



復元人士的一針一線，為孩子送上快樂。  
Persons in Recovery send unconditional happiness to  
kids with lovely handmade puppets.

# 精神健康

Mental Health Service  
服務

# 中途宿舍服務 Halfway House Service



## 服務概覽

本會設有4間中途宿舍，合共提供144個宿位，為精神復元人士提供過渡性住宿照顧服務。中途宿舍服務以復元為本，我們相信精神復元人士可以透過積極、自主的復元歷程，建立對復元的希望，重新融入社會，過著有意義及充滿希望的生活。

\* 因應筲箕灣宿舍重建，本會3間中途宿舍目前合共提供134個宿位。

## Service Overview

The Society operates four halfway houses with a total capacity of 144, providing transitional residential care service that facilitates persons in recovery (PIRs) with recovery-oriented community support for independent living. We believe that during the positive and autonomous journey of recovery, we instill hope into persons in recovery (PIRs), and assist them to reintegrate into the community and restore a meaningful life.

\* The Society is currently providing 134 places in three houses during the re-development of Shau Kei Wan House.



## 服務數據 Service Data



**47**

新入宿人數  
No. of new admission



**2,336**

舉辦小組次數  
No. of groups organised



**9,873**

參與小組人次  
Total attendance of groups



**95%**

入住率  
Occupancy rate

**49**

遷出人數  
No. of discharges

**251**

舉辦活動次數  
No. of activities organised

**3,484**

參與活動人次  
Total attendance of activities

**67%**

成功遷出率  
Successful discharge rate





## 年度重點 Highlights of the Year



### 復元路上・友您同行

朋輩支援是復元路上重要的一環。中途宿舍服務於2021-2022年度獲社會福利署(沙田)「老有所為活動計劃」資助，舉辦「友膳廚房」跨代共融社區計劃。是次計劃亦邀請香港神託會創耆坊作為合作機構，以煮食作為跨代共融的活動媒介，配對「義工孖寶」，一同製作節日美食，以贈送區內的弱勢家庭，回饋社會。創耆坊的長者義工向中途宿舍的年青復元人士，分享烹飪技巧，提升他們的獨立生活技能。年青復元人士則教導長者義工應用資訊科技，彼此建立共融社區。計劃一共舉辦了13次活動，並提供服務予422人次。

地區團體是復元路上一個重要伙伴。元朗區康復服務協調委員會社區教育工作小組聯同朗日居，及區內二十多間康復單位舉行「賞・您」計劃，以多元化活動，如真人圖書館、家屬親子平衡按摩小組、家屬心聲歌曲創作等，支援照顧者的身心需要和紓緩壓力，並且加強社區人士關注照顧者處境和需要，同時肯定照顧者的付出及貢獻。是次計劃共獲得元朗區議會撥款贊助，社區人士參與不同小組及活動達1,160人次。

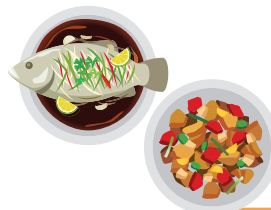
### Walking Together Through The Path of Recovery

Peer support is one of the essential components to PIR on the recovery journey. In 2021-2022, Halfway House Service obtained the funding of “Opportunities for the Elderly Project (OEP)” from The Social Welfare Department (Sha Tin), to organise a community volunteer project — 「友膳廚房」跨代共融社區計劃. With additional support of Stewards-Take Your Way Clubhouse (Integrated Community Centre for Mental Wellness), we established partnership platform as “Cooking Buddies”, with an aim to enhance an inclusive community and provide free food assistance to the underprivileged families. The elderly volunteer team from Stewards-Take Your Way Clubhouse (Shatin) were invited to share cooking and independent living skills to PIRs, meanwhile, PIRs taught the elderly volunteer team to learn the application of information technology. A total of 13 programme sessions were provided with 422 attendance of activities.

Community organisations are vital to the recovery work. Sunrise House (SRH) cooperated with Yuen Long District Co-ordinating Committee on Rehabilitation Services and over 20 local rehabilitation units to launch the Project of “Praise: Amazing You”, providing various activities, such as human library, parent-child massage group and caregivers’ music production to alleviate the stress of care-givers, raise public awareness on the needs of care-givers and affirm their contribution. A total of 1,160 participants were in the project which was funded by Yuen Long District Council.



「義工孖寶」一起處理食材，炮製兩餸一湯。  
“Cooking buddy” was preparing delicious meal with two dishes and one soup!



年青復元人士製作甜品，展現才能。  
Young person in recovery (PIR) made dessert to show her strength.

怡翠軒就屯門區康復服務協調委員會舉辦的「康復服務工作體驗計劃2021」，邀請年青人體驗院舍服務，並由復元人士介紹宿舍特色及生活，讓社區人士認識不一樣的復元旅程。

Yee Tsui House (YTH) invited the youth to participate in the “Rehabilitation Work Experience Programme 2021” which was organised by Tuen Mun District Coordinating Committee on Rehabilitation Services, encouraging them to experience residential service. PIRs from YTH were invited to introduce their hostel life and characteristics, enlightening the public about the recovery journey of PIRs!

### 抗疫復元新常態

科技應用是提升復元人士生活質素的重要媒介。疫情下，復元人士在宿舍的生活大受影響。根據社會福利署指引，為減低感染風險，我們盡量減少非必要的院舍探訪及停止各項實體的小組及活動。復元人士滯留院舍及閒餘的時間增多，而社交距離限制人際互動，容易影響個人健康。三間中途宿舍配合機構的策略性主題——六個健康管理方式，同時獲社會福利署「樂齡及康復創科應用基金」贊助各項科技產品，運用高科技身體分析儀更準確評估及分析復元人士的身體狀況；拓展智能機械人服務，以幫助宿舍內復元人士。另外，宿舍利用網上平台舉行多元化活動，有助維持復元人士的身心靈健康。

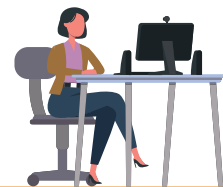
### Anti-Epidemic Recovery Campaign

The application of technology is one of the mediums to improve the quality of life among PIRs. The daily lives of our residents were inevitably affected during the pandemic. In order to reduce the risk of infection, the halfway house service restricted visiting arrangement and suspend groups and activities according to preventive and control measures of The Social Welfare Department. As more PIRs stayed idle without normal interaction due to social distancing measures, it negatively affected their personal health. Three halfway houses aligned with our agency's strategy of “Six Ways of Personal Health Management” and received sponsorship from “Innovation and Technology Fund for Application in Elderly and Rehabilitation Care” of The Social Welfare Department to install technological devices, such as “Body Composition Analyser” to accurately assess the health conditions and ‘Smart Robot” to serve PIRs. Furthermore, we took advantage of social media platforms to organise online groups and activities for service users, enhancing their physical and mental health.



職員與復元人士一同學習設計智能機械人服務。

Person in recovery (PIR) was learning how to set up the “Smart Robot” with staff.



透過網上平台舉行多元活動，以維持復元人士的身心靈健康。

Various activities were provided through online platforms to maintain the physical and mental health of persons in recovery (PIRs).

# 精神健康綜合社區中心 Integrated Community Centre for Mental Wellness



## 服務概覽

本會營運兩間精神健康綜合社區中心，分別位於九龍城的龍澄坊和元朗的朗澄坊，提供及早預防以至危機管理的一站式、地區為本和便捷社區支援及康復服務。

## Service Overview

The Society operates two Integrated Community Centres for Mental Wellness (ICCMW), namely Vitality Place in Kowloon City and Placidity Place in Yuen Long, providing one-stop, district-based and accessible community mental health support service from early prevention to risk management in the serving districts.

## 服務數據 Service Data

### 朗澄坊 Placidity Place



**284**

開展個案 / 重新開展個案  
New/Reactivated cases



**12**

個案(小家屬)  
Cases with casework counselling provided for children



**1,974**

外展探訪次數  
Outreaching visits

**998**

累積會員人數  
Active service users

**47**

開展個案 / 重新開展個案(家屬)  
New/Reactivated cases involving families/Carers

**3,042**

外展探訪 / 辦公室面談次數  
Outreaching visits/ Office Interviews

**231**

外展探訪 / 辦公室面談次數(家屬)  
Outreaching visit/Office Interview (Families/Carers)



**271**

新增會員人數  
New service users



**19**

治療性小組  
Therapeutic Group



**34**

家屬心理教育小組 / 活動  
Psycho-educational Groups/ Programmes for Carers



**460** 節 sessions

興趣及支援小組  
Interest and Supportive Groups

**5,463**

連繫及大型活動  
(參加人數)  
Linkage and Programmes  
(no. of participants)

**1**

治療性小組(小家屬)  
Therapeutic Group for children

**1**

家屬心理教育小組(不少於四節)  
Psycho-educational Groups/Programmes for Carers (Not less than 4 sessions)



**203**

連繫及大型活動  
Linkage and Programmes





## 年度重點 Highlights of the Year



### 朗澄坊

#### 朗澄坊復元實踐－灌注希望

#### 社區音樂計劃－「你我充滿正能量」

該計劃獲得滙豐銀行社區夥伴計劃贊助，由2020年10月至2021年8月，舉行一系列社區音樂活動，以保持人與人之間連繫。789位社區人士及復元人士積極參與社區心靈樂、「創作人」訓練班、音樂錄像製作及社區探訪，最後計劃以「你我充滿正能量」感恩音樂會作結，冀促進社區凝聚及推廣精神健康。復元人士以自身經歷及感受為題材，創作歌曲「舞動水雲間」，向聽眾分享得着。經過10個月的社區音樂交流活動，72%參加者表示活動能帶出正面訊息，有助提升身心健康。



### Placidity Place

#### HOPE－Recovery Implementation of Placidity Place

#### Community Partnership Programme — “You and Me are full of Positive Energy”

“You and Me are full of Positive Energy” was a project funded by HSBC Hong Kong Community Partnership Programme 2020. Placidity Place had organised Community Music programme titled “You and Me are full of Positive Energy” from Oct 2020 to August 2021. The community-based initiative programme binded 789 community members and persons in recovery (PIRs) together, including community music workshops, songwriter trainings, music video production and community visits which helped to promote mental wellness and social inclusion. Moreover, an original song composed by a group of PIRs, called “Dancing in the Cloud”, had been shared at the end of the “You and Me are full of Positive Energy” Community Music Concert to witness their transformation in life. After taking part in a series of Community Music programmes in 10 months, 72% of participants indicated that the programmes successfully sent positive message and gradually enhanced their resilience in fighting challenges.



「你我充滿正能量」參加者錄製創作歌唱的聲帶。  
Participants of “You and Me are full of Positive Energy” prepared the sound-recording in the mini-studio.



通過社區探訪活動，復元人士與音樂治療師分享自創歌曲予家庭服務中心服務使用者。

With music therapist, persons in recovery (PIRs) shared self-composing songs with service users of Integrated Family Service Centres (IFSC) through community visits.



## 疫中有「澄」支援服務

疫情反覆，不少服務使用者既擔心受感染，又對防疫資訊感到疑惑，影響日常生活。故此，我們積極連繫不同社區網絡，前後共獲得9個社區團體及持份者捐贈超過700份抗疫物資包，及日用品，讓中心個案會員及復元人士感受到社會的關懷及支援。

同時，朗澄坊亦製作了「疫澄希望」套裝，包括圖文版的疫情資訊、自我照顧的練習影片、乾花擺設及手繪擴香石頭，讓服務使用者透過五感紓減壓力。另外，我們3月舉辦了「疫中有澄—相倚靠心自由」線上支援活動，藉播放同工及服務使用者製作的打氣片段，及線上互動遊戲，有助認識最新的防疫及身心健康資訊，在隔離的生活中促進會員間的連繫。



「疫澄希望窩心包」：資訊卡、窩心乾花束、手繪擴香石頭。

“Hope in Pandemic Sweet kit” included information card of self-care strategies exercise, dried flowers bouquets and hand painted aroma diffusing stones.



「你我充滿正能量」參加者錄製創作歌唱的聲帶。  
Participants of “You and Me are full of Positive Energy” prepared the sound-recording in the mini-studio.



## Instilling Hope for Mental Wellbeing under the Threat of Pandemic

During the COVID-19 pandemic, service users were not only worried about being infected, but also the insufficient resources in the community. They also felt helpless and confused about the preventive and protective measures of the Government. In order to provide care and support to our service users, Placidity Place had successfully liaised 9 community stakeholders and charity organisations to donate over 700 packages of anti-epidemic service bags and daily necessities.

Moreover, “Hope in Pandemic Sweet Kit” and online programme had been prepared for the service users so as to release their stress and help them to understand the latest health information under the pandemic.

## 動物輔助介入服務計劃

朗澄坊於2021年獲得滙豐香港社區夥伴計劃資助，提供為期2年的「動物輔助治療社區全方位關顧計劃」。中心期望透過推行此計劃，既能優化動物輔助介入的服務，又能持續累積服務的工作經驗，從而支援地區精神復元人士、長者及中學生。本年度中心成功連繫3所地區中學，透過互動及體驗形式，為60位學生提供動物入校活動，提升中學生及教職員對動物輔助介入與精神健康的認知。同時活動有效接觸受情緒困擾的學生，幫助他們探索個人成長及精神健康的需要。

除此之外，朗澄坊亦為服務使用者舉辦5節動物義工訓練課程，以及4節動物哀傷輔導治療小組，共有61人次參與活動。透過動物輔助介入手法，有助提升個人精神健康及社交技巧。2021年11月，本計劃舉辦「動物歡聚嘉年華」，並邀請6個動物輔助介入的團體參與，提供講座及攤位活動，開放復元人士及社區人士參與，一起構建共融的社區環境。



將動物輔助介入手法帶入學校，提升學生參與動機，探索他們個人成長及精神健康的需要。

To share Animal-Assisted Intervention (AAI) model at schools, it helps to motivate students to engage and explore their needs of personal growth and mental health.

## Application of Animal-Assisted Intervention (AAI) Model

With the support of HSBC Hong Kong Community Partnership Programme, Placidity Place had initiated a Community Care Project with adapting Animal-Assisted Intervention (AAI) model for PIRs and secondary school students in Yuen Long district. In order to promote mental wellness and AAI model to students and teachers, we established working relationship with 3 secondary schools, providing mental health programme with animals to over 60 students. The activities successfully reached to students with depression, helping to explore their needs of personal growth and mental health.

Two workshops on volunteer training, bereavement and grief counselling were provided with a total of 61 attendances of participants which could facilitate their personal health and social skills. In November 2021, we had implemented programme on Animal Carnival and invited 6 AAI supporting organizations. Talks and booths were opened for PIRs and the general public so as to enhance community resilience.



滙進教育顧問公司主席尹瑞蘭女士及義工張寶兒小姐參與動物歡聚嘉年華講座及攤位活動。而尹瑞蘭女士多年跟中心合作，定期舉辦動物café及動物入校活動。

Ms. WAN Shui Lan, Chairman of Partnership Educational Consultancy, and Ms. CHEUNG who was a volunteer, participated in the sharing session and booth activities. Ms. WAN Shui Lan had cooperated with Placidity Place to run the animal café and provide Animal-Assisted Intervention (AAI) activity at schools.



 服務數據  
Service Data

龍澄坊 Vitality Place





## 年度重點 Highlights of the Year



### 龍澄坊

#### 疫情下單位的支援性工作

疫情下為了支援服務使用者的需要，同工保持電話聯繫和慰問，亦透過視像會議提供輔導和小組服務，甚至轉贈不同機構送出的防疫物資。此外，單位善用資訊科技提升服務質素，包括向社會福利署樂齡及康復創科應用基金申請，成功購置音樂治療系統及電子腦部訓練系統。而且我們聯同香港聖公會九龍城青少年綜合服務中心的青少年，創作一首名為「未知之旅」的歌曲，為服務對象打氣。



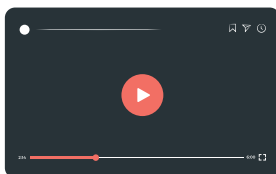
服務對象接收捐贈者之抗疫物資。  
Members received anti-epidemic resource bags.



### Vitality Place

#### Supportive Work during the Epidemic

In order to support the needs of service users during the epidemic, our social workers kept connection and provided emotional support by phone, meanwhile, they provided counselling and group services through video conferences. Anti-epidemic materials which were donated by different organisations, were collected and sent to our service users. Moreover, we made good use of information technology to improve service quality, purchasing a Soundbeam system and a Brainastic system which was funded by “Innovation and Technology Fund for Application in Elderly and Rehabilitation Care” from The Social Welfare Department. We also co-created an original song called “未知之旅” with the youths of The Hong Kong Sheng Kung Hui Kowloon City Children and Youth Integrated Service Centre to cheer up our members.



「未知之旅」音樂影片。  
A cheer up song co-created by members and local youths.



#### 善用地區撥款推動單位工作

為了持續宣揚「精神健康，你我關心」的訊息，讓更多九龍城居民關注精神健康的重要性，單位分別向社會福利署及九龍城區議會申請兩個項目，名為「耆患逆元一年長照顧者自我關懷計劃」和「友「營／型」生活」，並分別獲撥款港幣\$10,000和港幣\$32,764。「耆患逆元一年長照顧者自我關懷計劃」與聖公會聖匠堂社區

#### Make Use of District Funding for Service Development

In order to continuously promote the message of “Mental health, you and I care” and raise awareness of mental health issue among Kowloon City residents, we applied two funding proposals from The Social Welfare Department and The Kowloon City District Council, entitled “耆患逆元一年長照顧者自我關懷計劃” and “友「營／型」生活”，receiving grants of HK\$10,000 and HK\$32,764 respectively. “耆患逆元一年長照顧者自我關懷計劃” cooperated

中心合作，透過一系列關顧身心靈的活動，帶領「耆」年的病「患」照顧者在「逆」境中認識及照顧自己的身心靈需要，建立他們從壓力、焦慮及抑鬱情緒中復「元」的能力。「友「營／型」生活」則透過4大方向的活動系列，理論及實踐並行，推廣健康飲食、運動減壓及疾病管理等知識，鼓勵大家建立良好的生活習慣，提升對身心健康的關注，藉此預防疾病及增加對疾病的自我管理能力的。兩項計劃分別有113名及151名參加者，並有211名及428名的參與人次。

### 小家屬服務

本年度單位以不同介入手法如繪本、藝術及園藝活動，提升兒童對情緒的認識及建立優質的親子時間。同工亦透過不同的親子活動如cooking joy、親子園藝活動日、馬賽克燈工作坊等，讓彼此建立回憶，提升親子關係。單位亦積極與中環海濱扶輪社合作，舉行STEM編程教學，以發展兒童潛能及提升兒童的解難能力。

### 「童樂坊」計劃

我們獲香港救助兒童會資助「童樂坊」計劃，為精神復元人士家庭的兒童及青少年提供一系列培育正面情緒及家庭抗逆力的活動。本年度「手偶創作小組」籌備了5本兒童繪本並印製1,000本，同時在會員協助下製作了5款手偶一共500個。期後經招募及培訓義工，安排他們到區內學校和社區機構運用手偶分享故事，期望增加兒童對情緒的理解。最後「童樂坊」以「童說童心嘉年華」作結，台上活動包括慶典儀式、精神科醫生提供講座、義工繪本分享及表演環節，台下則有5個遊戲攤位，及1個家庭拍照區供參加者互動，冀提升市民對兒童精神健康的關注。

with Sheng Kung Hui Holy Carpenter Church Community Center, providing a series of activities to recognise Elderly's physical, mental and spiritual needs, and help them to recover from stress, anxiety and depression. “友「營／型」生活” held a series of activities in four directions to disseminate the knowledge of healthy diet, exercise, stress relief and disease management with an aim to establish good living habits, increase attention to physical and mental health, and increase self-management skills for diseases and prevention. There were 113 and 151 participants in the two projects respectively, with 211 and 428 participation rates.

### Children Mental Health Service

We had used different intervention methods, such as picture books, art and gardening activities, to gain children's knowledge of emotion and create parent-child quality time. Also, parents could experience with kids and co-create memories together by joining different programmes, included cooking joy, parent-child gardening day and mosaic light workshop. In addition, we cooperated with The Rotary Club of Central Harbourfront to hold STEM programmes, developing kids' full potential and problem-solving skills.

### Rejoice Place

With the support from Save the Children, the “Rejoice Place” project was granted to serve the children of PIRs. It not only aimed to cultivate positive emotions and family resilience, but also targeted to raise public's awareness of children and adolescents' mental health. We had provided a programme, namely ‘Puppet Making’, facilitating better understanding of emotion among children. 5 picture books were completed and printed in 1,000 copies. A total of 500 hand-made puppets also produced with the assistance of service users. Volunteers were recruited and trained for storytelling in the local schools and local organisations. Finally, the project completed successfully with the mass programme “童說童心嘉年華”. On-stage activities included celebration ceremony, sharing by psychiatrist, story-telling by volunteers. On the ground, there were 5 game booths and a family photo corner which helped to increase the interaction of participants.



童說童心嘉年華現場。  
The mass programme, namely “童說童心嘉年華” with great vibes .



童說童心嘉年華活動海報。  
The poster of the mass programme, namely “童說童心嘉年華”.



龍澄坊義工協助製作手偶。  
Volunteers helped make puppets.



童說童心嘉年華職員、嘉賓與義工大合照。  
Group photo of volunteers, guests and staffs in the mass programme, namely “童說童心嘉年華”.



## 中學入校工作

為回應青少年的身心健康需要，本服務以正向心理學的健康生活模式(PERMA+)為基礎。在過去一年，龍澄坊在九龍城區的中學舉辦近80節情緒及身心健康教育、真人圖書館及義工服務等，服務人數達3,500人。

## Works in Secondary Schools

To strengthen the psychological wellbeing among youths, we adopt the “PERMA+” model of positive psychology into our school services. Last year, we conducted around 80 sessions of emotional and mental health education, human library and volunteer service for secondary schools in Kowloon City and served 3,500 participants.



樹仁大學真人圖書館。  
Human library sharing session in Hong Kong Shue Yan University.



講故事園地義工練習講故事技巧。  
Volunteers were practicing storytelling.



玩具圖書館2.0計劃海報。  
The poster of Jockey Club “Quality Family Time through Play” project.

# 臨床心理服務 Clinical Psychology Service



## 服務概覽

為受精神、情緒或行為問題困擾的服務使用者提供心理評估及測試，建立治療策略，並按個別需要提供認知行為治療、家庭治療及小組治療介入。同時我們擔當臨床顧問的角色，為其他服務單位同工提供專業諮詢，並協助進行研究及員工培訓等工作。

## Service Overview

Clinical Psychology Service provides psychological assessment and treatment to persons in recovery (PIR) who suffer from psychological, emotional, or behavioural disturbances. Our treatment approaches include Cognitive Behavior Therapy, Family Therapy, and group therapy. We also serve as clinical advisors, providing professional consultation services to staff from other service units, and playing an active role in research and staff training activities.



## 服務數據 Service Data

臨床心理評估及輔導 (每節 1-2 小時)  
Individual assessment and counselling  
(1-2 hours/session)

人數  
No. of Users:

 **131**

節數  
No. of Sessions:

 **614**

為精神健康綜合社區中心職員提供臨床諮詢  
Clinical consultation provided to ICCMW staff

職員人數  
No. of Staff:

 **39**

個案數目  
No. of Cases:

 **220**

治療小組/活動 (每節 2 小時)  
Therapeutic groups/Clinical programmes  
(2 hours/session)

總參加人次  
Total no. of Participants:

 **184**

節數  
No. of Sessions:

 **22**

為本會員工、義工及會外人員提供培訓  
(每節 2-3 小時)  
Training (2-3 hours/session) provided to staff, volunteers,  
and external participants (2 hours/session)

節數  
No. of Sessions:

 **7**

由社工轉介的新個案  
New referrals from social workers

個案數目  
No. of Cases:

 **86**





## 年度重點 Highlights of the Year



### 不同種類的治療小組

臨床心理學家支援精神健康綜合社區中心和社會康復及支援綜合服務中心，為復元人士舉辦不同種類的治療小組，如認知訓練小組和失眠小組。另外，我們也和不同地區的感化辦事處與社會康復及支援綜合服務中心開設針對盜竊習慣和性罪行的小組。



### Group Work for PIR

We supported Integrated Community Centres for Mental Wellness (ICCMWs) and Integrated Service Centres (ISC) to provide various therapeutic groups for persons in recovery (PIRs), including Metacognitive Therapy Group and CBT for Insomnia. In addition, we supported groups conducted by the probation offices in different districts and ISC which targeted compulsive stealing and sex offending problems.



參加者在盜竊小組創作的作品。  
Artworks created by participants in the theft group.

### 會內外專業交流及培訓

我們為新入職的同工提供基本技能培訓，涵蓋不同臨床主題，以加強前線工作。鑑於考慮到少數族裔同工的訓練需要，臨床心理學家會跟少數族裔服務合作，提供英語培訓，當中涵蓋心理健康、精神疾病和基礎輔導手法等主題。此外，臨床心理學家亦與本會其他部門合作，為澳門社會工作局講授性罪犯的康復及介入策略，亦為耆樂警訊服務義工講解如何辨析焦慮、抑鬱及認知障礙症。

### Professional Trainings for Staff and External Audience

To enhance frontline work, clinical psychologists conducted various professional training with clinical topics for new staff. According to the need of training among ethnic minority staff, clinical psychologists collaborated with Ethnic Minority Service to provide English-led training for them, covering topics of mental health, mental illness, and basic counselling skills. Besides, we cooperated with other service units to introduce the rehabilitation and intervention strategy to Macau Social Welfare Bureau. Meanwhile, we shared the ways to identify mental illness, like anxiety, depression and dementia, to volunteers from Senior Police Call.



臨床心理學家於2021年11月為少數族裔同工進行心理健康及心理疾病基礎培訓。  
Clinical Psychologists conducted mental health and mental illness basic training to ethnic minority staff in Nov 2021.



臨床心理學家於2021年6月為耆樂警訊提供認識憂鬱、焦慮及認知障礙講座。  
Clinical Psychologists conducted a talk with basic introduction of depression, anxiety, and dementia to the Senior Police Call in Jun 2021.



## 朋輩支援員活動

透過公開招募，來自本會精神健康服務及社區內的復元人士可參加「第四屆朋輩支援員訓練課程」，並已於今年順利完成。學員共完成八節與朋輩工作相關的理論及技能課，包括復元理念、優勢為本導向、壓力管理、助人技巧、以及創作和分享復元故事等內容，他們更完成了至少六小時的實務課。為慶祝學員完成課程，原定於2022年3月的畢業禮因疫情延期到2022年4月以網上形式舉行。



參加者於朋輩支援員訓練課程參與團體合作活動。  
Participants joined team-building activities in the course.

## Peer Supporter Training and Engagement

Through open recruitment, PIRs from Mental Health Service units could take part in “The 4th Peer Support Worker Training Course” which was successfully held this year. They completed 8 sessions of classes with theoretical knowledge and skills relevant to peer support work, such as the recovery model, strengths-based approach, stress management skills, helping skills, and creation and sharing of recovery stories. Participants also completed at least 6 hours of practicum. To celebrate their completion of the training course, a graduation ceremony was held online in April 2022 due to the pandemic which was originally scheduled in March 2022.



畢業生製作心意卡並寄語未來。  
Peer supporter graduates designed message cards and sent words to future.



參加者於朋輩支援員訓練課程學習優勢評估。  
Participants learnt about strength assessment in the course.





# 職業治療服務 Occupational Therapy Service



## 服務概覽

職業治療服務以復元和融合為目的，為受精神、肢體、情緒或行為問題困擾的服務使用者提供機能評估及治療，藉此提高他們的活動機能(自我照顧、家居及社區生活、身心健康保養及工作能力)，協助他們重整生活規律、建立健康及富意義的生活模式，重新融入社區。服務對象主要為本會精神健康綜合社區中心的復元人士。

此外，職業治療師亦為本會其他服務單位提供專業諮詢服務，並參與及進行研究、職員培訓及實習培訓等工作。職業治療服務亦為小欖精神病治療中心、學校提供外展服務。

## Service Overview

With the aim of promoting recovery and reintegration, the Occupational Therapy Service provides functional assessments and treatments for service users who suffer from psychological, physical, emotional or behavioural disturbances to optimise their occupational performance (Skills of self-care, domestic and community living, health and wellness maintenance and vocational functioning) and assist them in achieving healthy and meaningful lifestyle, and ultimately to facilitate successful reintegration into the community and pave the way for their recovery. Our service targets are mainly persons in recovery (PIRs) from Integrated Community Centre for Mental Wellness (ICCMW).

Occupational therapists also provide professional consultation services for other service units and play an active role in research, staff training and placement training as well as provide outreach service to Siu Lam Psychiatric Centre and schools.



## 服務數據 Service Data

在龍澄坊提供的職業治療服務總節數  
Total number of service session in ICCMW (VP)

 **2,610**

在朗澄坊提供的職業治療服務總節數  
Total number of service session in ICCMW (PP)

 **1,648**

為其他單位提供的職業治療服務總節數  
Total number of service sessions provided to other units of the Society

 **31**

為香港懲教署小欖精神病治療中心提供的  
職業治療服務總時數  
Total number of Occupational Therapy Service hours at  
Siu Lam Psychiatric Centre

 **1,549** hours

為本會及會外專業人員提供培訓總節數(每節3小時)  
Total number of training sessions provided to staff of the Society and external agencies (3 hours per session)

 **445**





## 年度重點 Highlights of the Year



### 繼續擴展到校職業治療服務

除了為小欖精神病治療中心提供外展服務，職業治療服務本年度繼續為香港扶幼會則仁中心學校提供到校職業治療服務，並獲推薦到香港扶幼會許仲繩紀念學校，為有特殊學習需要的學童提供感官刺激及情緒、行為調控等個人訓練，希望能協助學生適應課堂環境及改變行為。

### Expansion of School-based Occupational Therapy Service

Apart from our outreach service in Siu Lam Psychiatric Centre, the Occupational Therapy Service continued our school-based service in The Society of Boys' Centres Chak Yan Centre School this academic year, and was referred to a new collaboration of Occupational Therapy individual training with The Society of Boys' Centres Hui Chung Sing Memorial School. These services provided individual training on sensory stimulation and emotion regulation to students with special education needs, hoping to facilitate the students' classroom adaptation and behavioural modification.

### 督導及顧問服務

職業治療服務本年度繼續為東華學院職業治療學生提供臨床督導。疫情期間，我們善用科技，在混合模式督導下提供各種培訓活動，促進虛擬學習和互動。我們亦繼續為本會服務單位提供顧問服務，包括在本會三間中途宿舍進行了宿舍環境影響量表數據收集及分析，評估宿舍環境及收集生活流程等意見，協助優化宿舍環境及提升舍友滿意度。

### Professional Supervision and Advisory

The Occupational Therapy Service continued to provide clinical supervision for placement students of the BSc (Hons) in Occupational Therapy of Tung Wah College. During the outbreak of the pandemic, we utilised technology to provide various training activities under blend-mode supervision, promoting virtual learning and interaction. In addition, we continued to provide consultation to other service units. For instance, we conducted data collection and analysis on 3 Halfway houses (HWHs) using the Residential Environment Impact Scale, which assisted HWHs in enhancing the environment and satisfaction rate of residents through environmental assessment and collecting feedback on daily activities.



職業治療師與學童進行本體感活動，以調節及放鬆情緒。

Occupational Therapist performed proprioception activity with a student for emotion regulation and relaxation.



## 提供身心健康治療小組

機構致力推廣健康生活模式，職業治療服務在精神健康綜合社區中心推出一系列身心健康小組，另增設「健康識讀班」提升復元人士掌握健康資訊的能力。第五波疫情期間舉辦了122節線上小組，積極將部分實體小組改為線上形式舉行；亦加入家居訓練元素，讓復元人士在家仍能維持社區聯繫，以提升身心健康。二零二一年底獲「樂齡及康復創科應用基金」批出約港幣\$125,000購買認知訓練系統—智活無限，讓復元人士安在家中接受認知訓練。



職業治療師於朗澄坊舉行「健康由舞做起」小組，教授復元人士一同跳健康舞，並分享健康生活模式的資訊。

Occupational Therapist held a wellness group in Placidity Place, leading aerobic exercise and sharing health-related information with persons in recovery (PIRs).

## Provision of Wellness Therapeutic Groups

We are committed to promoting a healthy lifestyle. The Occupational Therapy Service has launched a series of well-being groups in the ICCMW; and developed a “Health Literacy” group to enhance the ability of PIRs to acquire health information. During the 5th wave of the pandemic, we actively transformed groups into online style and hosted 122 sessions of online groups; we also incorporated home-based trainings so that PIRs could maintain social engagement and hence mental wellness while staying home safe. With a grant of around HK\$125,000 by “Innovation and Technology Fund for Application in Elderly and Rehabilitation Care” from The Social Welfare Department, we purchase cognitive training system—“Brainastic” for Elderly and Rehabilitation Care, as a home-based cognitive training for PIRs during the pandemic.





職業治療助理及導師帶領朗澄坊復元人士製作各種以不織布製成的手作，例如八達通套。  
Persons in recovery (PIRs) from Placidity Place were taught to make octopus cards by using non-woven fabric.



龍澄坊復元人士為「你我充滿正能量感恩音樂會」製作布袋紀念品。

Persons in recovery (PIRs) from Vitality Place created souvenirs bags for "You and Me are Full of Positive Energy Gratitude Concert".



職業治療師向老師及同工介紹感覺統合，及到校職業治療服務。

Occupational Therapist delivered a talk to teachers and professional workers on sensory integration and school-based Occupational Therapy Service.

