

# 精神健康服務

## Mental Health Services



### 服務方向

#### SERVICE ORIENTATION

我們一直為本地社群提供多元化的服務，專業團隊的服務熱誠，一直以來都讓我們感到驕傲。在這穩健的基礎上，精神健康服務不斷創新，為服務使用者和社會大眾推出更多具質素及富成效的服務。今年，我們繼續獲得不同資金支持，為服務注入不少創新的元素，服務範圍擴展至照顧兒童和中年人士的心理及精神健康，工作涵蓋亦從研究擴闊到實踐，及從個人層面至整個社會層面。

The past year has been a dynamic and productive year for our Mental Health Services. Our service unit has been serving the local community with a multitude of versatile services and passion. Building on this solid foundation, our Mental Health Services continued to develop our workforce and innovate our service portfolio for the betterment of mental health among our service users and the society at large. With the funding support from various sources, we capitalised on new resources to fuel innovation. We have extended our scope of services to include evidence-based interventions for the mental wellness of children and middle-aged adults, while expanding our work focus from research to practice as well as from individuals to the wider society.



## 服務摘要

### SERVICE HIGHLIGHTS

#### 地區共同協作 共建幸福地圖

幸福雜貨舖—精神健康流動宣傳車於本年度3月正式完成組裝投入服務，車身設計以親民的「雜貨舖」走進社區，為九龍東區的居民在疫情中送上幸福和關心。同時，本服務亦連結不同的合作單位，不單為市民送上所需的防疫物資，更送上重要的「精神健康食糧」。另外，我們更透過網上媒體分享了110則抗疫幸福資訊及影片，接觸



人數近40,650。在疫情中，我們仍以不同方式將幸福放送到每一個家庭，共建關愛、幸福社區。



#### Collaborating with Stakeholders to Create a "Happiness Map" in Kowloon East

With the Store of Happiness – The Mobile Van For Publicity Service On Mental Wellness officially launched in March 2021, we drew on the concept of "Grocery store of Happiness" to promote mental health in the community and bring happiness and care to Kowloon East citizens.

We collaborated with different stakeholders to distribute personal care and hygiene supplies and provide citizens with the "key ingredients" to mental wellbeing. We also shared around 110 mental health videos and COVID-19-related information through various online platforms and reached close to 40,650 people. Despite the pandemic, we spared no effort in spreading love and happiness to every family and cultivating a caring community.

#### 賽馬會康齡「身」世紀

每個人都希望自己有著健康的身體。然而精神病康復者的健康狀況較一般人提早退化。和悅軒—精神健康綜合社區中心在2020年10月開始，獲香港賽馬會慈善信託基金贊助一項為期三年的「賽馬會康齡身世紀」計劃，目的是促進精神病康復者身體健康，幫助45歲或以上的會員，透過健康推廣、疾病預防與及早介入等，推動他們提升自我管理及預防疾病的能力，實踐健康人生。在這半年間，計劃已服務了91位會員，團隊提供了34節推廣健康活動，68節健康狀況評估和11節專業支援服務。參加者注重健康和控制飲食的意識較以往進步，除體重問題有明顯改善之外，他們的身心健康都有顯著的躍進。

1. 我們的幸福雜貨舖—精神健康流動宣傳車正式投入服務了。  
*Our mobile van for mental wellness was officially launched into service.*
2. 車廂內設置了「熊熊投射遊戲」讓大眾透過互動方式認識常見的情緒，灌注幸福力量。  
*Visitors in the mobile van got to learn more about the four most common emotions through an interactive projection game.*

#### Jockey Club "Get, Set, Go for a Healthier Life"

Everyone longs for a healthy life. However, people in recovery (PIR) of mental illnesses are more prone to early degeneration than everyone else. Hence, the Wellness Zone – Integrated Community Centre for Mental Wellness (Wellness Zone) kick-started a three-year project named "Get, Set, Go for a Healthier Life", sponsored by The Hong Kong Jockey Club Charities Trust, to advocate physical health promotion among members of the Wellness Zone aged 45 or above. With an emphasis on health promotion, disease prevention and early intervention, the project aims to make healthy living accessible by helping our members manage their health and prevent diseases more effectively. Over the last six months, we have served 91 members with 34 health promotion sessions, 68 health assessments and 11 sessions of professional support services. The participants became more conscious than ever about their health and dietary management, and we saw a remarkable improvement not only in their weight struggles but also in their physical and mental health.



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## 關注家長精神健康 為家庭加添「晴」

賽馬會「家·添晴」家長支援計劃於2020年6月獲得香港賽馬會慈善信託基金捐助正式開始為期三年的服務，支援東九龍區的家長，促進其精神健康及家庭和諧。計劃以「接納與承諾治療」為藍本推展服務，並配合社交平台向家長推廣精神健康，提升求助動機，及早介入以支援有需要的家長，改善整體的家庭精神健康，截至2021年3月，已服務6,248人次。

## 關注學生的焦慮問題

兒童及青少年精神健康服務得到「滙豐香港社區夥伴計劃2020」撥款資助進行「藝術保抗力技能解鎖計劃」，在校園及社區舉辦一系列活動，為學生提供預防及支援服務，減輕疫情帶來的焦慮情緒。計劃透過「接納與承諾治療」的六個意念並揉合不同藝術媒介，運用保持抗逆的六大力量：藝力、舞力、音力、戲力、寫力及協力，宣揚「保抗力六式」，協助學生表達及舒緩焦慮情緒，提升抗逆力。我們更於2020年11月期間舉辦一系列的「全城起動藝術抗逆齊發力」社區節活動，成功透過網上平台進行6次活動，藉以宣揚抗疫下情緒健康的重要性，舒緩區內人士因疫情帶來的焦慮情緒，吸引約800名兒童及青少年、家長及社區人士一同參與。



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1. 計劃透過「同途有心人」的電台節目，在大氣電波中與家長分享教養心得及有關的精神健康資訊，共同關注家長的精神健康需要。

We raised awareness about parents' mental health through the radio programme "The Way We Are", in which we shared useful information related to mental health and positive parenting.

## Happy Parents, Happy Families

The Hong Kong Jockey Club Early Intervention and Community Support Project for Parents, a three-year project sponsored by The Hong Kong Jockey Club Charities Trust and launched in June 2020, aims to support parents' mental health and enhance family harmony in the Kowloon East district. Our team built on the Acceptance and Commitment Therapy (ACT) framework to develop targeted services and raise parents' mental health awareness through social media platforms, hoping to inspire those in need to seek help while offering early intervention to struggling parents. As of March 2021, our service has reached 6,248 attendance.



2

## Raising Awareness about Anxiety in Students

With the generous support from the HSBC Hong Kong Community Partnership Programme 2020, our Children and Adolescent Mental Health Services launched the "ReACT with Arts Project" across schools and communities. A series of preventive and supportive activities were held to improve student's ability to cope with anxiety through the power of arts. The project combines the six core processes of Acceptance and Commitment Therapy (ACT) with six forms of expressive arts therapy including drawing, dancing, singing, drama, writing and collaboration to give students an outlet for their anxiety and build their resilience. We also organised six online events as part of our "Resilience Enhancement Arts Programme" in November 2020. With the use of an online platform, we promoted the importance of emotional health and the "6 Ways of Resilience Building" to alleviate feelings of anxiety caused by the pandemic. The events attracted around 800 children, adolescents, parents and members of the community in total.

2. 由表達藝術治療師帶領家長透過舞動表達及舒緩壓力及情緒，並創作屬於自己舒服的空間，享受屬於自己的時間。  
Guided by our expressive arts therapist, parents learnt how to release their stress through dancing and to create a relaxing space for themselves while enjoying some "me-time".
3. 學生透過攤位活動，認識「保抗力六式」及處理焦慮的方法。  
Students learnt the "6 Ways of Resilience Building" and coping strategies for anxiety at an educational booth set up in the campus.

## 關注女性身心健康 一起躍動心靈

現代的女性，經常要面對家庭和工作等多方面的壓力，殊不簡單。在2020年10月，我們舉辦了「CFSC姊妹跑•躍動心靈2020」網上虛擬跑活動，鼓勵女性將「靜觀」的元素融入跑步當中，以開放的心留意周圍的事物和覺察內心的聲音，同時照顧身、心、靈的健康，活出幸福的人生。是次虛擬跑活動共有250人參加，反應熱烈。隨後，我們更舉辦了「我的美麗開始」系列工作坊，透過「靜觀書法」、「花之自畫像藝術創作」、「圓形畫創作」、「桌上遊活動」，為她們提供放鬆的空間及為心靈「充電」。



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## Running Our Way to Better Mental Health in Women

Nowadays, women are under a lot of stress from their family and workplace responsibilities. Juggling multiple roles is not a easy task. In October 2020, we organised "CFSC Virtual Run for Women 2020", a virtual running event that encouraged mindful running in everyday life, inspired women to be more open and mindful of their inner and outer worlds and highlighted the importance of holistic wellbeing to a fruitful and meaningful life. The event was met with popular demand and attracted 250 participants. We then offered a series of workshops including "Mindful Calligraphy", "Creative Art on Self-Image", "Circle Painting" and "Board Game Time", where women could take a moment to relax and recharge their spirit.

## 關注長者精神健康

承接第一期「賽馬會樂齡同行」計劃的成功，本會繼續受到香港賽馬會慈善信託基金撥款，協助推展第二期計劃，於2020年1月至2023年12月期間，透過與區內的長者地區中心協作，以外展服務為將軍澳區的高危長者提供輔導服務，並聘長者擔任「樂齡之友」，協助個案重建社交連結，培養興趣，從而促進長者精神健康。



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## Promoting Mental Health in Later Life

With Phase One being a resounding success and the extended support from The Hong Kong Jockey Club Charities Trust, we moved into Phase Two of the "Jockey Club Holistic Support Project for Elderly Mental Wellness", which is expected to span from January 2020 to December 2023. Through cross-sectoral collaboration with other elderly services, our outreach team provided counselling services for elders at risk of depression across the Tseng Kwan O District. We also recruited the elderly as "peer supporters" to help our service users rebuild social connections and develop hobbies, as part of our ongoing effort to promote mental health in later life.

1. 透過不同的「我的美麗開始」工作坊，與你共享「ME TIME」，齊齊「SELF CARE」。  
Women enjoyed "me-time" and learnt the essence of self-care during a variety of workshops.
2. 「CFSC 姊妹跑•躍動心靈 2020」網上虛擬跑，關注你的身心健康，與你一起躍動心靈。  
"CFSC Virtual Run for Women 2020" was a virtual running event that raised awareness about women's mental health and holistic health care.
3. 「樂齡之友」精心製作身心健康工具箱，改善身心欠佳的情況。  
Our peer supporters crafted a Physical and Mental Health Toolbox for improving physical and mental health.

在過去一年，同工共接觸了接近1,200人次有抑鬱風險或抑鬱徵狀的長者，並根據他們的抑鬱徵狀提供治療方案。在介入後，大部分受助長者抑鬱徵狀有所改善；另外，我們共舉辦了9場社區講座及1次大型社區活動，吸引超過570名社區人士參與，促進大眾對長者精神健康的關注；同時亦聘請了10位「樂齡之友」及培訓了16名「樂齡友里」，在他們的協助下，共進行了822次的關懷電話或外展探訪服務，以回應長者的情緒需要。



Over the last year, 1,200 contacts were made with elders identified as at-risk or symptomatic. After tailor-made casework and psychoeducation interventions were offered, most of the elders showed notable improvement in their depressive symptoms. Moreover, we also organised 9 community talks and a large-scale community event, which attracted 570 members of the public to attend and raised public awareness about elderly mental health. We also employed 10 peer supporters and trained 16 ambassadors. With their assistance, 882 supportive phone calls and outreach visits were made to address the needs of emotionally vulnerable elders in the community.

學習身心健康行動計劃，改善「樂齡之友」的身心健康，並加以運用。

Peer supporters were introduced to the Wellness Recovery Action Plan to improve their wellbeing and applied the skills they learnt to help others.

## 院舍服務 Residential Service

中途宿舍於去年完成裝修工程，透過群體的生活模式和專業的介入手法，協助服務使用者提升解決問題的能力及技巧。

Last year, Tsui Lam Halfway House completed renovation works which is committed to enhancing service users problem-solving skills through communal living and professional interventions.



疫情肆虐的限制下，院舍嘗試運用多元的介入方法，如LEGO®積木遊戲治療，為舍友增添不同復康元素的色彩。

In response to the challenges brought by the pandemic, our hostel service explored a variety of alternative interventions such as LEGO®-based therapy to make rehabilitation more engaging and enriching for our residents.

## 未來發展 OUTLOOK

在未來一年，我們與相關持份者繼續攜手共渡艱難，在此起伏不定的時期，繼續提供服務，以確保有需要的服務使用者得到適切的照顧；同時致力與業界協作，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以鞏固上述的服務方向：

In the coming year, we will continue to work closely with other stakeholders to navigate the turbulent times and maintain the continuity of our care services to ensure that all our service users are well taken care of. Another priority will be to collaborate with other mental health organisations to meet the surging demand for mental health care. We will also consolidate our existing services with three focuses:

1. 重視跨界別溝通，凝聚伙伴合作精神，與服務使用者同行共勉，同時建立不同渠道，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，及以照顧者的需要為題，鼓勵團隊以創新及多樣的手法關懷照顧者的需要；
3. 建立高效能專業團隊，發展強項為本和具實証成效的服務，並將先後與香港理工大學及香港浸會大學共同研究不同介入手法之成效。

1. Promoting cross-sectoral communication, the spirit of partnership and fellowship with our service users by 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 a diversified, creative and carer-oriented approach to addressing carers' needs;
3. Building a high-performing multi-disciplinary team committed to developing strength-based and tried-and-tested services while researching the efficacy of various interventions in conjunction with the Hong Kong Polytechnic University and the Hong Kong Baptist University.

## 2020 - 2021 服務統計 (截至2021年3月31日)

### SERVICE STATISTICS (AS AT 31<sup>st</sup> MARCH, 2021)



99

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

29



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



968

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



26,778

**參與精神健康教育活動人數**  
No. of attendance of mental health  
education programmes

3,133



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



4,454

**促進復元的輔導時數**  
Counselling hours of recovery encouragement