

精神健康服務 Mental Health Service

1977

設立元朗宿舍，專門收容患有精神病的更生人士

Established Yuen Long Hostel, to provide shelter for ex-offenders with a history of mental illness

1986

元朗宿舍獲政府撥發資助成為本會第一間中途宿舍

Yuen Long Hostel became a halfway house under government funding

1995

設立兩所「特建中途宿舍，專門收容有嚴重暴力行為的精神病患者

Constructed two purpose-built halfway houses, catered for ex-mentally ill persons with a history of violence

1995

成立臨床心理服務

Started clinical psychological service

2002

成立社區精神健康連綫，為精神康復者及家屬建立支援網絡

Launched Community Mental Health Link Service, a support network for ex-mentally ill service users and their families

2005

開展社區精神健康照顧服務

Launched Community Mental Health Care Service

2007

提供社區精神健康協作服務，為區內潛在精神病患者提供外展服務

Launched Community Mental Health Intervention Project to provide outreach service for the potentially mentally ill

2010

成立社區精神健康綜合服務中心，提供一站式社區支援

Opened Integrated Community Centre for Mental Wellness to provide one-stop community support service

2010

開展為期四年的精神康復服務研究計劃

Launched a four-year research project on mental health service

中途宿舍服務 Halfway House Service

服務概覽

本會四間中途宿舍，合共設有 144 個宿位，為精神病康復者提供過渡性的住宿服務，協助他們克服精神病患，重新融入社會，過有意義的生活。

服務對象

- 香港居民
- 十五歲或以上之精神病康復者

服務數據

| | | |
|--------|--------------------------------|--------|
| 新入宿人數 | No. of new admissions | 42 |
| 遷出人數 | No. of dischargees | 37 |
| 入住率 | Occupancy rate | 98.1% |
| 成功遷出率 | Successful discharge rate | 64.9% |
| 舉辦小組次數 | No. of groups organised | 2,457 |
| 舉辦活動次數 | No. of activities organised | 768 |
| 參與小組人次 | Total attendance of groups | 16,201 |
| 參與活動人次 | Total attendance of activities | 12,910 |

服務範圍

- 全港



服務使用者在年初一參加盤菜宴。
Service users attended the "Big Bowl Feast" on first day of Chinese New Year.

Service Overview

We operate four halfway houses with a total capacity of 144, providing transitional accommodation service that facilitates the recovery of persons with mental illness, and assisting them to reintegrate into the community and restore a meaningful life.

Target Service Users

- Hong Kong citizens
- Persons with mental illness aged 15 or above

Service Data

| | |
|--------------------------------|--------|
| No. of new admissions | 42 |
| No. of dischargees | 37 |
| Occupancy rate | 98.1% |
| Successful discharge rate | 64.9% |
| No. of groups organised | 2,457 |
| No. of activities organised | 768 |
| Total attendance of groups | 16,201 |
| Total attendance of activities | 12,910 |

Service Area

- All districts



服務使用者參加教育講座。
Service users attended an educational talk.

主要任務

宿舍提供安全和舒適的環境，以紓緩舍友的精神困擾，並透過生活技能的培養、支援小組、興趣小組、義工活動等等，協助舍友重新適應生活、重建良好的家庭和社交關係、繼而發展其潛能，融入社區過獨立生活，並成為良好公民。

此外，宿舍亦致力締造一個良好的復元環境，開拓良好的社區和鄰里關係，讓舍友在院舍內得到照顧的同時，在社區內同樣得到接納和支持。

為配合復元模式在本會精神康復服務的推展，本會邀請了香港理工大學葉錦成教授為宿舍同工提供有關精神康復以及復元概念的訓練，加強同工在實務工作上的知識和技巧。

在行政管理上，中途宿舍服務進行了文書程序的檢討及整理，目的是讓各中途宿舍的文書程序達到一致化，更加清晰和簡潔。



理工大學的義工帶領服務使用者參加小組活動。
Volunteers from Hong Kong Polytechnic University led our service users in group activities.



Major Tasks

To relieve mental distress of residents, not only do we provide a safe and comfortable environment, but we also provide various strength and potential development activities such as life skills training, support group and volunteer participation to help them develop independence, and restore positive family and social relationship. The restoration of hope and life aspiration is highly emphasized in the course of recovery.

Our goal is to provide a positive recovery environment that can help service users build positive relationships with the community and neighborhood, so that they can be accepted and supported by the community.

In order to facilitate the adoption of recovery oriented practice in the mental health services of our society, Professor Yip Kam Shing of Hong Kong Polytechnic University was invited to offer training to hostel staff on knowledge and skills in recovery practice.

The documental procedure of halfway houses was revised, refined and unified. The case records were much precise and concise after the exercise.



秦石中途宿舍的職員到澳門利民會參觀及進行交流。
Staff of Chun Shek Halfway House went on a professional exchange visit with the Richmond Fellowship in Macau.

服務使用者暢遊大尾督。
Service users went to picnic in Tai Mei Tuk.

精神健康綜合社區中心 Integrated Community Centre for Mental Wellness

服務概覽

本會設有兩間「精神健康綜合社區中心」- 龍澄坊和朗澄坊，提供及早預防以至危機管理的一站式、地區為本和便捷的社區支援及康復服務。

服務對象

- 香港居民
- 15歲或以上的精神病康復者
- 15歲或以上懷疑有精神健康問題的人士
- 上述人士的家屬 / 照顧者
- 有意進一步認識 / 改善精神健康的居民

服務數據

| | | |
|--------------------|---|-------|
| 會員人數 | No. of members | 1,648 |
| 新會員人數 | No. of new members | 973 |
| 外展探訪次數 | No. of outreaching visits | 7,668 |
| 舉辦治療性小組次數 | No. of therapeutic groups | 37 |
| 舉辦興趣 / 支援性小組節數 | No. of sessions of interest classes / supportive groups | 1,238 |
| 舉辦連繫性 / 教育性活動次數 | No. of linkage activities / programmes | 163 |
| 舉辦連繫性 / 教育性活動總參與人次 | No. of participants in linkage activities / programmes | 7,010 |



服務使用者的攝影作品「相依為命」。
Photo titled "Share Life Together" by service user.

Service Overview

We operate two Integrated Community Centres for Mental Wellness (ICCMW), namely Vitality Place and Placidity Place, to provide one-stop, district-based and accessible community mental health support service from early prevention to risk management in the serving districts.

Target Service Users

- Hong Kong citizen
- Discharged mental patients aged 15 or above
- Persons with suspected mental health problems aged 15 or above
- Family members / carers of the above persons
- Residents with interest in understanding and improving their mental health

Service Data



香港理工大學師生和龍澄坊的服務使用者合作舉辦「穿出新天地」時裝展，盡顯設計才華。
Hong Kong Polytechnic University co-hosted a fashion show with Vitality Place, showcasing the works of our service users.

服務地區

- 朗澄坊 - 元朗區
- 龍澄坊 - 九龍城區

主要工作

龍澄坊和朗澄坊主要服務範圍包括：個別服務、外展服務、個案輔導工作、治療及支援小組工作、地區網絡工作、日間訓練、外展職業治療服務和教育活動，加強社區人士對精神健康的認識，以及轉介有需要的個案至醫院管理局，接受臨牀評估及精神科治療。中心並宣揚「精神健康你我關心」的訊息，提升居民對個人、家庭及鄰里間精神健康的關注。中心採用「能耐取向復元模式」，以朋輩支援、發展個人優勢、重注希望及塑造新志為核心元素，以協助精神病康復者融入社區。

本會將實行「能耐為本復元模式」，為專業同工提供第二階段之臨牀訓練，使他們能於工作中充分實踐復元模式之理念。此外，本會將安排專業同工到美國堪薩斯州大學及約翰遜縣的精神健康中心考察，以引入嶄新的服務模式及手法。本會亦會進行由「社會福利發展基金」資助的質性及追蹤研究計劃，將評估服務使用者的需求及社區對服務使用者的支援是否足夠。



理工大學紡織及製衣學系學生指導龍澄坊的服務使用者設計時裝。
Student of Institute of Textiles & Clothing, Hong Kong Polytechnic University was offering guidance on fashion design to our service users.

Service Area

- Placidity Place - Yuen Long District
- Vitality Place - Kowloon City District

Major Tasks

Vitality Place and Placidity Place provide drop-in service, outreaching service, casework counseling, therapeutic and support group, community networking, day training, outreaching occupational therapy training, public education programmes on mental health and referral to Community Psychiatric Service of the Hospital Authority for clinical assessment or psychiatric treatment. Like our motto "mental wellness is everyone's concern", we aim to promote the importance of mental wellness and remove barriers to mental health services.

Strength-based recovery oriented approach is adopted, in which core elements such as peer support, exploration of self strength and instillation of hope and new aspirations are emphasized in the course of recovery for persons with mental health problems.

Our professional staff will receive second phase clinical training on implementation of recovery model to adopt strength based recovery oriented approach in our mental health service. On the other hand, selected staff will participate in an attachment programme in University of Kansas and Johnson County Mental Health Centre in the United States to explore new service models and strategies. We are also conducting a qualitative and longitudinal research, funded by the "Social Welfare Development Fund", to assess the needs of our mental health service users in community.



服務使用者的攝影作品「有你同行」。
Photo titled "Be with You" by service user.

朗澄坊的服務使用者和元朗區區民乘坐穿梭巴士在區內宣揚關愛訊息。
Service users of Placidity Place and Yuen Long residents disseminated message of love in Yuen Long district.



服務概覽

為受精神、情緒或行為問題困擾的服務使用者提供心理評估及測試，建立治療策略，並按個別需要提供認知行為治療、家庭治療及表達性藝術治療。

此外，亦為本會其他服務單位如社會服務中心、精神健康綜合社區中心等提供專業諮詢，並協助進行研究及職員培訓等工作。

服務對象

- 曾犯事的香港居民及其家屬
- 本會精神健康綜合社區中心的服務使用者

服務數據

| | | |
|-------------|---|-----|
| 新個案數目 | No. of new cases | 60 |
| 個案數目 | No. of cases | 90 |
| 臨床心理評估或輔導節數 | No. of sessions of individual assessment and counseling | 349 |

服務範圍

- 全港

Service Overview

The Clinical Psychologist provides psychological assessment and treatment for service users who suffer from psychological, emotional or behavioural disturbances. Treatment approaches include Cognitive Behavioural Therapy, Family Therapy and Expressive Arts Therapy.

The Clinical Psychologist also provides professional consultation service for staff of other service units of the Society, such as Social Service Centre and the Integrated Community Centre for Mental Wellness. He also plays an active role in research and staff training activities.

Target Service Users

- Hong Kong residents who have committed an offence and their family members
- Service users from the Integrated Community Centre for Mental Wellness

Service Data

| | | |
|-------------|---|-----|
| 新個案數目 | No. of new cases | 60 |
| 個案數目 | No. of cases | 90 |
| 臨床心理評估或輔導節數 | No. of sessions of individual assessment and counseling | 349 |

Service Area

- All districts

主要工作

除了提供輔導服務及臨床心理評估外，臨床心理學家會為服務使用者定期舉辦不同的講座，題目包括：「壓力處理」、「認識病態賭博」及為精神健康綜合社區中心的服務使用者舉辦「社區戲劇及音樂」小組。他亦特別設有講座及工作坊包括「犯罪心理學」、「性罪行」、「和諧家庭」、「正向心理學」予公眾人士及本會義工。此外，他會為本會職員主持「認識沙維雅家庭治療」、「精神狀態評估」和「復元模式初探」工作坊。臨床心理學家曾獲中文大學公共衛生學院邀請為其師生策劃及講授「動機式面談法」課程。

臨床心理學家亦獲選為本會「精神復元模式」培訓導師。他已於澳洲新南威爾斯精神科學院修畢相關課程，並於香港人力資源管理學會完成「培訓導師 (TNT)」證書課程。



本會臨床心理學家及「精神復元模式」培訓導師廖承輝先生。
Mr. Andrew Liu Shing-fai, clinical psychologist and trainer of "Mental Recovery Model".

Major Tasks

Apart from counseling and individual assessment, Clinical Psychologist also hosted different workshops for our service users, topics included: "Stress Management" and "Understanding Pathological Gambling". Therapeutic group on "Community Music and Drama" was organised for service users from our two Integrated Community Centres for Mental Wellness. He also hosted lectures and workshops for the general public as well as our volunteers, topics included: "Criminal Psychology", "Sex offences", "Harmony in Family" and "Positive Psychology". Furthermore, he has also hosted workshops such as "Understanding Satir Family Therapy", "Mental State Assessment" and "Introduction to Recovery Model" for our staff. The Clinical Psychologist has also been invited by School of Public Health of the Chinese University of Hong Kong to be the lecturer for a short course on "Motivational Interviewing" for its staff and postgraduate students.

Clinical Psychologist has been designated to be one of the trainers (Mental Recovery Model) in the "Train-the-Trainer Programme" of the Society. He has completed postgraduate courses on recovery approaches at New South Wales Institute of Psychiatry (Australia) as well as a certificate course on "Train the trainer" at Hong Kong Institute of Human Resource Management.