



# 精神健康

## Mental Wellness

精神復元及身心靈健康服務  
Mental Health Service

# 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，分別是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

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

## 服務數據 Service Data 朗澄坊 Placidity Place



**336**

開展個案/  
重新開展個案  
New/reactivated cases



**15**

開展個案/  
重新開展個案 (兒童)  
Cases with casework counselling  
provided for children



**334**

外展探訪/  
辦公室面談次數 (家屬)  
outreach office interview  
(families/Carers)



**1,008**

累積會員人數  
Active service users



**68**

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



**3,202**

外展探訪/  
辦公室面談次數  
outreach office  
interviews



**2,117**

外展探訪次數  
outreach



**315**

新增會員人數  
New service  
users

**18**

治療性小組  
Therapeutic groups



**532** 節 sessions

興趣及支援小組  
Interest and supportive groups



**26**

連繫及大型活動  
(中學入校服務)  
Linkage activities/or programmes  
(School)



**2,151**

連繫及大型活動 (參加人數)  
中學入校服務人數  
Linkage activities or  
programmes  
(no. of participants)



**1**

治療性小組 (兒童)  
Therapeutic groups  
(children)



**207**

連繫及大型活動  
Linkage activities/or  
programmes



**5,107**

連繫及大型活動  
(參加人數)  
Linkage activities or programmes  
(no. of participants)



**31**

家屬心理教育小組/活動  
Psycho-educational groups/  
programmes for carers



**17**

家屬心理教育小組/活動  
(小家屬) (不少於4節)  
Psycho-educational groups/  
programmes for carers  
(Children)



**2**

家屬心理教育小組  
Psycho-educational groups/  
programmes for carers (Not  
less than 4 sessions)



**1**

家屬心理教育小組 (小家屬)  
Psycho-educational groups/  
programmes for carers (Not  
less than 4 sessions)



## 年度重點 Highlights of the Year

### 朗澄坊

#### 感「動」一刻－動物輔助介入分享會暨嘉年華

本會於2022年10月舉辦了感「動」一刻－動物輔助介入分享會暨嘉年華。活動以動物輔助介入促進心理健康為題，分為分享會和嘉年華兩部份，旨在提高大眾對動物輔助介入的認識，以及人與動物互動對心理健康的益處。

活動邀請了曾經接受服務的動物工作義工分享他們的個人經驗，並介紹動物輔助介入如何幫助他們面對精神健康狀況。

我們同時鼓勵參與者帶同他們的寵物一起參加活動，與人互動，並參加動物輔助瑜伽等活動。活動當日充滿歡樂氣氛，現場設有手工藝品攤位，亦有本地愛護動物團體鼓勵參加者與動物互動。

### Placidity Place

#### The Paw-some moment: Carnival of the Service of Animal Assisted Intervention for Mental Wellness

There was a mass programme held in October 2022 with animal-assisted intervention elements to promote mental wellness. The event was in a sharing and carnival format, with the goal of raising awareness about the benefits of animal-human interaction for better mental wellness.

The event featured sharing sessions from volunteers who used to be service users, sharing their personal experiences and how animal-related work has helped them overcome their mental health challenges.

Participants are also encouraged to bring their animal companions to the event, where participants can interact with their animals and participate in activities like animal-assisted yoga. In addition to the sharing sessions, the event featured a carnival atmosphere with booths set up by local animal organisations for handicraft making and interaction with animals.





動物瑜伽－與動物進行伸展運動，舒展身心  
Animal Assisted Yoga with Animal



總括而言，本次活動的目標是推廣動物輔助介入對心理健康的益處，並鼓勵參與者以有意義的方式將動物融入到自己的日常生活中。通過聚集義工、服務使用者和動物愛好者，本活動旨在創建一個支持性和包容性的社群，重視心理健康和動物在其中所扮演的角色。

Overall, the goal of this event is to promote the benefits of animal-assisted intervention for mental wellness and to encourage participants to incorporate animals into their daily lives in a meaningful way. By bringing together volunteers, service users, and animal lovers, this event aims to create a supportive and inclusive community that values mental wellness and the role that animals can play in promoting it.



朗澄坊貓房義工分享與朗澄坊貓貓相處的點滴。  
Volunteers for Cat room of Placidity Place shared their encounter with case in Placidity Place.



## 年度重點 Highlights of the Year



服務使用者在台上示範八段錦，鼓勵照顧者關顧自己身心。  
Service users demonstrated Ba Duan Jin to encourage carers to take care of themselves physically and mentally.



「元美Care+感謝祭」活動運用藝術創作使照顧者有喘息空間。  
Care+ Thankful Festival cultivating a relaxation vibe via art work.

### 照顧者支援服務

除了精神復元人士，朗澄坊亦提供服務針對那些正在經歷壓力和倦怠的照顧者，包括提供心理教育，協助照顧者學習自我關懷和情緒管理的技巧。

朗澄坊為照顧者提供心理教育，包括壓力管理、正念和自我關懷技巧等。照顧者可以學習如何識別壓力的跡象，並制定應對情緒的策略。他們還可以學習如何實踐自我關懷，並設定健康的界限以預防疲勞。

除了心理教育方面，朗澄坊亦與社區持分者共同舉辦了「元美Care+」的計劃，以表彰和感激照顧者的貢獻。活動內容包括攤位展覽、手藝創作、舒壓工作坊及大型表演活動，為照顧者提供一個與社區人士建立連繫和放鬆的機會。

### Supportive Programme for carers

Carers are reported to experience stress and burnout when provide unconditional support and care for their relatives who have suffered from mental health challenge. Placidity Place offers psychoeducation programme to help carers enhancing self-care awareness and managing their own wellbeing.

The programme provides psychoeducation to carers, which includes information about stress management, mindfulness, and self-care techniques. Carers can learn how to identify signs of stress and develop strategies to cope with their emotions. They can also learn how to practice self-compassion and set healthy boundaries to prevent burnout.

In addition to the psychoeducation aspect of the programme, Placidity Place also co-organised an event called “元美Care+ ” with stakeholders in the community to recognise and appreciate the contributions of carers. The event featured members of Placidity Place who performed and hosted an art booth for carers to enjoy. This provided an opportunity for carers to connect with others in similar situations and enjoy a day of relaxation and fun.

Overall, Placidity Place’s new programme for carers is an important step towards supporting the mental health needs of those who provide care for their loved ones. By providing psychoeducation and opportunities for social connection, carers can learn important skills to manage their stress and prioritise their own mental health.

## 社區共融－轉化為義工

朗澄坊積極參與義工服務並為社區居民提供支援，我們的服務成員不僅參加了社區中心的義工服務，還積極參與社區內的各種義工活動。

其中，我們參與了「非常香港」的「非常社區沙龍－傷健共融」活動，與傷健人士同遊社區。此外，我們還在元朗城鄉地區舉辦了各種共融活動，包括在小學舉辦餃子製作工作坊，以推廣社會共融。

在2023年的社會福利署傑出義工評選中，朗澄坊的一名成員獲得了優異獎，以表彰他們為社區做出的傑出貢獻。



義工陪同輪椅使用者在社區中探索，促進社區共融。

**Volunteers** served in Wheeling Man programme and accompanied people using wheelchairs to explore in the community, promoting social inclusion in the community.

## Transforming lives into contributors

Placidity Place is committed to engage in volunteer work and provide support to community residents. Our service members have not only participated in volunteer work at community centres, but have also engaged in a variety of volunteer service activities in the community.

One such programme is called "Space+ Salon – Wheeling Man," which is a collaboration with "Very Hong Kong." The programme aims to help people in wheelchairs explore the community. Additionally, Placidity Place has also organised inclusive activities in rural and urban areas of Yuen Long, as well as a dumpling-making workshop for primary school students to promote social inclusion.

In the Yuen Long District SWD Outstanding Volunteer Election 2023, a member of Placidity Place was awarded a merit award for her outstanding contributions to the community.



朗澄坊服務使用者獲「元朗區傑出義工選舉2023」頒發優異獎，以肯定她對社區作出的貢獻。

A service user from Placidity Place was awarded with Merit Award in the Yuen Long District SWD Outstanding Volunteer Election 2023 for her contribution to the community.

 **服務數據 Service Data**  
龍澄坊 Vitality Place



**106**

開展個案 /  
重新開展個案 (家屬)  
New/Renew cases  
(Families/Carers)



**461**

開展個案 /  
重新開展個案  
New/Reactivated  
cases



**2,789**

外展探訪次數  
outreach visits



**1,706**

累積會員人數  
Active service users



**29**

治療性小組  
Therapeutic Group



**4,096**

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



**467**

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



**441**

新增會員人數  
New service users



**38**

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



**2**

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



**6,940**

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



**724**

興趣及支援小組  
Interest and Supportive Groups



**283**

連繫及大型活動  
Linkage and  
Programmes

## 龍澄坊

### 關顧長者的精神健康

單位開展了兩項與長者精神健康息息相關的服務，包括香港賽馬會資助的「賽馬會樂齡同行計劃」及精神健康諮詢委員會資助的「數碼精齡計劃」。

賽馬會樂齡同行計劃為有抑鬱症狀的長者提供密集的跟進服務。計劃舉辦了三次「樂齡友里」義工訓練，培訓60多位金齡會員及社區人士成為義工，於區內推廣精神健康。其中12位的義工更完成長達80小時的「樂齡之友」培訓及實習，實踐老有所為的精神，與區內有抑鬱症狀的長者同行。



中學入校活動  
Linkage activity for secondary school



朋輩重聚日  
Peers gathering

疫情下很多長者因缺乏智能手機及網路服務，令他們社交孤立，影響身心健康，數碼精齡計劃應運而生。計劃內容包括與不同社區機構合作舉辦「精齡培訓班」，組員在堂上獲贈「樂齡數碼包」進行學習。完成培訓班的組員可以在職員建立的「精齡資訊谷」群組中，提出手機上疑問。組員完成「精靈在線」後會安排參觀不同社區機構或地區康健中心，即時登記成為會員。計劃最終希望組員主動走出社區，與中心職員、義工、會員互動，達致計劃目的—消除數碼隔閡，連繫社區社群。

## Validity Place

### Care for the elderly mental health

Two projects for elderly mental health has been developed – “JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness” (“JC JoyAge”) and the “IT Elderly Live Flourishing Project” (“IT ELF”), which were funded by the Hong Kong Jockey Club and the Mental Health Advisory Committee respectively.

“JC JoyAge” provides intensive follow-up services for elderly with depressive symptoms. The project held three volunteer trainings with more than 60 volunteers to promote mental health in the serving district. Among them, 12 volunteers have completed 80 hours of training. In the coming future, they will provide peer support service to the elderly with depression symptoms in the district.



數碼精齡活動  
“ITELF” programme

Due to the lack of smartphones and internet services, many elderly have suffered from social isolation and their health has been negatively affected during the pandemic. The “IT ELF” was then developed. It included the “senior training courses” which cooperated with different community organisations, and the participants received the “senior digital packs” for smartphone and internet training. After completing the trainings, the participants enquired and sought IT support in the “Smart Age Information Valley” group. Participants were encouraged to visit different community organisations or District Health Centres after completing the “Elf Online”, and registered as members immediately. The ultimate goals of the project “to eliminate digital barriers and connect the community” had been achieved when the participants took the initiative to go out, connect with the community and interacted with centre staff, volunteers, and other participants.



## 年度重點 Highlights of the Year

### 小家屬工作

小家屬是推動精神健康工作上不可或缺的一個重要群組。單位持續透過不同的介入手法，提升兒童對情緒的認識，以及協助父母與他們建立優質的親子時間，內容包括遊戲治療、「愛之語」小組、小農夫體驗活動、冰皮月餅製作、親親小狗日和家庭義工日等不同形式及活動；一方面提升小朋友面對情緒的能力，亦鼓勵復元人士家庭的正向親職教育，推動「精神健康由家庭開始」的理念。

### 疫情期間單位的支援性工作

新冠肺炎疫情逐漸受到控制，服務亦逐步回復常態，我們仍持續關顧服務使用者的不同需要。單位收集不同機構捐贈的防疫物資再轉送給服務使用者，以傳達社會各界的關心和支援他們於生活需要；同工亦透過視像會議形式提供輔導和小組服務，以及電話與會員保持聯繫和慰問。為了關顧疫情對服務使用者帶來的影響，單位主動邀請地區康健站合作，提供一系列的活動和講座，包括長新冠工作坊、香薰治療與長新冠後遺症工作坊、義工培訓小組及拍攝情緒健康短片，以提升他們應對長新冠的方法之餘，亦融合本會推廣六個健康生活管理方式的大方向。

### Children mental health

The mental well-being of the children from our serving families are one of our main serving targets. This year we used different intervention methods to enhance children's understanding of emotions and supported parents to establish quality family time, including play therapy, "愛之語" group, little farmer experience activities, mooncake making, puppy day and family volunteer day etc.. On one hand, children's competence of emotion management were enhanced, on the other hand, the activities encouraged the positive parenting of our service users, promoting the belief of that mental well-being should be starting at home.

### Continued support during the pandemic

Continued support to our service users has been provided although the COVID-19 epidemic has been under control and the service resume to normal gradually. Gift packs donated from different organisations and companies had been sent to the service users for basic living necessities and shared the care and concern from different community stakeholders; social workers have provided counselling and group services through online, and maintained contact and concern to service users by phone. In order to reduce the negative impact brought by prolonged pandemic, we initiated the collaboration with District Health Centre for different activities, including Long COVID workshops, volunteer training groups, production of the video with health theme etc. All activities are integrated with the agency's directives: the six elements of healthy life.





地區服務推廣  
Regional service promotion



「為你而剪」  
Hair cutting volunteer service



地區協作派發防疫物資  
Regional cooperation in distribution of anti-epidemic materials



## 年度重點 Highlights of the Year



真人圖書館  
Human library

### 真人圖書館

真人圖書館的目的是透過有系統的訓練，讓服務使用者去分享復元經歷，使大眾加強對復元人士的認識，消除誤解及建立互助共融的社會。今年單位嘗試一些新的發展包括：與龍澄V.O.L小組合作，向中心青少年會員分享真人圖書館故事；與社創社合作兩節活動，一節為真人圖書館分享，另一節為交流環節；與「陸續出版」合作，招攬十多位青年參與拍攝微電影，並於活動後舉辦分享環節；進校舉辦「砌出心世界」活動－以拼砌LEGO作引入及輔助，講解「真人圖書館」復元故事；以及獲有線電視邀請，參與「小事大意義」節目拍攝和接受其他傳媒訪問等。



地區街站  
District street station



街頭訪問  
Street questionnaire

### Human Library

The Human Library empowered our service users to share their lived experiences through systematic trainings. Destigmatisation and social inclusiveness has been developed through the enhanced understanding on the recovery of the persons in recovery. This year, we tried some new developments, including: cooperating with the V.O.L volunteer group to share the story with the youth members; cooperating with BE Hub; working with a publication company and recruited more than 10 young people to participate in the shooting of micro-films, and holding a sharing session after the event; using LEGO as a mean to explain the recovery story in schools. Our service users were invited by Cable TV to share her recovery story in "Wish" TV programme and other service users were interviewed by mass media.



攀登格仔山  
Checkerboard Hill activity

# 中途宿舍服務 Halfway House Service

## 服務概覽



本會設有四間中途宿舍，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，本會三間中途宿舍目前合共提供134個宿位。

## Service Overview

SideBySide operates four halfway houses with a total capacity of 144, providing transitional residential care service that facilitates persons in recovery (PIR) 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.

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

## 服務數據 Service Data



**49**

新入宿人數  
No. of new admission



**94%**

入住率  
Occupancy rate



**1,722**

舉辦小組次數  
No. of groups organised



**6,709**

參與小組人次  
Total attendance of groups



**53**

遷出人數  
No. of discharges



**55%**

成功遷出率  
Successful discharge rate



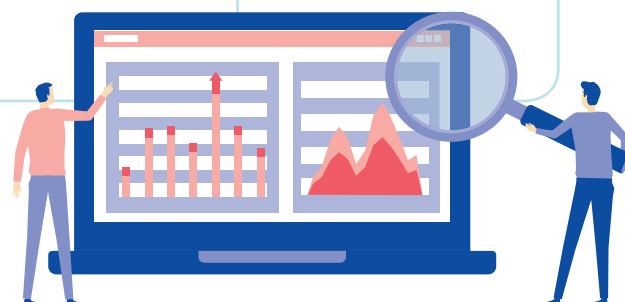
**102**

舉辦活動次數  
No. of activities organised



**1,662**

參與活動人次  
Total attendance of activities



## 年度重點 Highlights of the Year

### 陳震夏怡翠軒

#### 發展所長 連繫社區

為促進復元人士重投社會，提升融入社區的信心和自我效能感，怡翠軒復元人士到朗澄坊，向朗澄坊會員講解製作空氣鳳梨微型盆景的步驟和技巧，並一同製作空氣鳳梨微型盆景；朗澄坊會員亦撰寫心意咭，贈予怡翠軒的復元人士，彼此互相交流、欣賞和鼓勵。



怡翠軒復元人士與朗澄坊會員一同製作空氣鳳梨微型盆景。  
PIRs from Yee Tsui House and Placidity Place made air plant bonsai together.

### Chan Chun Ha Yee Tsui House

#### Developing talents and connecting with the community

To promote the reintegration of PIR into society and enhance their confidence and self-efficacy in community integration, PIRs from Yee Tsui House visited Placidity Place to introduce the steps and techniques of making air plant bonsai and made the bonsai together. PIRs from Placidity Place also wrote heartfelt cards to members of Yee Tsui House, fostering mutual communication, appreciation, and encouragement.



朗澄坊會員撰寫心意咭贈予怡翠軒復元人士，促進建立共融社區。  
Members of Placidity Place wrote heartfelt card to members of Yee Tsui House, fostering social inclusion in the community.



青山醫院職業治療服務到怡翠軒舉辦「體重管理」課程，提升舍友的健康管理。  
Occupational therapy services from Castle Peak Hospital organised a "Weight Management" course at Yee Tsui House to enhance the health management of residents.

### 關顧身體 保持健康

過去三年疫情肆虐，中途宿舍的復元人士的健康意識亦隨之提升。青山醫院職業治療服務到怡翠軒舉辦「體重管理」課程，與怡翠軒的復元人士探討體重對健康的影響，以及學習健康的體重管理方法。另外，也與復元人士一同參觀屯門地區康健中心，鼓勵她們善用社區資源，定期進行身體檢查，加強她們自我管理健康的意識，為重投社會獨立生活做好準備。



怡翠軒復元人士試用屯門地區康健中心設施，掌握自己身體狀況。  
PIRs from Yee Tsui House tried out the facilities and the Tuen Mun District Centre to assess their own physical condition.

### Raising health awareness among PIRs

Over the past three years, as the pandemic raged on, the health awareness among PIRs in halfway houses has also increased. Occupational therapy services from Castle Peak Hospital organised a "Weight Management" course at Yee Tsui House to introduce the impact of weight on health and healthy weight management methods. Additionally, they visited the Tuen Mun District Health Centre together, encouraging PIRs to make good use of community resources and have regular physical check-ups, so as to strengthen self-management of health and preparing them for independent living and reintegration into society.



怡翠軒復元人士參觀屯門地區康健中心，認識地區資源協助維持身心健康。  
PIRs from Yee Tsui House visited Tuen Mun District Centre to learn the local resources available to support their physical and mental well-being.

## 年度重點 Highlights of the Year

### 秦石中途宿舍

疫情進入第三年，復元人士經歷各種挑戰，但仍迎難而上，努力重拾生活的樂趣，得到別人祝福與照顧的同時，亦會關愛所有受困人士。於二零二二年，秦石中途宿舍的復元人士藉著參與由GP43舉辦的「香港天燈節暨最大規模的千紙鶴展示健力士世界紀錄挑戰」，與超過340間機構及單位，共同製作200萬隻紙鶴，挑戰摺紙鶴最多健力士世界紀錄，發揮團結關愛精神，為美好香港祝願。當中7,000隻紙鶴是由秦石中途宿舍的所有復元人士製作而成，帶動他們以誠懇真切的心情參與摺紙鶴活動，齊心協力，展示希望感與正能量，祝願疫情早日過去，生活回復正常。



7,000隻紙鶴的誕生，是由復元人士用他們的愛與關懷而創造出來，盛載藉所有舍友對香港的祝福。

PIRs' love and care gave birth to 7,000 origami cranes, carrying their blessings to Hong Kong.

### Chun Shek Halfway House

The three consecutive years of pandemic have posed various challenges to PIRs; yet, they are facing the difficulties with determination and striving to regain the joy of life. While receiving blessings and care from others, they also show concern for all those in hardships. In 2022, PIRs from Chun Shek Halfway House (CSHH) participated in the "Hong Kong Sky Lantern Festival and the Largest Display of Origami Crane Guinness World Record Challenge" organised by GP43. They collaborated with more than 340 organisations and units to produce 2 million pieces of origami crane together, aiming to break the Guinness World Record for the largest display at the same time demonstrating the spirit of love and unity, expressing their wishes for a better Hong Kong. A total of 7,000 origami cranes were made by PIRs from CSHH who participated the activity with sincerity. Throughout the process, they established positive synergy and hopefulness while they were wishing for the early end of epidemic and the return to normal life.



健力士紀錄之參與者證書見證了復元人士的貢獻。

The Guinness World Records Certificate of participation symbolises the contribution of PIR to this meaningful event.



朗日居於疫情肆虐期間按衛生署指示進行防疫措施，職員適切安排膳食，以減低舍友感染風險。  
Sunrise House followed the instructions of the Department of Health to implement epidemic prevention measures. Staff arranged meals cautiously to reduce the risk of infection among the residents.



職員定期進行快速檢測，以及早識別受感染的服務使用者進行隔離觀察及作出適切的跟進。  
Staff conducted regular RAT test to promptly identify infected service users for quarantine and appropriate follow-up.



## 朗日居

### 緊守防疫措施 平安過度疫情

朗日居於疫情肆虐期間按衛生署指示進行防疫措施，職員適切安排膳食，以減低舍友感染風險。同時，利用外購餐膳安排及全套防疫裝備，以減低傳染風險。職員定期進行快速檢測，以及早識別受感染的服務使用者，以進行隔離觀察及作出適切的跟進。當有舍友受感染，會利用隔離措施進行阻隔，避免進一步傳染。

## Sunrise House

### Adhering to prevention measures and overcoming the pandemic

During the outbreak of the pandemic, Sunrise House followed the instructions of the Department of Health to implement epidemic prevention measures. Staff arranged meals cautiously to reduce the risk of infection among the residents; at the same time, takeaway meals and full sets of epidemic prevention equipment were used to minimise the risk of transmission. Staff conducted regular RAT test to promptly identify infected service users for quarantine and appropriate follow-up to prevent further transmission.



## 年度重點 Highlights of the Year

### 疫後復常

舍友擔任親善大使，向新加坡外訪嘉賓介紹宿舍的特色，以及住宿照顧服務促進他們的復元進程。外訪嘉賓在舍友的介紹下，了解到宿舍設立的自助電子溝通平台並表示非常欣賞。舍友能應用此平台打開勞工處互動網站尋找合適的工作，並了解宿舍的服務相關資訊。

### 發揮服務使用者的優勢 分享正向生命經歷

朗日居舍友於機構周年晚宴上作出分享，向嘉賓分享自身轉化經歷。該位舍友在住宿期間能成功戒除毒癮，並找到穩定工作及收入以支援家人，其母親對他的改變深受感動。現在該舍友亦在宿舍協助下，透過成功申請恩恤安置，正為展開獨立的新生活作準備。



舍友擔任親善大使，向新加坡外訪嘉賓介紹宿舍的特色，以及住宿照顧服務促進他們的復元進程。

Residents of Sunrise House served as ambassadors, introducing the features and services of the halfway house to visiting guests from Singapore.

### Returning to normalcy after the pandemic

Residents of Sunrise House served as ambassadors, introducing the features and services of the halfway house to visiting guests from Singapore. With the introduction from the residents, the visiting guests highly appreciated the self-service electronic communication platform established in the House, which allows the residents to use the platform to visit the Labour Department's website to find suitable jobs and obtain relevant information about the services of the House.

### Leveraging the strengths of service users, sharing positive life experiences

Resident of Sunrise House shared his rehabilitation and transformative journey at the agency's annual dinner. He successfully overcame drug addiction during his stay and found stable employment, providing steady income to support his family. His mother was deeply moved by the change. With the assistance of Sunrise House, he has also successfully applied for compassionate rehousing, preparing for a new independent life.



朗日居舍友於機構周年晚宴上作出分享，向嘉賓分享自身轉化經歷。

Resident of Sunrise House shared his rehabilitation and transformative journey at the agency's annual dinner.



# 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。我們亦為本會其他服務單位，如社會康復及支援綜合服務中心、精神健康綜合服務中心等提供專業諮詢，並協助進行研究及職業培訓等工作。

## 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 behaviour therapy, family therapy, and group therapy. We also provide professional consultation services to staff of other service units, including Integrated Service Centres (ISC) and Integrated Community Centres for Mental Wellness (ICCMW), and play an active role in research and providing clinical training for staff.

## 服務數據 Service Data

個人臨床心理評估及治療  
(每節0.5-2小時)  
Individual assessment and  
therapy (0.5-2 hours/session)



**137**

人數  
No. of Users

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



**39**

職員人數  
No. of Staff

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



**118**

總參加人次  
Total no. of  
participations

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



**9**

節數  
No. of Sessions



**541**

節數  
No. of Sessions



**219**

個案數目  
No. of Cases



**21**

節數  
No. of Sessions



**50**

個案數目  
No. of Cases

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

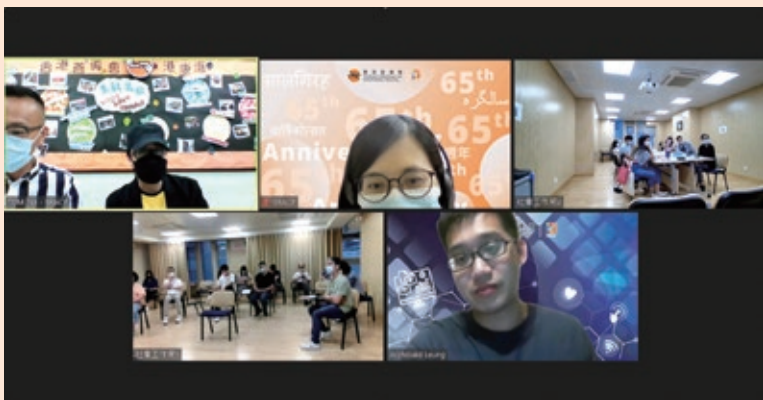
## 年度重點 Highlights of the Year

### 不同種類的治療小組

臨床心理學家為精神健康綜合社區中心和社會康復及支援綜合服務中心的復元人士舉辦不同種類的治療小組，如辯證行為治療技巧學習小組、失眠治療小組、敘事治療小組。臨床心理學家亦與不同地區的感化辦事處及社會康復及支援綜合服務中心合辦針對盜竊習慣和性罪行的治療小組。

### Therapeutic groups for PIR

This year, clinical psychologists hosted various therapeutic groups for PIR of ICCMWs and ISCs, including dialectical behaviour therapy skills learning group, cognitive behavior therapy for insomnia, and narrative therapy group, as well as therapeutic groups that targeted compulsive stealing and sex offending problems in collaboration with probation offices in different districts and SideBySide Revival Hubs.



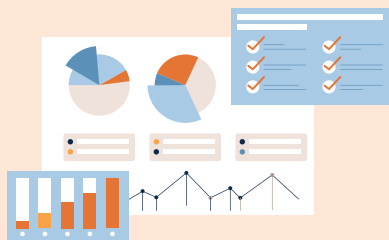
臨床心理學家於2022年5月為澳門社會工作局講授「性罪犯的康復及介入策略」講座。  
Clinical psychologists conducted training for Macau Social Welfare Bureau on understanding sexual offenders and intervention methods.



臨床心理學家於2022年12月為東區感化辦事處舉辦針對盜竊罪行的分享。  
Clinical psychologists conducted sharing for Eastern Probation Office on theft offences.



臨床心理學家為本會同工進行技能培訓。  
Clinical psychologists conducted essential skills training for our staff.



## 會內外專業交流及培訓

除了為本會新入職同工舉辦技能培訓，臨床心理學家也為同工舉辦了各項培訓，涵蓋各種不同的臨床主題，包括精神疾病診斷及統計手冊及邊緣人格障礙個案分享等，以加強前線工作。臨床心理學家亦與多元族裔服務合作，為多元族裔同工提供以英語為主的培訓涵蓋個案概念化和認知行為治療等主題。對外，臨床心理學家與本會同工合作為澳門社會工作局講授性罪犯的康復及介入策略，以及為東區感化辦事處提供針對盜竊罪行的心理因素的分析。



臨床心理學家於2022年6月為多元族裔服務同工進行培訓。  
Clinical psychologists conducted staff training for ethnically diverse service unit.

## Professional trainings for staff and external audience

In addition to essential skills training for new staff of SideBySide, clinical psychologists also conducted a variety of internal trainings for staff, covering clinical topics such as in-depth understanding of DSM-V diagnoses, and case sharing on borderline personality disorders to enhance frontline work. Clinical psychologists also collaborated with ethnically diverse service unit to provide English-led training for staff covering topics of case conceptualisation and cognitive behaviour therapy. Externally, clinical psychologists co-led a training for Macau Social Welfare Bureau on understanding sexual offenders and intervention methods, and a sharing session for Eastern Probation Office on psychological mechanisms underlying theft offences.

## 年度重點 Highlights of the Year



精神健康綜合社區中心會員參與辯證行為治療技巧學習小組。  
ICCMW users participated in the dialectical behaviour therapy skills learning group.



精神健康綜合社區中心會員參與敘事治療小組。  
ICCMW users participated in the narrative therapy group.

### 朋輩支援員培訓及活動

第四屆朋輩支援員畢業禮於本年初順利完成。本年度我們為畢業生舉辦多次活動，包括參觀博物館、與會內外的朋輩支援員聚會、體驗音樂治療、參與「轉化作貢獻」朋輩支援服務研討會2023等，透過活動加強畢業生之間的凝聚力、促進交流和彼此分享復元故事。此外，我們正在建立一個朋輩畢業生資料庫，希望促進畢業生在精神健康服務的參與。

### Peer supporter training and engagement

We began the year by celebrating the completion of the 4th Peer Supporter Training in a graduation event cum ceremony. During the year, clinical psychologists continued to engage and develop our peer graduates, through regular reunion events such as museum visits, opportunities to meet and exchange with other peer supporters within and outside of SideBySide, experiential activities containing expressive art and music therapy elements, and participation in the "Transforming Lives, Transforming Communities" PEER Support Services Conference 2023. Further, we are in the process of developing a peer graduate database, with a view to encourage and facilitate increased involvement of peer graduates within mental health service unit.



精神健康綜合社區中心會員參與失眠治療小組。  
ICCMW users participated in the cognitive behaviour therapy for insomnia.



朋輩支援員畢業生於重聚日進行音樂活動。  
Peer supporter graduates participated in music activity.

# 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和學校提供外展服務。

## 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. This is done to optimise their occupational performance in skills such as self-care, domestic and community living, health and wellness maintenance, and vocational functioning. Our ultimate goal is to assist them in achieving a healthy and meaningful lifestyle, and facilitate successful reintegration into the community, paving the way for their recovery. Our service targets are mainly persons in recovery (PIR) from our 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 providing outreach services to Siu Lam Psychiatric Centre and schools.

## 服務數據 Service Data



**2,391** 節 sessions

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



**1,456** 節 sessions

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



**14** 節 sessions

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 agency



**1,588** 小時 hours

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



**9** 節 sessions

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)

## 年度重點 Highlights of the Year



精神健康服務及更生服務的服務使用者送遞長新冠復康包和自我關懷包。

The service users of Mental Health Service or ex-offender branch delivered "Long COVID package" and "Self Care enhancement kits".



物理治療師教導使用者各種動作以緩解「長新冠」。

The physiotherapist taught the users various moves to relieve the "long COVID" symptoms.



家庭醫生和中醫師解釋了不同體質類型與「長新冠」之間的關係。

Family doctor and traditional Chinese medicine practitioner explained the interactions of different body constitution types interact with "long COVID" symptoms.

### 賽馬會新冠肺炎緊急基金資助的「疫後『自』療計劃」

職業治療服務策劃的「疫後『自』療計劃」成功獲得了賽馬會新冠肺炎緊急基金的資助，計劃旨在增加公眾對新冠後遺症的認知及緩解服務使用者「長新冠」症狀。計劃邀請精神健康服務及更生服務的服務使用者擔任朋輩義工，為患有「長新冠」的服務使用者及公眾送遞「長新冠」復康包和自我關懷包。計劃亦包含了跨專業的「長新冠」健康講座，人員包括中醫師、營養師和物理治療師。

### "The SRACP Long COVID-19 Self Care Project" funded by Jockey Club COVID-19 Emergency Fund

Led by Occupational Therapy Service, "The SRACP Long COVID-19 Self Care Project" successfully received funding from the Jockey Club COVID-19 Emergency Fund in July to August 2022, to increase public awareness of "long COVID" and relieve service users' symptoms of long COVID during this unprecedented time. Package delivery of "long COVID package" and "self care enhancement kits" were arranged by peer volunteers who are service users from mental health service and ex-offenders to the general public and service users with "long COVID" symptoms. A health seminar was delivered by multidisciplinary professionals on "long COVID", including a traditional Chinese medicine practitioner, dietitian and physiotherapist to educate the knowledge of "long COVID".

## 優勢轉化作貢獻－紀念品製作

職業治療服務會員一直為機構不同大型活動製作紀念品。適逢善導會65周年，職業治療服務會員運用他們的創意和技能，轉化作貢獻者，為機構大型慶祝活動製作一系列紀念品。如在Go Green・慈善瑜伽日、感「動」・一刻一動物輔助介入分享會暨嘉年華及「轉化作貢獻」研討會2023製作乾花相架，致送給一眾嘉賓。

## Transforming talents to contribution – souvenir production by persons in recovery

The service users of Occupational Therapy Service have longstanding experience in creating souvenirs for agency's events. In the celebration of SideBySide's 65th Anniversary, Occupational Therapy Service transformed the talents of the service users into contributions, designed and created a number of souvenirs for the honoured guests of the events. These events included "Go Green • Charity Yoga Day"; "The Animal Assisted Intervention Sharing cum Carnival Day; and "Transforming Lives, Transforming Communities" PEER Support Services Conference 2023.



職業治療服務會員為機構不同大型活動製作紀念品。  
The service users of Occupational Therapy Service created souvenirs for various agency's events.





## 年度重點 Highlights of the Year

### 擴展善導會職業治療服務

本年度職業治療服務繼續為小欖精神病治療中心及香港扶幼會則仁中心學校提供外展及到校職業治療服務。職業治療服務積極促進及參與機構服務發展，協助機構撰寫計劃書，增添職業治療服務，包括社會福利署的導航計劃－精神復元人士過渡支援服務試驗計劃和藍巴士賽馬會結伴成長計劃2.0項目。



職業治療師和懲教署人員工合作為小欖精神病治療中心在囚人士拍攝防跌和長期痛症管理的影片。

Occupational therapists and Correctional Service Department staff collaborated in filming fall prevention and chronic pain management for persons in custody at Siu Lam Psychiatric Centre.

### Expansion of Occupational Therapy Service in SideBySide

Apart from our longstanding outreach service in Siu Lam Psychiatric Centre and the continuous onsite occupational therapy service at The Society of Boys' Centres Chak Yan Centre School, we continued to facilitate the expansion of occupational therapy involvement in the agency's service development and help with the proposal writings of various projects including the Social Welfare Department's Lighthouse Project – Pilot Project on Transitional Support Service for Persons in Mental Recovery and Blue Bus Jockey Club 2.0.



職業治療師向香港城市大學管理學系的學生講解了職業倦怠和職場情緒健康的問題。  
The occupational therapist explained burnout and workplace well-being to the students of the Department of Management in the City University of Hong Kong

### 督導及顧問服務

我們繼續為東華學院職業治療學生提供臨床督導，更成為香港理工大學職業治療學系碩士學生實習的長期合作夥伴，培育新一代的治療師。職業治療師亦為香港城市大學連續兩個學期為管理系學生提供一節介紹職業治療及職場上情緒健康的課。此外，職業治療服務亦為本會服務單位提供顧問服務及職業安全制訂工作。

### Professional Supervision and Advisory

We continued to serve as a designated clinical placement unit provider for placement students of the BSc (Hons) in Occupational Therapy of Tung Wah College, also the Master in Occupational Therapy students of the Hong Kong Polytechnic University. The occupational therapist provided a lecture on the introduction of occupational therapy and workplace well-being. In addition, we provided consultation service and work on the formulation of occupational safety and health for other service units on the agency.

# 導航計劃 – 精神復元人士過渡支援服務試驗計劃

## Lighthouse Project – Pilot Project on Transitional Support Service for Persons in Mental Recovery

### 服務概覽



本會承蒙社會福利署資助，由二零二二年五月三十一日起推行為期36個月的「導航計劃 – 精神復元人士過渡支援服務試驗計劃」，透過復元模式及醫社協作為本，為輪候、居住或遷離中途宿舍的精神復元人士提供跨專業及過渡性支援，促進他們接受適切服務、適應中途宿舍生活及／或融入社區。

服務對象為服務地區的合資格精神復元人士，包括輪候中途宿舍的人士；或未完成訓練計劃而提早離開中途宿舍的服務使用者；或已入住中途宿舍36個月或以上並面對遷出困難的服務使用者。服務地區為黃大仙、九龍城、油尖旺、深水埗、荃灣、葵涌(部份\*)及北大嶼山。

由社工、職業治療師、護士(精神科)、朋輩支援員及家居指導員組成跨專業團隊，為服務對象提供外展、輔導、職業治療評估及訓練、社區適應／生活技能訓練、朋輩支援、治療及支援小組、家屬支援及中途宿舍／精神健康綜合社區中心服務接軌等。

### Service Overview

SideBySide was selected by the Social Welfare Department to implement a 36-month Pilot Project on Lighthouse Project – Transitional Support Service for Persons in Mental Recovery. By adopting recovery model with medical-social collaboration, we provide multi-disciplinary and transitional support to facilitate persons in recovery to bridge community support service and reintegrate into the community.

Our service users include potential service users of Halfway House; Halfway House service users left Halfway House service pre-maturely; or Halfway House service users who have been residing for 36 months or above and have difficulties in discharge. Our service districts include Wong Tai Sin, Kowloon City, Yau Tsim Mong, Shum Shui Po, Tsuen Wan, Kwai Chung (selective parts) and North Lantau Island.

Multi-disciplinary team, including social worker, occupational therapist, psychiatric nurse, peer supporter and home care worker, provide outreaching service, counseling service, occupational therapy assessment and training, training for community adjustment/living skills, family aide service, peer support service, therapeutic and supportive groups, carer support and bridging/support service to Halfway House and Integrated Community Centre for Mental Wellness.



# 朋輩支援服務 Peer Support Service

## 服務概覽



朋輩支援服務為精神健康綜合社區中心的精神復元人士提供情緒支援，讓有復元經驗的人士轉化自身經歷，為其他精神復元人士作出貢獻。

## Service Overview

Peer Support Service (PSS) of the Integrated Community Centre for Mental Wellness (ICCMW) aims to leverage the value of lived experience to contribute on mental health service users' recovery in the community.

## 年度重點 Highlights of the Year

今年2月，本會舉辦「轉化作貢獻」研討會2023，聯同業界同工，匯聚本地與海外的社會服務組織，整合和交流「朋輩支援服務」相關服務模式及經驗，促進朋輩支援平台發展。

In February this year, we hosted the "Transforming Lives, Transforming Communities" PEER Support Services Conference 2023, aiming at bringing together local and overseas social service organisations, exchanging and integrating the service models and experiences and co-creating a platform to promote the development of and collaboration on PEER support services.



參加者支持「轉化作貢獻」研討會2023。  
Participants supported the "Transforming Lives, Transforming Communities" PEER Support Services Conference 2023.



職員參與「轉化作貢獻」研討會2023。  
Staff participation in the "Transforming Lives, Transforming Communities" PEER Support Services Conference 2023.



此外，為回應年度策略，本會成立了「朋輩啟能系統」，並於2023年7月舉辦「朋輩啟能系統分享日」，共有85位同工參與，以加深他們對系統的掌握、朋輩支援服務在機構的重要性及嘉許他們所作出的貢獻。同時，本會準備《基礎朋輩支援培訓手冊》，讓各個服務單位於來年能培訓及裝備有興趣人士加入朋輩行列。

In addition, we established the "Peer System" in response to the agency's strategic plan. In July 2023, a total of 85 colleagues participated in the "Peer System Sharing Day" to enhance their knowledge of the system, the importance of peer support service in the agency and to recognise their contributions. Meanwhile, we prepared the "Basic Peer Support Training Manual" to enable various services units to train and equip interested participants to join the peer ladder next year.



於「朋輩啟能系統分享日」嘉許朋輩支援員對機構服務的貢獻。  
Recognised the peer supporters for their contributions to the agency's service in the platform of the "Peer System Sharing Day".



朋輩支援員「朋輩啟能系統分享日」小組討論中分享友善措施。  
Peer supporter shared friendly measures in the "Peer System Sharing Day".

龍澄坊及朗澄坊朋輩支援員就著精神復元人士不同需要也開設不同小組。龍澄坊定期舉辦樂聚談天坊小組，透過體驗式活動促進會員身心靈健康；朗澄坊與怡翠軒中途宿舍合作舉辦朋輩互助小組，在康復路上互相扶持，互勵互勉，共同成長。

Peer supporters of Vitality Place and Placidity Place organised different groups to meet the needs of persons in recovery. Vitality Place regularly holds happy gathering groups to share members with information about physical, mental and spiritual health through experiential activities. Placidity Place and Yee Tui House organised peer support groups to provide mutual support and encourage each other on the road to recovery and grow together.



朋輩支援員與組員一起製作星空球慶祝中秋。  
Peer supporters and members made star balls to celebrate the Mid-Autumn Festival.



朋輩支援員在樂聚談天坊小組示範彩繪復活蛋。  
Peer supporter demonstrated Easter eggs painting in the happy gathering group.

# 賽馬會樂齡同行計劃 JC JoyAge Project for Elderly Mental Wellness

## 服務概覽



善導會龍澄坊及朗澄坊於2022年分別於九龍城區及元朗區加入「賽馬會樂齡同行計劃」，與當區的長者地區中心應用逐步介入模式 (Step-care Model)，按長者抑鬱情緒狀況的風險程度、癥狀的嚴重程度等作出分流及跟進，並與香港大學研究團隊持續跟進計劃進度及效果，適時作出建議以助促進服務單位間的協作，以及提供專業同工的培訓。

是項計劃除了以個案形式跟進長者的精神健康之外，計劃亦培訓長者義工，透過知識傳授及朋輩支援的實踐，建立「樂齡之友」的朋輩支援團隊，為受抑鬱癥狀影響的長者提供全面的支援。

公眾教育活動亦是計劃的其中一項重點，目的是增加社區人士對長者精神健康的認識，及早辨識有需要接受服務的長者，連繫社區資源，構建關愛共融的社區。

## Service Overview

In 2022, SideBySide's Vitality Place and Placidity Place joined "JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness" ("JC JoyAge") in the Kowloon City and Yuen Long districts, respectively. The programme adopts a Step-care Model and gradually integrates with local elderly community centers. It provides risk stratification and follow-up support based on the severity of elderly depression symptoms and other risk factors. The programme also collaborates with the research team from the University of Hong Kong to monitor progress and effectiveness, offering timely recommendations to promote collaboration among service units and providing training to professional project staff.

In addition to individual case management, the programme trains senior volunteers to form a peer support team to provide comprehensive support to seniors affected by depression through knowledge sharing and peer support practices.

Public education activities are also a key focus of the programme. They aim to increase community awareness of elderly mental health, identify seniors in need of services at an early stage, and connect them with community resources to build a caring and inclusive community.

## 服務數據 Service Data



66

New cases 新增治療個案  
60歲以上受抑鬱症狀影響長者  
Seniors aged 60 or above affected by depression



4

精神健康培訓課程  
Mental health training



2,138

服務節數 service sessions  
(30分鐘1節  
30 minutes per session)

66 位

培訓義工  
Trained volunteers

23

樂齡之友  
JoyAge Volunteers



4 個 groups

32 節 sessions

治療小組  
Therapeutic group



24 seminars

471 人次 participants

公眾講座  
Public seminar



681

人次 participants

2

社區活動  
Community activity



#### 認知行為治療小組

透過樂齡之友協助帶領小組並共同訂立小組目標，加深組員及樂齡之友彼此之間的認識。

Cognitive behavioural therapy group

JoyAge Peer Supporters assisted in leading group activities and through setting up the group goals together to deepen the understanding between team members and volunteers.



#### 認知行為治療失眠小組

加入香薰治療元素，讓參加者可以透過香薰油及按摩，平靜身心，以及深層放鬆。

Cognitive behavioural therapy group for insomnia

Introducing aromatherapy elements, allowing participants to calm their mind and body, as well as experience deep relaxation through the use of essential oils and massage.



#### 社區活動-樂齡故事展2022 - 社區錄像

活動邀請服務對象和樂齡之友分享服務經歷，推動社區人士了解長者精神健康。

Community activity

The activity invited service recipients and JoyAge Peer Supporters to share their service experiences, promoting community awareness of the mental well-being of the elderly.



#### 社區活動-樂步在龍城

「樂齡之友」與區內持份者「躍變·龍城」合作，同區共舉辦10多場九龍城名勝古跡的導賞體驗團，讓「樂齡之友」體驗和學習成為是次活動的導賞員，發揮老友所為的精神。

Community activity

Cooperating with the "Kowloon City in Transformation" project, Peer Supporters in the district learnt to be the docent and held over 10 guided tours for the participants.