

精神

精神健康服務

Mental Health Service

中途宿舍服務 Halfway House Service

服務概覽

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

服務對象

- 香港居民
- 十五歲或以上之精神病康復者

Service Overview

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

Target Service User

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

服務數據 Service Data

新入宿人數	Number of new admissions	40
遷出人數	Number of discharges	44
入住率	Occupancy rate	98.4%
成功遷出率	Successful discharge rate	63.6%
舉辦小組次數	No. of groups organised	2,019
舉辦活動次數	No. of activities organised	1,149
參與小組人次	Total attendance of groups	12,578
參與活動人次	Total attendance of activities	18,979



服務使用者一同探訪老人院，融入社區，並為保良局長者宿舍進行義務清潔服務。
Service users paid a visit to the home of aged and provided voluntary cleaning service.

服務範圍

全港

Service Area

- All districts

主要工作

本會透過個人輔導、支援小組、興趣小組和義工活動等方式，培養服務使用者之生活技能，協助他們重新適應生活、重建良好的家

Major Tasks

Strength and potential development activities such as individual counselling, support group, interest group and volunteer participation are available to service users to help them develop independence, and restore positive

精神健康綜合社區中心

Integrated Community Centre for Mental Wellness

庭和社交關係，繼而發展潛能，融入社區，過有意義的生活。

此外，宿舍亦致力協助服務使用者與社區和鄰里建立良好關係，讓他們在院舍內得到照顧的同時，在社區內同樣得到接納和支持。

服務發展

本年，「復元」理念繼續鞏固地應用於中途宿舍服務，除了為前線員工提供相關培訓外，亦開始於院舍內試用由美國堪薩斯州大學發展之「Strengths Assessment」(優勢評估)作為個案評估及輔導之工具，進一步落實以「復元」為本之服務模式。

在「實證為本」的基礎上，本會於本年度發表三項研究報告，分別為「香港精神健康復者之犯罪行為 (Offending Behaviours among People with Mental Illness in Hong Kong)」、「精神分裂症患者之復元和抗逆力」(Recovery and Resilience of Persons with Schizophrenia)、「精神分裂症與標籤效應」(Schizophrenia and Stigma)，不但進一步加深我們對各種精神問題的了解，更有助繼續改善及發展精神健康服務。

此外，本會亦於十一月份參與由香港浸會大學主辦之「亞洲精神健康會議」，並發表名為「精神病患與暴力行為」(Violence and Mental Illness)之文章，與業界分享本會於此專題上的經驗和知識。

《殘疾人士院舍條例》已於二零一一年十一月實施，我們的殘疾人士院舍條例工作小組繼續與四間中途宿舍協調，作出檢視及監察改善工程之進度。

family and social relationships. The restoration of hope and life aspiration is highly emphasised in the course of recovery.

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

Service Development

The concept of "recovery" was further consolidated in the services of the halfway houses. Apart from providing the "recovery" training to frontline staff, a pilot scheme based on the "Strengths Assessment" developed by the University of Kansas, United States was established for case assessment and counselling process.

Inspired by evidence-based work, we published three research reports as follows: "Offending Behaviours among people with Mental Illness in Hong Kong", "Recovery and Resilience of Persons with Schizophrenia" and "Schizophrenia and Stigma". The knowledge gained from the research further enhanced our understanding of different mental health issues. It also strengthened the practice and service development of our mental health services.

Besides, our agency presented the article "Violence and Mental Illness" in the Asian Mental Health Conference held by the Hong Kong Baptist University in November 2013 so as to share our knowledge and expertise of the specific topic with others in the mental health field.

In response to The Residential Care Homes (Persons with Disabilities) Ordinance (RCHD) enacted in November 2011, our RCHD working group continued to coordinate the services of the 4 halfway houses and carry out self-assessment and monitoring on the progress of rectification works.



服務使用者參加花卉小組及雜耍小組的活動。
Service users participated in activities of planting group and acrobatic group.



服務概覽

本會於九龍城區(龍澄坊)及元朗區(朗澄坊)分別營運兩間「精神健康綜合社區中心」，提供由及早預防以至危機管理的一站式、地區為本和便捷的社區支援及康復服務。

服務對象

- 香港居民
- 15歲或以上的精神健康復者
- 15歲或以上懷疑有精神健康問題的人士
- 上述人士的家屬/照顧者
- 有意進一步認識/改善精神健康的居民

服務數據 Service Data

會員人數	No. of members	2,491
新會員人數	No. of new members	700
新個案/重新參加個案數目	No. of new/reactivated cases	630
外展探訪次數	No. of outreaching visits	5,112
中心面談節數	No. of office interview sessions	1,540
個人需要評估(中心或外展)/職業治療訓練節數	No. of individual centre-based or outreaching needs assessment / training sessions of occupational therapy	2,547
治療小組次數	No. of therapeutic groups	51
興趣/支援小組節數	No. of sessions of interest classes / supportive groups	1,158
連繫/教育活動次數	No. of linkage activities / programmes	416
連繫/教育活動總參與人次	No. of participants in linkage activities / programmes	9,327

服務地點

- 朗澄坊 - 元朗區
- 龍澄坊 - 九龍城區

臨牀發展

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

Service Overview

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

Target Service User

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

Service Area

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

Clinical Development

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

為鞏固優勢評估個案管理和社區支援服務的實踐，中心自二零一四年三月開始，透過 Skype 進行海外視像通話，與堪薩斯州大學進行專業諮詢，雙方除了就介入和「優勢評估表」、「個人康復計劃」、「自癒秘方」等評估工具作深入討論外，堪薩斯州大學還在「小組督導」及「朋輩支援」方面提供指導和培訓。

在「社會福利發展基金」的資助下，精神健康綜合社區中心正研究優勢評估介入手法對精神病康復者的影響。研究目的是探討優勢評估作為介入手法的應用性和成效。65 名服務使用者正參與研究，結果將於二零一五年公佈和出版，以助規劃未來的發展方向，促進服務使用者的復元進程。

主要工作

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



主禮嘉賓主持「穿出新天地 2014 - 與夢高飛」開幕儀式。Our honourable guests officiated the opening ceremony of Fashion for a Better Future 2014 - Dream High! Fly High!

To further consolidate the practice of Strengths Assessment Case Management and community support services, overseas Skype call consultation from University of Kansas has been started since March 2014. Apart from in-depth discussion on application of intervention and assessment tools like Strengths Assessment, Personal Recovery Plan and Personal Medicine Worksheet, coaching on Group Supervision and training on Peer Provider were provided.

A research on strength-based intervention on the recovery of mentally ill persons is being conducted in ICCMWs with funding supported by Social Welfare Development Fund. The aim of the research is to explore the applicability and effectiveness of strengths model in helping our service users. 65 service users are participating in this research, while the results will be obtained and published in 2015. The results will help to map out our future service direction in facilitating our service users to step out of their way to recover from mental illness.

Major Tasks

The two ICCMWs - Vitality Place and Placidity Place - provide drop-in services, outreaching services, casework counselling, therapeutic and supportive group work services, community networking, day training, outreaching occupational therapy training services, public educational programmes on mental health, referral to Community Psychiatric Service of the Hospital Authority for clinical assessment or psychiatric treatment. Like our motto "Mental Wellness is Everyone's Concern", we aim to promote the importance of mental wellness and remove barriers to mental health services.



龍澄坊會員跟香港理工大學學生一同演繹時裝服飾。VP user and the Hong Kong Poly U students demonstrated the costume in the Catwalk Show.



龍澄坊會員參觀中國香港世界地質公園。VP users visited the Hong Kong Global Geopark of China.

龍澄坊

時裝表演

鑑於「穿出新天地 2013」時裝展的成功，「Engaging Fashion as a Communication Media for the Needy」遂得香港理工大學 4 年制本科課程認可，成為 42 個「服務學習學分課程」之一。今年幸獲黃鐵城先生贊助，中心繼續舉辦「穿出新天地 2014 - 與夢高飛」時裝表演，讓 20 名龍澄坊精神病康復者與 46 名香港理工大學學生合作設計服飾，並於二零一四年六月十四日假尖沙咀 The ONE 商場舉行時裝表演，表達他們的夢想。

樂元大使

由精神病康復者組成的「樂元大使」於二零一四年二月成立。他們在完成一系列有關精神健康知識、溝通技巧、聆聽技巧、探訪技巧和復元概念的培訓後，會透過家訪關懷受精神困擾之服務使用者，分享自身的復元經驗及提供情緒支援。除此之外，「樂元大使」的優勢亦會與被訪者的需要作配對，以增強服務使用者在社區的生活技能。

朋輩支援工作員

為肯定主觀經驗在復元過程的重要價值，中心於二零一四年五月聘用一名兼職朋輩支援工作員，藉其親身的復元經歷，向中心服務使用者分享復元故事，倡議公眾對精神病康復者的接納，及帶領以希望、個人責任和互助為焦點的朋輩支援小組，從而展示復元帶來的轉化力量。

朗澄坊

二零一四年是朗澄坊服務發展的里程碑。在得到社會福利署及其有關部門的努力下，中心在二零一三年六月十五日正式遷入位於天水圍天業路社區健康中心大樓的永久會址。新中心鄰近濕地公園，面積超過 3,500 呎，能提供開闊及舒適的空間讓會員參與不同形式的活動。新中心不僅為會員帶來一個舒適及優美的活動及聚會空間，亦同時實踐社區融合及復元模式在社區的推行。

Vitality Place

Catwalk Show

Following the success of the catwalk show "Fashion for a Better Future 2013" last year, the fashion design and catwalk programme has been approved by the Hong Kong Polytechnic University as one of the 42 Service-Learning subjects in the 4-year curriculum. This year we hosted again the "Fashion for a Better Future 2014 - Dream High! Fly High!" sponsored by Mr. Wong Tit-shing in The ONE, Tsimshatsui on 14 June 2014. Twenty service users of Vitality Place along with 46 students from the Hong Kong Polytechnic University worked together to design their costumes and expressed their dreams in the catwalk show.

Peer Ambassadors

Formed by persons in recovery of mental illness, Peer Ambassadors was launched to offer caring home visits to users with mental illness in February 2014 after receiving a series of training, including knowledge of mental illness, communication skills, listening skills, visit skills and recovery concepts. In the visits, peer ambassadors shared their recovery experiences and rendered emotional support. Besides, strengths of peer ambassadors and needs of users being visited were matched in order to strengthen users' community skills.

Peer Counsellor

To acknowledge the values of subjective experience in recovery process, a part-time peer counsellor was employed in May 2014. The peer counsellor demonstrated a vivid proof of the transformative power of recovery by sharing her recovery story to VP users, advocating for public acceptance of people in recovery and leading peer support groups focused on hope, personal responsibility and mutual support.

Placidity Place

The relocation of Placidity Place to Tin Shui Wai Tin Yip Road Community Health Centre Building on 15 June 2013 marked a milestone in its service development. Our permanent site, next to Wetland Park and has more than 3,500 square feet, is spacious and comfortable enough for service users to participate in various kinds of programme activities. In addition to providing a comfortable and decent environment for our users, it also functions as a focal point to foster community integration and implementation of recovery practice in the community.

For the implementation of Recovery Practice, two part-time Peer Counsellors were employed in the past financial year. Home visit, tele-support and sharing were rendered by Peer Counsellors with reference to their own recovery experiences. With funding support from Sir Robert Ho Tung Charitable Fund, the first phase of tele-support computer phone system was implemented in March 2014. Peer tele-support service has been rendered to members who are passive and not involved in centre activities.



狗狗伴我行 寵物探訪計劃
Pet Assistant Programme



朗澄坊食物回收計劃
Food Recycling Programme

在實踐復元模式方面，朗澄坊於二零一四年初聘用了2名兼職的朋輩輔導工作員，以同路人的身份推行外展探訪、電話支援及復元分享等服務。另外又得到何東爵士基金撥款資助，在二零一四年三月建立初期的電話朋輩支援系統，為較被動及未參與中心活動的康復會員提供電話關顧及支援服務。

在社區融合工作方面，中心得到黃廷方慈善基金贊助，讓朗澄坊會員與天水圍婦女社區音樂團體「靜心之聲」共同創作朗澄之聲，灌錄元朗天水圍婦女原創心聲特色唱片，藉音樂把精神健康資訊及共融理念帶入社區。此外，中心更與天水圍社區發展網絡「有衣食分享計劃」合作，推展食物回收計劃，回收區內剩食如街市蔬菜及超市食品，並以食物為「媒介」接觸社區上的弱勢社群，讓中心會員協助準備營養湯水及其他物品送給區內居民。

最後需要再次感謝華人永遠墳場管理委員會捐助三十萬讓中心購置一部8人車，使中心能為會員提供合時及高質素的外展探訪、陪診及為鄉郊私營院舍提供服務。另外亦要感謝社會福利署元朗區福利辦事處、元朗東、西區綜合家庭服務中心、元朗大會堂陳應祥長者紀念中心及洪水橋屈柏雨長者中心等社福機構及地區團體，在朗澄坊未有永久會址前，長期借用地方讓中心推行個案面談、治療小組、親子活動、興趣小組、義工訓練活動、健康教育講座與及大型節日中心活動以滿足區內有需要人士的需要。中心會在未來的日子加強與區內團體的合作，發掘更多的資源為元朗及天水圍區居民提供專業及優質的社區精神健康服務，建立一個共融互助的社區。

Placidity Place gained funding support from Teng Fong Charitable Foundation. Thereafter, a Community Music Mental Health Ambassador Project was launched, more community volunteers were recruited to meet with our service users regularly, to co-create their own songs and to produce 1,000 copies of CDs. It was hoped that community integration would be achieved by means of music. As one of the social service units in the district, Placidity Place also contributed to the food recycling network and acted as one of the distribution centres of unsold food from supermarkets and manufacturers to people in need.

Last but not least, we have to express our heartfelt thanks to the Board of Management of the Chinese Permanent Cemeteries for their generous support for the procurement of a 8-seated vehicle. With the procurement, we are able to provide timely and quality outreaching, escort and programme activities for those living in Yuen Long rural areas. We are so grateful to Yuen Long District Office of Social Welfare Department and friendly neighbourhood non-profit organisations for their generous support to us before relocating to our existing permanent site. Without their support, office interviews, therapeutic groups, programme activities, volunteering training, educational talks could not be conducted before our relocation. As a community mental health service unit, Placidity Place will strive for building up a cohesive community in Yuen Long. In the days to come, we will also further collaborate with different local parties and organisations to identify resources, and to provide professional and quality community mental health services for people living in Yuen Long and Tin Shui Wai.



朗澄坊正式開幕了
Grand Opening of Placidity Place

臨牀心理服務 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 Psychologist provides psychological assessment and treatment to service users who suffered from psychological, emotional or behavioural disturbances. Treatment approaches include Cognitive Behavioural Therapy, Family Therapy and Expressive Arts Therapy.

The Clinical Psychologist also provides professional consultation services to staff of other service units of the Society, such as social service centres and the integrated community centres for mental wellness. He also plays an active role in researches and staff training activities.

服務對象

- 曾犯事的香港居民及其家屬
- 本會朗澄坊及龍澄坊之服務使用者

Target Service User

- Hong Kong residents who have committed an offence and their family members
- Service users from Vitality Place and Placidity Place

服務數據

本年度，本會臨床心理學家接受了社工成功轉介的57名新服務使用者及為82名服務使用者，提供323節臨床心理評估或輔導（每節1小時）；亦為服務使用者提供32節治療小組（每節2小時），共367人次參加。

Service Data

In 2013/2014, social workers referred a total of 57 new cases to the Clinical Psychologist for assessment and treatment and there were 323 sessions of individual assessment and counselling rendered to 82 clients (1 hour per session); Clinical Psychologist also provided 32 sessions of therapeutic groupwork (2 hours per session) for over 367 clients.

服務範圍

全港

Service Area

All districts

主要工作

臨床心理學家為本會服務使用者定期舉行不同的講座，題目包括：「正向心理學」、「復元模式」等，亦為朗澄坊及龍澄坊的服務使用者籌組「社區音樂」小組和「復元模式互助及教育」小組，並與朗澄坊社區音樂小組創作及錄製音樂唱片；而為公眾人士及本會義工而設的講座及工作坊包括「犯罪心理學」、「沙維雅治療」等。此外，他為本會職員主持「動機式面談法」、「復元模式初

Major Tasks

The Clinical Psychologist organised different workshops for our service users regularly, including topics on "Positive Psychology", "Understanding Recovery Model", etc. The "Community Music" and "Recovery Model" were established for service users from Vitality Place and Placidity Place, and together with the Placidity Place Community Music Group, a collection of songs had been written, recorded and produced into a CD. Clinical Psychologist also hosted lectures and workshops for the general public as well as our volunteers with topics like "Criminal Psychology" and "Satir Therapy". Furthermore, workshops such as "Motivational Interviewing", "Introduction to Recovery Model", "Recovery and Hope" and "Community Music" were introduced to our staff. The Clinical Psychologist was also

探」、「復元與希望」及「社區音樂」工作坊。
臨床心理學家亦獲本港衛生署及香港中文大學公共衛生學院邀請為其職員、教授及研究生策劃及講授「動機式面談法」課程。

invited by HKSAR Department of Health and CUHK School of Public Health to be the lecturer for trainings on "Motivational Interviewing" for their staff, professors and post-graduate students.



朗澄之聲社區音樂小組於錄音室進行唱片灌錄。
The Placidity Place Community Music Group recorded their songs at a music studio.



臨床心理學家與朗澄之聲社區音樂小組一同於朗澄坊音樂活動演唱原創歌曲。
Clinical Psychologist and the Placidity Place Community Music Group performed their original songs at a musical event.



臨床心理學家為本會義工進行培訓。
Clinical Psychologist hosted training workshop for our volunteers.

職業

職業服務及社會企業

Employment Service and Social Enterprise