



# 多元共融

## Cultural Inclusion

多元族裔社區支援服務  
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



本計劃於二零二一年八月獲「禁毒基金」資助，為本港多元族裔高危青少年及其家長和照顧者提供為期三年的禁毒服務。計劃透過各類活動及講座，以培養他們抗拒濫藥的態度並及早識別多元族裔隱蔽濫藥人士，提高他們的求助意識。除此之外，計劃讓多元族裔青少年更了解與毒品有關的禍害及刑事責任。同時，本計劃加強對高危多元族裔青少年的家長和照顧者的支援，提升家長在管教上的技巧和處理青少年濫藥問題的能力。

本計劃亦重點於多元族裔聚集的地區進行外展服務(包括深宵外展服務)，藉此擴闊計劃可接觸的社群，增加他們對本計劃的認識。我們亦設立熱線查詢服務，讓服務使用者能即時接收有關毒品的資訊或其他情緒支援，以及透過網上社交平台進行網上外展服務，加強宣傳禁毒及健康資訊，並為隱蔽濫藥人士提供多一個求助渠道。

另外，我們會按照多元族裔青少年自身的興趣，舉辦各類培訓及興趣班，提升他們的自我效能感，增強其抗毒能力及減低濫藥的機會。這亦有助我們與高危多元族裔青少年建立關係，增加其尋求幫助的意識。另外，社工及朋輩支援員在評估服務使用者的需要及狀況後會提供適切的轉介及跟進服務，例如戒毒服務、職業培訓服務、情緒支援輔導服務等。

### Service Overview

The Project Empathy (Drug Prevention Service Project for Ethnic Minority Parents And The High-risk Youths) was funded by the “Beat Drugs Fund” in August 2021, to provide the high-risk ethnically diverse youths and their parents or caregivers with drugs preventive service for three years. Through different activities and interest classes, we aim to cultivate the high-risk ethnically diverse youths with the attitude to resist drug abuse, identify and intervene early for hidden ethnically diverse young drug abusers, as well as raise their awareness of seeking help and support. In addition, participants can understand the harms and criminal responsibilities related to drugs. We also strengthen the support for parents or caregivers of high-risk ethnically diverse youths, by increasing their parental skills and the awareness of early help-seeking and understanding towards the drug problems among youths.

The Project puts emphasis on physical outreach service (including midnight outreach service) in areas where ethnically diverse youths gather, so as to expand our service coverage and enhance their awareness of our service. Also, we do not only set up a hotline for service users to receive immediate responses on drug-related query or other emotional support, but also conduct an online outreach service via social media platforms to provide the anti-drug and health messages, in order to strengthen ethnically diverse youths’ health awareness and provide platforms to those hidden young drug users to seek help.

In addition, we organise different training activities and interest classes according to the interests of high-risk ethnically diverse youths, in order to enhance their self-efficacy, thereby developing their anti-drug ability and reducing the possibility of drug abuse. Furthermore, this intervention service helps us build up relationships with the youths and peer supporters, raise their awareness of seeking support from us. After conducting an assessment by social workers and peer supporters, who service users will be provided with appropriate referral and follow-up services according to their needs and situations, such as drug rehabilitation services, vocational training services, counselling services etc.

# 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

### 服務數據 Service Data

 <p>透過外展服務接觸的多元族裔高危青少年及隱蔽濫藥人士的人次 No. of at-risk ethnically diverse youths and hidden drug abusers reached through physical outreach service</p> <p><b>3,131</b></p>	 <p>透過外展服務接觸的多元族裔高危青少年及隱蔽濫藥人士之家長或照顧者的人次 No. of parents or caregivers of at-risk ethnically diverse youths and hidden drug abusers reached through physical outreach service</p> <p><b>2,189</b></p>
 <p>透過網上外展服務接觸的多元族裔高危青少年及隱蔽濫藥人士的人次 No. of at-risk ethnically diverse youths and hidden drug abusers reached through online outreach service</p> <p><b>11,185</b></p>	 <p>接受危機介入及輔導服務的多元族裔高危青少年及隱蔽濫藥人士人次 No. of at-risk ethnically diverse youths and hidden drug abusers for on-the-spot crisis intervention and counselling service</p> <p><b>658</b></p>
 <p>接受危機介入及輔導服務的多元族裔高危青少年及隱蔽濫藥人士之家長或照顧者人次 No. of parents or caregivers of at-risk ethnically diverse youths and hidden drug abusers for on-the-spot crisis intervention and counselling service</p> <p><b>318</b></p>	
 <p>多元族裔高危青少年及隱蔽濫藥人士參與身體檢查人次 No. of on-the-spot health check-ups received by at-risk ethnically diverse youths and hidden drug abusers</p> <p><b>816</b></p>	 <p>多元族裔高危青少年及隱蔽濫藥人士參加休閒活動人次 No. of at-risk ethnically diverse youths and hidden drug abusers reached by social inducing workshops and leisure activities</p> <p><b>376</b></p>
 <p>多元族裔高危青少年及隱蔽濫藥人士參加教育小組人次 No. of at-risk ethnically diverse youths and hidden drug abusers reached by educational group</p> <p><b>238</b></p>	 <p>多元族裔高危青少年及隱蔽濫藥人士之家長或照顧者參加教育小組人次 No. of parents or caregivers of at-risk ethnically diverse youths and hidden drug abusers reached by educational groups</p> <p><b>113</b></p>

## 透過外展服務接觸多元族裔高危青少年及其家長

本計劃積極提供全港性的網上和地區外展服務，緊貼時代脈搏。計劃新增兩個網上平台 (Facebook及 Instagram)，除了用以接觸服務使用者外，我們亦希望透過網上平台發放與毒品相關的資訊，增加大眾對毒品禍害的認識。

我們亦有於多元族裔人士聚居地提供日間和深夜地區外展服務，如油尖旺、東涌和元朗。除此之外，亦在公園、多元族裔商店和餐廳等地方，派發計劃單張和禁毒資訊。

## Engaging Ethnically Diverse At Risk Youth and Parents

Our project conducted both physical and online outreach service. To keep abreast of modern developments, we launched two online platforms (Facebook and Instagram) not only to engage with service users, but also to disseminate drug-related information so as to arouse public awareness of the harms associated with drug addiction.

We also provided physical outreach service during daytime and mid-night in districts resided with ethnically diverse youths and parents, such as Yau Tsim Mong, Tung Chung and Yuen Long. Project leaflets and anti-drugs information posters were distributed in places like parks, ethnically diverse shops and restaurants.



朋輩支援員到區內多元族裔青少年聚集地提供預防吸毒工作坊，向多元族裔高危青少年推廣「無毒人生」。

Peer supporter provided anti-drug workshop in the hotspots where the ethnically diverse youths gathered to promote drug-free messages.



帶領多元族裔高危青少年參觀戒毒中心開放日，透過小遊戲、過來人分享和展覽，讓參加者了解毒品的禍害，提供禁毒教育。

We visited the open day of a treatment center with high-risk ethnically diverse youths to share the harms of drug addiction and abuse of psychotropic substances undertaken through mini games, ex-drug abuser sharing and exhibition.



## 年度重點 Highlights of the Year

### 探索多元族裔高危青少年的生涯規劃及職業導向

綜合前線工作經驗，大部分多元族裔高危青少年對其個人未來出路或會感到前路茫茫。而適切的生涯規劃及職業導向服務介入，有助穩定多元族裔高危青少年的生活模式，推動他們戒毒和遠離毒品。



獲「自在·活出真的你 - 少數族裔青年職涯探索計劃」邀請，於就業博覽會中為多元族裔高危青少年提供輔導服務，透過學習撰寫履歷表以進一步認識自我，訂立職業志向。

Invited by "Key to Success- Career and Life Planning Project for Ethnic Minority Youth", we provided high-risk ethnically diverse youths with counselling services. Through learning the skills of preparing a resume, they were able to increase self-understanding and develop career aspirations.

### Exploring the Life and Career Development of Ethnically Diverse High-risk Youth and their Career Orientation and Planning

Through front-line experience, most high-risk ethnically diverse youths feel uncertain and insecure for their future. Appropriate career and life planning and career orientation service can help stabilise the life patterns of high-risk ethnically diverse youths, and encourage them to stop and stay away from drugs.



舞蹈班成員為本會65週年星輝慈善晚宴進行舞蹈表演，透過節奏輕快的印度歌曲與嘉賓慶賀。

Our dance class member performed during SideBySide's 65th gala spectacular.



本計劃與機構其下的「賽馬會鼓掌・創你程計劃(第二期)」及「自在地。活出真的你-少數種裔青年職涯探索計劃」合作，提升多元族裔高危青少年對不同行業的興趣，發掘及訂立職業或創業的志向，同時建立正面生活模式，實踐理想。

This project has collaborated with "CLAP@JC 2.0" and "Key to Success- Career and Life Planning Project for Ethnic Minority Youth" to enhance the interests of ethnically diverse high-risk youths in different industries, discover and develop their aspirations on employment and entrepreneurship and hence establishing a positive lifestyle.



與「賽馬會鼓掌・創你程計劃(第二期)」合作，為多元族裔高危青少年提供手作飾物工作坊體驗活動，並邀請網店創辦人分享行業資訊。

Collaborated with "CLAP@JC 2.0" to provide our high-risk ethnically diverse youths with handmade accessories workshop and invited the founder of the online accessories shop to share the latest industry information.



## 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



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青少年、已懷孕或已為人母的濫藥人士和其子女的需要，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+作理念而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。

### Service Overview

This territory-wide project subsidised by Beat Drugs Fund aims at extending and intensifying the community-based drug treatment and rehabilitation service for ethnically diverse community from April 2022 to March 2025. This project is devoted to putting higher priority on supporting relapse prevention, strengthening family function and providing employment support for ethnically diverse drug abusers. It also addresses the needs of the youth, pregnant or mother drug abusers and raises public awareness on anti-drug issues.

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

We hope that after participants join 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.



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

 服務數據 Service Data



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 ethnically diverse active drug abusers & rehabilitees  
received drug counselling / relapse prevention counselling

**233**

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

**3,175**



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

**261**

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

**114**



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 ethnically diverse drug abusers & rehabilitees  
participated in Rehabilitation Strengthening programme

**1,181**

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

**62**



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 ethnically diverse drug abusers / rehabilitees  
attended the Career and Life Planning Programme

**442**

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 ethnically diverse drug abusers &  
rehabilitees participated in family reconciliation programme

**283**



## 年度重點 Highlights of the Year

### 持續強化介入濫藥母親策略建立母親專屬互助網絡

本計劃持續強化對母親組群的介入策略，透過多元族裔朋輩輔導員招攬一群正在濫藥或曾有濫藥經驗的母親組成「母親小組」，並舉辦各種針對婦女的活動，以提高她們參與強化康復活動的動力。活動旨在建立她們的互助網絡、分享應對生活壓力的技巧及提高她們解難能力。在小組中期，我們以藝術、園藝治療、運動作為小組介入方法，協助她們發展減壓技巧、提升身心靈健康及增強抗毒的動力。此外，我們亦與不同社福機構合作，以協助她們融入社會和擴闊她們的社區資源網絡。

### Strengthening the Intervention Strategy On Drug Using Mothers to Develop Their Mutual Support Network

The project continues to strengthen the strategy for the mothers' target group by achieving the "snowball effect" through recruiting peers supporters and carrying out attractive activities to increase their motivation to join the rehabilitation strengthening programmes. The target groups aimed at building up their mutual support network, teaching them skills to deal with life pressure and enhancing their problem-solving ability. In the middle phase of the group, we used art, horticultural therapy and sports as means of group intervention to help them develop relaxation skills, improve body-mind-spirit level and strengthen motivation to maintain abstinence. We collaborated with different NGOs for rehabilitated mothers to help them integrate into the community and broaden their social resources.



戒毒康復者學習有關美容基礎技巧以準備投入職場及融入社區。  
Rehabilitated service users learnt about foundation skills for beauty to prepare for work and integrate into the community.



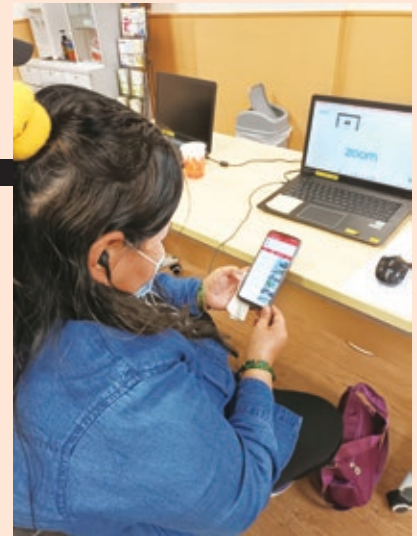
母親小組成員學習製作乾花擴香石，發揮其設計天份並學習情緒管理。

Service users from mothers' group learnt to make dried flower aroma stones for developing their design talents and learning emotional management.





我們向地利亞修女紀念學校(吉利徑)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 Delia Memorial School (Glee Path).



戒毒康復者學習電腦技巧如Zoom及巴士應用程式以準備投入職場及融入社區。  
Rehabilitated service users learnt about computer skills such as Zoom and bus app to prepare for entering the workforce and integrating into the community.



我們在健康支援小組舉辦反思遊戲以提升參加者的戒毒動機。  
We organised reflective games in health support group to raise the participants' motivation in entering treatment.



## 少數族裔社區大使計劃 Ethnic Minority District Ambassador

### 服務概覽



本會向來致力推動社區關愛共融，在社會福利署撥款支持下，於二零二零年十月正式在更生康復服務推行為期三年的「少數族裔社區大使試驗計劃」，期望能使本會服務更完善，同時為多元族裔人士提供更多就業機會。

本會招聘了四位多元族裔同工，聯同本會其他計劃的多元族裔社工、福利工作人員及朋輩支援員，在灣仔、油尖旺、北區、屯門及元朗等九個地區發展多元族裔服務。服務包括提供外展服務、小組及個人輔導服務、翻譯服務及陪診服務等，並在會內舉辦有關多元族裔文化的工作坊和訓練，加強同工對多元族裔的認知及文化敏感度，使本會服務能更完善地照顧不同社群的需要。

### Service Overview

SideBySide had long been contributing to the development of an inclusive society. With such an aim, a three-year "Ethnic Minority District Ambassador Pilot Scheme" was launched in October 2020 to provide more career opportunities for the ethnically diverse community.

Four ethnically diverse colleagues were recruited as the ambassadors and they worked with the social workers, welfare workers and peer supporters in 9 areas, including Wan Chai, Yau Tsim Mong, North District, Tuen Mun and Yuen Long, to provide services including outreach service, group and individual counselling, translation for ethnically diverse community as well as escorting them to attend medical follow-ups when necessary.

The ambassadors had also conducted workshops and trainings to enhance our staffs' cultural sensitivity towards the ethnically diverse community so that our services could better address the needs of different groups of users.



### 服務數據 Service Data



提供的語言服務(傳譯/翻譯)人次  
No. of language services (Interpretation/ Translation) offered

444

多元族裔社區外展接觸人次  
No. of ethnically diverse clients reached by physical outreach

3,509



社區外展次數  
No. of sessions in physical outreach

123

小組及活動總次數  
Total no. of groups/ activities organised

118

## 培養母親的自我照顧

通過使用多種服務模式和介入手法，幫助服務使用者(特別是多元族裔婦女)養成正確的生活方式和飲食習慣。我們致力提倡「自愛」和「自我照顧」，並提高她們對個人健康問題的認知。

作為家庭照顧者，她們承受著巨大的壓力和負擔。在小組中，我們幫助服務使用者舒緩照顧壓力，並在情感上支持她們。



與「黃大仙區康健中心」合作為服務使用者提供健康檢查及進行毛巾伸展運動，以減輕服務使用者的背痛問題。

Collaborating with Wong Tai Sin District Health Center to provide health check-ups and teach towel stretching exercise to help service users alleviate back pain.

## Developing Self-love of the Mother

By using a wide variety of service models and intervention approaches, we assisted service users, especially the ladies in ethnically diverse community, to develop proper lifestyles and eating habits. We put great efforts in promoting self-love and care as well as enhancing their awareness of personal health issues.

As the caregivers of the family, they are bearing immense pressure and burden. In the group, we helped the service users to relieve their caring stress. They felt relieved and gained emotional support after participating in the group activities.



與「醫護行者」合作，向多元族裔人士提供健康體檢及諮詢服務，以幫助他們監測自己的身體、心理和情緒健康。

Collaborating with "Health In Action" to provide health check-ups and consultation services to the ethnically diverse community, helping them to monitor their physical, mental, and emotional health.



## 年度重點 Highlights of the Year

此外，大多數服務使用者都具有相似的背景和經驗，她們會互相分享應對問題的技巧。除此之外，母親們具有才華和創意力，她們會輪流帶隊教授其他組員一些新的技巧，並在小組中分享自己的手藝。這些活動都有助於增強她們的信心並獲得成就感。

Also, since most of the ladies share similar backgrounds and experiences, they exchanged problem-coping skills with each other. Besides, we also found that the mothers are talented and creative. They took turns in leading the group and taught others to cook the new dishes and shared their skills in the group. It helped to boost their confidence and gain a sense of achievement.



服務使用者及家人參加「開齋節」活動，以促進鄰里之間的關係並培養自助精神。

Service users joined "Eid Celebration" with their families to promote the relationship between neighbours and develop self-help spirit.



於多元族裔小學舉辦健康攤位以推廣健康飲食並介紹「健康飲食金字塔」，以求達致飲食均衡及促進健康。

Organising health booths in ethnically diverse primary schools to promote healthy eating habits and introduce the "Healthy Eating Pyramid" in order to achieve a balanced diet and promote health.

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

### 服務概覽



"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。

### Service Overview

The term "YUWA" in some South Asian languages is pronounced as (yuvā), which 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 raise awareness within the communities through community outreach and education. Additionally, through our "Mental Health Leadership Training Programme", we hope to engage youth in spreading positive mental health messages to their own communities.

### 服務數據 Service Data



**1,451**

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

**20**

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



**163**

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

**246**

社區教育活動參與人數  
No. of participants attended community education program

## 年度重點 Highlights of the Year

### 提供到校精神健康教育活動

計劃除了恒常的外展及個案服務外，本年度亦為學校提供精神健康教育活動，提供服務予學生及其家人。計劃為多間學校舉辦講座及小組等活動，並於有需要時接受學校個案轉介。活動內容包括：精神健康基本相關知識、面對壓力的處理和放鬆心情活動。本計劃於來年會加強與各學校的合作，鼓勵更多多元族裔青少年成為精神健康大使。

### Providing Mental Health Educational Activities in Schools

Apart from the regular outreach and case work intervention service, "Project YUWA" also conducted mental health educational activities for students and their family members in various schools this year by organising talks and group activities; and accepting referrals from schools when needed. The activities covered various topics such as basic knowledge of mental health, stress management and relaxation exercise. In the coming year, we will enhance collaboration with schools and encourage more ethnically diverse youth to become our mental health ambassadors.



於學校活動中推廣學生對精神健康關注。

School programme was conducted to promote mental health awareness among the students.



為多元族裔社區人士提供精神健康大使訓練活動。

Mental Health Ambassador Training were provided for participants in ethnically diverse community.



於花藝設計工作坊中，引導參加者感受「此時此地」的重要性。  
Floral jamming workshop was conducted to promote the importance of being 'Here and now'.



## 為個案介入建立專業合作網絡

除了計劃內的社工及精神健康工作人員外，本計劃亦於本年度建立不同的合作伙伴網絡，並在各地區持分者的協助下，為不同的個案進行評估、介入及轉介。

除了本會內的單位，本計劃亦與不同的外間持分者及機構，例如：綜合家庭服務中心、衛生署、醫務社工及多元文化外展服務隊合作，為個案提供全面性跟進。

本計劃將會繼續與不同社區持分者加強合作，提供優質服務予服務使用者。

## Developing Multi-discipline Profession collaboration Network

"Project YUWA" developed a multi-discipline professional network this year. With the assistance of different external stakeholders, we conducted assessments, interventions and referrals in a more comprehensive approach.

Apart from the internal service units in SideBySide, "Project YUWA" also collaborated with different external professions and government departments such as the Integrated Family Service Centre, Department of Health, various medical social workers and the Outreach Team for Multi-Cultural Community.

In the coming year, in-depth collaboration is expected to provide high-quality service to the targeted community.