



更生

**SOCIAL
REHABILITATION**

社會康復及家庭支援服務
Rehabilitation and Family Support Service

同行

更生同行服務一覽

Social Rehabilitation Service



了解更多服務詳情
Know more about
details of services

被捕及候審支援 Support Services for Arrestees and Accused Persons

法院社工服務

法院社工為涉嫌違法人士、候審人士及其家屬提供諮詢和輔導服務，以減輕他們在司法過程中所面對的壓力和情緒困擾，同時改善他們的個人及家庭福祉，增強他們的解難能力和法治精神，預防他們重墮法網。

Court Social Work Service

Provides comprehensive counselling and information services to individuals and their family members in conflict with the law. We are committed to alleviate stress and assist them to resolve their psychological and welfare problems throughout prosecution processes and post-sentencing stage. Our goal is to empower them to develop healthy lives with confidence, harmony and rule of law spirit.

耆叻計劃

耆叻計劃由凱瑟克基金贊助，透過協助六十歲或以上的被捕、候審長者及其家屬處理危機，一起重建美好生活。

Project Hope Net – Support Service for Elderly Arrestees

Funded by Keswick Foundation, the project aims to alleviate stress and provide assistance to arrestees (aged 60 or above) and their family members throughout prosecution processes and post-sentencing stage.

在囚 Incarceration



藍巴士賽馬會結伴成長計劃

獲香港賽馬會慈善信託基金贊助，支援全港18歲以下，因家長面對被捕、司法程序、在囚或更生階段而需要協助的全港兒童及青少年（以及其家長/照顧者），一同克服家庭困境及成長挑戰，促進正面的家庭關係。

Blue Bus Jockey Club Together We Grow Project

Provide supporting services to children and youth, whose parents are arrested, incarcerated, or ex-offenders, also their caregivers, in order to resolve or overcome the challenges from family and development stages, also facilitate the positive family relationship.

刑釋前 Pre-release

釋前輔導服務

協助在囚人士作好出獄後的準備，包括在家庭支援及重聚、居住安排、就業準備及健康教育等各方面，並在他們離開院所後作妥善跟進。透過與懲教署緊密合作，現時本會社工每星期定期到懲教院所為不同年齡層的在囚人士提供適切的釋前輔導服務。

Pre-release Preparation Service

The Pre-release Preparation Service assists persons in custody in their better preparation of discharge by adopting early intervention and multifarious service models. Services include family support and reunion, accommodation, employment training, and health education. Comprehensive follow up service will be provided upon their discharge. We closely collaborate with Correctional Services Department and our social workers to provide regular Pre-release Preparation Service at Correctional Institutions.





良好健康與福祉



減少不平等



和平正義及健全制度



多元夥伴關係

刑釋後 Post-release



社會康復及支援綜合服務中心

綜合服務中心是違法人士及其家屬接觸本會服務的前哨站，提供一站式的綜合康復及支援服務。中心社工以「實証為本」的工作手法，協助服務使用者處理各種挑戰，增強他們的自信心和解決問題的能力，加強和家人關係及使他們刑釋後順利融入社會，重過新生，過着安份守法的生活。

Integrated Service Centre for Social Rehabilitation & Community Support (ISC)

ISC is the first contact point between society and ex-offenders and their family members which provides one-stop integrated rehabilitation and community support services. Adopting the evidence-based practice, our social workers help service users to solve and cope with their problems by enhancing their self-confidence and problem solving abilities. Our ultimate goals are assisting service users in their re-integration into the community, enhancing their relationship with family and enabling them to lead a law-abiding and independent life.

住宿服務

本會一共設有5所男宿舍及1所女宿舍為更生人士提供過渡性住宿服務，協助他們重建新生活 and 融入社會。

Accommodation Service

The agency operates 5 male hostels and 1 female hostel to provide transitional accommodation services for newly discharged prisoners, helping them rebuild their lives and reintegrate into society.

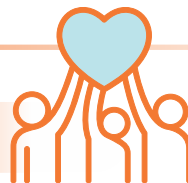
「釋」得其所 - 刑釋人士短期租金津貼計劃

計劃由社會福利署津助，為出獄後一個月內未能獲得宿位及沒有領取綜合援助金的更生人士，提供最多連續兩個月的租金津貼來租住房屋，以解決其居住問題。

Short-term Rental Assistance [SRA] for Newly Discharged Prisoners

Funded by the Social Welfare Department, Short-term Rental Assistance (SRA) is provided for newly discharged prisoners who are not receiving Comprehensive Social Security Assistance (CSSA) and SideBySide hostel service within one month after discharge, which aims to support them to rent private cubicles for not more than two consecutive months.

重投社會 Community Reintegration



戒毒服務 Drug Rehabilitation Service

香港賽馬會社區資助計劃 — 綠洲計劃

為本會設立之藥物濫用者戒毒輔導及康復計劃，自2005年至今由香港賽馬會慈善信託基金贊助。計劃與不同醫院的藥物濫用診所及藥物誤用評估中心合作，透過藥物治療及社區為本的跨專業戒毒輔導模式，為有戒毒需要的服務使用者提供一站式綜合戒毒康復服務。

HKJC Community Project Grant - Project OASIS

The agency established the drug rehabilitation project and funded by the Hong Kong Jockey Club Charities Trust since 2005. The Project collaborates with the Substance Abuse Assessment Unit (SAAU) or the Substance Abuse Clinic (SAC) from different hospitals in Hong Kong. The Project is characterized by joint effort between medical professionals and social workers, aiming at providing substance users with medical support from SAAU or SAC and comprehensive community-based rehabilitation services.

「老友鬼鬼」- 朋輩團隊支援隱蔽濫藥者之生死教育計劃

(前稱：「齊來老友鬼鬼」- 朋輩團隊支援隱蔽濫藥者計劃)

"Buddies & Buddies" - Peer Support Service on Hidden Drug Users' Life and Death Education

(Formerly known as "Buddies' Hub" - Peer-in-a-Team Support Service on Hidden Drug Users)

此全港性項目目標旨在於2025年8月至2028年7月期間，透過朋輩支援員主導的外展服務，培訓吸毒者及戒毒者義工，及早辨識隱蔽吸毒者，並促進其身份轉化。項目將結合醫社合作，幫助參加者檢視生命，提升戒毒動機，並培訓過來人成為生命導賞員，以宣揚禁毒訊息。

This territory-wide initiative aims to leverage peer support workers to lead outreach services from August 2025 to July 2028. The project focuses on training volunteers who are current or former substance users to identify hidden drug users at an early stage and facilitate their transformation. By integrating medical and social collaboration, the initiative seeks to assist participants in reflecting on their lives, enhancing their motivation to quit, and training them to become life guides who disseminate anti-drug messages.

「仨吾成群」- 運動干預支援隱蔽濫藥者計劃

以運動干預作為預防重吸的介入手法，採用自我決定理論 (Self-determination theory) 作為軸心，在自主 (Autonomy)、連結 (Relatedness) 及能力 (Competence) 三個階段提升吸毒者改變動機，提升運動參與及更正吸毒的行為。

"3-To-Go" - Sports Intervention Service on Hidden Drug Users

The "3-To-Go" programme uses sports intervention based on Self-Determination Theory, the approach enhances change motivation in drug users by focusing on autonomy, relatedness, and competence, promoting sports participation and correcting drug use behaviours.



| 被捕及候審支援服務 | SUPPORT SERVICES FOR ARRESTEES AND ACCUSED PERSONS |

| 法院社工服務 | Court Social Work Service |



年度重點 HIGHLIGHTS OF THE YEAR

拓展服務範圍 提供全方位支援

法院社工外展服務持續擴展，團隊除恆常駐守全港各區法院，本年度更積極推進還押院所的小組工作服務，為涉嫌違法及候審人士提供情緒支援，協助他們及其家屬面對司法程序的挑戰與壓力，同時促進建立互助社群，強化他們的支援網絡。

匯聚社區協力力量

過去一年，法院社工服務積極與不同社區持份者協作，透過合辦法律常識與社工實務工作坊拓展社區支援網絡，並重點加強義工培育，擴大對候審人士的支援覆蓋面。

此外，我們透過建立專業實務形象，獲多個持份者邀請開展培訓活動，並於2024年7月獲警務處邀請，就店舖盜竊案件協助舉行新聞發布會，讓社會大眾更深入認識違法人士的輔導需要。

Expanding Court Social Services for Holistic Support

Court social workers provide services across all Hong Kong courts and regularly visit detention centers to conduct group support sessions to provide emotional assistance to individuals facing legal proceedings and their families, helping them navigate judicial challenges. Our work also focuses on building peer support communities and enhancing clients' overall support networks.

Harnessing Community Collaboration

Last year, the Court Social Service strengthened partnerships with community stakeholders to enhance support networks. Through co-organised workshops on legal knowledge and social work practices, we expanded outreach efforts and bolstered volunteer development to better support individuals awaiting trial.

Our dedication to professional excellence led to invitations from stakeholders to deliver training programmes. In July 2024, we collaborated with the Hong Kong Police Force in a press conference on shop theft cases, raising public awareness of the counselling and rehabilitation needs of offenders.



法院社工實務訓練以提升參加者對候審人士需要的認識
Court social worker training session aimed at enhancing participants' understanding of the needs of accused individuals



邀請教育心理學家分享自閉症及過度活躍症之特質與違法行為的關係
Educational psychologists shared insights on the relationship between autism, hyperactivity disorder traits, and criminal behaviour



定期進行進階義工訓練課程提升法院義工隊的知識與實務技巧
Advanced volunteer training courses were regularly conducted to enhance the knowledge and practical skills of the Court Volunteer Team



為新加入的法院義工進行參觀法院活動
Court tours were organised for newly joined court volunteers

SUPPORT SERVICES FOR ARRESTEES AND ACCUSED PERSONS /

| 法院社工服務 | Court Social Work Service |

被捕及候審支援服務

服務數據 SERVICE DATA



800

駐庭服務次數
No. of court service

192

深入跟進個案宗數
No. of in-depth follow-up cases



個案服務
Case Work

54

人數
No. of Volunteers

1,201

服務次數
No. of service sessions



義工服務
Volunteer service

234

短期跟進個案宗數
No. of short-term follow-up cases

2,256

查詢個案宗數
No. of enquiries

3,024

服務時數
No. of service hours

176

出席訓練及活動人次
Attendance of training of training and programme

還押人士支援服務 Service for Persons remanded in custody

22

小組節數
No. of sessions

437

參加小組人次
Attendance of groups

被捕候審社工實務工作坊

Social work practice workshop for arrestees and accused persons

7

工作坊數目
No. of workshops

190

出席工作坊人次
Attendance of workshops



服務成效 SERVICE IMPACTS

法院義工隊成功將恆常參與服務的義工人數由30多名大幅提升

至 **50** 多名。

The Court Volunteer Team successfully increased the number of regularly participating volunteers

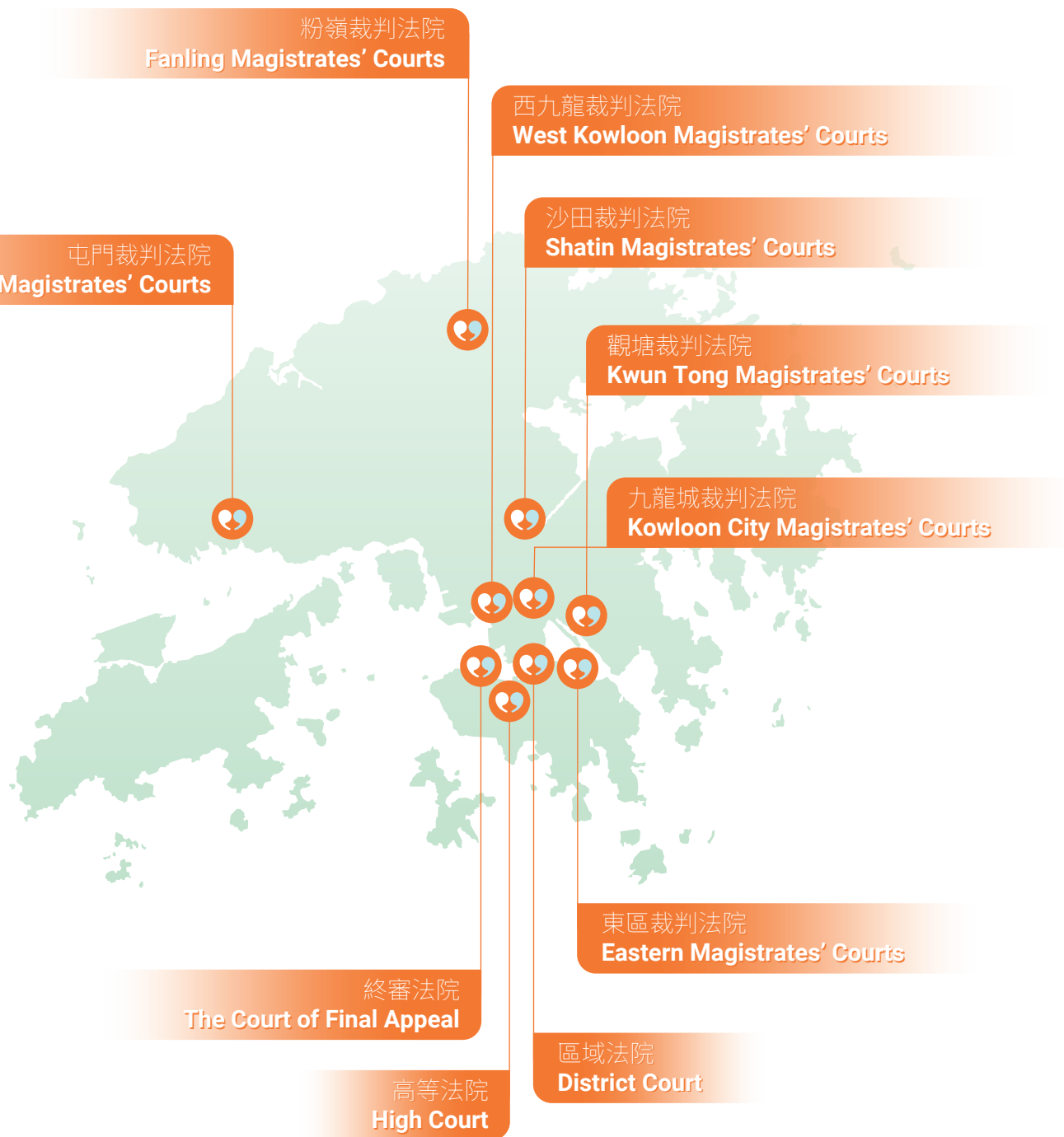
from over 30 to over

50



| 被捕及候審支援服務 | SUPPORT SERVICES FOR ARRESTEES AND ACCUSED PERSONS |

| 法院社工服務 | Court Social Work Service |





| 被捕及候審支援服務 | SUPPORT SERVICES FOR ARRESTEES AND ACCUSED PERSONS |

| 法院社工服務－耆叻計劃 | Court Social Work Service – Project Hope Net |



年度重點 HIGHLIGHTS OF THE YEAR

耆叻計劃第二期展開：全面支援被捕長者與其家人

本機構為被捕長者提供的支援服務已順利進入第二期階段。「耆叻計劃」獲「凱瑟克基金」贊助，於2024年6月1日正式開展，旨在為在本港面對刑事檢控的60歲或以上的被捕人士、涉嫌違法者、候審人士及其家人，提供適切且全面的支援。

在支援被捕長者及照顧者方面，本計劃採用「創傷知情韌性服務模式」，通過專業的個案管理、治療小組、多元化活動以及轉介服務，協助服務使用者及其家屬增強心理韌性，提升正向應對能力。



贊助耆叻計劃的「凱瑟克基金」委員會成員參觀服務計劃及與服務使用者交流

Members of the Keswick Fund Committee, sponsors of Project Hope Net, visited the programme and engaged with service users

Phase II of the Elderly Support Program: Comprehensive Assistance for Arrested Elderly Individuals and Their Families

The support services for elderly arrestees have successfully entered the second phase. Sponsored by the Keswick Foundation, "Project Hope Net" officially commenced on 1 June 2024. The programme aims to provide comprehensive and tailored support to individuals aged 60 or above in Hong Kong who are facing criminal prosecution, including arrestees, alleged offenders, those awaiting trial, and their families.

Adopting a trauma-informed resilience service model, the programme offers professional case management, therapeutic groups, diverse activities, and referral services. These initiatives are designed to strengthen the psychological resilience of service users and their families while enhancing their capacity for positive coping.



計劃透過舉辦「照顧者廚藝大賽」讓服務使用者學習欣賞照顧者的用心
The programme organised a "Carer Cooking Competition" to help service users learn to appreciate the dedication of carers

SUPPORT SERVICES FOR ARRESTEES AND ACCUSED PERSONS /

| 法院社工服務－耆叻計劃 | Court Social Work Service – Project Hope Net |

被捕及候審支援服務

提升前線人員支援能力

為強化社區支援網絡，「耆叻計劃」亦積極為不同持份者提供專業及實務訓練。在警務處及多家長者服務非牟利機構的支持下，計劃為356名前線工作人員舉辦13次專業及不同類型主題培訓課程，從而提升他們對長者司法支援需求的覺察與服務能力。

Strengthening Frontline Staff Competencies

To strengthen the community support network, Project Hope Net actively provides professional and practical training for various stakeholders. With the support of the Police Department and multiple non-profit organisations specialising in elderly services, the project organised 13 professional and thematic training sessions for 356 frontline staff. These sessions aimed to enhance their awareness of the judicial support needs of the elderly and improve their service capabilities.



與港島總區防止罪案辦公室團隊商討協作方向
Discussed collaboration strategies with the Hong Kong Island Regional Crime Prevention Office team



為前線警務人員進行專業培訓以提升對被捕長者面對的需要及困難的認識
Provided professional training for frontline police officers to enhance their understanding of the needs and difficulties faced by elderly people under arrest



為社福長者服務的前線工作人員進行專業培訓，以提升他們對被捕長者面對困難的認識
Provided professional training for frontline social welfare workers serving elderly people to enhance their understanding of the difficulties faced by elderly individuals under arrest



| 被捕及候審支援服務 | SUPPORT SERVICES FOR ARRESTEES AND ACCUSED PERSONS |

| 法院社工服務－耆叻計劃 | Court Social Work Service – Project Hope Net |



服務數據 SERVICE DATA

耆叻計劃 Project Hope Net (6/2024-4/2025)



個案服務 Case Work

124

個案查詢
No. of case enquiries

61

深入跟進個案宗數
No. of in-depth counselling cases

53

短期跟進個案宗數
No. of brief intake cases



小組及活動 Group and programme

21

小組/活動提供予服務使用者的次數
No. of group/programme for arrestees, family members and carers

13 次 **257** 出席者
times attendants

小組/活動參與人次
No. of attendance of group/programme



專業訓練提供予不同持份者 Professional Training for stakeholders

6 次 **185** 出席者
times attendants

專業培訓提供予警務人員
Number of professional training/attendance for Policemen

7 次 **171** 出席者
times attendants

專業培訓提供予長者服務的前線工作人員
Number of professional training/attendance for NGOs' frontline workers



服務成效 SERVICE IMPACTS

耆叻計劃與警務署建立個案轉介機制，超出預期及在去年擴展至三個總警區，包括新界南、東九龍及港島總警區。

為加強被捕長者的支援網，為社區不同持份者提供專業及實務培訓，超過9成參加者同意課程有助強化他們的實務技巧。

Project Hope Net established a case referral mechanism with the Police Force, exceeding expectations by expanding last year to three police regions, including New Territories South, Kowloon East, and Hong Kong Island.

To strengthen the support network for arrested elderly individuals, professional and practical training was provided to various community stakeholders. Over 90% of participants agreed that the training enhanced their practical skills.



| 被捕及候審支援服務 | SUPPORT SERVICES FOR ARRESTEES AND ACCUSED PERSONS |

專題故事 FEATURE STORY

服務使用者：晴天

偷取你們的明白、肯定及關心

「晴天」是兩個妹妹的大家姐，亦是家中唯一未婚的孩子，她一直認為照顧父母的責任落在自己頭上是自然不過的事。對於父母的管教一一順從，不敢或不想違背父母的意思。同時，由於兩位妹妹的學業表現比自己更出色，她常覺得自己比不上她們，認為自己很無用，唯一能做到的就是在家中扮演好「乖乖女」的角色。她默默承受照顧父母的壓力和負面情緒，長期忽略自己的需要，日積月累，情緒壓力愈來愈大，最終陷入自我否定的惡性循環。

她知道偷竊不對，但每次經過超市貨架，內心的空虛與壓力驅使她伸手。偷竊的緊張與刺激帶來「前所未有的滿足感」，短暫填補了她的空洞。然而，事後的內疚如潮水湧來，她會在公園「哭到收不到聲」，坦言：「我愛上了這種感覺，開始控制不到自己。」被捕後，她感到無地自容，認為自己「不配做別人的女兒，不配有朋友」，甚至質疑生存價值。

找回屬於自己的晴天

晴天透過外展服務第一次與善導會的法院社工接觸。社工除了提供個案輔導工作，幫助晴天小姐處理刑事司法程序，還以不批判的聆聽她的經歷和與家人的關係。社工發現晴天的盜竊是一種「成癮行為」，源於壓抑的情緒和對家人肯定的渴望。透過一對一輔導，社工幫助晴天辨識壓力，並尋找替代方式取代盜竊帶來的短暫滿足感。

社工還幫助安排晴天與家人溝通，幫助父母和妹妹了解她的壓力。起初，晴天害怕家人知道盜竊事件，擔心被「離棄」。然而，家人給予了意外的支持：「晴天做得很好，為何要把所有責任負在身上？」妹妹也意識到晴天每天回家陪伴的可貴。這份肯定讓晴天感到震撼，她開始學會坦誠表達需要，與家人的關係變得更開放。「現在我可以跟爸媽說我想什麼，感覺很輕鬆，」她笑著說，眼中閃爍自信。

Service User: Miss Sunny

The Silent Struggles of Miss Sunny

As the eldest sister and still unmarried, Miss Sunny felt it was her duty to care for her parents. She complied with all their expectations, never daring to defy them. With her two younger sisters excelling academically, she saw herself as inferior and believed her only value was being the "perfect, obedient daughter." Quietly enduring the burden of caregiving, she neglected her own needs, leading to overwhelming emotional pressure and a cycle of self-doubt.

Miss Sunny knew stealing was wrong, but the emptiness and stress inside her compelled her to act whenever she passed supermarket shelves. The thrill gave her a fleeting sense of satisfaction, briefly filling the void. Yet, the guilt that followed was unbearable. She often cried uncontrollably in the park, admitting, "I became addicted to the feeling and couldn't stop myself."

When she was caught, Miss Sunny was consumed by shame. She believed she was unworthy of being a daughter, unworthy of friends, and began questioning her right to exist, trapped in a spiral of guilt and despair.

Finding Her Place in the Sun

Miss Sunny connected with SideBySide's court social workers through outreach services. Social worker not only offered comprehensive counselling services and guided her through the pressures of the legal process but also lent his non-judgmental ear to listen to her experiences and her relationship with her family. Social worker viewed her shoplifting as an "addictive behaviour" rooted in pent-up emotions and a yearning for family approval. Through one-on-one counselling, he helped her pinpoint her stress and find healthier outlets, moving away from the temporary high of stealing.

Social worker also bridged the gap between Miss Sunny and her family, helping her parents and sisters understand her burdens. Fearing they would "turn their backs on her," she was stunned by their support: "Sunny, you've done so much; why carry it all alone?" Her sisters valued her constant presence at home. This encouragement was a game-changer, empowering her to speak her mind and forging a closer family bond. "Now I can tell my parents how I feel, and it's like a weight off my shoulders," she said, her eyes shining with newfound confidence.



| 綜合更生康復服務 | INTEGRATED SERVICE FOR EX-OFFENDERS |

| 釋前輔導服務 | Pre-release Preparation Service |



年度重點 HIGHLIGHTS OF THE YEAR

本會為在囚人士提供的服務包括釋前輔導和其他活動。我們透過多元化的方法和及早介入的策略，協助他們做好釋前準備以應付獄後的生活挑戰。我們的社會工作員會按需要為他們安排合適的服務和轉介，包括家庭重聚、就業準備、住屋需求，以及健康教育等。同時，亦會在他們離開院所後作妥善跟進和支援。

The agency provides Pre-release Preparation Service and other activities for persons-in-custody. Through the implementation of multi-dimensional models and early intervention strategies, we assist persons-in-custody in preparing for life post-discharge. Our social workers coordinate essential services and referrals for persons-in-custody before and after they are discharged in areas such as family support, employment preparation, housing assistance, and health education.



服務數據 SERVICE DATA



371

小組簡介數目
Number of groups briefing conducted



6,295

小組簡介的出席人數
Number of attendances of the group briefing



962

在懲教院所與在囚人士進行面談的數目
Number of inmate interviews in penal institutions conducted



437

曾接受釋前輔導服務其後成為綜合服務中心的服務對象的人數
Number of inmates of penal institutions turn to be service users of Integrated Service Center (ISC) after receiving Pre-release Preparation



服務成效 SERVICE IMPACTS

97.04% 服務使用者表示接受釋前輔導服務後對社區資源的認識有所提升。

97.04% of service users indicating enhancement of knowledge of community resources after attending inmate interviews of Pre-release Preparation Service in penal institutions.

INTEGRATED SERVICE FOR EX-OFFENDERS /

| 釋前輔導服務 | Pre-release Preparation Service |

綜合更生康復服務

服務院所 Service Locations

大嶼山 Lantau Island

勵志更生中心
Lai Chi Rehabilitation Centre
沙咀懲教所
Sha Tsui Correctional Institution
石壁監獄
Shek Pik Prison
塘福懲教所
Tong Fuk Correctional Institution

九龍 Kowloon

荔枝角收押所
Lai Chi Kok Reception Centre
勵行更生中心
Lai Hang Rehabilitation Centre

香港島 Hong Kong Island

白沙灣懲教所
Pak Sha Wan Correctional Institution
赤柱監獄
Stanley Prison
東頭懲教所
Tung Tau Correctional Institution

喜靈洲 Hei Ling Chau

喜靈洲懲教所
Hei Ling Chau Correctional Institution
喜靈洲戒毒所
Hei Ling Chau Addiction Treatment Centre
勵新懲教所
Lai Sun Correctional Institution

新界 New Territories

芝蘭更生中心
Chi Lan Rehabilitation Centre
勵敬懲教所
Lai King Correctional Institution
羅湖懲教所
Lo Wu Correctional Institution
壁屋懲教所
Pik Uk Correctional Institution
壁屋監獄
Pik Uk Prison

小欖精神病治療中心
Siu Lam Psychiatric Centre
大欖女懲教所
Tai Lam Centre for Women
大欖懲教所
Tai Lam Correctional Institution
蕙蘭更生中心
Wai Lan Rehabilitation Centre

INTEGRATED SERVICE FOR EX-OFFENDERS /

| 社會康復及支援綜合服務中心 | Integrated Service Centre for Social Rehabilitation & Community Support |

綜合更生康復服務

年度重點 HIGHLIGHTS OF THE YEAR



本會營運四間社會康復及支援綜合服務中心，共設六個服務點，服務分佈全港。我們的社工運用實證為本的方法，協助服務使用者應對各種問題，同時提升他們的自信心和問題解決能力。我們致力於加強服務使用者與家人的關係，協助他們自力更生，使他們重建守法的自立生活，順利重新融入社會，並達致自在共融。

健康同行：更生人士健康支援

本會近年積極與本地不同慈善基金及健康社福機構合作，為服務使用者提供健康檢查及持續醫療跟進，提升服務使用者健康意識，並建立健康生活模式。以視力保健為例，今年已舉辦10次檢查、服務86人，並為26人安排轉介跟進。此外，「尋回跑隊」全年舉行超過30次練習及參與10場公開賽，更於本年度參加新加坡 Yellow Ribbon Prison Run 2024。團隊強調透過運動培養堅持、信念與抗逆力，融入更生康復理念，協助服務使用者建立積極守法的新生活。



「尋回跑隊」的成員前往新加坡參加Yellow Ribbon Prison Run 2024
Members of the "Rebond Runners" team participated in the Yellow Ribbon Prison Run 2024 in Singapore



護士向服務使用者解釋眼睛檢查的流程
The nurse explained the eye check-procedure to the service users

SideBySide operates four Integrated Service Centre for Social Rehabilitation & Community Support (ISC), with a total 6 Revival Hubs distributed throughout Hong Kong. By adopting evidence-based practice, our social workers help service users to resolve and cope with their problems by enhancing their self-confidence and problem-solving abilities. We are also dedicated to strengthening the familial relationships of service users and supporting in becoming self-reliant. Our ultimate goal is to enable them to rebuild an independent, law-abiding life and re-integrate into the community to achieve Belonging.

Stay Healthy Together: Health Support for Rehabilitation Individuals

The agency has proactively collaborated with local charitable foundations and organisations to deliver health check-ups and ongoing medical follow-ups for service users. These initiatives are designed to enhance health awareness and encourage the adoption of sustainable healthy lifestyles. For example, in the area of vision care, 10 check-up sessions were conducted this year, benefiting 86 individuals, with 26 receiving referrals for further medical attention. The "Rebond Runners" team organised over 30 training sessions and participated in 10 public competitions throughout the year. Notably, the team represented the agency at the Yellow Ribbon Run 2024 in Singapore this year. By emphasising perseverance, belief, and resilience through sports, the team integrates the rehabilitation concept of healthy living to inspire service users to build an active, healthy, and law-abiding lifestyle.



服務使用者接受眼睛檢查
Service user underwent an eye check



| 綜合更生康復服務 | INTEGRATED SERVICE FOR EX-OFFENDERS |

| 社會康復及支援綜合服務中心 | Integrated Service Centre for Social Rehabilitation & Community Support |



年度重點 HIGHLIGHTS OF THE YEAR

善青平台：助力青年再展人生路

本會透過設立「善青」青年平台，致力為青少年提供生涯發展及社會融入支援。本年度已吸引逾130人參與，並於2025年1月成功舉辦首次賀年燒烤活動，吸引25位青年及其家人參加，促進彼此交流與聯繫。平台鼓勵青年自主籌劃多元活動，涵蓋職涯探索、情感支援、興趣發展及社區參與等範疇，以助他們發揮潛能，積極回饋社會。



年青人透過燒烤活動互相交流，增加彼此之間的連繫
Young people connected and strengthened their bonds with one another through a barbecue activity

守護成長：弱勢兒童品德與正向發展

本會定期舉辦「守護者計劃」，邀請弱勢兒童繪畫心中的守護天使，由服務使用者與社區義工攜手把弱勢兒童繪畫而成的畫作製作成獨一無二的公仔，以支持兒童正面成長及品德培育。今年共舉辦23次活動，惠及131名兒童。

YOUthCan Platform: Helping Youth Rebuild Their Lives

The agency has launched the "YOUthCan" platform to provide comprehensive social reintegration and career development services for young people. This year, the platform engaged over 130 participants and successfully hosted its inaugural New Year barbecue event in January 2025, with 25 young people and their family members, to foster meaningful connections and peer interaction. The platform empowers youth to design and lead a variety of activities, services, and courses encompassing career exploration, emotional support, skill development, and community engagement. Through these initiatives, the platform helps young people realise their potential and encourage them to actively contribute to society.

Guardianship of Growth: Moral Development and Positive Growth for Underprivileged Children

The agency regularly organises the "My Shield Angel", inviting underprivileged children to illustrate their vision of shield angels. Service users and community volunteers work together to transform these drawings into one-of-a-kind figurines to support children's positive growth and their moral development. This year, a total of 23 activities were held under this programme, benefiting 131 children.



小朋友正努力設計及繪畫屬於自己的「守護者」
The children worked hard to design and draw their own shield angel

INTEGRATED SERVICE FOR EX-OFFENDERS /

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綜合更生康復服務

服務數據 SERVICE DATA



1,807

新開及重開個案
No. of new and reopened cases

1,116

家庭探訪次數
No. of home visits

19,972

面談接觸次數
No. of face-to-face contacts



個案服務
Case Work

5,977

個案總數
Total no. of cases served

14,485

電話聯絡次數
No. of follow-up telephone contacts

30,469.00

輔導時數
No. of counselling hours

51,874

成功聯絡次數
No. of successful contacts

177

輔導／治療性小組節數
Counselling/Therapeutic group sessions

59

大型活動
Mass programmes



小組及活動資料
Group and Activity

819

小組及活動總節數
Total no. of groups/activities sessions

487

*支持／互助／發展性小組及興趣班組節數
*Supportive/Mutual-help/Developmental groups sessions and/Interest class sessions

96

*社區參與／連繫活動
*Community involvement/Linkage activities or programmes



服務成效 SERVICE IMPACTS

93.80%

服務使用者在接受社會康復及支援綜合服務中心服務後表示其問題解決能力增強。

93.80%

of service users indicating enhancement of problem solving capacity after receiving ISC service.

92.92%

服務使用者在接受社會康復及支援綜合服務中心服務後表示其支援網絡增強。

92.92%

of service users indicating enhancement of support network after receiving ISC service.

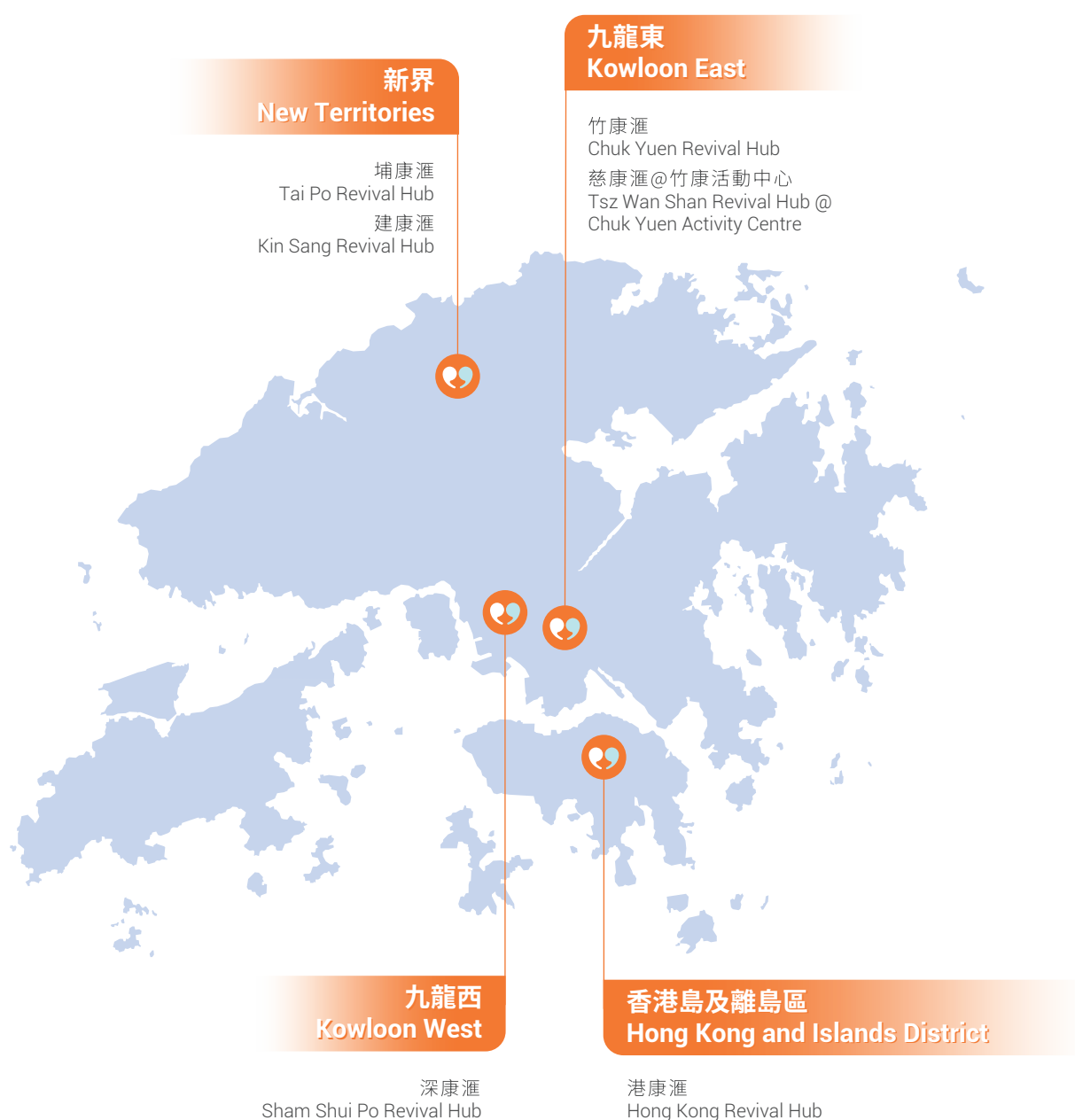


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全港服務 Territory-wide Service

本會轄下有四間社會康復及
支援綜合服務中心（共六個服務點）
4 Integrated Service Centres for
Social Rehabilitation & Community Support
(Total 6 Revival Hubs)





| 綜合更生康復服務 | INTEGRATED SERVICE FOR EX-OFFENDERS |

專題故事 FEATURE STORY

服務使用者：阿輝

現已步入中年的阿輝還記得第一次踏進石壁監獄的那一天，心中只有無盡的黑暗和悔恨。他因謀殺罪被判終身監禁，三十八年的刑期如同一堵無法逾越的高牆，隔絕了他和外面的世界。曾經，他以為這就是餘生的全部。

然而在服刑期間，阿輝得知有機會提前出獄，讓他沉寂多年的心重新跳動起來。他告訴自己：「或許還有機會重新開始。」三十一年四個月後，阿輝重獲自由。然而，臨近出獄時，他卻對未來充滿恐懼。

剛出獄的阿輝被轉往赤柱監獄適應過渡期，陌生的環境和面對社會的壓力讓他徬徨不安。他不知道，自己是否能夠融入這個早已改變的世界。

自由的日子

的確，自由的日子並不輕鬆。但他告訴自己：「重新出發，慢慢來。」他深知，過去的失敗已經無法改變，但未來的路還可以選擇。他提醒自己，絕不能因為得來不易的自由而走回頭路。他說：「我不只是為了我自己，我還要對家人負責。」

幸好，在福利官的建議下，他接觸到善導會。那裡的社工和義工耐心地幫助他，教他搭乘公共交通，指導他學習使用智能手機，讓阿輝逐漸習慣社區的生活節奏。他說：「這些對普通人來說很簡單，但對我卻是人生的新開始。」

Service User: Ah Fai

Now in his middle age, Ah Fai vividly recalls the day he first entered Shek Pik Prison. His heart was filled with regret and despair. Convicted of murder and sentenced to life imprisonment, the 38-year sentence felt like an unscalable wall, separating him from the outside world. He believed this would define the rest of his life.

During his incarceration, however, he learned of an opportunity for early release. This spark of hope reignited his will to live. "Maybe I can start over," he thought. After serving 31 years and 4 months, Ah Fai was released. Yet, as his release date approached, fear of the unknown consumed him.

Following his release, Ah Fai was transferred to Stanley Prison for a transition programme. The unfamiliar environment and the pressure of facing a changed world left him anxious and unsure of his ability to reintegrate.

Days of Freedom

Freedom brought its own challenges. Yet, Ah Fai reminded himself, "Take it slow and start anew." He knew he could not undo his past mistakes but could choose a better path forward. Determined not to waste his second chance, he resolved to live responsibly, not just for himself but also for his family. "I owe it to them," he said.

Through guidance from welfare officer, Ah Fai was introduced to the SideBySide. Social workers and volunteers patiently supported him, teaching him to navigate public transportation and use a smartphone. "These things may seem simple to others, but for me, they marked a new beginning," he shared.



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& Community Support |

綜合更生康復服務

及後，家人的接納成為阿輝最大的支柱。多年來，他的家人沒有放棄他，現在更支持他回家居住，鼓勵他參與義工活動，給予他時間慢慢適應生活。

在漫長的囚禁歲月裡，阿輝將時間用於學習和自我提升。他努力考取證書，探索自己的興趣，並與囚友分享自己在囚時如何自強不息，定立學習目標。每次完成考試後的頒證典禮，是他最期待的時刻。因為家人會來到現場，與他共進晚餐、拍照留念。這些短暫的相聚，成了他最珍貴的回憶。他說：「這是我堅持下去的動力。」

如今的阿輝給自己訂下了一個新目標：成為善導會的朋輩支援員，用自己的經歷幫助其他更生人士。他相信，人生雖然充滿逆境，但只要保持樂觀，接受幫助，就能找到希望。他說：「幫得一個，得一個。能走出監房一步，對我來說，已經是一種勝利。」

Family acceptance became his greatest source of strength. Despite his long absence, his family never gave up on him. They welcomed him home, encouraged him to volunteer, and supported his gradual reintegration into society.

During his years in prison, Ah Fai focused on self-improvement. He earned certifications, explored his interests, and shared his journey of perseverance with fellow inmates. Setting and achieving learning goals kept him motivated. The graduation ceremonies became treasured moments, as his family attended, shared meals, and took photos together. "These brief reunions gave me the strength to keep going," he said.

Today, Ah Fai has a new goal: becoming a peer supporter at SideBySide. He hopes to use his experiences to support others on their journey to reintegration. He firmly believes that, despite life's challenges, optimism and accepting help can lead to hope. "If I can help even one person, it's worth it," he said. "Taking just one step out of the prison gates is already a victory."



SERVICES FOR FAMILY MEMBERS OF ARRESTEES, REMANDED, PERSONS IN CUSTODY, AND EX-OFFENDERS /

| 藍巴士賽馬會結伴成長計劃 | Blue Bus Jockey Club Together We Grow Project |

年度重點 HIGHLIGHTS OF THE YEAR



「藍巴士賽馬會結伴成長計劃」獲香港賽馬會慈善信託基金捐助，專為全港18歲以下、因父母涉及刑事司法程序而面臨困境的兒童與青少年提供支援。

The "Blue Bus Jockey Club Together We Grow Project" (BBJC), funded by The Hong Kong Jockey Club Charities Trust, provides support to children and teenagers under the age of 18 across Hong Kong who are facing difficulties due to parental involvement in the criminal justice system.

據統計，有百分之四十八服務對象的父母在入獄前為其主要照顧者。這些兒童及青少年中，曾經歷與被監禁父母同住者佔百分之七十五，目睹父母被捕者佔百分之十六，並有百分之三曾遭受虐待。

Statistics show that 48% of the served individuals had parents who were their primary caregivers before imprisonment. Among these children and adolescents, 75% had lived with a parent prior to their incarceration, 16% had witnessed a parent's arrest, and 3% had experienced abuse.

本年度，計劃持續與政策制定者及相關持份者緊密合作，積極倡導並重視兒童及青少年的需求與權利，致力提升業界對該群體的關注與服務水準。

This year, the project continued to work closely with policymakers and relevant stakeholders, actively advocating for the needs and rights of children and youth, and striving to enhance industry awareness and service standards for this vulnerable group.



「藍巴士」團隊與香港大學教授們於上海復旦大學分享本計劃的服務成效
BBJC team shared our service impacts at Fudan University in Shanghai



親子探訪後的兒童與家庭解及支援
Post-visit reflection and support session for children and families following parent-child visitation



來自國際及本地的學者、政府機構及非政府組織的專家參與於2024年6月7日舉辦的「隔不開的聯繫－為在囚父母及其子女而設的跨專業家庭介入計劃」研討會

Esteemed experts from both international and local academia, government agencies, and non-governmental organisations, who will share their valuable experience and research

被捕及候審、在囚及更生人士家庭支援服務



| 被捕及候審、在囚及更生人士家庭支援服務 | SERVICES FOR FAMILY MEMBERS OF ARRESTEES, REMANDED, PERSONS IN CUSTODY, AND EX-OFFENDERS |

| 《Along Your Way – 曾接觸司法程序人士家屬精神健康支援計劃》 | “Along Your Way”: Mental Health Support Program for Family Members of Remanded, Incarcerated individuals, and Ex-offenders |



年度重點 HIGHLIGHTS OF THE YEAR

與家屬同行：從實務支援及公眾教育

「Along Your Way – 曾接觸司法程序人士家屬精神健康支援計劃」一直致力為接觸司法程序的家屬提供精神健康支援。經過兩年的推行，已逐漸獲得社會廣泛認識。除了為家屬提供實際援助，當中包括院所接送、物資支援、家屬支援小組外，還強化家屬的經驗作同路人的扶持。其中，計劃開展7條的接送路線，年度接送次數更達393人次，有效減輕家屬奔波負擔。

為了提高公眾對接觸司法程序家屬的關注和理解，計劃於本年度舉辦了各類工作坊和分享會，並於二零二五年三月二十二日舉辦了服務回顧展，吸引超過100名公眾參與。此外，為了讓更多有需要的家庭獲取實用資訊及支援，計劃整理了不同社區支援資訊，並完成製作《家屬資源冊》。計劃於本年度完結後，本會將整合成功經驗，並把支援家屬精神健康的元素融入更生服務模式。



義工與家屬建立信任和友誼
Trust and friendship built between volunteers and families

Walking with Families: Comprehensive Support and Public Education

The “Along Your Way” – Mental Health Support Programme for Family Members of Individuals Engaged in Judicial Processes is dedicated to providing mental health support to families impacted by the judicial system. Over the past two years, the programme has gained increasing recognition within the community.

In addition to offering practical assistance—such as transportation to correctional facilities, material aid, and family support groups—the programme strengthens the role of family members as peer supporters through shared experiences. This year, the programme operated seven transportation routes, completing 393 trips, significantly alleviating the travel burden on families.

To enhance public awareness and understanding of families affected by judicial processes, the programme organised various educational workshops and sharing sessions. A service review exhibition held on 22 March 2025 attracted over 100 participants from the public. Furthermore, to extend support to more families in need, the programme compiled and published the Family Resource Handbook, consolidating useful community support information.

The project was concluded this year. We will continue to build on its successful experience and integrate family mental health support into the rehabilitation service model.



家屬製作的藝術作品
Showcases of artworks created by family members

SERVICES FOR FAMILY MEMBERS OF ARRESTEES, REMANDED, PERSONS IN CUSTODY, AND EX-OFFENDERS /

| 《Along Your Way—曾接觸司法程序人士家屬精神健康支援計劃》 | “Along Your Way”: Mental Health Support Program for Family Members of Remanded, Incarcerated individuals, and Ex-offenders |

被捕及候審、在囚及更生人士家庭支援服務

服務數據 SERVICE DATA



104

接受服務的家庭
No. of families served



50

參與義工人數
No. of volunteers engaged



220

接受探訪及物資津貼人次
No. of instances of material assistance visits reached



131

支援組人次
No. of participants of support group participation totaled



219

教育工作坊
No. of participants of educational workshops



143

大型活動
No. of participants of large-scale event



3,005

觀看影片流量
No. of video viewership



服務成效 SERVICE IMPACTS

家屬參加計劃後，情緒自評顯示精神健康明顯提升。精神健康量表亦顯示家屬的抑鬱、焦慮和壓力狀況均有所改善。

86% 的家屬認為義工的參與對情緒有莫大的幫助。

85% 的受惠者認為該計劃讓他們能與同路人分享難以啟齒的事情，釋放情感。

95% 認為活動提升了對更生人士及其家屬的認識，百分之九十二表示接納度有所提高。

After participating in the programme, family members reported a significant improvement in their emotional well-being. The mental health scale indicated improvements in depression, anxiety, and stress levels among the families.

86% of family members felt that the involvement of volunteers greatly helped their emotions.

85% of beneficiaries believed the programme allowed them to share difficult experiences with peers, helping them to express their feelings.

95% felt that the activities enhanced their understanding of rehabilitated individuals and their families, while 92% reported an increase in acceptance.



服務數據 SERVICE DATA

女宿舍 Female Hostel



1

宿舍數量
No. of hostels



10

宿位數量
No. of bed space

56.95%

平均入住率
Average occupancy rate at
female hostel service in a year

36

2024/25年度入住人次
No. of admission at female
hostel service in a year

男宿舍 Male Hostel



5

宿舍數量
No. of hostels



120

宿位數量
No. of bed space

97.85%

平均入住率
Average occupancy rate at
female hostel service in a year

300

2024/25年度入住人次
No. of admission at female
hostel service in a year

102

社交及康樂活動
Number of Social and Recreational
activities

98.59%

服務使用者表示宿舍能滿足他們過渡的住宿需要
Percentage of Service users indicating that the dormitory
Services meet their transitional Housing needs

短期租金津貼計劃 Short-term Rental Assistance for Discharged Prisoners (SRA)



494

總資助人次
No. of beneficiaries



786

總津貼月數
No. of months of SRA provided
for discharged prisoners

HK\$1,945,338.60

總資助金額
Total subvented amount

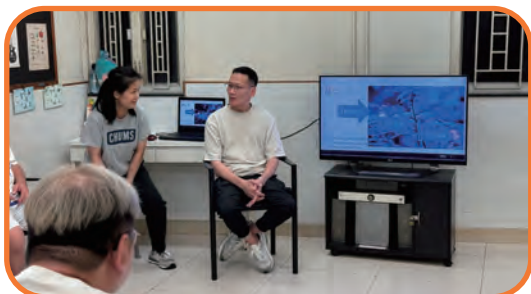




年度重點 HIGHLIGHTS OF THE YEAR

善後康復宿舍服務

本計劃設有兩間「善後康復宿舍」，為戒毒康復者在缺乏適切居住環境及社區支援下，提供短期住宿服務，協助其重投社區生活。宿舍服務著重建立正向人際關係與支援網絡，培養穩定就業與健康生活模式，鞏固抗毒信念。過去20年，已為逾500位服務使用者提供宿舍戒毒康復支援，陪伴他們走過康復歷程，邁向重建自立生活。



社工邀請了綠洲宿舍的前舍友分享自身過往的康復歷程，交流中感受讓服務使用者感受被支持及對成功抗毒更加有希望。藉此勉勵舍友繼續持守戒毒的信念。
Social worker invited a former resident of Bradbury Oasis Hostel to share his past recovery journey and encouraged hostel residents to continue holding onto their faith in their recovery journey.

多元介入策略

今年度計劃引入多元介入策略，強化朋輩支援氛圍，推動親社會行為，於宿舍及社區定期舉辦小組活動，包括朋輩分享、運動、健康與睡眠講座、義工探訪、多元文化交流及社區資源介紹等，致力促進服務使用者全面康復與社區融合。



透過向服務使用者介紹推廣新興運動－匹克球，提升他們對做運動的興趣。參加者亦表示非常喜歡這項運動，亦增強了他們注意健康的意識。

In promoting health awareness, we introduce a new sports named Pickle Ball with our service users. Participant enjoyed and had positive feedbacks.

Aftercare Rehabilitation Residential Services

Project Oasis operates two Aftercare Rehabilitation Hostels, providing short-term accommodation for individuals in drug recovery who are facing challenges such as unstable housing and limited community support. These hostels act as a vital transitional bridge, empowering service users to reintegrate into the community by fostering meaningful and positive relationships, cultivating supportive social networks, and encouraging the development of healthy, structured lifestyles. Core to the Project are Relapse Prevention and Employment Development, which strengthen self-efficacy and instill renewed confidence in service users as they rebuild purposeful, independent lives. Over the past two decades, Project Oasis has supported over 500 individuals on their path to recovery.

Multifaceted Intervention Strategy

The Project has implemented a diverse range of intervention strategies designed to enhance peer cohesion and promote pro-social engagement. A variety of group activities were held regularly within the hostels and in the community, including peer sharing sessions, fitness sessions, health and sleep hygiene workshops, community volunteer initiatives, multicultural exchange experiences, and resource-sharing forums. These holistic activities nurture emotional well-being, strengthen resilience, and foster a lasting sense of belonging. With unwavering care and commitment, the Project continues to walk alongside each person, helping them reclaim their lives with dignity, hope, and a renewed sense of purpose.



由服務使用者自發籌劃義工活動，前往護老院進行探訪，旨在鼓勵他們發揮潛能，同時增進與社區的聯繫，關懷其他有需要的人。

Service users organised volunteer visit to an elderly care home which encouraged them to explore and develop their potential, strengthen their connection with the community, and show care for those in need.

DRUG REHABILITATION SERVICE /

| 香港賽馬會社區資助計劃－綠洲計劃 | The Hong Kong Jockey Club Community Project Grant – Project Oasis |

戒毒服務

服務數據 SERVICE DATA



109

新開展個案數目
No. of new cases served



154

小組活動次數
No. of group programmes offered



1,092

小組活動受惠人次
No. of programme beneficiaries



72

外出活動次數
No. of outdoor activities offered



592

外出活動受惠人次
No. of outdoor activity beneficiaries



1,332

輔導時數
No. of counselling hours



服務成效 SERVICE IMPACTS

93.5% 服務使用者表示自己在完成戒毒方面的信心有所提升。

94.4% 服務使用者對於戒毒益處的理解有所提升；即使仍在使用的也認識到減少用量與頻次的好處。

82.4% 服務使用者完成戒毒療程。

93.5% service users reported that their confidence have improved after completing detoxification.

94.4% service users demonstrated increased understanding of the benefits of detoxification, while those still engaging in substance use learned the advantages of reducing dosage and frequency.

82.4% of the service users have completed their detoxification treatment.

DRUG REHABILITATION SERVICE /

「齊來老友鬼鬼」－朋輩團隊支援隱蔽濫藥者計劃 | “Buddies’ Hub” – Peer-in-a-Team Support Service on Hidden Drug Users |

戒毒服務

年度重點 HIGHLIGHTS OF THE YEAR



「齊來老友鬼鬼」－朋輩團隊支援隱蔽濫藥者計劃提供由朋輩支援員主導的外展服務，培訓吸毒者及戒毒者義工，及早辨識隱蔽和抗拒治療的吸毒者。計劃建立全港首創的朋輩團隊，並將服務使用者的家人和重要成員納入計劃對象，共同以推動吸毒者的身份轉化，並創建資源樞紐，動員社區人士支持吸毒者的身份轉化，最終目標是重投社會。

此計劃將以「老友鬼鬼」－朋輩團隊支援隱蔽濫藥者之生死教育計劃於二零二五年八月延續為期三年的服務，並結合醫社合作，宣揚禁毒訊息，協助參加者反思生命意義，從而增強戒毒的決心與動力。

“Buddies’ Hub” – Peer-in-a-Team Support Service on Hidden Drug Users offers outreach services led by peer support workers, training volunteers who are drug users and recovering addicts to identify hidden and treatment-resistant drug users early on. The initiative establishes Hong Kong’s first Peer-in-a-Team, which includes family members and significant others to promote identity transformation for drug users. It also creates a Resource Hub to mobilise community support for this transformation, with the ultimate goal of reintegration into society.

The programme will be continued as “Buddies & Buddies” – Peer Support Service on Hidden Drug Users’ Life and Death Education for three more years starting in August 2025, integrating medical and social cooperation to promote anti-drug messages. It aims to help participants reflect on their lives and enhance their motivation to quit drugs.

服務數據 SERVICE DATA



50

外展服務次數
Number of
outreach services



1,036

外展服務接觸人次
Number of individuals
reached through
outreach services



305

小組活動次數
Number of
group activities



2,836

小組活動受惠人次
Number of
beneficiaries from
group activities



48

輔導服務個案數目
Number of
counselling cases



服務成效 SERVICE IMPACTS

86.1%的參加者對治療的需要和動機有所提升。

94.3%的吸毒者減少吸毒頻次。

70.8%的參加者重吸危機有所減低。

75%的康復者維持沒有重吸。

73.8%的參加者對戒毒者和戒毒治療及康復服務的接納程度有所提升。

86.1% of participants reported an increased need and motivation for treatment.

94.34% of drug users reduced their frequency of use.

70.8% of participants experienced a decrease in relapse crises.

75.0% of recovering individuals maintained abstinence from drug use.

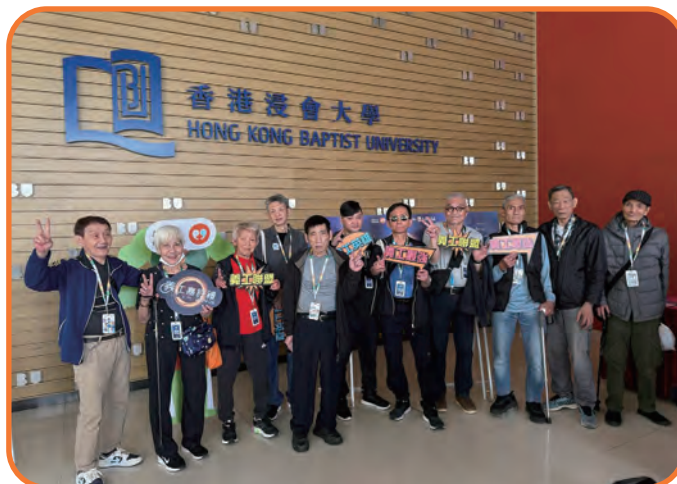
73.8% of participants showed an increased acceptance of recovering addicts and addiction treatment and rehabilitation services.



| 「齊來老友鬼鬼」－朋輩團隊支援隱蔽濫藥者計劃 | “Buddies’ Hub” – Peer-in-a-Team Support Service on Hidden Drug Users |



朋輩在社區分享他們的個人故事，以促進聯繫
Peers shared their personal stories within the community to foster connection



服務使用者參與義工服務並獲得義工嘉許
Service users engaged in volunteer services and received recognition for their contributions



外間機構為服務使用者介紹新興運動
External organisations introduce new sports to the service users



服務使用者化身財神爺，為長者帶來祝福
Service users dressed as the God of Wealth, bringing blessings to the elderly



服務使用者透過製作紀念品展現藝術才能
Service users showcased their artistic talents through creating souvenirs



| 「仨吾成群」－運動干預支援隱蔽濫藥者計劃 | “3-To-Go” – Sports Intervention Service on Hidden Drug Users |



年度重點 HIGHLIGHTS OF THE YEAR

以運動支援濫藥者康復與社會融入

本計劃於二零二四年九月正式推行，為期三年，以運動干預為主要介入手法，協助隱蔽濫藥者預防重吸。計劃以自我決定理論為基礎，透過「自主」、「連結」及「能力」三個階段，系統性提升參與者的改變動機、運動參與度及行為更正意願。

計劃透過康復者義工、社區義工及專業人士，為濫藥者提供正面支援，並強化康復者作為重新融入社會的模範角色。今年，計劃共提供71次實體及線上外展服務，總參與人次達463，其中包括209人次參與實體活動以及254人次參與線上活動。透過專項運動及生涯發展計劃，協助參與者建立健康生活方式，增強社會融入能力，從而減低重吸風險。計劃在首階段已成功推行26項體驗活動，涵蓋運動訓練、團隊協作及個人發展等多方面內容，為參與者提供多元化的成長機會。

“3-To-Go” – Sports Intervention Programme for Supporting Hidden Drug Abusers

Launched in September 2024, the “3-To-Go” programme is a three-year initiative that employs sports interventions as the primary method to assist hidden drug abusers in preventing relapse. Grounded in Self-Determination Theory, the programme systematically enhances participants’ motivation for change, sports engagement, and willingness to correct maladaptive behaviours through three stages: Autonomy, Relatedness, and Competence.

The programme leverages the support of rehabilitation volunteers, community volunteers, and professionals to provide positive reinforcement and strengthen the role of rehabilitated individuals as role models for reintegration into society. The programme delivered 71 in-person and online outreach sessions, with a total of 463 participants—209 attending in-person activities and 254 joining online. Through specialised sports activities and career development plans, the programme supports participants in building healthy lifestyles and enhancing social reintegration skills, thereby reducing the risk of relapse. In its initial phase, the programme successfully implemented 26 experiential activities, encompassing areas such as sports training, team collaboration, and personal development. These diverse growth opportunities aim to foster a well-rounded development for participants.



服務數據 SERVICE DATA



71

實體及網上外展次數
Total outreach sessions
(in-person + online)



463

外展服務接觸人次
Total contacts through
outreach services



59

小組活動次數
Number of
group activities



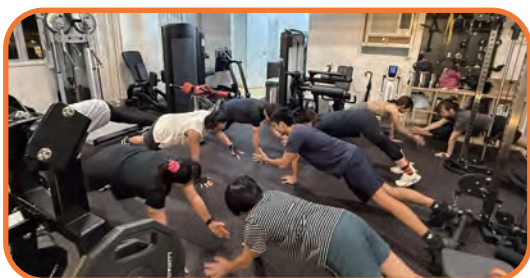
501

小組活動受惠人次
Beneficiaries of
group activities



47

輔導服務個案數目
Number of
counselling cases



職員與年青人進行定期訓練
Staff conducted regular training sessions with young people



計劃通過不同新興活動，與年青人探索運動的趣味性及發展性
The programme explored developmental aspects of sports with young people through various emerging activities