



精神健康服務

Mental Health Services

服務方向

Service Orientation

精神健康服務以「推廣及預防精神健康」與「促進復元」為兩大服務發展策略，並以人生階梯為服務主軸，分別為兒童、青少年、成人及年長人士提供精神健康預防教育，以及促進受精神困擾人士復元。

我們以「能耐為本」為導向，實踐跨專業協作、並結合家庭力量及社區資源，以發揮個人優勢，讓精神或情緒受困擾人士克服障礙，活得健康、快樂、融洽和有希望；同時，亦促進社區人士認識情緒及精神健康，及早辨識和求助。

The 2 key strategies of Mental Health Services development are 'Mental health promotion and prevention' and 'Promotion of Recovery'. We serve people along the life ladder by providing mental health education programmes and strengthening and promoting recovery for mental distress people, including children, adolescent, adult and elderlies.

With 'strengths perspective' as our guided principle of multi-disciplinary collaboration, we have co-worked with professionals, families and other stakeholders in the community to help people with mental health issues to develop their strengths and overcome their adversities so that they can live with healthiness, happiness, harmony, and hope. At the same time, we also promote mental health to the public to raise their awareness and motivation in identifying mental issues and seeking help when necessary.

服務摘要

Service Highlights

預防及推廣精神健康

推廣長者精神健康

隨著人口老化，長者的精神健康需要是不容忽視的。過去，和悅軒——精神健康綜合社區中心一直致力關顧一群受情緒困擾的長者，透過一系列的精神健康推廣活動，協助辨識潛在精神健康問題，及早介入，促進復元。

為普及推廣長者精神健康教育，我們透過與區內長者服務機構及醫療機構協作，集結跨專業力量，共同為有潛在困擾的長者提供更有效的預防教育，增加長者對精神健康的意識。同時，也透過機構間服務的協調，更能有效地為長者提供合適的精神健康服務與配套。

Mental Health Promotion and Prevention

Promotion of elderly mental health

With the increase of ageing population, the needs for elderlies with mental health issues could not be neglected. Over the past years, our Wellness Zone – Integrated Community Centre for Mental Wellness has been devoting to serve elderlies with emotional distress. By conducting a series of mental health promotion activities, we assist in the early identification of potential mental health problems, and make early intervention for elderlies with mental health needs to facilitate better recovery.

For the popularisation of education on mental health for the elderlies, we have co-worked with other NGOs with provision of elderly services and different medical organisations to provide effective prevention education to raise awareness of elderlies with potential problem towards their mental health. Meanwhile, through multi-discipline coordination, we can provide more effective and efficient designated mental health services for the elderlies.

以藝術推廣兒童及青少年精神健康

本年度，青少年精神健康推廣及治療中心繼續引用藝術治療作介入手法，舉辦「色彩裡·情」計劃，讓受情緒困擾的青少年能夠藉藝術表達情緒及學習與情緒共處，促進精神健康。在黃廷方慈善基金及勞工及福利局贊助下，我們成功透過一系列藝術治療活動，促進青少年、家長與大眾認識及了解受情緒困擾青少年的內心世界，從而關懷他們的需要。

Art Project Facilitating Emotion Expression for Adolescent Mental Health

This year, the Centre for Adolescent Mental Health Prevention and Intervention has continued to incorporate the intervention methods of arts therapy to help adolescents with emotional distress expressing and handling emotions through artistic expression to promote mental health. With the support of Ng Teng Fong Charitable Foundation and Labour and Welfare Bureau, a series of arts therapy programmes were successfully delivered to adolescents, parents and professionals to raise the awareness of adolescent mental health and call for care and support for adolescents with mental health issues.



▼ 長者精神健康推廣活動
Elderly mental health promotion activities

計劃成功吸引 100 名專業人士、400 名青少年及 600 多名家長與公眾人士，合共 1,036 名參加者，成功為青少年帶來改變，強化了青少年的生活信心及加強正面想法。

These programmes successfully attracted 1,036 participants, including 100 professionals, 400 adolescents and 600 parents and members of the public and were able to bring positive changes to those adolescents, while strengthen their confidence in life.

社區推廣共融訊息

承蒙勞工及福利局—社區投資共享基金撥款資助，和悅軒—精神健康綜合社區中心於 2015 年 3 月開展「鄰里常在·社區資本共融計劃」，為將軍澳健明邨居民推廣精神健康教育及社區共融教育。計劃透過社區資本概念，連結區內不同持份者，包括精神病康復者、青少年、婦女、地區服務單位、商戶以及醫療服務等，建立互愛互信互助環境，並推動共融社區。

Promote Social Inclusion in Community

With the support of Labour and Welfare Bureau – Community Investment and Inclusion Fund, the Wellness Zone – Integrated Community Centre for Mental Wellness has successfully run a Social Capital Inclusion Project – 'The Neighbourhood' since March 2015 to promote and educate the importance of mental health and social inclusion for the residents at Kin Ming Estate in Tseung Kwan O. To establish an inclusive environment full of respect, trust and support, this project has successfully co-worked with different stakeholders, such as people recovered from mental illness, adolescent, woman, local service units, shops as well as medical services, to contribute their efforts to the community under the concept of social capital.

計劃成功為社區帶來很大的效益，有效促進精神病康復者與居民共融，建立互信互助精神；同時，也促進不同持份者，透過彼此協作及資源共享，協助建設社區。最後，共有 68 位居民及中學生成功完成「鄰里大使培訓課程」，繼續為社區注入力量，持續發展睦鄰守望社區。

The project has brought substantial benefit to the community. It not only promoted social inclusion between residents and people with mental illness and established a community with mutual support, but also facilitated the collaboration and resource sharing among professionals to build a supportive environment for residents. As a result, 68 residents and secondary students successfully completed the training course of neighbourhood ambassador, injecting new blood into the development and establishment of community.

促進復元

朋輩支援服務

朋輩支援是促進復元的重要因素之一，協助精神病康復者建立友儕支援，透過分享、互勉及支持，為康復者建立一個有效的支援網絡。社會福利署—獎券基金在本年度正式資助我們開展「在社區精神康復服務單位推行朋輩支援服務先導計劃」，透過聘用朋輩支援員，以「過來人」身份分享個人經驗、主動探訪及舉辦活動，目的是與服務使用者並肩同行，為他們打氣，以促進復元。

Promotion of Recovery

Peer Support Scheme

Peer support is one of the most important components in promoting recovery for people with mental health illness. We assist in establishing a peer support network for ex-mentally ill persons to share their emotions, encouragement and mutual support. The scheme has been officially supported by Social Welfare Department – Lotteries Fund in 2015-2016 as a 'Pilot Project on Peer Support Service in Community Psychiatric Service Units'. The employed peer support workers will provide caring services to our service users through sharing personal experiences from the past, home visits and conducting activities to accompany and energise the persons for facilitating their recovery.

同時，朋輩支援員亦協助推廣社區精神健康教育，透過自身經歷分享，減少公眾人士對精神病患者的誤解及歧見，並鼓勵公眾正面看待精神病及及早求助。我們期望此計劃模式可延續下去，成功發揮個人之優勢。

In addition, the peer support workers assist in promoting mental health to the community. By sharing personal experiences from the past, they reduced the public's misunderstanding of mental patients, advocate public acceptance for people with mental illness and encourage people in need to seek early assistance. We hoped that such pilot project could be continually operated and developed the strengths of recovered individuals.



▲ 天天好心情—健明社區精神健康推廣
Sunshine everyday – Mental Health Promotion Programme in Kin Ming Estate



▲ 青少年藉著藝術創作表達內心感受。
Adolescents express their inner feeling through art project.



▲ 《青洲山上》電影欣賞—傳遞消除歧視的訊息
Film show of 'Hill of Ilha Verde' – promote the message of eliminating discrimination against person with mental illness



◀ 朋輩支援員協助推廣社區精神健康教育。
Peer support worker assisted in promoting mental health to the community.

發展能耐 實現夢想

翠林宿舍於 2015 年 12 月，為舍友舉辦了四天台灣體驗團，實現了 19 名舍友「衝出香港」的夢想。舍友對體驗團充滿期盼，為實現「飛行之夢」，背後付出了很大的努力。大家在半年前便開始參與籌備工作，透過搜集意見、小組討論及行程計劃的活動，將想法一步一步化成具體的行動，把艱難的工作變成可能，實現了他們心中的想望。

體驗團不但給舍友一個新的開始，為舍友在復元路上跨進一大步；也給院舍同工一個肯定，重新定焦於發展舍友的可耐，協助舍友圓滿自己的想望。

▶ 台灣體驗團之旅 — 參觀一壽照顧中心
Taiwan Experiential Tour – A visit to Taipei Mental Rehabilitation Association

Develop Strengths and Realise Dreams

Tsui Lam Half-way House held a 4-day experiential tour to Taiwan for people recovering from mental illness in December 2015, where 19 residents realised their dreams to be 'Out of Hong Kong'. Residents were full of hope and spent tremendous efforts in realising 'the dream of flight'. 6 months before the tour, the residents already begin the preparatory works. Through information collection, group discussion and schedule planning, they step by step turned ideas into concrete action and finally realised the dreams.

The impressive experiences of the tour has not only helped the residents make a fresh start and facilitated their recovery, but also allow them to focus on their capability and search for meaning in life.



展望 Outlook

精神健康服務在來年的策略目標會繼續以人生階梯為重點，推廣精神健康教育及促進復元。其中，因應社會日益關注兒童精神健康問題，對服務需求急切，承蒙匯豐透過香港公益金撥款贊助，我們得以開辦「童步——正向為本兒童心理健康計劃」，涵蓋觀塘、九龍城、黃大仙及將軍澳區，為兒童、家長、教師及其他兒童工作者構建一個支援的環境，促進兒童發展及成長。

此外，我們將繼續夥拍區內不同持份者及專業人士，進一步推廣兒童、女性及年長人士精神健康，為不同年齡層提供精神健康服務。

In the coming year, Mental Health Services will continue to take 'mental health promotion' and 'promotion of recovery' as its key service strategies for people in different life stages. In response to the growing concern of child mental health problems and increasing service requests, 'Footprint – Strengths Based Child Mental Health Project' has been commenced with the support from HSBC via The Community Chest of Hong Kong to provide tailor-made service and training to children, parents, teachers and other professionals in Kwun Tong, Kowloon City, Wong Tai Sin and Tseung Kwan O districts. We hope to co-create a supportive environment for our children to facilitate their development and growth.

Moreover, we shall coordinate with different stakeholders and professionals in the districts to promote mental health for children, women, elderlies and people in different age groups and serve people in needs of mental health services.

2015-2016 服務統計 (截至 2016 年 3 月 31 日) Service Statistics (as at 31st March, 2016)

