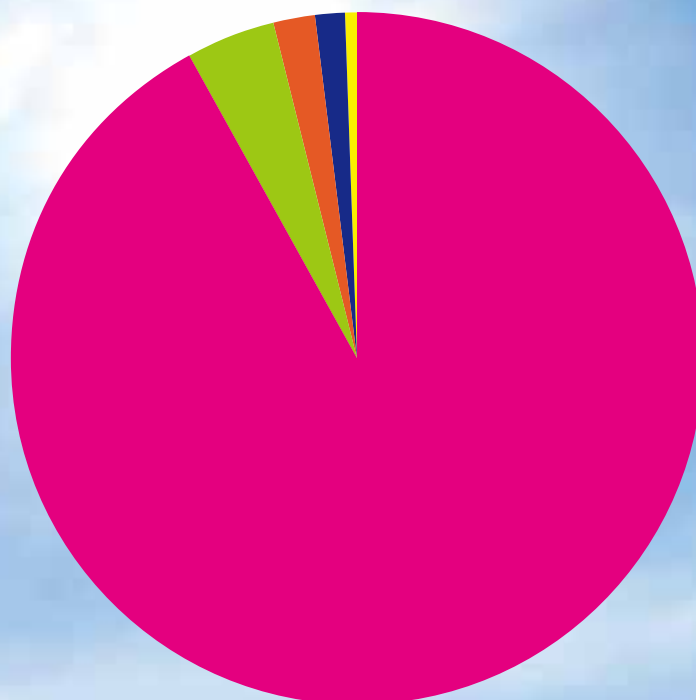
經常性補助：  
Recurrent  
Subvention  
\$92,871,957

香港賽馬會慈善信託基金 1.4%  
The Hong Kong Jockey Club Charities Trust

香港公益金 1.8%  
The Community Chest of Hong Kong

社會福利署 4.3%  
Social Welfare Department

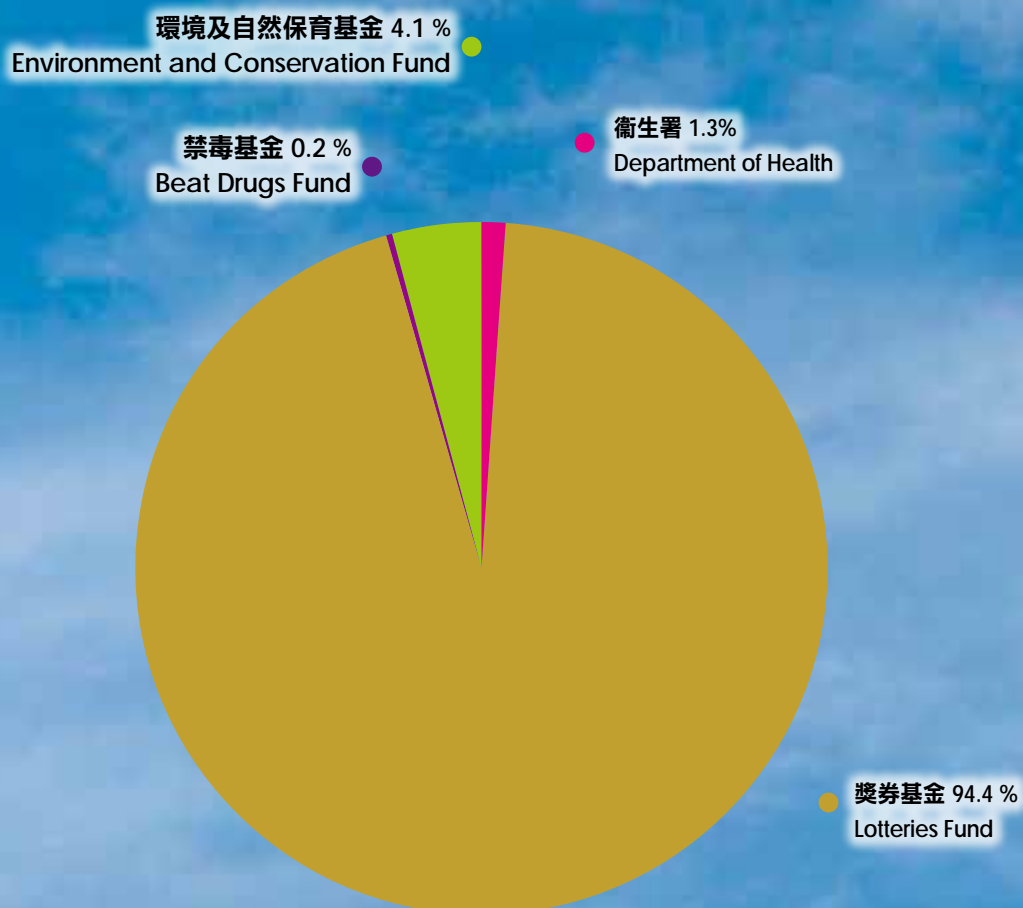
其他收入 0.5%  
Other Income



衛生署 92%  
Department of Health

● 衛生署 Department of Health	85,457,302	92%
● 社會福利署 Social Welfare Department	4,026,542	4.3%
● 香港公益金 The Community Chest of Hong Kong	1,688,980	1.8%
● 香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust	1,260,000	1.4%
● 其他收入 Other Income	439,133	0.5%

資本性補助：  
Capital  
Subvention  
\$10,600,509



● 衛生署 Department of Health	132,284	1.3%
● 獎券基金 Lotteries Fund	10,009,363	94.4%
● 禁毒基金 Beat Drugs Fund	24,780	0.2%
● 環境及自然保育基金 Environment and Conservation Fund	434,082	4.1%





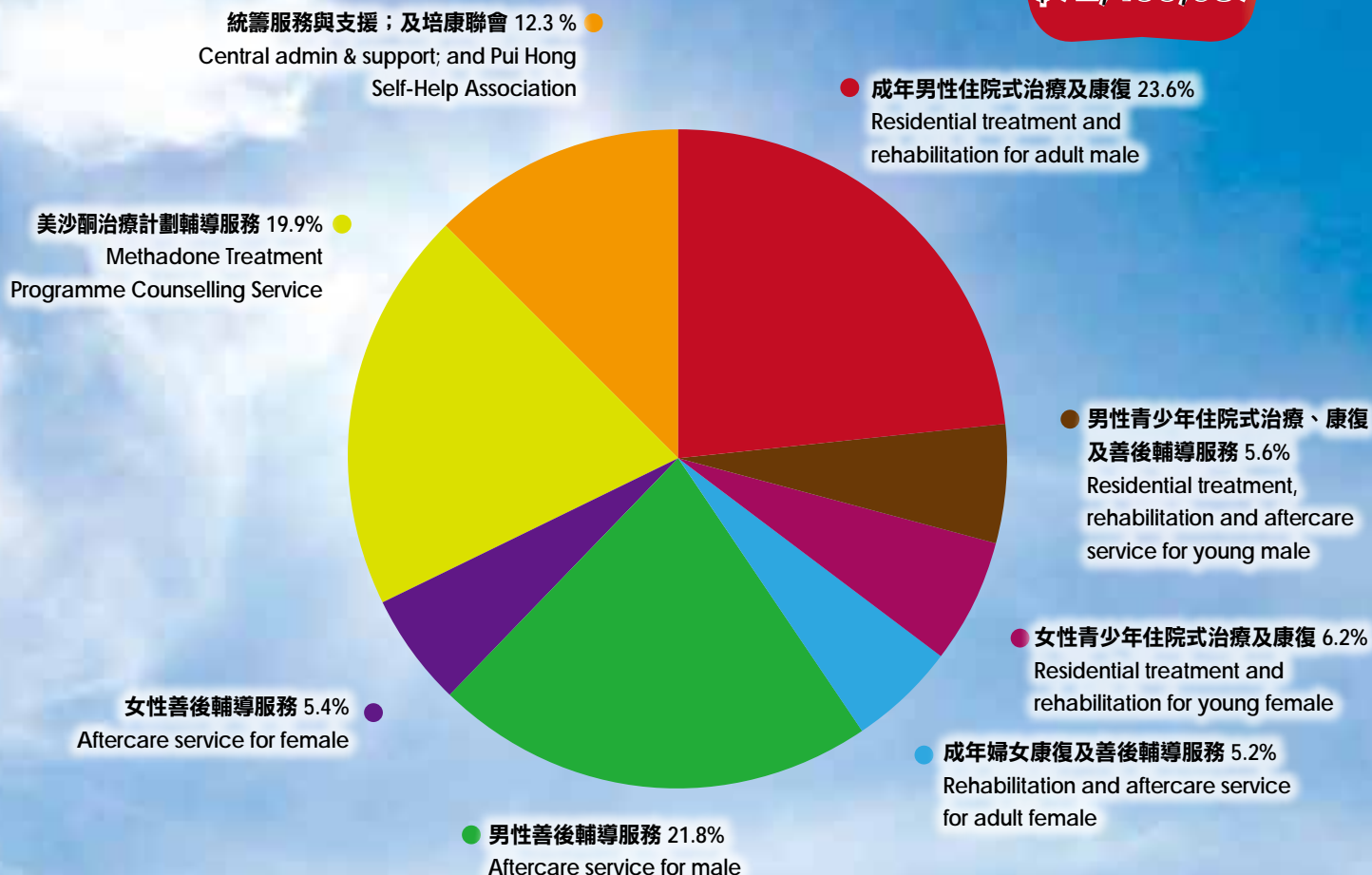
# 支出 2012-13

## EXPENDITURE

經常性支出：

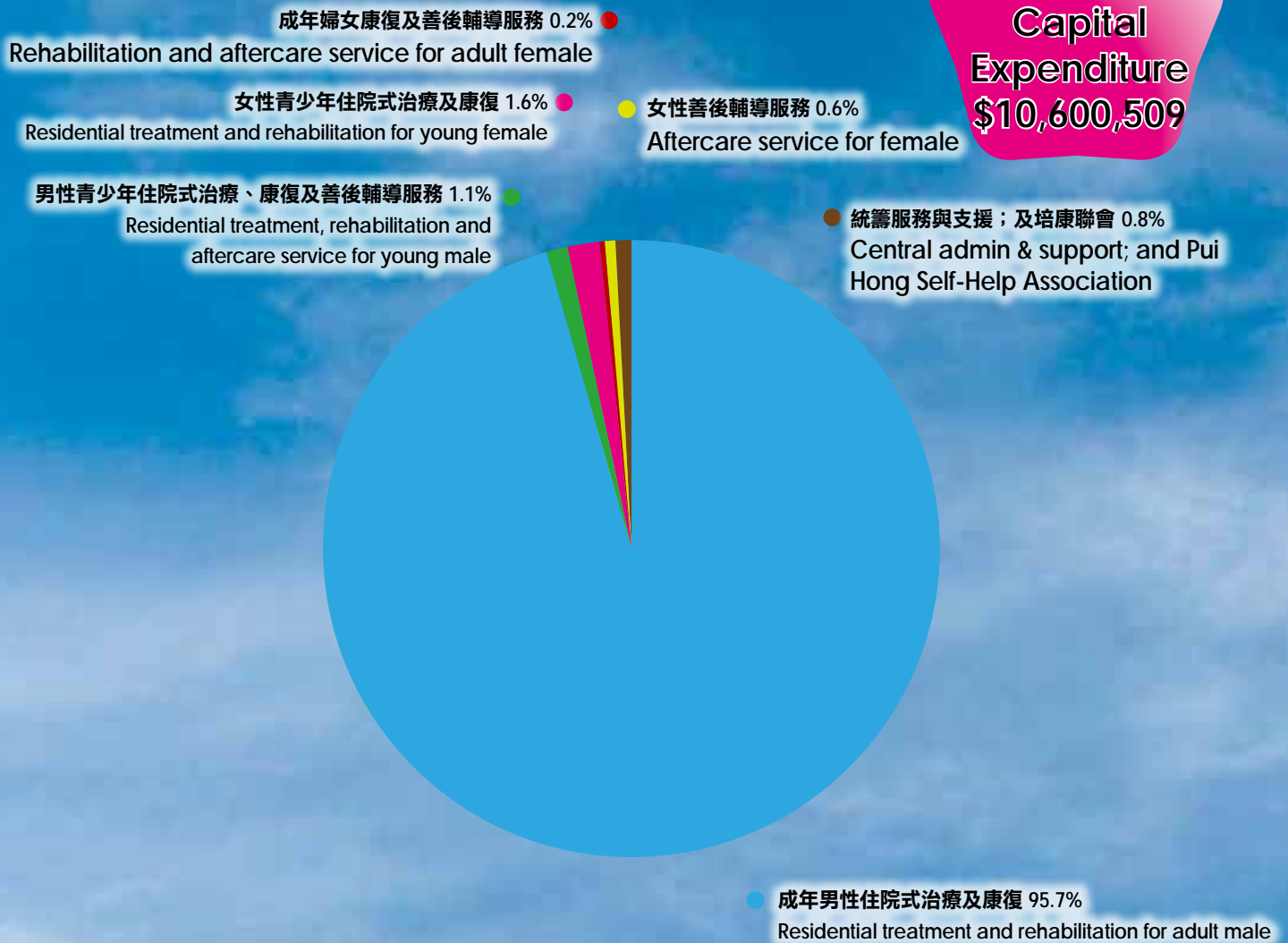
Recurrent  
Expenditure

\$92,400,687



● 成年男性住院式治療及康復	Residential treatment and rehabilitation for adult male	21,785,691	23.6%
● 男性青少年住院式治療、康復及善後輔導服務	Residential treatment, rehabilitation and aftercare service for young male	5,178,497	5.6%
● 女性青少年住院式治療及康復	Residential treatment and rehabilitation for young female	5,693,049	6.2%
● 成年婦女康復及善後輔導服務	Rehabilitation and aftercare service for adult female	4,854,805	5.2%
● 男性善後輔導服務	Aftercare service for male	20,160,616	21.8%
● 女性善後輔導服務	Aftercare service for female	4,956,687	5.4%
● 美沙酮治療計劃輔導服務	Methadone Treatment Programme Counselling Service	18,401,881	19.9%
● 統籌服務與支援；及培康聯會	Central admin & support; and Pui Hong Self-Help Association	11,369,461	12.3%

資本性支出：  
Capital  
Expenditure  
\$10,600,509



● 成年男性住院式治療及康復 Residential treatment and rehabilitation for adult male	10,146,147	95.7%
● 男性青少年住院式治療、康復及善後輔導服務 Residential treatment, rehabilitation and aftercare service for young male	117,750	1.1%
● 女性青少年住院式治療及康復 Residential treatment and rehabilitation for young female	166,300	1.6%
● 成年婦女康復及善後輔導服務 Rehabilitation and aftercare service for adult female	24,780	0.2%
● 女性善後輔導服務 Aftercare service for female	61,062	0.6%
● 統籌服務與支援；及培康聯會 Central admin & support; and Pui Hong Self-Help Association	84,470	0.8%



# 「有戒無類」晴報專欄及讀者心聲

## Sky Post Column and Readers' Feedback

自2011年9月起，本會總幹事譚紫樺女士在《晴報》逢星期四專欄，撰寫有關戒毒康復人士的故事，定名為「有戒無類」，此名是借用論語中「有教無類」精神，戒毒不分年齡、性別和種族等界限。其中不乏觸動人心、扣人心弦的康復個案故事，詳情可瀏覽<http://www.sarda.org.hk/OtherPublications.html>。

Since September 2011, Ms. Angelique Tam, SARDA's Executive Director, has been writing a weekly column about drug rehabilitants for the Sky Post every Thursday. The column, titled 「有戒無類」(No Addicts Left Behind) advocating. Drug rehabilitation should be available to those in need regardless of age, gender and race etc. Many heartwarming, exciting stories of rehabilitation cases can be found in the following website: <http://www.sarda.org.hk/OtherPublications.html>

### 感情關係 Love and Relationships



Ms Tam, your case had a good ending. Perhaps the HK media should explore more positive reports rather than concentrate only on making up juicy news to direct the society to negative ends. (Elaine)

譚女士，您的案例有美好的結局。或許香港媒體應探索更多正面的報告而不是只專注於負面的新聞，將香港社會也推向負面。

### 笑怒面譜 Laugh and anger masks



我很喜歡，特別是小明的爸爸看了那幅畫，低頭說不出話來的那一刻，原來他留給小明的就只有這些印象，自我反省後，改變就在這刻開始發生。我很想知道小明的爸爸後來怎麼樣及小明會用什麼方法支持和幫助他的爸爸，成為一個親子康復小先鋒！(成成)

I really like it, especially the moment when Siu Ming's father went speechless with his head down after he saw the drawing. This was originally the only impression he left Siu Ming. Changes started to happen after self-

reflection. I would really like to know what happened to Siu Ming's father and what kind of methods Siu Ming used to support and help his father to become a parent-child rehabilitation pioneer.

### 重新出發 Turn a new leaf



I congratulate you on the positive feedbacks from the readers of your column. In fact, I enjoy reading your articles too. (Lawrence)

我祝賀您的專欄得到讀者良好的迴響。事實上我也很喜歡閱讀您的文章。

### 看不到盡頭 No Endings



一月的寒冬，到處洋溢著節日喜慶的氣氛。人們都在準備新年的來臨。嘉兒在媽媽的陪同下，帶著戰戰兢兢的心情來到婦女康復中心，辦理入院手續，展開為期一年的戒毒康復治療。

在康復的時候，嘉兒不時想起毒品和外面的花花世界，可幸在身體的毒癮逐漸消失，回復健康之際，她感到十分欣慰。她漸漸融入團體生活，由心體會到戒毒會真的可以幫助到她，於是慢慢把心扉開放起來。終於嘉兒立志克服吸毒的問題，出院後更擔任義工，助己助人。

事實上，過去一年多多的艱辛路程，讓嘉兒清楚明白到，一次吸毒便要用一生的時間去整頓關係。後來，她更成為了戒毒會的同事輔導員，不時在大眾節目中擔任司儀，表現出色。雖然還差幾路，但她向母親承諾，無論在難的日子有多難，也會在朋輩的支持下，繼續康復的路向前。

Considering that newspapers generally report negative news messages, I believe SARDA has done extremely well in covering positive stories. (KC)

報紙通常報告的負面消息，我相信香港戒毒會做得非常出色，積極報導正面故事。

### 咖喱與牛河 Curry and beef rice noodles



I had a good time in my couple of visits to ATYC. It was different yet a very familiar feeling for me. The boys in the facility are very young and live in an environment which reminded me of my first time in boarding school. It had similar types of living facilities and I was almost the same age (or maybe younger).

The whole experience was great but it did make me sad. I found the boys at ATYC very energetic, competitive and curious, all important factors needed for one to grow and succeed in their lives. Yet, one mistake had spoiled their lives in many ways.

I spent time teaching them to cook simple Indian curry. They were very interested to learn and quite eager to lend a helping hand. Later on, they shared and enjoyed the food as a family. I also spent another day playing table tennis with them. This was an interesting day.



I noticed all of them were very keen to beat me in the game, and they did. In the end, I had a final round with one of the best players and the game was very competitive.

I also noticed the boys spent time exercising and weight training. These boys are curious and competitive. They have skills and some degree of discipline. As a career consultant, I believe these are basic traits of being successful. All they need is proper direction and mentorship in life and I am sure they would do well in the future. I wish all of them good luck.

Mamoon Rashid

我兩次採訪凹頭青少年中心都有美好的時光。雖然不同，但它給我似曾相識的感覺。中心的男孩都很年輕，生活的環境使我想起我第一次在寄宿學校，有相似的生活設施，我的年齡幾乎和他們相同（或許更年輕）。整個經驗是很好的，但它也讓我傷心。我發現中心的男孩子們充滿活力、有競爭力和好奇心，他們具備了一個人成長和成功所需的重要特質。然而，犯一次錯誤卻毀壞了他們多方面的生活。我教他們做印度咖喱，他們興致勃勃，相當願意伸出援助之手。後來，他們像一家人一樣享用的食物。我在另一天與他們打乒乓球的。這是有趣的一天。我發現到他們都想在球賽打敗我，結果他們做到了。最後一局我和技術最好的學員比試，比賽相當劇烈。

我還注意到男孩子們做運動和舉重重量訓練。他們有好奇心，具競爭力，有技能，有一定程度的紀律。作為一名職業顧問，我相信這些都是成功的基本特質。他們需要的是正確的方向和人生的導師，我相信他們在未來會為自己努力，祝福他們。

## 愛意洋溢的咖啡 Coffee Filled With Love



There are many heartening stories in your column that are very touching. It is nice to know how people overcome difficulties and use writing to express their personal feelings.

Not only does your column make good publicity for SARDA and brings about positive recognition of SARDA's work, but also helps change the community's attitude towards rehabilitants. Good work. (Ryan Chen)

在你的專欄中有很多令人振奮的故事，非常感人。他們衝破困難，在寫作中表達自己的感情。你的專欄不但是香港戒毒會好的宣傳和正面肯定香港戒毒會的工作，而且大大改變大眾對戒毒康復人士的態度。做得好。

## 那不是流星 That's Not A Meteor



"Just read the article published today - very touched! Your work is very meaningful! Support you always!"

"剛看了今天刊登的文章，十分感動！妳的工作十分有意義！支持你！"

(柏然)

## 不朽的香港精神 Hong Kong's immortal spirit

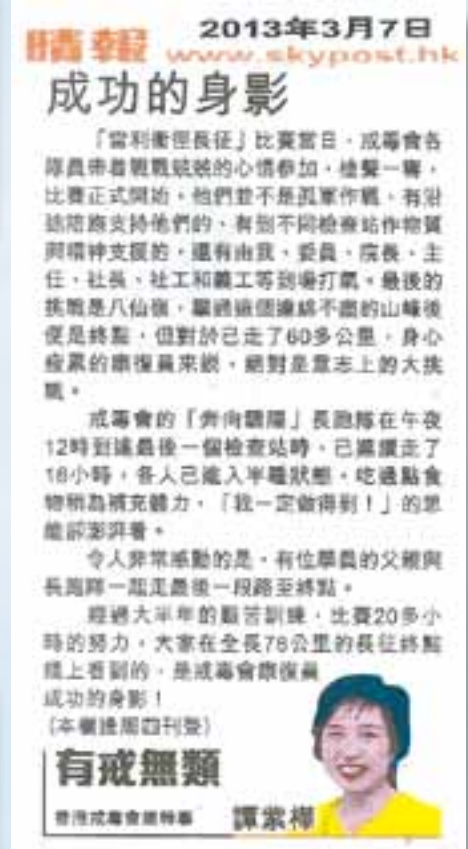


Thanks for sending me the articles published on Sky Post. I am proud of SARDA.

Please extend my personal congratulations to the Chairman and the Committee Members of SARDA as well as the ambassadors concerned; especially to our social worker, Mr. Cheng Ming Fai whose personal experience and success do bear testimony to the community-at-large. (Principal Yeung)

多謝為我送上晴報專欄。我為香港戒毒會感到自豪。我向香港戒毒會主席及各委員祝賀，尤其是香港精神大使，我們的社工鄭明輝先生，其個人的經驗和成功得到社會大眾的肯定。

## 成功的身影 The shadow behind success



SARDA's success has prompted me to start a running group for the elderly in another welfare agency. The aim is to start participating in the 10km Standard Chartered Hong Kong Marathon in 2014.

香港戒毒會的成功促使我在另一間福利機構中為老人設立跑步組。目的是要在 2014 年，開始參與渣打香港馬拉松10公里賽。

KC







2012年7月4日Time Out雜誌訪問本會駐美沙酮診所社工及兩位尼泊爾美沙酮服用人士  
A social worker and two Nepalese service recipients at a methadone clinic were interviewed by Time Out magazine on 4 July 2012



2012年8月27日《星島日報》刊登凹頭青少年中心十五周年典禮及訪問康復學員  
Sing Tao Daily reported the highlights of the 15th anniversary ceremony of Au Tau Youth Centre and interviewed a rehabilitant of the centre on 27 August 2012



2012年8月5日《星島日報》訪問凹頭青少年中心康復學員  
Rehabilitants of Au Tau Youth Centre were interviewed by Sing Tao Daily on 5 August 2012



2012年9月3日《AM730》訪問區貴雅修女紀念婦女康復中心康復學員  
A Rehabilitant of Sister Aquinas Memorial Women's Treatment Centre was interviewed by AM 730 on 3 September 2012



2012年9月25日《頭條日報》刊登戒毒會推薦鄭明輝先生獲「2012年香港精神大使獎」  
SARDA nominated Mr. Cheng Ming-fai who received the award of Hong Kong Spirit Ambassadors 2012. The news story was published by Headline Daily on 25 September 2012



2012年8月24日《中國日報》報道石鼓洲起焚化爐事宜，石鼓洲康復院胡順安院長接受訪問  
China Daily reported incinerator project in Shek Kwu Chau, Mr. Patrick Wu (Superintendent of SKC) was interviewed on 24 August 2012





2012年9月25日《星島日報》刊登戒毒會推薦鄭明輝先生獲「2012年香港精神大使獎」  
SARDA nominated Mr. Cheng Ming-fai who received the award of Hong Kong Spirit Ambassadors 2012. The news story was published by Sing Tao Daily on 25 September 2012



2012年11月7日《太陽報》訪問本會社工及醫務主任講述吸毒的危害  
A social worker and a medical officer were interviewed by The Sun on 7 November 2012. They discussed about how drug abuse could damage a person's brain and health



2013年1月30日《成報》訪問戒毒會凹頭青少年中心康復學員  
Rehabilitants of Au Tau Youth Centre were interviewed by Sing Pao Daily News on 30 January 2013



2012年9月25日《英文虎報》刊登戒毒會推薦鄭明輝先生獲「2012年香港精神大使獎」  
SARDA nominated Mr. Cheng Ming-fai who received the award of Hong Kong Spirit Ambassadors 2012. The news story was published by The Standard on 25 September 2012



2012年12月7日《星島日報》訪問石鼓洲康復院奔向驕陽長跑隊隊友  
Long-distance running teammates at Shek Kwu Chau Treatment and Rehabilitation Centre were interviewed by Sing Tao Daily on 7 December 2012



2013年2月13日《新報》訪問戒毒會石鼓洲康復院新德計劃院友  
A service recipient of Project SARDA at Shek Kwu Chau Treatment and Rehabilitation Centre was interviewed by Hong Kong Daily News on 13 February 2013



2012年10月24日《東周刊》報道香港精神  
Details on Hong Kong Spirit Ambassadors were published by Eastweek on 24 October 2012



2013年1月30日《新報》訪問戒毒會凹頭青少年中心康復學員  
Rehabilitants of Au Tau Youth Centre were interviewed by Hong Kong Daily News on 30 January 2013



2013年1月30日《蘋果日報》訪問戒毒會凹頭青少年中心康復學員  
Rehabilitants of Au Tau Youth Centre were interviewed by Apple Daily on 30 January 2013



2013年2月20日Face雜誌報告鄭明輝先生故事  
Mr. Cheng Ming-fai's story was published by Face Magazine on 20 February 2013



## 鳴謝 Acknowledgement

在二零一二年四月一日至二零一三年三月三十一日期間，  
本會得到不同機構及人士的補助／捐助／協助，不勝銘  
感，藉此機會特別對下列機構及人士表示衷心謝意。

(排名不分先後)

The Society wishes to record its sincere gratitude to  
the following organisations and individuals for their  
subventions/grants/donations/support during the  
period 1 April 2012 to 31 March 2013.  
(in no particular order)

香港特別行政區政府	The Government of the Hong Kong Special Administrative Region
政府總部保安局禁毒處	Government Secretariat Security Bureau (Narcotics Division)
衛生署	Department of Health
勞工及福利局	Labour and Welfare Bureau
教育局	Education Bureau
社會福利署	Social Welfare Department
香港懲教署	Hong Kong Correctional Services Department
香港醫療輔助隊	Auxiliary Medical Service
衛生署紅絲帶中心	Red Ribbon Centre Department of Health
香港公益金	The Community Chest of Hong Kong
禁毒基金	Beat Drugs Fund
香港賽馬會慈善信託基金	The Hong Kong Jockey Club Charities Trust
愛滋病信託基金	The AIDS Trust Fund
環境及自然保育基金	Environment and Conservation Fund
獎券基金	Lotteries Fund
匯豐銀行慈善基金	The Hongkong Bank Foundation
十字路口基金會	Crossroads Foundation
國際獅子總會中國港澳303區 青年拓展及禁毒警覺委員會	Youth Out-reach & Drug Awareness Committee, Lions Club International District 303 - Hong Kong & Macao, China
香港大學專業進修學院	HKU School of Professional and Continuing Education
再思社區健康組織	Community Health Organisation for Intervention, Care and Empowerment Limited
新濠國際發展有限公司	Melco International Development Limited
微軟香港	Microsoft Hong Kong Limited
美國輝瑞科研製藥	Pfizer Corporation Hong Kong Limited
惠氏(香港)控股有限公司	Wyeth (Hong Kong) Holding Company Limited
香港社會服務聯會	The Hong Kong Council of Social Service
社會服務發展研究中心	Institute of Social Service Development
明愛樂協會	Caritas Lok Heep Club
明愛美容專業中心	Caritas Cosmetic Career Centre
明愛堅道社區中心 - 婦女義工組絲一族	Caritas Community Centre - Caine Road
路德會青欣中心	Hong Kong Lutheran Social Service Cheer Lutheran Centre
長洲明愛	Caritas (Cheung Chau)
精神專業聯盟	The Mental Health Professionals
香港專業教育學院	Hong Kong Institute of Vocational Education
香港理工大學香港專上學院	The Hong Kong Polytechnic University Hong Kong Community College
港島中學	Island School
南島中學	South Island School
北區醫院	North District Hospital - Community Substance Abuse Outreach Service Team
北區醫院	North District Hospital- 'Sports Clinic - "KICK" Drug Out' Team
關懷愛滋	AIDS Concern



香港培康聯會	Pui Hong Self-Help Association
鳳凰慈善基金會有限公司	Phoenix Charitable Foundation Ltd
惠黎剛毅會	
天主教聖保祿修會	
石鼓洲互助社	Shek Kwu Chau Mutual-aid Society
香港兒童關懷協會有限公司	Hong Kong Children Loving Care Association Limited
香港上海匯豐銀行有限公司	The Hongkong and Shanghai Banking Corporation Limited
愛高實業(香港)有限公司	HICO Industrial (HK) Ltd
順景工程有限公司	Fine View Engineering Limited
灝迪國際有限公司	Contes International Limited
	Swiss-sure Company Limited
太古地產有限公司	Swire Properties
黃龍德會計師事務所有限公司	Patrick Wong C.P.A. Limited
	GODIVA Chocolatier
	Bandon Enterprises Limited
基督教以琳完備福音教會	Elim Full Gospel Church
	Hong Kong Round Table
	The Shamdasani Foundation
太古廣場柏舍	Pacific Place Apartments
	Empowerment Limited
陳豪先生	Mr. Moses Chan
陳嘉莉女士	Ms. Chan Ka Li, Garly
周白瑜女士	Ms. Sade Chau
趙曦儀女士	Ms. Chiu, Hazel
周偉淦太平紳士	Mr. Raymond Chow, JP
方志基先生	Mr Nigel Fong
符芳女士	
何明惠女士	Ms. Celine Ho
許美玲女士	Ms. Pinky Hui
葉秀娟女士	
古天樂先生	Mr. Koo Tin Lok
林詩韻女士	
李鎧而女士	Ms. Theresa Lee
李鑒麟博士太平紳士	Dr Lee Yuk Lun, JP
李鑒發先生	Mr Lee Yuk Fat
	Ms. Wener Leung
梁穎詩女士	Ms. Winsky Leung
	Liu Chi Lik, Alex
廖懷愉女士	Ms. Christine Liu
廖華燦先生	Mr. Liu Wah Chan
馬瑤珍女士	
魏美媚女士	Ms. Ngai Mei Mei
	Ms. Joanna Ong
	Dr. Emily Tai
丁錫全醫生	Dr. Ting Sik Chuen
溫美華女士	Ms. Wan Mei Wah, SANDY
黃家寶先生	Mr. Wong Ka Po
胡順安先生	Mr. Wu Shun On
	Dr. Robert Johnston





# 辦事處

**香港戒毒會熱線：2574 3300**

**網址：www.sarda.org.hk**

辦事處	地址	電話	圖文傳真
<b>1. 總辦事處</b>			
行政部	香港灣仔軒尼詩道15號	2527 7723	2865 2056
社會服務部	溫莎公爵社會服務大廈3字樓	2527 7726	2865 5455
<b>2. 社會服務中心</b>			
a) 港島社會服務中心	香港灣仔軒尼詩道130號 修頓中心15字樓	2838 2323	2891 2152
b) 東九龍社會服務中心	九龍紅磡馬頭圍道 37-39 號 紅磡商業中心A座4字樓405室	2356 2663	2356 2622
c) 北九龍社會服務中心	九龍深水埗福華街 45-51 號 鴻福大廈2字樓	2776 8271	2778 3345
d) 婦女社會服務中心	香港灣仔軒尼詩道 290-294 號 德華大廈13字樓	2574 2311	2891 2105
<b>3. 康復中心</b>			
a) 石鼓洲康復院	新界長洲石鼓洲	2981 0389	2818 7181
b) 區貴雅修女紀念婦女康復中心	新界上水坑頭路108號	2652 5284	2606 7625
c) 凹頭青少年中心	新界青山公路元朗段2C號	2478 7026	2944 5900
d) 成年婦女康復中心	新界沙田新翠邨新明樓2-3,5-8號地下 及1-8號二樓	2699 9936	2695 7528
<b>4. 宿舍</b>			
a) 婦女宿舍	香港灣仔軒尼詩道 290-292 號 德華大廈15字樓	2574 2311	2891 2105
b) 白普理康青中心	香港跑馬地成和道10號成和大廈7字樓B室	2893 4919	2803 5619
c) 九龍宿舍	九龍愛民邨嘉民樓 601-604 室	2760 9008	2760 9850
d) 聯青中心	九龍愛民邨嘉民樓 605-608 室	2760 9110	2760 9315
e) 白普理培青中心(自助宿舍)	九龍窩打老道71A號松園大廈7字樓	2714 4746	2714 4658
<b>5. 灣仔診療所</b>	香港灣仔軒尼詩道 130 號修頓中心 15字樓	2838 2323	2891 2152

# Offices

**SARDA HOTLINE: 2574 3300 Website: [www.sarda.org.hk](http://www.sarda.org.hk)**

Office	Address	Tel No.	Fax No.
<b>1. Head Office</b>			
Administration Department	3/F., Duke of Windsor Social Service	2527 7723	2865 2056
Social Service Department	Building, 15 Hennessy Road, Wanchai, H.K.	2527 7726	2865 5455
<b>2. Social Service Centres</b>			
a) H.K. Social Service Centre	15/F., Southorn Centre, 130 Hennessy Road, Wanchai, H.K.	2838 2323	2891 2152
b) East Kln. Social Service Centre	Rm 405, Tower A, Hung Hom Comm. Centre, 37-39 Ma Tau Wai Rd., Kowloon	2356 2663	2356 2622
c) North Kln. Social Service Centre	2/F., Hung Fuk House, 45-51 Fuk Wa St., Sham Shui Po, Kowloon	2776 8271	2778 3345
d) Women's Social Service Centre	13/F., Tak Wah Mansion, 290-294 Hennessy Road, Wanchai, H.K.	2574 2311	2891 2105
<b>3. Treatment Centres</b>			
a) Shek Kwu Chau Treatment & Rehabilitation Centre	Shek Kwu Chau, Cheung Chau, New Territories	2981 0389	2818 7181
b) Sister Aquinas Memorial Women's Treatment Centre	108 Hang Tau Road, Sheung Shui, New Territories	2652 5284	2606 7625
c) Au Tau Youth Centre	2C Castle Peak Road, Yuen Long	2478 7026	2944 5900
d) Adult Female Rehabilitation Centre	No. 2-3, 5-8, G/F & No. 1-8, 2/F., Sun Ming House, Sun Chui Estate, Shatin, New Territories	2699 9936	2695 7528
<b>4. Hostels</b>			
a) Female Hostel	15/F., Tak Wah Mansion, 290-292 Hennessy Road, Wanchai, H.K.	2574 2311	2891 2105
b) Bradbury Hong Ching Centre	Flat B, 7/F., 10 Sing Woo Road, Sing Woo Building, Happy Valley, H.K.	2893 4919	2803 5619
c) Kowloon Hostel	601-604 Kar Man House, Oi Man Est., Kln.	2760 9008	2760 9850
d) Luen Ching Centre	605-608 Kar Man House, Oi Man Est., Kln.	2760 9110	2760 9315
e) Bradbury Pui Ching Centre (Self-help Hostel)	7/F., Chung Yuen Mansion, 71A Waterloo Road, Kln.	2714 4746	2714 4658
<b>5. Wanchai Clinic</b>	15/F., Southorn Centre, 130 Hennessy Road, Wanchai, H.K.	2838 2323	2891 2152





## 美沙酮診所 *Methadone Clinics*

診所名稱	地址	輔導支援電話
<b>(A) 港島區</b>		
香港仔診所	香港仔水塘道10號	2554 1295
東邊街診所	香港西營盤東邊街45號	2548 6219
筲箕灣診所	香港筲箕灣柴灣道8號	2560 0964
貝夫人診所	香港灣仔柯布連道2號地下	2835 1763
<b>(B) 九龍區</b>		
何文田診所	九龍何文田公主道50號	2711 4207
紅磡診所	九龍紅磡差館里22號	2356 9821
觀塘診所	九龍觀塘觀塘道457號	2171 5723
李基診所	九龍九龍城賈炳達道99號	2272 9618
牛頭角診所	九龍牛頭角定安街60號	2750 5416
柏立基診所	九龍新蒲崗太子道東600號	2716 5261
深水埗診所	九龍深水埗醫局街137號	2192 8777
伍若瑜診所	九龍慈雲山雙鳳街55號	2353 5486
油麻地診所	九龍油麻地炮台街143號	2770 2553
<b>(C) 新界區</b>		
長洲診所	新界長洲醫院道	2981 6806
戴麟趾夫人診所	新界荃灣沙咀道213號	2942 6734
沙田(大圍)診所	新界沙田大圍文禮路3號	2699 3590
石湖墟診所	新界上水馬會道108號	2639 0036
大埔診所	新界大埔汀角路37號	2689 9513
屯門診所	新界屯門青賢街11號	2452 9115
元朗診所	新界元朗青山公路269號	2443 8545

Name of Clinic	Address	Counselling & Support Tel. No.
<b>(A) Hong Kong Island</b>		
Aberdeen Clinic	10 Aberdeen Reservoir Road, Aberdeen, Hong Kong	2554 1295
Eastern Street Clinic	45 Eastern Street, Sai Ying Pun, Hong Kong	2548 6219
Shau Kei Wan Clinic	8 Chai Wan Road, Shau Kei Wan, Hong Kong	2560 0964
Violet Peel Clinic	2 O'Brien Road, Ground Floor, Wanchai, Hong Kong	2835 1763
<b>(B) Kowloon</b>		
Ho Man Tin Clinic	50 Princess Margaret Road, Homantin, Kowloon	2711 4207
Hung Hom Clinic	22 Station Lane, Hung Hom, Kowloon	2356 9821
Kwun Tong Clinic	457 Kwun Tong Road, Kwun Tong, Kowloon	2171 5723
Li Kee Clinic	99 Carpenter Road, Kowloon City, Kowloon	2272 9618
Ngau Tau Kok Clinic	60 Ting On Street, Ngau Tau Kok, Kowloon	2750 5416
Robert Black Clinic	600 Prince Edward Road East, San Po Kong, Kowloon	2716 5261
Sham Shui Po Clinic	137 Yee Kuk Street, Sham Shui Po, Kowloon	2192 8777
Wu York Yu Clinic	55 Sheung Fung Street, Tsz Wan Shan, Kowloon	2353 5486
Yau Ma Tei Clinic	143 Battery Street, Yau Ma Tei, Kowloon	2770 2553
<b>(C) New Territories</b>		
Cheung Chau Clinic	St. John's Hospital, Cheung Chau, New Territories	2981 6806
Lady Trench Clinic	213 Sha Tsui Road, Tsuen Wan, New Territories	2942 6734
Sha Tin (Tai Wai) Clinic	3 Man Lai Road, Tai Wai, Sha Tin, New Territories	2699 3590
Shek Wu Hui Clinic	108 Jockey Club Road, Sheung Shui, New Territories	2639 0036
Tai Po Clinic	37 Ting Kok Road, Tai Po, New Territories	2689 9513
Tuen Mun Clinic	11 Tsing Yin Street, Tuen Mun, New Territories	2452 9115
Yuen Long Clinic	269 Castle Peak Road, Yuen Long, New Territories	2443 8545



## 致：香港戒毒會

To: The Society for the Aid and Rehabilitation of Drug Abusers (SARDA)

香港軒尼詩道15號溫莎公爵社會服務大廈3樓

3/F., Duke of Windsor Social Service Building, 15 Hennessy Road, Hong Kong

## 捐款通知書 Donation Slip

我願意支持**香港戒毒會**的非政府恒常資助活動，以愛轉化生命，現捐助

I would like to make a donation to SARDA for non-government subvented activities.

- ☐ 港幣 HK\$300元      ☐ 港幣 HK\$500元      ☐ 港幣 HK\$1,000元  
☐ 其他金額 (多少無拘) Others (Any amount will help): 港幣 HK\$\_\_\_\_\_元 (請註明please specify)

請以銀行劃線支票捐款，抬頭人請寫「**香港戒毒會**」，連同此通知書直接寄交本會上述地址收。

正式收據將會寄回您提供的通訊地址。

Please cross the cheque in favour of the “**SARDA**” and send it with this slip to the Society.

An official receipt in acknowledgement of your donation will be sent to your correspondence address.

### 注意事項：

**香港戒毒會**盡力遵守《個人資料（私隱）條例》（條例）中所列載的規定，確保儲存的個人資料準確無誤，及有妥善的儲存方法。為保障資料當事人的利益，本會只收集當事人提供的個人資料作有關捐款事宜、發收據及活動報名用途，並只依照上述所說明的用途以及為推廣（見下文）使用該等資料。

**香港戒毒會**可能運用您的個人資料（包括你的姓名、電話、傳真、電郵及郵寄地址），以便本會日後與您通訊、籌款、作活動 / 培訓課程邀請或收集意見的推廣用途。倘本會未得到您的同意之前，本會不可以使用您的個人資料作推廣之用途。您亦可以隨時要求本會停止使用您的個人資料作上述推廣之用途，費用全免。日後查閱或更新個人資料，請隨時致電 2527 7849。

### Note:

**SARDA** undertakes to comply with the requirements of the Personal Data (Privacy) Ordinance to ensure that personal data kept are accurate and securely kept. To safeguard interest of our data subject, **SARDA** collects personal data from you for the purposes of handling donations, issuing receipts, and registration, and will only use your personal data for such purposes and promotion purposes (as defined below).

**SARDA** may use your personal data (name, telephone number, fax number, email and mailing addresses) for the purposes of providing you with information of **SARDA**, fundraising appeal, activities invitation as well as for feedback collection and related promotion purposes. However, we cannot so use your personal data unless we have received your consent. Upon your request at any time and at no charge, we will cease to use your personal data for promotion purposes. You may contact us at 2527 7849 for enquiry or the updating of your personal data.

- ☐ 本人同意香港戒毒會使用我提供的個人資料作上述推廣之用途。  
I agree to the proposed use of my personal data for the above-mentioned promotion purposes.
- ☐ 本人不同意香港戒毒會使用我提供的個人資料作上述推廣之用途。  
I object to the proposed use of my personal data for the above-mentioned promotion purposes.

一年內累積捐款達港幣 100 元或以上可憑收據在香港申請減稅。

Accumulated donations of HK\$100 or above per annum are tax deductible in Hong Kong.

簽署 Signature: \_\_\_\_\_ 聯絡電話 Contact Tel No: \_\_\_\_\_

姓名 Name: \_\_\_\_\_ 傳真 Fax: \_\_\_\_\_

日期 Date: \_\_\_\_\_ 電郵 E-mail: \_\_\_\_\_

通訊地址 Correspondence Address: \_\_\_\_\_



# SARDA

**香港戒毒會 總辦事處 SARDA Head Office**

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

📞 2527 7723 📠 2865 2056

**戒毒會諮詢熱線 Hotline: 2574 3300**

🌐 [www.sarda.org.hk](http://www.sarda.org.hk)

@ [sarda@sarda.org.hk](mailto:sarda@sarda.org.hk)



香港公益金資助機構

A BENEFICIARY OF THE COMMUNITY CHEST