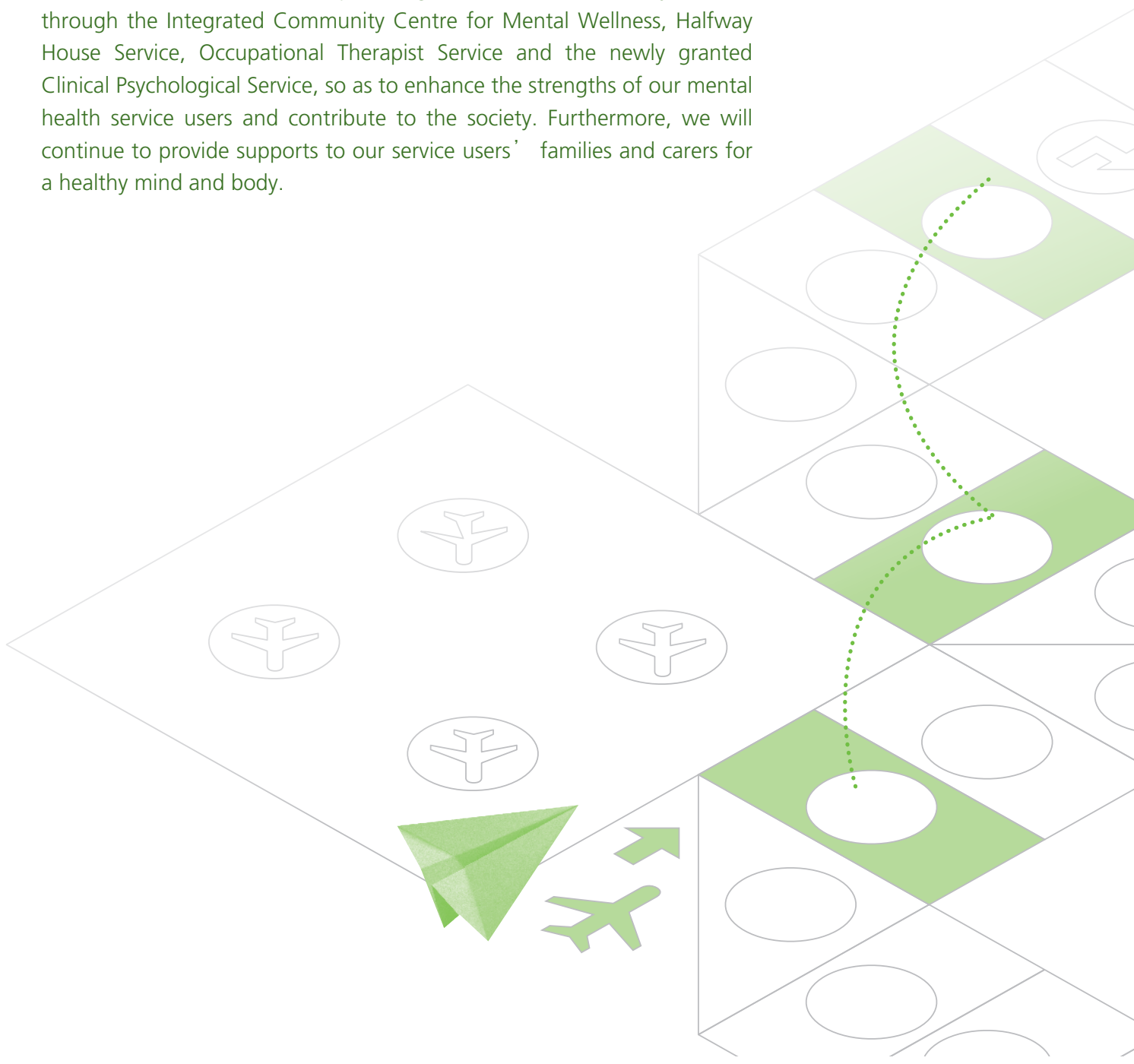


精神健康服務 Mental Health Service

精神健康服務以「社區為本」的精神健康綜合社區中心、中途宿舍服務、職業治療服務；以及本年度獲政府新撥資源而擴展的臨床心理服務，致力推動服務使用者之復元，並協助其發揮個人優勢，回饋社會。此外，本會亦繼續為其家人，包括兒童等提供適切支援服務，促進各人之身心健康。

The Mental Health Service is providing multifarious community services through the Integrated Community Centre for Mental Wellness, Halfway House Service, Occupational Therapist Service and the newly granted Clinical Psychological Service, so as to enhance the strengths of our mental health service users and contribute to the society. Furthermore, we will continue to provide supports to our service users' families and carers for a healthy mind and body.



中途宿舍服務 Halfway House Service

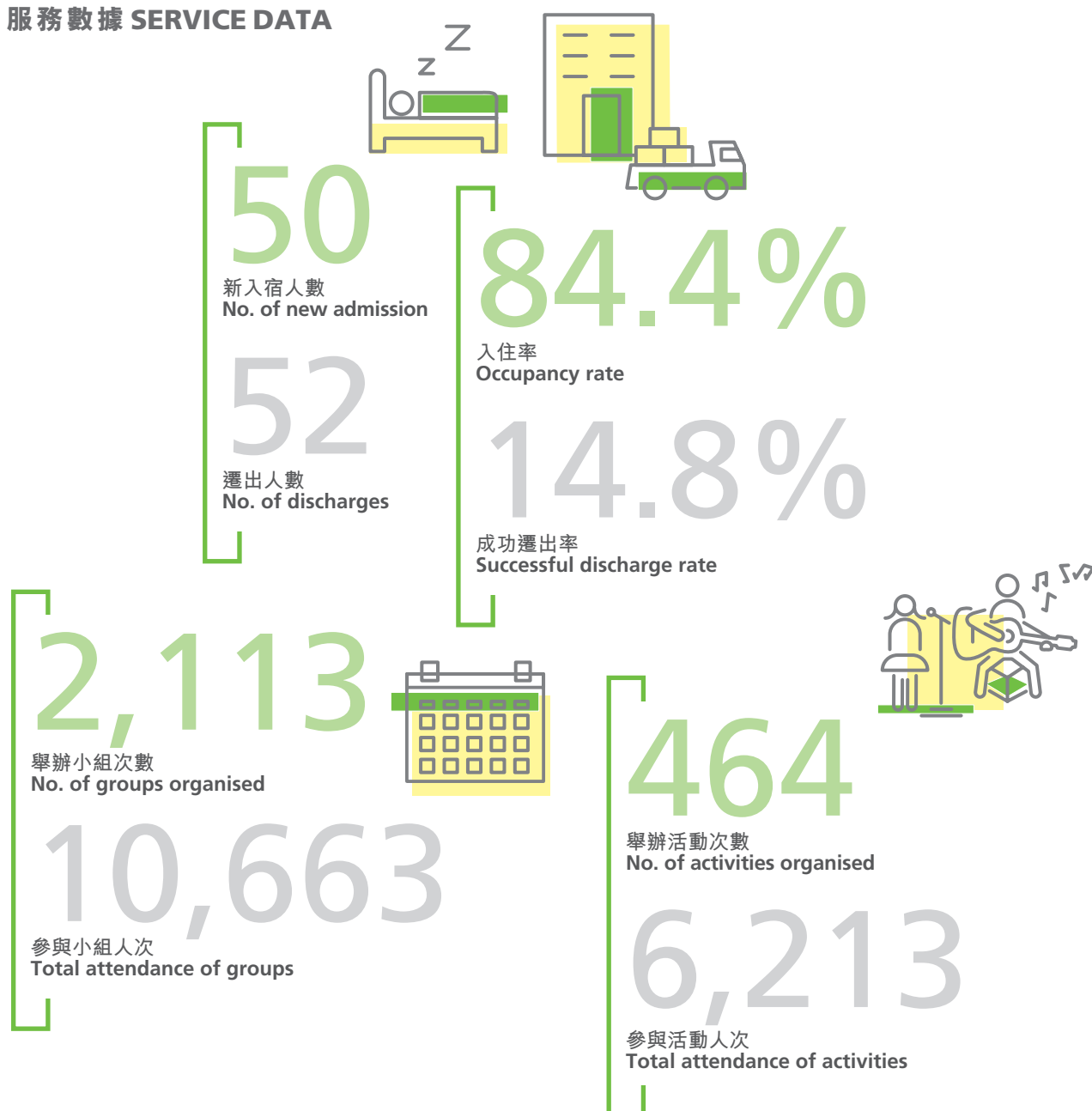
服務概覽

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。

SERVICE OVERVIEW

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

服務數據 SERVICE DATA



年度重點

Highlights of the Year

復元由社區開始

中途宿舍是社區重要一員。去年，我們與不同的社區團體/學校合作，舉行多元化、共融的活動，鼓勵復元人士與公眾交流，擴闊社交生活；協助他們建立自信並融入社區。我們亦連繫地區醫院和中學聯合推行「Teen使行動—青少年思健推廣計劃」，讓復元人士與中學生共同進行的小組活動，包括小組分享、農耕種植、甜點製作、攤位活動等，營造共融和諧的社區，及宣揚身心健康的訊息。



中途服務使用者穿著畢業袍慶祝完成此計劃。
Halfway House participants wore the graduation gown and cap to celebrate their memorable journey.

RECOVERY STARTING FROM THE COMMUNITY

Halfway house is a key part in the community. Last year, we collaborated with different community groups/schools to organise diversified and integrated programmes for persons in mental recovery, aiming to encourage them to interact with the public and enlarge their social circle so that they were able to build up confidence to reintegrate into the society. We also co-worked with district hospitals and secondary schools to implement the “Health in Mind — Youth Mental Health Promotion Programme” for persons in mental recovery and secondary school students to jointly run a series of group sharing, such as horticulture, bakery and game stalls. The programme was designed to create a caring and inclusive environment and promote the message of mental well-being.



服務使用者於共融嘉年華籌辦攤位活動。
Service users hosted a game stall at community carnival.



中途宿舍義工製作探訪長者的禮物。
Halfway House volunteers prepared handmade gifts for the elderly visit.



中途宿舍義工們與在場的長者練習毛巾操。
Halfway House volunteers practiced towel exercises with the elderly.

發展中途宿舍義工隊 — 聯繫社區

義務工作是精神健康復元其中一個重要策略。中途宿舍服務使用者成立的「義勇軍」義工隊會向公眾分享其復元故事，以提倡身心健康，也積極支持本會不同的社區活動，擔任當中不同的義工崗位，如參與「甦Walk慈善行・跑步賽2018」等。我們與本會義工發展服務協作「義・同行」社區朋輩計劃，連繫由公眾組成的社區義工，及朋輩支援訓練課程的畢業生配對成三人小組，建立三方支援網絡，促進互相支持和義工協同效應。

在二零一八年九月至二零一九年二月期間，計劃參加者每月定期舉行小組活動，探索有意義生活目標和分享生活經驗，從中建立聯繫；而參與社工亦協助參加者舉行了6次大型活動，及超過60次的小組活動。之後的跟進研究亦發現計劃有助中途宿舍義工樂於與外界接觸和擴大社交圈子，而社區義工亦加深對復元人士的了解和接納，並學會應對挑戰及困難。

發展中途宿舍電腦化方案 — 優化服務

去年，中途宿舍探討採用電腦系統，以有效整理服務使用者資料及護理記錄，從而簡化工作流程。工作小組在第一階段已建立試用資料庫系統，收集持份者意見及提出優化方案；計劃申請「樂齡及康復創科應用基金」以引入新科技系統，改善服務。

DEVELOPING HALFWAY HOUSE VOLUNTEER TEAM TO CONNECT WITH COMMUNITY

Volunteer work is one of our key strategies of mental health recovery. Service Users of Halfway Houses established a centralized volunteer team named “VOLUNTEERS” to share their recovery stories for promoting mental well-being. They had been actively participating and volunteering in the events of SRACP such as “SRACP Charity Walk & Run 2018”. We also collaborated with the Volunteer Development Service to implement the Community Peer Program, which aimed to connect with community volunteers from the public and graduates from the Peer Supporter Training Courses to build up a tripartite supportive network for mutual growth and volunteer synergy. From September 2018 to February 2019, participants organised regular monthly activities to explore their meaningful life goals and share their live experiences. The participating social workers also supported participants to organise six mass programs and over 60 group activities during the period. Our programme research revealed that Halfway House volunteers and persons in mental recovery were keen on interacting with others and broadened their social circle. In the meantime, community volunteers also reported acquisition of invaluable experience to enhance their acceptance towards persons in mental recovery and to stay positive in facing challenges and difficulties.

PILOTING SMART MANAGEMENT SYSTEM IN HALFWAY HOUSE

Last year, Halfway Houses explored a feasible computerized system to systemize service users' information, health and nursing records as well as to streamline the work process. The working group has established a management protocol system for pilot test to collect stakeholders' views for further improvement. Furthermore, the working group will apply the “Innovation and Technology Fund for Application in Elderly and Rehabilitation Care” to adopt a new technological system for service improvement.

精神健康綜合社區中心

Integrated Community Centres for Mental Wellness

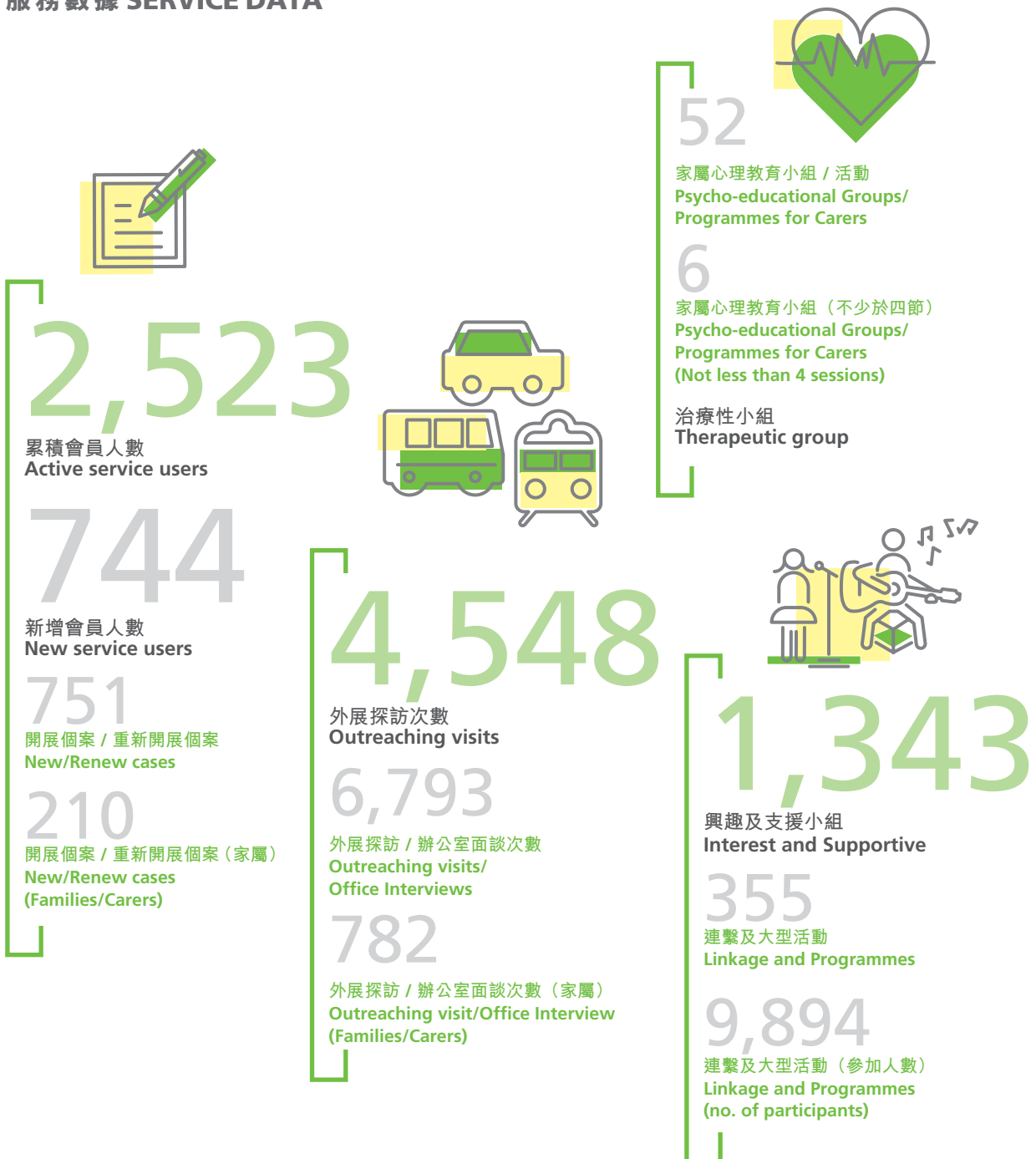
服務概覽

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

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



年度重點 Highlights of the Year

龍澄坊

彩繪生命

由Ho Pui Fun Charitable Trust贊助，為期一年的「彩繪生命2.0」計劃於2018年8月中順利完成。此計劃是促進精神康復人士與公眾的融合，並加強年輕人抗逆力。十二位參加者在插畫師的協助下，用圖畫重新構建了他們的人生故事，分別編寫成八本圖書及四部動畫。在過去一年，參加者聯同社區義工走訪各區，舉辦「真人圖書館」活動，與多達六百位青少年會面。計劃最後在社區文化中心舉行為期一天半的展覽及體驗日，包括動畫首映及工作坊，讓公眾透過與復元人士親身接觸，減少成見與誤解。

真人圖書館

香港善導會龍澄坊近年開展一系列的真人圖書館活動，讓會員化身作「真人圖書」，與青少年團體、中學及大專院校真誠對話交流，透過故事引起大家反思及共鳴，從而產生接納，消除對復元人士的負面標籤，並提升他們關注自身、家人及朋友的精神健康。龍澄坊更與香港真人圖書館合作，舉辦了一個專為照顧者而設的真人圖書館活動；更與賽馬會理大真人圖書館網絡合作，將兩位復元人士的故事「我的好媽媽」及「越過高山•跨過精神難關」上載至真人圖書館網，供公眾閱覽。

VITALITY PLACE (VP)

2.0 Painting Color on Your Life 2.0

The project "Painting Color on Your Life 2.0" was funded by Ho Pui Fun Charitable Trust which was completed in August 2018. It aimed to promote social integration for the persons in mental recovery, and strengthen resilience of young people against adversities. Twelve persons in mental recovery joined the project and constructed their life stories which were being drawn into 8 pictures books and 4 animations by illustrators. The participants, together with the community volunteers, shared their life stories with more than 600 adolescents in the community. Furthermore, one and a half day picture book and animation exhibition took place in the Centre for Community Cultural Development, including animation premiere and workshops. Through direct contact and mutual understanding, it helped eliminate the public's stigma and prejudice of persons in mental recovery.

Human Library

This year, a series of Human Library was held by Vitality Place. Our service users acted as "Human Library" to develop a deep, genuine and fruitful dialogue with youngers from youth organizations, secondary schools and tertiary institutes, aiming to arouse reflections and resonance, as well as to promote acceptance and eliminate the negative labeling on persons in mental recovery, so as to enhance the awareness of mental health among themselves, their families and friends. A "Human Library for Carer" was jointly organised with Human Library Hong Kong. In addition, we collaborated with Jockey Club PolyU Human Libraries Hub, the recovery stories of two VP users, namely "My Great Mom" and "Climb up the Mountain, Overcome Mental Illness" were uploaded to the Hub for the public.



嘉賓、計劃參加者及插畫師合照。
The guests took a photo with the participants and the illustrators.



龍澄坊會員正在分享如何照料其父親。
VP user was sharing her experience in looking after her father.



紀念花園內，職員向參觀者介紹撒灰情況。
Users were briefed about the scattered of cremated ashes in garden of remembrance.



我是情緒小達人！
I am the master of my emotions!

致 • 生命計劃 – 生死教育活動

為了加深會員及公眾對生死課題的認識，從生命終結反思人生，龍澄坊獲華人永遠墳場管理委員會資助一系列生死教育活動，包括講座、小組、家庭攝影活動、參觀及日營。會員透過生死教育之旅的活動，可參觀將軍澳華人永遠墳場、萬國殯儀館，及親手觸摸紙棺木等。超過九成的參與者表示透過此系列活動，對生死課題的有更深入認識、更欣賞自己、更珍惜與家人及親友的關係及相處，並能夠反思及認識生命的意義。

情緒小達人

「情緒小達人」治療小組是專為精神復元人士十八歲以下的子女而設，善用電影《玩轉腦朋友》內五個情緒角色：阿樂、阿燥、阿愁、阿憎及阿驚，讓兒童認識此五種情緒的特質；並再以繪畫面譜的方式，教導他們學習到如何正確表達自己的情緒。小組最後讓兒童透過拍賣遊戲學會如何追求快樂的人生。

“A Tribute to Life” Project – Life and Death Education

The Life and Death Education Project “A Tribute to Life” funded by The Board of Management of The Chinese Permanent Cemeteries, had held a series of experiential activities, including talk, therapeutic groups, family photo-taking, visit and day camp, aiming to provide life and death education for people in different age groups. In the cemetery and funeral parlor tour, users visited mortuary and touched the funeral items directly such as Eco-coffins. Over 90% of the participants agreed that the activities enhanced their readiness and awareness about the death issues, more appreciation of self, cherishing the relationship with family members and friends, as well as reflections and understanding on the meaning of life.

“Be a Little Master of Emotion”

A therapeutic group named “Be a Little Master of Emotion” was held for the children under age of 18 whose parent is having mental health problem. The 5 emotion characters included joy, anger, sadness, disgust and fear from the movie “Inside out” were used, which aim at helping children to understand the nature of these 5 emotions and build awareness towards their emotions. Through painting colours representing their emotion on the mask, children learnt ways to express and identify their feelings. At last, through playing auction game, children bid the items of various happiness elements and learnt ways to pursue happiness in their daily life.



朗澄坊會員與專業同事於二零一八年九月九日完成是項富有意義星加坡長跑運動盛事！Placidity Place members and professional staff participated "Yellow Ribbon Prison Run" on 9 September 2018.



由長跑專業教練指導下，朗澄坊會員接受長跑鍛鍊。
Participants of Placidity Place received intensive professional runner training.

開放式對話

為了提高龍澄坊同工的專業水平，邀請香港理工大學應用社會科學系家庭本位實物及家庭治療碩士課程主任及專任導師魏素華博士，和香港理工大學臨床督導陳潤花女士為龍澄坊舉辦「開放式對話」培訓課程。「開放式對話」強調聆聽和協作，並於過程中使用專業知識作「輕觸」式接觸。而於治療過程中，所有與事件有關的人物，包括案主、其家人及社交網絡，所有專業人員以及其他與案主有密切接觸的人，都會受邀參加治療會議。

Training on Open Dialogue Approach

With the aim to enhance professionalism of Vitality Place staff, Dr. Ngai So-wa, Programme Leader and Teaching Fellow, M.A. (Family-centre practice and Family Therapy) programme, Department of Applied Social Sciences, The Hong Kong Polytechnic University, and Ms. Monty Chan, Clinical Supervisor, The Hong Kong Polytechnic University, were invited to hold a training session which was about the Open Dialogue Approach. Open dialogue emphasises listening and collaboration and uses professional knowledge with a "light touch" in dialogic practice. This treatment meeting gathers everyone connected to the crisis, including the person at the center, their family and social network, all professional helpers and anyone else closely involved.



「同途踏進色彩世界」於二零一八年十二月八日舉行啟動禮暨元朗區運動日以凝聚社區力量。
“We Drive You To See Our Beautiful World” Kick-off Ceremony cum Yuen Long Community Sport Day was held on 8 December 2018 to foster social cohesion.

朗澄坊

朗澄坊身心復元實踐

朗澄坊運動興趣小組之轉化

朗澄坊過去一年為精神復元人士提供長跑專業指導興趣小組，鼓勵他們培養長跑興趣及鍛鍊身心意志，並為其定下個人復元目標—參與亞洲區年度長跑運動盛事「Yellow Ribbon Prison Run」。雖然長跑鍛鍊過程艱辛，參加者積極為自己復元定下心志，全力以付，我們也從旁支持及鼓勵他們，最後於二零一八年九月九日順利完成是次長跑運動盛事。

「同途踏進色彩世界」計劃—協力車運動

朗澄坊獲元朗區議會贊助，於二零一八年九月開展「同途踏進色彩世界」計劃，透過社區運動提昇大眾對精神健康及社區共融的關注。我們與香港盲人體育總會、香港消防處義工隊、展騰單車會及社區義工合作，整個計劃提供15節的協力車運動訓練課程，共有40位精神復元人士、視障人士、社區義工接受協力車訓練，以促進協力車技能發展。另外，超過130人參與二零一八年十二月八日舉行的社區運動日，以及二零一九年一月十六日舉行的社區關懷活動日，以凝聚社區力量。社區運動可讓社區人士與精神復元人士直接交流，加深對精神復元人士的了解，及促進公眾願意關懷和接納精神復元人士。

PLACIDITY PLACE (PP)

Body-Mind Recovery Implementation of Placidity Place

Transformation of “Running Man” Interest Class to Participation of Regional Event

Our persons in mental recovery of Placidity Place received regular professional runner training in the past year, participants were assiduous to achieve a clear personal recovery goal of keeping their body-mind in optimizing state in spite of hard runner training sessions. As a result of managing to overcome the challenges and obstacles, three participants and professional staff completed 9 September 2018 Asian regional event “Yellow Ribbon Prison Run”.

“We Drive You To See Our Beautiful World”—Tandem Cycling Sport

Funded by Yuen Long District Council, Tandem Cycling Sport Programme called “We Drive You To See Our Beautiful World” was launched in September 2018. The Project aimed at raising public awareness on the importance of mental wellness and social inclusion through community sport. By the strong partnership with Hong Kong Blind Sports Federation (HKBSF), Hong Kong Fire Services Department Volunteer Team (HKFSDVT), UNO Cycling Team and community volunteers, total 15 sessions of tandem cycling training was organised, 40 participants from HKBSF, HKFSDVT, persons in mental recovery and community volunteers joined. In addition, over 130 participants from community attended Community Sport Day on 8 December 2018 and Community Care Day on 16 January 2019. The community sport increased the public understanding of persons in mental recovery and fostered the acceptance and care towards them.



貓貓義工正為中心貓隻進行餵食義工工作。
Volunteer provided volunteering works of feeding and caring to cats of Placidity Place.

動物輔助活動研究

朗澄坊致力與香港動物治療基金會及保護遺棄動物協會共同合作，進行一系列焦點小組研究有關貓義工和職員在動物輔助活動的成效。研究發現以貓作為治療媒介，能夠對參加者的情感和社交能力帶來正面作用，有助提高他們的生活質量和心理素質；動物輔助活動可作為一種社交活動，協助精神復元人士重新融入社會，並為他們提供對社區的目標感。

社會企業 – 天愛坊室內種植場

本會轄下的社會企業 – 天愛坊室內種植場，由朗澄坊負責營運已兩年。天愛坊在本年度共提供了40個公開就業及職業培訓機會，讓精神復元人士發展不同的工作技能，投入職場及貢獻社會。過去一年，除了繼續獲得社會福利署「創業展才能計劃」的營運資助外，更獲得黃廷芳慈善基金及德意志銀行的資助，進一步提升場內種植的設施及加強市場推廣，以接觸更多潛在客戶。隨著種植技術之提升，由最初單一的产品草莓，轉化為多樣化種植模式，推出沙律菜、花生芽等健康產品，成功吸納了一批重視食品安全及健康的客戶。另外，種植場導賞團接待超過400名社區人士，參加者不但認識室內種植模式的獨特之處，更有機會與精神復元人士交流，及對其有正面的認識。



TI Farm 參與在花墟舉辦的2019本地漁的本地漁農美食嘉年華。
TI Farm is taking part in the Farmfest 2019 for the very first time.

Research on Animal Assisted Activities

Placidity Place has endeavored to gain more understanding about volunteer's and staff's experiences with animal-assisted activities. Thanks to Hong Kong Animal Therapy Foundation and Society of Abandoned Animals, qualitative research was conducted through focus group implementation. The research findings demonstrated that cats as the medium of therapy was able to increase emotional support and social competence of volunteers. In addition, volunteers who participated the animal-assisted activities showed significant improvements in quality of life and their mentality. The results showed that animal-assisted activities facilitating the people with mental health challenges social reintegration and providing them with a sense of purpose in the community.

TI Farm – MHS Social Enterprise

TI Farm was a social enterprise under the Society, in its second year of operation, TI Farm created employment and vocational training opportunities for 40 persons in mental recovery to help them gained necessary skills and confidence by taking up indoor farming works in the facilitating environment. In addition to the operation subsidy from the "Enhancing Employment of People with Disabilities through Small Enterprise" project of Social Welfare Department, we got the funding support from Deutsche Bank and Ng Teng Fong Charitable Foundation for enhancing planting equipment and promoting business to reach potential customers by effectively using social media. New products, such as veggies and peanut sprout were developed to increase sales revenue, and successfully attracted a lot of customers who concerned about food safety and hygiene. To enhance public understanding of TI Farm services and the persons in mental recovery, we organised guide tours for over 400 visitors in last year, which not only enabled the visitors to learn about the indoor farming and its benefits over traditional methods, but also enable the visitors gaining a better understanding toward persons in mental recovery by means of direct contact during the tour.

臨床心理服務 Clinical Psychology Service

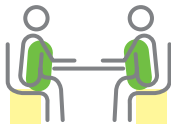
服務概覽

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。

SERVICE OVERVIEW

The Clinical Psychologists provide psychological assessment and treatment to service users who suffer from psychological, emotional or behavioural disturbances. Treatment approaches include Cognitive Behavioural Therapy, Family Therapy and Community Music intervention. We provide professional consultation services to staff of other service units of the Society, such as Integrated Service Centres and the Integrated Community Centres for Mental Wellness (ICCMW). We also play an active role in research and staff training activities.

服務數據 SERVICE DATA



由社工成功轉介作評估之新服務使用者人數
No. of new cases referred by social worker for assessment

105

人數
No. of Users

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

141

人數
No. of Users

413

節數
Session:



治療性小組 (每節2小時)
Therapeutic Group work
(2 hours/session)

472

人次共約
No. of participation: about

59

節數
Session:



為本會員工、義工及會外專業人員提供培訓
(每節2-3小時)

Training (2-3 hours/session) to staff, volunteers and professional staff from external agencies

17

節數
Session:

為精神健康綜合社區中心職員提供臨床督導
Providing clinical supervision to ICCMWs staff

27

職員人數
No. of staff

107

個案數目
No. of case:

年度重點 Highlights of the Year

不同種類的治療小組

臨床心理學家會為社會康復及支援綜合服務中心的個案，舉行針對盜竊習慣和性罪行的治療小組，並與本會研究及發展部就盜竊小組的成效進行研究。

GROUP WORK FOR SERVICE USERS

The Clinical Psychologist has hosted various therapeutic groups for service users with compulsive stealing and sex offending problems at Integrated Service Centres. A preliminary research on the effectiveness of therapeutic groups for service users with compulsive stealing had also been conducted with our Research and Development Division.

為員工提供基本技能培訓

臨床心理學家年內定期為本會員工提供基本技能培訓，內容包括「自殺風險評估與介入」及「動機式面談法」。臨床心理學家亦按不同單位服務需要提供合適培訓。

ESSENTIAL SKILL TRAINING FOR NEW STAFF

In 2018/2019, Clinical Psychologist hosted essential skill trainings for new staff of the agency on a regularly basis. The essential skill modules include “Suicidal Risk Assessment and Intervention” and “Motivational Interviewing”. The clinical psychologist also tailored made training according to needs of different units.



臨床心理學家在精神健康月活動上，與公眾分享善用社區音樂減壓。
Clinical psychologist conducted stress management session using community music for general public in a Mental Health Month event.



臨床心理學家為荃灣仁濟醫院物理治療部同事帶領「動機面談法」工作坊。
Clinical psychologist delivered workshop on “Motivational Interviewing” for staff from the Physiotherapy Unit of Yan Chai Hospital, Tsuen Wan.

對外培訓

臨床心理學家乃本會培訓中心的導師之一，年內為社會福利署元朗區員工提供培訓，題目為「認識人格障礙」；另亦為荃灣仁濟醫院物理治療部同事帶領「動機面談法」工作坊。

TRAINING FOR EXTERNAL AGENCIES AND GENERAL PUBLIC

Clinical Psychologist is one of the core trainers for the SRACP Training Centre, who offered training session for staff from Social Welfare Department (Yuen Long), and the workshop topic was "understanding Personality Disorders". Furthermore, clinical psychologist delivered workshop on motivational interviewing for staff from the Physiotherapy Unit of Yan Chai Hospital, Tsuen Wan.

新聘臨床心理學家

在本年度，本會獲社會福利署撥款新聘一名臨床心理學家，將專職為精神健康綜合服務中心的個案，提供個人及小組心理治療服務，以及為中心專業同工提供督導及培訓。

EMPLOYMENT OF NEW CLINICAL PSYCHOLOGIST

In 2018/2019, funding for employing a new clinical psychologist was granted by Social Welfare Department. The new clinical psychologist mainly served the two ICCMWs by providing individual and group treatment service for the service users, as well as providing clinical supervision and training to the professional staff.

社區音樂活動

臨床心理學家統籌本會精神健康服務的音樂活動，亦為龍澄坊及朗澄坊之會員及家屬帶領社區音樂小組。另亦應邀為廣州市民政局精神病院日間活動中心之病人及員工帶領社區音樂工作坊。

COMMUNITY MUSIC WORK

Clinical psychologist coordinated creative music activities at various mental health service units. Community music groups for service users and family members were being hosted at the two ICCMWs. He was also invited to deliver community music trainings for patients and staff from Guangzhou Psychiatric Hospital Day Activity Centre.



臨床心理學家為廣州市民政局精神病院管理級同事舉行社區音樂體驗活動。
Clinical Psychologist conducted an experiential community music session with management staff from Guangzhou Psychiatric Hospital.

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、情緒或行為問題困擾的服務使用者提供機能評估及職業治療服務，藉此提高他們的活動機能(自我照顧能力、家居及社區生活能力、工作能力)，以發揮其最大能力，並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龍澄坊、朗澄坊的服務使用者。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。

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, emotional or behavioural disturbances, to optimise their daily living skills and occupational functions 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 target are mainly the service users of Integrated Community Centre for Mental Wellness (ICCMW)—Vitality Place (VP) and Placidity Place (PP). Occupational therapists also provide professional consultation services for staff of 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 ICCMW(VP)	2,345
在朗澄坊提供的職業治療服務總節數 Total number of service session in ICCMW(PP)	1,282
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	12
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	523
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)	46



職業治療助理於非洲鼓同樂日教授朗澄坊服務使用者如何玩非洲鼓。
Occupational Therapy Assistant taught our service users in Placidity Place to play African drums.

年度重點

Highlights of the Year

小欖精神病治療中心的 職業治療服務

職業治療服務團隊今年繼續為小欖精神病治療中心定期提供職業治療服務。職業治療師對所員進行評估，並向中心的醫護團隊提供報告；亦會為所員提供治療性小組，讓他們參與日間活動時亦能培養興趣，以促進他們的復元進程。

提供多元化治療小組

職業治療師在本會的精神健康綜合社區中心舉辦不同的治療小組、健康教育講座、日間職業訓練等，以促進服務使用者的全人發展及健康。今年，我們特別新設音樂小組，利用非洲鼓薰陶服務使用者，從而協助他們培養興趣，及提升心理幸福感。

OCCUPATIONAL THERAPY SERVICE AT SIU LAM PSYCHIATRIC TREATMENT CENTRE, HONG KONG CORRECTIONAL SERVICES DEPARTMENT

The Occupational Therapy Service team continuously provided regular occupational therapy services to inmates at Siu Lam Psychiatric Centre. Occupational therapists provided periodic evaluations and reports of inmates' functioning to the multi-disciplinary management team. We also organised therapeutic programmes for inmates in order to provide daytime engagement and develop interest, thus to pave the way for their recovery.

THERAPEUTIC GROUPS FOR SERVICE USERS

Various therapeutic groups, health educational talks, day training workshops were organised by the occupational therapists in the ICCMWs, aiming to promote holistic well-being and development of service users. This year, we established new groups including with the use of African drums to facilitate them to develop interest and enhance the psychological well-being.



職業治療主管帶領服務使用者做八段錦。
Occupational Therapy Supervisor led the service users to perform Baduanjin.

海外交流

職業治療服務聯同精神復康服務不同單位的專業同工到台灣台北市交流，參觀精神復康社區機構，及互相分享香港和當地的精神健康服務。交流團亦到訪馬偕紀念醫院自殺防治中心，交流辯證行為治療在香港社區和台灣醫院的應用實況。

OVERSEA EXCHANGE

Occupational Therapy Service unit organised an overseas exchange trip, together with professional staff from other units of Mental Health Service to Taipei, to explore the application and localisation of Dialectical Behavioural Therapy (DBT) in Taiwan. We exchanged views on the implementation and application of DBT in hospital setting and community setting with Suicide Prevention Centre, Mackay Memorial Hospital. The participants also visited various community mental health centres to exchange knowledge of mental health service in Hong Kong and Taiwan.

推廣職業安全健康

職業治療服務致力推廣職業安全健康，為機構的督導級職員提供培訓，包括評估和推廣體力處理操作，以及使用顯示屏幕設備安全等。職業治療師亦會為因工受傷的員工提供復工評估和相關的建議安排。

PROMOTE OCCUPATIONAL SAFETY AND HEALTH

The Occupational Therapist Service committed to promote occupational safety and health in workplace. We provided training to supervisory grade staff in assessing and promoting safety on manual handling operation and on the use of display screen equipment. In addition, the occupational therapists also provided return-to-work assessment and related arrangements to our injured-on-duty staff.



精神健康服務台灣交流團於2019年3月26日與異常精彩劇團交流，並欣賞團員精彩表演及分享。
The representatives of MHS Taiwan Exchange Tour visited Bravoice Playback Theatre, and enjoyed the cast members' astonishing performance and sharing of their work on 26th March, 2019.



職業治療主管於2019年3月28日在台灣馬偕紀念醫院自殺防治中心介紹香港善導會及交流辯證行為治療的應用。
Occupational Therapy Supervisor introduced SRACP and exchanged the local practice of Dialectical Behavioural Therapy with Suicide Prevention Centre, Mackay Memorial Hospital, Taiwan on 28th March, 2019.