



## 精神健康服務 Mental Health Service



「好感恩！我能夠參加音樂創作活動，學習不少新鮮事物，留下深刻且美好的回憶！」

“So thankful! I can participate in the community music production programme to experience the music production and learn a lot of new things, which gave me deep and beautiful memories!”



「社區音樂」活動參加者  
Participant of “Community Music” Programme

# 中途宿舍服務 Halfway House Service



## 服務概覽 Service Overview

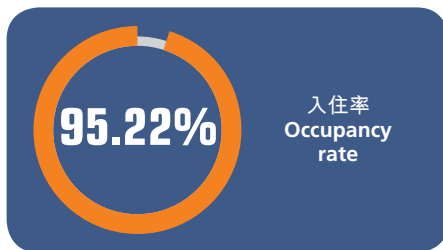
本會設有4間中途宿舍，合共提供144個宿位，為復元人士提供過渡性住宿服務。中途宿舍服務以復元為本，我們相信復元人士可以透過積極、自主的復元歷程，建立對復元的希望，重新融入社會，過著有意義及充滿希望的生活。

The Society operates four halfway houses with a total capacity of 144, providing transitional accommodation 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 PIR, and assist them to reintegrate into the community and restore a meaningful life.

\* 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。

\* 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



45

新入宿人數  
No. of new admission



2,283

舉辦小組次數  
No. of groups organised



8,873

參與小組人次  
Total attendance of groups

37

遷出人數  
No. of discharges

706

舉辦活動次數  
No. of activities organised

3,982

參與活動人次  
Total attendance of activities



## 年度重點 ▶ Highlights of the Year ♡

### 提升舍友抗「疫」力

中途宿舍服務的運作因疫情大受影響，須嚴格遵守防疫措施，暫緩團體活動，以保障舍友的身心健康。宿舍在執行防疫措施時，復元人士的社交生活難免會受到影響，對復元進程帶來挑戰。社工團隊籌劃各類「心靈抗逆活動」，以提升復元人士的抗逆力，例如製作心靈抗逆壁報板，建立關愛及互助的生活環境；又向舍友提供基本衛生訓練，讓他們協助進行簡單消毒工作，轉化為服務提供者。

另外，我們亦舉辦以靜觀概念、正向心理學為主題的治療性小組，並配合體驗式活動，提升他們面對逆境的能力，跨過「疫」境。

### Enhance Resilience of PIR Under the Threat from Pandemic

The operation of the Halfway House Services was greatly affected by the pandemic, which required to comply strictly with anti-epidemic regulations and implement hygienic measures. These would inevitably affect the social life of PIR and the progress of their recovery. The social workers' team planned various activities to enhance the resilience and positivity of PIR, including the production of a resilience noticeboard, to cultivate a caring and supportive living environment. Meanwhile, we invited PIR to be an anti-COVID ambassador and health educator, who was trained to assist simple disinfection work, to transform their identity from service receiver to service provider.

We also organised the therapeutic groups to enhance the coping skills of PIR and establish their healthy community networks, such as the workshop on mindfulness-based stress reduction, sessions with a strength-based approach and group activities facilitated by art elements. These could help them to develop a stronger ability to bounce back when facing stressful stimulants.



新聘註冊護士為宿舍職員提供防感染講座。  
Talk on infection control delivered by registered nurse.



復元人士在疫情期間透過智能機械人與家人聯絡。  
PIR made video calls with family members through robots during the pandemic.



## 發掘不同資源疫情下繼續運作

中途宿舍善用社會福利署額外津貼，宿舍於二零二零年九月制訂危機應變指引，除購置防疫物資外，也安排兩次噴灑防病毒塗層服務，讓舍友於疫情期間可以安心居住。我們於二零二一年二月獲香港賽馬會慈善信託基金資助港幣60萬元購置不同設備，包括智能機械人及空氣清新機等，降低院舍員工及舍友感染風險。

社會福利署在二零二零年十二月與香港賽馬會慈善信託基金合作推出為期一年的計劃，包括提供津貼，資助殘疾人士院舍進行室內通風系統評估，並聘請註冊護士到院舍進行防感染控制評估，及提供4節員工訓練，增強員工防感染控制的知識。中途宿舍已外聘註冊護士，並於二零二一年二月提供首次宿舍巡查及員工訓練。

此外，我們也獲社會福利署的樂齡及康復創科應用基金撥款開發中途宿舍藥物管理系統，提供更有效紀錄及監控藥物服務流程，預計二零二一年第三季正式使用。

## Higher Effectiveness of Epidemic Control with Community Resources

With the additional support from the Social Welfare Department (SWD), the halfway houses formulated the guidelines of contingency measures in response to the pandemic in September 2020. In addition to purchasing anti-epidemic products, we also arranged two rounds of the anti-virus coating spray service on our premises, in order to provide a safe and hygienic living environment for residents. Furthermore, in February 2021, we received a grant of HK\$600,000 from the Hong Kong Jockey Club Charities Trust Fund to purchase various equipment, such as robots, air purifiers and etc., so as to alleviate the infection risks of our staff and PIR.

SWD collaborated with the Hong Kong Jockey Club Charities Trust Fund to launch a one-year time-bound programme. It offered subsidies to the residential care homes for persons with disabilities (RCHDs), conducted on-site indoor ventilation assessment and deployed hiring services of registered nurses to run 4 sessions of on-site assessment and training on infection control to frontline staff, aiming to enhance their knowledge of infection control. We hired a registered nurse who provided the first session of on-site assessment and training at our houses in February 2021.

Moreover, we implemented and upgraded a drug management system to strengthen prescription and drug management, as well as reducing the risk of medical incidents. It was funded by the Innovation and Technology Fund under SWD and to be launched in the third quarter of 2021.

復元人士與陪伴機械人互動。  
PIR interacted with the robot.



朗日居進行室內通風系統評估。  
Sunrise House conducted on-site indoor ventilation assessment.



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



## 服務概覽 Service Overview

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。

The Society 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



2,511

累積會員人數  
Active service users

785

新增會員人數  
New service users

812

開展個案 / 重新開展個案  
New/Reactivated cases

4,523

外展探訪次數  
Outreaching visits

6,905

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

201

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

719

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

40

治療性小組  
Therapeutic Groups

743

興趣及支援小組  
Interest and Supportive Groups

227

連繫及大型活動  
Linkage and Programmes

46

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)

4,112

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

# 年度重點 ▶▶ Highlights of the Year ♡♡

## 龍澄坊

## Vitality Place

### 擴展精神健康服務至校園

龍澄坊積極擴展中學生精神健康服務，亦與其他機構聯合舉辦活動，提供講座、小組及個案服務予中學生及其家人。在疫情下，我們繼續為9間中學提供36次網上及實體活動，及接受個案轉介。我們亦向中學生家長舉辦講座，讓他們了解子女面對的壓力及如何應對。另外，在疫情緩和時，我們舉辦網上講座協助學生調整心態應對復課。我們未來會加強聯繫區內中學，鼓勵中學生嘗試接觸及服務精神復元人士。

### Expanding Mental Wellness Service into Secondary School Students

Vitality Place actively expanded its services to secondary schools and cooperated with other organisations to provide seminars and group services to secondary school students and their families. We offered 36 online or face-to-face activities to 9 secondary schools and received case referrals during the pandemic. Meanwhile, we organised a seminar for parents to understand the stress experienced by their children and support them in coping with difficulties. When the pandemic eased off, we hosted online workshop to assist students in enhancing their psychological adjustment for class resumption. In the future, we will strengthen ties with secondary schools and encourage students to understand and serve the persons in recovery (PIR) in the community.



中學生透過和諧粉彩小組學習放鬆心情。  
Students learnt to relax through Nagomi Pastel Drawing.

### 拓展網上服務

我們廣泛應用社交平台進行線上外展服務，除可接觸更多精神復元人士外，同時透過線上活動讓他們建立正面社交關係。我們通過臉書進行實時流媒體廣播，包括分享緩解壓力技巧以及勵志歌曲等。

### Development of Online Services

We applied social media platforms to expand online outreach services. In addition to reaching more PIR, we established and connected them with social support through online events. Live streams were broadcasted through Facebook, to share tips of stress-relieving and songs with positive messages.

職員為網上廣播作準備。  
Vitality Place staff were preparing online programme.



網上節目「澄天鬆一鬆」  
Online programme —  
“ViTelevision”

## 疫情下支援小家屬服務

2019冠狀病毒肆虐，政府多次宣佈停課，令兒童要長期留在家中，缺乏娛樂及社交生活，也影響他們的情緒和心理健康，而家長亦承受更多的家居事務和照顧壓力。我們舉辦不同類型的親子活動，包括童畫、手偶及故事創作、玩具圖書館服務、郊野遊覽、親子溝通小組等，藉此協助家長及兒童減低其焦慮及壓力。

## Care Service for Children of PIR Under the Pandemic

Amid the COVID-19 outbreak, the government announced several suspensions of face-to-face classes. As a result, children had to stay at home for a longer time that lacked leisure and social interaction opportunities, and affected their emotional and mental health; meanwhile, their parents were overburdened with their excessive domestic work and caring stress. We organised various types of parent-child activities, including children's paintings, hand puppets and story creation, toy library service, countryside excursions, parent-child communication groups, in order to help parents and children to reduce stress and anxiety during the class suspension period.



小孩與母親參與繪畫活動。  
Girls enjoyed painting with her mother.



本會獲香港賽馬會慈善信託基金贊助推出「玩具圖書館」計劃，向有需要的家庭提供適切的學習資源和玩具娛樂，讓兒童在疫境中繼續學習和紓解鬱悶的情緒。計劃共向區內55個有需要家庭提供了120次借用玩具服務。

With the support from The Hong Kong Jockey Club Charities Trust, we implemented the "Happy Learning Thro Play" programme, with an aim to provide support to low-income families during the pandemic. Parents accompanied their children to borrow various age-appropriate learning toys, facilitating their parent-child activities at home. The programme served 55 families with a total of 120 sessions.

玩具是兒童的良伴。  
Toys are great friends of children.



另外，我們獲救助兒童基金資助推行「童樂坊」計劃，支援復元人士的子女。我們舉行「手偶創作小組」活動，借助製作木偶、故事創作及表演，讓兒童對情緒有更多的了解。他們通過閱讀經典故事繪本和布偶製作，學習如何正確表達其情感及解決方法。

We received funding from the Save the Children Fund to carry out the "Rejoice Place" project for the children of PIR. We conducted a 'Puppet Making' programme to facilitate the children's understanding and awareness of emotion. Through the reading of classic picture books and puppet making, they learnt how to express their feeling and cope with difficulties appropriately.



小朋友透過製作手偶學習情緒。  
Boys learnt emotion through the production of puppet.

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



### 心靈種子

我們在疫情期間舉辦「心靈種子」計劃，向復元人士提供「心意包」，包括綠豆種子，棉花，種植說明和願望卡，鼓勵他們在家學習種植，之後提供植物照片和反思語句，上載至龍澄坊社交媒體上，互相分享。復元人士既可享受種植活動的樂趣，放鬆身心，亦可舒緩疫情所帶來的影響。活動共送出875粒種子，並收集15張種子生長日記照片或文字記錄。

### Leafy Heart

We organised the "Leafy Heart" project for PIR to learn planting at home during the pandemic. We delivered "a gift set" to PIR with mung bean seeds, cotton, planting instructions and wish cards, then uploaded photos of plants with reflective quotes to our social media platform for mutual sharing. The participants enjoyed the fun of planting activities, engaged in leisure mindfully and relieved the psychological impact of the pandemic. We sent 875 seeds and retrieved 15 photos or text records of seed growth diaries.

「心靈種子」聯繫會員，助其渡過疫情。  
"Leafy Heart" can accompany members to tide over their difficult times.





## 朗澄坊

### 社區音樂計劃 — 「你我充滿正能量」



「你我充滿正能量」參加者參與音樂錄象的拍攝工作。  
“You and me are full of positive energy”  
participants engaged in production of music video.

## Placidity Place

### Community Music Programme — “You and me are full of positive energy”



承蒙滙豐香港社區夥伴計劃贊助，朗澄坊為精神復元人士、婦女以及青少年開展社區音樂計劃。透過3個組別（共24節小組）工作坊，讓40位參加者於疫情下以歌曲表達心聲，紓緩內心的壓力，並創作3首歌曲及拍攝成3段音樂錄象，於社交平台播放。稍後他們亦會與社區人士分享，為其他群體打氣，共同克服疫情所帶來的情緒困擾。另外，本計劃亦透過網上網下兼容的途徑舉辦「社區心靈樂」活動，當中包括18個工作坊，讓183位社區人士及復元人士參加各類照顧身心靈的活動，於疫情期間持續得到關懷。

With the support of HSBC Hong Kong Community Partnership Programme, Placidity Place organised a community music programme titled “You and me are full of positive energy” for PIR, women and youths. Through 3 groups of creative workshops in 24 sessions, 40 participants co-created their own songs to express the mental stress. In addition, 3 songs in music video were produced and promoted through social media to enhance community resilience in fighting pandemic. Besides, through joyful programme via online and offline means, we could provide 18 workshops for 183 people from various background to enjoy mindful programmes.



青少年家長參加正念工作坊，增加認識精神健康。  
Parents of youngsters joined the mindfulness  
programme for enhancing understanding  
towards mental health.

### 推廣青少年精神健康服務

朗澄坊關注青少年精神健康的需要，年內與區內中學開拓不同的服務，包括小組、講座、攤位及家長工作坊等。朗澄坊因應疫情，持續改變活動形式，仍為5間區內中學提供了21個活動，共818人次接受服務，期望未來可以拓展至更多學校。

### Promote Mental Health among Youths

Placidity Place addressed the local community concern over youth mental health through group programmes, booth promotion and careers workshop. During the pandemic, we organised 21 activities for 818 people in 5 secondary schools by various means in adopting the anti-pandemic measures from time to time.

### 「奇招解困憂」計劃

承蒙招商局慈善基金會贊助，本會得以推行「奇招解困憂」計劃，為40個家庭，包括來自精神復元人士、更生人士的家人及兒童以至青少年等，提供津貼購買網課用的設備，教育資助等。此外，我們亦與社區人士合作推出義工小組探訪，網上功課輔導，表達藝術工作坊等活動，在疫情下向服務受眾傳達關顧。最後，本會聯同慈山寺佛法心靈輔導中心合作推出「抗疫不倒翁・身心同放鬆」的和諧粉彩工作坊，不單讓140個義工們透過和諧粉彩關顧自己，亦將畫作送予「奇招解困憂」的家庭，為他們打氣，使他們感受到社會人士的支持。透過上述各類型的義工活動，共提供接近1,000小時的服務。

本會聯同慈山寺佛法心靈輔導中心合作推出「抗疫不倒翁・身心同放鬆」的和諧粉彩工作坊。  
Co-organised programme with Tsz Shan Monastery Buddhist Spiritual Counselling Centre of Online Pastel Nagomi Art Programme for volunteers.

### “Shooting Hurdles”

“Shooting Hurdles” is special scheme funded by China Merchants Foundation to support 40 deprived families, including PIR, Ex-offenders and Youths, for educational allowance and purchase of computing devices with internet services. In addition, we cooperated with community members to launch volunteer group visits, online tutoring service and expression art workshops to spread care and love to service users during the epidemic. Last but not least, SRACP and Tsz Shan Monastery Buddhist Spiritual Counselling Centre co-organised online Pastel Nagomi Art programme to 140 community volunteers for improving their own wellness. The final drawings were then dispatched to our service users as a sign of encouragement. Along with all means of programme, we have provided more than 1,000 hours of volunteers services.



### 新春聯合慶祝活動

香港善導會每年新春期均舉辦晚宴，並邀請嘉賓，本會委員，政府官員及各界持份者和本會服務使用者參與。由於疫情關係未能舉辦大型聚餐本會在大年初七舉辦線上新春慶祝活動，邀請了香港懲教署副署長黃國興先生及社會福利署助理署長(康復及醫務社會服務)葉巧瑜女士預錄賀辭，並有服務使用者精彩表演。是次活動共有300名來自19個服務單位參加。另外，參加者亦獲贈愛心禮物包及參與抽獎，使整個活動歡樂地完成。

### Spring Gathering under Pandemic

As tradition of SRACP, every year we would organise banquet during Chinese New Year, inviting honorable guests, SRACP committee members, government officials, stakeholders and our service users to celebrate in such important festival. Due to the pandemic of COVID-19, the programme was organised via a new online format. On 18<sup>th</sup> February, we had the honour to invite the Deputy Commissioner of Correctional Service Department, Mr. WONG Kwok Hing and Assistant Director (Rehabilitation and Medical Social Services), Miss Hannah YIP Hau Yu to deliver a pre-recorded speech. Nineteen service units with around 300 participants gathered via Zoom platform, outstanding performance led by different service users and lucky draw were conducted in this joyful afternoon on top of the gifts pack delivered for our participants.



本會首個聯合網上慶祝新春活動的直播現場。  
SRACP Live Studio of first joint celebration programme for Chinese New Year.



# 臨床心理服務

## Clinical Psychology Service



### 服務概覽

## Service Overview

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、家庭治療及社區音樂介入。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。

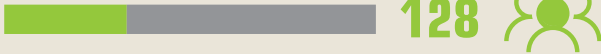
Clinical Psychology Service provides psychological assessment and treatment to persons in recovery (PIR) who suffer from psychological, emotional or behavioral disturbances. Our treatment approaches include Cognitive Behavior Therapy, Family Therapy, community music intervention, and group therapy. We also provide professional consultation services to staff of other service units, including Integrated Service Centres and Integrated Community Centres for Mental Wellness (ICCMWs), and play 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



節數  
No. of Sessions

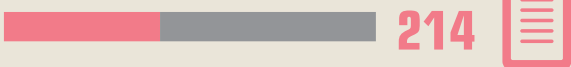


為精神健康綜合社區中心職員提供臨床諮詢  
Clinical consultation provided to ICCMW staff

職員人數  
No. of Staff

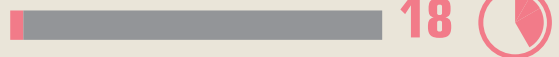


個案數目  
No. of Cases



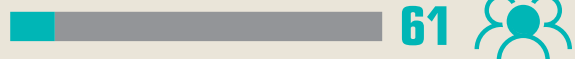
為本會員工、義工及會外人員提供培訓 (每節2-3小時)  
Training provided to staff, volunteers, and external  
participants (2-3 hours/session)

節數  
No. of Sessions



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

個案人數  
No. of Cases



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

人次  
No. of Participants



節數  
No. of Sessions



# 年度重點 Highlights of the Year

## 朋輩支援員活動

「第四屆朋輩支援員訓練課程」因疫情的社交距離措施而被迫推遲。去年，我們繼續為朋輩支援員畢業生組織各類活動，以增加他們社交參與及學習機會，並增強現有畢業生的凝聚力。

## Peer Supporter Engagement

Due to social distancing measures of the epidemic, the “4<sup>th</sup> Peer Supporter Training Course” was postponed. We continued to organise various events to engage graduates of peer supporter training courses, in order to provide opportunities for social engagement and further learning, and strengthen the cohesion within the existing graduate group.



朋輩支援員畢業生學習正向心理學。  
Peer supporter graduates were learning about positive psychology during a reunion event.



## 推廣不同種類的治療小組及社區活動

臨床心理學家為精神健康綜合社區中心、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，例如認知訓練小組、電影治療小組、失眠小組、以及針對盜竊習慣和性罪行的小組。另外，臨床心理學家繼續統籌不同精神健康服務單位的社區音樂活動，亦為朗澄坊之復元人士定期帶領社區音樂小組。

## Group Work for PIR

This year, clinical psychologists hosted various therapeutic groups for PIR of ICCMWs and ISCs, including metacognitive therapy group, cinema therapy, CBT for Insomnia, and multiple groups targeted at compulsive stealing and sex offending problems. In addition, clinical psychologists continued to coordinate creative music activities at various mental health service units, and hosted community music groups regularly for PIR at Placidity Place.

## 會內外專業交流及培訓

臨床心理學家除為同工舉辦不同的專業培訓，包括「幸福感元素 (PERMA+)」及「美好生命模式簡介」等，亦為不同人士提供培訓工作坊，包括為公眾講解「照顧者的自我照顧」、為就業服務使用者講授「壓力管理與商機」，以及為中學老師舉行「自閉症與性罪行」講座。

## Trainings for Staff and General Public

Clinical psychologists conducted various professional training for staff, including "PERMA+", and "Introduction to Good Life Model". We also conducted training for a range of external clientele, including workshops on "Caring for Carer Workshop" for the general public, "Stress Management and its Commercial Opportunity" for service users of Employment Development Service, and "Autism Spectrum Disorder and Sexual Offences" for teachers from a local secondary school.



臨床心理學家為宿舍服務人員進行「美好生命模式」培訓。  
Clinical psychologist conducted "Good Lives Model" training for staffs from hostel service.

臨床心理學家為法院社工服務的義工舉行培訓班。  
Training workshop for volunteers from Court Social Work Service.



# 職業治療服務 Occupational Therapy Service



## 服務概覽 Service Overview

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復元人士提供機能評估及職業治療服務，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)，以發揮其最大能力，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。

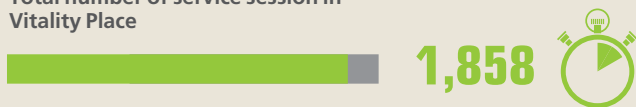
Intending to promote recovery and reintegration, the Occupational Therapy Service provides functional assessments and treatments for persons in recovery (PIR) who suffer from psychological, physical, emotional or behavioural disturbances to optimise their occupational performance (Skills of activity of daily living, 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.

服務對象主要為本會龍澄坊和朗澄坊的復元人士。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。

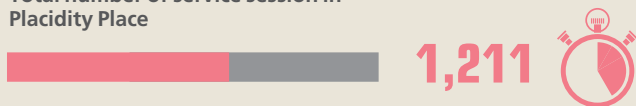
Our service targets are mainly persons in recovery from Vitality Place and Placidity Place. Occupational therapists also provide professional consultation services for staff in other service units of the Society. We also play an active role in research, staff training and placement training.

## 服務數據 Service Data

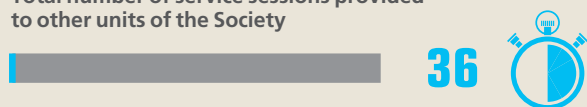
在龍澄坊提供的職業治療服務總節數  
Total number of service session in Vitality Place



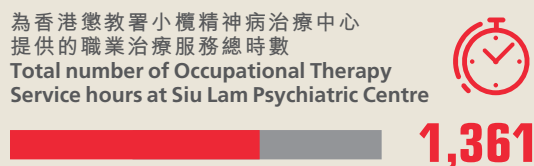
在朗澄坊提供的職業治療服務總節數  
Total number of service session in Placidity Place



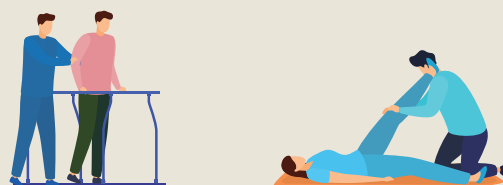
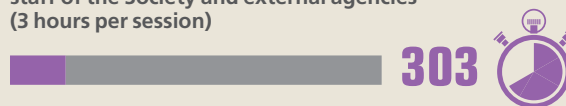
為其他單位提供的職業治療服務總節數  
Total number of service sessions provided to other units of the Society



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



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 ♡

### 擴展小欖精神病治療中心職業治療服務及開拓到校服務

職業治療服務團隊繼續為小欖精神病治療中心提供定期服務。服務時間由五天服務擴展至週六上午時段，以推行園藝治療，減少所員生活在密閉環境中的壓力，促進認知能力和社交互動。

此外，我們與人才發展及設施管理部合作，自二零二一年一月在香港扶幼會則仁中心學校提供12節服務。職業治療師運用感覺統合方式對有特殊學習需要或行為問題的小學生進行個別訓練，以提升其學習及課堂表現，協助適應及融入學校及宿舍生活，改善他們的情緒健康。

### Expanding Occupational Therapy Service into Siu Lam Psychiatric Centre and Schools

The Occupational Therapy Team continued to provide service to Siu Lam Psychiatric Centre of Hong Kong Correctional Service Department. We extended the 5-day service to the Saturday morning session to implement horticultural therapy, so as to reduce the stress of inmates due to living in a confined environment, and to further promote cognitive abilities and social interaction.

Moreover, we have collaborated with Talent Development and Facilities Management Division since January 2021 to provide a 12-session occupational therapy training at the Society of Boys' Centres Chak Yan Centre School. We applied a sensory integration approach and targeted the primary students with special educational needs or behavioural issues, intending to improve the students' academic and school performance, facilitate adaptation and integration to the school and residential environment, and ultimately improve their mental health.

### 培訓及顧問督導服務

由二零二零年起，我們為東華學院職業治療學(榮譽)理學士學生提供臨床督導。在疫情期間，恒常培訓及活動均受到影響，職業治療師善用科技資源，本會員工及義工培訓改以線上形式進行，鼓勵他們持續進修。

### Professional Training and Advisory

Since 2020, we have provided clinical supervision for placement students of the BSc (Hons) in Occupational Therapy of Tung Wah College. As the pandemic continued, standard forms of training activities were all affected, and we continued to provide various training activities online for the professionals and volunteers.

#### 義務工作在復元路上當中的角色

- ✓ 提供機會，讓復元人士接觸不同的人 and 事
- ✓ 關心和尊重復元人士的經歷和感受
- ✓ 建立平等和互相尊重的社交關係
- ✓ 共同面對困難，解決問題，提供發揮長處的機會
- ✓ 為復元人士帶來希望的訊息

- 給予復元人士金錢或物質援助
- 「教導」或「培訓」復元人士解決問題

香港專業  
SRACP



朗澄坊的復元人士完成為期三個月的「疾病管理及復元計劃」小組，並獲得結業證書。

The persons in recovery from Placidity Place completed the 3-month "Illness Management and Recovery Programme" and received a certificate of completion.

職業治療師為本會義工提供網上培訓，增加其對精神健康的認識。  
Occupational therapist delivered online training sessions to enhance volunteers' understanding of mental health.



## 提供多元化治療小組

我們推出「疾病管理及復元計劃」小組，以提升復元人士的疾病自我管理技巧，達致臨床和個人復元。我們亦與臨床心理服務合作在精神健康綜合社區中心及中途宿舍舉辦「元認知訓練」小組，協助復元人士對自己的認知陷阱有更加深入的了解，例如輕率下結論、決策中過分自信等。另增設「身心健康小組」及「痛症舒緩伸展班」等，提升復元人士的身心健康及幸福感。

我們於疫情期間將部分實體小組改以線上形式舉行，包括禪繞畫教學、高強度間歇性運動及放鬆練習短片，並上傳到精神健康綜合社區中心的社交媒體，讓復元人士在家練習，以提升身心健康。

## Provision of Evidence-based Therapeutic Groups

We established the “Illness Management and Recovery” Programme in ICCMW, to enhance PIR’s illness self-management skills, and to achieve clinical and personal recovery. In collaboration with Clinical Psychology Service, we organised a “Meta-cognitive Training” group in ICCMWs and HWHs, with an aim to deepen PIR’s understanding of cognitive distortions, such as jumping to conclusions, and being overconfident in decision-marking, etc. In addition, we established a “well-being group” and “stretching group” for pain management to promote overall mind-body fitness and psychological well-being.

We conducted services and activities online for PIR amid pandemic. Occupational Therapists filmed several video clips, including Zentangle patterns drawing, HIIT, and relaxation exercises, then uploaded them to the social media platform of ICCMWs for PIR to practice with the video to enhance their physical and mental well-being.

朗澄坊的復元人士參與「健康由舞做起」身心健康小組。  
The persons in recovery from Placidity Place participated in the “well-being group”.



團隊於疫情期間拍攝短片並上傳至社交平台，向社會大眾推廣精神健康。  
The team filmed and uploaded video clip to social media platforms to promote mental well-being during the pandemic.

