

Mental Health Services



Service Orientation

Our Mental Health Services continue to adopt a “strengths-based” approach and provide a variety of pioneering and professional services for people of different age groups in the community, with a focus on building a mental health-friendly society in collaboration with our community stakeholders. To meet the new service needs, we are focusing on a holistic approach to public health that places a priority on mental health education and interdisciplinary collaboration. A range of innovative pilot programmes are also being delivered to promote the physical and mental well-being of members of the public and empower them to live fulfilling and meaningful lives.



Learn more about
our Mental Health
Services

Service Highlights

Rooted in the Community and Connected with Happiness

Wellness-Zone – Integrated Community Centre for Mental Wellness has been serving the public for over 13 years. In 2021, the centre relocated to its current address. With the pandemic situation gradually stabilised, Wellness Zone held its opening ceremony together with “Store of Happiness – The Mobile Van For Publicity Service On Mental Wellness” on 16th December 2022. The Lighting and Opening Ceremony announced the formal opening of “Wellness Zone” and “Store of Happiness”. Situated at Mount Verdant, the new centre will continue to provide service users with innovative and people-centred services by incorporating the four recovery elements - Hope, Harmony, Health and Happiness, to work hand-in-hand with the public to create a community that is mental health-friendly and full of hope and vitality.



Ms. Lee Pui-sze, Director of Social Welfare (third from the left), who was joined by Mr. Chow Tat-wing, Acting District Officer (Sai Kung) (first from the left), Mr. Ng Wai-lung, District Social Welfare Officer (Wong Tai Sin and Sai Kung) (second from the left), Prof. Alex Kwan Yui-huen, Chairman of the Board of Directors of CFSC (second from the right) and Ms. Ivy Leung Siu-ling, Chief Executive of CFSC (first from the right), officiate at the Unveiling and Lighting Ceremony.



Our partners in the welfare sector joined us for a tour at the Wellness Zone and Store of Happiness.



Members of Wellness Zone showed their talent by teaching other participants to create Pastel Nagomi Art with the theme of “Hope”.



Learn more about “Wellness Zone - Integrated Community Centre for Mental Wellness”



Learn more about “Store of Happiness - The Mobile Van For Publicity Service On Mental Wellness”

Supporting Parents and Promoting Family Mental Health

The work of carers can sometimes go on for the whole day non-stop; as a result, many of them have to endure significant pressure, which in turn affects their mental health, family relationships and the quality of care. With support from the Hong Kong Jockey Club Charities Trust, our Mental Health Services launched the “JC Early Intervention and Community Support Project for Parents” for a term of three years. The project is based on the Acceptance and Commitment Therapy (ACT) model, which not only allows the needs of carers to be met, but also enhances the psychological resilience and flexibility of the carers through different levels of intervention.

19,111 parents benefitted from the project through a portfolio of services that included counselling, treatment groups, mental health education activities, professional training, a parent-guardian fellowship programme, the “JOY” self-help and support platform, and a series of community education activities. Building on the experience gained from the success of this project, we will continue to use ACT as a service model to implement the “ACTivate Your Life- Support Project For Carers of SEN Students” in 2023 to continue supporting the mental health needs of carers.



An exhibition titled “I Want to Take a Break with You” showcased the feedback from several parents who had benefitted from the service.



In the ACT group, parents explored their parenting values together. This enhanced their psychological resilience and flexibility during interactions with their children, thereby strengthening positive parent-child and family relationships.



A research announcement event on the effectiveness of applying Acceptance and Commitment Therapy (ACT), together with a mental health seminar for parents, was held before the end of the project. The project consultant, Dr. Mak Yim-wah, Associate Professor of the School of Nursing at The Hong Kong Polytechnic University, and our project manager, Ms. Lapis Chan, presented the research findings and case studies, and shared about practical applications of ACT techniques in parenting groups. Clinical psychologist Dr. Stephen Mann and psychiatrist Dr. William Chui Wing-ho also gave keynote speeches on supporting parents' mental health and shared practical applications of ACT with professional colleagues.

Establishing a Mutual Aid Culture and Creating a Mental Health-Friendly Community Together

To improve the public's understanding of mental health and increase the willingness of those in need to seek help, the JC JoyAge Programme in Tseung Kwan O District collaborated with Store of Happiness – The Mobile Van For Publicity Service On Mental Wellness to conduct an “Assist, Listen, Act” publicity event at different locations in Sai Kung and Tseung Kwan O on 10th December 2022. During the event, interactive booth games, virtual reality (VR) experiences and information exhibitions were organised to enhance the public's understanding of mental health. An on-site consultation station was also set up to provide answers to any questions related to mental health and distribute maps that showed the locations of community resources, with the aim of enabling people in need to use these resources to improve their physical and mental health. Over 300 community members also signed the “Mutual Assistance Charter” during the event - an initiative that requires the signees to make a commitment to taking greater care of themselves and those around them who may be experiencing emotional distress. The goal of this initiative is to encourage those who are in need to seek help and receive support at an early stage, while building a culture of mutual assistance and care in the community.



We promoted elderly mental health to the public through booths and fair events.



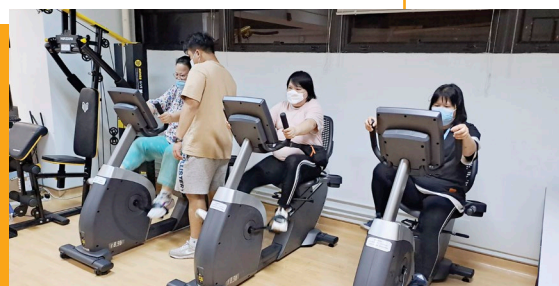
Over 300 citizens signed the “Mutual Assistance Charter”, making a commitment to caring for and helping those around them who were experiencing emotional distress.

Interdisciplinary Collaboration for Holistic Health Care

Our Mental Health Services launched the “Bear Your Health: Self-Health Management Project” in July 2022. The aim is to provide appropriate physical fitness recommendations through interdisciplinary assessments to community members in the Tseung Kwan O District and service users of our mental health hostels, in order to assist them in establishing fitness habits that can improve their physical health by utilising community resources. The ultimate goal of the project is to increase the physical and mental health and the quality of life of the participants, while enhancing positive community engagement. The International Classification of Functioning, Disability, and Health (ICF), as well as motivational interviewing techniques, have been integrated into the case intervention process to improve the effectiveness of interdisciplinary collaborations. This enables professionals from different fields to interact and understand each other more effectively, allowing them to formulate accurate and effective intervention plans that address the holistic needs of service users.



Under the instructor's guidance, our service users took part in interval training.



Our service users took part in group exercises on stationary bikes.



Promoting Community Integration through Artistic and Cultural Creativity

The “Inclusive West Kowloon Community Engagement Programme” was co-organised by the West Kowloon Cultural District Authority and CFSC, and was sponsored by the Yau Tsim Mong District Office of the Home Affairs Department. The aim of the programme, held from November 2022 to February 2023, was to connect different people in the community, regardless of their disability through a series of channels involving art and culture. It included the Community Inclusion Ambassadors Programme, the Inclusive Workshop Series activities (including a Paper Book Workshop, an “Exploring West Kowloon” event, a Coffee Brewing Workshop, a Xiqu Culture Experience Workshop and a Chinese Lantern DIY Workshop) and inclusive Relaxed Performances, designed to promote community integration.



Highlights of the “Inclusive West Kowloon Community Engagement Programme”



The “Community Inclusion Ambassadors Programme” recruited 30 people with and without disabilities, and offered them four weeks of training from November to December 2022. The programme allowed the ambassadors to learn the professional knowledge and skills they need in order to take up an essential role in promoting social inclusion in the community.



The Inclusive Workshop Series activities - Exploring West Kowloon: Participants were divided into teams and given tasks at different checkpoints to explore the accessible facilities within the art park. They used their intelligence, physical ability and perseverance to complete the challenges within a limited time frame.



Inclusive Relaxed Performances: Unlike an ordinary Chinese opera performance, these performances were supported by a range of access services. The relaxing theatre setting also enabled people with and without disabilities to enjoy the performances without pressure.

Outlook

In the coming year, we will continue to collaborate with different community stakeholders to provide comprehensive, people-centred and high-quality services to meet the needs of our service users at their various stages of life. We have identified the following four service directions:

- 1** Utilise diverse and innovative approaches to continue to promote mental health in the community, with the goal of building a mental health-friendly community with all stakeholders.
- 2** Actively listen to the stories of service users, to assist them in summarising their past experiences, organising future life paths and laying the foundation for an ideal life, thereby enabling life-long personal growth.
- 3** Focus on the support needs of carers by giving them well-rounded support, so that they can effectively provide care for the service users while maintaining their own physical and mental health.
- 4** Provide a free and safe space for young people to express their emotions, which enables them to learn about self-compassion and increases their psychological resilience to face the various challenges of life.

Service Statistics 2022-2023 (as of 31st March 2023)

102

No. of cases of ex-mentally ill persons using residential services



58

No. of cases of children and adolescents receiving mental health interventions

41,550

No. of people who attended mental health education and promotion programmes



908

No. of cases of ex-mentally ill persons receiving support for community integration



8,173

Service hours of the recovery programmes

8,203

Counselling hours of the recovery facilitation services



195

No. of cases of carers receiving mental health interventions



286

No. of cases of elderly people receiving mental health interventions