

精神健康服務 Mental Health Service



透過多元化服務，發揮復元人士的優勢及為家屬及照顧者提供支援。今年精神健康服務積極發展社會企業，分別於二零一七年四月開展本服務首個社會企業「天愛坊」，以及於二零一七年一月成立「好收成綜合維修服務」，致力為復元人士提供合適的就業及職業培訓機會。

To develop the strengths of mental health service users and provide support for family and carers through multifarious services. This year, the Mental Health Service Branch is proactive in developing social enterprise. We set up "TI Farm" in April 2017 and launched the "Good Harvest Maintenance Service" in January 2017, to provide alternative employment and training opportunity for people in recovery.

精神健康服務

Mental Health Service

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 people in recovery with recovery-oriented community and support for independent living. We believe that during the positive and autonomous journey of recovery, we can renew their hope, assist them to reintegrate into the community and restore a meaningful life.

服務數據 Service Data

新入宿人數 No. of new admission	35	舉辦小組次數 No. of groups organised	2,670
遷出人數 No. of discharges	40	舉辦活動次數 No. of activities organised	434
入住率 Occupancy rate	98.0%	參與小組人次 Total participation of groups	16,917
成功遷出率 Successful discharge rate	67.5%	參與活動人次 Total participation of activities	6,468



由滙豐社區夥伴計劃贊助，來自不同團體，超過120位服務使用者一起參與製作全港最大型的環保手工枱。

Sponsored by HSBC Community Partnership Programme, over 120 service users from various organisations joined together to make the largest handmade soap in Hong Kong.

年度重點

Highlights of the Year

建立復元的社區關係 成立中途宿舍義工隊——義勇軍

我們深信每位精神復元人士有其獨特的優勢與潛能，四間中途宿舍成立義工隊，鼓勵精神復元人士積極參與義工活動，發展優勢，服務社區。義工隊及徽章由精神復元人士命名及設計，透過探訪區內獨居長者及不同群體，為有需要的獨居長者作簡單維修工作及參與沙灘清潔等活動，讓他們貢獻社會，從中建立自信及有意義的人生。

在復元路上注入希望 開展朋輩支援工作

本年度，四間中途宿舍積極開展朋輩支援工作，部份服務使用者完成朋輩支援員訓練課程後，在宿舍內以「過來人」的角色親身展示復元的可能性。他們透過個人復元經驗分享，為中途宿舍內的復元人士提供情緒和精神支持，啟發復元人士正面思想和擴闊視野，從而促進彼此的復元能力及提升「希望感」。

「破皂而出」計劃

陳震夏怡翠軒獲滙豐社區夥伴計劃贊助「破皂而出」計劃，於二零一六年十一月舉行，以環保及共融為主題，將精神復元人士及社區人士作一對一配對，共同接受手工規製作訓練，並出任手工規大使。手工規大使會到區內不同的服務機構及團體教授如何製作手工規，發揮精神復元人士的潛能，推動共融及宣揚環保訊息，並共同製作全港最大的環保手工規。

「夢想飛韓」計劃

延續去年「夢想飛翔」計劃之主題，本會四間中途宿舍，今年舉辦了「夢想飛韓」復元之旅。由復元人士和職員組成的37人團隊，分別探訪了首爾最大型的精神健康服務國立首爾精神科醫院及日間中心等設施，了解當地精神健康服務的發展。此外，各參加者亦體驗了當地的文化和風土人情，開拓視野。他們在旅程中檢視自己人生，並訂立新目標，踏上復元新旅程。

Reintegrating into the community through volunteer work

We believed that people in recovery (PIR) have their strengths and abilities. We set up volunteer team to encourage them to participate in volunteer services, and to develop their strengths and serve the community. The volunteer team and the badge were named and designed by them as well. By taking part in voluntary services such as visiting the elderly living alone in the community and different parties, helping the elderly on simple maintenance work, joining beach cleaning activities and so on, PIR was empowered to contribute to the community, and to build up their confidence and thus leading to a meaningful life.

Renewing hope during journey of recovery throughout peer support work

Service users in halfway house who graduated from the peer supporter training started their peer support work at in-house level. Through the sharing of experiences by peer supporters, service users can gain emotional and spiritual support, establish positive thinking and extend their horizons. Their sense of recovery and hope can be strengthened too.

Let's Breakthrough With Soap

"Let's Breakthrough With Soap" was launched by Chan Chun Ha Yee Tsui House in November 2016 and funded by HSBC Community Partnership Programme. It aimed at promoting environmental protection and socially inclusive by pairing up people in recovery (PIR) with the public together as trained handmade eco-soap ambassadors. They provided handmade eco-soap workshops with tutor to different welfare organisations and community groups to show their strengths. The programme also aimed at developing the competence of PIR and making the largest handmade eco-soap in Hong Kong.

"Recovery Tour Program"

To consolidate the recovery of our service users, the "Recovery Tour Program" was held by our 4 halfway houses. A total of thirty-seven service users and staff visited The National Centre for Mental Health, the largest mental health facility in the Seoul—in order to understand the mental health services in Korea. Through the tour program, participants were able to widen their horizons, to review their life experience and to develop their new goals in the journey of recovery.



由復元人士和職員組成的37人團隊，探訪首爾最大型的精神健康服務國立首爾精神科醫院。

37 service users and staff visited the The National Centre for Mental Health largest mental health facility in the Seoul, Korea.

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

The Society operates two Integrated Community Centre 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.



藝術展覽為精神復元人士、社區人士及藝術工作者共創的成果。
Co-creation of artworks by people in recovery, community members and artists in the Art Exhibition.



「生命創意奇遇計劃」藝術展覽。
The art exhibition of "the Recovery; Inspiring transformation".

年度重點

Highlights of the Year

穿出新天地2016

今年龍澄坊繼續與香港理工大學紡織及製衣學系合辦「穿出新天地2016」活動，內容包括一系列服飾設計工作坊及時裝表演。活動運用表達紡織藝術設計的概念，讓會友回憶及演繹個人復康路上的獨特片段。今年共有20位會友及76位香港理工大學學生參加。時裝表演於二零一六年七月七日假香港理工大學平台舉行，文匯報及香港01亦有相關報導。

彩繪生命

龍澄坊獲得平等機會委員會贊助，與MYIDEA—香港創意漫畫X插畫協會合作，舉辦「彩繪生命」計劃，目的是減少年青人對精神復元人士的偏見及歧視。會員將自己的生命故事重新檢視及建構，並由年輕插畫師以繪本形式表達。生命故事繪本被上載於本會的臉書上，三星期內瀏覽人數已接近10,000人。此外，會員亦以「真人圖書館」形式與超過500名中學生及香港專業教育學院(青衣分校)的學生，分享他們的生命故事。中心亦印製了1,000本「彩繪生命」故事集派發給公眾人士。



「彩繪生命」故事繪本的其中一幅插畫。

One of the illustrations of the life story picture book of "Painting Color on Your Life".

Fashion for a Better Future Extravaganza 2016 – SRACP Catwalk Show

Vitality Place co-organised the event with the Institute of Textiles and Clothing of The Hong Kong Polytechnic University (PolyU) again this year, which comprised a series of costume design workshops and a catwalk performance. Concept of expressive textile art design was emphasized to interpret users' memories and personal narratives for self-recovery. 20 SRACP service users and 76 students of PolyU joined the programme this year. The catwalk show was held on 7th July 2016 at the podium of PolyU. The event was reported by Wenweipo and HK01.

Painting Color on Your Life

Funded by Equal Opportunities Commission, Vitality Place jointly organised a project with MYIDEA-Comic x Illustration Association named "Painting Color on Your Life". This project aimed at reducing the bias and stigmatization toward mental health users among youngsters. Life journeys of mental health users were reviewed and reconstructed, which were converted into picture books by young illustrators. The life story picture books were uploaded to the Society's Facebook and the number of viewer was nearly 10,000 in 3 weeks. Besides, mental health users also shared their life stories with the picture books in form of "Human Library" with over 500 students from secondary schools and the Hong Kong Institute of Vocational Education (Tsing Yi). Besides, the picture book published in 1,000 copies were distributed to the public.



「彩繪生命」生命故事繪本

The story picture book of "Painting Color on Your Life".

「我哋元來有聲有戲」

龍澄坊得到滙豐社區夥伴計劃贊助，與雙非劇團合辦「我哋元來有聲有戲」心理教育活動，內容包括敲擊樂、話劇及裝置藝術活動。目的是透過公眾人士與會員的互動，消除大眾對精神復元人士的歧視及提升他們對青少年精神健康的關注。今年，中心曾於馬頭圍邨、何文田邨及啟晴邨的公眾地方，及香港城市大學進行共四場戲劇表演。此外，藉此活動向公眾人士展現會員的優勢，有助提升服務使用者的正面形象。

親子活動：「小麥子合唱團」成立及「親子按摩Fun Fun一家親」

朗澄坊於二零一六年五月正式成立「小麥子合唱團」，由12位小朋友組成，目的是促進受情緒困擾父母之子女的健康發展及成長。透過參與「小麥子合唱團」，有助發展孩童藝術創作能力及建立團隊精神。合唱團曾獲香港藝穗青年協會及社會福利署社區教育《友善元朗齊共享》邀請，分別於二零一六年七月在屯門大會堂及二零一七年一月在元朗劇院表演。此外，為促進孩子身心放鬆、建立內在安全感及加強親子互動，朗澄坊於二零一六年七月開展《親子按摩Fun Fun一家親》親子按摩活動，是次活動來自12個家庭共35位的參加者，加強了父母與孩子的親密的關係和溝通。



朗澄坊「小麥子合唱團」在2016年6月30日於屯門大會堂表演唱歌。

Placidity Place children's choir performed at Tuen Mun Town Hall on 30th July 2016.

Relife, We live

Funded by HSBC Community Partnership Programme, Vitality Place co-worked with the Uncanny Theater to launch a psycho educational programme named "Relife, We live" which included percussion, drama and installation art. The programme aimed at raising the public's awareness on youth mental health and combating social stigma through interaction with mental health service users. This year, four drama performances were conducted in the open area of Ma Tau Wai Estate, Ho Man Tin Estate and Kai Ching Estate, as well as at City University of Hong Kong. By displaying strengths of service users to the public, their positive self-image was built up.

Support Programme for Children of Parents with Mental Health Challenges

Placidity Place children's choir was formed in May 2016 with the aim at fostering the growth and development of children whose parents with mental health challenges. The choir was made up of 12 children. Choir members not only developed their artist talents, but also learnt the importance of team spirit. They were invited to perform at the Tuen Mun Town Hall in July 2016 and at the Yuen Long Theatre in January 2017. Apart from the choir, parent-child programme was organised to facilitate healthy development for children and their mentally ill parents. The family massage programme was held in July 2016 and 35 participants from 12 families joined. Parent-child relationship and bonding was fostered naturally through mutual touch and communication was enhanced among participants.



親子按摩遊戲加強父母與孩子的親密關係和溝通。

Parent-child massage programme enhanced parent-child bonding and communication.



香港城市大學學生與會員於戲劇表演後合照。
Students and service users took group photos after the drama performance at the City University of Hong Kong.

社區精神健康公眾教育計劃——「生命創意奇遇計劃」藝術展覽

朗澄坊獲勞工及福利局資助「生命創意奇遇計劃」，推行社區精神健康公眾教育計劃。通過為期半年的社區創意藝術活動，一方面向兒童、青少年與及公眾人士宣揚共融反歧視訊息，另一方面抗衡由傳媒帶來對精神病的負面標籤，共建關愛社區及促進復元。「生命創意奇遇計劃」藝術展覽於二零一七年一月六日至八日在賽馬會創意藝術中心舉行，展現中央藝術裝置及關於身、心、社、靈五個藝術閣展覽（自畫像展覽被劇變的我、夢、相片展覽—真的我、心底話展覽—城中人語、感悟人生展覽—有誰共鳴）。青山醫院、社會福利署、本地大學、內地福利機構與等代表於亦於一月六日來臨開幕典禮及體驗藝術閣的活動，共同見證「生命創意奇遇計劃」。在三天展覽期內，我們共收集了106張公眾人士寫的鼓勵說話及圖畫的手印畫，及超過600位訪客參觀，臉書及其他電子媒體的瀏覽人數亦超過6,000人。是次活動的成功，全賴精神復元人士、社區人士、元朗大會堂賽馬會元朗青少年綜合服務中心、婚姻及家庭治療師、表達藝術、木工藝術、音樂及多媒體藝術工作者於過去一年共創作及支持的成果。

Community Mental Health Public Education Scheme – “Beyond the Recovery: Inspiring Transformation Art Exhibition”

Funded by Labour and Welfare Bureau, Community Mental Health Public Education, “Beyond the Recovery: Inspiring Transformation Art Exhibition” was implemented. Through series of experiential creative art activities for half year, it aimed to combat the stigma of mental illness and to reduce discrimination among young people and general public, and to create a caring community that supported recovery and social inclusion. An art exhibition was manifested at JCCAC on 6th to 8th January 2017, for five different corners: Central Corner-Art Installation “BUT I SEE YOUR TRUE COLORS”, Psychological Corner-Dream Photo Exhibition, Social Corner-Soul Talk Programme, Physical Corner-Body Mapping Artworks, and Spiritual Corner-Life Reflections Emerge When Two Lives Meet. Over 600 people visited these corners, and 106 positive feedbacks of art-based handprints were collected. Also, over 6,000 people viewed the programme on Facebook and other multimedia channels. Taking this opportunity, we would like to express our heartfelt thanks to all people in recovery, community members, various organisations such as Yuen Long Town Hall Jockey Club Yuen Long Children & Youth Integrated Service Centre, marital and family therapist, illustrator, expressive art facilitators, wooden artists, musician and multimedia artists who continued to support our service.

「朗澄之聲」— 復元為本精神健康服務

社區音樂組「朗澄之聲」由二零一二年成立至今，由10多位復元人士及社區義工組成。他們透過作曲及作詞，分享她們的復元故事及心路歷程。今年「朗澄之聲」獲得不同機構邀請進行社區音樂表演，以提升公眾對精神健康的意識。

“Placidity Sound” – Recovery Oriented Practice in Mental Health Service

Since establishment in 2012, “Placidity Sound” is a community music group consisting of over 10 service users and community volunteers from Placidity Place. The goal of the group is to provide opportunities for group members to tell their stories through sharing, lyrics and song writing. The group has performed and shared their songs in many different platforms to raise public awareness on mental wellness through community music.



參與「穿出新天地2016」的會員在天橋上展現自信的一面。
Our service users showed their confidence at SRACP Catwalk Show.



會員在何文田邨以話劇提升公眾對青少年精神健康的關注。
Service users performed drama at Ho Man Tin Estate to raise the public's awareness on youth mental health.

臨床心理服務

Clinical Psychology Service

服務概覽

為受精神、情緒或行為問題困擾的服務使用者提供心理評估及測試，建立治療策略，並按個別需要提供認知行為治療、家庭治療及表達性藝術治療。

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

Service Overview

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

Clinical Psychologist also provides professional consultation services to staff of other service units of the Society, such as Social Service Centre and the Integrated Community Centre for Mental Wellness. He also plays 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	44
臨床心理評估或輔導 (每節1-2小時) Individual assessment and counselling (1-2 hours / session)	人數 No. of users: 76 節數 Session: 212
治療性小組 (每節2小時) Therapeutic Group work (2 hours / session)	人次 No. of participation: 超過 over 420 節數 Session: 52
為本會員工、義工及會外機構提供培訓 (每節3小時) Training (session 3 hours / session) to staff, volunteers and external agencies	節數 Session: 29



臨床心理學家於2016年9月至11月為廣州市民政局精神病院日間活動中心病人作社區音樂工作坊。
Clinical psychologist conducted monthly community music sessions for patients of the Guangzhou Psychiatric Hospital Day Activity Centre from September to November 2016.

年度重點

Highlights of the Year

不同種類的治療小組

臨床心理學家為社會服務中心個案開展針對盜竊習慣和性罪行的治療小組。此外，亦為龍澄坊及朗澄坊之會員及家屬帶領認識復元小組及社區音樂小組。臨床心理學家亦為小欖精神病治療中心所員舉辦憤怒管理小組。

為新員工提供基本技能培训

年內，臨床心理學家定期為本會新員工作基本技能培训，內容包括「精神狀態評估」、「簡明精神病評定量表的使用」、「認識復元模式」、「自殺風險評估與介入」和「動機式面談法」。臨床心理學家亦按不同單位服務需要作相關培訓。

對外培訓

臨床心理學家乃本會培訓中心的其中一位導師，本年度曾為亦為不同機構前線員工作培訓，包括關懷愛滋、香港懲教署、澳門社會工作局及廣州康寧農場員工提供培訓，題目包括「動機式面談法」，「精神復元及優勢為本」等。

朋輩支援員訓練課程

臨床心理學家和社工統籌第一屆朋輩支援員訓練課程，共有超過20位來自本會的復元人士參加。二十小時之課程包括「認識復元及朋輩支援」、「個人優勢探索」、「溝通技巧」、「撰寫及分享復元故事」等。

社區音樂活動

本年度臨床心理學家應邀為廣州市民政局精神病院日間活動中心之病人帶領社區音樂工作坊，亦為本會不同部門帶領社區音樂交流活動。



臨床心理學家於2016年10月7日出席香港大學主辦的「優勢模式—亞洲新紀元研討會」，並代表本會精神健康服務作簡報。

On 7th October 2016, Clinical Psychologist made a presentation on behalf of Mental Health Service at the "Strength Model-New Era in Asia Symposium" in The University of Hong Kong.

Group work for service users

Clinical Psychologist hosted therapeutic groups for service users with compulsive stealing and sex offending problems at Social Service Centre. Groups on mental health recovery and community music were also hosted for service users and their family members at both Vitality Place and Placidity Place. Clinical psychologist also organised anger management group for inmates at Siu Lam Psychiatric Centre.

Essential Skill Training for new staff

In 2016/2017, Clinical Psychologist hosted essential skill trainings for new staff of the Society on a regularly basis. The essential skill modules included "Mental State Examination", "Usage of Brief Psychiatric Rating Scale", "Introduction to Recovery Practice", "Suicidal Risk Assessment and Intervention" and "Motivational Interviewing". Clinical Psychologist also tailored made training according to needs of different units.

Training for external agencies and general public

Clinical Psychologist is one of the core trainers for the SRACP Training Centre, he hosted training session for staff from different agencies including AIDS Concern, Hong Kong Correctional Services Department, Social Welfare Bureau of Macau and Guangzhou Kong-Nin Rehabilitation Farm. Training topics included "Motivational Interviewing", "Mental Recovery and Strengths Assessment", etc.

Peer Supporter training course

Clinical Psychologist and social workers had organised the first training course for Peer Supporter. More than over 20 service users from our Mental Health Services enrolled in the 20 hours course, covering topics including "Recovery and Peer Support", "Exploration of Personal Strength", "Communication Skills" and "Writing and Sharing of Recovery Story".

Community music work

Clinical Psychologist was invited to deliver community music workshops for patients of the Guangzhou Psychiatric Hospital Day Activity Centre. He also actively engaged in community music work for different units of the Society.



第一屆朋輩支援員訓練課程學員合照。
Students from the first training course of Peer Supporters.

職業治療服務

Occupational Therapy Service

服務概覽

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職業治療服務，提高服務使用者的活動機能（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及小欖精神病治療中心所員。

此外，職業治療師亦為本會其他服務單位提供專業諮詢，並協助進行研究、職員培訓及實習培訓等工作。

Service Overview

The Occupational Therapy Service provides functional assessment and treatment for service users who suffer from psychological, emotional or behavioural disturbances, to maximize their functioning and assist them in achieving healthy and meaningful lifestyle, and ultimately to facilitate successful reintegration into the community and pave the way for their recovery. Our service target included service users from Vitality Place, Placidity Place and Inmates at Siu Lam Psychiatric Centre.

Our 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

為龍澄坊提供的職業治療服務總節數 Total number of serviced session in ICCMW(VP)	1,693
為朗澄坊提供的職業治療服務總節數 Total number of serviced session in ICCMW(PP)	1,061
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	3
為香港懲教署小欖精神病治療中心提供的職業治療服務總時數 Total number of Occupational Therapy Service hours at Siu Lam Psychiatric Centre	1,032
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)	5



職業治療師於2017年3月為香港懲教署前線員工提供精神健康急救課程。
Occupational Therapist conducted a lecture on Mental Health First Aid for staff from Hong Kong Correctional Services in March 2017.

年度重點

Highlights of the Year

小欖精神病治療中心的工作

職業治療服務團隊今年首次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，以促進他們的復元進程。

不同種類的治療小組

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、日間職業治療小組等，以促進服務使用者的整體健康。今年新設了健身氣功八段錦及六字訣班外，亦設有感謝卡、皮革、布製品等手工藝小組，而這些手工藝品亦會用作本會的籌款義賣。

提倡復元模式

為精神健康服務同事提供復元模式及實証治療小組技能培訓，內容包括「復元策略」，「精神疾病的實用知識」及「有效運用藥物」。

對外培訓

其中一位職業治療師是本會培訓中心的導師，他今年為香港懲教署前線員工提供精神健康急救課程。

Occupational Therapy Service at Siu Lam Psychiatric Treatment Centre, Hong Kong Correctional Services Department

The Occupational Therapy Service team firstly provided regular Occupational Therapy Service 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 provided therapeutic programs to pave the way for inmates' recovery.

Group works for service users

Occupational Therapists hosted therapeutic groups, educational talks, day training workshops in the Integrated Community Centre for Mental Wellness to promote their overall well-being. This year, we rendered new groups including Health Qigong, Arts and Craft group (Thank you card making, leather and cloth products). The art and craft products were sold in various occasions for fundraising to the Society.

Promote Recovery

Recovery Oriented Training was conducted for Staff of Mental Health Service on "Recovery Strategies", "Practical Knowledge About Mental Illnesses" and "Effective Use of Medication".

Training for external agencies and general public

One of the Occupational Therapist is the trainer for the SRACP Training Centre. He provided lectures on Mental Health First Aid for staff from the Hong Kong Correctional Services Department this year.



職業治療師於2017年3月於龍澄坊提供「智叻縫補補」小組，招募義工為龍澄坊會員提供免費改縫服務。
Occupational Therapist hosted a mending group at Vitality Place in March 2017. Volunteers were recruited to provide free mending service to VP service users.

專業發展及質素管理 (精神健康服務)

Professional Development and Quality Management (Mental Health Service)

天愛坊室內種植場

本會得到社會福利署「創業展才能計劃」的資助，設立了精神健康服務轄下首個社會企業「天愛坊」。天愛坊於二零一七年四月正式營運，致力為復元人士提供合適的就業及職業培訓機會。天愛坊是本地首個室內士多啤梨種植場，不單為社區人士提供健康、安全及新鮮的士多啤梨及蔬果，亦定期舉辦室內種植導賞團及環保工作坊，以推動公眾認識室內種植及傷建共融的意識。

辯證行為治療法技巧培訓

本會得到社會福利發展基金的資助，在二零一七年三月邀請了美國Linehan Institute之Dr. Andre Ivanoff來港舉行為期四天的「辯證行為治療法技巧」培訓課程。本會共三十位來自精神健康服務及綜合更生康復服務的專業同工，透過課堂、分組討論及角色扮演，學習如何為情緒波動及有自殺危機的服務使用者舉辦辯證行為治療小組。為達致更理想的學習及實踐成效，Linehan Institute亦會在二零一七年的下半年，透過Skype為本會專業同工提供延伸的培訓，以持續支援本會同工進一步在臨床工作上實踐實証為本的「辯證行為治療法」的專業介入服務。

聽聲小組

本會精神健康服務同工於墨爾本學習聽聲取向模式後，多位專業同工分別於龍澄坊、朗澄坊及秦石中途宿舍開展聽聲小組，並於龍澄坊逐步發展為每月聽聲支援小組。參加小組的組員均為有聽聲〈幻聽〉經驗的人士，小組讓他們在安全的環境下，分享聽聲經驗，一同學習應對聲音的技巧，並探索聲音經驗背後的意義，以及重整與「聲音」的關係。本會同工並於亞洲精神健康會議2016，分享「聲音經驗模式在香港的使用和本土化的經驗」。

實務工作小貼士

為了進一步整合本會資深專業同工的實務智慧及強化前線同工的臨床工作能力，來自不同精神健康服務單位的同工合力製作了「處理有自殺危機個案」的實務小貼士短片。在短短二十分鐘的對話片段，介紹了同工在接觸有自殺危機個案時應有的觀察、連結及介入，亦同時提升了同工對服務使用者的情緒、身體及語言表達之敏感度。

Tranquility Indoor Farm (TI Farm)

With the funding support from the "Enhancing Employment of People with Disabilities through Small Enterprise" Project, TI Farm, the first social enterprise of the Mental Health Service commenced its operation in April 2017. By employing the newly developed indoor farming technique, the business aimed at providing safe, fresh and environmental friendly strawberries and vegetable for the community, as well as providing alternative employment and training opportunity for persons in recovery. Besides, TI Farm strived to promote the concept of indoor farming and social integration by organising Indoor Farming Guided Tours and Eco-Workshops for the public.

Dialectical Behavior Therapy Skills Training

With the support of Social Welfare Development Fund, a 4-day Dialectical Behavior Therapy Skills Training (DBT) was conducted by Dr. Andre Ivanoff from The Linehan Institute in March 2017. By participating in the 4-day skills training, 30 professional staff from Mental Health Services and Integrated Service for Ex-offenders had learned how to plan and conduct DBT Skills Group for clients with a range of behavioural and emotional issues. In addition to the on-site training, consultation training via Skype would be provided by the Linehan Institute in the second half year of 2017 to continuously support the implementation of DBT Skills Modules in clinical practice.

Hearing Voices Group

After the overseas attachment in Melbourne on hearing voice model, professional staff of Mental Health Service held a series of hearing voices therapeutic group in Vitality Place, Placidity Place and Chun Shek Halfway House. Since November 2016, supportive group for voice hearers has been held in Vitality Place every month. The group provided a safe environment for people to share about their experiences, to learn new coping strategies, and to explore ways to make sense of voices and to change the relationship with voices. A paper on "Voice Hearing Approach—Localization and Application in Hong Kong" was presented by our practitioners in Asia Mental Health Conference 2016.

Clinical Tips

In order to consolidate the practice wisdom of experienced workers and to strengthen the clinical competencies of frontline professional staff, "Clinical Tips for Handling of Clients with Suicidal Ideation" was produced in video format. Both clinical skills and knowledge for handling clients with suicidal ideation was introduced. Demonstration through role play also raised staff's sensitivity on service users' physical, mental and verbal expression during interview session.



同工手持「辯證行為治療法技巧」的培訓課程證書與導師Dr Andre Ivanoff合照。
Staff took group photos with DBT skill training instructor, Dr Andre Ivanoff with their certificates.

廣州精神康復服務督導

本會兩間精神健康綜合社區中心的督導主任及社工，連同臨床心理學家，今年為廣州市民政局精神病院日間中心的同工提供共21節的督導服務，包括個案督導及為院友提供社區音樂工作坊。

此外，中途宿舍及精神健康綜合社區中心的督導主任及臨床心理學家亦為廣州康寧農場提供3天的員工培訓，介紹復元模式及優勢為本的理念及工作手法。

質素管理

服務單位復元環境

為進一步評估機構在應用復元及優勢為本模式的成效，以及檢視服務使用者對此服務模式的觀點及意見，機構在精神健康服務單位進行了「服務單位復元環境」的研究，共有193位服務使用者參與。研究報告顯示，被訪者認為「改善我的身體健康和心理健康」及「擁有正面的人際關係」是對他們最重要的兩個復元元素，同時他們認為「參與有意義的活動」及「得到支援人員真心地關顧我」是服務使用者或職員能夠協助及促進他們復元的元素。在機構氣氛方面，服務使用者認為復元及優勢為本模式有助提升他們的抗逆力及復元。此外，研究結果亦指出服務使用者對機構的復元及優勢為本服務感到滿意，而精神健康服務單位亦能將復元及優勢為本的服務模式有效地應用在服務上。

為確保本會各服務單位的服務質素，年內精神健康之高級經理（專業發展及質素管理II）曾為會內服務單位進行不定期的探訪，以確保本會各服務單位的質素。

Supervision for Mental Health Service in Guangzhou

Supervisor, social worker of Integrated Community Centre for Mental Wellness (ICCMW), and Clinical Psychologist were invited to deliver 21 sessions of supervision for staff of Guangzhou Psychiatric Hospital Day Activity Centre, which included casework supervision and community music workshops for clients. Besides, supervisors of halfway house and ICCMW, together with Clinical Psychologist also rendered a 3-day training for Guangzhou KangNing Farm. Concepts of recovery-and-strengths-based model were introduced to staff.

Quality Management

Developing Recovery Enhancing Environments Measure (DREEM)

In order to evaluate the effectiveness of the recovery-and-strengths-based service model on service users' recovery and examine their view and opinion towards the service model, DREEM was adopted in the research study. In total, 193 service users of mental health service were surveyed. It was reported that "Improving my general health and wellness" and "Having positive relationships" were the two most important elements to their recovery whereas "Being involved in personally meaningful activities and "Having helpers who really care about me and my recovery" were the two elements that our services or staff can assist and facilitate most. For organisational climate, service users agreed that recovery-and-strengths-based service could support resilience/recovery or the ability to rebound from adversity. Results indicated that service users were satisfied with our recovery-and-strengths-based service. The concept of Recovery and Strengths Model were applicable and effective in our mental health service.

This year, Senior Manager (Professional Development and Quality Management II) had provided random visits to service units for their quality assurance.