



精神健康服務

MENTAL HEALTH SERVICE

精神健康服務透過以「社區為本」的精神健康綜合社區中心及中途宿舍服務協助復元人士發揮其優勢，並為其照顧者提供適切支援服務。在二零一七至二零一八年度，我們擴展了職業治療部，以增強對機構服務及復元人士之社區支援。

The Mental Health Service is providing multifarious services through the service of Integrated Community Centre for Mental Wellness and Halfway House service to develop the strengths of mental health service users and provide support for their families and carers. In 2017/2018, we have expanded the development of the Occupational Therapy Service in enhancing our occupational support to our service users in the community.



Mental health

精神健康服務

Mental Health Service

中途宿舍服務

Halfway House Service

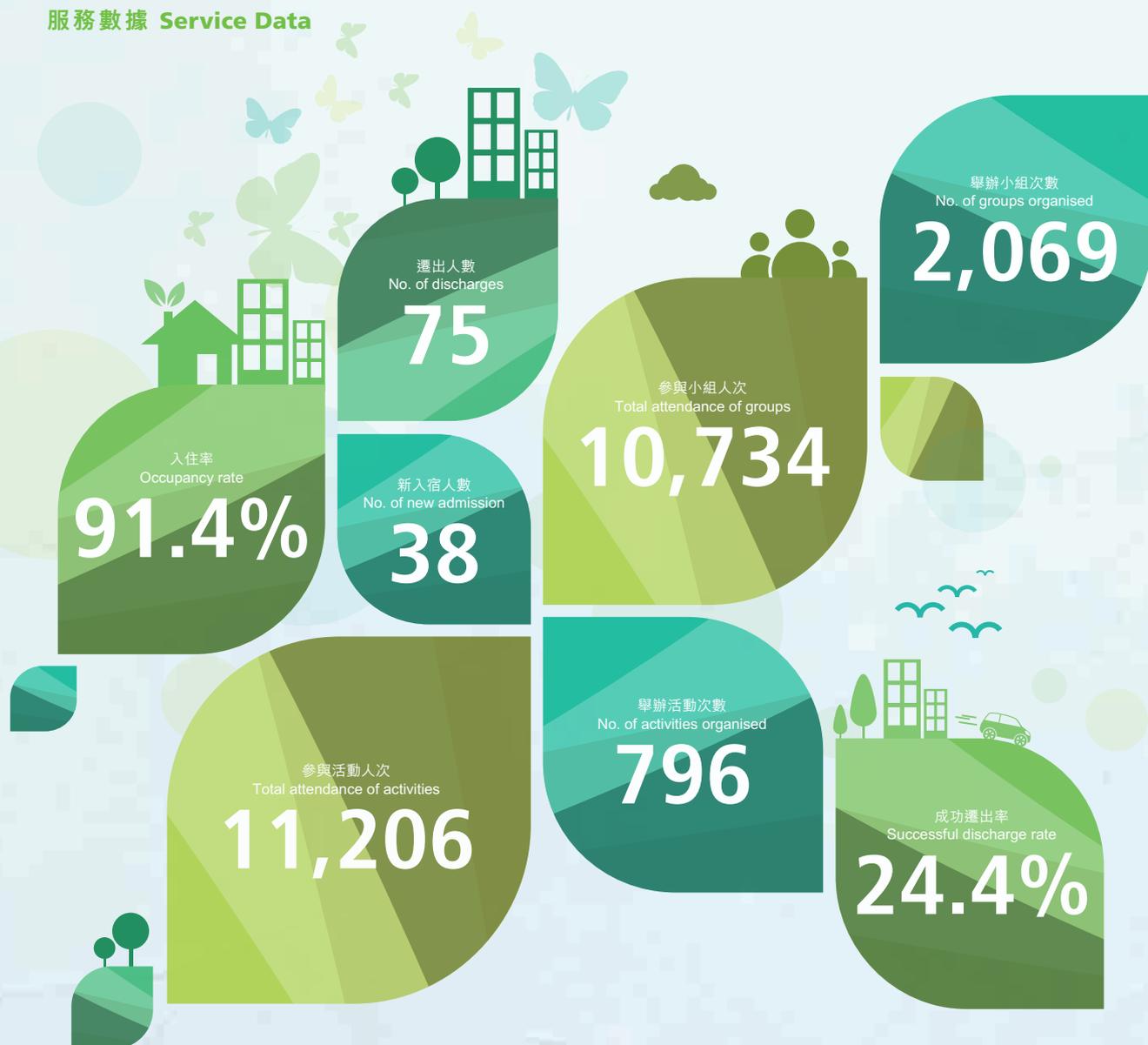
服務概覽

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 foster their hope, assist them to reintegrate into the community and restore a meaningful life.

服務數據 Service Data



年度重點

Highlights of the Year

發展中途宿舍義工隊-聯繫社區

義務工作是精神健康復元其中一個重要策略。去年，本會4間中途宿舍組織服務使用者成立宿舍聯合義工隊，優化服務協調之果效。中途宿舍義工投票選出名為「義勇軍」的義工隊，其提倡義務工作精神和貢獻社區。義工隊成員參與共同訓練和活動策劃，並支持本會六十週年活動，擔任當中不同的義工崗位，如參與「零標籤、零歧視」社區街站、甦Walk慈善行·跑步賽 x So HOT嘉年華等。此外，宿舍義工積極發展朋輩主導活動，服務社區，與社區組織和團體協作，提倡互助，展現個人優勢，服務不同社群，從中建立自信及有意義的人生。

持續朋輩支援-復元滿希望

過去兩年，本會四間中途宿舍支持合適服務使用者參與21小時之朋輩支援員訓練課程；以提升其自我認識、溝通及書寫技巧，以及藉個人經歷分享復元故事。去年，宿舍畢業生加入朋輩支援員重聚小組，作出特別貢獻，在宿舍內以「過來人」角色講述復元故事。他們接受專業故事表述訓練後，更具自信地在不同活動及交流探訪中，向訪客及公眾人士分享復元經歷。他們樂於與復元人士互動，彼此表達情緒及朋輩支持，其熱切精神有助塑造一個具支持性的院舍復元環境，並為他們帶來未來希望。

Developing halfway House volunteer team to connect with community

Volunteer work is one of our key strategies of mental health recovery. Last year, the 4 halfway houses established a centralized volunteer team that formed by service users, to optimize the coordination and synergy on service delivery. Halfway house volunteers voted for the volunteer team that named "VOLUNTEERS" (義勇軍) to promote the spirit of volunteerism and to contribute to the community. The volunteer team participated in joint training and programme planning to support the 60th Anniversary celebration events of SRACP; serving at various events such as "Fighting Stigma and Discrimination" Community Booths and "SRACP Charity Walk & Run x So HOT Carnival". Besides, our volunteers actively developed peer-run programmes to serve the community, in collaboration with community organizations and groups for mutual help and to demonstrate their strengths to serve various social groups so that they were able to build up confidence and a meaningful life.

Continuing peer support to inspire hope on recovery

The four Halfway Houses supported capable service users to take part in a 21 hour Peer Supporter training programme in the past two years to enhance their self-understanding, communication and writing skills, as well as the use of lived experience as recovery stories. Last year, our house graduates successfully formed an alumni group of peer supporters. They started to make a distinct contribution at halfway houses to talk about their own recovery stories. After training from professional story-tellers, they were confident to share their recovery experiences to visitors and the public in various programmes and exchange visits. They were also keen on interacting with people in recovery that showed their emotional and peer support between each other. Their enthusiastic spirit helped to enhance a supportive residential environment for personal recovery as well as to bring in hope on their future.



服務使用者在甦Walk慈善行·跑步賽 x So HOT嘉年華中進行義務清潔服務。

Service users were doing volunteer cleaning service at the SRACP Charity Walk & Run x So HOT Carnival.

服務使用者在甦Walk慈善行·跑步賽 x So HOT嘉年華中協助水站服務。

Service user was helping with water station service at the SRACP Charity Walk & Run x So HOT Carnival.





服務使用者於「疾病管理與復元」小組中，一起尋覓自己的復元目標。

Service users explored their recovery goals together in the IMR group.

試行「疾病管理與復元」小組-邁步復元

知識賦予服務使用者能力。當他們掌握更多精神病患的資料，他們越能做好裝備，為他們自己發聲，於促進復元的過程中，擔當積極角色。去年，本會4間中途宿舍試行「疾病管理與復元」小組，透過藉實證為本的做法，促進服務使用者管理其病患，發掘自己的復元目標，增加他們對精神病治療的認識和抉擇能力。服務使用者能夠學習新知識和技巧，改善個人能力，克服病患帶來在社交及社會角色上的種種影響。他們亦提升自主生活，邁向個人復元。

服務使用者諮詢委員會-共賦權

去年，本會4間中途宿舍各自成立服務使用者諮詢委員會，讓服務使用者選舉宿舍代表進行定期會議，參與服務安排及就服務管理提出意見。諮詢委員會授權予服務使用者的代表有權利參與會議和開放渠道作資源管理。復元人士能夠提升其自我管理經驗，強化賦權行為，讓他們參與決定，使服務更能支持其個人復元。

Piloting Illness Management and Recovery group to promote recovery

Knowledge empowers people. The more people understand the basic facts about their mental illness, the better equipped they are to speak for themselves and take an active role in their recovery. Last year, the 4 halfway houses piloted the Illness Management and Recovery (IMR) groups which is an evidence-based practice to empower service users to manage their illness, find their own goals for recovery, and make their informed decisions about their treatment by teaching them the necessary knowledge and skills. Service users were able to learn new knowledge and skills that helped them improve their abilities to overcome the debilitating effects of their illness on social and role functioning. They also started their personal recovery journey by improving their sense of autonomy.

Empowering User's Consultation Committees

Last year, the 4 halfway houses established the User Consultation Committees, which service users voted for their representatives to involve in the service delivery and voice out their opinions for service management through regular meetings. The Committees empowered users' representatives for their rights of participation in meetings and the access to management of resources. People in recovery were able to enhance their experience in self-management and reinforce the practice of empowerment, with their input on how services are supporting the recovery for individuals.

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 Centres 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.

年度重點

Highlights of the Year

朗澄坊

Placidity Place

台北交流團 2017-朋輩使命篇-同行復元路

於二零一七年九月，十九位來自朗澄坊及龍澄坊之精神復元人士(下稱朋輩義工)、家屬及六位職員啟程前往台北進行機構探訪及交流，有機會與台灣國立政治大學社會工作研究所長宋麗玉教授交流，並與當地積極推廣以會所模式提供服務的機構(向陽會所及真福之家)之前線社工及精神復元人士會面，不但加深了對亞洲地區復元導向實務發展的認識，與此同時，創造機會讓精神復元人士發揮朋輩使命，與當地學者、朋輩及前線社工全方位共同討論復元議題。

2017 Taipei Exchange Programme: Peer Mission & Recovery Togetherness

In September 2017, nineteen persons in recovery and caregivers from Vitality Place and Placidity Place and six staff visited mental health services in Taipei. Our service users shared on how creative recovery-oriented programme helped them go through their live challenges. The exchange with Graduate Institute of Social Work Professor, Li-yu Song from National Chengchi University, service users and staff of Eden Clubhouse and newly-run Clubhouse of Taipei Mental Rehabilitation Association not only increased the understanding of our service users on the development of recovery-oriented practice in Asia, but also utilized their potentials of peer mission, and had a fruitful discussion with scholars, peers and frontline staff of Taipei Club Houses on the topic of recovery.



於二零一七年「精神健康月」嘉許禮上，服務使用者在「有心有營」餐單設計比賽中獲得優異獎。

Service users of Meal Design Contest were awarded in the prize presentation ceremony of 2017 Mental Health Month.

由復元人士、家屬和職員組成的團隊，於台灣國立政治大學與復元與優勢觀點發展中心主席宋麗玉教授進行交流。

The service users, caregivers and staff had a fruitful exchange with the President of Taiwan's Association for Recovery and Strengths Perspectives in Social Work at the National Chengchi University, Professor Song Li Yiu.





長者義工預備午餐後，與參加者在朗澄坊飯客廳一同溫馨用餐。
Elderly volunteers had lunch together with the participants after preparing dishes at the dining room of Placidity Place.



會員將棄置物料升級再用，建造他的理想蝸居。
User was constructing his ideal room with discarded materials.

2017精神健康月

二零一七年度的「精神健康月」口號為「SMART心情·好生活」，希望社會大眾能夠建立正面樂觀的人生態度，以及領略保持精神健康的秘訣。朗澄坊會員以素食食譜參加「智Fit精神健康計劃2017」之「有心有營」餐單設計比賽。過程中，會員透過運用不同的健康食材發揮創意，自創低油、鹽、糖、高纖的有「營」餐單，向大眾分享健康的食譜和宣傳精神健康的重要性，提高市民對精神病康復者的認識和接納。

眾樂廚房計劃

於二零一七年九月至二零一八年三月，朗澄坊聯同朗日居與社會福利署元朗區策劃及統籌小組、新生精神康復會-安泰軒(天水圍)、香港中華基督教青年會天水圍天晴會所、博愛醫院王東源夫人長者地區中心及明愛元朗長者社區中心携手合作，以共享經濟為理念善用現有資源推行「眾樂廚房計劃」。本計劃由長者義工擔任廚師，於不同單位的廚房預備合宜的膳食，提供予元朗區弱勢社群，提升社區共融。本計劃共提供了午餐、下午茶及大型節慶活動，讓長者及青少年義工與元朗區弱勢社群共同渡佳節。

Mental Health Month 2017

2017 Mental Health Month advocated the importance of mental wellness in creative ways. SMART (Simple, Mental Wellness, Art, Recipe and Technology) experiential activities were implemented in the hope that the public establish positive and optimistic outlook on life and maintain a healthy lifestyle. Service users of Placidity Place took this opportunity to participate into to a Meal Design Contest, they made creative use of healthy food ingredients to prepare vegetarian recipes and to promote the importance of healthy eating habit, to arouse public awareness of mental wellness, and acceptance of persons with mental health challenges.

Community Kitchen Programme

From September 2017 to March 2018, Placidity Place and Sunrise House collaborated with Social Welfare Department Yuen Long District Planning and Coordinating Team, New Life Psychiatric Rehabilitation Association The Wellness Centre (Tin Shui Wai), Chinese YMCA of Hong Kong Tin Ching Center, Pok Oi Hospital Mrs. Wong Tung Yuen District Elderly Community Centre, Caritas District Elderly Centre – Yuen Long to launch a “Community Kitchen Programme”. With the Shared Economy idea of making use of existing resources, elderly volunteers prepared decent meals at community kitchens in different service units for the needy and hence promoting an inclusive in the community. The programme organised lunches, tea time dishes, two mass festival events for the under-privileged groups in Yuen Long district.

龍澄坊 Vitality Place

「我哋元來有聲有戲」計劃

龍澄坊獲滙豐社區夥伴計劃贊助，舉辦「我哋元來有聲有戲」計劃，透過為期一年的裝置藝術及話劇活動，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。我們在中心及中學舉行了裝置藝術工作坊，並將會員的作品擺放於5個屋邨展覽。另亦於牛棚藝術村舉行工作坊，並由復元人士及社區人士於工作坊中，共同創作理想的狹小蝸居，展覽開放予公眾參觀，為期3天。整個系列的裝置藝術活動共有95位學生、200位社區人士及172位會員參與。

Relife, We live

Funded by HSBC Community Partnership Programme, Vitality Place launched the “Relife, We live” programme, which aimed at raising the public’s awareness on youth mental health and combating social stigma through one-year programme. We organised installation art workshops at our centre and secondary schools, and exhibited users’ products in 5 public estates of Kowloon City district. We also organised workshop at Cattle Depot Artist Village, with mental health service users and people from local community who took part in the creation of the ideal shoebox flats in the activity. 3 open days were arranged for the public to visit the exhibition. 95 students, 200 general public and 172 users participated in the installation art series.



龍澄坊會員(左一)向學生講解民間故事。
VP user (first left) was introducing the folk tales to students.

話劇方面，中心於10間大專院校及中學進行巡迴演出，超過2,200名學生參與。此外，中心在二零一七年八月二十六日於上環文娛中心劇院舉行<靈•聽>公演，由9位會員及17位青少年共同擔任台前幕後工作，超過400名觀眾出席，全場接近爆滿。整個活動得到各屆正面迴響，無論老師、學生或公眾人士參加活動後均對復元人士給予正面評價。

紅黃陸悠遊-社區導賞團

龍澄坊繼續發展「紅黃陸悠遊」-社區導賞團，由受過培訓的會員擔任導賞員，向社會人士分享紅磡、黃埔區的歷史、傳統文化及特色，以及他們的成長故事。紅黃陸悠遊英文為「COLOR」，意謂好奇(C)、機會(O)、優閒(L)、開放(O)及反思(R)。今年我們為不同團體舉行收費導賞團，並與社區文化發展中心合作，將導賞團納入「行行重行行」系列活動。活動得以成功舉行，全賴各團體支持，包括：仁愛堂、香港理工大學及社區文化發展中心。

For the drama activity, we staged roving performance across 10 tertiary institutes and secondary schools with over 2,200 student audience. A drama named "Soul Note" was performed on 26th August 2017 at the theatre of Sheung Wan Civic Centre with over 400 audience. Both the drama performance and backstage production were conducted by 9 members and 17 community youth. Overall feedbacks of the programme were positive and the participants including teachers, students and the public gave positive comments toward mental health users after the programme.

COLOR Tour

Vitality Place continued to develop the fee charging cultural tour – COLOR Tour with community partners. "COLOR" denotes "Curiosity", "Opportunity", "Leisure", "Openness" and "Reflectiveness". Users were trained as docents to share the history, traditional culture and characteristics of Hung Hom and Whampoa district as well as their life stories to public through the tour. We also partnered with Centre for Community Cultural Development (CCCD) to organise tours in the Walk Festival series programme. The programme ran successfully and we would like to express our heartfelt thanks to Yan Oi Tong, The Hong Kong Polytechnic University and CCCD to support the COLOR Tour.

龍澄坊會員將薯片袋變為小袋子。
VP users turned the crispy packs into small bags.



會員將1公升飲品的紙盒轉化成小錢包。
Users transformed the 1-Litre drink boxes into coin purse.



龍澄坊會員分享烹飪心得。

VP user was sharing the cooking secret of her cuisine.

快樂有營煮食比賽

龍澄坊於二零一七年十一月九日於信興廚藝中心舉行跨單位的「快樂有營煮食比賽」，希望透過健康有營煮食，幫助會友減壓及提醒他們健康飲食的重要性。此活動同為慶祝本會六十週年活動。12隊參與會友來自本會精神健康服務、綜合更生康復服務、在囚及更生人士家庭支援服務單位，他們在比試中將廚藝發揮得淋漓盡致，並即席分享心得。參賽者表示從活動中得到不少煮食靈感，並期望日後再有同類比賽，繼續與會內的會友交流。

龍澄奇寶共享日

中心於二零一七年十二月十六日於何文田公園舉行「龍澄奇寶共享日」嘉年華，透過推廣共享物資的概念，提升會員及居民的環保意識。龍澄坊會員將他們棄用的物資捐出，並在嘉年華發揮唱歌及手工藝才華，令嘉年華變得有聲有色，吸引了不少兒童、青少年、長者及家庭參與。

「綠綠無窮」-環保手工DIY

此活動目的為加強會員的環保意識及認識升級再造的重要性。會員學習利用日常生活的舊物品及棄置物品轉化為有用物品，如將1公升的牛奶盒或果汁盒轉化成實用的錢包、利用舊衣服轉化為環保袋及利用零食袋轉為小袋子。舊有物品象徵復元人士，在升級改造的過程中，被賦予價值。

六十週年手工藝紀念品

為慶祝本會六十週年，龍澄坊會員親自製作了一系列的紀念品包括剪紙及及十字繡手工藝品，當中十字繡咕啞被用作本會六十週年「華麗人生」慈善鑽禧晚宴義賣，而一幅十字繡畫則送贈予馬道立法官，GBM作紀念品。

Cooking Joy Competition

A cross-unit Cooking Joy Competition was successfully held on 9th November 2017 at Shun Hing Cooking Centre at Jordan. The programme aimed at assisting service users to release stress through cooking smart and advocating the importance of healthy diet. 12 teams from Mental Health Service, Social Rehabilitation and Crime Prevention Service and Family Support service of our Society shown their comprehensive cooking skills in the competition. All the teams shared that they were inspired by other participants to cook new cuisines and expected to have such meaningful competition in the future.

Shared Economy Carnival

A "Shared Economy Carnival" was organised at Ho Man Tin Park on 16th December 2017, which aimed at arousing users' awareness and residents' awareness on environmental protection issue and promoting the concept of resources sharing. Users of Vitality Place donated their unused goods and contributed their talents such as singing and handicrafts for the carnival. The hot atmosphere of the carnival lured children, youth, elderly and family to join.

Infinite Green Workshop

This workshop aimed at enhancing the users' awareness on environmental protection and increase their understanding of the importance of upcycling. Users learnt how to turn the 1-Litre milk boxes or juice boxes into coin purse, to upcycle old clothes into tote bag and crispy pack into small bag. Through this workshop, we aimed at enhancing the users' awareness on environmental protection and increase their understanding of the importance of upcycling. The old items symbolize mental health users who will gain added values through the upcycling process.

SRACP 60th Anniversary Souvenirs - DIY Handcrafts

To celebrate the 60th anniversary of SRACP, users of Vitality Place created a series of handcrafts products including decoupage and cross-stich as souvenirs. Cross-stich cushions were placed to the charity sale of the 60th anniversary Diamond Jubilee Gala Dinner and one cross-stich embroidery was given to The Hon. Chief Justice Geoffrey MA, GBM as souvenir.

小童正學習利用手工材料製成代表機構六十週年的蝴蝶筆。
Children were learning how to make butterfly-pattern pen with art materials which symbolized the 60th anniversary of SRACP.



評判、會友及職員在快樂有營煮食比賽合照。
Group photo of judges, service users and staff at the Cooking Joy Competition.



廣州精神康復服務督導

本會成功投得3年服務標書，繼續為廣州市民政局精神病院的同工提供督導服務，並由龍澄坊的督導主任，臨床心理學家及職業治療師為日間中心的同工提供21節的督導服務，包括個案督導、為院友提供社區音樂工作坊、靜觀小組、家屬活動及員工培訓。

聽聲取向

精神健康服務於二零一五年開始發展聽聲取向，本會同工於同年在墨爾本接受培訓，並把經驗帶回本地進一步推廣及舉辦聽聲小組。過去兩年，聽聲小組已經在不同單位，包括龍澄坊、朗澄坊及秦石中途宿舍恆常開辦，為有聽聲〈幻聽〉經驗的人士提供一個在安全的環境，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。

Supervision for Mental Health Service in Guangzhou

This year, our Society successfully bid a 3-year social work supervision project for the Guangzhou Psychiatrist Hospital. Supervisor of Vitality Place, Clinical Psychologist and Occupational Therapist were invited to deliver 21 sessions supervision for staff of the Day Activity Centre, the sessions included casework supervision, community music workshops for clients, mindfulness group, workshops for family members and staff training.

Hearing Voices Approach

The Mental Health Service Branch started to develop Hearing Voice Approach since 2015. Two colleagues attended Hearing Voices Approach training in Melbourne and incorporated their learning experience into daily practice via continuous promotion of the approach and organising hearing voices support groups. Over the past two years, a series of hearing voices support groups were operated in Vitality Place, Placidity Place and Chun Shek Halfway House. With the continuous effort, we aimed to provide a secure environment for members to share their lived experiences, to learn new coping strategies, to explore ways to make sense of voices and to change the relationship with "voices" as a living partner.



龍澄坊會員為一對夫婦進行人像素描。
VP user was sketching a portrait for a couple.



龍澄坊會員為慶祝機構六十週年而製作的十字繡畫。
The cross-stitch embroidery hand made by VP users to celebrate SRACP 60th anniversary.

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、家庭治療及社區音樂介入。

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

Clinical Psychologist provides psychological assessments and treatments to service users who suffer from psychological, emotional or behavioral disturbances. Treatment approaches include Cognitive Behavioural Therapy, Family Therapy and Community Music intervention.

In addition, 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 research and staff training activities.

服務數據 Service Data



本年度本會臨床心理學家接受社工成功轉介48名新服務使用者及為80名服務使用者提供252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52節治療性小組(每節2小時)共約420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32節培訓(每節2—3小時)。

In 2017/2018, social workers referred a total of 48 new cases to the Clinical Psychologist for assessments and treatments. 252 sessions of individual assessment and counselling were rendered to 80 clients (each session 1—2 hours). The Clinical Psychologist also provided 52 therapeutic sessions of groupwork (each session 2 hours) for around 420 service users. In addition, the Clinical Psychologist organised 32 sessions of training (each session 2—3 hours) to the staff and volunteers of our agency as well as professional staffs from external agencies.



臨床心理學家與朗澄之聲社區音樂小組於機構活動中演出。

Clinical Psychologist and Placidity Sound Community Music group performed at an outdoor function of the Society.

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舉行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其家屬安排不同類型的治療小組，如：認識復元小組、動機面談訓練及社區音樂小組。

為新員工提供基本技能培訓

臨床心理學家定期為本會新員工作基本技能培訓，內容包括「精神狀態評估」、「簡明精神病評定量表的使用」、「自殺風險評估與介入」、「動機式面談法」及「長者更生人士的心理及靈性需要」。臨床心理學家亦按不同單位服務需要提供合適培訓。

對外培訓

臨床心理學家乃本會培訓中心的其中一位導師，年內曾為澳門社會工作局員工提供培訓，題目包括「動機式面談法」及「性罪犯評估與治療」。

朋輩支援員訓練課程

臨床心理學家和社工統籌第二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及公眾參加。20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

由臨床心理學家、音樂治療師及創作人黃欣慰女士攜手合作，於不同精神健康服務單位舉行社區音樂創作小組。此外，心理學家亦積極參與由本會協辦的「美樂活心靈」音樂充權與治療研討會，並擔任主講及帶領工作坊。他亦應邀為廣州市民政局精神病院日間活動中心之病人及員工帶領社區音樂工作坊。

Different Types of Therapeutic Groups

The Clinical Psychologist has hosted therapeutic groups for service users with compulsive stealing and sex offending problems at Social Service Centres. Therapeutic groups on mental recovery, motivational interviewing and community music were also organised for service users and their family members at both Placidity Place and Vitality Place.

Essential Skill Training for New Staff

In 2017/2018, the Clinical Psychologist hosted essential skill trainings for new staff of the Society on a regularly basis. The essential skill modules include "Mental State Examination", "Usage of Brief Psychiatric Rating Scale", "Suicidal Risk Assessment and Intervention", "Motivational Interviewing" and "Psychological and Spiritual Needs of Elderly Offenders". The Clinical Psychologist also tailored made trainings according to needs of different units.

Trainings for External Agencies and General Public

As one of the core trainers of the SRACP Training Centre, the Clinical Psychologist offered trainings for staff from Macau Social Welfare Bureau. Training topics were "Motivational Interviewing" and "Assessment and Treatment for Sex Offenders".

Peer Supporter Training Course

The Clinical Psychologist and Social Workers organised the 2nd training course for Peer Supporter. More than 20 service users from our Mental Health Service and the general public enrolled in the 20 hours course, including "Recovery and Peer Support", "Exploration of Personal Strength", "Communication Skills" and "Writing and Sharing of Recovery Story".

Community Music Activities

The Clinical Psychologist coordinated creative music writing groups at various Mental Health Service units organized by Music Therapist and Composer Ms. Esther Wong. He also assisted in coordinating the Conference on Music for Wellness: Empowerment and Therapy, which was co-organized by the Society. He was also invited to deliver community music workshops for patients and staff from Guangzhou Psychiatric Hospital Day Activity Centre.

音樂治療師黃欣慰女士為舍友舉辦社區音樂創作小組。
Music Therapist Ms. Esther Wong conducted song writing session with residents from Chun Shek Halfway House.

臨床心理學家分享進行社區音樂工作的經驗。

Clinical Psychologist presented his work of doing community music in mental health service.



職業治療服務

Occupational Therapy Service

服務概覽

職業治療服務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機能評估及職業治療服務，藉此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。

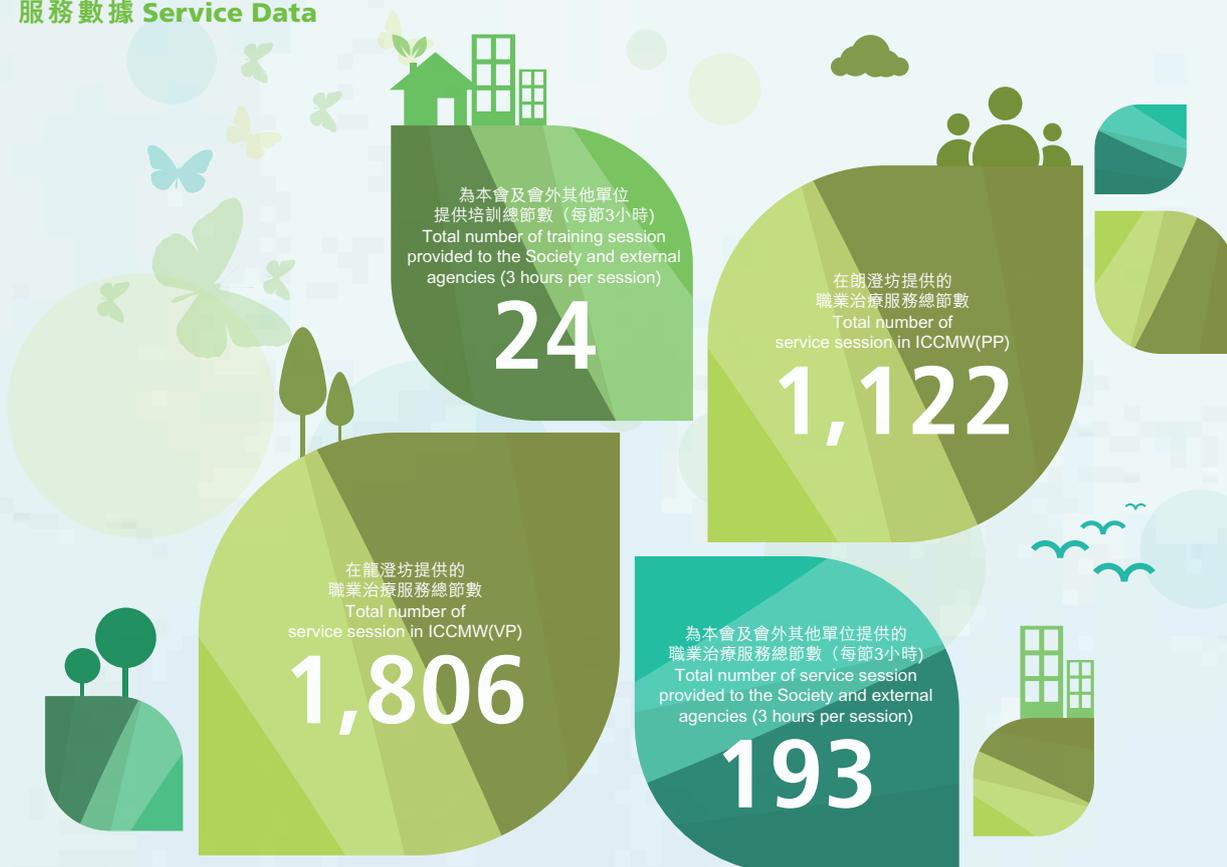
此外，職業治療師亦為本會其他服務單位提供專業諮詢服務，並協助進行研究、職員培訓及實習培訓等工作。

Service Overview

The Occupational Therapy Service provides functional assessments and treatments for service users who suffer from psychological, emotional or behavioral disturbances, to optimize their body functions 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 are mainly the service users of Vitality Place and Placidity Place.

The 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



年度重點

Highlights of the Year

「糉有你同行 - 回歸樂耕作」

由元朗區議會贊助，本會的職業治療師聯同朗澄坊於二零一七年七月及八月舉辦名為「糉有你同行-回歸樂耕作」的一連串活動，以慶祝香港特區成立20週年。超過400名社區人士、朗澄坊的服務使用者及其家屬參加了由天愛坊舉辦的導賞團

Celebration Activities of 20th Anniversary of Establishment of HKSAR

Funded by Yuen Long District Council, the Occupational Therapists co-organised with Placidity Place a series of activities themed "Be with you - Return Fun Farming" in July and August 2017 to celebrate the 20th Anniversary of HKSAR. Over 400 community participants,

職業治療服務於週年大會中與義工一同義賣服務使用者製作的產品。

Occupational Therapy Service sold user-made products with volunteers at Annual General Meeting.



及綠色工作坊。另外，我們的義工探訪區內的殘疾人士，並送上了明朗廚房提供的端午糰。慶祝活動不僅給所有參與者帶來歡樂和樂趣，而且讓他們更清晰地了解職業治療服務及朗澄坊提供的服務。通過公眾和我們的服務使用者之間的直接互動，加強對精神復元人士的正面形像。

提供多元化治療小組

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，我們新設的小組，包括：失眠處理小組、MBTI十六型人格及辯證行為治療小組。

對外培訓

職業治療師主管是「善導培訓中心」的導師。年內，他為香港樹仁大學的職員及學生，以及香港善導會不同單位的職員提供精神健康急救課程，並為廣州市民政局精神病院日間中心提供督導服務。另外，他亦為本會不同單位的職員提供培訓，包括：龍澄坊、朗澄坊、義工發展服務、少數族裔戒毒康復支援服務及九龍東社會服務中心。

職業治療服務亦為職業治療海外碩士課程的一個報讀學生提供了工作影子機會。

推廣職業安全健康

職業治療主管與本會的人力資源及行政部合力製作新的職安健評估表格，並為機構的督導級職員提供了評估和推廣體力處理操作，以及使用顯示屏幕設備安全方面的培訓。職業治療師還為因工受傷的員工提供復工評估和相關的建議安排。

service users of Placidity Place and their family members joined the Guided Tours and Green Workshops conducted by Tranquility Indoor Farm (TI Farm). Besides, our volunteers visited people with disabilities within Yuen Long District and delivered them yummy rice dumplings, produced by our social enterprise brand food of Bright Service Co Ltd. The celebration activities not only brought joy and fun to all participants, but also have a better understanding of the services provided by Occupational Therapy Service and Placidity Place. The positive image of people in recovery was enhanced through direct interaction between the public and our service users.

Diversified Therapeutic Groups for Service Users

The Occupational Therapists organised various therapeutic groups, educational talks, day training workshops in the Integrated Community Centres for Mental Wellness (ICCMWs) to promote overall well-being of service users. This year, we rendered new groups including Insomnia Management programme, MBTI personality test and Dialectical Behavioral Therapy group.

Training for External Agencies and General Public

Our Occupational Therapist Supervisor is one of core trainers of the SRACP Training Centre. During this year, he conducted multiple Mental Health First Aid Certificate courses for staff and students from Shue Yan University and also multiple units within the Society. He also provided supervision services for Psychiatric Hospital of Guangzhou Civil Affairs Bureau. Besides, he provided training to our staff from various units including ICCMWs, Volunteer Development Service, Project CARE and Kowloon East Social Service Centre.

Our Occupational Therapy Service also provided a job shadowing opportunity for a potential candidate of an occupational therapy oversea master programme.

Promote Occupational Safety and Health

The Occupational Therapist Supervisor collaborated with Human Resources & Administration Division in developing new assessment forms for occupational safety and health. He also provided training to supervisory grade staff in assessing and promoting safety on Manual Handling Operation and on the use of Display Screen Equipment. In addition, the Occupational Therapists also provided return-to-work assessment and related arrangements to our injured-on-duty staff.

龍澄坊日間職業治療小組成員製作六十週年環保袋作義賣。

Validity Place users of the Occupational therapy Day Train Programme made specially designed leather bags for the charity sales.

