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## 老母临终无法相见 男子出狱洗心革面如今成辅导者

陈嘉慧  
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陈志忠摆脱毒瘾，当起囚犯们的良师益友，以自身经历来激发囚犯们向上。（邻福梁摄）

字体大小: [小](#) [中](#) [大](#)

男子涉毒28年入狱超过10次，坐牢期间八旬母亲病逝，自己因为没脸戴手铐送终而无法见母亲最后一面，但他痛定思痛，从此洗心革面。如今他已戒毒近20年，成为辅导其他囚犯的良师益友。

曾经沉迷毒海多年的男子是现年69岁的陈志忠，他在当兵期间因一时好奇，在损友的诱惑下开始触碰毒品，从此深陷其中，成了监狱常客。

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Original:

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男子涉毒 28 年入狱超过 10 次，坐牢期间八旬母亲病逝，自己因为没脸戴手铐送终而无法见母亲最后一面，但他痛定思痛，从此洗心革面。如今他已戒毒近 20 年，成为辅导其他囚犯的良好益友。

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陈志忠说，在他进出监狱的日子里，母亲始终没有放弃他，不断鼓励他重新来过，可惜他始终摆脱不了毒品，直到最后一次才彻底醒悟。“当时距离获释只有三个月，突然接到母亲去世的消息，让我悲痛欲绝。”

陈志忠的父亲早逝，他和母亲因此很亲，哥哥原本想请监狱署通融，让他到灵堂送终，但他自觉没脸见母亲，更不想戴着手铐去灵堂，所以拒绝了哥哥的好意，错失见母亲最后一面的机会。

他说，母亲去世前后他都无法陪伴在侧，自己成了缺席的儿子，至今都让他愧疚不已。

## 靠“过来人”伸援手引导 彻底告别毒品近 20 年

2005 年出狱后，他借由工业与服务合作社协会（Industrial and Services Co-operative Society，简称 ISCOS）的帮助找到工作，也在协会的“过来人”的引导下彻底告别毒品，如今已经将近 20 年。

陈志忠说，当年出狱后很迷惘，所幸 ISCOS 及时伸出援手，把他带回正途。正因有过这段经历，他领悟到有人从旁拉一把的重要性，因此他从八年前开始为囚犯和释囚提供辅导，以自身经历激励他人。

他说：“他们就像当年的我一样缺乏信心，我得不断鼓励和提醒他们相信自己。沉迷毒海 20 多年的我都做得到，他们没理由做不到。我也让他们知道出狱后可能面对的困难，教导他们如何克服。”

## 阻断者联络网去年推出 帮助和辅导释囚

为了让更多像陈志忠这样的阻断者有更多资源协助出狱的囚犯，监狱署去年推出了阻断者联络网（Desistor Network），每三个月举办交流活动让阻断者互相认识，彼此交流经验。此外，监狱署也为阻断者提供培训，帮助他们提升技能，以更好、更有效地辅导释囚。

内政部兼国家发展部政务部长费绍尔副教授星期三（4 月 17 日）出席一周年交流活动时说：“我们目前正在撰写一本手册，讨论如何发展支持小组，让释囚知道如何从不同的支持小组和政府部门获得帮助。前囚犯需要很多支持，除了加强家庭的支持，我们也希望建立一个支持他们的社会生态系统。”

接下来的一年，阻断者网络希望培养更多积极、有能量和愿意奉献的阻断者。继续举办定期的交流活动来扩大阻断者联络网，以及为他们提供指导和培训。

阻断者网络今年的目标是为大约 30 名阻断者进行培训，让他们具备辅导和团队合作的技巧，与监狱署合作共同帮助释囚。



Translation:

**Unable to be there at his mother's deathbed, man changed after release from prison and has now become a counsellor**

He went in and out of prison for more than 10 times over the course of 28 years. While in prison, Tan was ashamed of wearing handcuffs to see his 80-year-old mother for the last time before her death, and that became his turning point to change. Fast forward to now, he has been free from drugs for 20 years and is now a counsellor to other offenders.

Tan (69 years old) struggled with drug addiction for many years. Out of curiosity and peer influence, he started experimenting with drugs when serving the national service and had since fallen into the cycle of addiction that led him to prison frequently.

During his time in prison, Tan's mother had never given up on him and kept encouraging him to start over. Unfortunately, her words had fallen on deaf ears and it only hit him at his last imprisonment.

"The shocking news of her death came three months before my release. I was devastated."

Growing up without a father, he was very close to her. Feeling very embarrassed of himself and refusing to wear handcuffs to the wake, Tan rejected his brother's intention to request access for him to go and see his mother for the last time.

Till now, Tan remains regretful that he was not able to be there for his mother, like an absentee son.

**Thanks to the support and guidance by fellow ex-offenders, he stayed drug-free for 20 years**

After his release in 2005, he found a job through the support by Industrial and Service Co-operative Society (ISCOS), who also guided him to stay drug-free for 20 years.

According to Tan, he was very confused after the release and was thankful for the positive help by ISCOS. The experience of reintegration made him realise the importance of helping others hence Tan started using his personal story to motivate and counsel inmates and ex-offenders.

"They have no confidence, just like me during my initial days after release. I had to keep encouraging and reminding them to believe in themselves. If someone with over two decades of addiction (like me) can change, there is no reason for them to be different. I also shared about the possible challenges they may face after prison and taught them how to overcome," said Tan.



## **Desistor Network launched last year to help and mentor ex-offenders**

To empower more people like Tan with resources to assist newly-released offenders, the Desistor Network was launched by Singapore Prison Service to organise sessions for desistors to meet and share experiences, as well as providing training and upskilling opportunities to mentor others more effectively.

At the first anniversary activity on 17 April, Assoc Prof Muhammad Faishal Ibrahim (Minister of State for Home Affairs and National Development) said, “We are developing a playbook focusing on the development of support groups so that ex-offenders know how to seek help from different support groups and government agencies. They require a lot of help – in addition to enhancing family support, we hope to create a supportive ecosystem for them.”

In the coming year, the Desistor Network hoped to train more desistors with positivity, great energy and willingness to contribute. There will be regular sharing sessions held to expand the network as well as offering the relevant guidance and training.

The target for this year would be to train 30 desistors, equipping them with mentoring and teamwork skills to join hand with Singapore Prison Service in supporting ex-offenders.