

精神健康服務 MENTAL HEALTH SERVICE

中途宿舍服務 Halfway House Service

服務概覽

本會四間中途宿舍，合共設有 144 個宿位，為精神病康復者提供過渡性的住宿服務，協助他們克服精神病患，重新融入社會，過有意義的生活。

服務對象

- 香港居民
- 十五歲或以上之精神病康復者

服務數據

新入宿人數	No. of new admissions	38
遷出人數	No. of discharges	38
入住率	Occupancy rate	99.2%
成功遷出率	Successful discharge rate	68.4%
舉辦小組次數	No. of groups organised	2,240
舉辦活動次數	No. of activities organised	1,019
參與小組人次	Total attendance of groups	14,984
參與活動人次	Total attendance of activities	16,131

服務範圍

全港



服務使用者製作班蘭蛋糕。
Service users attended the Pandan cake making workshop.

Service Overview

We operate four halfway houses with a total capacity of 144, providing transitional accommodation service that facilitates the recovery of persons with mental illness, and assisting them to reintegrate into the community and restore a meaningful life.

Target Service User

- Hong Kong citizens
- Persons with mental illness aged 15 or above

Service Data

Service Area

All districts



服務使用者協助帶領攤位遊戲。
Service users helped out in game booths.



首次公開表演詠春。
First public performance of Chinese Kung-fu "Wing Chun" by service users.

主要工作

本會透過培養生活技能及提供支援小組、興趣小組和義工活動等，協助服務使用者重新適應生活、重建良好的家庭和社交關係、繼而發展潛能，融入社區過獨立生活，並成為良好公民。

此外，宿舍亦致力開拓良好的社區和鄰里關係，讓服務使用者在院舍內得到照顧的同時，在社區內同樣得到接納和支持。

服務發展

二零一二年十月，本會四位同工前往美國堪薩斯州大學及約翰遜縣的精神健康中心考察，學習「復元模式」的知識技巧，及後成立「復元模式」工作小組。

「復元模式」的理念正處於探索實踐階段，本會希望透過服務推行、反思及檢討，融合不同服務理念、價值觀及實際運作，進一步優化服務。

在「實證為本」的基礎上，我們完成一項有關「確診精神分裂症的中途宿舍服務使用者康復」的質性研究，結果反映服務使用者的需要及影響復元過程的重要因素。

《殘疾人士院舍條例》已於二零一一年十一月實施，我們亦成立了「殘疾人士院舍條例工作小組」，四間中途宿舍互相交流支持，持續檢視服務及監察改善工程進度。

Major Tasks

Strength and potential development activities such as life skills training, support group and volunteer participation are available to service users to help them develop independence, and to restore positive family and social relationships. The restoration of hope and life aspiration is highly emphasized in the course of recovery.

Our goal is to provide a positive recovery environment that can help service users build positive relationships with the community and neighborhood, so that they can be accepted and supported by the community.

Service Development

In 2012, four professional staff participated in an attachment programme with the University of Kansas and Johnson County Mental Health Centre in the United States to further enrich their knowledge of Recovery Model. The Recovery Practices Working Group was formed to actualize the recovery practice orientation afterwards.

Efforts had been made to enhance alignment among staff on values and practice through daily operation, reflection and evaluation.

Inspired by evidence based work, we have reviewed our residential service. A qualitative and longitudinal research "Recovery of Halfway House service recipients of SRACP with a diagnosis of Schizophrenia" was conducted. The findings reported on the needs of service users and the factors that affect their recovery which would deem useful for service advancement in the future.

In response to The Residential Care Homes (Persons with Disabilities) Ordinance (RCHO) enacted in November 2011, we carried out self-assessment and monitoring on the progress of rectification works. The establishment of the working group on RCHO has encouraged the mutual support and compliance with the requirements among different halfway houses.



參觀安迪·華荷藝術展，並即場參與藝術創作。
Participating in art work creation at Andy Warhol Art Exhibition.



精神健康綜合社區中心

Integrated Community Centre For Mental Wellness

服務概覽

本會於九龍城區及元朗區分別設有兩間「精神健康綜合社區中心」 - 龍澄坊和朗澄坊，提供及早預防以至危機管理的一站式、地區為本和便捷的社區支援及康復服務。

服務對象

- 香港居民
- 十五歲或以上的精神病康復者
- 十五歲或以上懷疑有精神健康問題的人士
- 上述人士的家屬 / 照顧者
- 有意進一步認識 / 改善精神健康的居民

服務數據

會員人數	No. of members	2,344
新會員人數	No. of new members	896
新個案 / 重新參加個案數目	No. of new/reactivated cases	794
外展探訪次數	No. of outreaching visits	6,028
中心面談節數	No. of office interview sessions	1,119
個人需要評估 (中心或外展) / 職業治療訓練節數	No. of individual centre-based or outreaching needs assessment / training sessions of occupational therapy:	584
治療性小組次數	No. of therapeutic groups	44
興趣 / 支援性小組節數	No. of sessions of interest classes / supportive groups	1,363
連繫性 / 教育性活動次數	No. of linkage activities / programmes	300
連繫性 / 教育性活動總參與人次	No. of participants in linkage activities / programmes	7,552

服務地點

- 朗澄坊 - 元朗區
- 龍澄坊 - 九龍城區



Service Overview

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

Target Service User

- Hong Kong citizen
- Discharged mental patients aged 15 or above
- Persons with suspected mental health problems aged 15 or above
- Family members / carers of the above persons
- Residents with interest in understanding and improving their mental health

Service Data

Service Area

- Placidity Place - Yuen Long District
- Vitality Place - Kowloon City District

在「穿出新天地 2013」，理工大學紡織及製衣學系學生替參加者量度尺寸及設計紙樣。

In the "Fashion for a Better Future 2013", student of the Institute of Textile & Clothing, the Hong Kong Polytechnic University took measurements and made pattern cuttings for service user.



龍澄坊會員在九龍灣 MEGABOX 商場舉行的時裝表演上表現自信，勇敢展現自己的設計作品。
Service users of Vitality Place walked with confidence while showcasing their design products on stage in MEGABOX, Kowloon Bay.

臨床發展

中心採用「能耐取向復元模式」，以朋輩支援、發展個人優勢、重注希望及塑造新志向為核心元素，協助精神病康復者融入社區。

二零一二年十月，四位管理級專業同工到美國堪薩斯州大學及約翰遜縣的精神健康中心考察，學習優勢評估個案管理及社區支援服務，並將「自癒秘方」、「優勢評估表」及「個人康復計劃」等評估工具應用於工作上。

除了追蹤研究計劃，本會亦將申請「社會福利發展基金」的資助，研究以優勢評估作為精神健康綜合社區中心介入手法的有效度。

主要工作

龍澄坊及朗澄坊精神健康綜合社區中心主要服務範圍包括：偶到服務、外展服務、個案輔導工作、治療及支援小組工作、地區網絡工作、日間訓練、外展職業治療服務和教育活動，加強社區人士對精神健康的認識，以及轉介有需要的個案至醫院管理局接受臨牀評估及精神科治療。中心並宣揚「精神健康你我關心」的訊息，以提升居民對個人、家庭及鄰里間精神健康的關注。

龍澄坊

龍澄坊於二零一三年三月二十日舉行開放日，有逾百名賓客出席，包括社會福利署官員，九龍醫院顧問醫生，其他地區合作伙伴及服務使用者。

Clinical Development

Strength-based recovery oriented approach is adopted, in which core elements such as peer support, exploration of self-strengths and instillation of hope and new aspirations are emphasized in the course of recovery for persons with mental health problems.

In October 2012, four supervisory staff participated in a three-week attachment programme in the University of Kansas and Johnson County Mental Health Centre in the United States to learn about Strengths Assessment Case Management and community support services. Intervention and assessment tools like Personal Medicine Worksheet, Strengths Assessment and Personal Recovery Plan were now applied in daily practice.

Apart from longitudinal study, we will conduct a study on the effectiveness of strength-based intervention on the recovery of mentally ill persons in ICCMW in the coming year with funding supported by Social Welfare Development Fund.

Major Tasks

The two ICCMWs – Vitality Place and Placidity Place – provide drop-in service, outreaching service, casework counselling, therapeutic and support groups, community networking, day training, outreaching occupational therapy training, public education programmes on mental health and referral to Community Psychiatric Service of the Hospital Authority for clinical assessment or psychiatric treatment. Like our motto “mental wellness is everyone’s concern”, we aim to promote the importance of mental wellness and remove barriers to mental health services.

Vitality Place

Vitality Place Open Day was held on 20 March 2013 attended by more than a hundred guests and visitors including government officials from Social Welfare Department, Associate Consultants of Kowloon Hospital, local partners and service users.



服務使用者在「2012年國際復康日嘉年華」表演「江南Style」加雙節棍。
In the “International Rehabilitation Day 2012”, service users of Vitality Place performed a crossover of Gangnam Style and Nunchaku.

鑑於去年與理工大學合辦「穿出新天地」時裝展的成功，今年逐獲得恆生銀行贊助「穿出新天地 2013」時裝表演，讓 19 名龍澄坊精神病康復者與 30 名理工大學學生合作設計服飾，並在九龍灣 MegaBox 商場舉行時裝表演，表達他們的夢想。

朗澄坊

朗澄坊於二零一三年六月遷入位於天水圍天業路社區健康中心五樓的永久會址，新中心遙望深圳灣，鄰近濕地公園，環境優美。日後朗澄坊除了服務元朗市中心及鄉郊的居民外，服務範圍會擴展至天水圍天晴村及慧景軒。

位於天秀路天秀墟的零售攤檔「熱澄果」於二零一三年二月四日正式營業，攤檔不單為中心會員提供零售實習工作訓練，提升他們公開就業的信心，亦為區內居民提供價廉物美的水果，更是支持政府活化地區經濟及推動社會共融。

朗澄坊成功獲得華人永遠墳場管理委員會的慈善捐款，購置八人座位新會車。新會車主要用作協助職員有效地提供服務予居於元朗郊區及遍遠私院的服務使用者、流動服務宣傳及接載服務使用者參與天水圍中心活動等。

Following the success of the fashion exhibition at the Hong Kong Polytechnic University last year, this year we hosted again the “Fashion for a Better Future 2013” sponsored by Hang Seng Bank in MegaBox, Kowloon Bay in June 2013. 19 service users of Vitality Place along with 30 students from the Hong Kong Polytechnic University worked together to design their clothes and express their dreams in the catwalk show.

Placidity Place

Placidity Place was relocated to the new Center in Tin Shui Wai Community Health Centre. Apart from serving the Yuen Long town centre and rural areas, we would extend community mental health support service to Tin Ching Estate and Vianni Cove in Tin Shui Wai.

Placidity Place Fruit Kiosk, located in Tin Sau Bazaar, was opened on 4 February 2013. Not only does the fruit kiosk provide on-the-job sales training for our service users which enhances their confidence for open employment, but it also provides fresh fruits at a lower cost for nearby residents, in support of the government propaganda to revitalize the local community economy and to facilitate social inclusion in the district.

In January 2013, a new SRACP 8-seater vehicle funded by the Board of Management of the Chinese Cemeteries was procured to Placidity Place. With the addition of the new vehicle, we can facilitate service provision in rural areas of Yuen Long and Tin Shui Wai and motivate service users in attending training and programme activities held in the new Tin Shui Wai Centre through providing escort service for those in need.



服務使用者在「談談情跳跳舞」興趣小組中學習跳曼波舞。
Service users learned Mambo in the dance class.



朗澄坊在天秀墟營運生果店為會員提供職前訓練。

The Placidity Place fruit kiosk in Tin Sau Bazaar offers pre-vocational training opportunities for members of Placidity Place.

2012-2013 年度「大哥哥大姐姐」 伴你同行計劃：

參與是項計劃的義工會員已完成一系列義工技巧相關訓練，例如探訪技巧、症狀認識、電話輔導技巧、復元概念等，義工更到廣州社會服務單位參觀，與當地職員及家屬會員交流，並於私營院舍及社區長者中心進行關懷探訪及實習。

2012-2013「與寵物關愛同行」計劃：

得到保護遺棄動物協會 (Society for Abandoned Animals Limited) 的支持，中心由二零一二年開始展開與寵物一同家訪的工作，以接觸較被動、獨居及有長期病患的中心會員。中心並於 2013 年參與「人狗同樂百萬行」社區共融活動。



朗澄坊位於天水圍永久會址於二零一三年六月正式啟用。

A glimpse of the dining room of the new permanent centre of Placidity Place, which started its service in June 2013 in Tin Shui Wai.

Peer Support Works 2012/2013:

Placidity Place peers were invited to visit the Guangzhou mental health agency and participate in volunteer visits to private hostels and community elderly centres in 2012/2013 after the completion of a series of volunteering training on visit skills, mental illness knowledge, phone counselling skills and recovery concepts.

"Placidity Place Caring Ambassadors with Pets" Scheme 2012/2013:

Cooperated with the Society for Abandoned Animals Limited (SAA), Placidity Place started to pay home visits with pets to service users who are alone or suffering from chronic illness. Service users were also encouraged to join the "SAA Walkathon 2013" social inclusion programme.



透過寵物探訪建立會員的支援網絡及促進社區參與。
Building support network and enhancing community participation through "Pet Visit Programme".



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、家庭治療及表達性藝術治療。

此外，亦為本會其他服務單位如社會服務中心，精神健康綜合社區中心等提供專業諮詢，並協助進行研究及職員培訓等工作。

服務對象

- 曾犯事的香港居民及其家屬
- 本會精神健康綜合社區中心之服務使用者

服務數據

新個案數目	No. of new cases	53
個案數目	No. of cases	91
臨床心理評估或輔導節數	No. of sessions of individual assessment and counselling	335
治療性小組節數	No. of sessions of therapeutic groups	41

服務範圍

全港

Service Overview

The Clinical Psychologist provides psychological assessment and treatment for service users who suffer from psychological, emotional or behavioural disturbances. Treatment approaches include Cognitive Behavioural Therapy, Family Therapy and Expressive Arts Therapy.

The Clinical Psychologist also provides professional consultation services for staff of other service units of the Society, such as Social Service Centres and the Integrated Community Centre for Mental Wellness. He also plays an active role in research and staff training activities.

Target Service User

- Hong Kong residents who have committed an offence and their family members
- Service users from the Integrated Community Centre for Mental Wellness

Service Data

Service Area

All districts

主要工作

除了提供輔導服務及臨牀心理評估外，臨牀心理學家會為服務使用者定期舉辦不同的講座，題目包括：「壓力處理」、「認識病態賭博」及為精神健康綜合社區中心的服務使用者舉辦「社區戲劇及音樂」小組和「復元模式互助及教育」小組。他亦特別安排講座及工作坊包括「犯罪心理學」、「性罪行」、「病態偷竊」、「上網沉溺」予公眾人士及本會義工。此外，他會為本會職員主持「動機式面談法」、「復元模式初探」及「社區音樂」工作坊。臨牀心理學家曾獲本港衛生署及中文大學公共衛生學院邀請為其職員和師生策劃及講授「動機式面談法」課程。

Major Tasks

Apart from counselling and individual assessment, clinical psychologist also hosted different workshops for our service users, topics included: "Stress Management" and "Understanding Pathological Gambling". Therapeutic groups on "Community Music and Drama" and "Recovery Model" were organised for service users from our two Integrated Community Centres for Mental Wellness. He also hosted lectures and workshops for the general public as well as our volunteers, topics included: "Criminal Psychology", "Sex Offences", "Pathological Stealing" and "Internet Addiction". Furthermore, he has also hosted workshops such as "Motivational Interviewing", "Introduction to Recovery Model" and "Community Music" for our staff. The clinical psychologist was also invited by Department of Health and the School of Public Health of the Chinese University of Hong Kong to be the lecturer for training on "Motivational Interviewing" for their staff and post-graduate students.



臨牀心理學家帶領社區音樂小組。
Clinical psychologist hosted a community music session for service users of ICCMW.

職業發展服務
EMPLOYMENT DEVELOPMENT SERVICE