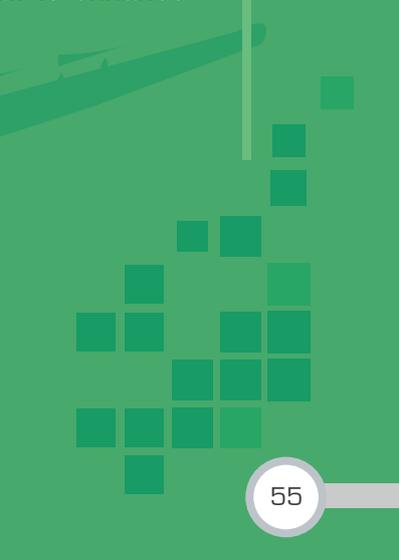


# 精神健康服務

Mental Health Service



精神健康服務部進一步鞏固復元理念的實踐，包括加強對照顧者的支援，推行「朋輩支援服務先導計劃」，以及進行「服務單位復元環境」的研究。此外，也為新入職的專業同工正式推行「核心能力和必要技能訓練單元」以提升他們臨床工作能力。



The Mental Health Service Branch further consolidates the Recovery Model by enhancing the carers' support, launching "Pilot Project on Peer Support Service in Community Psychiatric Service Units" and adopting DREEM (Developing Recovery Enhancing Environments Measure). "Core competencies and essential skills training module" is also carried out for newly employed professional staff to enhance their clinical skills.

# 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，協助他們克服精神病患，重新融入社會，過有意義的生活。

### Service Overview

We operate four halfway houses with a total capacity of 144, providing transitional accommodation service that facilitates people in recovery, and assisting 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	30
遷出人數 No. of discharges	33
入住率 Occupancy rate	98%
成功遷出率 Successful discharge rate	73%
舉辦小組次數 No. of groups organised	2,083
舉辦活動次數 No. of activities organised	884
參與小組人次 Total attendance of groups	12,325
參與活動人次 Total attendance of activities	11,979



中途宿舍服務使用者參加戒煙講座。  
Service users of halfway houses joined the Smoking Cessation Talk.

# 年度重點

Highlights of the Year

## 建立良好的社區和鄰里關係 Building a recovery environment

中途宿舍透過個人輔導、支援小組、興趣小組和義工參與等方式，培養服務使用者的生活技能，協助他們重新適應社會生活，重建良好的家庭和社交關係，繼而發展潛能，融入社會，過有意義的生活。此外，中途宿舍亦致力協助服務使用者與社區和鄰里建立良好關係，讓他們在宿舍得到照顧的同時，在社區同樣得到接納和支持。

Individual counselling, support groups, interest groups and volunteer participation were provided to service users, in order to develop their strengths and potentials, to enhance their ability to lead an independent life, and to rebuild positive family and social relationships. The desire to re-gain hope and life aspiration was highly emphasised in the course of recovery. Our goal was to provide a lively recovery environment that helped service users build up positive relationships with the community and the neighbourhood, so that they could be accepted and supported by the community.

## 「接受與承諾戒煙療法」研究計劃 Acceptance and Commitment Therapy (ACT) for Smoking Cessation

本年度，本會四所中途宿舍與香港理工大學護理學院合作，於宿舍內推行戒煙治療。各宿舍分別透過戒煙講座，鼓勵服務使用者參與戒煙治療，而有興趣之服務使用者，則由理工大學之研究人員以「接受與承諾戒煙療法」作個別輔導和跟進。計劃初期，雖然參加人數不多，但參加者的戒煙成效理想，而理工大學將整合是次經驗，發表研究報告。本會已經和理工大學商議，將計劃延展多一年，讓更多服務使用者能夠從計劃中獲益。

With the support of the School of Nursing of The Hong Kong Polytechnic University (HKPU), Acceptance and Commitment Therapy for Smoking Cessation was carried out in the 4 halfway houses of our Society. Smoking cessation talks were held in order to encourage service users to enroll in the programme. Staff of the School of Nursing interviewed the interested service users, provided individual counselling and follow-up on their smoking cessation progress. The ACT effectively helped participants to reduce their smoking, and HKPU would present a research report based on the experience of this programme. Our Society will seek for further cooperation with HKPU in extending the smoking cessation programme so that more service users will be benefited from the programme.

## 「優勢為本」的個案輔導 Strengths-based casework

本年度我們繼續深化「復元模式」在中途宿舍的應用，除了為前線員工提供相關培訓外，我們亦開始在中途宿舍應用由美國堪薩斯州大學研發之「優勢評估」和「個人復元計劃」表格。我們先評估每位中途宿舍服務使用者的「復元階段」，然後選出合適的服務使用者，運用這些新的個案評估及輔導工具，進一步落實「優勢為本」個案管理模式在住宿服務的應用。

This year, we continued to promote the application of Recovery Model in our Halfway House Service. Apart from the provision of relevant training to frontline staff, we had adopted “Strengths Assessment Form” and “Personal Recovery Plan” which is developed by the University of Kansas of the United States for case assessment and counselling.

The stage of recovery of service users was identified at first and suitable users were then selected for the use of these new assessment tools.



旺角街坊會陳慶社會服務中心的學生義工探訪怡翠軒，與服務使用者一起包水餃。  
Student volunteers from The Mong Kok Kai Fong Association Limited Chan Hing Social Service Centre visited Yee Tsui House and made dumpling with service users.



義工探訪智障青少年宿舍，即場為參加者烹調美食。  
Volunteers visited the hostel for young people with intellectual disability. They demonstrated cooking skills and played games with the participants.

## 舉辦多元化活動以促進復元 Recovery-oriented group programmes

與此同時，中途宿舍透過多元化活動，鼓勵服務使用者作多方面嘗試，從而發掘他們的潛能；提供機會，讓他們發揮所長和取得成就；鼓勵他們積極參與社區內不同的活動，以正常人的身份投入社區生活。例如透過街坊廚神小組，服務使用者得以學習和改進自己的廚藝，繼而以義工身份到智障人士宿舍烹調美食，並且參加地區嘉年華活動，利用遊戲和小把戲與孩童作樂。此外，他們亦會參與共融大匯演，負責不同類型的才藝表演，以及參與義工服務，探訪區內獨居長者。不但如此，宿舍亦透過舉辦社區音樂工作坊，讓服務使用者在專業人士帶領下，創作屬於自己的歌曲，並透過歌詞，為復元人士發聲。

At the same time, a diversity of groups and programmes were organised in our halfway houses to encourage service users to make different attempts in order to explore and develop their potentials, so that they could make use of their own strengths and gain achievements. They would participate in various activities in the community and enjoy community living as other citizens did. For examples, through the “Master Chefs in the Neighbourhood” group, service users were able to learn and improve their cooking skills. They visited the hostels of the mentally handicapped as volunteers and served the residents with their cooking skills. Service users also participated in district carnival to let the children enjoy the plays and tricks. Besides, they performed various talent shows to promote inclusion of people with disabilities and joined volunteer service to visit the elderly living alone in the community. In addition, our halfway houses organised community music workshop to assist persons in recovery to voice out by composing their own songs.

## 殘疾人士院舍牌照

### Licensing under Residential Care Homes (Persons with Disabilities) Ordinance

年內四間中途宿舍均順利通過社會福利署殘疾人士院舍牌照事務處的巡查，獲續發豁免證明書。另外，由四間中途宿舍主管組成的《殘疾人士院舍條例》工作小組繼續定期就中途宿舍的日常運作進行檢討，確保符合相關法例要求。另一方面，我們積極與建築師和相關政府部門保持密切溝通，希望盡快獲得獎券基金批出資助，完成必須的裝修工程項目，以取得正式牌照。

All four halfway houses of the Society were granted an extension of the Certificate of Exemption under the Residential Care Homes (Persons with Disabilities) Ordinance (RCHO) this year. A working group on RCHO was formed by manager and supervisors of all the four halfway houses to conduct ongoing review of the daily operation of the Halfway House Service to ensure compliance with all requirements under the ordinance. We also liaised closely with the architect and government departments to monitor the progress of our Lotteries Fund applications. With support from the Lotteries Fund to the necessary renovation works of our halfway houses, we expected to obtain the license under RCHO in due course.

# 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位於元朗的朗澄坊，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。

## Service Overview

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

## 年度重點

Highlights of the Year

### 以多媒體渠道宣揚會員優勢及家屬需要

Promote users' strengths and their families' needs through multi media

龍澄坊於二零一五年十月二十四日在將軍澳 Star Cinema 舉行「青洲山上」電影播放及座談會，以提升公眾對精神復元人士的家屬需要的認知。張經緯導演與一眾嘉賓於映後座談會與觀眾交流。

年內，龍澄坊製作了「心鏡」及「行出彩虹路」兩部微電影，藉著推廣復元人士的優勢以增加社會大眾對他們的接納及尊重。兩部微電影均由會員及同工集體創作，其中「心鏡」以推廣青少年精神健康為題材，作為精神健康月微電影創作比賽的參賽作品。有幸獲得平等機會委員會贊助，「行出彩虹路」微電影於二零一六年三月七日假紅磡社區會堂舉行首映禮，超過 400 名公眾人士出席。會員及同工隨後於三月十四日接受香港電台第五台「有你同行」節目主持葉韻怡小姐訪問。



A film show cum forum, Hill of Ilha Verde, was organised by Vitality Place at Star Cinema at Tseung Kwan O on 24th October 2015 to arouse the public awareness of the needs of families/ carers of people in recovery. Mr Cheung King Wai, the Director and other guests shared their views towards the film and phenomenon related to mental health issues with audience.

This year, Vitality Place produced two micro-films to combat social stigma and enhance social acceptance and respect through promoting the strengths of people in recovery. The two micro-films were the co-production of service users and staff, while one of them became the entry of micro-film competition of Mental Health Month, with promoting youth mental health as theme. The premiere of another micro-film was hosted in Hung Hom Community Hall on 7th March 2016 with sponsorship from Equal Opportunities Commission. Over 400 community members joined the event. On 14th March 2016, users and staff were interviewed by Ms Vivian Yip on Radio 5 programme of RTHK to introduce our micro-film and ICCMW services.

## 紅黃陸悠遊 - 社區導賞訓練計劃 Hunghom Whampoa Cultural Tour programme

計劃由龍澄坊舉辦，以紅磡、黃埔區為本，目的是訓練參加者成為導賞員，向公眾分享自身故事及對該區的情懷。導賞訓練透過社區參與、社區認同、社區營造、社區探索和連結社區脈絡，並運用人民故事集展現地區色彩，以促進社區共融。

It was a training programme organised by Vitality Place which aimed at developing participants as cultural tour guide sharing their own or other people's stories and their feelings towards the area. The programme also aimed at developing social wellbeing, exploring and linking up community network, boosting social relations and promoting social inclusion through the concept of co-production with service users.

## 穿出新天地 2015 Fashion for a Better Future 2015- SRACP Catwalk Show

今年龍澄坊繼續舉辦「穿出新天地 2015」時裝表演，讓本會 6 名更生人士及 14 名精神復元人士與 41 名香港理工大學學生合作設計服飾，並於二零一五年六月十八日假荃灣荃新天地商場舉行時裝表演，向群眾展現他們朝氣活力的一面。

This year Vitality Place hosted again the SRACP catwalk show in Citywalk, Tsuen Wan on 18th June 2015. Six ex-offenders and 14 people in recovery, along with 41 students from the Hong Kong Polytechnic University worked together to design their costumes and express their strengths and vitality in the catwalk show.

## 我要造紙模 - 環保手工藝班 Upcycled card model class

由龍澄坊義工導師教授，利用日常生活的廢紙循環再用，製作一個精緻的紙模型，目的是透過發揮會員對周邊事物的想像，把創意融入生活中。在導師的指導下，會員發揮無窮創意，將廢紙變出多款精美的模型，製成品包括盆栽、復活節飾物、飛機及花。

A volunteer of Vitality Place instructed users to upcycle unused paper products as card models. The programme aimed at developing users' creativity and putting it into life. Under the guidance of the instructor, users created various exquisite card models including potting, Easter decorations, airplanes and flowers.



服務使用者跟香港理工大學學生一同演繹時裝表演。  
Service users and the Hong Kong Polytechnic University students demonstrated the costume in the Catwalk Show.



我要造紙模 - 環保手工藝班的作品  
Products made by users in the upcycling card model class.

## 中心品牌「Change 澄」手作市集

Placidity Place Brand name 「Change 澄」 and Handicraft Bazaar

年內，朗澄坊積極建立中心品牌名稱「Change 澄」並於外間手作市集進行義賣，產品以綠色和環保為主。「澄」代表中心和服務使用者；「Change」代表改變生活態度、社會大眾對精神復元人士的看法和改變精神復元人士對自己能力的看法。以環保為概念，回收玻璃器皿、破爛雨傘、過期橄欖油和廢油等，服務使用者製作環保創意手作、環保皂及其他精緻手工藝作品，於二零一五年旺角市集 (Made In Hong Kong)、機構週年大會及二零一六年賽馬會創意藝術中心手作市集進行義賣，讓更多社區人士欣賞會員的作品。整個過程讓服務使用者有機會學習銷售技巧之餘，亦引發會員創作潛力，帶動中心會員積極參與社區活動，有助康復者重拾自信，推廣創意藝術生活回饋社區，促進服務使用者以新角色重新開展新生活。

Placidity Place created brand name called "Change 澄". "澄" denotes Placidity Place and its service users. Hand-made eco-friendly craft is the direction of developing our brand name at the handicraft fair. "Change" refers to call for changing our life style and attitude towards environment, changing our attitudes about people in recovery, and changing the way people in recovery perceiving their own inherent capacities and abilities.

To let service users demonstrate their creative art potentials, recycling materials such as containers, broken umbrella, expired olive oil from the community were collected to make terrarium, eco-friendly umbrella bags and eco-soaps. Together with pressed flower craft, sewing, knitting, craft and clay artwork, service users took them to 2015 Made In Hong Kong, SRACP AGM and 2016 Jockey Club Creative Arts Centre Handicraft Fair for charity sales that let them learn about sales techniques and actively participate in community activities, it also promoted the contribution of the creative art life to community and fostered a new role development in the lives of service users.

## 「愛心連線通」電話支援計劃 Love & Care Tele Support Project

二零一五年，朗澄坊獲得香港愛心慈善基金會贊助「愛心連線通」電話支援計劃，得以優化電話系統，由人手操作改為只需透過系統撥出電話以確保服務使用者的私隱，此外更增設五條電話線，逢星期一至五由同路人及社區義工致電慰問。是項計劃主要透過電話支援義工訓練及參與支援網絡服務而發展社區資源，並達到區內互相關懷、助人自助及社區共融的目的。同路人及社區義工在電話關懷支援服務中擔任陪伴角色，為服務使用者提供情緒支援和傾訴的機會，提供中心服務資訊及社會服務資源的資料。日後更會安排會員義工及社區義工組成隊伍作上門探訪以配合關懷對象需要，宣揚社區關愛精神。截止二零一五年底已有 48 人接受有系統的電話支援義工訓練，現約有 90 名精神復元人士接受電話關懷支援服務。

Launched in September 2015 and funded by Hong Kong Love & Care Charity Foundation Ltd, aiming at enhancing the Tele system from manual operation to tele support system automatic dialling, that ensured confidentiality and privacy, and adding 5 extensions, providing chat-line service from Mondays to Fridays during office hours by community volunteers and peers. To develop resources for long term care and bonding in community, those community volunteers and peers received chat-line volunteering training provided emotional support, updates of information on centre activities and community resources. In future, it will be further developed into pair-up home visits to the people in recovery to strengthening their support network in community. As at November 2015, 48 community volunteers and peers received a series of chat-line volunteering trainings, and currently 90 people in recovery received chat-line service.

## 「綠色·漫活·澄」社區精神健康公眾教育計劃 “LOHAS” Social Media Community Education Programme

朗澄坊獲勞工及福利局資助「綠色·漫活·澄」，推行二零一五年社區精神健康公眾教育計劃，以「關愛共融，擁抱社區，綠色生活，拍片作樂」為主題，透過青少年、社區人士、中心會員參與不同綠色環保活動、社區探索及體驗靜觀慢活活動，並透過歌曲創作及影像拍攝紀錄，於社交網絡平台播放環保婆婆從舊傘變成環保袋的重生過程，點擊率超過 3,000 次。計劃一方面向青少年及公眾人士宣揚共融反歧視訊息，另一方面增進大眾對精神健康關注之重要性。超過 140 人參與於二零一五年十二月舉行的「綠色·漫活·澄」紀錄片發佈會暨朗澄坊開放日。計劃得以成功推行，全賴文化音樂人、多媒體藝術工作者、香港藝穗青年協會及天水圍社區發展網絡於過去一年支持的成果。

Launched in July 2015 and funded by Labour and Welfare Bureau, which aimed at “Building Social Inclusion; Embracing Community; Experiencing Green Life and Slow Lane of Life; Co-creating Film and Music”. To promote the anti-discrimination against people in recovery and to raise awareness of mental wellness to the public, young people, community members, centre members participated in green life activities, experienced life in the slow lane that led to more happiness and a greater appreciation of life during community walk, and finally echoed the experiences in music producing and short-film shooting for documentary purposes. More than 140 participants from all walks of life to participate into “LOHAS” Social Media Community Education Programme & Placidity Place Open Day.

By taking this opportunity, our heartfelt thanks go to various friendly organisations such as Tin Shui Wai Community Development Network, The Youth and Fringe Association of Hong Kong, project consultant Dr. CHAN Kai-tai, artists such as Mr. Aleck KWONG and Myar who continued to support our service.

## 「夢想飛翔」計劃 Recovery Celebration Programme

「夢想飛翔」計劃為本年度精神健康服務之重點項目，利用優勢評估和個人復元計劃等工具，協助服務使用者發掘自己的優點和長處，並為自己訂立明確的復元目標，共吸引了 300 多位服務使用者參與。同時，計劃鼓勵參加者以文字、圖畫、歌詞、詩句、剪貼等形式製作成「夢想之窗」，記錄參與計劃的體驗和感受及展現他們的復元故事。於二零一五年十二月十二日，大會於沙田麗豪酒店舉行「夢想飛翔」復元慶典，有近 400 人出席。到場支持的嘉賓包括本會委員，地區福利專員和精神專科醫生等。在慶典上，參加者透過話劇、舞蹈和手工藝等，展現他們的復元故事。此外，各精神健康服務單位的同事亦落力演出，透過不同表演宣揚復元的正面訊息，並與參加者一同慶祝復元的成果。大會特別邀請了年青音樂創作人樂卓奇先生到場，即席演繹他創作的大會主題曲「飛行指引」，鼓勵參加者履行大會的口號「實現理想，夢想飛翔」。

The Recovery Celebration Programme was the featured campaign of Mental Health Services of the year. Over 300 service users were lured by our Recovery Scheme. Participants were facilitated to tailor-made their personal recovery goals by identifying their strengths and potentials with Strengths Assessment and Personal Recovery Plan. They were also encouraged to express their recovery stories through drawings or artworks. On 12th December 2015, the Recovery Celebration Ceremony (RCP) was held in Regal Riverside Hotel in Shatin. More than 400 participants joined together to celebrate the recovery progress of our users. Our Committee members, District Officer of Social Welfare Department as well as psychiatrists attended the ceremony and supported the users. In the ceremony, service users shared their recovery stories through mixed media such as drama, dancing and handicraft. A singer-songwriter, Mr Tricky Lok, performed his self-composed song, which was also the theme song of the RCP, to encourage our users to continue to actualise their dreams.



—眾嘉賓與同工出席夢想飛翔復元慶典  
Our guests and staff showed support by attending The Recovery Celebration Ceremony.

於 2015 年「精神健康月」嘉許禮上，微電影創作比賽得獎團體接受獎項。  
The winners of the micro-film making competition were awarded in the prize presentation ceremony of the 2015 Mental Health Month



## 二零一五年度精神健康月 2015 Mental Health Month

二零一五年度的「精神健康月」嘉許禮於沙田科學園舉行，超過 800 多位來自商界、社區團體、學校及青少年團體、自助組織及義工團體參加。今年活動以認識及關注青少年精神健康為主題，並以「拉闊角度·型·樂·新一代」作口號。作為籌備委員會地區活動工作小組委員，我們與其他精神健康服務機構一同籌辦了多項推廣精神健康的地區性和全港性活動。其中四格漫畫創作比賽共有 37 間學校參與，並收回共 1,800 多份參賽作品。而「智 fit 精神健康計劃 - 微電影創作比賽」亦得到地區青少年組織、學校及精神健康綜合社區中心的大力支持，共獲 13 齣專業水平微電影參賽作品。當日大會邀請了女子桌球世界冠軍吳安儀小姐頒發獎項予各參賽得獎者。

最後，我們亦衷心感謝多個友好團體包括平等機會委員會、社會福利署九龍城及油尖旺區福利辦事處、香港理工大學以及中華基督教禮賢會紅磡堂一直對龍澄坊的支持。我們來年會繼續與不同的團體合作，發展更多新項目以滿足服務需要。

Over 800 people from business sectors, community organisations, self-help groups, volunteers, schools and youth organisations participated in the 2015 Mental Health Month at the Exhibition Hall of Hong Kong Science Park to promote public awareness of the importance of youth mental health.

The main theme of 2015 Mental Health Month was concerning the well-being of young people. SRACP, as a part of 2015 Mental Health Month steering committee, planned and implemented district-based activities. For examples, we received 1,800 artworks of the 4-Panel Comic Drawing Competition from 37 schools, and 13 pieces of micro-filming making artworks were produced by schools, youth organisations and ICCMWs for the micro-film making competition. The winner of the World Ladies Billiards and Snooker Association World Ladies Championship 2015, Miss Ng On-ye, was invited to present the certificates of merit to winners of the Competitions.

Last but not least, we would like to express our heartfelt thanks to various friendly organisations including Equal Opportunities Commission, Kowloon City and Yau Tsim Mong District Social Welfare Office, The Hong Kong Polytechnic University, Chinese Rhenish Church, Hung Hom to their zealous support to Vitality Place. We will continue to collaborate with different parties to develop new service items to fulfill the service needs next year.

# 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業培訓等工作。

### 服務數據 Service Data

本年度本會臨床心理學家接受由社工轉介的 56 名新服務使用者及為 77 名服務使用者提供 260 節臨床心理評估或輔導（每節 1-2 小時）；亦為服務使用者提供 46 節治療性小組（每節 2 小時）共 322 人次參加。此外，臨床心理學家亦為本會員工、義工及會外專業人員提供 33 節培訓（每節 3 小時）。

### 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.

The 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.

In 2015/2016, social workers referred a total of 56 new cases to the Clinical Psychologist for assessment and treatment. Two hundred and sixty sessions of individual assessment and counselling were rendered to 77 clients (each session 1-2 hours); Clinical Psychologist also provided 46 therapeutic sessions of groupwork (each session 2 hours) for 322 clients. In addition, Clinical Psychologist provided 33 sessions of training (each session 3 hours) to the staff and volunteers of our agency as well as professional staff from external agencies.



臨床心理學家於 2015 年 10 月為香港警務處防止罪案科同事作分享。  
Clinical Psychologist presented a lecture on "Understanding Sex Offender" for staff from the Hong Kong Police Crime Prevention Bureau in October 2015.



臨床心理學家為本會精神康復服務新同事作基本技能培訓。  
Clinical Psychologist conducted essential skill training for new staff of Mental Health Service at Placidity Place.

# 年度重點

Highlights of the Year

## 不同種類的治療小組 Group work for service users

臨床心理學家為社會服務中心的服務使用者首辦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。

Clinical Psychologist had hosted pilot therapeutic groups for service users with compulsive stealing and sex offending problems at Social Service Centre. Groups on mental recovery were also hosted for service users and their family members at both Placidity Place and Vitality Place.

## 為新員工提供基本技能培訓 Essential Skill Training for new staff

年內，臨床心理學家定期為本會精神健康服務的新員工基本技能培訓，內容包括「精神狀態評估」、「簡明精神病評定量表」、「認識復元模式」、「自殺風險評估與介入」和「動機式面談法」。

In 2015/2016, Clinical Psychologist had hosted essential skill training for new staff of Mental Health Service 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”.

## 對外培訓 Training for external agencies and general public

臨床心理學家乃本會培訓中心的其中一位導師，本年度除主力參與沉溺行為證書課程之教導工作，亦為不同機構前線員工工作培訓，包括為香港公教婚姻輔導會主辦「動機式面談法」工作坊，為香港警務處防止罪案科作有關性罪犯更生的講座。此外，亦為香港懲教署前線員工主辦「認識沙維雅模式」及「運用社區音樂」工作坊。

The Clinical Psychologist is one of the core trainers for the SRACP Training Centre, he had also hosted training sessions for staff from different agencies in 2015/2016, including “Motivational Interviewing” workshop for The Hong Kong Catholic Marriage Advisory Council, “Understanding Sex offender” lecture for Hong Kong Police Crime Prevention Bureau as well as “Introduction to Satir Family Therapy” and “Application of Community Music” for Hong Kong Correctional Services.

## 社區音樂活動 Community music work

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。此外，亦應邀為天水圍 / 元朗區精神康復單位聯合社區音樂活動作導師。

Clinical Psychologist was invited to deliver community music workshops for patients from Guangzhou Psychiatric Hospital Day Activity Centre. He was also invited to be a trainer for a joint community music project for psychiatric rehabilitation agencies from Tin Shui Wai/ Yuen Long districts.



臨床心理學家於 2015 年 7 月為廣州市民政局精神病院日間活動中心病人帶領社區音樂工作坊。  
Clinical Psychologist conducted community music workshop for the patients at Guangzhou Psychiatric Hospital Day Activity Centre in July 2015.

# 專業發展及質素管理 ( 精神健康服務 )

Professional Development and Quality Management (Mental Health Services)

## 服務發展 Service Development

年內本會精神健康服務在各方面都取得長足的發展，香港善導會得到社會福利署 ( 社署 ) 透過獎券基金撥款，在二零一六年三月三十一日開始推行為期兩年的「朋輩支援服務先導計劃」(先導計劃)，三名獲聘的半職朋輩支援工作人員以自身的病患經歷以協助其他服務使用者步向復元，同時為社區提供公眾教育以讓公眾人士對服務使用者有正面的認識。另外本會亦獲社署創業展才能基金資助，以自負盈虧形式在天水圍區開設室內水耕場，直接為本會復元人士創造更多就業機會，同時亦為區內居民提供安全及新鮮的蔬果，水耕場預計在二零一六年底正式運作。本會除了為社區內的復元人士提供多類型的精神健康服務外，亦一直關注及為在囚的復元人士提供支援，二零一六年三月本會獲得懲教署合約為其轄下的小欖精神病治療中心提供職業治療服務，期望是項計劃能本著「以人為本」及「優勢為本」的理念為院所內的在囚復元人士提供適切的職業治療服務。

This year our mental health services achieved tremendous development in various aspects. SRACP was granted by Lotteries Fund via Social Welfare Department (SWD) to operate a two-year "Pilot Project on Peer Support Service in Community Psychiatric Service Units" (the Pilot Project) on 31st March 2016. Three part-time peer support workers shared their personal experiences to assist service users in their recovery process, while providing public education to let community people own a positive image towards people in recovery. We were also sponsored by the funding of 'Enhancing Employment of People with Disabilities through Small Enterprise' Project of SWD to start up a self-financed indoor hydroponics farm in Tin Shui Wai, which would create more job opportunities for service users and provide more safe and fresh fruits and vegetables to residents. The hydroponics farm was expected to be launched at end of 2016. Apart from delivering multifarious services to service users living in community, we kept on taking notice and rendering support to prisoners in recovery. In March 2016, we successfully bid the service contract from Correctional Services Department to provide occupational therapy service at Siu Lam Psychiatric Centre. We expected this service scheme would provide a brand-new occupational therapy service which was people and strengths based oriented to the prisoners in recovery.

## 臨床督導及專業發展 Clinical supervision and professional development

為進一步鞏固本會專業及前線同工對「復元模式」及「優勢為本」理念的掌握及應用，本會在年度內繼續邀請美國堪薩斯州大學以視像通訊形式提供復元相關的專業培訓及諮詢。本會亦邀請了霍玉蓮老師就「臨床小組督導」進行培訓。另外本年度亦正式推行「核心能力和必要技能訓練單元」以提升新入職的專業同工的臨床工作能力，而來年將會全面開展此項培訓，期望所有新入職的專業及非專業同工得到有系統的核心及必要能力之培訓。

In order to strengthen the concept and skills of recovery model and strengths based approach, so as to further consolidate the professionalism of frontline staff, this year we continued to invite The University of Kansas to provide related consultation trainings via Skype call. We also invited Ms. Anita Fok to render clinical supervision training for staff. In addition, we carried out "Core competencies and essential skills training module" for newly employed professional staff to enhance their clinical skills. Next year we will fully develop this training module and expect all newly employed professional and non-professional staff can benefited from the training.



於 2015 年 9 月美國肯薩斯大學導師 Leslie Young 及 Ally Mabry 於龍澄坊為本會精神康復服務同事作復元模式培訓。  
Recovery training by Leslie Young and Ally Mabry (trainer from The University of Kansas) for staff from Mental Health Service at Vitality Place in September 2015.

## 質素管理 Quality Management

於去年三月發佈的「優勢為本介入模式成效研究」研究報告，被刊登在二零一五年秋季的國際學術期刊「Advances in Social Work」。為進一步評估機構在有關「促進復元果效服務」，「復元元素」及「機構氛圍」方面的實踐，機構去年在四間中途宿舍及兩間精神健康綜合社區中心進行了「服務單位復元環境」的研究。另外為提升同工及業界對「創傷與解離」的認識，本會在轄下的一所精神健康綜合社區中心開展了相關的研究，預期在下一個年度發佈兩項相關研究及作進一步分析。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 III）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。

Last year we released the research result of “Effectiveness of Strengths-Based Case Management for People with Mental Health Problems in Hong Kong”, which was then being published in an international journal “Advances in Social Work” in the fall of 2015. This year we adopted DREEM (Developing Recovery Enhancing Environments Measure) in the four halfway houses and two ICCMWs to further evaluate the recovery enhancing services, elements of recovery and organisational climate. In order to promote the understanding of “trauma and dissociation” to staff of our Society and the social service field, we had started the related research in the two ICCMWs, and it is expected the result would be analysed and released next year. This year the Senior Manager (Professional Development and Quality Management III) had provided random visits to service units for their quality assurance.