



香港戒毒會

THE SOCIETY FOR THE AID AND
REHABILITATION OF DRUG ABUSERS

年報 Annual Report 2015-16



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序言

Foreword



政府一向致力打擊濫用藥物問題，令香港成為無毒城市。禁毒工作得以有效推行，實有賴社會各界，特別是志願機構的積極參與和充分合作。

香港戒毒會自一九六一年成立以來，一直為本地吸毒者提供戒毒治療及康復服務，並在此方面擔當舉足輕重的角色。目前香港戒毒會營運四所住院式戒毒治療及康復中心、四所社會服務中心、五所中途宿舍，以及一間診所，為自願戒毒人士提供全面的戒毒、康復及善後輔導服務，並助他們融入社會。此外，香港戒毒會自一九九三年起亦與衛生署合作，為美沙酮門診治療計劃的求診者提供輔導服務。多年來，香港戒毒會協助了眾多吸毒者戒除毒癮，重過新生。

鑑於毒品問題複雜多變，香港戒毒會積極尋找伙伴，合作推展一項名為「家社護聯網」的新計劃。該計劃獲香港賽馬會慈善信託基金資助，旨在為隱蔽吸毒者及其家人提供適切協助。此外，香港戒毒會也鼓勵康復者參與各項慈善跑和戶外活動，以促進身心健康。香港戒毒會積極求進，致力令各項戒毒治療及康復服務更臻完善，以切合不同年齡、性別、信仰和種族戒毒者的需要。以上種種工作，均足印證香港戒毒會熱心服務社羣，不遺餘力。

香港戒毒會多年來卓有建樹，成績有目共睹。我深信香港戒毒會在成立五十五周年之際，定能繼往開來，精益求精。在此謹祝香港戒毒會良猷迭獻，嘉績永彰。

衛生署署長
陳漢儀醫生, JP



The Government is committed to combating drug abuse and steering Hong Kong towards a drug-free society. To this end, the involvement and collaboration of all sectors, notably voluntary agencies, are indispensable.

Since its establishment in 1961, SARDA has been playing a vital role in providing treatment and rehabilitation services for drug abusers in Hong Kong. At present, SARDA is operating four residential drug treatment and rehabilitation centres, four social service centres, five halfway houses and one clinic to provide a full range of detoxification and rehabilitation services as well as aftercare services for drug abusers who voluntarily seek treatment, rehabilitation and social integration. In addition, SARDA has been working with the Department of Health to provide counselling services for patients of the Out-patient Methadone Treatment Programme since 1993. Over these years, SARDA has successfully helped a large number of drug abusers to stop using drugs and turn over a new leaf.

In the light of the changing drug scene, SARDA has actively looked for partnership in implementing a new programme, namely the "Family-Social Protective Network", funded by the Hong Kong Jockey Club Charities Trust to provide assistance for hidden drug abusers and their families. SARDA has also encouraged rehabilitants to take part in various charity runs and outdoor activities in order to enhance their physical and mental health. In pursuit of excellence, SARDA has spared no effort in enriching and refining its diversified drug treatment and rehabilitation programmes to cater for the needs of drug abusers regardless of their age, sex, religion and race. With the above initiatives, SARDA has fully demonstrated its commitment and devotion to serving the community.

I am confident that SARDA, on its 55th anniversary, will keep up its anti-drug efforts. I take this opportunity to congratulate SARDA on its remarkable achievements and wish it every success in its future endeavours.

Dr Constance Chan, JP
Director of Health

主席報告

Chairman's Report



追求卓越

香港戒毒會於1961年成立，服務香港五十五載，是全港最大型的志願戒毒機構，以醫療及社會心理輔導模式，免費為自願人士提供多元化的戒毒治療及康復服務。本會一直以協助各方面的戒毒人士擺脫毒癮，開展健康新生活為使命。去年，入住本會轄下四間戒毒治療康復中心人數共1,550，斷癮程序完成率是77.6%，康復程序完成率为66.5%，而善後輔導完成率达95.1%，就業率有62.9%，操守率（不再復吸率）有52.1%，犯罪率只有1.9%。

回顧過去一年，我們的工作得到不同持份者的支持和認同。石鼓洲康復院是本會最大型的戒毒治療及康復中心，自1963年為有志戒毒男性提供戒毒治療及康復服務，至今已投入服務五十三年。本會積極關注香港吸毒情況，隨著吸食危害精神毒品人數增加，自2010年8月推行「新德計劃」，為18歲以上吸食危害精神毒品的男士提供為期最少六個月的戒毒及康復治療。有研究顯示，長期吸食危害精神毒品可導致認知能力嚴重受損、引發抑鬱和產生幻覺，甚至出現類似癡呆症的症狀，同時亦會對身體功能造成多種長期甚或不可逆轉的損害。因此，「新德計劃」在程序設計上，特別重視鍛鍊戒毒康復人士身心健康。此外，本會自2012年成立「奔向驕陽」長跑隊，目的為鼓勵學員透過長跑運動鍛鍊體能及培養堅毅意志，「奔向驕陽」長跑隊在年度內參與多項慈善賽事，包括「樂施毅行者2015」、「第二十六屆『禁毒盾』中區海濱滅罪跑嘉年華」、「揸水一戰2016」，以及為「東華三院『奔向共融』- 香港賽馬會特殊馬拉松2016」參賽者擔任領跑員，這不單讓學員有實踐的機會，更讓他們藉著參與慈善活動，回饋社會。

另外，石鼓洲康復院派出兩批合共24位學員分別在2015年6月及10月參加由香港外展訓練學校舉辦為期18天的「機會再生計劃」；透過水陸混合外展訓練課程，學習與他人並肩合作，面對種種變數及困難，培養良好品格，發揮個人的組織及管理能力。

凹頭青少年中心亦舉辦多項發展學員身心的體育活動，包括：長跑、風帆、獨木舟、划艇、攀石及一級山藝證書課程等。此外，凹頭青少年中心推動學員參與不同比賽項目，其中跑步項目有「渣打

Pursuit for Excellence

The Society for the Aid and Rehabilitation of Drug Abusers (SARDA) was established in 1961 and has been providing services in Hong Kong for fifty five years. SARDA is the largest provider of voluntary drug treatment and rehabilitation services in Hong Kong, adopting medical psycho-social counselling model, with the principal aim to provide free and diversified drug treatment and rehabilitation services to all drug abusers on a voluntary basis. SARDA has adhered to its mission in helping drug abusers maintain abstinence and live normal lives. Last year, our 4 residential treatment and rehabilitation centres had admitted a total of 1,550 drug abusers with detoxification rate of 77.6%, rehabilitation rate of 66.5%, aftercare completion rate of 95.1%, employment rate of 62.9%, abstinence rate of 52.1% and criminal rate of 1.9%.

Last year, our work obtained extensive recognition and support from different stakeholders. SARDA's largest treatment and rehabilitation centre – Shek Kwu Chau Treatment and Rehabilitation Centre (SKC), has been providing drug treatment and rehabilitation services to male drug abusers since 1963, and has commenced service for 53 years. We have been actively concerned about the drug abuse situation in Hong Kong, in view of the growing number of psychotropic substance abusers, "Project SARDA" has been launched since August 2010. Project SARDA aims to provide at least 6 months of drug treatment and rehabilitation services to psychotropic substance male abusers aged 18 or above. Research studies reveal that psychotropic substance abuse may lead to serious damage to cognitive ability, cause depression and hallucinations, and even symptoms similar to dementia as well as causing a variety of long-term or irreversible damage to body functions. Therefore, particular attention was drawn to the strengthening of rehabilitants' physical and mental health during the programme design of Project SARDA. Besides, "Run for a Mission" long distance running team was established in 2012 to encourage its members to improve their physical fitness and develop perseverance. The members participated in various charity runs last year including "Oxfam Trailwalker 2015", "26" "Anti-drug Shield" Central District Waterfront Fight Crime Run Carnival, "Race for Water 2016" as well as the leading runner for participants of "TWGHs 'iRun' - Hong Kong Jockey Club Special Marathon 2016". Not only did they have the opportunity to practise, but also learned how to contribute to the society through participation in charity activities.

Besides, 24 trainees from SKC participated in the 18-day "Second Chance Project" organised by Outward Bound Hong Kong in June and October 2015. Through the outdoor training lessons, the trainees learned to work with others as a team, faced challenges, built good character, and developed personal organisational and management ability.

Au Tau Youth Centre also organised different sports activities for trainees, including long distance running, canoeing, sailing, rock climbing and Certificate of Level 1 Mountain Craft Training Course. Moreover, Au Tau Youth Centre encouraged participants to take part in various competitions, including running competitions such as "Standard



香港馬拉松」及「百仁基金beHERO Run 2016」，並在「十公里企業組」比賽中獲得亞軍。為增加年青戒毒康復學員的就業機會，該中心致力與各大公司企業合作，為學員提供職業技能訓練課程及職位配對。其中包括了健體泰拳教練證書課程、咖啡調配師課程、銅級國際專業康體私人教練證書課程及急救證書班等。學員在考取認可資格離院後，可增加就業機會，有助重返社會開展新生活。

承傳創新

本會多年來關注非華裔人士在港吸食毒品的情況。根據藥物濫用資料中央檔案室的2016年首季資料顯示，被呈報吸食海洛英的人士中有13.8%為非華裔人士，而被呈報吸食危害精神毒品人士中則有6.5%為非華裔人士。本會積極回應非華裔吸毒者的需要，配合非華裔戒毒康復人士完成石鼓洲康復院的戒毒治療及康復程序，北九龍社會服務中心設立一個「少數族裔小組」，以專注照顧非華裔戒毒康復人士重返社會的需要，促進正面友輩支援。此外，為加強接觸非華裔人士，香港戒毒會聘用非華裔康復人士擔任同輩輔導，結合專業社工的介入，務求更拉近與非華裔戒毒康復人士的文化距離，提供更適切的服務予非華裔戒毒康復人士。

獲香港賽馬會慈善信託基金捐款贊助，為期三年的「賽馬會家社護聯網」計劃於2015年5月開展，計劃透過舉辦社區教育講座、家長/家人工作坊、義工訓練、參觀戒毒治療康復中心、互助小組、家庭聚會、個別輔導及出版刊物等，提高社區人士對隱蔽吸毒問題的關注及提高家人辨別和處理隱蔽吸毒行為的能力。

吸毒女性懷孕是社會關注的問題。本會關注吸毒孕婦的獨特需要，提倡及早識別吸毒孕婦以提供適時介入及協助。本會獲禁毒基金贊助，於2016年推行為期兩年的「『非常照顧・非常媽媽』懷孕女性住院戒毒康復計劃」。有關計劃於2016年下旬開始，主要為懷孕吸毒婦女在懷孕期間提供一個無毒地方，使其在懷孕期間可以在戒毒院舍中接受醫護照顧及相關醫療或專科跟進。此外，戒毒孕婦在懷孕及生產後會面對不同挑戰，需處理個人吸毒行為背後的多種複雜問題，透過臨床心理學家、專業社工及同輩輔導團隊，協助戒毒孕婦管理情緒及壓力，以助其建立無毒生活，預防出現跨代吸毒危機。

伙伴攜手

本會一直致力與不同持份者保持緊密聯繫，建立長遠互信的伙伴關係，攜手參與推動戒毒康復服務，使戒毒康復人士獲得社會上不同界別人士的支持和接納，促進社會共融。

Chartered Hong Kong Marathon" and was awarded first runner-up of the "10km Corporate Team" in "beHERO Run 2016". To increase the employment opportunities of young drug rehabilitants, the Centre collaborated with different companies to provide job placement programmes and job matching for its trainees. Programmes included Muay Thai fitness instructor certificate course, City and Guilds Professional Barista Certificate, Professional Personal Fitness Trainer Course and first aid certificate course, etc. After they acquire the recognised qualifications and depart from the Centre, the trainees can have more job opportunities which help them to reintegrate into the society.

Heritage and Innovation

SARDA has always been concerned about the drug situation among non-ethnic Chinese living in Hong Kong. According to statistics of the first quarter of 2016 of Central Registry of Drug Abuse, 13.8% of the heroin abusers reported were non-ethnic Chinese, while 6.5% of the psychotropic substance abusers reported were non-ethnic Chinese. We have been actively responding to the needs of non-ethnic Chinese drug abusers. Apart from completion of the treatment and rehabilitation programme at the Shek Kwu Chau Treatment and Rehabilitation Centre, North Kowloon Social Service Centre has set up an "Ethnic Minorities Group" to focus on the needs of non-ethnic Chinese for reintegration into the society, promoting positive friendship and peer support. Furthermore, to enhance contacts with non-Chinese ethnic groups, non-ethnic Chinese rehabilitants has been employed as peer counsellors, together with the intervention of professional social workers, so as to minimise the cultural differences with non-ethnic Chinese rehabilitants, providing more appropriate services to non-ethnic Chinese rehabilitants.

Sponsored by The Hong Kong Jockey Club Charities Trust, the three-year "Jockey Club Family-Social Protective Network" project was launched in May 2015. Through the organisation of community education seminars, parent / family workshops, volunteer training and visits to drug treatment and rehabilitation centres, mutual help groups, family gatherings, individual counselling and publications, etc., the project has been raising community's awareness of the problem of hidden drug abuse and enhancing the ability of family members to identify and handle hidden drug abuse behaviour.

Drug abuse problem of pregnant women is a societal concern. SARDA is concerned about the unique needs of pregnant women who abuse drugs, and promotes early identification of these pregnant women so as to provide timely intervention and assistance. With the sponsorship of the Beat Drugs Fund, the 2-year residential drug rehabilitation programme "Special Care for the Special Mothers' – Residential Detoxification and Rehabilitation Project for Pregnant Women" will be launched in 2016. The programme will commence in late 2016, mainly providing a drug-free place for pregnant drug users, so as to enable them to receive medical care and related medical or specialist follow-up in drug rehabilitation centres during their pregnancy. Moreover, pregnant drug users will face different challenges during pregnancy and post delivery. A variety of complex issues behind the individual's drug-taking behaviour have to be handled. A team of clinical psychologists, professional social workers and peer counsellors will help pregnant drug users to manage emotions and stress, so as to help them establish a drug-free life, preventing the risks of intergenerational drug abuse.

Partnership

SARDA has always maintained close contact with various stakeholders to establish long-term mutual trust and partnership. Together, we participate in the promotion of drug treatment and rehabilitation services so that drug rehabilitants can be supported and accepted by different sectors of the society, fostering social inclusion.

本會石鼓洲康復院獲香港賽馬會慈善信託基金「行政長官社會資助計劃2015」資助，將於院內進行康復院舍及戒毒病房搬遷與裝修工程，務求為戒毒康復人士提供更適切的住宿環境。另外，本會獲香港賽馬會慈善信託基金及香港公益金「基綫撥款」支持，續推行「同輩輔導及見習學員計劃」及「同輩輔導」計劃。計劃主要為聘用成功的戒毒康復員為同輩輔導，作為角色模範，並透過分享他們自己的成功康復經驗從而啟發康復員，加強康復員尋找改變的決心；而同輩輔導維持操守的決心亦在「教學相長」的影響下得到提升。另外，有關計劃亦為合適的康復員提供機會，成為「見習學員」，進一步接受職業訓練，培養正確工作態度，體驗實際工作環境的挑戰，建立自信，為將來重返社會作準備，減低復吸機會。

本會獲香港公益金「定期計劃」撥款贊助，自2013年5月推行為期三年的「喜月同陪」計劃。計劃主要為吸毒家長提供一系列育兒指導及親職教育支援服務，並為美沙酮服藥孕婦提供產前產後支援服務和育兒技巧訓練。活動包括2016年1月邀請衛生署家庭健康服務臨床心理學家舉辦「喜月同陪親子互動學堂」，為育有16至24個月大幼兒的美沙酮服藥家長提供訓練，教導家長了解孩子成長的需要，學習親子閱讀及遊戲技巧，促進家長與子女的溝通。本會期望整項計劃可加強吸毒家長關注使用毒品對子女的不良影響，提升家長戒毒動機，減低跨代吸毒的風險。

本會關注吸毒人士潛在感染愛滋病病毒的高危風險；為提高吸毒人士的警覺性，本會獲得愛滋病信託基金資助，推行「鳳凰計劃」，這計劃內容包括招募一群成功戒毒康復人士及尼泊爾美沙酮服藥人士，以外展方式向流連街頭吸毒人士提供愛滋病預防教育。此外，為關注受愛滋病病毒感染的美沙酮服藥人士的需要，本會亦透過愛滋病信託基金資助，推行一項名為「星火行動」計劃，為有關人士提供健康及心理社會教育輔導服務，提高他們接受愛滋病及戒毒治療的動機。

年度內，新濠國際發展有限公司續資助凹頭青少年中心「我要高飛」職業技能培訓計劃，為年青戒毒康復學員提供一系列適切的就業技能訓練，並考取專業資格，有助提升年青戒毒康復學員重返社會工作的競爭力。此外，新濠國際發展有限公司並資助凹頭青少年中心及區貴雅修女紀念婦女康復中心舉辦「樂在其中」音樂治療計劃，已於年度內圓滿結束。是項計劃是本會首次將音樂治療應用於戒毒康復服務上，學員透過音樂媒介覺察及認識自己情

Shek Kwu Chau Treatment and Rehabilitation Centre of SARDA was supported by The Hong Kong Jockey Club Charities Trust "Chief Executive's Community Project List 2015" to carry out relocation and renovation works of the detoxification wards and rehabilitation house in the Centre, so as to provide more suitable accommodation for drug rehabilitants. In addition, SARDA continued to receive sponsorship from The Hong Kong Jockey Club Charities Trust and The Community Chest of Hong Kong "Baseline Allocations" to implement the "Peer Counsellor and Internship Scheme" and "Peer Counsellor Scheme" respectively. The schemes mainly employ drug rehabilitants as peer counsellors and act as role models. Peer counsellors inspire rehabilitants by sharing their successful rehabilitation experiences and also strengthen rehabilitants' determination to change. During this process, peer counsellors' determination to maintain abstinence will also enhance. Moreover, the schemes also provide opportunities for suitable rehabilitants to become "interns". They will receive further vocational training, develop positive work attitude, experience challenges in the actual workplace, build self-confidence, to prepare for future reintegration into the society and reduce the chances of drug relapse.

Since May 2013, SARDA has been implementing a 3-year project "Child in Mind" with sponsorship from The Community Chest of Hong Kong "Time Limited Projects". The project mainly offers a range of parental guidance and parenting educational support services to drug-using parents. It also provides prenatal and postnatal support services along with parenting skills trainings to pregnant methadone women. Activities included the invitation of the Department of Health's Family Health Service Clinical Psychologists to organise a "Parent-Child Interaction Workshop" in January 2016, to provide training for parents who are methadone patients and had children aged between 16 and 24 months, to educate parents about the needs of their child during growth, to learn parent-child reading and game skills to promote communication between parents and their children. Through this project, SARDA hopes to raise drug-using parents' awareness about the adverse effects of drug use towards their children and enhance parents' motivation to quit drugs, to reduce the risk of intergenerational drug abuse.

SARDA is concerned that drug abusers have always been a high risk population for HIV infection. To raise their awareness towards the issue, SARDA implemented the "Phoenix Project" sponsored by The AIDS Trust Fund. The project recruited a group of drug rehabilitants and Nepalese methadone patients to provide AIDS preventive education for street-loitering drug abusers during outreach visits. We are also concerned about the needs of HIV-infected methadone patients. Hence, the "Spark Action" project was implemented to provide health education and psychosocial counselling services to these patients. The project was also sponsored by The AIDS Trust Fund and aimed to increase the patients' motivation to receive medical services on HIV/AIDS and drug treatment.

During the year, Melco International Development Limited (Melco) continued to sponsor the "Impacting Life of our Youth" vocational training project of Au Tau Youth Centre. The project provided a series of employment skill trainings to young trainees, so that they could obtain professional qualifications which enhanced their competitiveness in reintegration into the society. Furthermore, Melco also funded Au Tau Youth Centre and Sister Aquinas Memorial Women's Treatment Centre to organise the "Joyful Rhythm" music therapy project. This was the first programme of SARDA which applied music therapy in drug rehabilitation services. The trainees recognised





緒，並透過音樂欣賞、樂器學習的過程中，學習如何將壓抑的情緒釋放，從而接納自我，練習以自身內在資源拆解問題，活出積極人生。

本會年度內續獲惠氏營養品支持，推行「惠氏營養品與你創造健康家庭計劃」。這項計劃的目的是關顧戒毒康復人士和子女的營養需要，鼓勵他們更多認識及關注自己與家人的身體健康，受惠人數達1,140位。計劃內容亦包括2015年8月28日舉行「惠氏營養品伴你美麗人生講座」，出席活動的戒毒康復人士及家人超過160位。

本會積極與業界不同機構合作，提供多元訓練活動予戒毒康復學員。年度內凹頭青少年中心與成年婦女康復中心，與基督教聯合醫院合作，鼓勵戒毒人士參加「流動認知功能康復計劃」，提供社區為本的認知治療、職業培訓和生活重整服務。期望有關訓練有助戒毒人士停止吸毒行為，並在工作表現和生活的功能認知方面，有所進步。此外，區貴雅修女紀念婦女康復中心亦推動學員參加北區醫院舉辦「遠離毒品，躍動身心之旅」綜合運動計劃，透過度身訂造的運動計劃，例如：帶氧拳擊踢腿和健身操等，改善學員各種與吸毒有關的生理及精神問題和認知功能缺損。區貴雅修女紀念婦女康復中心又與屯門物質濫用診療所及青山醫院職業治療部合作，推動學員參加「生活重整計劃」，透過鼓勵學員參與工作及餘暇等有意義的活動，協助學員建立健康的生活模式。

社區協作

本會在社區推廣禁毒訊息向來不遺餘力，與社區多方協作，攜手抗毒。本會全力支持國際獅子總會中國港澳303區青年拓展及禁毒警覺委員會(YODAC)推行禁毒警覺活動，向社會各階層人士，宣揚吸食毒品的禍害，減低吸食毒品危機，共建無毒社會。本會亦積極參與地區組織舉辦活動，推廣禁毒宣傳：如「SING影潛行禁毒匯演」及「綠在東區」。

本會石鼓洲康復院與香港中港獅子會合辦的「糖衣風暴2015」，透過舉辦不同形式的禁毒教育活動，包括由本會社工及成功戒毒康復人士到不同中小學進行禁毒宣傳教育講座，又透過戒毒康復人士現身說法及進行小組分享討論。有關活動得到參與學校、家長及學生的讚賞，參與人數達1,200人。

此外，成年婦女康復中心推動戒毒學員支持社區活動，透過沙田社區基金資助，參加「社區園圃計劃」，讓學員積極參與鄰里層面的綠化活動，同時亦推動社區不同持份者認識戒毒康復人士的改變及積極回饋社會。

and understood their emotions through the music media and learned how to release suppressed feelings as well as accept themselves through music appreciation and learning musical instruments. The trainees practised to solve problems with their own internal resources and live a positive life.

Last year, SARDA continued to receive full support from Wyeth Nutrition Hong Kong to conduct a "Project on Promoting Healthy Family Life". The purpose of the event was to care for the nutritional needs of drug rehabilitants and their children, encourage them to understand and care more about the health of themselves and their family. More than 1,140 participants benefited from the programme. Furthermore, the programme included the health education talk on 28 August 2015, with attendance of more than 160 rehabilitants and their family members.

SARDA provides various training activities for drug rehabilitants through collaborations with different organisations in the same industry. During the year, Au Tau Youth Centre and Adult Female Rehabilitation Centre cooperated with United Christian Hospital and encouraged drug rehabilitants to participate in the "Mobile Functional Cognition Programme", providing community-based cognitive therapy, vocational training and lifestyle redesign services. We expect that the training will help drug abusers to cease drug-taking behaviour as well as make improvements in their work performance and cognitive function of life. In addition, Sister Aquinas Memorial Women's Treatment Centre (WTC) also motivated trainees to join the "Sports Clinic - 'KICK' Drug Out!" project organised by North District Hospital, which utilised cardio kick boxing and aerobics for improving the variety of drug-related physical and mental problems as well as cognitive impairment. In collaboration with Tuen Mun Substance Abuse Clinic and Occupational Therapy Department of Castle Peak Hospital, WTC also motivated trainees to participate in the "Lifestyle Redesign Programme", helping trainees to lead a healthy lifestyle through encouraging trainees to participate in meaningful work and leisure activities.

Community Collaboration

SARDA spared no effort to promote anti-drug messages in the community and joined hands with different social sectors to fight against drugs. We fully supported the Youth Outreach & Drug Awareness Committee (YODAC) of Lions Clubs International District 303 - Hong Kong & Macao, China to promote anti-drug awareness events, promoting the harmful effects of drugs to all sectors of the society, reducing the risk of drug abuse and building a drug-free society together. SARDA also actively participated in anti-drug events organised by district organisations for anti-drug promotion, such as the "Sing Movie Anti-Drugs Project" and "Eastern Community Green Station".

The "No Drugs 2015" project co-organised by Shek Kwu Chau Treatment and Rehabilitation Centre and Lions Club of Hong Kong (Mainland) held different types of anti-drug education programmes. For instance, SARDA's social workers and former drug abusers visited primary and secondary schools to deliver anti-drug education talks and former drug abusers also shared their own experiences through small group discussions. These events were well received by participating schools, parents, and students, with attendance of 1,200 participants.

Moreover, Adult Female Rehabilitation Centre motivated trainees to support community activities and participated in the "Community Garden Programme" with the sponsorship of Sha Tin District Community Fund. It enabled trainees to actively participate in the green activities of their neighbourhood as well as promoted the understanding of different stakeholders of the society towards drug rehabilitants and their active contribution to the society.

積極倡導

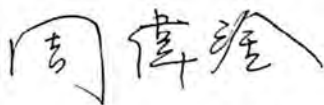
本會重視向社會大眾宣傳戒毒治療及康復工作，加強社會人士對毒害的認識，亦大力推動認識「過來人」的正面形象，讓他們在重返社會過程中得到接納和社會認同。年度內本會譚紫樺總幹事接受香港電台第三台節目「Backchat」、新城財經台「人生馬拉松」及南華早報等訪問，詳細分享香港毒品問題現況、介紹本會服務及「過來人」的戒毒康復經歷。此外，本會區貴雅修女紀念婦女康復中心及凹頭青少年中心同工與學員亦分別接受新城知訊台、香港電台社區參與廣播服務及各大報章訪問，讓社會大眾尤其認識年輕戒毒康復人士的心路歷程與蛻變經驗。

培育人才

本會一向積極促進與中國大陸及澳門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，分享經驗。年度內本會應邀協辦「2015全國藥物濫用防治研討會」，接待廣東省民政廳社會工作處處長及科員、社會服務發展研究中心「深圳計劃」社工督導助理及澳門特別行政區政府社會工作局防治藥物依賴廳「預防藥物濫用培訓工作坊」學員等，為促進業界分享專業知識及服務經驗出一分力。此外，員工是機構寶貴的資產，本會非常重視培訓員工，積極裝備他們的專業知識及經驗。去年，接受內部培訓及參與外間進修課程員工超過900人次。

衷心感謝

在此，我們衷心感謝保安局禁毒專員、衛生署署長、社會福利署署長對本會一直以來的引導和支持。我們亦感謝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，對本會服務的慷慨支持。同時，我亦要衷心感謝香港戒毒會的執行委員會、管理委員會、研究委員會各委員和名譽顧問，以及全體員工，在過去一年的辛勤和專心致志的服務。面對持續吸毒隱蔽化的形勢，戒毒工作亦面臨新挑戰，我深信本會同工仍會堅守崗位，上下一心，協助更多戒毒康復人士重建新生，讓新一代健康成長，為建設無毒香港出一分力。



執行委員會主席
周偉淦先生，太平紳士

Active Advocacy

SARDA attaches great importance to publicising drug treatment and rehabilitation to the public, to enhance public understanding of the harmful effects of drugs, and to promote the positive image of an "ex-addict", enabling former drug abusers to be accepted and recognised during the process of social reintegration. During the year, Ms. Angelique Tam, Executive Director of SARDA was interviewed by the RTHK Radio 3 "Backchat", Metro Radio "Life Marathon" and the South China Morning Post. She shared in details the current situation of the drug problem in Hong Kong, introduced the services of SARDA and the drug rehabilitation experience of "ex-addict". Furthermore, colleagues and trainees of Sister Aquinas Memorial Women's Treatment Centre and Au Tau Youth Centre were also interviewed by Metro Radio, RTHK Community Involvement Broadcasting Service (CIBS) and various newspapers, enabling the public to especially learn more about the mind and transformation experience of young drug rehabilitants.

Nurturing Talents

SARDA has always been actively promoting exchange activities among social welfare organisations in mainland China and Macau, collaborating exchanges and sharing experiences related to social work training, social welfare, drug rehabilitation services and anti-drug education. During the year, we are invited to co-organise "The 9th Mainland, Hong Kong and Macau Conference on Prevention of Drug Abuse", received the Officer and staff of Social Work Office, Department of Civil Affairs of Guangdong Province, social workers of the "Shenzhen Project" of Institute of Social Service Development and students from the training workshop held by Social Welfare Bureau of the Government of Macau SAR, contributing to knowledge exchange and sharing of professional services experiences in the field. Moreover, employees are valuable assets of the organisation, SARDA places great importance on staff training, actively equipping them with professional knowledge and experience. Last year, over 900 staff participated in various in-house trainings and external training courses.

Vote of Thanks

On behalf of SARDA, I would like to express our sincere gratitude to Commissioner for Narcotics of Security Bureau, Director of Health and Director of Social Welfare for their continuous guidance and support. I also wish to thank The Hong Kong Jockey Club Charities Trust, The Community Chest of Hong Kong, The AIDS Trust Fund as well as all the donors and volunteers for their generous support for our services. Meanwhile, I would also like to thank fellow members of the Executive Committee, Management Committee, Research Committee and Honorary Advisors, as well as all staff members of SARDA for their hard work and dedicated services in the past year. In view of the situation of continuous hidden drug abuse, drug rehabilitation work also faces new challenges. I believe that our colleagues will continue to work closely together to provide services, helping more drug rehabilitants to rebuild new lives, allowing the new generation to grow healthily, contributing to building a drug-free Hong Kong.



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Dr. LAU Ka Yip — Medical Superintendent of Women's Treatment Centre
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Dr. CHEN Yik Yan — Medical Superintendent of Women's Treatment Centre
& Wanchai Clinic (till Jun 2015)

Dr. LAU Ka Yip — Medical Superintendent of Women's Treatment Centre
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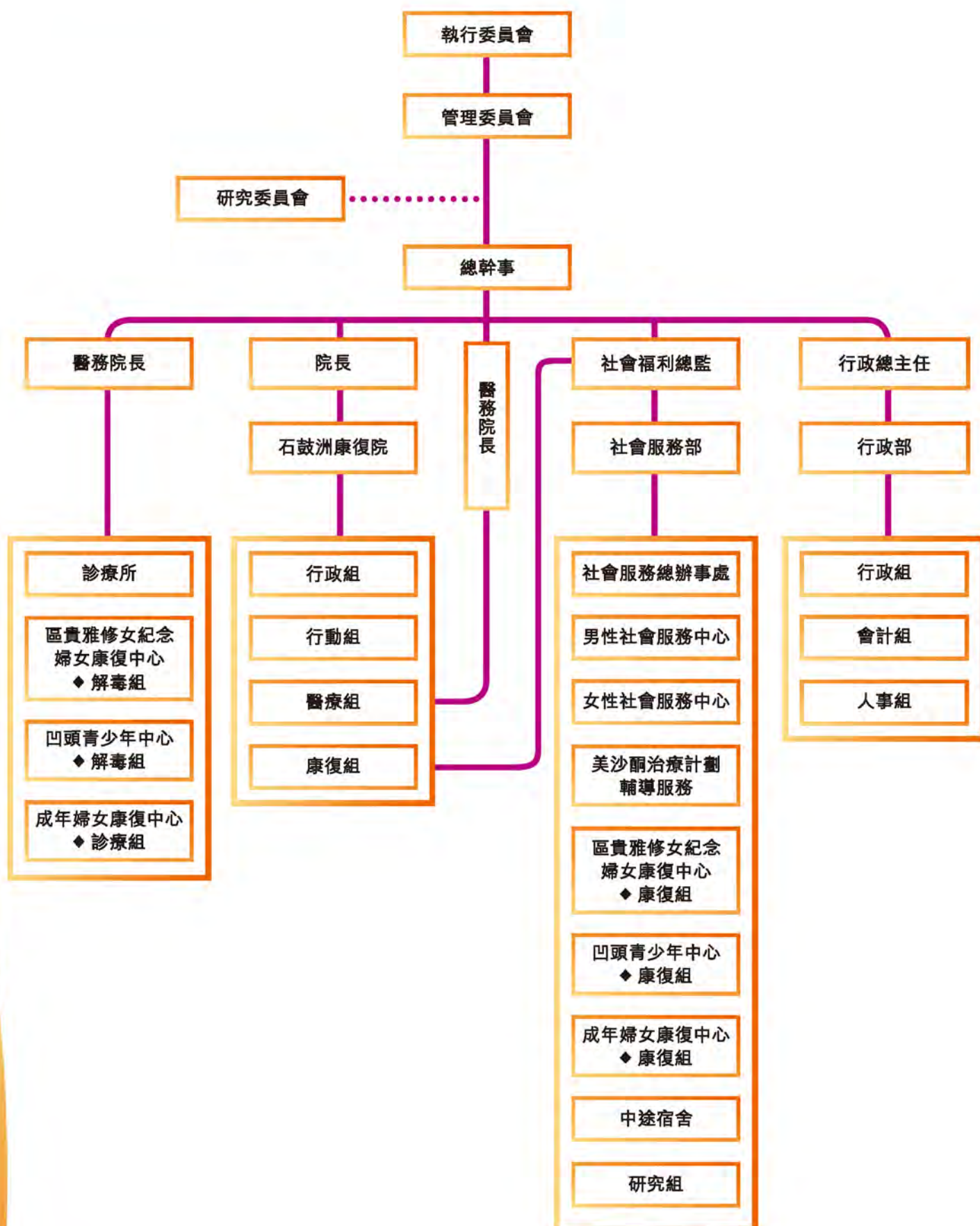
Ex-Officio Members

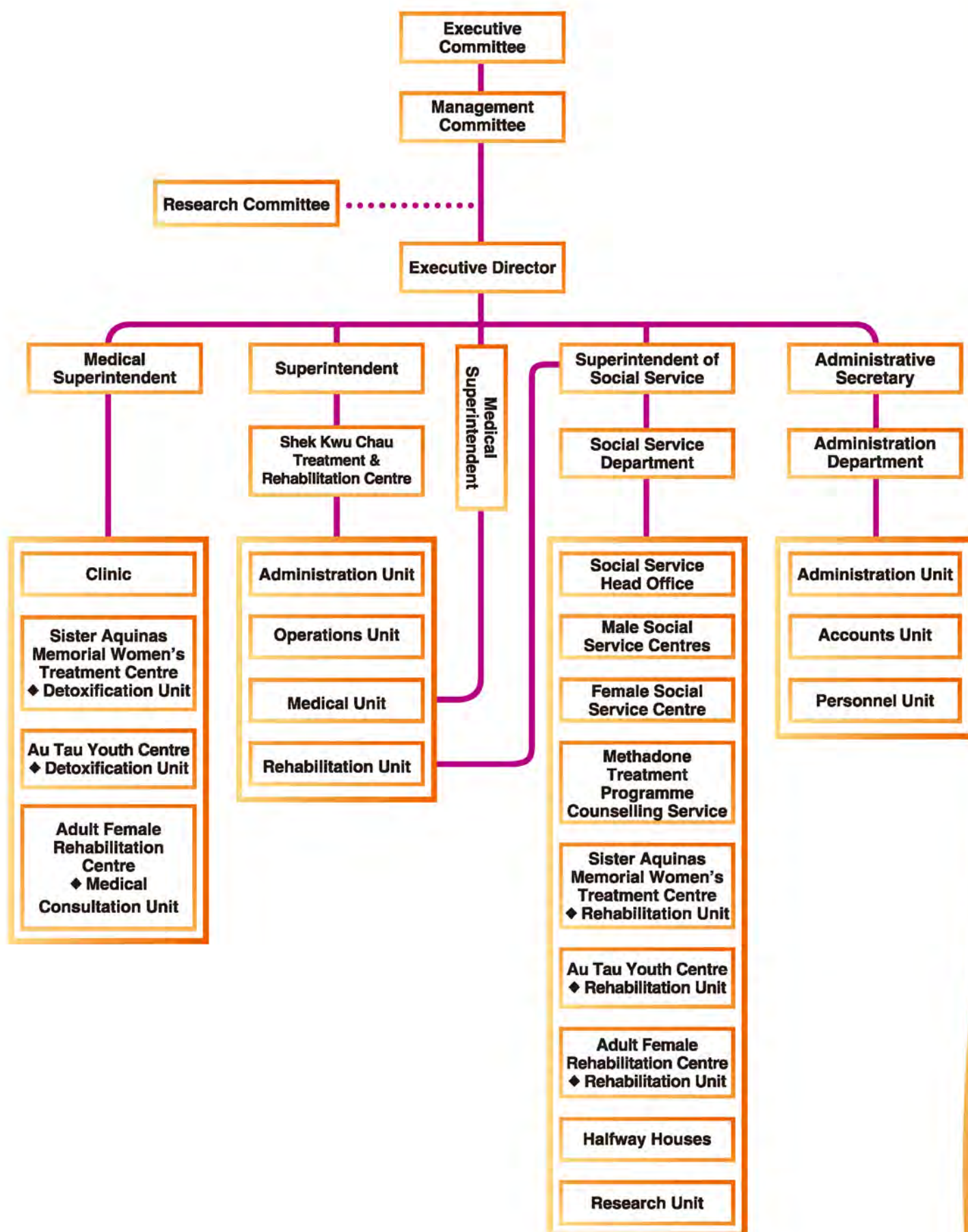
Mr. WONG, Barry — Superintendent of Social Service (till Jan 2016)

Mr. LEE King Fai — Acting Superintendent of Social Service (from Jan 2016)

Ms. YAU Chui Wah — Acting Superintendent of Methadone Treatment
Counselling Programme (from Jan 2016)

Ms. TAM, Maria — Research Officer





歷史及宗旨

History and Aims

1. 香港戒毒會成立於1961年，宗旨如下：

i) 為吸毒人士提供治療與康復服務及

其他一切有關幫助；

ii) 推行禁毒預防教育；

iii) 與其他人士或機構商議、討論及合作，

以求發揚本會之宗旨；

iv) 在有需要時向政府當局推薦及建議有關法例以發揚上述之宗旨。



2. 以不影響上述宗旨為原則，採取任何其他步驟來發揚本會之宗旨：

i) 建設、裝備及管理任何治療及康復戒毒人士之物業或機構；

ii) 興建及發展任何工業計劃以便錄用或教導戒毒康復人士；

iii) 進行研究吸毒問題；

iv) 鼓勵、參與及支持有關吸毒問題及預防吸毒之公民教育。

3. 本會及本會會員皆以非牟利為目的。本會接受政府「不敷補助金」資助，用於自願接受治療及康復計劃之戒毒者身上。本會為香港社會服務聯會之會員，亦為香港公益金創辦會員機構之一。



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

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

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



願景、使命及價值觀宣言

Vision, Mission and Values

我們的願景

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

我們的使命

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

我們的價值觀

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

Our Vision

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

Our Mission

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

Our Values

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



戒毒治療及康復服務

Treatment and Rehabilitation Services



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

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



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

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



成年婦女康復中心
Adult Female Rehabilitation Centre



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



社會服務中心
Social Service Centre



中途宿舍
Halfway House



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治療和康復服務。院內現設有260個宿位，是全港最大型及具規模的自願戒毒中心之一。治療程序分斷癮治療及康復療程兩個階段。斷癮治療一般為期一至三星期，而康復療程為時四至廿三星期。院友需每月最少一次出席「康復評審會」，以檢討其康復進度以及誘導他們計劃未來。

因應社會青少年吸食危害精神毒品問題日益嚴重，本院除為吸食海洛英人士而設的療程外，自2010年8月開始推出了一項特設概念的服務「新德計劃」，為吸食危害精神毒品人士提供六至十二個月的自願住院式治療服務。此計劃同時獲得社會福利署感化主任和志願團體及機構的支持，積極向本院轉介有需要的人士接受相關康復療程。去年，本院共接納了1,418名自願戒毒人士入院，而其中參與新德計劃者共有87人。

院方提供了全面的社會心理訓練，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、正確性觀念及教育以致愛滋病的禍害、求職技巧及職業輔導。院方亦開辦了多元化的職業技能及品格訓練課程，幫助加強戒毒人士於重投社會時的競爭力。院方提供包括髹漆及裝飾班、木工班、砌磚課程、批盪課程等，並於院友完成課程後參與由建造業議會舉辦的各項認證測試。為配合社會需求的轉變，本院於2012年開始提供了一些特別的課程，如由僱員再培訓局資助的展台建造及佈置證書課程及由勞工及福利局的成人教育資助計劃提供的電腦班等。另外，今年繼續安排院友參加香港外展訓練學校提供的18天「機會再生計劃」，以培養他們克服困難的能力。

Shek Kwu Chau Treatment and Rehabilitation Centre (SKC) became operational in April 1963, providing voluntary treatment and rehabilitation services to male drug abusers of all ages. Its accommodation capacity is 260, one of the largest in size and scale of its kind in Hong Kong. The treatment process involves a 1-3 week detoxification, follows by an individualised rehabilitation programme lasting from 4 to 23 weeks. The residents are to be met and assessed monthly to review their progress and assist them in life planning upon discharge.

In addition to the opiate treatment programme, we had launched a programme named "Project SARDA" since August 2010, to address the rising prevalence of psychotropic substances being abused among adolescents in recent years. Project SARDA is providing 6 to 12 months residential treatment to the Psychotropic Substance Abusers (PSA), which has been supported by Probation Officers of Social Welfare Department and other voluntary agencies through referring residents to SKC for treatment. In the past year, SKC admitted a total of 1,418 residents, including 87 PSA cases.

SKC provides thorough psycho-social training to residents including interpersonal skills, problem-solving skills, communication skills, relapse prevention, values redefinition, sex education stressing the risk of HIV/AIDS, job seeking and employment guidance. On the practical side, job skills and character training are introduced as part of the continuous learning and employment skill enhancement programme in order to strengthen the competitiveness of the residents when they are reintegrating into the society. We have been holding a number of training courses including Painter & Decorator Course, Joiner Course, Bricklayer and Plasterer Courses respectively. Upon completion of the courses, they are also arranged to attend related accreditation examinations held by the Construction Industry Council. To cope with the changing needs of the society, Exhibition Booth Setting & Decoration Course sponsored by Employees Retraining Board, and Computer Courses under Adult Education Subvention Scheme of Labour and Welfare Bureau were introduced since 2012. Moreover, "The 18-Day Second Chance Training Courses", organised by the Hong Kong Outward Bound are arranged for the residents with a view to enhance their abilities in facing challenges in their daily lives.

院方亦提供其他工作治療，包括：木工、金工、電工、耕種、園藝、美術、工藝、建築及維修等。動物護理及動物寄養服務的引進亦為院友提供一個提升責任感和愛心的機會，藉以提升愛惜生命的意識。今年，更加入犬隻訓練員課程以提高院友護理犬隻的專業技能。本院的長跑隊亦參與會方於2012年成立的長跑活動「奔向驕陽」，以加強院友的健康和抗拒毒品的意志。除一般長跑訓練，更安排院友參加「香港賽馬會特殊馬拉松」義工服務及「點滴是生命」慈善長跑活動以建立他們的社會責任感。而本院亦安排不同的興趣小組以增強他們的身心發展。

院方積極鼓勵院友接受家屬及外界志願團體探訪，以幫助院友與家人建立溝通、增強自信及促進融入社群。宗教團體亦定期到本院舉辦宗教活動，以滿足院友心靈及信仰上的需要。院友離院後會由本會註冊社工跟進，並接受為期12個月的善後輔導，以防止他們再沾毒品。

院方亦十分重視預防青少年吸毒的教育工作。本院於過去8年和「中港獅子會」合辦禁毒活動「糖衣風暴」，安排社工前往學校推行禁毒講座和安排學生在本院參與院友分享會。本院亦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。



拍攝及後期製作訓練班
Video Production and Editing Training



銷售技巧課程
Sales Training

Other occupational therapy programmes ranging from in-house wood work, metal work, electrical work, farming, gardening, art and painting to construction and maintenance are also provided to the residents. Animal care and fostering services are introduced to the residents to promote their sense of responsibility and care. In addition, Dog Handler Training was conducted to enhance the professional skills of the residents in handling dogs. To strengthen the health and determination of the residents in staying away from drugs temptation, a long-distance running programme "Run for a Mission" was set up by SARDA since 2012. On top of the normal training, residents are arranged to participate in running for charity to build up their social responsibility. Various hobby and interest groups are arranged to enhance the spiritual and cultural development of mind and body of the residents.

Visits by family members and other volunteer groups are strongly encouraged to build up family support, enhance self-esteem and facilitate reintegration into the society. Religious services are also provided by various religious organisations to cater for the spiritual need of the residents. Professional aftercare services are provided to the residents for 12 months by our registered social workers upon discharge to enhance our rehabilitation programme.

SKC has been performing an important role over the preventive education for the youth. In particular, we had co-organised with Lions Club of Hong Kong (Mainland) the anti-drug education programme "No Drugs" in the past 8 consecutive years, delivering education talks at schools and conducting visits to SKC by students. Furthermore, anti-drug education and sharings given by the residents are provided to visitors of youth groups and NGOs visiting our centre.



糖衣風暴2016
No Drugs 2016

凹頭青少年中心

Au Tau Youth Centre

凹頭青少年中心成立於1997年，專為25歲或以下吸毒青少年，提供自願住院戒毒康復服務。除自行申請入住中心外，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三星期的斷癮治療，及三至十二個月的康復療程。

由2002年7月開始，凹頭青少年中心採用「治療社區」模式，強調個人責任、紀律和服從，透過晉升制度培養奮鬥自強和助己助人的精神，並藉著互助互愛的團體生活，促進個人成長。中心在2014年開始推行「我要高飛」職業技能培訓計劃，為學員再踏入社會前提供適切的就業技能訓練；去年，中心分別有四位學員考取認可咖啡沖調師證書資格和八位學員考獲「泰拳健身教練證書」資格；並首次開辦「專業康體私人教練證書課程」，以加強學員將來的就業競爭能力。此外，中心於2015年獲得禁毒基金的資助，購買一輛小巴，以增加學員參與不同的職業技能訓練課程的機會。為強化家屬和學員的溝通，中心也定期組織家屬小組和家長日活動。

為確保他們能夠保持操守及接受適當的支援和轉介服務，學員離院後會接受一年的善後輔導。去年，該中心共接納了34名學員入住。



專業康體私人教練證書課程
Professional Personal Fitness Trainer Course



攀石訓練
Rock Climbing Training



泰拳健身教練證書課程
Muay Thai Fitness Instructor Certificate Course



咖啡沖調師課程
Barista Training Course

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 to the facility are made by probation officers and social workers of the methadone treatment clinics. The treatment programme includes a 3-week detoxification followed by an individualised 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, discipline and conformity. Through planned work and a hierarchy position system, trainees learn responsibility, diligence and mutual help. The ultimate goal is to achieve personal growth through mutual aid and communal life. In 2014, a new vocational training programme "Impacting Life of our Youth" had commenced to help equip our trainees better knowledge and skills before they re-enter the society. Through this programme, 4 trainees have successfully acquired an internationally recognised "City and Guilds Professional Barista Certificate" and 8 trainees have successfully acquired Muay Thai Fitness Instructor Certificate". Last year, ATYC also conducted the new "Professional Personal Fitness Trainer Course" to trainees. In 2015, with the grant from the Beat Drugs Fund, ATYC purchased a new 16-seater bus to facilitate trainees attending vocational training programmes in the community. Moreover, the Centre regularly runs family support groups and family days to foster the families' communication with the trainees.

Trainees on discharge from the Centre are offered 1-year aftercare to ensure their abstinence and to provide them with the necessary support or referrals. Last year, 34 trainees went through the programme.

區貴雅修女紀念婦女康復中心

Sister Aquinas Memorial Women's Treatment Centre



DIY印度手繪培訓工作坊
DIY Henna Training Workshop



歌唱表演
Singing Performance

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三至十二個月的自願住院戒毒治療及康復服務。

除了由1982年開始採用「治療社區」模式外，在康復程序上也結合社會心理輔導。為了針對年輕吸毒女性的需要，程序上強調正面的群體支持及朋輩影響；而且也著重提高學員的自我認識、責任感、情緒處理及解決問題能力。配合香港中學文憑試的課程，區貴雅中心在教育課程內容上也包括通識、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，區貴雅中心也提供不同的職業技能訓練，包括「DIY印度手繪培訓工作坊」、「美容與體重管理工作坊」、僱員再培訓局之「個人素養單元證書」課程等，讓學員裝備自己，以便更順利重投社會。

區貴雅修女紀念婦女康復中心亦與不同的機構合作提供特別的計劃予學員，包括「職業治療」評估及康復訓練、「綜合運動計劃」訓練及評估，讓學員們保持身心健康，遠離毒品。此外，由新濠國際有限公司資助開辦為期兩年的「樂在其中」音樂治療計劃去年亦已完成，整個計劃共有64位學員受惠，得以改善情緒處理。

去年，區貴雅修女紀念婦女康復中心共接納了77名學員入住。



健康講座
Health Talk



美容與體重管理工作坊
Beauty and Weight Management Workshop

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

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. Moreover, the rehabilitation programme focuses on enhancing the trainees' self-understanding, sense of responsibility, emotion management and problem-solving skills. To tie in with the curriculum of Hong Kong Diploma of Secondary Education Examination, WTC includes liberal studies, home economics, clothing design and visual art, etc. in the educational programmes and at the same time provides diversified learning opportunities for the trainees.

On the other hand, various job skill trainings are also offered for the trainees including courses such as "DIY Henna Training Workshop", "Beauty and Weight Management Workshop" and "Personal Attributes and Job Search Skills" course funded by Employees Retraining Board, for trainees to equip themselves to re-integrate into the society smoothly.

In addition, in collaboration with other agencies, different specific programmes including Occupational Therapy assessment and rehabilitation training as well as Specific Exercise Class have been conducted for the trainees, to promote physical fitness, cognitive function, mental health and relapse prevention. Moreover, a "Joyful Rhythm Music Therapy Project" on enhancing emotion management, funded for two years by Melco International Development Ltd. had been completed last year, with 64 trainees benefited from the project.

Last year, 77 trainees were admitted into the Centre.

成年婦女康復中心

Adult Female Rehabilitation Centre



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 detoxification programme to female methadone patients who are maintained at a low dosage and are desirous of completing detoxification in a residential setting. The Centre would arrange patients to have family activities with their children under the age of 5.

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



Various special activities had been conducted to enrich the living in the Centre. The activities included volunteer services, self-challenge training, buddhistic talk, "Pre-discharge Employment Assistance Scheme", "Mobile Functional Cognition Programme" conducted by United Christian Hospital and "Community Garden Programme" sponsored by Sha Tin District Community Fund.

Last year, a total of 21 adult females were admitted into the Centre. The Centre also provided counselling services to a total of 24 adult females who had undergone detoxification treatment in Sister Aquinas Memorial Women's Treatment 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，提供三至十二個月的自願性住院式康復治療。中心也會安排服用低度數美沙酮及有志戒除毒癮之女性進行斷癮治療，亦會安排申請者與五歲以下兒童進行親子活動。

成年婦女吸毒者大部份均長期吸毒，兼具複雜的情緒、個人及家庭問題。為了照顧她們的需要，中心強調個人及家庭輔導、小組治療、生活技能訓練、言行交往分析、家務指導及家庭生活教育等。

中心舉辦了不少特別活動，以豐富康復員在院內的生活，包括：義工服務、自我挑戰訓練、佛學講座、「離院前職業輔導計劃」、由基督教聯合醫院舉行的「流動認知功能康復計劃」，以及由沙田社區基金資助的「社區園圃計劃」等。

去年，成年婦女康復中心除了接納21位婦女入住中心，亦為轉介到區貴雅修女紀念婦女康復中心進行斷癮治療的24位婦女，提供輔導服務。



美沙酮治療計劃輔導服務

Methadone Treatment Programme Counselling Service



香港戒毒會自1993年與衛生署合作，為美沙酮服藥人士提供輔導服務。凡年齡在21歲以下的青少年吸毒者、初次申請美沙酮治療的人士和女性吸毒者，均會優先接受服務。其他服藥人士則可以透過自行申請、經醫生轉介或經本會社工的邀請而獲得輔導服務。截至2016年3月底，共有1,928位美沙酮服藥人士接受本會的輔導服務，其中參與脫癮療程人士為130人，接受為期18個月的善後輔導跟進服務的成功脫癮人士為55人。去年，本會社工為美沙酮個案進行了28,139次面談和1,142次探訪、提供了2,783次對外轉介服務。

SARDA had joined hands with the Department of Health to provide counselling service for methadone patients since 1993. Methadone patients under the age of 21, first-time applicants and female patients are given priority to receive the counselling service. Other patients may also enjoy the service through self-application, referral by doctors or invitation by SARDA social workers. As at 31 March 2016, a total of 1,928 methadone patients received counselling service. Among them, 130 patients were under the detoxification programme and 55 patients received the 18-month post-detoxification aftercare service. Last year, our social workers conducted 28,139 interviews and 1,142 visits for the methadone patients. 2,783 referrals were made to external services.





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、自我形象和自信心。家屬組鼓勵組員自助及互助，並學習了解美沙酮服藥人士的一些重吸先兆行為。本會於2004年3月協助美沙酮服藥人士家屬成立「家暉舍」自助組織，至今已有超過1,000名登記會員。我們舉辦康樂活動以協助服藥人士建立新的生活模式、驅除空虛與寂寞、減輕生活壓力、增加生活情趣以及降低對毒品的渴求。我們組織社區義工服務，讓美沙酮服藥人士透過助人的過程，獲得正面的自我評價，從而成功重返社會。去年，我們舉辦了650節小組，共有8,589位美沙酮服藥人士/家屬參與。

Since October 2002, a series of group services for methadone patients had been launched, including counselling groups for patients of all ages, female groups, youth groups, family groups, recreational activities and community volunteer services. The counselling groups focus on sharing and coping strategies. The female groups focus on gender-specific needs of female patients such as child-caring, women health, etc. The youth groups aim at enhancing members' self-esteem, self-image and self-confidence through leadership and interpersonal skills training. The family groups encourage family members to support each other in the recovery process. The family members can also learn about relapse cues and warnings in the client which may indicate an impending return to drug abuse. The Family Association of the Methadone Treatment Programme (MTP) patients was set up in March 2004, with over 1,000 members. Social and recreational activities are also held to help methadone patients develop new life styles. Healthy activities reduce boredom and loneliness, help manage stress, provide opportunities for fun and reduce drug cravings. Community volunteer services are organised to help methadone patients develop positive self-regard through helping other people. All these can contribute to the patient's success in social reintegration. During the reporting year, a total of 650 group sessions were conducted with 8,589 participants.



為訓練美沙酮康復人士向社區持份者推廣接納美沙酮服藥人士而設的「美之連計劃」，去年為146位大學學生及醫療輔助隊員舉行四次分享活動，活動後評估顯示91.1%參加者表示活動能增進他們對美沙酮治療計劃的了解，98.5%參加者表示活動能增進他們對美沙酮康復人士的了解。

Last year, the "MTP Community Connection Project" which aimed at training up methadone rehabilitants to share their recovery stories with community stakeholders for promoting community acceptance of methadone patients, arranged four sharing sessions for 146 university students and AMS members. Post-event evaluation indicated that the activities enhanced 91.1% of the audience's understanding of MTP and 98.5% of the audience's understanding of MTP rehabilitants.



本會透過四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1,954人透過本會四間社會服務中心進行入院前登記接受康復治療。此外，本會社工為輔導個案進行了26,071次個人面談、565次家庭輔導及1,868次探訪，並舉辦了1,497次小組活動，共有17,745名個案參與。

為方便自願戒毒人士，本會推行流動外展登記服務，在市區及新界選定的美沙酮診所、公園及避寒中心提供直接登記及辦理入院手續。去年，共有79名申請者透過此渠道申請本會的住院戒毒治療服務。

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

During the reporting year, a total of 1,954 drug abusers were registered for treatment and rehabilitation at the 4 Social Service Centres. Our social workers conducted 26,071 interviews, 565 family interviews and 1,868 visits. A total of 1,497 group sessions were conducted with 17,745 participants.

SARDA provides outreaching registration and intake service in selected methadone clinics, public parks and cold shelters. Last year, a total of 79 applicants registered for treatment through this channel.



義工服務
Volunteer Service



公益金會德豐百萬泳
The Community Chest Wheelock Swim for Millions 2015

中途宿舍 Halfway Houses

本會設立中途宿舍的目的是為戒毒康復人士提供重返社會前的短期居所，透過社工及宿舍職員的輔導和支持，協助康復人士重建家庭關係及社交網絡，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，康復人士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投社會工作，成為社會上具生產力的一員。

本會共設有五間中途宿舍，包括一間以自負盈虧模式運作的自助宿舍。其中，以自負盈虧模式運作的白普理培青中心，於2015年5月完成裝修工程後重新啟用，並於2016年3月起，將原來宿位由16個增至18個。本會為男性戒毒康復人士提供的宿位亦相應增至64個，而為女性戒毒康復人士提供的宿位則為12個。去年，共有201位康復人士入住宿舍，全年平均使用率為89.7%。



The setup of halfway houses is to provide short-term accommodation for drug rehabilitated persons during the stage of social reintegration. Through counselling and support by social workers and the staff at halfway houses, rehabilitants can re-build family relationships and social networks, as well as increase their problem-solving and relapse prevention skills. 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 Bradbury Pui Ching Centre (self-financing halfway house) was re-opened in May 2015 after the completion of renovation project and the number of bed spaces was increased from 16 to 18 with effect from March 2016. The five halfway houses provide 64 bed spaces for males and 12 bed spaces for females. Last year, a total of 201 drug rehabilitated persons were admitted to the halfway houses, which recorded an average utilisation rate of 89.7%.

特別服務計劃 Special Projects

新德計劃 Project SARDA

「新德計劃」是本會於2010年8月在石鼓洲康復院推行的一項特設概念的服務。這是專為吸食危害精神毒品人士服務的綜合治療計劃，為18歲或以上男士提供六個月至十二個月的免費住院式治療服務。除自行申請入院外，個案主要由社會福利署感化主任、濫用精神藥物者輔導中心和其他志願機構轉介。本計劃特點是通過4個復康發展階段，包括 (1) 穩定期 (2) 成長期 (3) 鞏固期 和 (4) 實踐期，並用深入適切的個人輔導手法去提高個案的自省能力和培養責任感，更安排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。院方亦會鼓勵院友報考由建造業議會舉辦的各項工藝測試，增加他們的自信及就業競爭力，協助他們重投社會生活。去年，共有87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 residential treatment for young males aged 18 or above abusing psychotropic substance. Apart from self-applications, referrals are made by Probation Officers of Social Welfare Department, social workers of Counselling Centre for Psychotropic Substance Abusers (CCPSA) and other voluntary agencies. "Project SARDA" is characterised by 4 developmental stages including (1) Detoxification stage (2) Assimilation stage (3) Change stage and (4) Value Internalisation stage. This Project focuses on in-depth individual counselling and helps residents to improve their self-reflection and sense of responsibility. Moreover, it emphasises on job skills training programmes such as Painter & Decorator Course, Joiner Course, Bricklayer and Plaster Course. Residents are encouraged to attend accreditation examinations administered by the Construction Industry Council. These employment-retraining courses strengthen their confidence and competitiveness which are crucial factors for reintegration into the society. During the reporting year, a total of 87 residents were benefited from the project.



奔向共融2016
iRun 2016



義務工作
Volunteer Service



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



國畫班
Chinese Painting Class



喜月同陪計劃 Child in Mind Project

本會於2013年5月在香港公益金贊助下推行一項為期三年的「喜月同陪」計劃。這項計劃的目的是幫助吸毒家長妥善照顧其子女及提升其戒毒動機。本計劃聘請兩位同輩輔導前往美沙酮診所推動吸毒家長參與親職訓練活動，並及早識別和轉介懷孕的美沙酮服藥婦女予社工跟進及提供產前和產後支援服務。

去年，這項計劃接觸了153位吸毒家長及11位懷孕的美沙酮服藥婦女，並舉辦了28次親職訓練活動，共有178人出席。98.5%家長表示訓練活動能夠提升他們照顧子女的知識和技巧，99.3%家長表示訓練活動能夠提升他們的戒毒康復動機。兩位同輩輔導為懷孕的美沙酮服藥婦女提供了118節上門育嬰訓練及180次產前和產後陪診服務。



香港公益金到訪
Visit by The Community Chest of Hong Kong



育嬰技巧訓練
Baby Care Skills Training



親子互動學堂
Parent-child Interactive Workshop



外展服務
Outreaching Service

With support from The Community Chest of Hong Kong, SARDA implemented a 3-year project named "Child in Mind" starting from May 2013. The Project aims to help drug-using parents to take good care of their children and take steps to leading a drug-free life. Two peer counsellors are recruited to reach out to drug-using parents at methadone clinics and engage them to attend parenting skills training programmes. They also identify pregnant methadone patients and make referrals to methadone clinic social workers so that pre-natal and post-natal support services can be provided to these hard-to-reach clients.

Last year, the Project contacted 153 drug-using parents and 11 pregnant methadone patients. A total of 28 parenting skills training programmes were conducted with 178 attendees. After attending the training programmes, 98.5% and 99.3% attendees reported an increase in their child-care skills / knowledge and motivation to keep away from drugs respectively. The two peer counsellors provided 118 home-based child care training sessions as well as 180 pre-natal and post-natal escorts to the pregnant methadone patients.

助兒童・抗逆境教育計劃

Resilience Building Project for Children of Drug Using Parents



本會在滙豐銀行慈善基金贊助下，於2015年8月至2016年9月推行「助兒童・抗逆境教育計劃」。這項計劃的目的是協助美沙酮服藥人士子女改善學業成績，提高自信、社交技巧、英語能力、學習興趣及人生技巧。

去年，這項計劃為82位兒童舉辦了45節功課輔導班、19節英語學習工作坊，及7節人生技巧訓練活動。訓練後評估顯示，超過87%兒童報告他們在自信、溝通、解難、情緒管理、拒絕毒品、生活計劃、學習動機及英語能力等方面有改善。所有家長均報告兒童的學業表現有進步。整體來說，這項計劃能夠幫助吸毒人士子女建立自信和逆境力，這兩方面都是兒童成長和發展的關鍵要素。

With support from The Hongkong Bank Foundation, SARDA implemented a project named "Resilience Building Project for Children of Drug Using Parents" from August 2015 to September 2016. The Project aimed at helping children of methadone patients improve their academic performance, self-confidence, social skills, English proficiency, learning motivation and life skills.

Last year, the Project conducted 45 tutorial class sessions, 19 English learning workshops, and 7 life skills training sessions for 82 children. Post-training evaluation indicated that more than 87% of the children reported improvements in their confidence, communication skills, problem-solving skills, emotional management skills, drug refusal skills, life planning skills, learning motivation and English proficiency. All of their parents also reported improvement in their academic performance. Overall, the Project helped the children of drug using parents to build confidence and resilience, which are key features of child growth and development.



全方位協助尼泊爾吸毒者計劃

HRCC Project for Nepalese Drug Users



本會在滙豐銀行社區夥伴計劃贊助下，於2014年12月至2015年8月推行「全方位協助尼泊爾吸毒者計劃」。這項計劃招募尼泊爾同輩輔導及社區義工，透過健康教育、閒暇活動、語文訓練和文化交流活動，協助尼泊爾吸毒者建立健康的生活方式。

在九個月內，這項計劃聘用兩名同輩輔導為117位尼泊爾吸毒者提供健康教育，內容包括毒品禍害、善用美沙酮治療計劃、預防過量吸毒、預防感染愛滋病毒及肝炎、戒毒康復服務及社區資源。40位尼泊爾吸毒者更參與閒暇活動如桌球、樂隊、保齡球，以體驗無毒生活；及語文訓練班以提升其能力。為促進尼泊爾吸毒者的社會融合，這項計劃邀請12名社區義工參與文化交流活動。整體來說，這項計劃成功達致其既定目標。

With support from The HSBC Community Partnership Programme, SARDA implemented the "HRCC Project for Nepalese Drug Users" during the period from December 2014 to August 2015. The Project aims to engage peer educators and community volunteers in assisting Nepalese drug users to build a new and healthy lifestyle through health education, recreational activities, capacity building, and cultural exchange.

During the 9-month period, the project recruited two peer educators to conduct outreach sessions and deliver health education to 117 Nepalese drug users. During the outreach sessions, a variety of health topics were discussed with the Nepalese drug users, including harmful effects of drugs, proper use of methadone, prevention of drug overdose, HIV and hepatitis infections, drug treatment services and community resources. 40 Nepalese drug users participated in recreational activities such as snooker, band and bowling to experience non-drug using activities; and language training classes to build up their capacity. In order to assist Nepalese drug users in social integration, cultural exchange activities were arranged and involved 12 community volunteers. Overall, the project was successful in achieving its goals.



賽馬會家社護聯網

Jockey Club Family-Social Protective Network

賽馬會家社護聯網
Jockey Club Family-Social Protective Network
協助隱蔽吸毒人士及其家人計劃
(2015年5月至2018年4月)

服務內容
社區禁毒講座
參觀戒毒治療康復中心
為家長及家人舉行專題工作坊
招募有心人士成為本計劃的義工
家庭聚會及互助小組
家訪及個別輔導
所有活動 費用全免

如有任何查詢請致電
服務專線 6994 7009
或電郵至 sarda@sarda.org.hk
或計劃主任於結線聯絡

SARDA 監製 2574 3300 康復成長與變遷 抗毒要平世記 www.sarda.org.hk

近年本港首次被呈報的吸毒者的「毒齡」中位數，由2008年的1.9年，上升至2015年的5.8年，顯示隱蔽吸毒問題嚴重。

為了協助隱蔽吸毒人士及早尋求協助，本會在香港賽馬會慈善信託基金的捐助下，由2015年5月起推行一項為期三年的「賽馬會家社護聯網」計劃，目的是希望提高社區人士對隱蔽吸毒問題的關注，以及提高家人辨別和處理隱蔽吸毒行為的能力。

去年，計劃舉辦了社區教育講座、家長/家人工作坊、義工訓練、參觀戒毒治療康復中心、互助小組、家庭聚會及個別輔導等，共為520人次提供服務。



According to latest figures, the median drug abusing period of newly reported abusers increased to 5.8 years in 2015, compared with 1.9 years in 2008. These figures showed that the problem of hidden drug abuse remained serious.

In order to help hidden drug abusers seek assistance as early as possible, with support from The Hong Kong Jockey Club Charities Trust, SARDA implemented a 3-year project named "Jockey Club Family-Social Protective Network" (FSPN) starting from May 2015. The aim of the project is to increase community awareness towards hidden drug abuse and enhance family members' ability to handle such behaviour.

Last year, FSPN organised various types of activities, including community educational talks, workshop for parents and family members, volunteer training, visiting drug treatment and rehabilitation centre, mutual aid groups, family activities and individual counselling sessions. The project recorded a total of 520 attendances.

鳳凰計劃 Phoenix Project



外展服務
Outreaching Service

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

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

去年，「鳳凰計劃」共展開了316次外展活動，接觸吸毒者達9,488人次，其中包括1,228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2015年8月進行，抽樣訪問了694位吸毒者。訪問結果顯示81%的被訪者曾經接受愛滋病毒測試並知悉測試結果，89%的被訪者在最近一次進行性行為時使用安全套，96%的被訪者在最近一次吸毒時沒有與陌生人共用針筒。



清理廢棄針筒
Clean up discarded syringes

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

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

Last year, a total of 316 outreaching sessions were conducted with 9,488 contacts made with street drug users, in which 1,228 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 August 2015 with a sample of 694 drug users. The findings revealed that 81% of the respondents attended a HIV test and knew the result, 89% used condom in their last sexual intercourse and 96% did not share needles with those outside their usual network in their last injection.



接觸吸毒者
Making contact with street drug abusers



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

截至2016年3月31日，「星火行動」服務了88位感染愛滋病病毒的美沙酮服藥人士，並成功轉介了80%的確診個案到衛生署綜合治療中心接受治療。在過去一年，76%的轉介個案仍出席覆診。

去年，「星火行動」提供了121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56次社交活動，向他們派發了64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。



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

As at 31 March 2016, Spark Action had served 88 HIV-infected methadone patients and successfully referred 80% of all the identified cases to the Integrated Treatment Centre of the Department of Health for further medical treatment on HIV/AIDS. 76% of the referred cases continued to attend medical appointments in the past year.

Last year, the Project provided 121 cases of emergency financial support to cash-strapped patients in coping with unexpected financial difficulties, organised 56 social activities for HIV-infected patients and distributed 64 sets of health education kits to them. A newsletter is published semi-annually as a communication platform between HIV-infected patients which fosters an atmosphere of mutual support.



支援服務

Support Services

SARDA 諮詢熱線

SARDA Hotline 2574 3300

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43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1,357個電話查詢。

The Drug Counselling Hotline, Hong Kong's first hotline solely targeting drug rehabilitation, has been in service for more than 43 years since it opened in 1973. The Hotline is answered by registered social workers who offer emotional support, respond inquiries on substance abuse problems, and provide drug treatment referral services for the people in need and their parents. Last Year, the Hotline received a total of 1,357 calls.

同輩輔導計劃

Peer Counsellor Scheme

本會一直以來持續聘用成功的康復人士為同輩輔導。他們不單作為角色模範，更會透過分享自身的康復經驗而給予他人領悟和啟示；在陪伴新出院康復人士踏上康復之路時，同輩輔導們亦能同時加強自身持續操守的自信心。兼職的同輩輔導主要服務美沙酮診所服藥人士，而全職的同輩輔導則主要服務戒毒治療及康復中心的住院及離院康復人士。去年，本會共聘用47名全職同輩輔導及18名兼職同輩輔導。本會藉此鳴謝香港賽馬會慈善信託基金及香港公益金大力支持本會的同輩輔導計劃。

The Peer Counsellor Scheme continuously employs recovered patients as peer counsellors. They act as role models and through sharing their own "recovery stories", they give much insight and inspiration to others. By accompanying the "new comers" to walk on the road to recovery, the peer counsellors' self-confidence to maintain abstinence can also be enhanced. The part-time peer counsellors serve mainly at the methadone clinics, whilst the full-time peer counsellors work with the rehabilitants and those discharged from the drug treatment and rehabilitation centres. Last year, a total of 47 full-time and 18 part-time peer counsellors were employed. We take this opportunity to acknowledge The Hong Kong Jockey Club Charities Trust and The Community Chest of Hong Kong for their supports to the Scheme.



同輩輔導與康復員聚會
Gathering of Peer Counsellor and rehabilitants



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



同輩輔導與康復員分享康復經驗
Peer Counsellor shares experience with rehabilitant

社區義工計劃 Community Volunteer Scheme

為了善用社區資源以及發揮互助互愛的精神，本會致力推行社區義工計劃，積極招募社會上各階層人士成為本會義工，並提供訓練。社區義工與本會康復人士共同為社區服務，有助戒毒康復人士重拾自信，回饋社會及擴大社交生活。去年，共有107名社區人士登記成為本會的社區義工，共舉辦了203次戶外服務及718次室內活動，約1,679人次參與了社區義工計劃。



義工到訪成年婦女康復中心帶領活動
Volunteer Service in AFRC

The Community Volunteer Scheme was established by our Society to facilitate mutual assistance and community care. Members of the public from all walks of life are recruited. Training courses are provided to prepare them for the service. The joint effort of the community volunteers and our rehabilitated drug abusers helps to enhance the social integration, self-worthiness and self-confidence of the rehabilitants. Last year, 107 members of the public registered as community volunteers. They organised 203 outdoor services and 718 indoor activities. About 1,679 participants took part in the activities.



義工到訪區貴雅修女紀念婦女康復中心教授美容
Volunteer Service in WTC

禁毒宣傳教育 Anti-Drug Publicity and Education

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

此外，本會更與不同團體，包括學校、家長教師協會、地區組織、少年警訊及其他社會服務機構舉辦禁毒教育講座、過來人分享會及攤位遊戲，使大眾認識毒品的禍害，遠離毒品。去年，參與活動人數超過15,000人。

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

SARDA organised anti-drug talks, ex-addicts' sharing sessions and game booth with various organisations, including schools, Parent and Teacher Associations (PTA), community organisations, Junior Police Call (JPC) and other social service agencies to raise public awareness on the harmful effects of drug abuse and the importance of staying away from drugs. Last year, more than 15,000 participants took part in the activities.



禁毒攤位遊戲
Anti-drug Booth



過來人分享
Sharing by Ex-addict

職員培訓 Staff Development

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

本年度內，本會有四位同工分別修讀社會工作碩士及學位課程。員工參與超過58個培訓項目及課程，參加人次超過900。



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

During the year, 4 staff were pursuing their Master degree and Bachelor degree in Social Work. Staff participated in over 58 training programmes and courses, with attendance of over 900.



診所 Clinic



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

本會自2004年4月開始，採用快速尿液化驗棒為住院戒毒康復員及康復人士提供尿液化驗以確保其操守。去年，本會共進行了12,764個尿液樣本化驗。

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

SARDA adopted the One-step Test Strips (Urine) to verify the drug free status of both in-patients and ex-patients since April 2004. Last year, a total of 12,764 urine tests were carried out.

服務表現指標

Performance Indicators

服務表現指標

Performance Indicators

2013-14

2014-15

2015-16

1. 入院人數 No. of Admission	1,729	1,613	1,550
2. 斷癮程序完成率 Detoxification Rate	77.9%	79.6%	77.6%
3. 康復程序完成率 Rehabilitation Rate	69.8%	70.7%	66.5%
4. 提供床位日數 No. of Bed Days Available	126,290	126,290	126,636
5. 佔用床位日數 No. of Bed Days Occupied	97,892	94,321	85,600
6. 服務使用者滿意程度 Customer Satisfaction Rate			
· 康復計劃 Rehabilitation Programme	99.7%	99.8%	100%
· 輔導計劃 Counselling Programme	99.3%	99.9%	99.6%
7. 病床每日成本 Cost per Bed Day	\$386.15	\$411.04	\$469.92
8. 善後輔導完成率 Aftercare Completion Rate	91.8%	95.8%	95.1%
9. 再入院率 Re-application Rate	4.1%	3.7%	3.6%
10. 就業率 Employment Rate	60.8%	67.7%	62.9%
11. 犯罪率 Criminal Rate	4.8%	3.5%	1.9%
12. 操守率 Abstinence Rate			
男 Male	55.6%	52.8%	50.0%
女 Female	60.7%	63.3%	60.0%
13. 美沙酮治療計劃 Methadone Treatment Programme			
· 個案量 Caseload	1,932	1,912	1,928
· 舉辦小組輔導次數 No. of Group Programmes	666	680	650
· 小組輔導出席人數 No. of Persons Participated	9,576	9,227	8,589

活動花絮

Activities Album



交流活動

Exchange Activities



譚紫樺總幹事獲獎學金參加哈佛商學院“Strategic Perspectives in Non-profit Management”課程。
Ms. Angelique Tam, Executive Director of SARDA, awarded scholarship to attend the course, “Strategic Perspectives in Non-profit Management” held by Harvard Business School.



本會參與及協辦「2015年全國藥物濫用防治研討會」。
SARDA co-organised and participated in “The 9th Mainland, Hong Kong and Macau Conference on Prevention of Drug Abuse”.



本會美沙酮治療計劃輔導服務社工與康復員應澳門戒毒康復協會邀請，到訪作經驗交流。
SARDA's social workers and rehabilitants of Methadone Treatment Programme Counselling Service were invited by ARTM, for sharing experience.



蘇格蘭學生到凹頭青少年中心進行交流活動。
A group of students from Scotland visited Au Tau Youth Centre through HK-Scotland Schools Exchange Programme.



北京厚德社會工作事務所到訪石鼓洲康復院。
The staff of Beijing Houde Shehui Shiwusuo visited Shek Kwu Chau Treatment and Rehabilitation Centre.



廣東省民政廳社會工作處處長及科員到訪港島社會服務中心。
The Officer and staff of Social Work Office, Department of Civil Affairs of Guangdong Province visited Hong Kong Social Service Centre.



國內義工組織「彝縷陽光」及香港慈善團體「土房子」到訪凹頭青少年中心。
A group of Yi volunteers from mainland China and staff of "Yellow House" (Hong Kong NGO) visited Au Tau Youth Centre.



社會服務發展研究中心深圳社工督導助理到訪區貴雅修女紀念婦女康復中心。
The social workers of the "Shenzhen Project" of Institute of Social Service Development visited Sister Aquinas Memorial Women's Treatment Centre.



澳門特別行政區政府社會工作局預防藥物濫用處帶領「預防藥物濫用培訓工作坊」學員到訪凹頭青少年中心。
Led by the Macau Social Work Bureau staff, the trainees of "Anti-drug Abuse Training Workshop" visited Au Tau Youth Centre.



東華學院護理系學生到訪區貴雅修女紀念婦女康復中心。
Students from The School of Nursing, Tung Wah College visited Sister Aquinas Memorial Women's Treatment Centre.



香港壽臣山獅子會到訪成年婦女康復中心。
The Lions from Lions Club of Hong Kong Shouson Hill visited Adult Female Rehabilitation Centre.



本會同工參加由香港社會服務聯會及香港中文大學舉辦「戒毒服務交流研討會暨展覽」。
SARDA's staff participated in "Seminar on Drug Treatment and Rehabilitation Services cum Service Expo" organised by Hong Kong Council of Social Services and The Chinese University of Hong Kong.

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閱讀 心靈孤島

「佇立在島嶼上的石鼓洲康復院，為戒毒人士提供一個清靜的環境，遠離毒品的誘惑。院友 Cyrus 和子良，除了參與島上的常規康復訓練外，也利用閒餘時間閱讀，讀本不是打發時間的良伴，也令他們思考人生，克服困難。」



石鼓洲位於香港的西貢，屬於新界；島上的康復院，是由香港戒毒會成立的男子戒毒所，提供戒毒治療，也有從長洲轉運來戒毒的人士，20分鐘船程，下船後只見康復院建築等是座座青山環繞。這裡環境優美，既沒有煙味，也沒有毒品，每天也只有數百名戒毒人士來此接受戒毒治療，這裡像一個與世隔絕的孤島，卻能讓院友不受外界的影響，遠離毒品。

石鼓洲康復院院長曾廣恩（曾 Sir）表示：「入住石鼓洲康復院乃自願戒毒，戒毒人士到院後，會先入住接受戒毒一星期的觀察，其後，他們會入住「病人之家」院舍，這裡環境最為寧靜，約三星期後，戒毒院會根據他們的表現和需要，分配到不同的院舍，從事木工、油漆、維修等崗位，透過工作治療，協助他們適應院外的生活。」



Sir 說：「戒毒院是戒毒人士的家，因為他們可以與院友時時，院友之間也有更多話語，我們一般不會過遠地想，因為他們都是戒毒人士，活動自由受到限制，我們不希望再減少他們收復自由的自由。」

改變對生命的看法

Cyrus 在 2011 年首次入住康復院，他當時年少時很少閱讀，入住康復院後生活簡單，為打發時間，才開始閱讀雜誌，「我以前多看了很多雜誌，來到這裡，我每天多看了空閒時間，感覺日子過得比較輕鬆，於是閱讀便成了我生活的寄託。」可是，那次離開康復院後，他重過舊日生活，再次走上吸毒的道路，現時第二次入住康復院，他希望把精力都花在閱讀上，不再重蹈覆轍。

Cyrus 對毒品的理解並不深刻，只是他覺得有趣的書本，就會看到毒品的閱讀，他說：「我發覺文學書籍，例如小說，都很有趣，我也會讀一些英文書，因為這裡有外籍戒毒人士，我會多利用本學英文，這樣才能方便和他們溝通。」

令 Cyrus 印象最深刻的一本書，是本地場刊號第 100 期的《讀者在愛上你之前離開》，故事描述女主角為報復前男友而嫁給一個男人，放棄自己的志願，最後她重新振作，「雖然這是虛構故事，但我也從中獲得了生命的意義，發生為了讓女主角重新振作，我不僅從她身上學到了自己的家人和朋友，還失去了失去的意義，所以說，康復院就是我的家。」他說。

Cyrus 說，從前覺得戒毒是枯燥的工作，然而，當他開始閱讀時，他覺得戒毒的工作，其實很有趣，他說：「長期戒毒的枯燥生活，反而覺得工作很有趣，現時閱讀除了用作打發時間，也讓我更清楚自己。」

學會放下執著

子良也認同戒毒是戒毒人士對其記憶力影響很大，但閱讀能訓練記憶力和專注力，同時也讓他更了解自己，「以前我只會讀書，入住康復院後，我每天都會閱讀，了解世界大事，其實我每天看一份報紙，已經能收很多資訊。」此外，閱讀



也讓他們學到不同的知識，有助於他們和家人，有時更會用日記，用文字記錄康復院的生活。

除了報紙，子良最近也讀了一本英文書《船期》，書中描述一個漁民要給年輕人一些忠告，吸引子良閱讀，「書中有個故事，與我一些煩惱有關，而一件小事爭執，而分開的歲月，男生是到女生家去讀，怎知船期九次，女生的不離開，兩人就以此為契機，爭論多年，兩人見面，重溫舊夢，女生從此與男生重溫舊夢，下下下，她會離開，正因為兩人爭執，以致關係分開，這使我感到有深刻的反省——家人朋友都對我太嚴厲，我不該在別人的角度思考，現在我已清楚自己的問題，希望繼續改善。」他說。

子良還時常閱讀院內的圖書工作，為戒毒人士，他希望閱讀更多書籍，訪問當天，曾 Sir 在場，子良馬上表示說，希望曾 Sir 能與他分享，「因為我對學習如何處理不同材料，做出美味的食物，就產生了足夠的興趣和空間學習，看書也很有趣！」

◀ 2016年3/4月《悅閱》雙月刊訪問石鼓洲康復院副院長曾廣恩、職員及康復員。

March / April 2016 - Mr. Joseph Tsang, Deputy Superintendent of Shek Kwan Chau Treatment and Rehabilitation Centre (SKC), staff and rehabilitants of SKC were interviewed by "ReadIt" bi-monthly magazine.

2015年7月2日香港電台第三台 "Backchat" 訪問本會總幹事譚紫樺。

2 July 2015 - Ms. Angelique Tam, Executive Director of SARDA was interviewed by "Backchat", RTHK Radio 3.



◀ 2015年4月21日頭條日報訪問東九龍社會服務中心社工張思樂。

21 April 2015 - Ms. Jennifer Cheung, social worker of East Kowloon Social Service Centre of SARDA was interviewed by Headline Daily newspaper.



2015年7月15日香港商報報道凹頭青少年中心康復員參加國際金茶王大賽2015。

15 July 2015 - A rehabilitant of Au Tau Youth Centre participated in International Kamcha Competition 2015 and was reported by Hong Kong Commercial Daily newspaper.

◀ 2015年8月31日東方日報訪問區貴雅修女紀念婦女康復中心康復員。

31 August 2015 - A rehabilitant of Sister Aquinas Memorial Women's Treatment Centre was interviewed by Oriental Daily News.



◀ 2015年4月21日頭條日報訪問東九龍社會服務中心社工張思樂。

21 April 2015 - Ms. Jennifer Cheung, social worker of East Kowloon Social Service Centre of SARDA was interviewed by Headline Daily newspaper.

2015年7月15日香港商報報道凹頭青少年中心康復員參加國際金茶王大賽2015。

15 July 2015 - A rehabilitant of Au Tau Youth Centre participated in International Kamcha Competition 2015 and was reported by Hong Kong Commercial Daily newspaper.

◀ 2015年8月31日東方日報訪問區貴雅修女紀念婦女康復中心康復員。

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31 August 2015 - A rehabilitant of Sister Aquinas Memorial Women's Treatment Centre was interviewed by Oriental Daily News.

康復蛻變 共創未來

服務使用者心聲

Feedback From Service Users

55 沙加 (尼泊爾裔)
Sagar (Nepalese)

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

在石鼓洲沒有語言障礙

這是我第三次入住石鼓洲康復院。這一次，我想做得更好，並在離開石鼓洲康復院前準備好自己。我決定在入住康復院期間裝備自己。我沒有感覺到有任何語言障礙，並享受在機社住宿。尼泊爾兄弟表示支持，並非常關心我，特別是尼泊爾同輩輔導Thapa。當然，社工李先生也給了我很多意見，讓我思考未來的計劃。此外，透過職業培訓、足球訓練及樂隊活動，我終於對自己有信心，並已準備好重新融入社會。

No language barrier in Shek Kwu Chau

This was the third time that I was admitted to SKC. This time, I wanted to do better and be well prepared before I leave SKC. I decided to equip myself during my stay in SKC. I did not feel any language barrier and enjoyed my stay in Kei House. Nepalese brothers showed support and were concerned about me very much, especially Nepalese Peer Counsellor, Thapa. Of course, the social worker, Mr. Li also gave me a lot of insights to think about my future plan. In addition, through vocational training, soccer training, musical band, I eventually gained confidence in myself and am ready for reintegration into the community.

55 張女士 Ms Cheung

成年婦女康復中心
Adult Female Rehabilitation Centre (AFRC)

女兒的蛻變令我欣慰

非常感謝成年婦女康復中心可以讓我的女兒接受戒毒康復療程及安排她入住中途宿舍。過往女兒沉溺毒品，過着行屍走肉的生活，令我每天都憂心忡忡，徹夜難眠。自從女兒入住中心後，慢慢蛻變，變得積極正面、有責任感及自律，懂得為自己未來打算，更重要的是懂得關心家人。女兒離開中心半年有多，一直都努力工作，生活正常，更計劃明年和我去外地旅行。看見女兒健康的臉龐及開朗的笑容，我感到十分欣慰。

I am grateful for the transformation of my daughter

I am very grateful to the Adult Female Rehabilitation Centre for allowing my daughter to undergo a drug rehabilitation programme and arranging her to stay in the halfway house. In the past my daughter abused drugs and lived a meaningless life, which made me worry every day and sleepless at night. Since my daughter was admitted to the Centre, she slowly transformed, became positive, responsible and self-discipline as well as planned for her future. More importantly, she showed care for her family. My daughter left the Centre for more than half a year ago, she has been working hard, life is normal, and she plans to travel overseas with me next year. I am very pleased to see my daughter's healthy face and cheerful smile.

55 阿德 Ah Tak

新德計劃
Project SARDA

石鼓洲給我重新開始的機會

我吸毒超過十年，吸毒時間越長便越是覺得孤單、寂寞。入石鼓洲前，我與朋友及家人的關係已經破裂。我要多謝石鼓洲給我一個重新開始的機會，在住院的九個月期間，社工透過個人及小組輔導，讓我重新對自己及他人有信心，願意分享內心感受，建立一段段可貴的友誼。更重要的是社工也扶助我修補與家人的關係。另一方面，石鼓洲環境清幽，風景優美，令我心境平靜，有空間去好好檢討以往做錯的事及計劃將來要走的路。

Shek Kwu Chau gave me the chance to turn a new leaf

I took drugs for more than 10 years, the longer I abused drugs, the lonelier I felt. Before I went to Shek Kwu Chau, my relationships with friends and families were already broken. I would like to thank Shek Kwu Chau for giving me the chance to turn a new leaf. During the 9-month stay, the social workers enable me to rebuild confidence in myself and others, be willing to share my inner feelings and build valuable friendships. More importantly, social workers also help me to improve relationship with my family. On the other hand, Shek Kwu Chau has a quiet and beautiful environment as well as nice scenery which make me feel calm, providing space for me to have a good review of my past wrongdoings and plans for future pathways.

55 明 Ming

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

陪著我走

今次是我第二次入住聯青中心，幸得輔導和中途宿舍舍監對我支持和鼓勵，我才有勇氣再次面對自己的問題。在石鼓洲的十多星期療程裡，他們幫我恢復健康，重建自信。入住宿舍後，生活回復規律，我亦再次融入社會工作。我逐漸學懂感恩和珍惜，戒毒不是我一個人的事，而是旁邊有很多人陪著我走，雖是一條艱辛的路，但我並不孤單。我會善用住宿時間學習做一個正常人，找回失去的尊嚴，不再被別人歧視。希望大家也能珍惜屬於自己的機會，我們一起努力吧！

Side by side with me

This is my second time staying at Luen Ching Centre, thanks to the support and encouragement of counsellors and warden of halfway house, I have the courage to face my own problem again. During the treatment programme of more than 10 weeks in Shek Kwu Chau, they helped me to restore health and rebuild confidence. After staying in the halfway house, I started to lead a regular life again and I reintegrated into the society and started working again. I gradually learned to be thankful and treasure things. Drug treatment is not only my business, a lot of people have accompanied me to walk along, although it is a difficult path, I am not alone. I will make good use of the time staying in hostel to learn to become a normal person again, reclaim dignity and no longer be discriminated by others. I do treasure this valuable opportunity, let us work hard together!

55 小新 Little Sun

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

從失敗中反省及學習

我從接受石鼓洲住院療程，經歷宿舍階段，康復操守至今已七年多。我感謝自己能從失敗的教訓中反省及學習——任何時間，堅持拒絕嘗試第一啖的毒品。然而，正所謂「天時、地利、人和」，我更感謝香港戒毒會無論在斷癮、康復，以致重返社會各階段都提供了適切的支援，特別是各同工對我的關懷，一直推動我堅持操守的目標。

Reflecting and learning from failure

From being admitted to Shek Kwu Chau for residential treatment to experiencing the stage in halfway house, I have rehabilitated and maintained abstinence for more than 7 years. I am thankful that I can reflect and learn from the past failures — persistently refusing to try the first taste of drug anytime. More importantly, I would like to thank SARDA for providing appropriate support at all stages including detoxification, rehabilitation and social reintegration. In particular, the care of SARDA's staff has motivated me to maintain abstinence.

55 阿斌 Ah Ben

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

告別以往 努力向前

當踏上石鼓洲碼頭時，我深深被島上秀麗的大自然景色所吸引，心想在這裡應可讓自己身心安靜下來。在首三星期，我也動搖過想離院，但回想過去的重吸經歷，很快便打消念頭決心留下來。現在我已住院兩個月，很感謝兩位新人家及駐社專業的輔導對我的關懷、鼓勵及幫助，陪我走過這艱難的戒毒康復的路，我會決心忘記以往，努力走面前正確的路。

Settle the past Strive for a bright future

When I stepped on the Shek Kwu Chau pier, I was fascinated by the beautiful scenery on the island, thinking that my body and mind should be able to rest peacefully here. In the first three weeks, I had thought of leaving the Centre, but when I recalled my past relapse experience, I quickly gave up the idea and was determined to stay. I have been staying in the Centre for two months now and am grateful to the two professional social workers at Recovery House and Ming House for their care, encouragement and help, as well as accompanied me to walk this difficult road to rehabilitation. I am determined to settle the past and strive to walk the right path ahead.



"Nepalese Together"
美沙酮治療計劃輔導服務

"Nepalese Together",
Methadone Treatment

Programme Counselling Service

55 雅文 (尼泊爾裔)
Amit (Nepalese)

幫助我克服恐懼和問題

很感謝香港戒毒會提供的所有服務，很高興社會上仍有你們這一群願意協助吸毒人士解決自身問題，讓他們能重過新生的人。我最初吸毒時並不清楚毒品的副作用，反而很享受吸毒時的感覺。漸漸地，我了解到毒品不單為我，亦為我的家人帶來傷害。我嘗試憑自己的力量去戒除毒癮，但這一切對我來說非常困難，直至我認識香港戒毒會的職員；社工協助我克服心中的憂慮和問題，以致生活上的一切問題。最初，我差點因未能戒除毒癮而失去所有希望。雖然如此，社工仍然不斷的鼓勵我，並為我提供很多建議以及其他成功戒毒的例子；我亦嘗試參與一些健康的活動，令我忘記自己的吸毒問題和過去。起初，我覺得難以改變，但當我逐漸適應這些新的生活模式後，我卻感到更輕鬆舒暢。全因為香港戒毒會的職員，讓我能擁有健康的新生活，亦學會很多有用的東西，我很感謝他們。

Helping me to overcome my fear and problems

I would like to thank SARDA for providing all their services. I'm glad that there are still people like you who are willing to help drug abusers to overcome their problems and live a new life. At first, I started taking drugs without knowing their side effects and enjoyed abusing drugs a lot. I gradually realised that drug abuse not only bring harm to me, but also my family. I tried to quit it on my own effort but it was very hard for me, until I met the staff of SARDA. The social workers helped me a lot in overcoming fear and problems of my mind, and every problem in my life. In the beginning, I almost lost all my hope because I was unable to quit drugs. Nevertheless, I got a lot of encouragement from my social worker. She encouraged me by giving many suggestions and examples on how other people quitted drugs. I also joined some healthy activities and programmes which helped me to forget about my addiction and my past. It was difficult for me to change initially but after being adapted to my new lifestyle later, I felt more comfortable and relaxed. All because of SARDA's staff, I got a new healthy life and learned a lot of useful things, I was very thankful to them.

美沙酮治療計劃輔導服務「家暉舍」

55 曾太 Mrs Tsang

"Family Association", Methadone Treatment
Programme Counselling Service

不再徬徨

作為一名母親，每次想起兒子吸毒、離婚、被關進戒毒所，那種擔憂、難過、無奈、勞累、困倦、孤單……百般滋味在心頭。丈夫能狠心把父子關係一刀兩斷，但我不能。女兒孝順，但認定兄長咎由自取，不諒解我為何放不了手。我一直傾訴無門，直到美沙酮診所社工介紹我參加「家暉舍」聚會，我才放膽將自己的情況講出來。家屬們同病相憐，我不再感到孤單，人也開朗多了。兒子快要完成戒毒治療了，我心緒忐忑，害怕他又再跌倒。然而，我不再感徬徨，因為我在「家暉舍」認識了很多同路人。

No longer anxious

As a mother, every time I thought of my son's drug abuse, divorce, detention in drug rehabilitation centre, I felt worry, sadness, helplessness, fatigue, sleepiness, loneliness... My husband decided to end the father-son relationship, but I could not. My daughter cared about the family but thought that his brother could blame nobody but himself, and could not understand why I could not just leave him alone. I could not share this with anyone until I attended the gathering of "Family Association" through referral by my social worker at the methadone clinic, where I dared to tell my personal story. Those attending families faced similar problems, thus I no longer feel lonely and become more cheerful. My son is about to complete drug treatment and I am afraid that he will fall again. However, I no longer feel anxious because I have met a lot of similar families in "Family Association".

55 約瑟 Joseph

凹頭青少年中心

Au Tau Youth Centre (ATYC)

ATYC充滿了愛、關懷和機會

凹頭青少年中心是濫用毒品者康復的理想地方，一切都是為我們這些人而組織的。除了擺脫毒品，我們還得到援助及支持，以面對和克服我們的弱點和問題。我們更了解自己，並為更美好的未來而在生活上作出改變。如果我要重新命名凹頭青少年中心，我會稱之為「一同起動青少年中心」，因為我們學會拒絕毒品、關懷、成長、理解和互相合作。能夠入住這裡，我感到很幸運，因為這個地方充滿了愛、關懷及機會，我在生活中被啟發去做及達到一些事。此外，我嘗試了很多從來沒有經歷過的事情。更重要的是，我有信心及思想去防止濫用毒品及不良的情緒。此外，職員和輔導也給我很多鼓勵和建議，以激勵我及實現自己的目標。我真的很感謝他們。

ATYC is full of love, care and opportunities

ATYC is a perfect place for drug abusers to recover, everything is organised for people like us here. Apart from getting rid of drugs, we also receive aid and support to face and overcome our weaknesses and problems. We also get to understand more about ourselves and make changes in our lives for brighter future. If I have to rename ATYC, I will call it "Arise Together Youth Centre" because we learn to refuse drugs, care, grow, understand and cooperate with each other. I feel lucky to be here as this place is full of love, care and opportunities and I am inspired to do and achieve something in my life. Besides, I have tried so many things that I have never experienced. More importantly, I have gained confidence and ideas for preventing myself from drug abuse and bad emotions. Moreover, staff and counsellors also give much encouragement and advice to me, in order to motivate me and achieve my goals. I am really thankful for what they have done.

區貴雅修女紀念婦女康復中心

Sister Aquinas Memorial

Women's Treatment Centre (WTC)

55 雲詩 Vincici

一切都來得不易

我離開SARDA已經兩年多，從每天只顧吸毒及過夜生活，到今天我能夠成為一個稱職的妻子，母親以及重返校園成為一名學生，這一切都來得不易。當然，SARDA功不可沒，入住區貴雅修女紀念婦女康復中心是我人生的最大轉捩點。我由「地獄」重返「人間」的這段路，有一件事必須跟你們分享。離開中心半年後，我曾經因為感情事導致心情低落而再次接觸毒品，幸好得到SARDA的社工及時發現，我才能及時抽身。我感激區貴雅中心及我的社工，所以各位姊妹要謹記：一時失足並不代表泥足深陷，只要願意接受及面對自己，尋找可靠的「生命教練」，無論你曾有多不堪的人生，也能擁有光明與美好的將來。

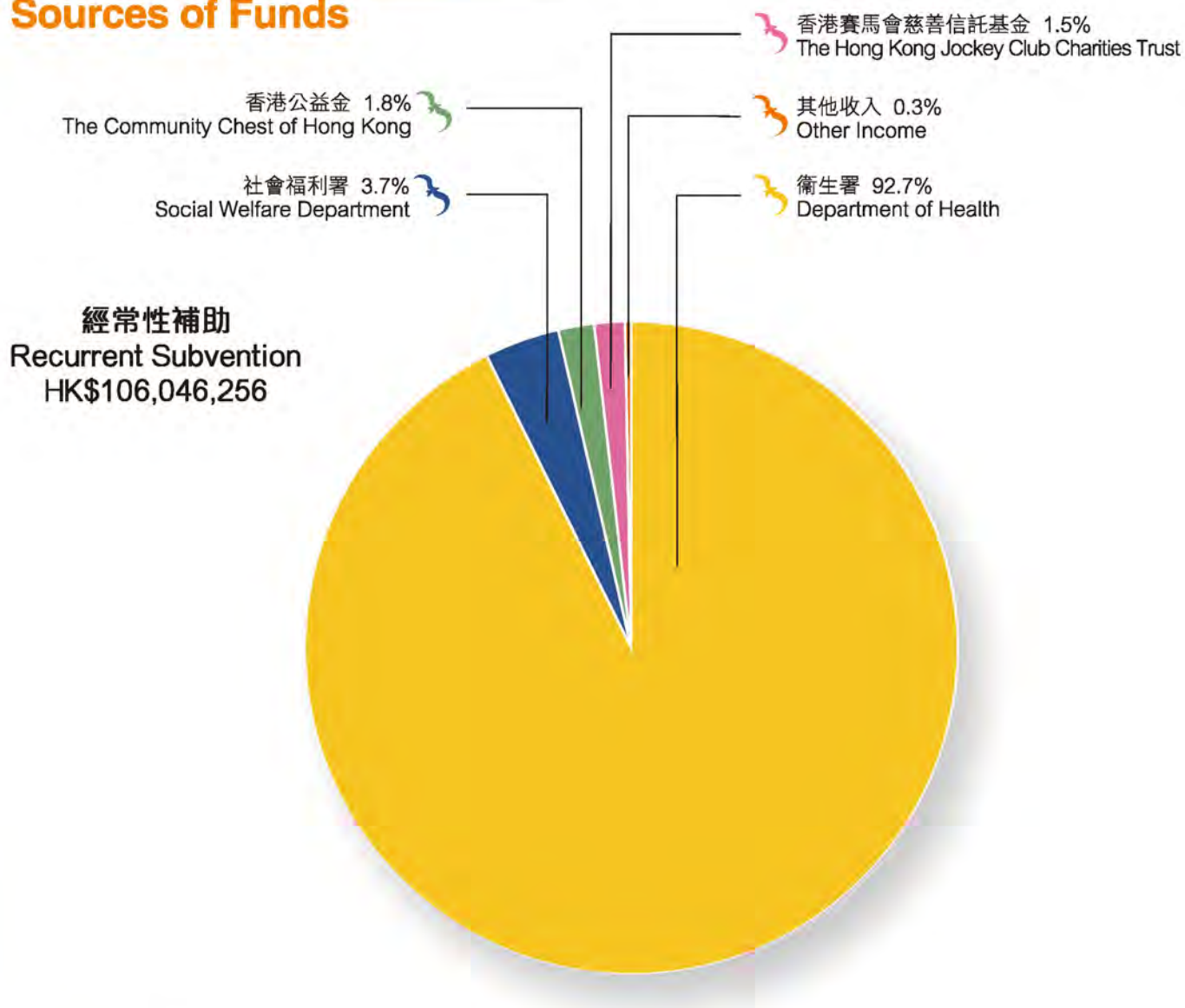
Everything does not come easy

I have left SARDA for more than two years. In the past, I only care about taking drugs and nightlife. Today, I have become a responsible wife, mother and a student who go back to school, all these does not come easily. Indeed, "credits" must go to SARDA for all these to come true. Being admitted to live in WTC was my "turning point" in life. From the "Hell" and then back to the "World", there is one thing that I must share with you. After leaving the halfway house for half a year, I have once relapsed because of bad mood due to relationship issue and took drugs again. Fortunately, my social worker at SARDA discovered in time and led me back on the right track. I am grateful to WTC and my social worker. I would like to tell all sisters: remember that your past wrongdoing does not mean that you will always fail. If you are willing to accept and face yourself, and find a reliable "life coach", no matter how miserable your life has once been, you can still have a bright and happy future.

經費 Funds

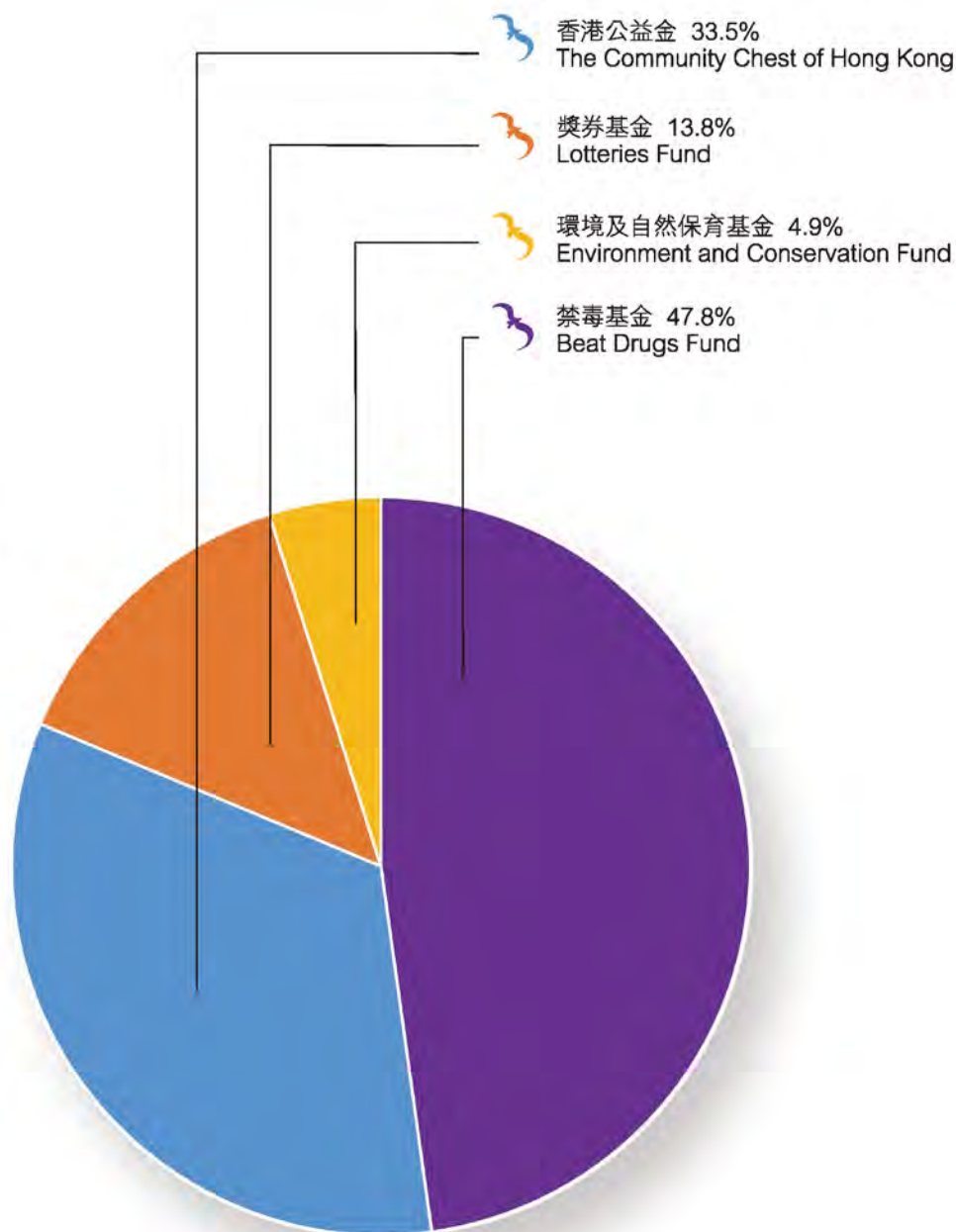
經費來源

Sources of Funds



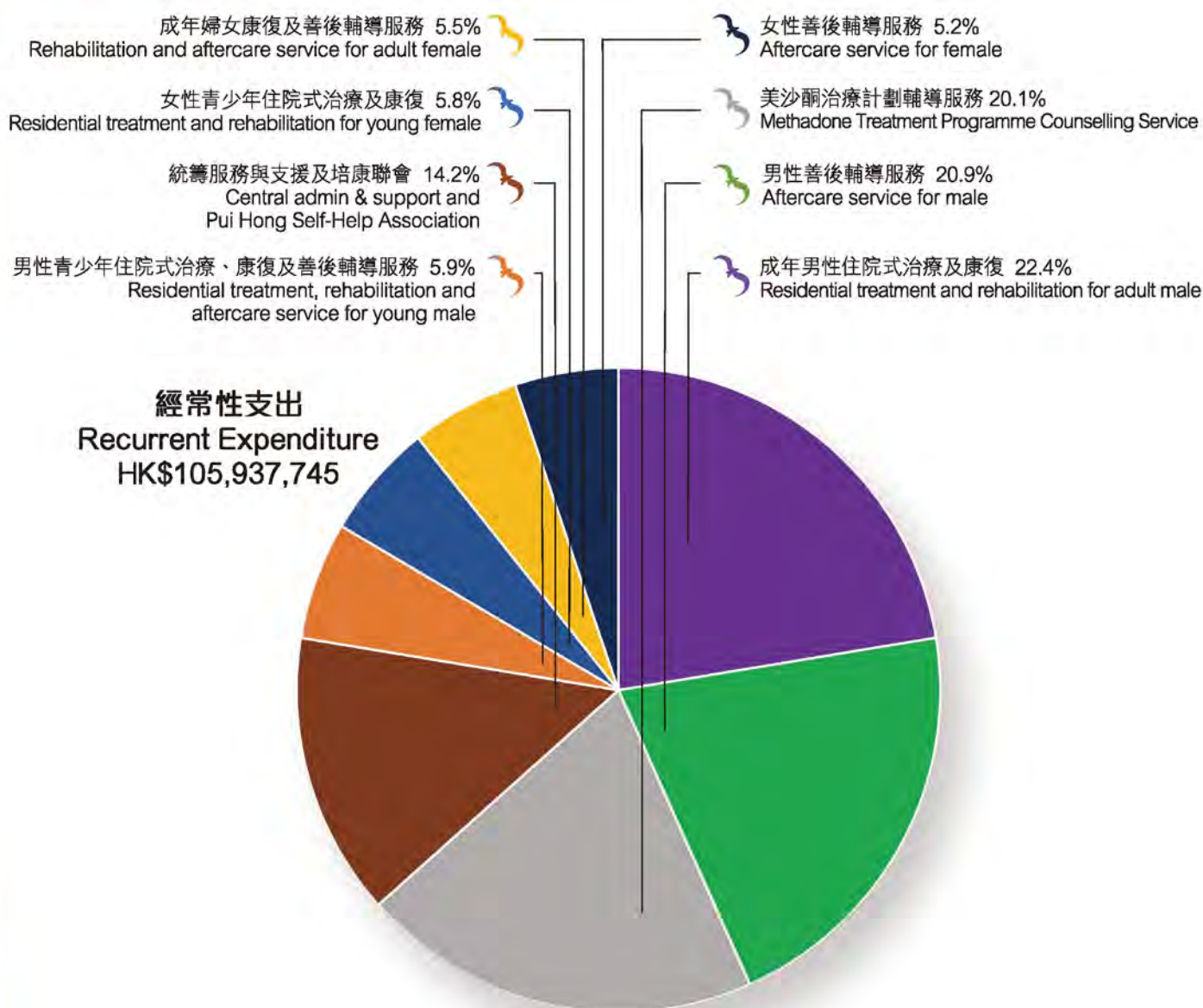
● 衛生署 Department of Health	HK\$98,251,418	92.7%
● 社會福利署 Social Welfare Department	HK\$3,941,459	3.7%
● 香港公益金 The Community Chest of Hong Kong	HK\$1,875,280	1.8%
● 香港賽馬會慈善信託基金 The Hong Kong Jockey Club Charities Trust	HK\$1,610,400	1.5%
● 其他收入 Other Income	HK\$367,699	0.3%

資本性補助
Capital Subvention
HK\$1,573,766



● 禁毒基金 Beat Drugs Fund	HK\$751,630	47.8%
● 香港公益金 The Community Chest of Hong Kong	HK\$527,839	33.5%
● 獎券基金 Lotteries Fund	HK\$217,000	13.8%
● 環境及自然保育基金 Environment and Conservation Fund	HK\$77,297	4.9%

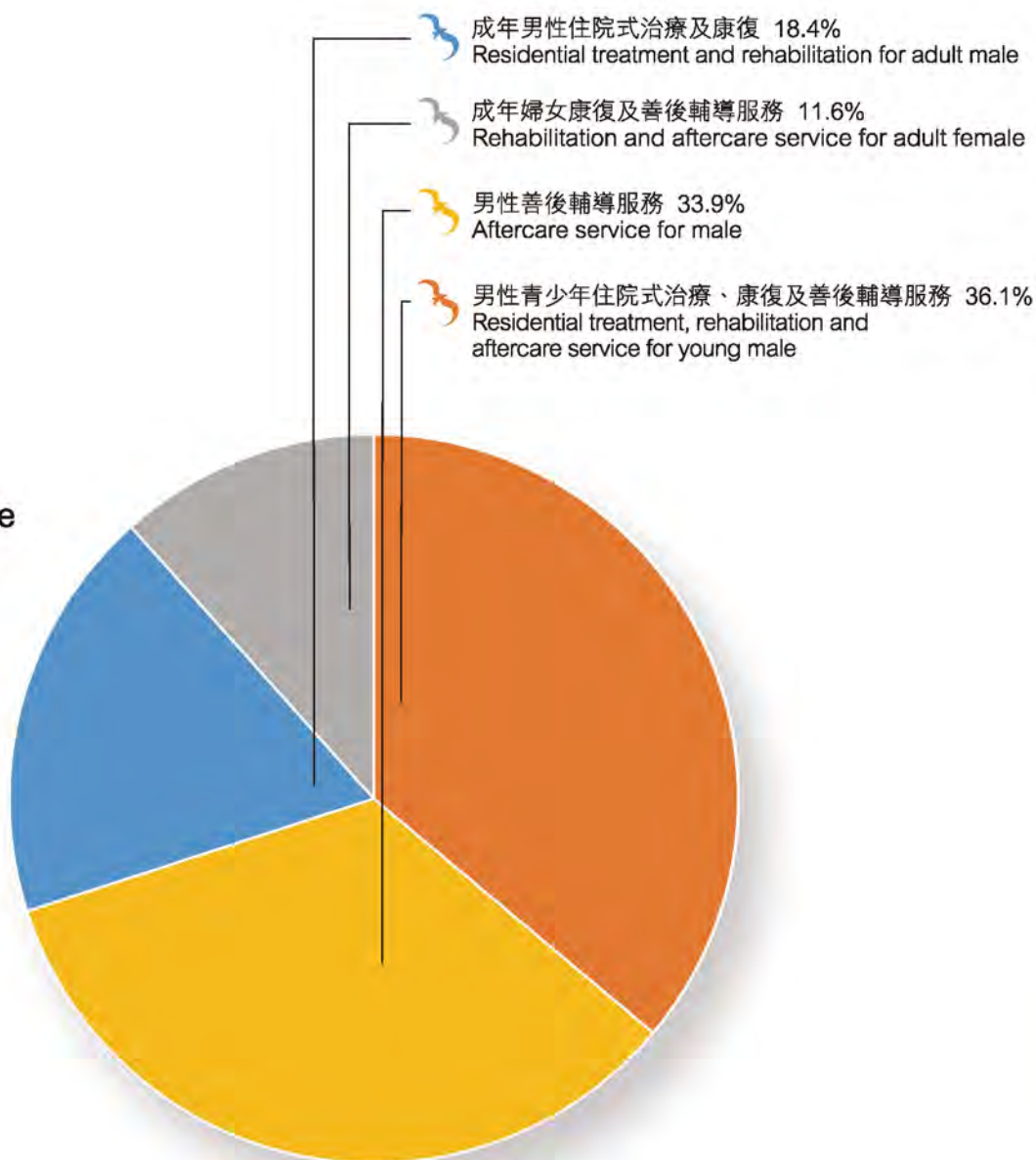
支出 Expenditure



● 成年男性住院式治療及康復 Residential treatment and rehabilitation for adult male	HK\$23,746,023	22.4%
● 男性善後輔導服務 Aftercare service for male	HK\$22,188,838	20.9%
● 美沙酮治療計劃輔導服務 Methadone Treatment Programme Counselling Service	HK\$21,256,049	20.1%
● 統籌服務與支援及培康聯會 Central admin & support and Pui Hong Self-Help Association	HK\$15,026,820	14.2%
● 男性青少年住院式治療、康復及善後輔導服務 Residential treatment, rehabilitation and aftercare service for young male	HK\$6,224,098	5.9%
● 女性青少年住院式治療及康復 Residential treatment and rehabilitation for young female	HK\$6,172,560	5.8%
● 成年婦女康復及善後輔導服務 Rehabilitation and aftercare service for adult female	HK\$5,780,752	5.5%
● 女性善後輔導服務 Aftercare service for female	HK\$5,542,605	5.2%



資本性支出
Capital Expenditure
HK\$1,573,766



● 男性青少年住院式治療、康復及善後輔導服務 Residential treatment, rehabilitation and aftercare service for young male	HK\$568,709	36.1%
● 男性善後輔導服務 Aftercare service for male	HK\$532,839	33.9%
● 成年男性住院式治療及康復 Residential treatment and rehabilitation for adult male	HK\$289,297	18.4%
● 成年婦女康復及善後輔導服務 Rehabilitation and aftercare service for adult female	HK\$182,921	11.6%

鳴謝

Acknowledgements

在2015年4月1日至2016年3月31日期間，本會得到不同機構及人士的補助、捐助、協助，不勝銘感，藉此機會特別對下列機構及人士表示衷心謝意。(排名不分先後)

香港特別行政區政府
保安局禁毒處
衛生署
社會福利署
勞工及福利局
教育局
香港懲教署
香港懲教署體育會
醫療輔助隊
香港公益金
禁毒基金
香港賽馬會慈善信託基金
愛滋病信託基金
環境及自然保育基金
獎券基金
滙豐銀行慈善基金
何東爵士慈善基金
香港社會服務聯會
青山醫院
北區醫院
基督教聯合醫院
國際獅子總會中國港澳303區
- 青年拓展及禁毒警覺委員會
香港百俊獅子會
香港特區中央獅子會
香港中港獅子會
香港壽臣山獅子會
上海市自強社會服務總社
澳門特別行政區政府社會工作局
澳門戒毒康復協會
關懷愛滋
義務工作發展局

明愛堅道社區中心
- 婦女義工組絲一族
世程印刷有限公司
致富集團
再思社區健康組織

建造業議會
匯廣城
康宏環球控股有限公司
張大偉私家偵探社有限公司
基督教以琳完備福音教會
僱員再培訓局
家庭發展網絡中心有限公司
樂餉社
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香港氧氣康體會
香港大學專業進修學院
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The Government of the Hong Kong Special Administrative Region
Narcotics Division, Security Bureau
Department of Health
Social Welfare Department
Labour and Welfare Bureau
Education Bureau
Hong Kong Correctional Services Department
Sport Association, Hong Kong Correctional Services Department
Auxiliary Medical Service
The Community Chest of Hong Kong
Beat Drugs Fund
The Hong Kong Jockey Club Charities Trust
The AIDS Trust Fund
Environment and Conservation Fund
Lotteries Fund
The Hongkong Bank Foundation
The Sir Robert Ho Tung Charitable Fund
The Hong Kong Council of Social Service
Castle Peak Hospital
North District Hospital
United Christian Hospital
Lions Club International District 303 - Hong Kong & Macao, China
- Youth Outreach & Drug Awareness Committee
The Centurion Lions Club, Hong Kong
Lions Club of Center Point HKSAR
Lions Club of Hong Kong (Mainland)
Lions Club of Hong Kong Shouson Hill
Council of Shanghai Ziqiang Social Services
Social Welfare Bureau Government of Macao Special Administrative Region
Association of Rehabilitation of Drug Abusers of Macau
AIDS Concern
Agency for Volunteer Service
Avalade Group Limited
Caritas Community Centre
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Care and Empowerment Limited
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Family Network Development Centre Co. Ltd.
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希慎興業有限公司
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Hope of the City Foundation Limited
Hysan Development Company Limited
Island School
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Leap Soccer Academy
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Mr. Quincy WONG
Mr. YEUNG Fok Keung

辦事處地址及電話

Offices and Units Directory

SARDA諮詢熱線 SARDA Hotline : 2574 3300

網址 Website : www.sarda.org.hk

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



美沙酮診所地址及電話

Methadone Clinics Directory



診所名稱 Name of Clinic	地址 Address	輔導支援電話 Counselling & Support Tel. No.
港島 Hong Kong Island		
香港仔診所 Aberdeen Clinic	香港仔水塘道10號 10 Aberdeen Reservoir Road, Aberdeen, H.K.	2554 1295
東邊街診所 Eastern Street Clinic	香港西營盤東邊街45號 45 Eastern Street, Sai Ying Pun, H.K.	2549 5108
筲箕灣診所 Shau Kei Wan Clinic	香港筲箕灣柴灣道8號 8 Chai Wan Road, Shau Kei Wan, H.K.	2560 0964
貝夫人診所 Violet Peel Clinic	香港灣仔柯布連道2號地下 2 O'Brien Road, Ground Floor, Wanchai, H.K.	2835 1763
九龍 Kowloon		
何文田診所 Ho Man Tin Clinic	九龍何文田公主道50號 50 Princess Margaret Road, Homantin, Kln.	2711 4207
紅磡診所 Hung Hom Clinic	九龍紅磡差館里22號 22 Station Lane, Hung Hom, Kln.	2356 9821
觀塘診所 Kwun Tong Clinic	九龍觀塘觀塘道463號 463 Kwun Tong Road, Kwun Tong, Kln.	2554 1611
牛頭角診所 Ngau Tau Kok Clinic	九龍牛頭角定安街60號 60 Ting On Street, Ngau Tau Kok, Kln.	2565 8611
柏立基診所 Robert Black Clinic	九龍新蒲崗太子道東600號 600 Prince Edward Road East, San Po Kong, Kln.	2716 5261
深水埗診所 Sham Shui Po Clinic	九龍深水埗醫局街137號 137 Yee Kuk Street, Sham Shui Po, Kln.	2192 8777
伍若瑜診所 Wu York Yu Clinic	九龍慈雲山雙鳳街55號 55 Sheung Fung Street, Tsz Wan Shan, Kln.	2353 5486
油麻地診所 Yau Ma Tei Clinic	九龍油麻地炮台街143號 143 Battery Street, Yau Ma Tei, Kln.	2770 2553
新界 New Territories		
長洲診所 Cheung Chau Clinic	新界長洲醫院道 St. John Hospital, Cheung Chau Hospital Road, Cheung Chau, N.T.	2981 6806
戴麟趾夫人診所 Lady Trench Clinic	新界荃灣沙咀道213號 213 Sha Tsui Road, Tsuen Wan, N.T.	2942 6734
沙田(大圍)診所 Sha Tin (Tai Wai) Clinic	新界沙田大圍文禮路3號 3 Man Lai Road, Tai Wai, Sha Tin, N.T.	2699 3590
石湖墟診所 Shek Wu Hui Clinic	新界上水馬會道108號 108 Jockey Club Road, Sheung Shui, N.T.	2639 0036
大埔診所 Tai Po Clinic	新界大埔汀角路37號 37 Ting Kok Road, Tai Po, N.T.	2689 9513
屯門診所 Tuen Mun Clinic	新界屯門青賢街11號 11 Tsing Yin Street, Tuen Mun, N.T.	2452 9115
元朗診所 Yuen Long Clinic	新界元朗青山公路269號 269 Castle Peak Road, Yuen Long, N.T.	2443 8545

致：香港戒毒會
To: The Society for the Aid and Rehabilitation of Drug Abusers (SARDA)

香港灣仔軒尼詩道15號溫莎公爵社會服務大廈3字樓 電話：2527 7723 傳真：2865 2056
3/F., Duke of Windsor Social Service Building, 15 Hennessy Road, Wanchai, Hong Kong Tel: 2527 7723 Fax: 2865 2056

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、簽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。您亦可以要求本會停止使用您的個人資料作上述推廣之用途。日後查閱或更新個人資料，請致電 2527 7723。

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 use your personal data unless we have received your consent. Upon your request at any time, we will cease to use your personal data for promotion purposes. You may contact us at 2527 7723 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 Email: _____

通訊地址 Correspondence Address: _____

謝謝 Thank you





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 樓
 3/F., Duke of Windsor Social Service Building,
 15 Hennessy Road, Wanchai, Hong Kong.
 電話 : 2527 7723 傳真 : 2865 2056
 SARDA 諮詢熱線 : 2574 3300
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