

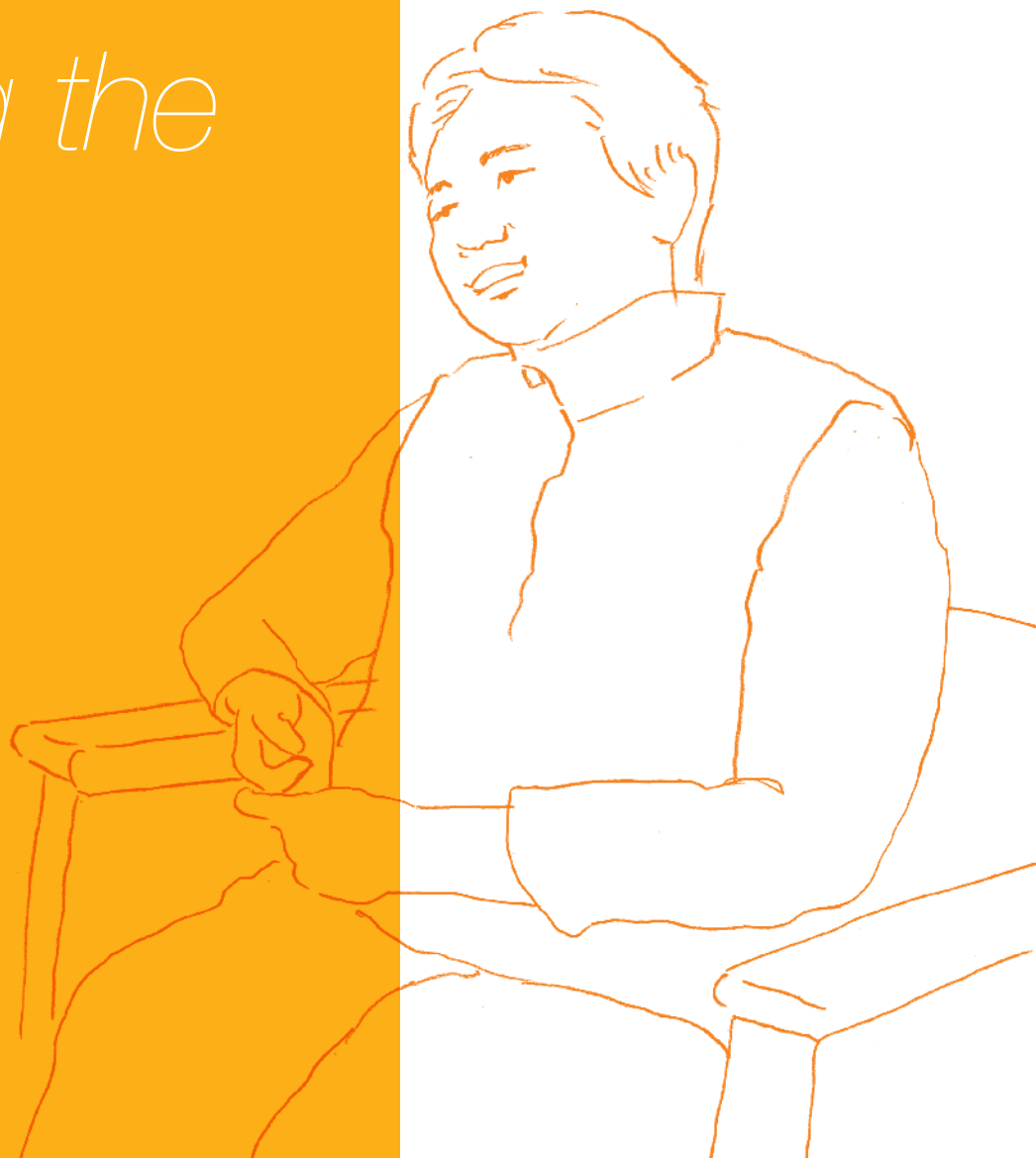
諒解浪子心

Understanding the Prodigal Son



十餘年前起，黑夜於馮太而言都是煎熬，因為黑夜裡充斥著夜歸兒子憔悴的影像，還有丈夫打罵兒子的聲音。直至三年前，兒子成功戒毒，馮太笑說：「終於可以安心，一覺瞓到大天光。」

Every night was a torture to her and she had suffered for over a decade. Each night seemed to conjure up the image of her son's pale face and the endless quarrels. The situation had not changed until the successful rehabilitation of her son. "I can finally sleep well." Mrs Fung said.



兒子吸毒感無助 社工協助解困惑

回想起兒子休克的那天，馮太以為二十歲的兒子會死，她連忙呼叫家人幫忙。連番的拍打下，兒子終於醒來，亦是那一刻，馮太知道「兒子一定是吸毒了。」隨後的十年，看著兒子身陷毒海、身軀日漸消瘦，馮太感到無力，只好兩次報警，希望兒子能在監獄中脫離毒海，浪子卻不曾回頭。

四年前，兒子因長期吸食毒品而身體每況愈下，無法工作。偶然間他在街上遇上同學，更被邀約參與同學聚會，看著同學結婚生子，兒子萌生了戒毒的念頭：「這種正常的生活才是人應該過的。」在朋友的介紹下，兒子認識了心弦成長中心，並在馮太的陪伴下，撥打了中心的電話號碼。

馮太回憶，社工很快便與他們見面，安排了體檢，再為兒子申請入住戒毒村。等待申請結果期間，兒子仍然吸食毒品。馮太指出那時幸好中心社工事先跟她解釋毒癮的影響，令她理解兒子難以一下子就完全脫離毒品，否則她無法接受這個事實。從社工口中，馮太開始了解兒子的心態。

開放坦誠分享 修補父子裂痕

兒子吸毒早已令馮太身心疲憊，但最讓馮太煎熬的是父子二人的關係。馮太那時每每躺在床上都會害怕，害怕未歸的兒子在外吸毒，更害怕鑰匙聲響起後，丈夫打罵兒子的聲音：「他會大聲責罵他，聲量足以令整條屋邨都聽到，有時候甚至掌摑兒子，在天寒地凍的時候趕他出去。」馮太只能在旁阻止，卻又阻止不了多少。馮太輕嘆說，丈夫是在乎兒子的，可是他想不透為何自己不煙不酒不賭，當了一個好榜樣，兒子卻不盡自己的責任，反而走上吸毒的路，而馮太卻成了父子二人的磨心。

家長之間會互相幫忙，紓緩彼此的情緒，而且很多過來人會分享他們的經歷，讓我們明白吸毒者的心態。

We help each other in the group to go through difficult times and relieve depression. Also, people who had successful experience in drug rehabilitation come back and share it.

Feeling Helpless in the Face of his Drug-taking Son Receiving the Assistance from Social Workers

"One day, I found him going into his room. At that moment, I thought he would die and I could do nothing but yell for help." Mrs Fung recalled. Although her 20-year-old son was awake, Mrs Fung realised a fact that her son took drugs. As his son abused drugs, his health deteriorated to a level that he could no longer work. In the hope of helping her son get rid of drugs, the hopeless woman called the police twice as the last resort, but the effort was in vain.

The critical point occurred 4 years ago. The son met his old classmate by chance on the street. She invited him for an old classmate reunion, in which he found most of them had already got married and some even have children. The son suddenly realized that "I should have a normal life like them", and he was then motivated to seek help. Introduced by his friend who was cured before, he first knew Sane Centre. Accompanied by Mrs Fung, he dialled the hotline of the Centre, which later guided him to a brand new world.

Social workers met them soon and arranged a standard check-up for him. And then, social workers helped the son apply for admission to drug addiction treatment centres. "He still took drugs during the period of waiting for the application result." Mrs Fung said. "It was a luck that the social workers had chatted with me before, and explained addiction can hardly be beaten immediately. Without the explanation, it was difficult, if not impossible, for me to understand his situation."

Open and Frank Sharing Improving Father-son Relationship

Before meeting the social workers, things had gone from bad to worse. "When my son came back at night, my husband always shouted at him as loudly as all our neighbours could hear. He sometimes beat his son and kicked him out of the home even in winter." Mrs Fung recalled. "I could do nothing." Each helpless night, she lied in bed and felt like being engulfed by fear of the scene that might happen again. Mrs Fung understood her husband's feelings. "He never ever smokes, drinks or gambles, for the sake of setting a good example for our son. After he knew our son was a PSA, a question came to his mind: 'why hasn't our son even tried to follow my way but use drugs instead?' He blamed our son." Drug abuse damaged the relationship between father and son.

直到中心的家長組到馮太家探訪，家庭關係出現了轉機。她記得，一位吸毒三十多年的過來人向二人徐徐道出自己如何沉淪毒海、又如何成功戒毒的故事，故事打動了丈夫，亦讓他們明白吸毒或因環境因素、性格所致，並非全是吸毒者自身的問題。自此，丈夫亦隨著馮太加入了家長組。四年間，馮太認為在家長組的得著最大：「家長之間會互相幫忙，紓緩彼此的情緒，而且很多過來人會分享他們的經歷，讓我們明白吸毒者的心態，再加上社工亦會教育有關藥物的知識，解釋毒癮會令吸毒者不能自拔。」馮太發覺丈夫漸漸諒解兒子。

與此同時，兒子經歷了八個月的治療後成功戒毒。馮太說，兒子得知父親加入家長組後十分鼓舞，因為他知道父母做的一切都是為了他。現時兒子已經成功戒毒三年，他們一家三口亦不時參與活動。在那裡，馮太聽過兒子親訴自身經歷，聽過他的道歉，還有兒子第一次說出口的「我愛你」，令馮太感到很窩心。採訪當日，馮太精神煥發，感恩道：「遇上中心是一個機遇。如果中心只單純協助兒子戒毒，而缺乏對家長的教育，兒子亦難以成功戒毒。」

“As Sane Centre has backed up the whole family, it put the family back on track,” Mrs Fung said. When the social workers in Sane Centre noted their family problem, a family visit was arranged. Mrs Fung remembered that a man shared his story of drug abuse and drug rehabilitation. He had used drugs for 30 years. The story made the family feel and understand the struggle of a drug abuser. “We thus realized that drug abuse is basically due to the environment, personality or other factors, and is not entirely the result of the decision made by PSAs.” She said. Since then, the parents have joined a group organized by the Centre which provides counselling service and supportive programmes for the family members of PSAs. Throughout the 4-year counselling, the group impressed Mrs Fung the most. “We helped each other in the group to go through difficult times and relieve depression. Also, people who had successful experience in drug rehabilitation came back and shared it. Experience sharing, coupled with the educational programmes about drugs, we, the family members, began to realise and even understood more and more the feelings and difficulties of PSAs.”

Meanwhile, our son finished the 8-month drug treatment. He felt encouraged when he found that his father had joined the group for his sake. And now he has already quitted the habit for 3 years. The family keeps taking part in the activities offered by the Centre, in which Mrs Fung heard his story, his apology and his words of confession, “I love you” for the first time. Mrs Fung found that Sane Centre has “rebuilt” her family. “It is a chance for us to be reborn. Sane Centre was not only dealing with the person with drug problem, but the entire family. Without the counselling for the family, it is difficult to solve the problem.”

