



多元共融

Cultural Inclusion

多元放族裔社區支援服務
Community-based Support Service for
Ethnically Diverse Groups

多元族裔社區支援服務

Community-based Support Service for Ethnically Diverse Groups

高危少數族裔青少年及其家長照顧者禁毒計劃

Project Empathy – Drug Prevention Service Project for Ethnic Minority Parents And The High-risk Youth



服務概覽

SERVICE OVERVIEW

本計劃於二零二一年八月起獲「禁毒基金」資助，為期三年，為本港多元族裔高危青少年及其家長和照顧者提供全面禁毒服務。

透過各類活動及講座，我們致力培養服務使用者抗拒吸毒的態度，並及早識別隱蔽吸毒者，提高他們的求助意識。同時加強對家長和照顧者的支援，提升他們在管教上的技巧和處理青少年吸毒問題的能力。

我們亦重點於多元族裔聚集的地區進行外展服務，擴闊接觸的社群，並設立熱線查詢服務及網上外展服務，讓使用者能即時獲取所需資訊及情緒支援。

另外，我們因應多元族裔青少年的興趣，舉辦各類培訓及興趣班，提升他們的自我效能感，增強其抗毒能力。本計劃社工及朋輩支援員，亦會提供適切的轉介及跟進服務，如戒毒、職業培訓及情緒支援等。

通過上述多方位的介入，我們期望能有效預防和遏止多元族裔高危青少年吸毒問題，為他們締造更美好的未來。

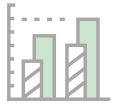
In August 2021, this programme was again funded by Beat Drugs Fund for a period of 3 years, to provide comprehensive anti-drug services for ethnically diverse high-risk youths and their parents/caregivers in Hong Kong.

Through various activities and seminars, we are committed to cultivating service users' attitude to resist drug abuse, and identifying hidden drug users early to raise their help-seeking awareness. We have also strengthened support for parents and caregivers, enhancing their parenting skills and abilities to handle youth drug abuse issues.

We have also focused on outreach services in areas with ethnically diverse communities, to expand our reach, and set up a hotline and online outreach services to allow users to promptly access necessary information and emotional support.

Additionally, we have organized various training and interest classes according to the interests of ethnical diverse youths, to enhance their self-efficacy and build their resilience against drugs. Our social workers and peer support staff also provide appropriate referrals and follow-up services, such as drug rehabilitation, vocational training, and emotional counseling.

Through these multi-faceted interventions, we hope to effectively prevent and curb drug abuse issues among ethnically diverse high-risk youth, and create a better future for them.



服務數據

SERVICE DATA



3,930

透過外展服務接觸的多元族裔高危青少年及隱蔽吸毒人士的人次
Ethnically diverse at-risk ethnic youths and hidden drug abusers through physical outreaching service

655

透過外展服務接觸的多元族裔高危青少年及隱蔽吸毒人士之家長或照顧者的人次
Parents or Caregivers of Ethnically diverse at-risk ethnic youths and hidden drug abusers through physical outreaching service



21,129

透過網上外展服務接觸的多元族裔高危青少年及隱蔽吸毒人士的人次
Ethnically diverse at-risk ethnic youths and hidden drug abusers through Online outreaching service

760

接受危機介入及輔導服務的多元族裔高危青少年及隱蔽吸毒人士人次
Parents or Caregivers of ethnically diverse at-risk ethnic youths and hidden drug abusers for on-the-spot crisis intervention and counselling service



1,009

多元族裔高危青少年及隱蔽吸毒人士參與身體檢查人次
On-the-spot health check-up received by ethnically diverse at-risk ethnic youths and hidden drug abusers

134

多元族裔高危青少年及隱蔽吸毒人士參加休閒活動人次
Ethnically diverse at-risk ethnic youths and hidden drug abusers reached by social inducing workshop and leisure activities



56

接受危機介入及輔導服務的多元族裔高危青少年及隱蔽吸毒人士之家長或照顧者人次
Parents or Caregivers of ethnically diverse at-risk ethnic youths and hidden drug abusers for on-the-spot crisis intervention and counselling service



280

多元族裔高危青少年及隱蔽吸毒人士參加教育性小組人次
Ethnically diverse at-risk ethnic youths and hidden drug abusers reached by educational group

105

多元族裔高危青少年及隱蔽吸毒人士之家長或照顧者參加教育性小組人次
Parents or Caregivers of ethnically diverse at-risk ethnic youths and hidden drug abusers reached by educational group

高危少數族裔青少年及其家長照顧者禁毒計劃 Project Empathy – Drug Prevention Service Project for Ethnic Minority Parents And The High-risk Youth



透過團隊合作遊戲，鼓勵多元族裔年青人建立良好的朋輩關係和支持網絡。年青人在過程中培養同理心、溝通協作能力，並學會互相關懷扶持

Through team-based collaborative activities to help ethnically diverse youth develop positive peer relationships and support networks. This allowed the youth to cultivate empathy, communication, and cooperation skills, as well as learn to care for one another

為高危人士提供免費的健康檢查服務，鼓勵他們主動關注自己的身心狀況。透過定期檢查，參加者能更好地掌握個人健康狀況，並採取適當的預防措施

The programme offered free health check-ups to encourage high-risk community members to proactively monitor their physical and mental well-being. Through regular check-ups, participants can better understand their health conditions and take preventive measures accordingly



本計劃積極為全港中學生提供禁毒教育工作坊，以互動及生動的形式增加學生對毒品禍害的認識和警覺性

The programme actively provided anti-drug education workshops for secondary school students across Hong Kong, using interactive and engaging methods to increase students' awareness and vigilance towards the harms of drugs



透過戶外歷奇活動，讓參加者在挑戰中學習面對困難、提高應變能力。通過團隊合作，他們不但培養了解決問題的技巧，也學會相互支持，增強了抗壓和抗逆境的能力

The programme organised outdoor adventure activities that challenge participants to face difficulties and develop problem-solving skills. Through teamwork, participants learn to support each other, building their capacity to cope with adversity and pressure

擁抱南天—少數族裔社區為本戒毒康復及治療支援計劃
Project EMBRACE – Community-based Drug Treatment and Rehabilitation Support
Service for Ethnic Minorities + Pre-Release & Drug Prevention



服務概覽 SERVICE OVERVIEW

此全港性項目由禁毒基金資助，目標旨在於二零二二年四月至二零二五年三月期間，深化及延續多元族裔濫藥人士及其家人的戒毒及康復支援服務，重點支援預防重吸、強化濫藥人士家庭功能和就業支援及關注濫藥青少年、已懷孕或已為人母的濫藥人士和濫藥人士子女的需要，並對大眾進行預防教育工作。

這項目的主要活動包括透過外展方式接觸及辨識濫藥人士，以PERMA+作理念設計的康復及家庭活動，並新增釋前支援和生涯規劃服務，一站式協助戒毒人士的康復需要、修補濫藥人士與家人的關係及強化其家庭功能。

計劃期望透過持續戒毒和康復支援服務，繼往開來，與多元族裔戒毒人士擁抱康復生命，重建家庭關係、與同路人砥礪前行，尋回人生方向，共建身心健康社區。

This territory-wide project subsidizing by Beat Drugs Fund aims at extending and intensifying the Community-based drug treatment and rehabilitation service for ethnically diverse groups (ED) from April 2022 to March 2025. This project devoted to put higher priority on supporting relapse prevention, strengthening the family function and employment support of ED drug abusers, concerning about the needs of the ED youth drug abusers and female drug abusers who are pregnant or are being mother and raising public awareness on anti-drug issues.

The main project activities include early identification of drug abusers with outreaching activity (including those who work or study in high risk environment). With the adoption of PERMA+ on rehabilitation and family programs and newly added pre-release and career life planning service, the ED drug abusers and rehabilitates will receive one-stop services for their needs on rehabilitation, reconciliation with families and strengthening the family function.

We hope that after participants joining our treatment and rehabilitation service, they can 'EMBRACE' life by "Believing" in family through reconciliation, gaining "Resilience" from rehabilitation and supporting peers, "Achievement" in "Career" and "Enhancement" on community wellbeing.



服務數據 SERVICE DATA

216 人次
person-times

多元族裔濫藥人士及戒毒康復者接受濫藥/預防重吸輔導人數
No. of ED active drug abusers & rehabilitees received drug counselling / relapse prevention counseling

3,260 人次
person-times

多元族裔社區外展及大型活動接觸人次
No. of ED at-risk, at-work individuals and mass programmes reached

195 人次
person-times

多元族裔中小學生工作坊，講座或分享接觸人次
No. of ED primary or secondary school students reached through workshop, seminar or sharing

190 人次
person-times

多元族裔戒毒者參與持續戒毒支援活動人次
No. of ED drug abusers & rehabilitees participated ongoing treatment support programme

1,082 人次
person-times

多元族裔濫藥人士及戒毒康復者參與強化康復活動人次
No. of ED drug abusers & rehabilitees participated Rehabilitation Strengthening programme

91 人次
person-times

多元族裔濫藥人士及戒毒康復者參與釋前服務人次
No. of ED inmates / rehabilitees receive Pre-release Preparation Service

168 人次
person-times

多元族裔濫藥人士及戒毒康復者參與生涯規劃活動人次
No. of ED drug abusers / rehabilitees attend the Career and Life Planning Program

242 人次
person-times

多元族裔濫藥人士及戒毒康復者家庭成員參與家庭支援活動人次
No. of family members of ED drug abusers & rehabilitees participated family reconciliation programme

擁抱南天－少數族裔社區為本戒毒康復及治療支援計劃
 Project EMBRACE – Community-based Drug Treatment and Rehabilitation Support Service for Ethnic Minorities + Pre-Release & Drug Prevention



本計劃的多元族裔戒毒康復者成立了一隊義工剪髮隊，到訪新家園協會並提供義剪服務，貢獻社群

Our ethnically diverse rehabilitees formed a Hair Cutting Volunteer Team and provided free hair-cutting service at NHA HOME Center for contributing to the community



本計劃向閩僑小學的多元族裔學生推廣抗毒訊息及其影響

We promoted anti-drug messages and related side effects to ethnically diverse students from Man Kiu Association Primary School



母親小組成員學習製作紙花畫，發揮其設計天份，學習自我關懷

Service users from mothers group learnt to make paper flower art pieces for developing their design talent and learning self-care



本計劃邀請註冊中醫師教授照顧者互助小組穴位按摩，以作減壓

We invited Chinese Medicine Doctor to teach our Carers Mutual Support acupressure for relaxation



本計劃的多元族裔戒毒康復者透過夾 Band 等定期聚會，以作生活互相支援。

Our ethnically diverse rehabilitees had regular gathering such as banding for mutual support about life



服務概覽 SERVICE OVERVIEW

本會一向致力於推動社區中互助關愛，目的在於協助那些被邊緣化的服務對象，使他們能夠在社區內感到自在共融。在社會福利署撥款支持下，於二零二三年十月在更生康復服務延續三年的「少數族裔社區大使試驗計劃」，這計劃的延續使本會的服務能夠更加全面擴展，進一步為多元族裔人士創造更多的就業機會。

在此計劃的推動下，我們成功招聘了四位多元族裔的同工，與本會其他計劃中的多元族裔社工、福利工作人員及朋輩支援員密切合作，讓計劃能夠在灣仔、油尖旺、北區、屯門及元朗等地區發展多元族裔的服務，包括外展服務、小組輔導、個人輔導、翻譯服務以及陪診服務等，滿足不同層面上社群的需求。

此外，我們也在會內外定期舉辦多元族裔文化的工作坊和訓練，活動旨在增強各單位同工對多元族裔文化的認知及敏感度。透過培訓，同工能夠更全面理解不同社群的文化背景與需求，從而能夠提供更完善的服務。

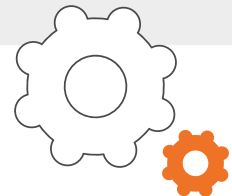
SideBySide has always been dedicated to promoting mutual support and care within the community, with the aim of assisting marginalised users to integrate comfortably into the community. With the support from the Social Welfare Department, we continued a three-year extension of "Ethnic Minority District Ambassador Pilot Scheme" in October 2023. This extension allows us to expand our services more comprehensively and create additional employment opportunities for individuals from diverse ethnic backgrounds.

As part of this initiative, we have successfully recruited four staff members from various ethnicities. They will collaborate with our existing ethnically diverse social workers, welfare workers and peer supporters and develop services in Wan Chai, Yau Tsim Mong, North District, Tuen Mun and Yuen Long. These services include outreach, group activities, individual counselling, interpretation services and escort services to meet the needs of the targeted community.

Additionally, we regularly provide internal and external workshops and training sessions focused on ethnically diverse culture. These activities are crucial for enhancing understanding and sensitivity towards diverse cultures. Through this training, all stakeholders and working partners can better comprehend the cultural backgrounds and needs of various communities and hence allow us to provide more comprehensive and personalised services.



服務數據 SERVICE DATA



173 節
Sessions

全年小組、活動、外展以及訓練合共節數
Total no. of sessions of groups and programmes, publicity and promotional activities, and training provided/assisted in a year

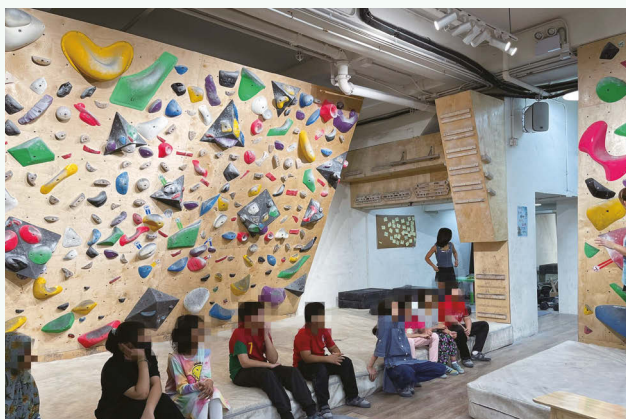
2,942

全年小組、活動、外展以及訓練參與人次
Total no. of ED service users involved in groups and programmes, publicity and promotional activities, and training in a year

3,068 次
times

提供的語言服務(註釋/翻譯)次數
No. of language services (Interpretation/Translation) arranged

少數族裔社區大使 Ethnic Minority District Ambassador



舉辦攀石活動，鼓勵多元族裔族群養成健康正面的生活習慣

We organised a rock climbing activities for the ethnically diverse groups to encourage them to develop healthy and positive lifestyle habits



與「置地公司」合作舉辦活動，讓多元族裔青少年可透過與企業義工對話和交流，增加對社區的認識

In collaboration with "Hongkong Land", we host activities that allows ethnically diverse youth to engage in dialogue and interaction with corporate volunteers, enhancing their understanding of the local community



透過手作工作坊，鼓勵多元族裔小朋友認識及關顧自己的精神健康

Encourage ethnically diverse kids to have more self-understanding and care towards their mental health



與「黃大仙區康健中心」合作推廣健康教育、健康檢查及進行簡單多元舞蹈活動，以減輕服務使用者的痛症問題

Collaborating with the Wong Tai Sin District Health Center, we provided health screenings and conducting dance exercises to alleviate pain for our service users





服務概覽

SERVICE OVERVIEW

Project YUWA

「YUWA」一詞，在某些南亞語言可讀作 (yuvā)，其意思則為青年。本計劃旨在為多元族裔青年提倡心理健康，服務對象為年齡介乎 12 至 35 歲的多元族裔青年，協助他們了解和改善自己心理健康。

在二零二二年四月，本計劃獲得「衛生署精神健康項目資助計劃」資助，為有需要的多元族裔青年提供輔導支援，並進行社區外展和教育，提升多元族裔社群的精神健康意識。此外，本計劃更透過「精神健康大使培訓計劃」，讓青少年於社群內協助傳播精神健康相關的正面訊息。

Project YUWA

The term “YUWA” in some South Asian languages is pronounced as (yuvā) and it means “Youth”.

“Project YUWA” (Youth for Unity and Wellness Awareness) is a mental health initiative for ethnically diverse youth aged between 12-35, aiming to assist them to understand and improve their own mental health.

We have been supported by the “Mental Health Initiative Funding Scheme” by Health Bureau since April 2022 to provide much-needed counselling support to the ethnically diverse youth and to raises awareness within the communities through community outreach and education. Additionally, through our “Mental Health Ambassador Training Programme”, we hope to engage youth in spreading positive mental health messages to their own communities.



服務數據

SERVICE DATA



3,200

計劃接觸多元族裔青少年人數
No. of ethnically diverse youths reached

43

多元族裔青少年個案數目
No. of ethnically diverse youths identified to provide case work intervention



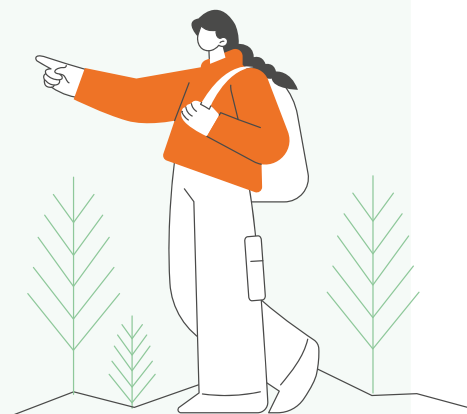
497

多元族裔青少年個案接觸次數
No. of case contacts provided to ethnically diverse youth case

4,840

精神健康大使培訓計劃參與人數
No. of participants attended Mental Health Ambassador Training Programme

Project YUWA – Ethnic Minorities (EM) Youth for Unity and Wellness Awareness



本計劃的參加者進行行山活動，學懂減壓方法

Participants engage in hiking activities to learn stress relief skills



在學校舉辦的精神健康大使培訓計劃中，服務使用者向在場參加者分享他們的知識和見解

In the Mental Health Ambassador Training programme held in schools, service users share their knowledge and insights with the participants



計劃為服務使用者安排了「精神健康體驗館」參觀活動，希望參加者能對精神健康有更深入的了解

The programme arranged a visit to the “Mind Space” for service users, aiming to deepen participants’ understanding of mental health

專題故事 Feature Story

來自菲律賓的 Anna 曾經是一名冰毒使用者。在兩年半前經轉介加入了善導會「擁抱南天—少數族裔社區為本戒毒康復及治療支援計劃」(Project EMBRACE) 的支援小組，至今已戒毒近一年。

Anna 表示自己一直深受社交圈子和朋友的影響，當初吸食就是因為朋友慫恿，嘗試用毒品解決情緒問題。「在一起吸毒時，我們就是一夥，朋友們聚在一起吸毒就可以放鬆心情。」然而，在剎那的快感後，毒品對她的精神和身體的損害都逐漸浮現，甚至令她失去了工作。人生好像跟著毒癮失控，Anna 知道需要逃離毒海，於是向社工尋求幫助。

尋找「曾經的那個自己」

在社工和朋輩支援員的支持下，Anna 感受到與當初跟朋友一起濫藥時不同的歸屬感。在被接納的溫暖中，情緒逐漸平靜下來。她開始減少使用毒品，又不斷反思自己染上毒癮的根源，努力尋找「曾經的自己」。

在康復初期，Anna 以冥想和繪畫來尋找內心的平靜。在計劃的幫助下，她積極參與更多社區康復活動，比如互助小組和姐妹團體，建立更正向的社交網絡。在社工指導下，Anna 亦建立了規律的運動生活，每天早上六點到公園鍛煉已成為了 Anna 的日常，她更加入了健身房。最終，她成功完全戒斷毒癮。

決心重新開始生活的 Anna 不但重投學業，更加入了菲裔人士的社區小組，希望以「過來人」的身份分享她的康復故事。「康復之路並不容易，除了管理好藥物使用，亦要好好處理情緒。」。雖然曾經因心靈空虛而陷入毒品泥沼，但是在關鍵時刻懸崖勒馬，尋求幫助是需要很大的勇氣。個案社工亦寄語，「很感激 Anna 願意走出一這一步，希望她的故事能夠啟發更多有相近處境的人，一齊走過生活的起伏不平。」

Anna, a woman from the Philippines, was once a user of crystal methamphetamine, known as "ice". Two and a half years ago, she was referred to the Project EMBRACE supported by SideBySide, a programme aimed at providing rehabilitation and support for minority communities. Today, she proudly celebrates nearly a year of sobriety.

Reflecting on her past, Anna acknowledges the significant influence her social circle had on her life. Initially, she succumbed to peer pressure and tried drugs to cope with her emotional struggles. "When we used drugs together, it felt like we were a family", she recalls. "We gathered to relax and escape our problems." However, the fleeting euphoria soon gave way to devastating consequences, and the toll on her mental and physical health became increasingly apparent. Anna lost her job, and her life spiraled out of control. Realising she needed to escape the grip of addiction, she sought help from social worker.

Finding the True Self

With the support of her social worker and peer supporters, Anna began to experience a sense of belonging that was markedly different from her previous experiences with drug use. The warmth of acceptance helped soothe her troubled emotions. Gradually, she started to reduce her drug use and reflected on the root causes of her addiction, determined to rediscover her true self.

In the early stages of her rehabilitation, Anna turned to meditation and drawing to seek inner peace. With the Project's help, she actively participated in more community rehabilitation activities, such as mutual support groups and sisterhood circles, which helped her build a more positive and broader social network. Guided by her social worker, Anna established a routine of regular exercise, waking up at six every morning to work out in the park—this habit soon included joining a gym. Through her dedication, she successfully achieved complete abstinence from drugs.

Now determined to start anew, Anna returned to school and joined a Filipino community group, eager to share her recovery story as a testament to her journey. "The road to recovery is not easy. It's essential to manage your drug use and address your emotions effectively", she emphasises. Although she once found herself ensnared in addiction due to feelings of emptiness, seeking help at critical moments always takes immense courage.

Her caseworker expresses gratitude for Anna's willingness to take that pivotal step, hoping that her story will inspire others facing similar challenges to navigate the ups and downs of life together. Anna's journey is a powerful reminder that through support, reflection, and determination, a brighter future is always within reach.

