

Chapter 7

Treatment and Rehabilitation

Helping with Recovery

Hong Kong adopts a multi-modality approach to drug treatment and rehabilitation to cater for the divergent needs of drug dependent persons from varying backgrounds.

These include a compulsory drug treatment scheme operated by the Correctional Services Department (CSD), a voluntary methadone out-patient treatment programme provided by the Department of Health (DH), and voluntary residential treatment programmes run by non-government organisations (NGOs) including gospel therapeutic agencies.

The compulsory drug treatment programme caters for drug dependent persons convicted of minor offences, not necessarily drug-related, and are considered by the courts to be suitable for treatment under the programme.

Those who are not prepared to undergo residential treatment may opt for voluntary methadone treatment at methadone clinics run by DH.

Other programmes operated by NGOs are for those who wish to seek residential treatment, rehabilitation and social re-integration voluntarily.

Aftercare services in the form of counselling, job placement, halfway houses and

recreational activities are also offered and form an essential part of many drug treatment and rehabilitation programmes.

Compulsory Drug Treatment Scheme

Under the scheme operated by CSD, drug dependent persons sentenced to imprisonment for any offence may be ordered by the courts to undergo compulsory treatment instead.

Two drug addiction treatment centres namely the Hei Ling Chau Addiction Treatment Centre for men and the Hei Ling Chau Addiction Treatment Centre (Annex) for women are operated by CSD. Detention can range from two to 12 months, depending on the inmate's progress. There is compulsory aftercare supervision, and if illicit drug use is detected before the expiry of the supervision period, the inmate may be recalled to the centre for a further period of treatment.

The intensive programme aims at the complete rehabilitation of the inmates, and includes a thorough medical check-up and treatment, work therapy and both individual and group counselling, as well as job placement and accommodation after release.

In 2006, the total number of inmates admitted was 1,398, representing a decrease of 18% compared with the admission in 2005. There were 753 drug dependent persons under treatment at the end of the year.

Voluntary Residential Treatment and Rehabilitation Programmes

A number of NGOs offer voluntary drug treatment and rehabilitation services.

They are:

Barnabas Charitable Service Association

The Barnabas Charitable Service Association endeavors to provide treatment and rehabilitation services to female drug abusers.

Helping the service users to discover themselves and develop positive self-image, a leadership-training scheme has been introduced. It aims at enhancing the self-esteem of rehabilitants, facilitating them to surmount their limitations and improving their problem solving ability. By the group activities in the scheme, rehabilitants could experience team spirit, learn to co-operate with others, develop effective communication skills and explore their leadership potentials, which would smooth their ways of returning to the society.

In collaboration with "Art In Hospital", a self-healing art group has been formed which mainly uses visual arts as the medium. To help female ex-drug abusers to achieve "self-healing", the group encourages its group members to express their emotions and miseries through creative arts. Concurrently, they are reinforced to cope with their problems by discovering their talents and available power resources via the process of creating and group sharing among members.

Caritas Wong Yiu Nam Centre

The Caritas Wong Yiu Nam Centre started operation in 1999 at Hang Hau, Sai Kung. The Centre provides treatment and rehabilitation services for young male substance abusers. In 2006, 76 youngsters entered the Centre and in the same period 61 youngsters completed the programme. The average occupancy rate was 100%. The Centre serves both opiate abusers and other substance abusers. Buprenorphine is used at the Centre to help opiate dependent persons to detoxify, giving a faster and less painful detoxification.

The visiting psychiatrist also prescribes other types of medication for dependent persons of other substances to help relieve their withdrawal pains. During the year, the major types of substances being abused by the clients were ketamine, cough medicine and opiate. Some of the clients abused poly-drugs. Services offered by the Centre include individual counselling, groups sessions, basic life skills training, and education programme on sex, drugs and health, relapse prevention theory and skills, programmes for family members, outdoor activities such as soccer, hiking and other water activities, and volunteer service to help underprivileged groups.

Smoking is not allowed in the Centre. The clients have to pay treatment fees. A 12-month aftercare service is provided to those who complete the programme which lasts from one to six months. The Centre receives subvention from DH to meet recurrent operation costs. In 2006, the Centre continued the digital video taking and editing project and strengthened the Adventuring Counselling Programme to enrich the life skills of the clients. The Centre also improved the employment orientation and training to clients to help them develop their potentials.

Christian New Being Fellowship

The Christian New Being Fellowship was established in 1989 and is one of the NGOs under the subvention of Social Welfare Department (SWD). It operates a residential treatment centre in Pak Tam Chung, Sai Kung, providing rehabilitation services to a maximum of 54 substance abused youngsters including psychotropic substances. The halfway house in Sai Kung town provides services to a maximum of 12 youngsters. In 2006, 160 youngsters were served and 66% of them had completed the whole training successfully.

The Integrated Training Programme is introduced to cater for the developmental needs of youngsters. It aims at rebuilding their life goal and enhancing their vocational skills. It offers life education, individual and group counselling, educational training, adventure-based counselling, family services, multi-media production training and aftercare service, etc.

Besides, the "New Being Youth Creative College" was established in 2006. Some new courses such as performing arts, catering, and media production were added to fully develop the potential of clients. Moreover, the FreshU Centre in Cheung Sha Wan established in 2003 was still in operation to provide aftercare service for clients who had completed the residential training and family services for their parents.

Christian New Life Association

The Christian New Life Association was formed in April 2001 by a group of transformed ex-drug addicts and professionals using gospel rehabilitation. It is an NGO with funding from Christian associations and individual donations. The Association has a rehabilitation and training camp in Yuen Long to serve male drug abusers aged 18 or above through gospel-based training.

The camp has 16 full time staff serving 40 male drug abusers through a six-month (minimum stay) residential and rehabilitation programme. The programme aims to rehabilitate the clients through spiritual counselling, psychological conditions, family group therapy, vocational training, academic and basic theology studies. It also provides various training courses to clients which help building their self-confidence and positive attitude to be a full time ministry.

With a vision on "prevention is better than cure", the Association moved to a larger unit at Yau Ma Tei to strengthen the family group therapy and thus clients' self-conduct was enhanced. Furthermore, it constantly approaches a local disco to transmit positive messages to the young generation. The Association will continue to participate in anti-drug activities.

Christian Zheng Sheng Association

Christian Zheng Sheng Association provides drug dependent persons with comprehensive and professional services through a number of facilities. The Association operates three drug treatment centres, one in Tai O, Lantau Island (under construction) for adult males and the other two in Ha Keng, Lantau Island for young males and females respectively. It also runs a halfway house in Mui Wo, Lantau

Island for adult males and two youth training centres, one each for males and females on Cheung Chau. To help rehabilitated drug dependent persons to re-integrate into the society, the Association also runs watches production, laser engraving production, a design and printing house, a pizza restaurant, and a tea shop to equip their clients with diversified training for future employment.

The Youth Rehabilitation Centre has started to provide accommodation services to the ethnic minority including the Nepalese, Filipino and Indonesian young drug abusers since 2004. In respect of on-the-job training, the establishment of Zheng Sheng Dream Factory has enhanced the professional training in audio-visual production. The setting up of the watch assembly line has also witnessed the Association's mission to train clients' work skills. Through participation in the inter-schools athletics meet and music concert, the clients are better prepared to integrate into the mainstream society. In 2006, 14 students had participated in an anti-drug campaign and basketball competition in America. They came back home with a championship.

Drug Addict Counselling and Rehabilitation Services (DACARS)

DACARS aims at providing counselling and rehabilitation services to drug abusers/alcoholics. It first provided its services on an out-patient basis in Hong Kong since 1988, while residential treatment facilities became available in early 1989. DACARS has a Christian base and emphasises the individual's relationship with God as the key to personal and social well functioning.

The Enchi Lodge rehabilitation centre takes care of ex-drug abusers and

ex-alcoholics. Services rendered including residential care, detoxification, psycho-social therapy, individual counselling, therapeutic groups, work therapy, Bible teaching, personal spiritual guides, foundation and interest classes. In 2006, residents of Enchi Lodge have participated in 662 religious gatherings, six out-going recreational activities, 450 educational lectures, 87 therapeutic group sessions and 83 interest class sessions. A total of 360 family members were also received in 10 gatherings conducted in the year.

Finnish Evangelical Lutheran Mission - Ling Oi Centre

The Ling Oi Centre was established in 1970 providing an integrated Christian drug therapeutic rehabilitation programme.

The number of people abusing heroin was decreasing yet people abusing psychotropic drugs was increasing. In the year, nearly one third of the clients had to attend regular medical treatment in the psychiatric ward of various hospitals. In the year, the average utilisation rate of its two centres was over 100%.

The "Job Training Program" in its half-way-house was successful and had raised the drug free rate of graduates. In 2006, the Centre was able to hire additional social workers and a job skill training instructor with the additional support from SWD. These had contributed quite a lot to the service quality.

In order to meet the licensing requirement of the "Drug Dependent Persons Treatment and Rehabilitation Centres (Licensing) Ordinance", the Centre will build its new treatment centre on an allocated land in Tan Ka Wan and the construction

work will be completed in April 2007. Meanwhile, the Centre is planning to relocate its halfway house and the construction work will be completed in December 2007.

Glorious Praise Fellowship

The Glorious Praise Fellowship was founded in September 1999. It is located in Siu Lam Village with a capacity of 30 clients and 12 volunteer live-in staff. These staff are graduates of the centre and eight of them are in training to be peer counsellors. Its training program is for at least one year. The Fellowship is a Christian organisation providing drug rehabilitation services in Hong Kong and China. It also renders assistance to those who wish to stay for further education.

The Fellowship has just completed a \$1 million project to upgrade its centre to meet the licensing requirements with a hope to obtain a licence in 2007. It is seeking for funding for a project at the cost of \$3.5 million to renovate a dining hall, a kitchen, toilets, and a septic tank. Building plans have been approved. The second stage of the building project will start soon and aims to be completed by 2008.

Hong Kong Christian Service Jockey Club Lodge of the Rising Sun

Hong Kong Christian Service Lodge of Rising Sun, located in Tuen Mun and commenced operation in 2003, is a treatment and rehabilitation centre subvented by the DH. The centre aims at providing a one-stop and humanistic drug treatment and rehabilitation service for opiate and poly-drug abusers aged under 30 through the

out-patient service, one to three-month in-patient treatment service and 24-month aftercare service.

There are two main treatment objectives. The first one is helping the service users to quit their dependence on and keep abstinence from the illicit drugs. Another is helping them to handle their inner troubles and problems in their lives, aiming at reconstructing their characters and relief from personal disorder, fostering their ability of solving problem, enhancing their self-esteem, promoting the continuous growth and flourishing of their lives.

During the year, 77 clients were admitted to the centre for residential service. The detoxification rate was 93% while the rehabilitation rate was 74%.

Since 2006, the centre has started a comprehensive evaluation to analyse whether the humanistic approach could help the service users in three aspects. Firstly, encouraging the service users to attain their "self-esteem" so they can value themselves positively. Secondly, helping the service users to improve their "self-efficacy" so they can enhance their confidence and ability in handling their personal difficulties, such as relapse prevention and life pressure management. Lastly, helping the service users to enhance their "autonomy" so they can make the right choice in their lives.

The preliminary analysis in last year showed that the humanistic service was effective.

Mission Ark

Mission Ark is an associated institution of Christian New Life Association. It provides gospel-based treatment to persons with substance abuse, alcohol and gambling problems. Its Yuen Long centre has a capacity of 20 people serving male addicts aged over 18.

"Prevention is better than cure", therefore, the agency strengthens the family group therapy to assist clients in improving their self-conduct and sustaining treatment effects. This approach is getting results. Besides, the agency expands to provide more services to young generation by launching "Free out of Drug" programme at a local disco.

In view of changing drug abuse trend and for further development, the agency plans to relocate its existing training centre and to provide modified treatments helping young drug abusers.

Operation Dawn

Operation Dawn, founded in 1968, provides Christian based holistic drug treatment and rehabilitation services for drug dependents.

To provide quality services for drug dependents, the agency had a vision to launch drug treatment and rehabilitation services for ethnic minorities living in Hong Kong. After reaching out to different churches and organisations working with the ethnic minorities for better understanding of this new frontier, the agency started this service in July 2006.

Owing to cultural difference between the ethnic minorities and their Chinese counterparts, residents are housed in two different campuses. The agency also hired three English-speaking, two Nepalese and one Filipino officers to provide more suitable care and treatment.

Perfect Fellowship

The Refuge for the Youth of the Perfect Fellowship has rendered its service to social and regular substance abusers in enabling them to get rid of their addictive behaviours since 2006. In addition to the Refuge, the Fellowship has also offered routine adventure-base counselling, climbing and various traditional sport activities to attract marginalised youngsters to come to the Refuge for our professional assistance. To enhance the attractiveness and functions of the Refuge, the Fellowship has employed many multi-skilled instructors who are versed in makeup, car repairing, electricity, insurance, tourist industry, sports, etc. to provide career counselling and guidance to the clients, and encouraging them to participate in volunteer activities and community affairs.

Last year, the Fellowship organised a series of visits to many deprived villages in the Mainland. Youngsters could gain hands-on experience about poverty and it was proven to be enlightening to these young participants.

Remar Association Hong Kong

Remar Association Hong Kong Limited is a Christian charitable organisation

providing voluntary residential treatment and rehabilitation programme, and working for the rehabilitation and re-integration into society of drug addicts, alcoholics, down and outs, the homeless and the needy in general.

The treatment centre located at Pat Heung is presently a home for 20 persons. The centre opens 24-hours a day and offers immediate admission providing free food, clothing and accommodation. A long-term rehabilitation program is offered to those in need for a new and better way of life.

Remar Association Hong Kong Limited relies solely on the help and support of individuals, companies, groups, churches, etc. The support needed is not only financial, but also everything necessary to meet the needs of those in the centre.

The Society for the Aid and Rehabilitation of Drug Abusers (SARDA)

SARDA receives subvention mainly from DH to cover its recurrent expenditure. Other organisations, such as SWD, the Community Chest of Hong Kong and The Hong Kong Jockey Club Charities Trust also provide funding to SARDA. SARDA operates four residential drug treatment and rehabilitation centres, five halfway houses, four social service centres, and an out-patient clinic. The out-patient clinic provides pre-admission medical examination and post-discharge medical care. Through its affiliated organisation, the Pui Hong Self-help Association (PHSHA), SARDA also runs the Supported Employment Service comprising removal and express delivery services to provide job opportunities to rehabilitated drug abusers.

During the year, 1,403 male and 161 female drug abusers were admitted for

residential care, which includes medical detoxification and psycho-social rehabilitation. Following discharge, rehabilitated drug abusers are provided with 12-month aftercare aimed at helping them to remain abstinent and lead a normal life.

SARDA also provides counselling services to the clients of the 20 methadone clinics operated by DH. At the end of 2006, 1,857 methadone users were receiving SARDA's counselling service. The counselling service includes establishment of youth group and female group, and provision of recreational and community service. The group services help methadone users in constructing a new identity, incorporating non-addict values and establishing a drug-free lifestyle. In 2006, 507 group meetings were held with a total attendance of 19,824.

Set up in March 2004, the Methadone Treatment Programme Family Association had over 700 members by the end of 2006. Apart from providing support to methadone users and their family members, the Association also helps to prevent inter-generation drug abuse and poverty among children of methadone users as well as partakes in overall preventive education activities.

The Jockey Club Anti-Drug Preventive Education Centre on Shek Kwu Chau was completed in December 2006. It will be formally put into operation by April 2007.

The PHSHA is a NGO formed by a group of rehabilitated drug abusers in 1967. It aims to promote the spirit of self-help and mutual support among its members to enable them to lead a drug-free and productive life. Linked with SARDA's four regional service centres, its four district chapters organise various social activities for

their members. The PHSHA also operates a co-op shop on Shek Kwu Chau to serve the residents under treatment. At the end of 2006, total membership of PHSHA stood at 3,593.

The Society of Rehabilitation and Crime Prevention, Hong Kong (SRACP)

SRACP offered services to over 3,100 ex-offenders in 2006. About 70% of the service recipients had a history of substance abuse. SRACP offered individual counselling, hostel service, volunteer training and vocational rehabilitation that aided the substance abusers to quit the drug use habit and re-integrate to the community.

The OASIS Project is a drug rehabilitation project launched in 1998. It offers comprehensive drug rehabilitation service to substance abusers. Participants can receive pre-detoxification assessment, detoxification and aftercare through the Project. The Project allows the flexibility to participants for joining the drug rehabilitation treatment at any stage. It also maintains close co-operation and linkage with other drug rehabilitation centres in Hong Kong. In 2005, the OASIS Project received funding from The Hong Kong Jockey Club Charities Trust that enhanced the service and resources. Since then, the Project has provided services to nearly 90 participants. SRACP now runs two licensed drug treatment centres offering a total of 26 placements.

St Stephen's Society

St Stephen's Society is a Christian Fellowship providing assistance to displaced and distressed persons, of all backgrounds, such as street sleepers, former offenders,

elderly people and others having difficulty in adjusting to society. Drug dependent persons, after detoxification and re-building their lives through spiritual and emotional healing, are steered through work projects, prayer counselling and community living to become responsible and moral citizens. The Society also works concurrently with the families of its clients. The design for the extension of the Society's Shing Mun Springs is completed and the construction will start in mid-2007. This extension comprises an additional 3,000 square metre to bring the total area of Shing Mun Springs to approximate 6,000 square metre. This will provide much needed additional accommodation, for those in need, as well as additional training and recreational facilities.

In 2006, the Society continued its programme of outreaches to the poor and disadvantaged in the community, and also held a series of parties leading to support and counsel groups for the families of our residents.

The usual Easter and Christmas celebrations were held and the Society also continued to hold residential training programmes for disengaged youth, as well as occasional abusers. The very successful GoGetters youth training programme is also continuing.

St Stephen's Society operates in several languages and serves a wide spectrum of ethnic groups.

Wu Oi Christian Centre

Founded in 1973, Wu Oi Christian Centre helps drug dependents, former

prisoners and problem youths to become productive and responsible citizens in the society through Christian detoxification and rehabilitation programmes. The Centre offers a year-long treatment course and a six-month follow-up service, with emphasis on a simple and disciplined lifestyle in a Christian therapeutic community. It operates four drug treatment and rehabilitation centres. The male drug detoxification and rehabilitation centre and halfway house are located at Long Ke and Shun Tin Estate respectively. The female centre is located at Tai Mei Tuk. The Green Island Youth Training Centre offers programmes for drug dependent persons aged under 21. Wu Oi also provides family support services for the clients' family.

In 2006, Wu Oi had organised various anti-drug publicity activities. Wu Oi is enthusiastic to take part in prevention and education work through organising Open Days in Green Island Training Centre and Long Ke Training Centre, Flag Day activities, rehabilitation centre visits, working camps in Long Ke, drug-related talks, publications and audio-visual products. Wu Oi also enlists clients and mobilises other volunteers to participate in anti-drug work. Apart from its in local services, Wu Oi also held experience-sharing activities with the anti-drug government officers from Yunnan, China so as to improve its services.

Licensing Scheme for Drug Treatment and Rehabilitation Centres

The Drug Dependent Persons Treatment and Rehabilitation Centres (Licensing) Ordinance came into operation on April 1, 2002. This ordinance aims to ensure that drug dependent persons receive voluntary residential drug detoxification and rehabilitation services in a properly managed and physically secure environment.

The ordinance stipulates that all treatment centres which commence operation on or after April 1, 2002 must obtain a licence. Certificates of Exemption may be granted to treatment centres already in operation before the commencement of the ordinance, but which were unable to comply fully with the licensing requirements. By the end of the year, the Licensing Office of SWD had renewed 28 Certificates of Exemption and nine licences to treatment centres. Besides, two treatment centres were issued with licences.

Methadone Treatment Programme

Methadone has been used for the maintenance and treatment of heroin dependent persons on a voluntary out-patient basis since 1972. Though the number of reported heroin drugs is declining, methadone is still subscribed by more than half of the reported drug abusers in Hong Kong.

The Methadone Treatment Programme (MTP) is operated by DH and it includes both maintenance and detoxification options for out-patients. Under the more popular maintenance scheme, patients are provided with a dose of methadone each day to block their craving for heroin. Detoxification aims to wean patients off drugs by gradually reducing their daily dosage of methadone until they are completely drug-free.

Methadone is administered under very strict control, and all patients are required to take their dose in the presence of the dispensing staff.

As a synthetic narcotic analgesic, methadone does not produce euphoria or any significant side effects. With methadone treatment, patients can lead a normal life and be gainfully employed as productive citizens. By reducing intravenous drug use, and hence sharing of syringes, methadone treatment reduces the risk of transmission of blood-borne diseases like HIV infection, Hepatitis B and Hepatitis C.

Although patients should ideally achieve a drug-free state, it is accepted that this will not be possible for a significant number of drug dependent persons, given the chronic relapsing nature of narcotic addiction. However, the programme does provide to every single drug dependent person a readily accessible, legal, medically safe and effective alternative to illicit drug use.

There are currently 20 methadone clinics - four on Hong Kong Island, nine in Kowloon and seven in the New Territories.

During the year, the methadone clinics catered for 2,402,032 patient-attendance, a decrease of 2.9% compared with 2,473,976 in 2005. The daily average attendance for the year was 6,581, 2.9% lower than the 2005 average of 6,778.

Review of Methadone Treatment Programme

In May 1999, a working group under Action Committee Against Narcotics (ACAN) was formed to conduct a review of MTP which was completed in 2000 with a set of recommendations formed. The working group concluded that the current MTP fulfilled its declared objectives and was effective in helping drug dependent persons to sustain their employment and social life, as well as helping society to

reduce instances of drug overdose, drug-related deaths and the spread of blood-borne diseases. The review therefore recommended that the MTP should continue.

However, recognising that MTP should move towards a more knowledge-based approach to service provision, the working group recommended that the existing support services should be improved. An inter-departmental working group was formed in 2001 to oversee the implementation of the recommendations of the MTP Review Report. An action plan was drawn up and progress reported regularly to ACAN's Treatment and Rehabilitation Sub-committee.

As follow-up to the report, individual and group counselling services for methadone patients, particularly the young and female drug abusers and their families, were improved in October 2002 with increased manpower.

Following a pilot project at three methadone clinics between July and September 2003, DH implemented universal HIV urine testing at all methadone clinics with effect from January 2004. The objectives of the scheme were to promote early diagnosis of HIV infection among patients of methadone clinics, to enhance surveillance of HIV and to provide information on HIV awareness among the patients.

Substance Abuse Clinics

In response to the need to fill the service gap in medical and psychiatric treatment for psychotropic substance abusers, the Hospital Authority established a pilot Substance Abuse Clinic in Kowloon Hospital in 1994. The clinics are

operating in Kowloon Hospital, Pamela Youde Nethersole Eastern Hospital, Prince of Wales Hospital, Kwai Chung Hospital and Castle Peak Hospital.

These clinics accept referrals from counselling centres for psychotropic substance abusers, NGOs, medical practitioners, and other health care providers. Clients are treated largely on an out-patient basis. Services include drug treatment, counselling, psychotherapy and family therapy. The need for a period of in-patient treatment is determined by the specific clinical needs of patients. Specific in-patient detoxification and treatment is provided to those with identified drug-induced psychiatric complications or co-morbid psychiatric illnesses. The clinics treated a total of 729 cases in 2006.

Counselling Services for Psychotropic Substance Abusers

Caritas HUGS Centre

The Caritas HUGS Centre, which was established in 1996, is a counselling centre for psychotropic substance abusers (CCPSA) serving New Territories West. The Centre provides casework and group work counselling services to individuals and families. In 2006, they handled 197 cases and conducted 218 group sessions. Moreover, a project named as "Work for a better Tsuen Wan" was jointly organised with Tsuen Wan Fight Crime Committee. Its main objective was to enhance the parents' awareness of drug problem and parenting skills.

In the year, the project "Drug Free Together" peer counsellor scheme sponsored by Beat Drugs Fund was completed. The peer supporters worked with rehabilitated

drug abusers to disseminate anti-drug messages. A research on "The drug abuse study among the junior form students in Tin Shui Wai" was conducted. It successfully aroused the concern of the community.

Cheer Lutheran Centre

Established in 1998, the Cheer Lutheran Centre is a CCPSA serving young people in New Territories East. The Centre designs suitable treatment and rehabilitation schemes for its clients which includes caseworks, different stages of therapeutic group works and workshops. In 2006, three types of therapeutic group were introduced at different stages of case development. The approach assisted the clients to tackle different dimensions of the treatment process.

On the front of preventive education, the Centre provided anti-drug talks, workshops, seminars and health programs in 66 secondary schools. Furthermore, through the "Life of Circus" Program, students learnt the skills of circus performances which helped to establish their healthy lifestyle and conveyed to them anti-drug messages. In the year, the Centre also provided 68 professional training sessions for outreaching workers, teachers and allied professionals.

Commissioned by ND, a two-year project "Little Health Doctor" was commenced in the year to serve all primary schools in Hong Kong. The objectives of the project were to enhance students' knowledge on the danger of drug abuse and to spread anti-drug messages through interactive games, role play, videos and sharing with rehabilitated drug abusers.

Evergreen Lutheran Centre

The Evergreen Lutheran Centre was set up in 2002. It provides individual, family and group counselling for psychotropic substance abusers and their families to tackle drug problems in Kowloon East. In 2006, there were 165 cases seeking assistance from the Centre and a total of 230 cases were served. Meanwhile, the Centre co-operates with different professional groups within the region to deal with the substance abuse problem in various aspects. For example, a series of training courses had been provided for the workers in the mental health rehabilitation hostels to deal with their clients with substance abuse problem. On the other hand, drug prevention is always the Centre's primary task. 59 secondary schools in the region had participated in the Centre's programmes to enhance their students' drug awareness and knowledge.

Furthermore, with the Beat Drugs Fund's sponsorship, a programme called "3 C Action" had been organised since August of the year. In which, a group of young substance abusers were helped to establish a positive social network through contact in the street, group training, individual counselling and mentor matching.

Hong Kong Christian Service PS33

The Hong Kong Christian Service PS33 aims to provide quality treatment and rehabilitation services for psychotropic substance dependent persons and their family members. In 2006, it handled 223 cases and organised 230 therapeutic group sessions for 1,771 participants and 62 professional training sessions for 1,227 social workers, teachers and allied professionals. Once again, the Social Welfare Institute

of the Government of Macao Special Administrative Region invited PS33 to run a two-day skill-training workshop on "Handling Crisis Cases" for drug prevention and treatment workers from both the government and non-government sectors of Macao.

The special project "Breaking the cycle of abuse" for addicted pregnant women had been winding up this August, and the one-stop, multi-disciplinary service mode was recognised and adopted by other drug workers. The new phenomenon of "party drugs" creates a new group of substance abusers who are different from the traditional ones in the pattern of drug use and their underlying needs. In order to tackle their special needs, PS33 has launched a two-year project named "RAM · Express" since September 2006. "R" represents "Reviewing of life", "A" represents "Activation of life" and "M" represents "Mapping of life". The project is funded by the Beat Drugs Fund.

Tung Wah Group of Hospitals CROSS Centre

The CROSS Centre was established in 2002. It aims at providing one-stop and multi-level intervention, including preventive education activities, counselling service to drug abusers and their family members, for combating the problem of drug abuse on Hong Kong Island and the Outlying Islands.

In 2006, the Centre had handled 210 cases and provided 260 group counselling sessions to the drug abusers and their family members. Cough medicine was observed to be one of the most frequent drug used by the clients of the Centre. To share experience and enhance the competency for handling cough medicine abuse in

Hong Kong, a resources kit on "Prevention and Treatment of Cough Medicine Abuse" was published in June 2006 with the sponsorship from the Beat Drugs Fund. Four workshops were also organised in different districts to give briefing to youth services workers for the use of the resources kit.

One of the work foci in 2006 was to establish anti-drug coalition to combat adolescent drug abuse problem. The Centre had conducted various forms of anti-drug activities in joint venture with different alliances, such as Hong Kong Red Cross, Eastern/Wanchai District Youth Service Co-ordination Committee, Lions Clubs, Women's Club and Volunteer Groups from Western, Central and Eastern Districts of Hong Kong Police Force, etc. With the collaborations with different coalitions, anti-drug messages helping adolescent to develop a life free from drug abuse were widely delivered.

In the year, the Centre had provided drug preventive education programs to 19,092 students of 64 schools. The 4th Challenging Navigator Scheme was also held in Summer. In total, 160 adolescents had graduated from the Scheme and were trained to be anti-drug ambassadors. 16 outstanding participants were subsidised to join a study tour to Beijing to learn more about anti-drug work in China. On the other hand, a hundred children and young people of ethnic minority had participated in a sharing session and an anti-drug carnival organised by the Centre and the graduates from Challenging Navigator Scheme in Summer.

In 2006, the Centre was commissioned by ACAN for conducting a research on "Engagement of Parents in Anti-drug Work". Apart from studying the extent of involvement from parents on anti-drug work, a drug preventive education program

designated for parents would be designed and published.

Other Services

Caritas Lok Heep Club

The Caritas Lok Heep Club started operation in 1968. At present, the Club has two drug treatment centres, one at Wanchai and the other at Tung Tau Estate, Kowloon. The Club provides professional counselling and assistance to drug abusers, ex-drug abusers and their family members to help them tackle problems related to drug abuse. Moreover, the Club also runs drug abuse prevention education programmes.

Lok Heep Club receives full subvention from SWD. In 2006, the Club attained all Service Output Standards set by SWD. Counselling service is the main service of the Club. The number of cases served in the year was 831. Since the youth substance abuse problem in Hong Kong worsened, the Club organised a “Seminar on Youth Substance Abuse - Starting from the Family” in August. The event was well attended and widely reported by the mass media.

Lok Heep Club is one of the agencies in Hong Kong which renders a wide range of services to family members of drug abusers. Even if the drug abusers are not motivated, the Club still provides services including counselling, education, group sessions and recreational activities to their family members. The Family Visiting Team of the Club also reaches out for people who are in need. The Club published a pamphlet on Codependency with the aim to tackle and solve the drug abuse

problem from various angles.

Lok Heep Club has a great variety of services which appeal to clients of all age groups, to both male and female, and to clients living in all districts. In 2006, the Club had strengthened its service to South Asian drug abusers and to ex-drug abusers who were infected by Hepatitis C. Instant drug test panels (for testing ketamine, methylamphetamine, cocaine, opiates, etc.) were used to monitor the abstinence of the clients with good results.

The Hong Kong Council of Social Service (HKCSS)

HKCSS facilitates social service organisations in sharing good practices, new initiatives and concerns over policies and strategies on prevention, treatment and rehabilitation services on substance abuse. Its Network on Substance Abuse Service (NSAS) has 25 members from various aspects of expertise and professional, covering representatives from drug treatment and rehabilitation services to youth outreaching services. Members of HKCSS contributed their views and experiences to the Narcotics Division (ND) over the concerned service programmes, policies and strategies.

Last year, HKCSS organised visits to treatment and rehabilitation agencies for social service practitioners to enhance their knowledge on services for substance abusers with the aim to strengthening service synergy. Besides, HKCSS has been exploring the collaboration between medical practitioners and NGOs. “Seminar on Prevention on Youth Substance Abuse” was successfully held in July. It facilitated multi-disciplinary discussion over effective strategies in prevention of youth

substance abuse.

Mobile Acute Drug Rehabilitation Team of Haven of Hope Hospital

The in-patient detoxification service for the drug abusers was first started by the Haven of Hope Hospital in the early 1970s. As a result of the re-organisation of resources and the various changes in the society, a new model of care for the drug abusers who suffer from concomitant medical illnesses was established in 1997 in Haven of Hope Hospital, under the name of "Mobile Acute Drug Rehabilitation Team" (MADRT). The philosophy of the team is based on Christ-centredness and respect for life, which promotes and provides holistic drug rehabilitation service for drug abusers who suffer medical illness. The team consists of a nurse experienced in drug rehabilitation, a peer counsellor and inputs from the multi-disciplinary team of the hospital. The detoxification process comprises basically a three-week in-patient voluntary rehabilitative programme, which provides detoxification, physical, psychosocial and spiritual care. Discharged detoxified drug abusers are referred to other drug rehabilitation organisations for follow-up, so as to strengthen the rehabilitation and their re-integration into society.

At present, the MADRT has collaborated with six NGOs to offer a group counselling service, facilitated by the peer counsellor of the MADRT and the pastoral worker of the respective local church, for ex-addicts on a weekly basis in the community. In order to encourage the discharged clients to build up a network for mutual support and sharing, the hospital has assisted to co-ordinate a self-help group for them in 2004.

Three-Year Plan on Drug Treatment and Rehabilitation Services in Hong Kong

The Fourth Three-year Plan on Drug Treatment and Rehabilitation Services in Hong Kong (2006 - 2008)

The Three-year Plan on Drug Treatment and Rehabilitation Services in Hong Kong (Three-year Plan) aims at reviewing the existing provision of drug treatment and rehabilitation services provided to drug dependent persons, and charts the future direction of services in the years to come.

A working group was formed in May 2005 to oversee preparation of the Fourth Three-year Plan covering the years 2006 to 2008. It was headed by Dr K C Lam, Chairman of the ACAN Sub-committee on Treatment and Rehabilitation, and comprised representatives of government departments and drug treatment and rehabilitation agencies.

ND has promulgated four Three-year Plans so far, in 1997, 2000, 2003 and 2006 respectively. The 2006-08 Plan gave recommendations for the service sector to adjust and strengthen their programmes in the light of the latest drug abuse trend. Major recommendations included opportunities for early and effective intervention, particularly targeting the high risk groups, and to help converted drug dependent persons remain abstinent, to have better co-operation among anti-drug professionals, to strengthen measures for re-integration and relapse prevention and to provide future professional training for anti-drug workers. The Plan was released in March 2006.

During the year, a number of major tasks relating to treatment and rehabilitation

were completed.

A working group led by Dr Leung Chi-chiu with representatives from the medical field and NGOs was set up in March to map out measures to strengthen co-operation between medical practitioners and NGOs on drug treatment. The Working Group was tasked to identify room and explore measures to establish and strengthen co-operation with health care service providers of private and public sector and anti-drug workers, with a view to work out a co-operation model between the two sectors. The Working Group also agreed to develop a pilot scheme, starting at a region, to line up medical practitioners who are interested in providing voluntary services to help drug abusers. It would also draw up a checklist on how general practitioners might help the drug abusers based on the needs of the drug treatment NGOs.