



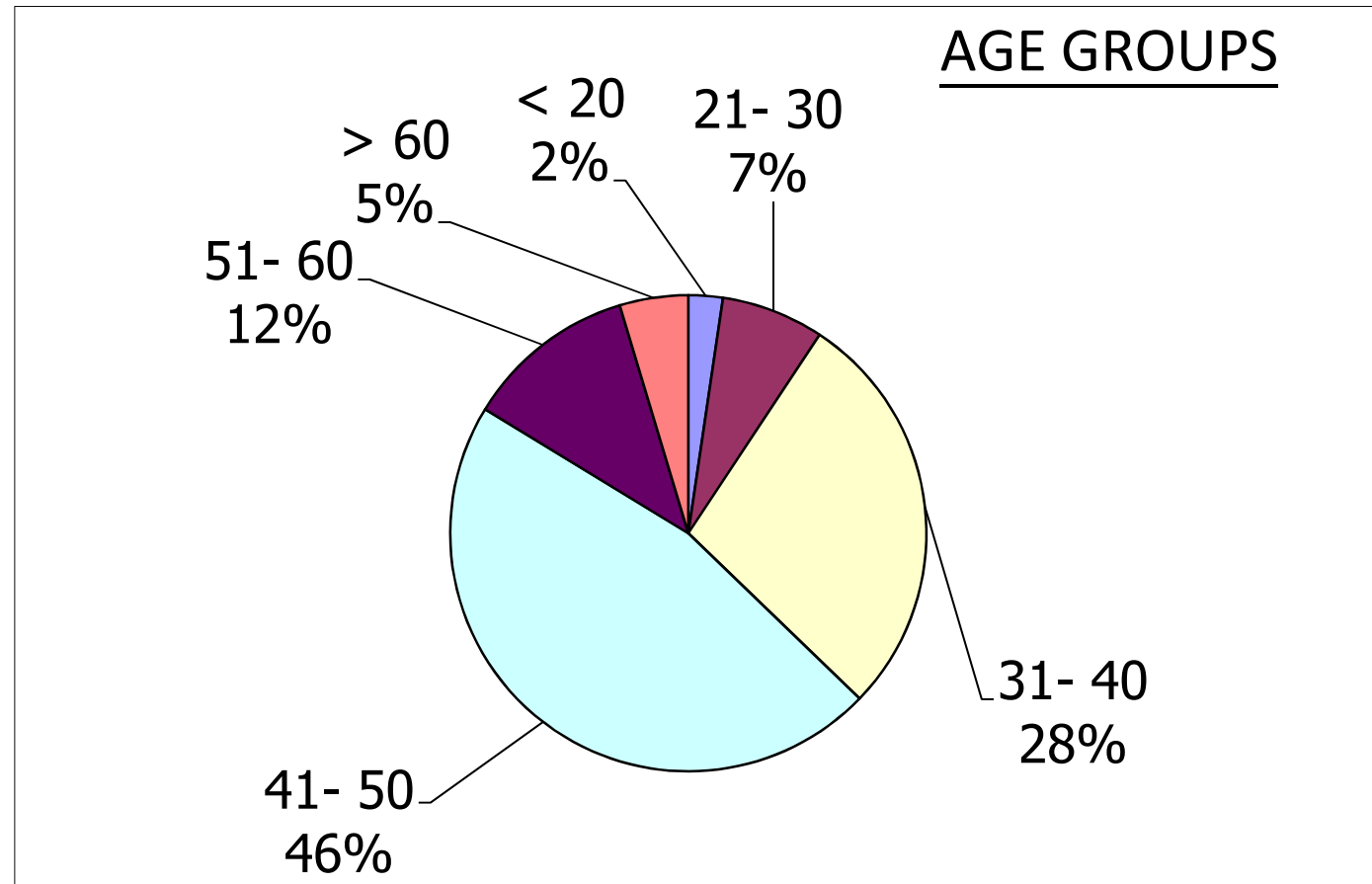
Research Method

- 7 focus groups were conducted with semi-structured questions.
- Interviews and group discussions were transcribed, coded and categorized into different themes and sub-themes of wellness, using the research objectives as a framework for comparison and analysis.



Results

Demographic Data

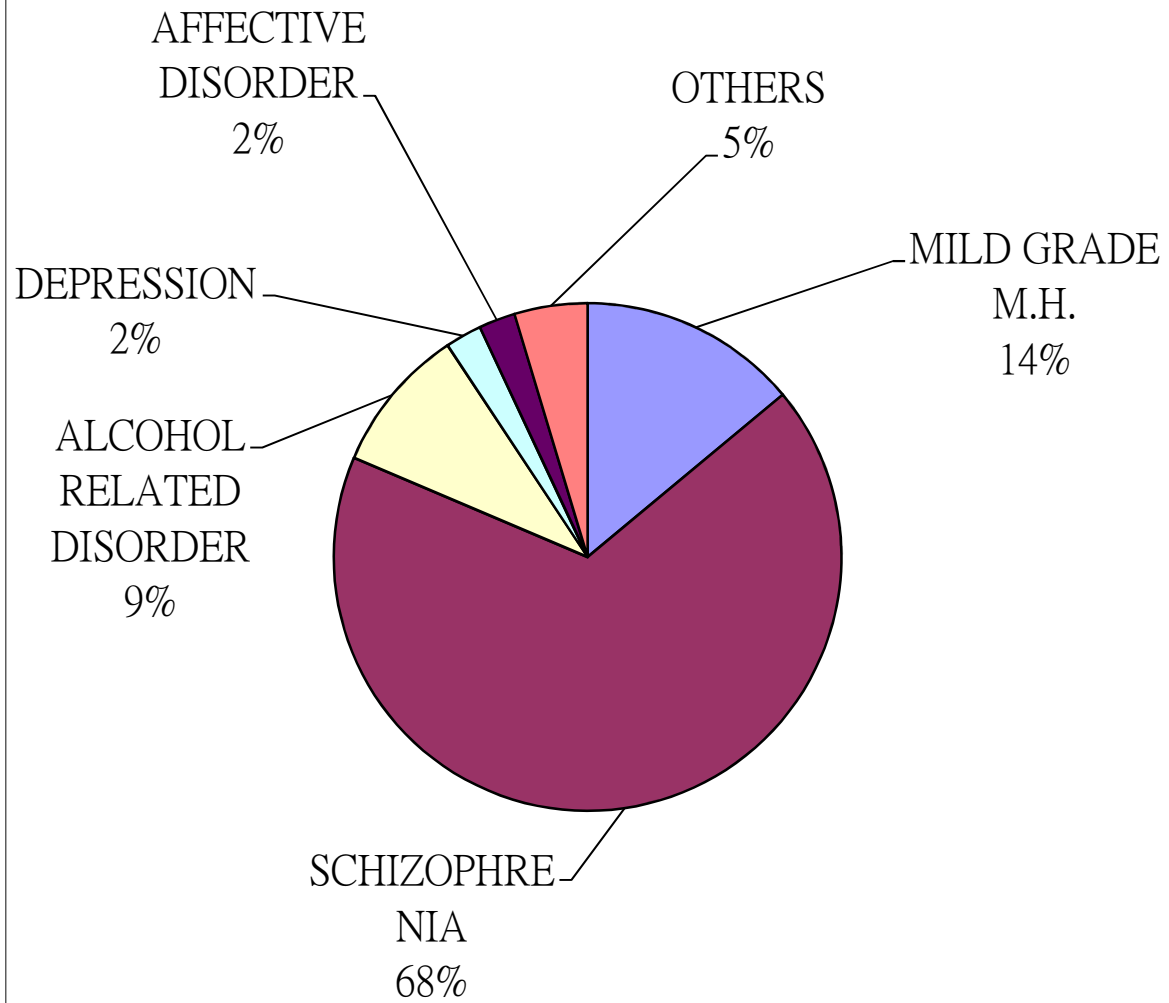


M=37

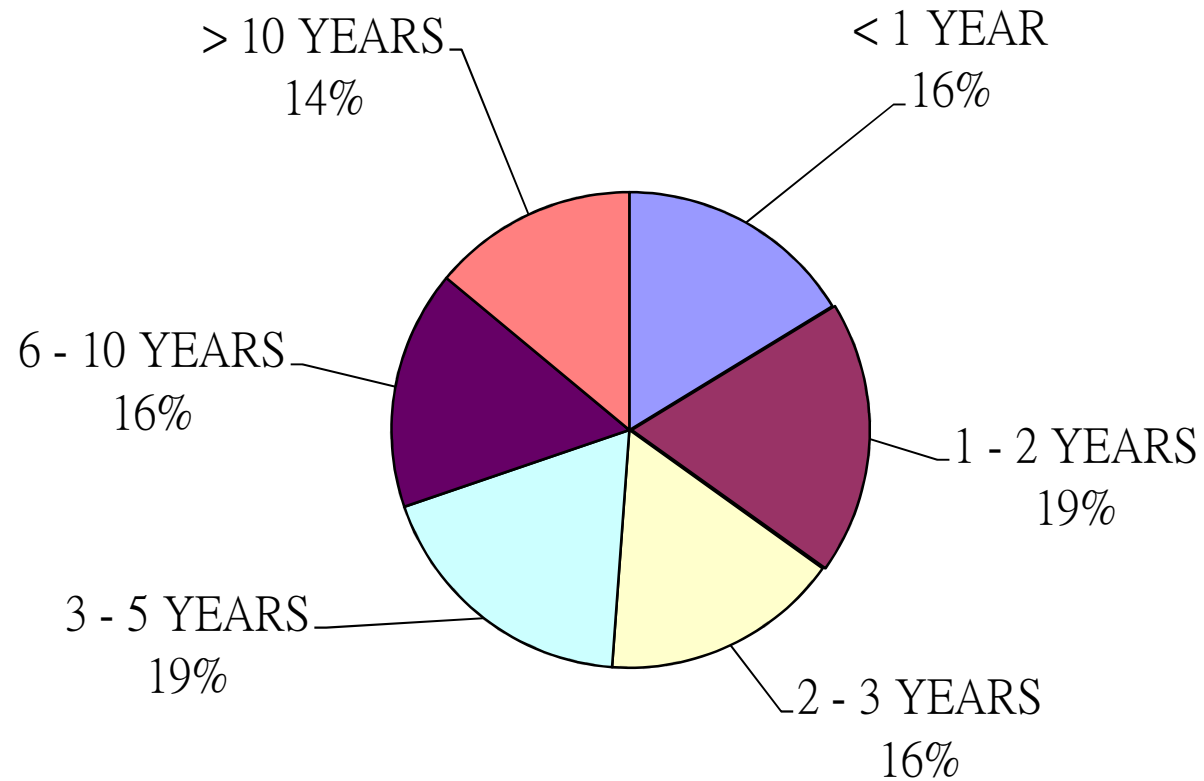
F=6

Total: 43

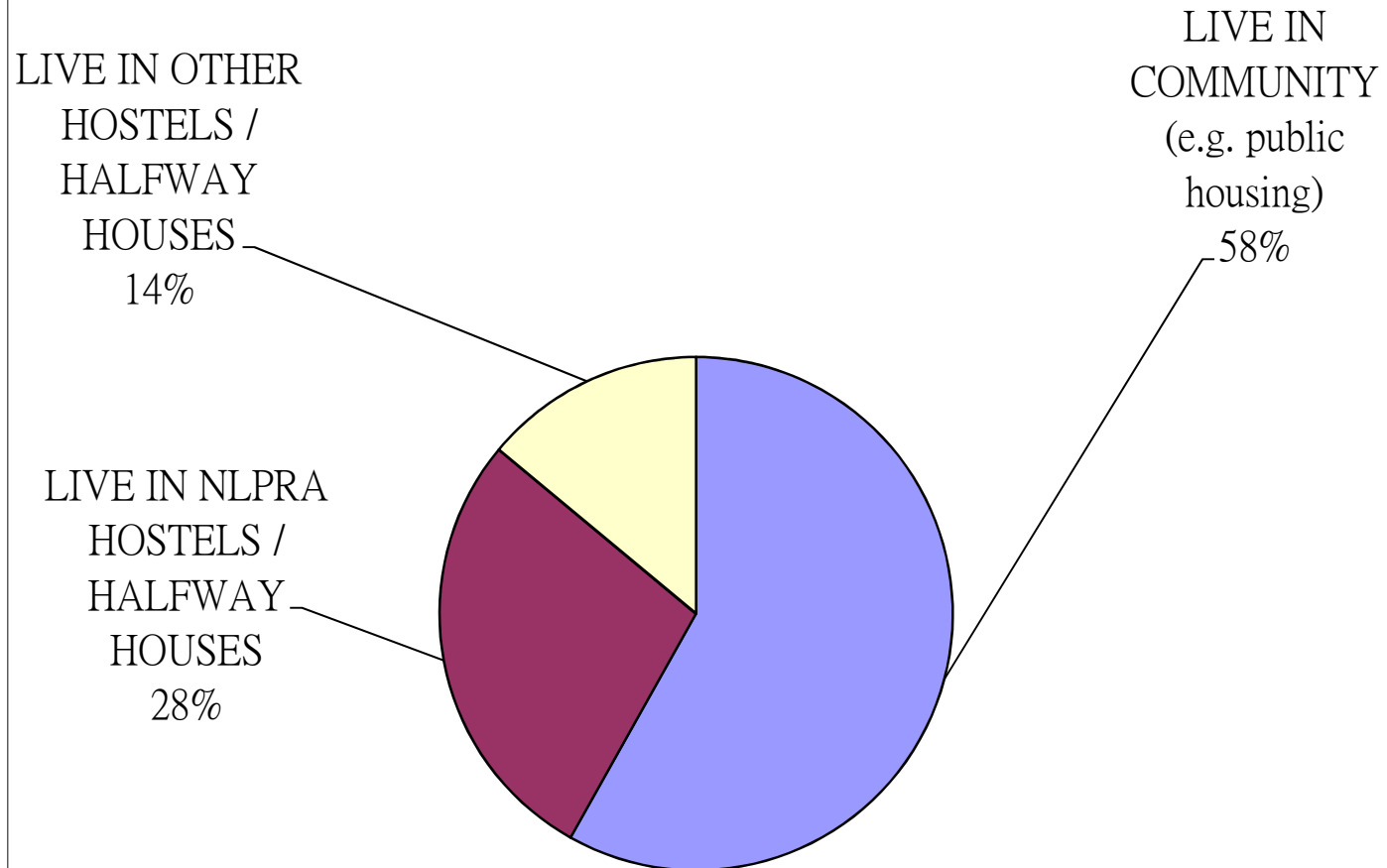
DIAGNOSIS



TRAINING PERIOD IN THE FARM



TYPES OF ACCOMMODATIONS





Quotes from subjects on Physical & Mental Aspect

- *'I seldom have flu or common cold now,...as I have regular work, I don't need to drink (alcohol) anymore, I feel my physical health much improved.'*
(Male 46, trained for 4.5 years)
- *'I always heard the "sound of machine" before I worked in the farm, which made me always quit from jobs. Now the hallucinations reduced. I could walk around within the Farm and I feel much better mentally.'* (Male, 44, trained for 2.4 years)



Physical & Mental Aspect

- The physical dimension in the Farm promotes participation in activities for physical endurance, muscular strengthening and flexibility.
 - e.g. subjects reported that attending training helps them to maintain a regular daily routine, they found it easier to have a good sleep after work. And in turn, good sleep helps them to restore energy for the following day's work.



Quotes from subjects on occupational aspect

- *‘I can learn different agricultural methods and skills...I feel so good!’* (Male, 44, trained for 3.4years)
- *‘I know that I could earn more if I worked harder...which I did not agree before.’*
(Male, 40, trained for 8.5 months)
- *‘I remember that the herbs that I cultivated last year had a good return.....it is worth over a thousand dollars.’* (Female, 40, trained for 7 years)

Quotes from subjects on occupational aspect

- *'I always cooperate with other clients and staff... we have good communication and care for each other.'*
(Male, 49, trained for 2 years)

- *'I feel I am ready to be back to the community.'*
(Male, 47, trained for 7.5 years)



Occupational Aspect

- The impacts on occupational aspect were mostly described by service users.
 - Receiving vocational rehabilitation service in the Farm, many vocational skills like organic farming, techniques in using different farming tools, work habit and work attitudes could be attained.
- Through such activity based training, they could achieve a sense of personal accomplishment, productivity and stability.
- There was a linkage between occupational, physical & mental aspect



Quotes from subjects on environmental aspect

- *'The smell of the herbs is nice and refreshing.'* (Male, 38, trained for 7.7 years)
- *'I am always bitten by mosquitoes and get sun burnt in summer.'* (Male, 20, trained for 6 months)
- *'The greenery environment in the farm is very delightful and comfortable.'* (Male, 52, trained for 2.4 years)
- *'The farm environment is sometimes adverse, but staff show concern to us and asked us to take rest when necessary.'* (Male, 50, trained for 11 months)



Environmental aspect

- The impact on environmental aspects is obvious, related to the freshness and greenery of the natural environment. This helps to enrich their spirit and restore their mind and mental health.
- There are challenges due to the outdoor setting and the changing weather; people working in the farm make efforts to adapt to the environment.



Quotes from subjects on social aspect

- *'I feel happy because we can work and chat together, sometimes we share food.'* (Male, 31 trained for 2.1 years)
- *'We go out for "yum cha" to relax and fishing once a week.... we have good relationship as our friendship starts in the farm.'* (Male, 49, trained for 1.5 years)



Social Aspect

- The social dimension of wellness emphasized the creation and maintenance of healthy relationships.
- Service users of NLF work and participate in activities together and develop bonding that results not only in friendship among service users and staff but also in a sense of social belonging.



Quotes from subjects on emotional aspect

- *'When people appreciate the vegetables grown under our hard work, I feel happy.'* (Male, 49 trained for 1.5 years)
- *'I would work much harder if I foresee a good harvest...and feel delighted.'*
(Male, 62, trained for 26.5 years)
- *'The farm brings back memories of the farm I had worked on in Lamma Island.'*
(Male 48, trained for 2.4 years)



Emotional Aspect

- Service users' ability to express feelings and emotions have improved.
- Participating in farm activities encourages emotional self-care, including: relaxation, managing stress, building self confidence and developing inner resources.
- Service users develop emotional attachment with the plants they nurtured.
 - This somehow changes their attitude to life and increase their sensitivity to nature and even regard themselves as part of nature.



Quotes from subjects on spiritual aspect

- ‘The farm is a “land of fortune”, it helps people who are in need... allows people to have future planning, and a platform to recognize our potential.’ (Male, 47, trained for 7.7 years)
- ‘Nurturing plants are just like raising up children... planting and learning to be a decent man are similar process.’ (Male, 46, trained for 4.4 years)
- ‘I have sense of fulfillment as I can work like ordinary people.’ (Male, 35, trained for 1.3 years)



Spiritual Aspect

- Service users expressed their sensibility with plants, life value and life attitude, appreciation in beauty, nature and life...
- Being productive increased their sense of worthiness.



Discussion

Positive outcomes were identified from different aspects:

1. Improved physical and mental condition
2. Developed work attitude and enhance work habit
3. Increased sensitivity to nature, enrich their spirit and restore mental health
4. Developed friendship among service users and staff
→ enhance feeling of social belonging
5. Increased sense of satisfaction and achievement with enhancing self-confidence
6. Developed life value and attitude, and able to appreciate the beauty of nature and life



Limitations

- Duration of the study is short with small sample size
- It is a one time study only
- Lack of comparison group
- Length of stay in training may affect the subjective well-being of individual subject



Conclusion

Therefore the elements related to well-being of people with psychiatric disabilities suggested from this exploratory study include:

- **The contribution of agricultural and horticultural approach enhanced positive mental health**
- **The social connectedness with peers, staff and the community bring about harmony, mutual support and recognition on life value**