



精神健康服務

Mental Health Services

服務方向

SERVICE ORIENTATION

精神健康服務持續為本地各年齡層的社群提供多元化優質服務，專業團隊的服務熱誠，一直以來都讓我們感到驕傲。我們關注市民的全人身心健康，推動服務受眾培養自我照顧及自我欣賞等積極人生態度，強化個人、家庭以至整個社區的免疫力。我們結合不同實證為本的服務模式，透過多項創新試驗計劃，協助復元人士尋找內在優勢和價值，享受共融多元人生。同時，我們持續推動社區教育，讓公眾人士認識精神健康需要，積極倡議及早識別、創意介入，推動共建精神健康友善城市。

Mental Health Services continue to serve the local community with a multitude of high-quality services catering to all ages and take pride in the passionate commitment of our professional team. We promote the holistic wellbeing of our fellow citizens and encourage service users to navigate their lives positively by practising emotional self-care and self-appreciation, in order to enhance the resilience of individuals, families and the broader community. We have integrated a variety of evidence-based service models and launched innovative pilot programmes, which are helping people in recovery find their inner strength and value to enjoy living in a diverse and inclusive society. With our ongoing effort to promote mental health education in the community, we are aiming to improve public awareness of mental health issues, and are advocating for the importance of early identification, innovative interventions, as well as public participation in building a mental health-friendly society.



希望
HOPE



服務摘要

動員社區力量 齊創新領域

社區服務單位自2022年2月起先後推出一系列精神健康推廣及支援的線上項目，包括：和悅打氣頻道、流動心靈學堂、心靈加油站等，並成功連繫各界善長轉贈抗疫物資予有需要的會員家庭，為復元人士提供及時的情緒及實質支援。累積受惠人數達300人。



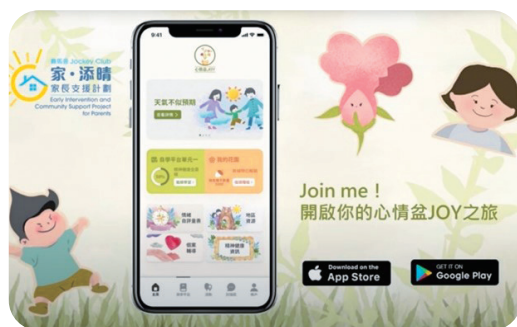
▲「和悅打氣頻道」為社區人士打打氣、分享疫情最新消息及抗疫情緒小錦囊。

“Online Cheering Channel” was used to share the latest updates on COVID-19 and tips on emotional management with community members to keep their spirits up amid the pandemic.

多元承托 關注家庭、青少年及學童精神健康

我們得到香港公益金撥款資助，於2021年7月，推出為期三年的「童心藝行」學生情緒健康計劃。透過運用接納與承諾治療為本，以表達藝術治療作為介入手法，為受焦慮困擾的學生提供及早預防、及早辨識與及早介入的支援，減輕焦慮情緒。

此外，由香港賽馬會慈善信託基金捐助，為期三年的「賽馬會『家·添晴』家長支援計劃」於2020年6月開展，支援家長的精神健康。計劃於2021年12月推出全新的自創手機應用程式「心情盆JOY」。截至2022年3月31日，計劃已服務6,195人次；「心情盆JOY」於短短四個月內已錄得1,205下載人次，成績令人鼓舞。



▲ 手機應用程式「心情盆JOY」。

Our newly-developed mobile application for parenting support.



▲ 同學們透過創作情緒瓶，表達他們此時此刻的心情。

Students expressed the emotions they were feeling as they created their own mood bottles.

SERVICE HIGHLIGHTS

Mobilising Community Action to Forge New Paths

Since February 2022, our community service units had launched a wide spectrum of online campaigns to support and promote mental wellbeing, including the “Online Cheering Channel”, “Mobile Mental Wellness Learnings” and “Recharging Your Soul Programmes”. We also distributed donations of personal care and hygiene supplies to the households of our service users in need, providing people in recovery with the timely emotional and tangible support they needed. These efforts benefitted a cumulative total of 300 individuals.

Diverse Support for the Mental Wellbeing of Families, Adolescents and Schoolchildren

With a subvention from The Community Chest of Hong Kong, we launched a three-year programme called “ACT with your HeART – Anxiety Relief Project for Students” in July 2021. In the programme, the Acceptance and Commitment Approach (ACT) was integrated with Expressive Arts Therapy as a means of intervention, in order to help students manage their anxiety through support in terms of early prevention, identification and intervention.

In addition, the “Hong Kong Jockey Club Early Intervention and Community Support Project for Parents”, a three-year programme sponsored by The Hong Kong Jockey Club Charities Trust, was launched in June 2020 to support the mental wellbeing of parents. An original mobile application for parenting support was rolled out in December 2021, which teaches parents how to apply ACT to their everyday lives at home. Encouragingly, as of 31st March, 2022, the accumulated number of programme service times reached 6,195, with the mobile application registering 1,205 downloads in just four months since its launch.



▲「心情行動」接納與承諾治療手法專業培訓講座。
“Smile ACTION” Workshop for Professionals.



▲親子燈飾製作工作坊
A lamp-making workshop for families

「幸福家友站」推廣家庭精神幸福

「幸福家友站」—推廣及支援將軍澳家庭精神幸福計劃由社區投資共享基金資助，由2021年4月開始為期三年，以社區為本推廣家庭精神健康，服務將軍澳區內有情緒支援需要的小學生及其家庭。首年度，團隊已成功為36個家庭提供85次一對一到戶式親子藝術活動。另外，項目亦成功招募167位社區熱心義工，並與20名來自各界的專業人士及社區領袖結成關鍵性協作伙伴，受惠總人數超過2,100人。

Building Happier Families through the “Happy Family and Friend Project”

The “Happy Family and Friend Project – Promoting and Supporting the Mental Wellbeing of Families in Tseung Kwan O” is a three-year community-based project that was launched in April 2021. Supported by the Community Investment and Inclusion Fund, the project serves to promote the mental health of primary school students with emotional needs and their families across Tseung Kwan O District. In their first year of operations, the team provided 85 one-to-one home-based art activities to 36 families. In the project, 167 community volunteers were recruited and a network of cross-sectoral partnerships was established with 20 professionals and community leaders, thereby benefitting more than 2,100 individuals in total.

關顧年長人士的全人健康

本會透過第二期的「賽馬會樂齡同行計劃」與區內各長者地區中心協作，支援有抑鬱風險或抑鬱徵狀的長者。

Supporting the Holistic Wellbeing of Elderly People

In collaboration with other providers of elderly services in the community, phase two of “The Jockey Club Holistic Support Project for Elderly Mental Wellness” supported elderly people at risk of depression, or those exhibiting depressive symptoms.

充滿暖意的歌曲《一切都會過去》由計劃朋輩支援同工夥拍本會青年及教育服務Y-Concept Stage的青年義工一起創作，透過動人樂章寄語長者們將憂傷放下，在困難時刻記緊身邊有人共同面對，並一起展望將來。

Peer supporters work with youth volunteers from the Y-Concept Stage, a division of our Youth and Education Services, to compose “Everything will be alright”, a beautifully written and heart-warming song telling elderly people to let go of their sorrows and look forward to the future, knowing that they are not alone in their fight.



Music Video



另外，「賽馬會康齡『身』世紀」計劃在疫情期間於社區支援及推動中高齡人士提升自我全人健康管理意識及能力。無懼疫情的難阻，團隊舉辦了一系列網上健康講座、康體運動班，並轉介有需要的參加者至區內專業醫療伙伴進行健康評估。服務數據顯示計劃有效改善參加者的整體健康生活指數。兩個計劃年度內的受惠人次超過3,300人。

Meanwhile, “The Jockey Club – Get Set Go for a Healthier Life” focused on helping middle-aged and elderly people, by improving their health awareness and their ability to manage their own health holistically during the pandemic. Despite the trying times, our team conducted a wide range of online health talks and fitness classes, after which some of the participants were referred to our community healthcare partners for professional health assessments. Statistics showed that the project had significantly helped the participants in terms of improving their overall healthy living index. During the reporting year, the two programmes attracted more than 3,300 participants.



▲「幸福簡單，簡單幸福」網上新書發佈會。

Our virtual book launch event under the theme of “Happy Simple, Simple Happiness”.

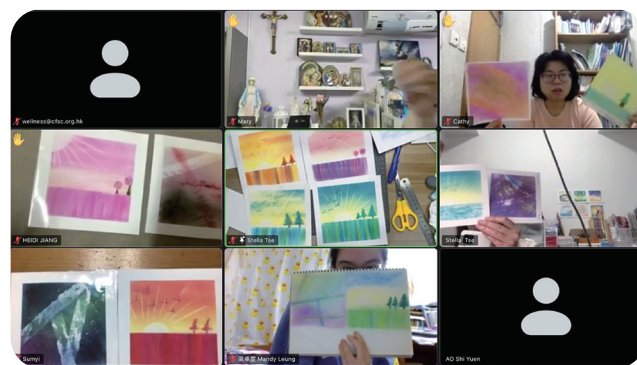
A Creative Approach to Mental Health Promotion

In early 2022, we published an original picture book titled “Present Living is the Beginning of Happiness”. In March 2022, we organised a virtual book launch event under the theme of “Happy Simple, Simple Happiness”, along with a series of workshops on expressive arts therapy. With these light-hearted and creative activities, we hoped to encourage participants to find

happiness in the smallest of things, master the key to a happier life. The virtual event was a resounding success, attracting a total of 160 participants.

創意入屋的社區精神健康推廣

我們於2022年初推出了一本以《活在當下，是幸福的開始》為題的自創繪本，並於3月舉辦「幸福簡單，簡單幸福」直播新書發佈會及一系列的表達藝術治療工作坊，希望透過輕鬆、創意手法倡議參加者投入體驗活動，覺察身邊的「小確幸」及掌握提升「幸福感」的竅門。是次活動以網上形式舉行，成功吸引160人於線上同步參與。



▲「感受幸福」和諧粉彩網上工作坊。

Our virtual Pastel Nagomi Art workshop titled “Feel the Blessings”.



▲《活在當下，是幸福的開始》自創繪本，基於「接納與承諾治療（簡稱ACT）」的概念編著。“Present Living is the Beginning of Happiness” is an original picture book inspired by the concept of Acceptance and Commitment Therapy.

院舍服務

中途宿舍及輔助宿舍於過去一年均經歷了不少嚴峻的挑戰，宿舍持續提升舍友的自我健康管理意識及能力，並倡議社區便利運動，改善舍友的全人健康質素。

承蒙香港賽馬會慈善信託基金資助「賽馬會院舍防疫設施資助計劃」，在疫情期間資助院舍添置資訊設備，讓服務使用者與家人及海內外親友保持緊密聯繫。



▲ 為宿舍進行定期噴灑防病毒塗層，提供一個更安全的環境讓舍友居住。

Surfaces within the residential homes were regularly treated with an antibacterial spray to provide a safer environment for residents.

Residential Services

Our halfway house and supported hostels were faced with many challenges last year. Since we are committed to improving the holistic quality of health among our residents, we continued to enhance their health awareness and ability to manage their own health, while promoting accessible physical activities across the community.

Funded by The Hong Kong Jockey Club Charities Trust, the “Jockey Club Facilities Enhancement Scheme for Pandemic Preparedness at Residential Care Homes” granted a one-off subsidy to our residential care homes to install telecommunications equipment, so that service users can stay closely connected with their family members and relatives at home or abroad during the pandemic.



▲ 院舍安排使用視像通話，讓服務使用者能夠與家人於疫情期間保持聯繫。

Video calls were arranged at the residential homes for service users to stay connected with their family members during the pandemic.

未來發展

在未來一年，我們會與相關持份者繼續攜手共渡時艱，繼續提供優質、全面及多元的服務，以確保服務使用者及其家庭得到適切的照顧及支援。此外，我們致力與業界協作，以應付社會對精神健康服務不斷飆升的需求。我們會從以下三方面發展鞏固上述的服務方向：

1. 重視跨界別溝通，建立不同渠道，聆聽服務使用者及社區持份者之意見；
2. 勇於創新，突破框架，以敏銳觸覺革新服務模式，鼓勵團隊以創新及多樣手法關懷照顧者及各年齡層服務使用者的全人健康；
3. 建立高效能專業團隊，並持續與香港多間大學及科研團隊共同研發及改進不同介入手法配套及成效。

OUTLOOK

In the coming year, we will continue to navigate the turbulent times by working closely with various stakeholders and maintaining the quality, extensiveness and diversity of our services, to ensure that all our service users and their families can receive the care and support. Another priority will be to collaborate with other mental health service providers in response to the surging demand for mental health services. We will also consolidate our existing services in the following three directions:

1. Promoting cross-sectoral communication, building different communication channels and listening to our service users and community stakeholders.
2. Embracing innovation, out-of-the-box thinking and a visionary overhaul of our service model, while encouraging our team to adopt a diversified and innovative approach with a carer-oriented and age-specific focus on physical and mental needs.
3. Building a high-performing multi-disciplinary team, as well as continuing to research, develop and optimise different interventions and supporting services in conjunction with local universities and research teams.

2021 - 2022 服務統計 (截至 2022 年 3 月 31 日)

Service Statistics (as at 31st March, 2022)

97

精神病康復者住宿照顧個案數目
No. of cases of ex-mentally ill persons using residential services



39

接受兒童及青少年情緒支援服務個案數目
No. of cases of children and adolescents receiving mental health interventions



733

支援精神病康復者融入社區個案數目
No. of cases of ex-mentally ill persons receiving support for community integration



33,879

參與精神健康教育及推廣活動人數
No. of people who attended mental health education and promotion programmes



5,249

提供復元活動的服務時數
Service hours of the recovery programmes



5,627

促進復元的輔導時數
Counselling hours of the recovery facilitation services



150

接受照顧者情緒支援服務個案數目
No. of cases of carers receiving mental health interventions



215

接受老齡化情緒支援服務個案數目
No. of cases of elderly people receiving mental health interventions



452

提供網上活動的服務時數
Service hours of the online programmes

