

精神健康服務

Mental Health Services



服務方向

精神健康服務以「及早識別」和「及早介入」為主要服務策略，為受情緒困擾人士和精神病康復者提供輔導、活動、住宿、社區支援網絡及其他支援服務，協助他們發掘能耐，促進復元，重投社會建立有意義的生活。

本年，我們繼續以「能耐為本」理論作為服務發展的基礎。一方面，我們為員工提供持續培訓以鞏固輔導工作；另一方面，我們推行多項協作計劃，強化公眾教育工作，提升社會的融和能力。此外，表達藝術是良好的媒介，我們善用以作為治療的一部分，更可將康復者與社會的距離拉近。

Service Orientation

'Early Identification' and 'Early Intervention' are the major service strategies of our Mental Health Services. We provide counselling, activities, accommodation, community support and related services for people with emotional distresses and ex-mentally ill persons. The goals are to help them identify their personal strengths, enhancing their capacity for recovery, and to lead a meaningful life in the community.

This year, we continued to adopt the 'Strengths Perspective' as the basis for developing our service. On the one hand, we organised regular training for staff to consolidate their counselling work; on the other hand, we carried out various collaboration projects to strengthen the community education work and promote the spirit of social inclusion. In addition to the above, we made use of expressive arts as part of the healing therapy and to bridge the gap between the ex-mentally ill persons and the society.

服務摘要

青少年精神健康推廣及治療中心推展了「青少年精神健康運動」，以協助公眾及助人專業關注青少年精神健康問題。我們於2015年3月舉辦了研究發佈會，成功吸引21個媒體作廣泛報導。同時，我們主辦的研討會也吸引了80位分別來自社會服務、學校及醫院的專業人士參加，大部分參加者成為了中心往後合作夥伴，共同服務受精神或情緒困擾的青少年。

Service Highlights

Our Centre for Adolescent Mental Health Prevention and Intervention has launched the 'Adolescent Mental Health Campaign' to raise the concerns of the public and the helping professionals about the mental health issues of adolescents. We have held a press conference in March 2015 and successfully engaged 21 mass media to report our research findings. Meanwhile, we have organised a conference and attracted 80 helping professionals from NGOs, Schools and Hospitals to join it. Most of these participants became our collaborative partners in providing appropriate service for adolescents having mental or emotional distresses.



▲ 由香港理工大學護理學院各教授及本會組成的研究團隊。
Research team formed by professors from the School of Nursing in the Hong Kong Polytechnic University and colleagues from CFSC.



伙伴合作

建立社區協作 發展康復者優勢

承蒙西貢區議會、社會福利署黃大仙及西貢區福利辦事處「地區青少年發展資助計劃」、屋邨管理諮詢委員會及蘋果日報慈善基金的支持，和悅軒——精神健康綜合社區中心推行多類型社區協作活動，包括「藝笪地」、「走出地平線」、「關愛健明·無分你我他」及「友戲共融」等。

Partnership Projects

Establishing community collaboration and uncovering users' strengths

With the joint funding support of the Sai Kung District Council, the 'District Support Scheme for Children and Youth Development' of Wong Tai Sin & Sai Kung District Social Welfare Office of Social Welfare Department, the Estate Management Advisory Committee and Apple Daily Charitable Foundation, our Wellness Zone – Integrated Community Centre for Mental Wellness organised various community collaboration projects, included 'Art Flea Market Project', 'Youth Development Project', 'Caring in Kin Ming Project' and 'Friends Play Together Project'.

最令人鼓舞的進展，是會員不再以病者身份去生活，他們認同個人亦是社區的一份子，能夠更有自信和積極地參與社區事務。此外，我們樂見有更多擁有共同信念的伙伴，主動與我們合作去關懷受眾和推動精神健康教育，使鄰里關係更友善和融洽。

Through the concerted efforts mentioned above, it was encouraging that our service users had abandoned their sick role and had taken courage to face their lives. Being a member of the community, they became more confident in themselves and showed active participation in the community. Meanwhile, we were glad that more and more people were willing to join us as community partners, share similar vision to care for the needy, spare their efforts on mental health education, and strive to build up a friendly and supportive neighbourhood.



◀ 「走出地平線」青少年成長計劃組成珠海澳門考察團，擴闊青年視野。
Cultivating young people's vision through the Study Tour in Zhuhai and Macau in the 'Youth Development Project'.



▲ 「關愛健明·無分你我他」計劃，為健明邨居民舉辦健康講座，居民反應熱烈。
In the Health Talk of 'Caring in Kin Ming Project', residents felt being concerned.

◀ 「藝笈地」計劃—透過雨傘繪畫，推動精神健康教育。
Umbrella artwork for mental health promotion in the 'Art Flea Market Project'.



以藝術連繫社區

這一年，我們繼續以繪畫、音樂、舞蹈、話劇和粵曲等活動，作為表達藝術的媒介。經歷創作的過程，服務使用者將內心世界的困惑和感受表達，甚或重建生命意義。公眾人士可以在作品展覽和藝術表演中，多加了解他們的復元故事。

Connecting the Community with Arts

During the year, we have continued to use painting, music, dancing, drama and Cantonese opera as means of expressive arts. Through the creation process, service users could express their emotions, distress and confusion of their inner world. It also helped them reconstruct the meaning of life. The subsequent exhibition of their artworks has raised the public understanding about their recovery stories.

活動花絮

Event Snapshots



和悅軒—精神健康綜合社區中心 Wellness Zone – Integrated Community Centre for Mental Wellness

- ◀ 「走出地平線—青少年成長計劃」讓組員跳出成長框框，體驗自主自決的精神。
Experiential activity for self – determination among young people in the 'Youth Development Project'.
- ▼ 「關愛健明·無分你我他」計劃，義工探訪長者。
Visiting senior residents by volunteers in the 'Caring in Kin Ming Project'.



◀ 「藝笈地」計劃—石頭的藝術創作，為生活添上色彩。
Life expression through stone drawing in the 'Art Flea Market Project'.



▲ 「鄰里常在·社區資本共融計劃」—讓康復者及青少年結為夥伴，服務社群。
Collaborative efforts by young people and mentally ill persons to serve the community in the 'Neighbourhood in Here – Social Capital Inclusion Project'.



翠林宿舍 Tsui Lam Half-way House



▲ 「正人君子」正向心理小組，組員以表達藝術方法探索個人情緒與期望。

The group of 'To be a Righteous Person' adapted concept of Positive Psychology and Expressive Arts to facilitate the hopes and emotion expression among group members.



青少年精神健康推廣及治療中心
Centre for Adolescent Mental Health
Prevention and Intervention



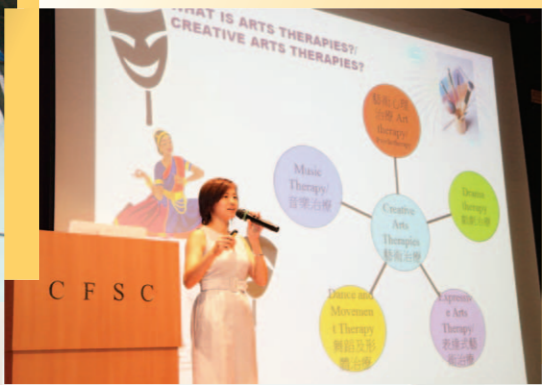
▲ 中一學生以「願望起飛」為題進行集體藝術創作。

Collaborative artworks by Secondary One students with the theme of 'Hope Instilling'.



▲ 完成了三天的青少年心理健康藝術治療課程，參加者與台灣藝術治療學會主席江學滢博士合照。

Photo taking with course instructor, Dr. Chiang Shyeying, the President of Taiwan Arts Therapy Association, after completion of a three day training on arts therapy in adolescent mental health practice.



▲ 邀請藝術治療師陳雅姿女士於「青少年精神健康研討會」中為專業人士作專題演講。

Miss Tristan Chan, an arts therapist was invited to deliver a talk for helping professionals in the 'Adolescent Mental Health Seminar'.

展望

在未來一年，除了繼續關懷受精神或情緒困擾的人士、向大眾推廣精神健康和去除負面標籤外，以下是我們致力工作的焦點項目：

1. 加強家屬支援服務，協助家庭重建關係，燃點復元力量；
2. 發展朋輩支援工作，增加服務使用者的參與機會；
3. 持續發展青少年精神健康服務，並輔以藝術治療，強化輔導工作的果效。

Outlook

In the coming year, apart from concerning the people with mental or emotional distresses, promoting mental health in the general public, and removing negative labels, we shall focus our efforts on the following items:

1. To strengthen family support service so as to rebuild positive family relationship and enlighten their recovery power;
2. To develop peer support service and to increase the participation opportunities of service users;
3. To further develop adolescent and youth mental health service, to introduce art therapy in the helping process and to strengthen the outcome of counselling work.

2014-2015 服務統計 (截至 2015 年 3 月 31 日)
Service Statistics (as at 31st March, 2015)

	翠林宿舍 Tsui Lam Half-way House	安愉宿舍 On Yue Hostel	安怡宿舍 On Yee Hostel
名額 Capacity	40	20	20
平均入住率 Average enrolment rate	98.3%	93%	95%
成功離舍率 Successfully discharge rate	20%	/	/
個別復康訓練計劃成功率 Rate of Achieving Individual Plans	/	146%	130%

和悦軒—精神健康綜合社區中心
Wellness Zone – Integrated Community Centre for Mental Wellness

會員數目 No. of members	643
新會員數目 No. of new members	174
新個案數目 No. of new cases	183
外展探訪 No. of outreaching visits	2,280
訓練服務 No. of OT assessment / training sessions	901
治療小組 No. of therapeutic groups	12
興趣班及互助小組 No. of interest classes / supportive groups	411
聯繫活動及社區教育活動 No. of linkage activities / programmes	125
聯繫活動及社區教育活動的參加者人數 No. of participants in linkage activities or programmes	5,454

青少年精神健康推廣及治療中心
Centre for Adolescent Mental Health Prevention and Intervention

個案數目 No. of cases	78
小組節數 No. of group sessions	61
活動節數 No. of programme sessions	113