

Services and Contact Details of Counselling Centres for Psychotropic Substance Abusers

Caritas Hong Kong – Caritas HUGS Centre

The Caritas HUGS Centre, which was established in 1996, is a counselling centre for young psychotropic substance abusers serving Tuen Mun, Tsuen Wan, Kwai Chung and Tsing Yi. The mission of the centre is “Hugs, Not Drugs”. It aims to help substance abusers to stay abstinent, and ultimately, to establish and maintain meaningful relationships with family members, relatives and friends who are drug-free.

The centre provides casework and group work counselling services to individuals and families, drug prevention programmes and activities to secondary schools and organises workshops for allied professionals such as youth workers and teachers in order to gain synergistic effect on combating drug abuse problems.

Hong Kong Christian Service – PS33

PS33 was established in 1988 and was the first centre for psychotropic substance abusers in Hong Kong. Its main objective is to provide quality rehabilitation services for psychotropic substance dependent persons and their family members through intensive counselling, detoxification services as well as psychiatric and medical support. Presently PS33 serves Kowloon City, Yau Tsim Mong and Shamshuipo.

Besides handling cases, the centre organises therapeutic group sessions and professional training sessions for social workers, teachers and allied professionals. In addition, the centre organises tailor-made drug prevention programmes for secondary school students to enhance their drug awareness.

In order to tackle the special needs of young drug abusers, PS33 launched a 2-year project named “RAM · Express” sponsored by the Beat Drugs Fund. Through a series of body-checks up and motivational interviewing to enhance awareness of the consequence of drug use, so as to stay away from drugs.

Hong Kong Lutheran Social Service – Cheer Lutheran Centre

The Cheer Lutheran Centre, established in 1998, is a counselling centre for psychotropic substance abusers catering for young people in Tai Po and North. Apart from providing counselling service to psychotropic substance abusers, the centre is active in delivering preventive education programmes in school so as to arouse youth's understanding of the harmful effects of drugs and values of no-drugs living.

Preventive education is another major work focus of the centre. Drug education talks and workshops for secondary school students are also organised. In order to promote the co-operation of different professions in tackling drug problem, the centre provides professional training of drugs to professionals such as teachers, social workers and doctors. Furthermore, as the centre is concerned for female drug abusers' needs and context, a two-year anti-drug project "I-META for Female" would be held with the subvention from ND in 2008 to 2010.

Hong Kong Lutheran Social Service – Evergreen Lutheran Centre

The Evergreen Lutheran Centre was established in October 2002. It provides individual, family and group counselling for psychotropic substance abusers and their families to tackle the drug abuse problems. In the rehabilitation process, it also provides supporting services for the families. Drug prevention programmes are organised for secondary schools in its serving districts comprising Kwun Tong, Wong Tai Sin and Sai Kung to enhance students' drug awareness and knowledge. Some groups and cases follow-up will be organised to the high risk students or occasional users in school.

According to recent statistics, the number of young psychotropic substance abusers is increasing. It warrants the concern from some of the professionals, such as front-line social workers, teachers and youth workers. The drug abuse problem can be handled much more effectively only when the front-line professionals are equipped with enough awareness, drug knowledge and handling skills. Therefore, the centre has been putting much effort to provide trainings and programs to increase their ability in facing and dealing with the problem. Moreover, outreaching service was provided since April 2007. The social workers visit the "black spots" frequently to reach the young substance abusers, rendering all kinds of trainings and counselling services.

Tung Wah Group of Hospitals – CROSS Centre

The TWGHs CROSS Centre was established in October 2002 to provide counselling services for psychotropic substance abusers, their families and the general public (particularly young people) on Hong Kong Island and the outlying islands comprising Eastern, Wanchai, Central & Western, Southern and Islands.

The programmes provided by the centre are based on cognitive behavioural therapy as well as family therapy. The centre also conducts therapeutic groups such as motivational interviewing groups and relapse prevention groups. Recognising the importance of family support during the rehabilitation process, the centre incorporates relationship building activities periodically for both clients and their families.

Preventive education to young people to steer them away from abusing psychotropic substances is another area the centre focuses on. The centre conducts a series of seminars, talks, workshops and therapeutic groups for secondary school students. The centre also publishes quarterly newsletters to arouse public awareness on drug prevention.

Hong Kong Sheng Kung Hui Welfare Council – Neo-Horizon

The Neo-Horizon is a new counselling centre for psychotropic substance abusers established in 2008 in Shatin. It aims to help psychotropic substance abusers and potential drug abusers to stay abstinence through individual, group and family counselling and various supporting programmes. It provides preventive education and outreaching services in order to achieve early prevention, identification and intervention. To tackle the problem of psychotropic substance abuse comprehensively and effectively, cooperation between social workers and medical professionals will be strengthened and the multi-disciplinary collaboration among organisations, schools, parents and other stakeholders in the community will be promoted. Trainings will also be rendered to enhance the ability and skills of relevant anti-drug workers in handling drug cases.

Evangelical Lutheran Church of Hong Kong – Enlighten Centre

The Enlighten Centre located at Yuen Long is another new counselling centre for psychotropic substance abusers established in 2008. Through innovative methods and alignment with regional network to form an effective team, its main objective is to provide quality and diversified social service to help local youngsters stay away from drugs and hence build up a healthy life. In addition to the counselling service offered to youths at risk and their parents and the trainings provided for service recipients and staff of collaborating organisations to develop their talents and strengthen their professional skills respectively, it also organises publicity activities in schools, the community and border area to deliver anti-drug messages and promote the drug-free culture in the region.

Contact Details of CCPSAs

Name of Agency / Centre	Address / Website	Telephone
Caritas Hong Kong – Caritas HUGS Centre	Address: Unit 1, G/F., Mei Tai House, Fu Tai Estate, Tuen Mun, N.T. Website: www.hugs.org.hk	2466 3132
Hong Kong Christian Service – PS33	Address: G/F., 33 Granville Road, Tsimshatsui, Kowloon; and Unit 11-16, G/F, Nam Yiu House, Nam Shan Estate, Shamshuipoo, Kowloon Website: www.hkcs.org/gcb/ps33/ps33.htm	2368 8269 3572 0673
Hong Kong Lutheran Social Services – Cheer Lutheran Centre	Address: G/F., Shin Kwan House, Fu Shin Estate, Tai Po, N.T. Website: www.cheerevergreen-lutheran.org.hk	2660 0400
Hong Kong Lutheran Social Services – Evergreen Lutheran Centre	Address: 2 Horse Shoe Lane, Kwun Tong, Kowloon Website: www.cheerevergreen-lutheran.org.hk	2712 0097
Tung Wah Group of Hospitals – CROSS Centre	Address: 9/F., TWGHs Fong Shu Chuen Social Services Building, 6 Po Man Street, Shau Kei Wan, Hong Kong Website: crosscentre.tungwahcsd.org	2884 1234
Hong Kong Sheng Kung Hui Welfare Council – Neo-Horizon	Address: G/F., Chung Kwan House, Chung On Estate, Ma On Shan, Shatin, N.T. Website: neoh.skhwc.org.hk	8202 1313
Evangelical Lutheran Church of Hong Kong – Enlighten Centre	Address: G/F., Tze Ping House, Tin Tze Estate, Tin Shui Wai, Yuen Long Website: www.elchk.org.hk/service	2446 9226