

兒童及青少年  
精神健康服務

# 擲出好心情

保良局黃永樹小學

## 擲出好心情

玩法

把飛碟擲中其中2種良好  
壓方法，可獲印章一個。



## 精神健康服務

Mental Health Services

服務方向 Service Orientation

城市生活繁忙，每個人在不同的人生階段也須面對不少的壓力，保持情緒健康是城市人的挑戰。我們以發揮個人的優勢，結合家庭力量和社區資源，幫助受情緒或精神困擾的人士復元；以人生各階段的需要為重點，透過跨專業協作，設計服務計劃，協助建立正向及健康的生活；推動全人精神健康教育，減少污名，共建一個有希望的城市。

Life in city is busy. Everyone has experienced a certain extent of pressure at different stages of their life. To maintain mental wellness is challenging for urban people. By cultivating people's personal advantage and combining family and community resources, we assist people in recovering from emotional or mental health problems. To help people establish a positive and healthy life, we have been collaborating with professionals from multi-disciplines to design services which focus on the needs of people at different life stages. We endeavour to build a city of hopes by promoting holistic mental health education to the public and eliminating stigma to people with mental health problems.

# 希望

## 服務摘要 Service Highlights

### 兒童及青少年精神健康服務

開拓新服務：

童步一正向為本兒童心理健康計劃

兒童精神健康近年一直備受各界關注，情緒健康對兒童個人發展十分重要，如未得到適當處理，可能演變成精神健康問題，對個人、家庭及社會影響深遠。本年，我們成功獲得香港公益金贊助，成立為期3年之「童步一正向為本兒童心理健康計劃」服務，透過優勢觀點取向，以多個層面介入工作，推廣兒童精神健康；培訓家長、教師，及早識別有潛在危機的兒童及作介入工作或轉介合適的服務，儘早解決問題。計劃自2016年6月投入服務至今，已為20間小學超過5,000名學生、家長及教師提供服務。



### Children & Adolescent Mental Health Services

New initiative: Footprint – Strengths Based Child Mental Health Project

Children's mental health has been a growing concern of the society. Mental health is important for the personal development of children. Untreated emotions issues may lead to severe mental health problems and have a far-reaching impact on individual, family and society as a whole. With the support from The Community Chest of Hong Kong, we have successfully initiated a 3-year service on 'Footprint – Strengths Based Child Mental Health Project' this year. By adopting strengths perspective and working at multiple levels, this project aims at promoting mental health to children as well as equipping parents and teachers with skills of early-identification, early-intervention or making referral for children at risk of mental health problems. Since July 2016, we have served over 5,000 beneficiaries in 20 primary schools including students, parents and teachers.

小學生透過集體藝術創作，抒發積壓的情緒，促進心靈健康。

Pupils express their accumulated emotions and promote their mental health through collective artistic creation.



參與精神健康校園約章之學校，攜手致力推動學生精神健康，共建一個富支援性的環境。

Participating schools of School Mental Wellness Charter have endeavoured to promote student's mental health and create a holding environment for them.

### 首屆「全港兒童及青少年精神健康校園約章」運動

單從個案方式介入是未夠全面，因此，我們以及早辨識和及早介入的原則，推行了首屆「全港兒童及青少年精神健康校園約章」運動，鼓勵學校建立互相關懷的校園文化，幫助學生培養積極的人生觀及克服困難。是次運動以三部分為推行重點，包括：為學生提供整全精神健康的預防教

### First Campaign on 'Mental Wellness Charter for Children and Adolescents in Hong Kong'

Casework intervention alone is not comprehensive for supporting adolescents with mental health issues. Adopting the principle of early-identification and early-intervention, we have initiated the first campaign on 'Mental Wellness Charter for Children and Adolescents in Hong Kong' for encouraging schools to establish a supportive and caring campus culture where students can

育，加強他們的抗逆能力及求助意識；與香港理工大學護理學院合作，舉辦「精神健康偵測員」教師培訓計劃，讓教師成為學校的「守門人」，及早發現學生的潛在精神健康問題，及早協助；及為家長提供精神健康課程，協助家長及早識別子女的困擾，盡早作出介入。

於2017年1月，我們成功舉辦了約章啟動禮，與參與的學校簽定約章，攜手全力推動學生精神健康。是次推廣成功惠及超過6,500名學生、家長及教師。未來，我們會持續推廣約章運動。



啟動禮當日設有攤位活動予大眾參與，讓更多人認識精神健康的重要性。  
Game booths set up at the kick-off ceremony to raise public's concern for mental wellness.



學生義工為推動學生精神健康而努力，從遊戲中向參與者帶出關注精神健康的重要。  
Student volunteers committed to promote mental health to the public through the programme.

## 成人精神健康服務

### 希望旅程

服務使用者於康復後，往往因為自身病徵及他人的目光而變得自卑及失去信心，令人際關係變得疏離，影響融入社群生活。承蒙勞工及福利局一社區投資共享基金贊助，我們為精神康復者推行了「鄰里常在•社區資本共融計劃」，透過連結地區資源，培訓企業義工及地區義工，為精神康復者建立支援網絡，重建與他人的關係，促進融入社區生活。同時，計劃亦與無障礙劇團合作，舉辦「溝通無障礙」話劇，透過參與話劇表演，促進康復者與社區人士接觸，建立諒解與互信關係。此計劃成功惠及6,217個人士及培訓了33個單位共211個義工，包括學校、地區組織及社會服務機構。

develop a positive outlook on life and overcome life adversities. Focused on 3 core themes, this campaign aims at promoting mental health among students so as to raise their awareness towards mental health and enhance their resilience. By collaborating with The School of Nursing of The Hong Kong Polytechnic University, we train up teachers as mental health gatekeepers to detect students at risk of mental health problems at an early stage and provide early assistance to students. At the same time, parents are provided with mental health training course to equip them with knowledge and skills in identifying their children's mental distress and intervene earlier.

In January 2017, we launched the kick-off ceremony in which the participating schools have signed the charter and worked together to promote students' mental health. This campaign successfully served 6,500 beneficiaries including students, parents and teachers. In the coming future, we should keep on promoting the charter campaign in hopes of benefiting more schools.

## Adult Mental Health Services

### The Journey of Hope

Most service users may have experienced low self-esteem, low confidence and even community isolation during their recovery due to residual symptoms or other people's judgements. Consequently, they find it difficult to integrate into the community again. With the funding from the Community Investment and Inclusion Fund of the Labour and Welfare Bureau, we launched 'Neighbourhood in Here – Social Capital Inclusion Project'. By utilising community resources and volunteers from both corporates and community, we have established strong supportive networks for our service users to rebuild relationship with others and promote community integration. In addition, we have worked with Hand in Hand Capable Theatre to advocate social inclusion via theatrical performances 'Drama on Dialogue'. The project successfully served 6,217 people and trained 211 volunteers from 33 units such as schools, district partners and NGOs.



「鄰里常在•社區資本共融計劃」— 康復者與健明邨街坊彼此建立支援網絡，分享快樂。

'Neighbourhood in Here – Social Capital Inclusion Project' – The supportive network between service users and residents of Kin Ming Estate was well established for sharing joyfulness.



中心會員與劇團合作無間，推廣共融社區。

The collaboration between service users and theatre for promoting community inclusion.



透過互動活動，促進會員間之友誼和互信，幫助復元。  
To facilitate the recovery of service users, programmes were organised to strengthen their friendship and trust.

## 老年精神健康服務

### 樂齡同行

香港人口不斷老化，獨居長者日漸增加，他們因與外界較少接觸，生活上容易處於孤立無援的景況，亦有些長者因社會角色轉變、家庭崗位改變、健康變差等因素，容易產生情緒或精神困擾，情況值得社會關注。

香港大學聯同本會及4間社會服務機構，獲得香港賽馬會慈善信託基金撥款支持，試驗推行為期3年的「賽馬會樂齡同行計劃」，為全港4區有抑鬱風險或患有輕度至中度抑鬱症的長者提供全面支援，以提高長者面對晚晴生活的抗逆力。計劃重點包括培訓前線社工，加強處理長者精神健康問題的信心與能力；培訓「樂齡之友」成為朋輩「同行者」，為有需要的長者提供支援。

## Elderly Mental Health Services

### JC JoyAge – Jockey Club Holistic Support Project for Elderly Mental Wellness

With the ageing population in Hong Kong, the number of singleton elders is growing. Due to social isolation, some elderlies become disconnected from the community. Others are prone to emotional or mental distress due to changes in social role, family status, and poor health, which calls for social attention.

With the support from The Hong Kong Jockey Club Charities Trust, The University of Hong Kong and 4 NGOs jointly initiate a 3-year project 'JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness'. Through cross-sectoral collaboration, JC JoyAge pilots a community-based supporting network and provides comprehensive support for elders with risk of depression or depression in all 4 districts of Hong Kong to enhance the resilience of the elderly in the stage of late life. The project will focus on training up frontline social workers to enhance those skills and competence in dealing with senior citizens with mental health issues, and training up peer supporters to support elders in need.

## 未來發展 Outlook

隨著社會大眾對個人精神健康日漸關注及重視，精神健康服務在來年的策略目標會繼續以人生階段為重點，夥拍社區不同持份者，推廣全人精神健康教育及促進個人復元。我們會繼續推動兒童及青少年精神健康教育，透過與家庭、學校及社區協助，提升他們應對生活的抗逆力；其次，我們亦會推動女性精神健康教育，促進她們身、心、靈健康。此外，面對人口老化，長者精神健康需要日漸增加，我們亦會重視老年精神健康發展，為他們建立支援環境，促進健康晚晴生活。

In response to the society's growing concern on mental wellness, Mental Health Services will continue to take mental health education and personal recovery as its key service strategies for people in different life stages. With the help of families, schools and communities, we endeavour to promote mental health education for children and adolescents to enhance their resilience in facing life difficulties. In addition, we strive to promote mental health education to women to strengthen their body, mind, and spiritual wellness. We also attach importance to the mental health development of the elders. In response to ageing population and the increasing needs of the elderly in mental health aspect, we will continue to build community based networks for promoting healthy latter life.



關愛大使探訪及關懷長者。  
Our Caring Ambassadors visited the elderly.



「樂齡之友」擔任同行者的角色，為有需要的長者提供支援。  
'Peer Supporters' helped identify and support other vulnerable elderly who need help in the community.

# 2016-2017服務統計 (截至2017年3月31日)

## Service Statistics (as at 31<sup>st</sup> March, 2017)

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



95

90



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

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



212

23,161



參與精神健康教育活動的人次  
No. of attendance of mental health  
education programmes

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



9,994

6,769



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