



# 精神健康

Mental Wellness

精神復元及身心靈健康服務  
Mental Health Service



# 精神健康綜合社區中心

## Integrated Community Centre for Mental Wellness



### 服務概覽

#### SERVICE OVERVIEW

本會營運兩間精神健康綜合社區中心，分別是位於九龍城的龍澄坊和元朗的朗澄坊，提供及早預防以至危機管理的一站式、地區為本和便捷社區支援及康復服務。

SideBySide operates two Integrated Community Centres for Mental Wellness (ICCMWs), namely Vitality Place in Kowloon City and Placidity Place in Yuen Long, providing one-stop, district-based and accessible community mental health support services ranging from early prevention to risk management in the serving districts.

### 「『心連心』精神健康綜合社區中心聯合開放周」

今年三月，善導會參與了由勞工及福利局、社會福利署、香港社福界心連心大行動合辦之「『心連心』精神健康綜合社區中心聯合開放周」。作為協辦單位，龍澄坊及朗澄坊透過參與展覽及舉辦中心開放日，積極各社會各界推廣本會精神健康服務，展現了精神復元人士積極融入社區，以及與社區雙向互動的合作成果。

中心開放日吸引了不同地區持分者、合作夥伴及公眾參加，其中包括當區區議員及關愛隊等。在開放日活動中，兩間中心都分別舉辦了一系列多元化的互動體驗及中心導賞，並設置了互動攤位、手作工作坊、會員表演及朋輩支援員分享復元經歷等互動體驗，藉此加強大眾對中心服務的了解，提升精神健康的關注。



勞工及福利局局長孫玉菡先生與尊貴嘉賓一同參觀善導會的攤位  
Mr. Chris Sun, JP, Secretary for Labour and Welfare, along with esteemed guests, visited the SideBySide's booth

### “Connecting Hearts x ICCMWs Open Week”

In March 2024, SideBySide participated in the “Connecting Hearts x ICCMWs Open Week” co-organized by the Labour and Welfare Bureau, the Social Welfare Department, and the Hong Kong Social Welfare Sector Heart to Heart Joint Action. As a co-organizer, both Vitality Place and Placidity Place actively promoted our mental health services to various stakeholders through exhibitions and an Open Day, showcasing the positive community integration of persons in recovery and the outcomes of collaborative efforts.

The Open Day attracted diverse participants, including local district councillors and Caring Team members. During the event, both centers hosted a series of interactive experiences and guided tours, featuring interactive booths, craft workshops, member performances, and peer support sharing sessions. These activities aimed to enhance public understanding of our services and raise awareness of mental health.



關愛隊隊長於開放日造訪龍澄坊  
Care Team leader visited Vitality Place at the Open Day



合作夥伴九龍醫院職員參與開放日活動  
Kowloon Hospital, collaborative partner, participated in the Open Day



開放日展示復元人士的手工藝品  
Open Day showcased the crafts of persons in recovery



## 服務數據

## SERVICE DATA

### 朗澄坊 Placidity Place

**1,086**

累積會員人數  
Active service users

**318**

新增會員人數  
New service users

**335**

開展個案 / 重新開展個案  
New / reactivated cases

**85**

開展個案 / 重新開展個案 (家屬)  
New / reactivated cases involving families / Carers

**14**

開展個案 / 重新開展個案 (兒童)  
Cases with casework counselling provided for children

**3,120**

外展探訪 / 辦公室面談次數  
Outreaching visits / office interviews

**315**

外展探訪 / 辦公室面談次數 (家屬)  
Outreaching visits / office interview (families / Carers)

**1,978**

外展探訪次數  
Outreaching visits

**17**

治療性小組  
Therapeutic groups

**1**

治療性小組(兒童)  
Therapeutic groups (children)

**624** 節 sessions

興趣及支援小組  
Interest and supportive groups

**257**

連繫及大型活動  
Linkage activities / or programmes

**29**

連繫及大型活動 (中學入校服務)  
Linkage activities / or programmes (School)

**7,489**

連繫及大型活動 (參加人數)  
Linkage activities or programmes (no. of participants)

**2,432**

連繫及大型活動 (參加人數)  
Linkage activities or programmes (no. of participants)

**32** 節 sessions

家屬心理教育小組/活動  
Psycho-educational groups / programmes for carers

**18**

家屬心理教育小組/活動 (小家屬)(不少於4節)  
Psycho-educational groups / programmes for carers (Children)

**1**

家屬心理教育小組 (不少於4節)  
Psycho-educational groups / programmes for carers (Not less than 4 sessions)

## 朗澄坊

今年，朗澄坊以支援照顧者服務及促進社區參與作為中心發展重點：

### 家屬支援服務

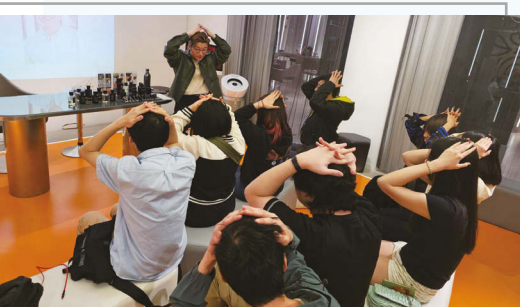
朗澄坊舉辦了一系列工作坊及活動，包括：「喘息旅店」工作坊、連繫愛親子活動、照顧者互助小組等，以讓精神復元人士的照顧者能夠覺察自己的身心需要，以及透過社區資源及訊息作出支援。



青少年義工參與照顧者活動，讓照顧者從他們身上更了解青少年內心世界，學習與家中子女溝通  
Youth volunteers participated in carer activities so that to provide a chance for carers to enhance their understanding of young people and improving communication with their children

### 社區參與

朗澄坊一直積極推動會員參與區內義工服務。今年，兩位朗澄坊會員於「元朗區傑出義工選舉 2024」中脫穎而出，獲選為傑出義工，以表揚其透過發揮所長，轉化作貢獻回饋社會。



青少年一同學習了解自己頭部形狀以找出合適自己的髮型，藉此提升自我認識及自我關懷  
Youth exploring their shapes of head for a suitable hairstyle, in which promoting self-understanding and compassion

## Placidity Place

This year, Placidity Place focused on service development to support caregivers and promote community involvement:

### Family Support Services

Placidity Place organised a series of workshops and activities, including the “Breathing Space Inn” workshop, parent-child activities, and caregiver support groups. These initiatives aim to help the carers of PIR recognise their own physical and emotional needs and provide support through community resources and information.



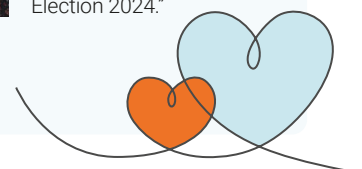
家屬會員與中心職員參與元朗區支援照顧者活動的嘉許禮上，擔任典禮司儀並分享自己作為照顧者的感受  
Carers and center staff participated in the Yuen Long District caregiver support event, serving as emcees and sharing their experiences as carers of PIR.

### Community Engagement

Placidity Place has been continuously promoting members to participate in community volunteer services. Two members of Placidity Place stood out in the “Yuen Long District Outstanding Volunteer Election 2024” being recognised as outstanding volunteers for their contributions to community through their relentless efforts and dedication.



兩位朗澄坊義工在元朗區傑出義工選舉中分別獲成人組冠軍及長者組優異獎  
Two volunteers from Placidity Place were granted Champion in adult group and merit award in elderly group in the “Yuen Long District Outstanding Volunteer Election 2024.”





## 服務數據

## SERVICE DATA

### 龍澄坊 Vitality Place

**1,706** 

累積會員人數  
Active service users

**414** 

新增會員人數  
New service users

**432** 

開展個案 / 重新開展個案  
New / reactivated cases

**136** 

開展個案 / 重新開展個案 (家屬)  
New / reactivated cases involving families / Carers

**22** 

開展個案 / 重新開展個案 (兒童)  
Cases with casework counselling provided for children

**4,697** 

外展探訪 / 辦公室面談次數  
Outreaching visits / office interviews

**469** 

外展探訪 / 辦公室面談次數 (家屬)  
Outreaching visits / office interview (families / Carers)

**3,517** 

外展探訪次數  
Outreaching visits

**40** 

治療性小組  
Therapeutic groups

**2** 

治療性小組(兒童)  
Therapeutic groups (children)

**813** 節   
sessions

興趣及支援小組  
Interest and supportive groups

**303** 

連繫及大型活動  
Linkage activities / or programmes

**57** 

連繫及大型活動 (中學入校服務)  
Linkage activities / or programmes (School)

**9,336** 

連繫及大型活動 (參加人數)  
Linkage activities or programmes (no. of participants)

**3,193** 

連繫及大型活動 (參加人數)  
中學入校服務人數  
Linkage activities or programmes (no. of participants)

**43** 節   
sessions

家屬心理教育小組/活動  
Psycho-educational groups / programmes for carers

**16** 

家屬心理教育小組/活動 (小家屬)(不少於4節)  
Psycho-educational groups / programmes for carers (Children)

**2** 

家屬心理教育小組 (不少於4節)  
Psycho-educational groups / programmes for carers (Not less than 4 sessions)



## 龍澄坊

### 義工探訪活動

龍澄坊作為「支援啟德發展區公屋戶的協作平台」的夥伴，於二零二四年農曆新年期間舉行了啟德義工探訪活動，探望有需要的獨居長者及復元人士家庭。

### 「生命花園」

為推廣「幸活七錦囊」的正向理念，讓更多九龍城居民重視自我關懷，龍澄坊申請了「社會福利署九龍城及油尖旺區『三「生」有幸』地區綜合活動撥款計劃 2023-2024」的資助，並與九龍城浸信會社會服務處於二零二三年十一月至十二月期間合辦園藝治療和創意手作。

### 數碼精齡計劃

為了提升長者的數碼素養和精神健康，數碼精齡計劃於二零二二年三月至二零二四年三月舉辦了第廿八屆精齡培訓班和第廿四屆精齡在線小組。計劃與超過十間友好機構合作，協助 200 多位長者掌握智能手機的應用。

### 童感同行－社交及情緒學習計劃

香港救助兒童會和善導會於二零二三年八月一日開始於聖博德學校及華德學校提供社交及情緒課堂給 178 位小五學生。

## Vitality Place

### Volunteer Visit

As a member of the "Collaboration on Supporting Residents of Kai Tak Redevelopment Area", Vitality Place organised a volunteer visit to visit the elderly living alone and families of PIRs in the Kai Tak area during Luner New Year in 2024.

### "Garden of Life"

To promote the positive concept of the "Seven Keys to Well-being" and encourage self-care among Kowloon City residents, Vitality Place applied for funding from the "Kowloon City and Yau Tsim Mong District Social Welfare Office - District Funding Scheme (2023-2024)", collaborating with the Kowloon City Baptist Church Social Services to organise horticultural therapy and creative workshops from November to December 2023.

### IT Elderly Live Flourishing

To enhance the digital literacy and mental health of the elderly, the Digital Elderly Program successfully held the 28th training sessions and the 24th online groups from March 2022 to March 2024. Collaborating with over ten organizations, the programme enabled more than two hundred elderly individuals to master smartphone applications.

### Social and Emotional Learning Programmes within Primary School Campuses

From 1 August 2023, Save the children Hong Kong and SideBySide began implementing Social and Emotional classes to 178 Primary-5 students at St. Patrick's School and Bishop Walsh Primary School.



## 專題故事 Feature Story

欣然是一名 64 歲的退休家庭主婦，一家四口過著尋常生活。然而，自從發現兒子精神健康出現問題後，整個家庭陷入一片混亂。面對兒子患病，欣然感到無助和焦慮，彷彿一場突如其來的暴風雨襲來，讓人措手不及。

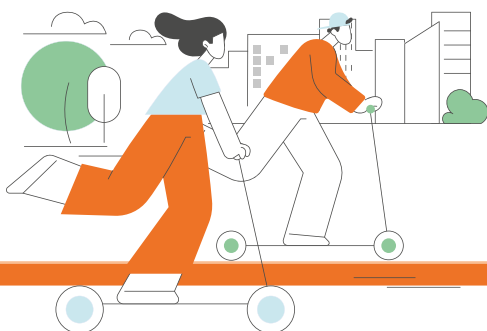
欣然在一次偶然的網上搜尋中得知可向善導會朗澄坊求助。這個選擇無疑成為了她處於低谷的轉捩點。在社工的協助下，欣然參加了多個專為照顧者而設的工作坊和小組討論，學習了解兒子的情況和應對精神健康問題的知識和技巧。「這些不僅幫助她照顧兒子，也讓我明白照顧精神健康復元人士並不僅僅是提供物質上的照顧，還需要用心去感受他們的需求和情緒」。

兒子經過數月的治療後出院，欣然運用在朗澄坊學到的知識，帶著兒子參加各種社交活動。這些活動不僅讓兒子重新逐漸融入社會，也讓欣然結識了許多與她有相似經歷的家庭和照顧者。「我可以與有相近經歷的朋友分享困難，互相支持，這樣的交流讓我可以釋放壓力，也給予了我力量，讓我不再感到孤單，心中的重擔似乎也輕了許多。」

### 迎來曙光

值得一提的是，兒子在參加朗澄坊的活動後，對人際關係的態度有了明顯的改變。因為以往不愉快經歷，讓他十分抗拒與老師、同學和朋友接觸，對他們都抱有戒，時常感到不安。然而，有一天，他們在路過一家麵包店時，突然停下腳步，指著一個背影說：「那不是姑娘嗎？她是一位很好的導師，真心真意地教導我們。」這句話雖然簡單，但是深深感動了欣然，因為她終於感受到兒子願意再次融入社區的曙光。

雖然欣然已經掌握了一些照顧技巧，但她仍然積極參與中心的照顧者活動。過去在善導會朗澄坊的陪伴下，支撐了欣然與她的家庭繼續向前走，因此她更加明白，支持和理解對於面對精神健康挑戰的家庭來說是多麼重要。未來，她願意幫助更多的家庭，讓他們知道，在這條精神復元的路上並不孤單，但總有人陪伴一齊走向出口。



Yanny is a 64-year-old retired homemaker who lives an ordinary life with her family of four. However, the entire family was plunged into chaos when her son began struggling with mental health issues. Faced with her son's illness, Yanny felt helpless and anxious, as if a sudden storm had swept in, leaving her unprepared.

In a moment of serendipity, Yanny discover the assistance available through SideBySide's Placidity Place during an online search. This decision undoubtedly marked a turning point in her journey through despair. With the support of social workers, Yanny participated in multiple workshops and group discussions specifically designed for caregivers, gaining insights into her son's condition and learning how to address mental health challenges. "These experiences not only equipped me with the skills to care for my son but also helped me understand that supporting someone in recovery involves more than just physical care; it requires a deep emotional connection to their needs and feelings."

After several months of treatment, Yanny's son was discharged from the hospital. She applied the knowledge she had acquired at Placidity Place, accompanying her son to various social activities. These engagements not only helped him gradually reintegrate into society but also allowed Yanny to connect with other families and caregivers who shared similar experiences. "I found friends who have faced comparable challenges, and our exchanges provided a space to share difficulties and support one another. This interaction relieve my stress and gave me strength, alleviating the burdens I had been carrying."

### Embracing the Light

Notably, Yanny's son exhibited a significant change in his attitude toward interpersonal relationships after participating in the activities at Placidity Place. Due to past unpleasant experiences, he had been resistant to engaging with teachers, classmates, and friends, often feeling uneasy around them. However, one day, while passing by a bakery, he suddenly stopped and pointed to a figure in the distance, saying, "Isn't that the social worker? She's a wonderful mentor. She always genuinely teaches us." This simple statement deeply moved Yanny, as it signified her son's willingness to reconnect with the community.

Although Yanny had already acquired some caregiving skills, she remained actively involved in the center's caregiver activities. The support she received at SideBySide's Placidity Place has been invaluable, enabling her and her family to move forward. She has come to realize how essential support and understanding are for families facing mental health challenges. Looking ahead, she hopes to assist more families, reassuring them that on this journey of mental recovery, they are not alone and that there will always be someone to walk with them toward the light at the end of the tunnel.

# 中途宿舍 Halfway House



## 服務概覽

### SERVICE OVERVIEW

本會設有四間中途宿舍，合共提供144個宿位，為精神復元人士提供過渡性住宿服務。中途宿舍以復元為本，期望精神復元人士能建立對復元的希望感，並重新融入社會。精神復元人士在宿舍內能夠積極參與社區服務，發揮長處，服務其他有需要的人。

The agency operates four halfway houses with a total capacity of 144 residential places, providing transitional housing services for persons in recovery (PIRs). Adopting a recovery-oriented approach, the halfway houses aim to instill a sense of hope towards recovery in PIRs and assist them in community reintegration. Within the halfway houses, PIRs are actively engaged in community service initiatives, leveraging their strengths to serve those in need.



## 服務數據

### SERVICE DATA

50



新入宿人數  
No. of new admission

2,926



舉辦小組次數  
No. of groups organized

10,434



參與小組人次  
Total attendance of groups

44



遷出人數  
No. of discharges

211



舉辦活動次數  
No. of activities organized

2,608



參與活動人次  
Total attendance of activities

96.27%



入住率  
Occupancy rate

82.41%



成功遷出率  
Successful discharge rate



## 秦石中途宿舍及朗日居

秦石中途宿舍參與社會福利署資助計劃，連結精神復元人士、長者及患病兒童，讓復元人士為其他有需要人士提供支援；朗日居則透過推動健康飲食計劃，提升服務使用者的精神健康。

中途宿舍與懲教署合作，引入動物輔助治療，幫助小欖精神病治療中心的精神復元人士管理情緒，增加幸福感。此外，社會對照顧者的關注及服務需求日益增加，中途宿舍服務聯同更生康復服務單位，與懲教署小欖精神病治療中心臨床心理學家團隊合作，透過四節的治療性和教育性的小組，與精神復元人士的照顧者一起分享、分擔與學習。



秦石中途宿舍及朗日居於二零二三年十一月成立了聯合足球隊「朗日黑豹」，並參加二零二三至二四年度年香港復康足球錦標賽

CSHH and SRH established a joint football team named "朗日黑豹" in November 2023 and participated the 2023-24 Rehabilitation Soccer Champion of Hong Kong (RSCHK)



## Chun Shek Halfway House And Sunrise House

Chun Shek Halfway House (CSHH) participated in a project funded by the Social Welfare Department, that connects persons in recovery (PIRs), the elderly, and children with illnesses, allowing those in recovery to provide support to others in need. Sunrise House (SRH) attempted to enhance the mental well-being of the service users by promoting healthy eating initiative.

Halfway houses collaborated with the Correctional Services Department to introduce animal-assisted therapy, helping individuals in recovery at the Siu Lam Psychiatric Centre manage their emotions and enhance their mental well-being. Additionally, as the focus on caregiver support grows, the halfway house services have joined with rehabilitation services to partner with the Siu Lam Psychiatric Centre and a team of Clinical Psychologists to organise a four therapeutic and educational sessions aimed at sharing, supporting, and learning with the caregivers of individuals in recovery PIRs.



朗日居與元朗區福利辦事處及區內合作夥伴合作，舉辦了「有營就有好心晴」計劃

Sunrise House collaborated with Yuen Long District Welfare Office and other NGOs to organise the "Nutritious for a Bright Mood" project

青山醫院法醫精神科服務的醫生與支援人員到宿舍參觀，了解中途宿舍服務，與宿舍的註冊社工及精神科護士進行交流，建立緊密的關係

Castle Peak Hospital health professional team of psychiatrists and supporting staff from the Forensic Psychiatry Service to visit halfway houses for further understanding the services and exchanged experience with our registered social workers and psychiatric nurse

# 特建中途宿舍

## Purpose-built Halfway House

### 陳震夏怡翠軒

怡翠軒及筲箕灣宿舍為特建中途宿舍，接受「次對象組別」的申請，包括有嚴重犯罪紀錄、暴力行為或傾向的精神復元人士。透過由註冊社工、精神科護士、宿舍職員及支援人員等組成服務團隊，提供專業服務。

隨著疫情後復常，怡翠軒恢復接待外間的參觀及探訪活動。社會福利署助理署長（康復及醫務社會服務）梁綺莉女士及樂齡及康復創科應用基金委員到訪怡翠軒，了解樂齡產品於中途宿舍服務的應用情況。



### Chan Chun Ha Yee Tsui House

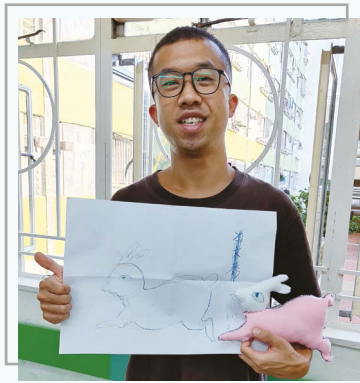
Chan Chun Ha Yee Tsui House (YTH) and Shau Kei Wan House (SKWH) are also purpose-built halfway houses which provide services to PIRs with assessed disposition to violence. We provide professional service to PIRs through a team composed of registered social workers, psychiatric nurses, hostel staff and supporting staff. Halfway houses with special provision to cater for sub-target groups (i.e. PIRs with a history of criminal violence or assessed disposition to violence).

At the post-pandemic stage, YTH had been resuming normalcy. Ms. Maggie Leung, Assistant Director (Rehabilitation & Medical Social Services) of the Social Welfare Department together with the committee members of SWD I&T Fund visited the house and explored the usage of innovative technology products in halfway house services.

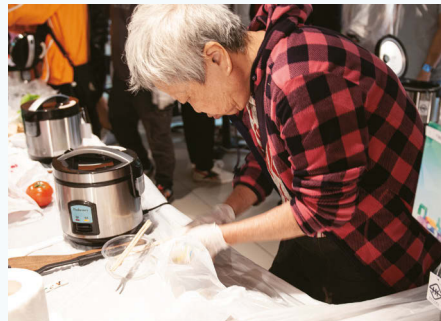


中途宿舍鼓勵復元人士建立正向健康的生活，透過舉辦各種活動以吸引不同興趣的精神復元人士與社區建立聯繫。除了義工活動，亦組織了不同運動小組，包括羽毛球、籃球及足球等，更首次於宿舍組織了名為「破浪龍舟」的龍舟活動，服務使用者都積極參與。

The halfway house encourages PIRs to establish a positive and healthy lifestyle by organising various sports activities. In addition to badminton, basketball, and football, it has introduced a new dragon boat activity called "Breaking Waves", which has seen enthusiastic participation from service users.



服務使用者透過參與義工活動，親手為病童縫製手繪布偶  
Service users volunteered to prepare handmade plushies for the children with illnesses



服務使用者於二零二三年十月參與了「扶輪善導喜迎營之健廚篇一無火烹飪比賽」，並以健康為題製作菜餚  
In October 2023, service users participated in a healthy cooking challenge, where they prepared dishes focused on health and nutrition

### 筲箕灣宿舍（目前重建中）

### Shau Kei Wan House (Re-development in progress)

筲箕灣宿舍目前正在重建中，為配合重建計劃，原居於筲箕灣宿舍的復元人士已於二零一九年十月底全部調遷至本會的秦石中途宿舍及朗日居。

SKWH is undergoing re-development. To accommodate the re-development project, all person-in-recovery of the SKWH were decanted to the CSHH and SRH respectively at the end of October 2019.



由中途宿舍服務使用者組成的龍舟隊隊員都認真訓練，積極備戰

The dragon boat team, composed of service users from the halfway houses, is training diligently and actively to preparing for upcoming competitions.

## 專題故事 Feature Story

### 原來是生病了

現年 27 歲的 Joey 參加了善導會的精神健康服務已經有 3 年多。當初選擇求醫只是因為身體不適。「那時候感到頭暈，有點腳步浮浮，我以為自己身體出問題。」，但各種檢查的結果都顯示 Joey 生理機能一切正常，所以醫生建議她到精神科掛號，才發現都是因為抑鬱症和焦慮症導致。

「發現患病時我只有中四，現在回想起來，其實在十歲時就開始醞釀抑鬱情緒。」那時 Joey 意外發現爸爸外遇，但因不想家庭破裂而一直隱瞞，這讓她承受了巨大壓力。加上不堪學業重擔，Joey 開始變得厭世而封閉自己，不想與外界接觸。「家人不理解我，覺得我只是懶惰。」求學的挫折和家人的不體諒讓她感到自己一無是處，充滿了自責和失落。在就讀文憑課程時，更因身體和情緒每況愈下而不得不休學。

### 認識善導會龍澄坊

休學後的 Joey 每天過著無所事事的生活。因此，在醫院臨床心理學家鼓勵和轉介下，在 2021 年開始接觸善導會龍澄坊。除了接受輔導服務，Joey 亦透過參與活動小組，學習重拾正常生活。在三年間，她參加了各式各樣的藝術工作坊和青年活動，又挑戰自己參與街頭表演，在過程發掘了不少興趣。一直都十分內向的 Joey 分享道：「我從未想過會主動嘗試新事物，是社工的鼓勵讓我慢慢打開了心窗」。

龍澄坊一直陪著 Joey 的內心變得更強大。Joey 更參加了朋輩支援員課程和真人圖書館的訓練，分享自己復元故事。「最初，我很害怕跟別人談論自己的病歷、害怕別人對我有不好的看法。然而，經過數次分享，發現這並不像我想像中那麼困難。聽到其他人的反饋和鼓勵，讓我感到自己並不是孤軍作戰，別人的支持讓我發現自己的價值，使我更有動力走下去。」

在成長的過程，Joey 經歷過許多起伏，因情緒問題多次需要休學和住院。「求學的路上我走了很多彎路，雖然有時候感到辛苦，甚至想要放棄，但在善導會的幫助下，儘管情況仍有反覆，感謝這裡讓我努力學會了擁抱各種情緒，接納自己、欣賞自己，善待自己。」

### It Turned Out I Was Sick

Joey, now 27 years old, has been engaging with the mental health services provided by SideBySide for over three years. All began with a search for medical help due to physical discomfort. "I felt dizzy and lightheaded, which made me think something was wrong with my body", she recalled. After undergoing various tests that revealed her physical health was entirely normal. So her doctor suggested she consult a psychiatrist, leading to a diagnosis of depression and anxiety.

"I was only in F.4 when I learned about my condition. Looking back, I realize that my struggles with depression began when I was just 10." At that age, Joey inadvertently discovered her father's affair. But she chose to keep it a secret to protect her family. This decision placed immense pressure on her. Combined with academic stress, Joey became increasingly withdrawn and cynical, avoiding contact with others. "My family didn't understand. They thought I was just being lazy." The setbacks in her education and her family's lack of empathy left her feeling worthless, filled with guilt and disappointment. During her diploma studies, her deteriorating health forced her to take a break.

### Building Inner Strength

After dropping out, Joey found herself in a cycle of purposelessness. With encouragement from a clinical psychologist, she joined Vitality Place in 2021. In addition to counseling, Joey participated in various activity groups to help reclaim a sense of normalcy. Over the past three years, she has engaged in numerous arts workshops and youth activities and even challenged herself to perform on the streets, discovering new interests along the way. "I never imagined I would actively try new things. The support from social workers gradually opened my heart", she shared.

At Vitality Place, Joey found a source of strength that helped her build resilience. She also participated in peer supporter training and the Human Library project, where she shared her recovery story. "Initially, I was terrified to discuss my medical history, fearing judgment from others. However, after several sharing sessions, I realized it wasn't as daunting as I had imagined. Hearing feedback and encouragement from others made me feel less alone; their support helped me recognize my own value and motivated me to keep going."

Throughout her journey, Joey has faced numerous challenges, requiring breaks from school and hospitalization due to emotional issues. "I've taken many detours on my educational path. While there were times I felt overwhelmed and considered giving up. The support from SideBySide helped me overcome my fears, even during fluctuations in my mental health. I learned to embrace my emotions, accept myself, and appreciate who I am, regardless of the ups and downs."





## 服務概覽

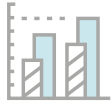
### SERVICE OVERVIEW

臨床心理服務主要為受精神、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，並按個別需要提供實證為本的個人治療、家庭治療及小組治療介入。

此外，亦為本會其他服務單位提供專業諮詢，當中包括為精神健康綜合社區中心和社會康復及支援綜合服務中心的復元人士舉辦各類的治疗小組，並協助舉辦會內專業交流、培訓及研究工作，以加強對前線人員的支援。

Clinical Psychology Service provides psychological assessment and treatment to persons in recovery (PIR) who suffer from psychological, emotional, or behavioural disturbances. Our treatment approaches include evidence-based individual therapy, family therapy, and group therapy.

We also provide professional consultation services to staff of other service units, including Integrated Service Centres (ISC) and Integrated Community Centres for Mental Wellness (ICCMW), and play an active role in research and providing clinical training for staff.



## 服務數據

### SERVICE DATA

**249** 人數  
No. of Users



**540** 節數  
No. of Sessions

個人臨床心理評估及治療  
(每節0.5-2小時)  
Individual assessment and  
therapy (0.5-2 hours/session)

**32** 職員人數  
No. of Staff



**172** 個案數目  
No. of Cases

為精神健康綜合社區中心  
職員提供臨床諮詢  
Clinical consultation  
provided to ICCMW staff

**288** 總參加人次  
Total no. of  
participations



**51** 節數  
No. of Sessions

治療小組/活動 (每節2小時)  
Therapeutic groups/Clinical  
programmes (2 hours/session)

**11**



為本會員工、義工及會外人員  
提供培訓 (每節2-3小時)  
Training (2-3 hours/session) provided  
to staff, volunteers, and external participants

**54**



由社工轉介的新個案  
New referrals from  
social workers



## 年度重點

### HIGHLIGHTS OF THE YEAR

#### 不同種類的治療小組

臨床心理學家為精神健康綜合社區中心的復元人士舉辦不同種類的治療小組。臨床心理學家亦與不同地區的感化辦事處及社會康復及支援綜合服務中心合辦針對犯罪行為的治療小組。

#### 會內外專業交流及培訓

為會內同工提供涵蓋各種不同臨床主題的專業培訓，包括應對情緒病、自閉症譜系障礙及過度活躍症等實務技巧；同時，推出以英語為主的培訓，內容涵蓋個案概念化和認知行為治療等主題；又與學校合作為教職員及學生舉辦講座及正向心理學培訓



臨床心理學家在導師訓練工作坊分享情緒與壓力管理知識

Clinical psychologists shared knowledge on emotion and stress management in the train the trainer workshop

#### 朋輩支援員培訓及活動

透過舉辦不同類型活動增加朋輩支援員之間的凝聚力，促進彼此交流，並參與為朋輩支援系統制定運作指引與訓練協定，以推動精神健康服務上朋輩支援的發展。



#### Therapeutic groups

This year, clinical psychologists hosted various therapeutic groups for PIR of ICCMWs. We also collaborate with probation offices in different districts and SideBySide Revival Hubs to host therapeutic groups targeting offending behaviours for PID of ISCs.

#### Professional Trainings for Staff and External Audience

We provided staff with professional training covering various clinical topics, including practical skills for addressing mood disorders, autism spectrum disorders, and attention deficit hyperactivity disorder (ADHD). Additionally, we offered primarily English-language training on case conceptualization and cognitive behavioral therapy. We also collaborated with schools to conduct seminars and positive psychology training for educators and students.



臨床心理學家為聖公會蔡功譜中學教師進行青少年自傷與自殺預防及干預講座

Clinical psychologists delivered talk for teaching staff at S.K.H. Tsoi Kung Po Secondary School on youth self-harm and suicide prevention and intervention

#### Peer Supporter Training and Engagement

By organising a variety of activities, we enhance the cohesion among peer supporter and promote communication, We also engage in developing operational guidelines and training agreements for the peer support system in order to advance the role of peer support in mental health services.



臨床心理學家向綜合服務中心職員介紹如何在感化小組中運用認知行為治療理論框架

Clinical psychologists shared how to utilise cognitive behavioural therapy framework in probation groups



## 服務概覽

### SERVICE OVERVIEW

職業治療服務以復元和融合為目的，為受精神、肢體、情緒或行為問題困擾的服務使用者提供機能評估及治療，藉此提高他們的活動機能（自我照顧、家居及社區生活、身心健康保養及工作能力），協助他們重整生活規律、建立健康及富意義的生活模式，重新融入社區。服務對象主要為本會精神健康綜合社區中心的復元人士。

此外，職業治療師亦為本會其他服務單位提供專業諮詢服務，並參與及進行研究、職員培訓及實習培訓等工作。職業治療服務亦為小欖精神病治療中心和學校提供外展服務。

The Occupational Therapy Service (OTS) aims to support the recovery and reintegration of individuals with psychological, physical, emotional, or behavioural challenges. We provide assessments and treatments to improve their ability to care for themselves, manage daily life, maintain health and wellness, and function in work or vocational activities. Our main focus is assisting persons in recovery (PIR) from our Integrated Community Centre for Mental Wellness (ICCMW), but we also offer consultation and support to other service units.

In addition, our occupational therapists are involved in research, staff and placement training, and outreach services to Siu Lam Psychiatric Centre and local schools. Our overarching goal is to help people achieve a fulfilling lifestyle and successfully reintegrate into the community.



## 服務數據

### SERVICE DATA

2,997



在龍澄坊提供的  
職業治療服務總節數  
Total number of service  
sessions in ICCMW(VP)

1,387



在朗澄坊提供的  
職業治療服務總節數  
Total number of service  
sessions in ICCMW(PP)

15



為其他單位提供的  
職業治療服務總節數  
Total number of service  
sessions provided to  
other units of the agency

1,708



為香港懲教署小欖精神病治療中心  
提供的職業治療服務總時數  
Total number of Occupational  
Therapy Service hours at  
Siu Lam Psychiatric Centre

4



為本會及會外專業人員提供  
培訓總節數（每節3小時）  
Total number of training sessions  
provided to staff of the Society and  
external agencies (3 hours per session)

## 職業治療服務 Occupational Therapy Service

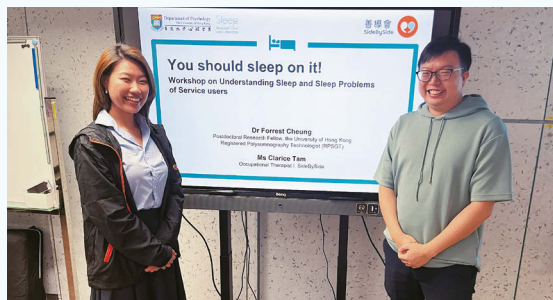


職業治療服務安排小欖精神病治療中心代表在方教授的帶領下訪問香港理工大學並了解最新的輔助用品及儀器技術

The OTS arranged for SLPC representatives to visit the Hong Kong Polytechnic University, led by Professor Fong, to explore the latest assistive technology

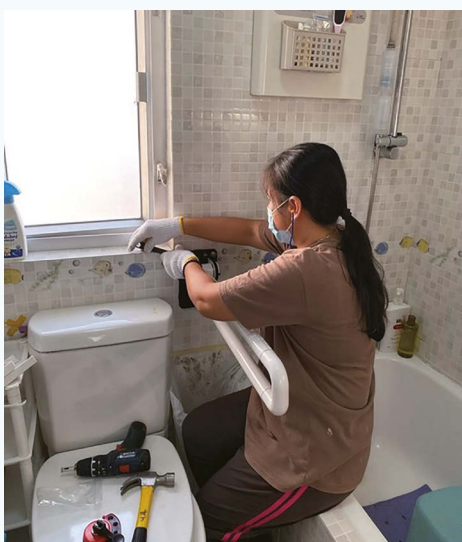
職業治療服務與賽馬會樂齡同行計劃團隊合作，為復元人士舉辦以懷緬為主題的活動，希望透過設計和放風箏喚起他們正面的回憶

The OTS worked with Jockey Club Joyage team colleagues to organise a workshop for the PIRs, aspiring to evoke positive memories by designing and flying kites



職業治療服務為其他單位員工分享睡眠管理，提升他們在照顧面對睡眠困難的服務使用者時的技巧

The OTS provided sleep management training for staff members from various units to enhance their skills in working with service users who are experiencing sleep-related difficulties



職業治療服務舉辦了一個實踐小組以提高復元人士對家居安全及環境改裝如何促進日常生活獨立性的認識

The OTS started a hands-on learning group to enhance the awareness of PIRs about home safety and how home modifications can promote independence in daily living



職業治療服務繼續支持香港理工大學和東華學院的學生進行臨床實習，為他們提供向復元人士提供職業治療介入的實務經驗

The OTS continued to support clinical placements for students from Hong Kong Polytechnic University and Tung Wah College to provide them with hands-on experience in rendering occupational therapy interventions to the PIRs





職業治療服務為復元人士及其子女舉辦親子活動，旨在增強情緒意識和行為管理去幫助他們應對日常親職教育的挑戰

The OTS organised a programme for PIRs and their children aimed at enhancing emotional awareness and behavioural management to help them overcome daily caregiving challenges



職業治療服務為復元人士舉辦體驗式板式網球課程，透過新興體育活動去促進社區包容性並達致健康耆年

OTS organised an experiential paddle tennis class for the PIRs to foster interest development and promote healthy ageing through emerging sports activities



復元人士與職業治療師一起參加香港電台電視節目《精靈一點》，以推廣職業治療與疼痛管理。

A PIR to attended RTHK TV show with occupational therapist to promote Occupational Therapy in pain management



職業治療服務為本機構多元族裔同工舉辦職安健講座，以加強同工對職業安全及健康的知識、意識和管理。

OTS organised an Occupational Safety and Health workshop to our staff from ethnically diverse groups to enhance the knowledge, awareness and management of Occupational Safety and Health in their units

# 導航計劃 – 精神復元人士過渡支援服務試驗計劃

## Lighthouse Project – Pilot Project on Transitional Support Service for Persons in Mental Recovery



### 服務概覽

#### SERVICE OVERVIEW

透過復元模式及醫社協作為本，為輪候、居住或遷離中途宿舍的精神復元人士提供跨專業及過渡性支援，促進他們接受適切服務、適應中途宿舍生活及／或融入社區。

By adopting recovery model with medical-social collaboration, we provide inter-disciplinary and transitional support service to facilitate persons in mental recovery who are potential service users of halfway house (HWH), HWH service users and HWH discharges to bridge community support service and reintegrate into the community.



### 服務數據

#### SERVICE DATA

#### 開展個案/重新開展個案 New/reactivated cases

118



輪候中途宿舍人士  
Potential service users of HWH

15



未完成訓練計劃而提早離開中途宿舍的人士  
Being of HWH service users who left HWH service pre-maturely without completion of training plan

16



已入住中途宿舍36個月或以上並面對遷出困難的人士  
Being of HWH service users who have been residing for 36 months or above and have difficulties in discharge

901



家訪 / 外展探訪次數  
Home/outreaching visits

461



職業治療評估及訓練節數  
Need assessment/training sessions of occupational therapy

75%



輪候中途宿舍人士透過本計劃成功入住中途宿舍  
Potential service users having successfully settled in HWH service under this Project

90.63%



輪候中途宿舍人士/ 未完成訓練計劃而提早離開中途宿舍的人士透過本計劃成功在社區穩定生活  
Potential service users of HWH /HWH service users who left HWH service pre-maturely without completion of training plan having successfully sustaining their community living under this Project

92.86%



已入住中途宿舍36個月或以上並面對遷出困難的人士成功在社區穩定生活  
HWH service users having difficulties in discharge after residing for 36 months or above having successfully discharged from HWH and settled in community living under this Project



## 年度重點

## HIGHLIGHTS OF THE YEAR

### 醫社協作

導航計劃與九龍醫院及葵涌醫院建立協作系統，包括轉介機制，到精神科病房為已輪候中途宿舍的精神復元人士開案、進行需要評估及個案工作，並在醫院開辦啟導活動，以讓參加者了解中途宿舍服務及本計劃提供的過渡支援，包括協助預備入宿、宿舍生活適應、未入宿前的社區支援。



導航計劃職員於精神科病房進行啟導活動  
LHP staff conducted orientation programme at psychiatric ward

### Medical-social collaborative development

The Lighthouse Project established a collaborative system with Kowloon Hospital and Kwai Chung Hospital, incorporating a referral mechanism and outreach to psychiatric wards for HWH service users. This initiative includes needs assessments, casework, and orientation activities designed to help participants understand HWH services and the transition support available, such as preparation for admission, adjustment to life in the HWH, and community support for those awaiting placement.



導航計劃職員於中途宿舍開展治療小組，協助參加者建立正向身份  
Therapeutic groups in halfway houses for building up positive identity

### 與中途宿舍協作

導航計劃與服務區域內由四間社福機構營辦的10間中途宿舍建立協作關係，支援未完成訓練計劃而提早離開中途宿舍的人士及已入住中途宿舍36個月或以上並面對遷出困難的人士，透過本計劃的多專業團隊，協助離舍的精神復元人士過渡至社區生活



帶領導航計劃會員參觀過渡性房屋  
Different community activities were organised for the service users to understand community resources

### Collaborate with halfway houses

The Lighthouse Project partnered with ten halfway houses operated by four NGOs in the service area to support people who have exited HWH services prematurely without completing their training plans, as well as those who have resided for 36 months or more and face challenges with discharge. Through interdisciplinary teamwork, we assist these PIRs in transitioning back into the community and establishing stable living conditions.



與社會福利署康復及醫務社會服務科定期進行精神復元人士過渡支援服務試驗計劃會議  
Regular meetings on Transitional Support Service for Persons in Mental Recovery were held with SWD Rehabilitation and Medical Branch

## 導航計劃－精神復元人士過渡支援服務試驗計劃 Lighthouse Project – Pilot Project on Transitional Support Service for Persons in Mental Recovery

### 專題故事 Feature Story

今年 65 歲的范女士早年因患上了精神分裂，在 2020 年起入住本計劃服務地區範圍內的中途宿舍以提升獨立生活能力。她在入住中途宿舍期間，逐漸出現認知障礙病徵。於 2023 年，她獲中途宿舍轉介導航計劃，以協助她遷離中途宿舍及支援她過渡到社區生活。然而，她及後又不幸確診卵巢癌。在雪上加霜情況下，范女士和家人也感到十分徬徨，導航計劃成了她們的後盾，與她及家人重新規劃及實踐離舍計劃。

### 在生活裡同行的人

對精神復元人士而言，面對適應已是一份挑戰，范女士同時面對癌症及認知障礙，過渡新生活更倍感困難。「要搬離住了 3 年的中途宿舍已經令我身心疲倦，已經沒有多餘的心力收拾個人物品」。

導航計劃以復元為導向及醫社合作為本，協助精神復元人士適應新的居住環境，建立穩定的生活，促進其復元過程。負責為范女士提供個案工作的職業治療師尹姑娘因應范女士和家人的需要，協助范女士物色合適私營安老院舍，協助她熟悉新環境、支援她整理搬離中途宿舍的個人物品、調整日常作息和認識新的舍友，幫助其順利過渡和融入安老院舍生活。

由於范女士認知障礙情況加劇，難以自行外出。故此，職業治療師尹姑娘和家居指導員謝姑娘會陪伴范女士進行感興趣的活動。透過與她外出走動、進食下午茶、日常購物及認識社區設施等，讓范女士通過接觸新事物及多元認知刺激，有助多動腦筋及刺激大腦；亦透過與范女士到公園運動，幫助她維持保持心理及身理健康，並強化手眼協調及專注力。尹姑娘也轉介范女士到癌症支援及長者服務，以希望通過不同支援，讓范女士能夠慢慢地社區自在生活。

### In the Midst of Darkness: Lighthouse Project

Ms. Fan, now 65, suffered from schizophrenia in her early years. She was admitted to Halfway House in the service area of the project in 2020 to improve independent living skills. She had features of dementia during her stay in halfway house. She was referred by halfway house to Lighthouse Project in 2023 to provide transitional support as she moved out from halfway house to community. However, in 2023, her life took another unexpected turn when she was diagnosed with ovarian cancer. This sudden shift left both her and her family feeling lost. In the midst of this turmoil, Lighthouse Project backed client and family up according to their needs, adjusting and assisting them as they put into practice the discharge plan.



### Companionship Through the Journey

Adapting to adjustment was challenging for Persons in Mental Recovery. For Ms. Fan, having to face cancer and dementia at the same time had made the adjustment even more struggling. "Leaving the halfway house, where I had lived for three years, was already exhausting for my mind and body. I simply couldn't muster the energy to clean and organise my personal belongings", she reflected.

Aiming to promote recovery and community engagement, Lighthouse Project supports Persons in Mental Recovery while they adjust in the new living environment and try to maintain stable daily living that facilitates the recovery journey., Ms. Wan, the case Occupational Therapist of Ms. Fan not only assisted in looking for the suitable elderly home, but also assisted her in familiarising herself with the new environment, guiding and assisting her in organising her belongings, adjusting to changes in her daily routine, and getting to know her housemates, all of which were crucial in helping her for a smooth transition into new life.



## 專題故事 Feature Story

最令范女士觸動的莫過於能夠回到工作多年的地方探望工友。在過去十多年，范女士一直在庇護工場工作，但是礙於身體情況，只能夠暫時停工，接受治療。因此，她十分記掛著並肩工作多年的工場朋友，而謝姑娘知道後竟二話不說陪著她重訪工場，成為她在低潮日子裡最大的安慰。

范女士在2024年完成了癌症治療，並在鼓勵下，積極參與社區活動，更主動擔當賣旗日義工等，重新與社區連繫，找到生活的方向。

Moreover, as Ms. Fan's cognitive decline worsened, she found it increasingly difficult to go out on her own. Fortunately, her occupational therapist, Ms. Wan, and Home Care Worker, Ms. Tse, regularly arranged and accompanied her in activities interesting to Ms. Fan. During these excursions, they assisted her in maintaining connection and gaining stimulation through enjoying afternoon meal, doing grocery shopping; maintaining physical and mental health, strengthening eye hand coordination and attention through exercising in the park. Ms. Wan also assisted with referrals to cancer support and elder services, aiming to help her gradually reclaim the comfort of community life through support from various appropriate services.

The most touching moment for Ms. Fan was the opportunity to revisit the workplace where she had spent many years. For over a decade, she had worked at a sheltered workshop, but due to her health issues, she had to pause her work for treatment. Missing her colleagues deeply, Ms. Tse, understanding her feelings, selflessly accompanied her back to the workshop. This visit became a source of great comfort during her challenging days.

In 2024, Ms. Fan completed her cancer treatment. She began to actively participate in community activities and finding new purpose in her life.



# 朋輩支援服務

## Peer Support Service



### 服務概覽

#### SERVICE OVERVIEW

朋輩支援服務為精神健康綜合社區中心的精神復元人士及其照顧者提供情緒支援。朋輩支援員除了擁有相關訓練，本身亦是精神復元人士，並以同行者的身份，以及個人經歷及體驗，轉化自身經歷，協助其他精神復元人士。

Peer Support Service (PSS) of the Integrated Community Centre for Mental Wellness (ICCMW) aims to leverage the value of lived experience to contribute on mental health service users' recovery in the community.



### 服務數據

#### SERVICE DATA

381



分享面談及由其他專業同工陪同進行的外展探訪總節數  
Total number of sharing interview sessions and outreach visits conducted with other professionals, such as social worker, nurse or occupational therapist, etc. in a year

112



外展探訪  
Number of outreach visits

188



協助推行或進行的小組／活動和公眾教育活動總節數  
No. of outreach visits conducted

4.5



已完成公開就業培訓相等於全職朋輩支援者的人數  
No. of full-time Peer Supporter(s) for open employment

### 元朗區朋輩支援員

元朗區朋輩支援員透過藝術作為媒介，以「醫生藥方與自我良方」為題，探討藥物在復元過程中的角色，分享自我照顧方法和復元故事。

「關注青年精神健康」為區內年度重點項目，朋輩支援員在區內舉辦了分享小組，向在職青年分享經驗。

### 九龍城區朋輩支援員

透過參與不同公眾教育活動，讓大眾及社福界對朋輩支援服務有更具體了解，當中包括與來自內地的社工進行服務介紹及交流、與香港大學的社工系碩士生及香港理工大學的碩士生作服務介紹和分享工作點滴；九龍城區朋輩支援員亦透過在「朋輩啟能系統－基礎朋輩訓練課程」的導師培訓日中擔任講員，分享服務經驗和技巧。

### Peer Support Workers in Yuen Long District

Peer support workers used art as a medium to share self-care methods and actively shared their recovery stories with the community. They discussed the role of medication in recovery under the theme "Doctor's Prescription vs. Self-Care Remedies."

With the annual focus on youth mental health, the peer support workers reached out to employed young people in the district, encouraging them to take care of their physical and mental well-being.

### Peer Support Workers in Yuen Long District

Peer support workers in the Kowloon City district continue to engage in various public education programs to enhance the understanding of peer support services among the public and social welfare professionals. They provide service introductions and share insights with social workers from Mainland China, as well as with Master of Social Work students from the University of Hong Kong and Master of Arts in Mental Health students from the Hong Kong Polytechnic University. Additionally, peer support workers from Kowloon City participated as speakers at the 'Peer Empowerment System – Basic Peer Training Course' instructor training day.



朋輩支援員在精神健康綜合社區中心帶領禪繞畫支援性小組

Peer support workers used Zentangle as a means to lead a supportive group in ICCMW.



朋輩支援員向公眾人士介紹朋輩支援服務

Peer support workers introduced Peer Support Service to the public audience.



朋輩支援員向內地社工講解朋輩支援服務在香港的發展

Peer support workers introduced the service development to a group of Mainland social workers



朋輩支援員參與節日探訪，關懷會員

Peer support workers joined the festival visit and expressed their carings to service users



朋輩支援員向元朗區在職青年分享復元故事，鼓勵在職青年照顧自己

Peer support workers shared her recovery story to work and encourage them to self-care



朋輩支援員帶領青少年 x 照顧者活動

Peer support workers hosted a session for Youth x Carers





朋輩支援員向社區人士介紹朋輩支援小組作品

Peer support workers presented art piece from Peer Support group to Public



透過藝術作品創作，鼓勵會員覺察自己情緒

Through art work, encourage members to be aware of own emotions



朋輩支援員向香港理工大學的碩士生作服務介紹及分享工作點滴

Peer support workers provided service introduction to the Master students from The Hong Kong Polytechnic University



朋輩支援員與「導航計劃」服務使用者一同繪畫禪繞畫，分享復元歷程

Peer support workers shared her recovery story to LHP's service users through drawing Zentangle



朋輩支援員向機構其他同工講解怎樣撰寫復元故事

Peer support workers shared her experience in writing a recovery story with other SideBySide colleagues

# 賽馬會樂齡同行計劃

## JC JoyAge Project for Elderly Mental Wellness



### 服務概覽

#### SERVICE OVERVIEW

龍澄坊及朗澄坊於二零二二年加入賽馬會樂齡同行計劃，第三期的服務至二零二六年十二月三十一日結束，並與長者地區中心合作。計劃採用逐步介入模式，對長者抑鬱狀況進行分流和跟進，並與香港大學合作提升服務效果和專業培訓。計劃亦培訓長者義工，建立「樂齡之友」朋輩支援團隊，為受抑鬱症狀影響的長者提供支援。公眾教育活動旨在提升對長者精神健康的認識，及早識別有需要的長者，並構建關愛社區。

本年重點針對長者常見的睡眠問題，提供失眠認知行為治療、結合團體及新興運動、大型社區活動，提升長者面對晚晴生活的抗逆力。

Vitality Place and Placidity Place joined the "JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness" ("JC JoyAge"), running until 31 December 2026. The project uses a stepped care model to support elderly depression, collaborating with the University of Hong Kong to monitor progress and staff training. The project also trains senior volunteers to create a peer support team for those with depressive symptoms. Additionally, public education aims to increase awareness of elderly mental health, identify seniors in need of services at an early stage, and connect them with community resources to build a caring and inclusive community.

This year, the project focus was on addressing common sleep issues among seniors. The project provided cognitive behavioral therapy for insomnia, introduced team sports and new sports activities, and organized community events to enhance the resilience of seniors facing later-life challenges.



### 服務數據

#### SERVICE DATA



66

新增治療個案(60歲以上受抑鬱症狀影響長者)  
New cases (Seniors aged 60 or above with depressive symptoms)



56

精神健康培訓課程  
Mental Health Training

33

場Sessions

682

人次participants

公眾講座  
Public talk



3,924



服務節數(30分鐘1節)  
Services Sessions  
(30 minutes per session)

24

樂齡之友  
JoyAge volunteers

4 個Group



32 節Sessions  
治療小組  
Therapeutic Group

2 個

653

人次participants  
社區活動  
Community Event





針對長者失眠狀況，舉辦了「失眠認知行為治療小組 (CBT-I)」，希望透過辨認和糾正致失眠的想法和行為，並結合放鬆練習改善睡眠問題。小組還融入茶禪元素，進一步提升睡眠質素計劃

Cognitive Behavioral Therapy for Insomnia (CBT-I) was organised to address insomnia among the seniors by identifying and correcting the thoughts and behaviors that contributed to insomnia and integrating relaxation exercises to improve sleep problem. Also, the group included tea meditation elements to further improve sleep quality



運動有助改善精神健康，足球作為團隊運動能減少孤獨感並促進社交聯繫，攀石則能鍛煉身體，提升心理韌性，增進社交互動和自信心

Football and Climbing Exercise significantly benefited mental health. Team sports like football reduced isolation and fostered social connections, while climbing enhanced physical fitness, boosted psychological resilience, improved social interaction, and built self-confidence



#### 社區活動—長者社區遊樂園 2023

活動當日設置立體及平面咖啡拉花攤位、反應式運動站及健身球互動遊戲，旨在提升大眾對精神健康的關注，並傳遞去污名化的信息。讓受抑鬱症狀影響的長者在「遊樂園」般的社區中，能感受到愉悅、被重視和尊重

#### Community Event

On the day of the event, we set up 3D and 2D coffee latte art booths, a reaction-based exercise station and fitness ball interactive games. The aim was to raise public awareness about mental health and spread messages of destigmatizing mental health issues. We hoped to ensure that seniors with depressive mood symptoms could still experience joy, be valued, and feel respected in this "amusement park-like" community