



精神健康推廣

MENTAL HEALTH PROMOTION



身心康泰

MENTAL WELLNESS

正向心理學教育



● 感恩日記
Gratitude Journal

本年度，本會進一步推動和發展正向心理學的應用，以提升精神病康復者及社區人士的身心康泰。隨著「正向心理資源中心」去年於安泰軒（屯門）設立後，多元化的正向心理學項目在中心舉辦，並提供公眾教育活動、工作坊、治療小組，以及自助資訊等，以應不同人士的需要。本年度除了舉辦了兩次為期五節的正向心理學工作坊外，我們亦並為精神病康復者籌辦了一個以「感恩」為主題的治療小組。為向社區人士提供精神健康教育，本會製作了兩本小冊子——「感恩日記」及「希望家族」，以促進他們於日常生活中實踐有利於精神健康的習慣。除此以外，各個地區的安泰軒亦為市民大眾舉辦不同的正向心理學教育活動。為促進與業界精神健康工作者的知識交流，本會亦向會內或外間職員提供有關課程的培訓。



● 本會臨床心理學家為教育局舉辦以老師為對象的正向心理學培訓
Training to teachers on positive psychology organized by the Education Bureau and conducted by our clinical psychologist

Education on Positive Psychology

This year, we further advanced the development of the application of positive psychology to improve the well-being of people in recovery (PIR) and the community. After the setting up of a Positive Psychological Resources Centre (PPRC) in The Wellness Centre (Tuen Mun) last year, various kinds of positive psychology programs were conducted in the centre. Moreover, public education, workshops, therapeutic groups and self-help materials were available to meet the needs of different clientele. A protocol for a five-session positive psychology workshop was developed, and the workshop had been held twice. A therapeutic group on gratitude was also developed and delivered for PIR. Two booklets, Gratitude Journal and a Hope Story Booklet, were developed to educate the community and to incorporate the practice of mentally healthy habits in daily life. Public education programs were also organized by The Wellness Centres in other districts. In addition, to promote knowledge transfer with other mental health workers, training courses were organized to both Association staff and external parties.



● 希望家族
Hope Story

正向「遊·樂·元」—— 身心康泰推廣計劃

由勞工及福利局贊助，為促進青少年對精神健康的關注、認識和管理技巧，於2014年6月正式啟動的正向「遊·樂·元」活動，透過計劃中的「身心健康行動計劃」及正向心理學工作坊，讓年青人在面對生活壓力和逆境時仍能保持良好的生活質素。是項先導計劃的特色是「身心健康行動計劃」正向心理學結合，15班共234名學生參加，包括香港中文大學，香港科技大學的社會服務團，以及香港專業教育學院（觀塘、李惠利、青衣、屯門及柴灣）。



● 同學正分享自己的身心健康行動計劃
Students sharing their Wellness Recovery Action Plan (WRAP)



● 公眾教育團隊為佛教大光慈航中學的教師提供青少年精神健康講座
Public education team provided a youth mental health talk to teachers from Buddhist Tai Kwong Chi Hong College

“Positive Adventure with Recovery” - Promotion of Mental Wellness Project

With the aim to improve young people's awareness, knowledge and skills regarding mental wellness management, funded by the Labour and Welfare Bureau, the “Positive Adventure with Recovery” was launched in June 2014. The project organized workshops by integrating Wellness Recovery Action Plan (WRAP®) and positive psychology, aiming to enhance the quality of life of participants even when facing stress and life challenges. A total of 15 classes were organized with 234 students participated, including The Chinese University of Hong Kong, The Student Social Service Society of Hong Kong University of Science and Technology, and The Hong Kong Institute of Vocational Education (Kwun Tong, Lee Wai Lee, Tsing Yi, Tuen Mun and Chai Wan).



● 同學在探討為人生帶來幸福感的要素
Students discussing what elements could bring well-being



● 同學們學習「細味」咖啡拉花
Students learning “savoring” and latte art

「3R」計劃 — 工作與家庭生活平衡

為向在職人士推廣工作與家庭生活平衡的重要性，「3R」計劃採用了正向心理學的元素包括「個性優勢」、「感恩」、「細味生活」等，結合「身心健康行動計劃」，為他們舉辦精神健康教育活動。活動透過互動遊戲、短片分享、體驗活動、小組分享、自我心理測量等，加強參加者的精神健康自助工具。計劃得到來自先進科技（亞洲）有限公司、浸信會愛群社會服務處、佛教大光慈航學院、葛蘭素史克公司、輕鐵公司，以及保良局慧妍雅集書院等共180位人士參加。



先進科技亞洲有限公司同事正透過集體遊戲學習正向心理學概念
Staff from ASM Technology learning positive psychology concept via mass game



葛蘭素史克公司職員正在進行體驗活動中
Staff from GSK in experiential activities

“3R” Project - Balance of Work and Family Life

To promote the importance of family work life balance, “3R” Project adopted the concepts of positive psychology covering character strengths, gratitude and savouring, as well as Wellness Recovery Action Plan (WRAP®) to deliver mental health program to the working adults. Through interactive games, videos, experiential activities, group sharing, self-assessments, etc., they were equipped with self-help tools to enhance their well-being. Altogether 180 people joined this project, including staff from ASM Technology Asia Limited, Baptist Oi Kwan Social Service, Buddhist Tai Kwong Chi Hong College, GlaxoSmithKline, The MTR Light Rail and Po Leung Kuk Wai Yin College.



輕鐵職員正參與一個以正向心理學和大笑瑜珈為主題的工作坊
A workshop on positive psychology and laughter yoga delivered to staff from Light Railway.





● 香港人及長者精神健康研究調查發佈會
Press Conference on the research study of Mental Health situation of Hong Kong People and the Older adults

2014精神健康月

2014精神健康月的主題為「活到老・樂到老 - 代代關注長者精神健康」，目的為喚起公眾人士關注長者的精神健康；本會是本年活動的統籌機構。為整項活動揭開序幕，地區推廣活動以「長者與家庭」及「長者與社區」為主題，分別向學校及公眾人士作出宣傳，於2014年5月至2015年1月推行，得到超過50間學校的參，另12項社區計劃獲資助在地區推行。此外，為探討香港人精神健康狀況，相關的研究調查已連續舉行第3年；是次調查更加入對長者精神健康的關注，並於2014年10月14日舉行的發佈會中公佈調查結果。為總結整項活動及表揚各界的參與，嘉許禮於2015年1月24日舉行，邀得勞工及福利局局長張建宗先生主禮，活動的口力支持伙伴電視劇《愛・回家》亦出席典禮並宣傳長者精神健康的訊息。當天活動獲逾800位來自社區團體、長者中心、企業、學校及精神健康綜合社區中心的參加者出席。

● 勞工及福利局局長張建宗先生與參加者一同運動
Mr. Matthew Cheung, Secretary for Labour and Welfare practiced exercise with participants



2014 Mental Health Month

The 2014 Mental Health Month adopted the theme "Happy Old Age" to encourage care and concern for older people. The Association was the coordinator of the Campaign. To kick off the Campaign, the district promotion programs themed "Older People and Families" and "Older People and the Community" were launched for schools and the general public respectively from May to September 2015. More than 50 schools participated and 12 community projects were sponsored to deliver district-based programs from October 2014 to January 2015. In addition, a survey on the mental health situation of Hong Kong people was conducted for the third consecutive year. For this year, a special focus on the mental health of older persons was included and a press conference was held on 14 October 2014. To conclude the Mental Health Month Campaign and to recognize the supporters, a Recognition Ceremony was held on 24 January 2015. Mr. Matthew Cheung, Secretary for Labour and Welfare, officiated the Ceremony. The team from the TV show "Come Home • Love", the Full Supporter of the Campaign, attended the Ceremony to boost awareness of the mental health for older people. The program was attended by more than 800 participants who came from community groups, elderly centres, corporations, schools and community mental health centres.



● 2014精神健康月嘉許禮
The Recognition Ceremony of 2014 Mental Health Month

社會共融與反污名

SOCIAL INCLUSION & ANTI-STIGMA

正向「遊·樂·元」 — 社會共融與反污名

正向「遊·樂·元」計劃的另一環是為青少年及精神病康復者提供互動平台，使彼此認識和學習互相尊重。內容包括學習與精神病康復者溝通的技巧、共融藝術、精神病康復者與家屬的復元經歷分享，以及展覽等。參與計劃的大專學生為精神病康復者設計一系列共融活動，而精神病康復者與家屬亦參加故事分享小組，以提昇自信和了解個人優勢，從而重組並鞏固他們獨特的復元故事。活動舉辦了20班共911位同學及110精神病康復者和家屬參與，當中94.1%同學表示提升了對康復者的認識，97.4%增加了對康復者的接納；與此同時，所有參加的康復者均認同共融活動改善了他們的形象，成效令人鼓舞。活動後，同學整合了活動中的經歷和感受，於校園內進行展覽分享，推廣反污名的訊息。



康復者與同學共同製作聖誕飾物並慶祝聖誕節
PIR and students made accessories and celebrated for Christmas

“Positive Adventure with Recovery” - Social Inclusion and Anti-Stigma

The “Positive Adventure with Recovery” project provided an interactive platform for young people and PIR to understand and respect each other. Program content included workshops on mental health and communication skills with PIR, social inclusion art program, story-telling groups for PIR and family members, and post-program exhibition. While the university students designed and organized various programs for PIR and students, PIR and family members joined the story-telling group to consolidate their recovery stories as well as to recognize their strengths. A total of 20 classes and 911 students, as well as 110 PIR and family members participated. The project outcomes were encouraging, with 94.1% and 97.4% of students increased their understanding and acceptance of PIR respectively after joining the social inclusion programs; and 100% of PIR considered they enhanced their positive images as a result of joining the social inclusion activities. Finally, the students consolidated their experiences by organizing an exhibition to further disseminate the anti-stigma message in their institutes.



康復者與香港科技大學社會服務團會員，在完成共4節的共融活動後合照
PIR and students from The Student Social Service Society of Hong Kong University of Science and Technology finished the 4-session inclusion program

「精・心・導遊」

為宣揚聯合國殘疾人士權利公約的訊息，本會與黑暗中的對話合作，透過一齣由本會推出的教材「精・心・導遊」，配合互動活動如聲音導航、視象導航、生命導賞等，帶出反污名的訊息。活動中，學生們體驗了模擬的視聽幻覺，以體會和了解康復者的境況；此外，精神病康復者亦分享了他們的復元故事，帶出正向訊息，突顯個人優勢。活動口期12節的活動，獲4間小學及6間中學共了1,954名同學參加。

「精・心・導遊」活動參加學校名單 List of schools participated in "Mind • Care • Navigation"

1. 將軍澳官立中學
Tseung Kwan O Government Secondary School
2. 天水圍循道衛理中學
Tin Shui Wai Methodist College
3. 香海正覺蓮社佛教正覺中學
HHCKLA Buddhist Ching Kok Secondary School
4. 舊色園主辦可藝中學
SSY H Ngai College
5. 天主教新民書院
Newman Catholic College
6. 聖母書院
Our Lady's College
7. 粉嶺官立小學
Fanling Government Primary School
8. 青山天主教小學
Castle Peak Catholic Primary School
9. 海墘街官立小學
Hoi Pa Street Government Primary School
10. 九龍塘天主教華德學校
Kowloon Tong Bishop Walsh Catholic School

"Mind • Care • Navigation"

To promote the United Nations Convention on the Rights of Persons with Disabilities, we collaborated with Dialogue in the Dark to deliver anti-stigma messages through integrating the teaching materials of "Mind • Care • Navigation" with interactive activities such as acoustic navigation, visual navigation and life tour in the social inclusion programs. Students experienced a mock audio and visual hallucination. Also, PIR shared their recovery stories with positive messages and their strengths. The program in 12 sessions was participated by 4 primary schools and 6 secondary schools with 1,954 students.



- 1 康復者以自己經歷鼓勵學生積極面對考試和人生
PIR were encouraging students to face the challenge of examinations and life positively by sharing their experience
- 2 同學們正體驗精神病患者生活的難處
Students experiencing daily living difficulties of PIR
- 3 康復者分享自己的復元經歷
PIR sharing their recovery journey

創意藝術治療

由「余兆麒醫療基金」贊助，社區文化發展中心、葵涌醫院及本會合辦的「服務兒童、父母及照顧者的創意藝術治療：國際研討會及工作坊」，於2014年8月7至16日假賽馬會新生精神康復學院舉行，內容包括6個工作坊及2天研討會。此外，於2014年7月19日及8月2日亦分別舉辦了「精神健康與創意音樂治療」職員培訓工作坊。



● 服務兒童、父母及照顧者的創意藝術治療國際研討會
Symposium of Creative Arts Therapies for Children, Parents and Carers

執頭偶劇場

由滙豐國際信託有限公司贊助的執頭偶表演於2014年9月舉行了3場分享會。以「夢想成真」為主題，透過故事將10位精神病康復者的個人希望及不同復元元素結合在一起，帶出重視個人優勢、朋輩支援、希望及參與等元素在復元路上的重要。於2014年9月22日更進一步將這「希望」訊息帶到一所護老院作分享，又於本會春茗上演出新執頭偶戲劇「年獸的故事」。



● 「年獸的故事」在本會春茗演出
"The story of Nian" presented at the Spring Dinner

Creative Arts Therapies

With sponsorship from S. K. Yee Medical Foundation, a Symposium and Workshop on "Creative Arts Therapies for Children, Parents and Carers" was jointly organized by the Association, Centre for Community Cultural Development and Kwai Chung Hospital from 7 to 16 August 2014 at the Jockey Club New Life Institute of Psychiatric Rehabilitation. It comprised six workshops and a two-day symposium. There were also 2 staff training sessions on Mental Health and Creative Music Therapy held on 19 July and 2 August 2014.



● 「夢想成真」表演
"Dreams come true" performance

Tabletop Puppet Theatre

Sponsored by HSBC International Trustee Limited, three tabletop puppet shows were presented in September 2014. With the theme "Dreams come true", a story integrated the dreams of 10 PIR, the elements of strengths-based, peer support, hopes and participation in their journey of recovery. A show focusing on "Hope" was presented at an elderly centre on 22 September 2014. Another tabletop puppet show about Chinese New Year – "The story of Nian" – was presented during the Association's Spring Dinner.

義工推廣

「共・善・行」義工服務計劃

由住宿服務單位統籌，為期三年的義工服務發展計劃已踏入第二年。活動繼續以「共・善・行」為主題，提倡以義工服務精神作為新的生活態度。計劃動員康復者參加義工服務行列，如關懷獨居長者，並為康復者籌劃「共・善・行」領袖計劃，以提升他們的領導能力及技巧。透過此計劃，278位康復者從探索到規劃、組織至實踐、開展了他們關懷社區的義工行動。「四年前在我住醫院的期間，感到很無助；但現在我有義工的支持，他們與我分享經驗、幫助我，使我的思緒回復平靜安穩。」一位義工領袖分享感受。本年度的義工嘉許禮於2015年4月18日舉行，6位傑出義工，以及兩個合作伙伴，包括香港警務處（葵青分區）、新創建愛心聯盟分別獲得嘉許。我們感到非常榮幸，邀得社會福利署深水埗區福利專員郭李夢儀女士擔任主禮嘉賓。截至2015年3月31日，我們已招募330名義工，並於50個義工服務活動中，為1,550人次提供超過3,500小時之義工服務。



社區服務日
Community Service Day

Volunteer Movement

“WE Care”

This was the second year of the three-year volunteer service development project organized by residential service units. With the theme “WE Care”, we continued to advocate the spirit of volunteerism as a new attitude to life and mobilized our PIR to provide care to the older persons living alone. A program “WE Care Leadership” was designed for our PIR to strengthen their leadership skills. Through this program, 278 PIR were invited to initiate their care and concern action – from exploring to planning, then organizing and finally conducting volunteer services in the local community. “I felt so helpless when I was hospitalized four years ago. Now I have the support from other volunteers who share their experiences with me and help me restoring a peace of mind,” said a volunteer leader. Volunteer Award Presentation Ceremony was held on 18 April 2015. Awards were given to 6 individual volunteers and 2 partners – the Hong Kong Police Force (Kwai Tsing District) and NWS Volunteer Alliance. It was our honour that Mrs. Helen Kwok, District Social Welfare Officer (Sham Shui Po), officiated the ceremony. As at 31 March 2015, we recruited 330 volunteers who had contributed over 3,500 hours of service in 50 volunteer service events to about 1,550 recipients.



- 1 義工們正為獨居長者提供基本健康檢查
Volunteers providing basic health check to singleton elderly
- 2 大澳海岸清潔活動
Cleaning the seashore at Tai O
- 3 香港導盲犬協會義工分享及交流
Sharing with Hong Kong Guide Dogs Association

義工嘉許計劃

為推動義務工作及表揚義工的貢獻，本會推行義工嘉許計劃。有關得獎詳情如下：

Volunteer Recognition Scheme

To promote volunteerism and recognize the contribution of volunteers, a volunteer award scheme was conducted with details as follows:

2014至2015年度義工嘉許計劃 — 服務時數統計
2014/2015 Volunteer Award Scheme - Service hours Statistics

獎項 Awards	獲獎條件（義工服務時數） Requirement [Volunteer hour]	得獎義工人數 Number of Volunteers awarded
金獎 Gold Award	70小時以上 At least 70 hours	49
銀獎 Silver Award	50-69小時 50-69 hours	38
銅獎 Bronze Award	30-49小時 30-49 hours	84
總數 Total		171

教育性參觀

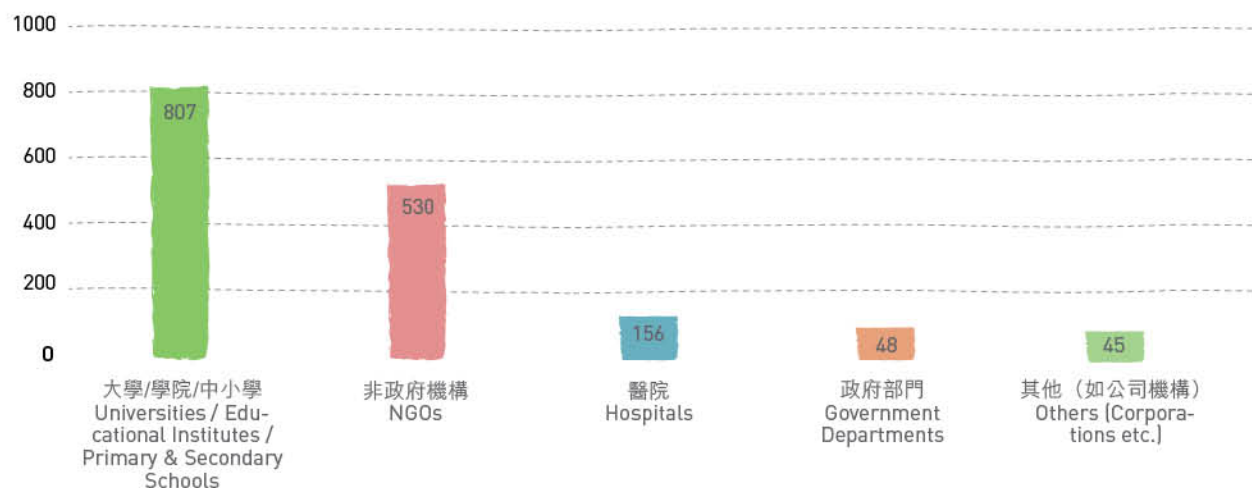
本會於本年度共接待了83次教育性參觀，參觀人數共1,586人，參觀者主要為大學生、精神健康工作人員、醫院院友及康復者。本會與香港大學醫學院連續第2年合作，為其醫科學生舉辦互動性參觀活動，以提高學生對精神病患康復者的認識和接納。是年，本會為醫學院的學生舉辦了6次互動活動，當中包括參觀復元為本的社區精神健康服務、復元理念與實踐的講課、朋輩支援工作員分享其復元經歷，以及「精•心•導遊」精神健康體驗活動。此外，本會亦於2014年10月及2015年3月為香港中文大學「個人心理健康與健康家庭」課程的學生舉辦了兩次互動性參觀活動；每次學生均分組到不同服務單位了解其服務目的、運作模式及與康復者進行互動交流。

Educational Visits

The Association received 83 educational visits and 1,586 visitors this year. They were mainly university students, mental health related workers, hospital patients and PIR. This was the second consecutive year the Association collaborated with the Faculty of Medicine, The University of Hong Kong to organize interactive visit programs for medical students, to promote acceptance of PIR. 6 rounds of interactive programs were arranged; each covered a visit to the community mental health services, a talk on Recovery, sharing by our peer support workers, and the interactive "Mental Health Tour" experiential program. During the year, two interactive visits for the students of The Chinese University of Hong Kong taking the course of "Individual Mental Health and Healthy Families" were organized in October 2014 and March 2015. Groups of students were attached to various service units, to learn the service objectives and modes of operation, as well as having dialogues or activities with PIR.

2014至2015年度教育性參觀
Educational Visits 2014/2015

團體口別 Organization Type





復元為本服務

RECOVERY-
ORIENTED SERVICES

50th
ANNIVERSARY

復元

RECOVERY

復元動力

憑著復元動力在過往數年間的 effort，本會已就復元為本的服務口定了穩固的基礎，亦同時為康復者及家屬提供了參與本會服務的途徑。於2014至2015年度，復元動力工作重點集中於推廣康復者的參與、鞏固已有的知識和智慧，以及將「身心靈健康」的概念融入復元導向的服務中。

康復者及家屬的參與

服務使用者參與小組委員會

康復者的參與為實踐復元導向服務不可或缺的元素。為此，康復者及家屬不單參加復元事工小組，本會亦邀請他們參與會內各小組委員會會議。本會於2014年12月12日舉辦了一個導向簡介會，向6位服務使用者及3位家屬講解本會的架構，以及4個小組委員會（包括社區服務、住宿服務、培訓、研究及發展和工作與就業小組委員會）的目標及工作範圍。所有參加者都表示有興趣先嘗試列席小組委員會。3位康復者將參加工作與就業小組委員，而一位康復者及兩位家屬則有興趣參與另外3個小組委員會。

「共同製作」及「新生復元學院」

「共同製作」是一個提升康復者及家屬參與度的開創性概念。為了試行「共同製作」的理念，我們邀請了一群職員、康復者及家屬去檢視現時職員培訓課程中有關復元的課程內容，並作出修訂。同時，為了更深入了解「復元教育」和「共同製作」的理念，本會於2014年12月邀請了 Julie Repper 博士及 Jane McGregor 博士主持一個為期五天的「復元學院」培訓。本會亦成立一個事工小組，讓社工、朋輩支援工作人員、家屬及康復者合作成立「新生復元學院」這項新服務。「新生復元學院」是一個以教育模式為主導的計劃，透過一系列共同製作的課程、朋輩支援及發展社交網絡以達致充權的目的。

Recovery Initiative

Through the efforts of Alliance for Recovery and Care (ARC) in the last few years, a solid foundation of recovery-oriented services has been established and channels were provided for people in recovery (PIR) and carers to participate in the Association. In 2014/2015, recovery initiatives focused on promoting users participation, consolidating existing wisdom and knowledge, and integrating the concept of well-being into a recovery-oriented service framework.

Participation by PIR and Family

Users' Participation in Subcommittees

Participation by PIR is crucial for the realization of the recovery-oriented services. To this end, more PIR and family members were invited to contribute in different subcommittees of the Association besides participating in various working groups. A briefing session was held on 12 December 2014 to orientate 6 service users and 3 family members on the Association's organization structure, as well as the aims and work scope of the 4 subcommittees, namely Community Services, Residential Services, Training, Research and Development, and Work and Employment Subcommittees. All of them indicated interest in attending the subcommittees for a trial period. Three service users would join the Work and Employment Subcommittee, whilst 1 service user and 2 family members would participate in each of the other 3 subcommittees.

Co-production and New Life Recovery College

Co-production is a newly developed concept which aims at increasing the participation of PIR and family members. A group of staff, PIR and family members started to pilot this concept through reviewing the staff training protocol on recovery for future use. In order to learn co-production and recovery education, Dr. Julie Repper and Dr. Jane McGregor were invited to provide a 5-day training course on Recovery College in December 2014. The Association formed a working group participated by social workers, peer support workers, carers and PIR to co-establish the new service – New Life Recovery College (NLRC). NLRC is an initiative using an educational approach, through co-produced courses, peer support and the development of social networks to empower individuals recovery in various ways.

「家屬與康復者同行」工作坊

為促進康復者及家屬對復元的了解，本會於2014年11月舉辦了一個讓康復者、家屬及朋輩支援工作員共同參與的工作坊，作為互相溝通的平台，共15位家屬、5位康復者及3位朋輩支援工作員參加。在工作坊中，家屬和康復者能互相分享對復元的不同看法和關注，特別是就著家人照顧及康復者自身責任之間的兩難、家庭中的污名與優勢為本、希望以及家庭關係等作深入討論。

朋輩支援工作員

本會於兩年前開始聘請康復者擔任朋輩支援工作員，現時共有8名朋輩支援工作員於不同的服務單位中工作，包括精神健康綜合社區中心、過渡期宿舍、輔助宿舍，以及其他服務計劃如自閉症人士服務的「心志牽」及家庭服務的「家點希望」，向其他康復者提供朋輩支援服務。朋輩工作不僅為朋輩發展建立了常規平台，更能透過互相學習和分享工作智慧，強化會內復元導向的服務。

身心健康行動計劃

本會10位社工、朋輩支援工作員及家屬完成了由Copeland Center提供的「身心健康行動計劃高級帶領員課程」，並組織了一個事工小組，致力在香港推廣身心健康行動計劃。同時，本會向精神健康從業人員、香港中文大學的學生、康復者及家屬提供了3次「身心健康行動計劃認可帶領員課程」，藉以推動社區精神健康。

Co-workshop for Family and PIR

Aiming to facilitate mutual understanding of recovery between family members and PIR, a workshop involving PIR, carers and Peer Support Workers (PSW) was organized in November 2014 as a mutual communication platform with 15 family members, 5 PIR and 3 PSWs participated. In the workshop, family members and PIR exchanged views and shared their concerns, particularly on the dilemma between family care and responsibility of PIR, stigma in families and strengths-based orientation, as well as hope and family relationships.

Peer Support Worker

The Association had been hiring PIR as Peer Support Workers in the past 2 years. This year, 8 Peer Support Workers / Peer Nannies were employed. They provided peer support services to PIR in different services, including Integrated Community Centre for Mental Wellness, Halfway House, Supported Hostel, i-REACH as well as Shining H.O.P.E.S. for Family Wellness. Peer work not only created a regular platform for peer development within the Association, but also facilitated mutual learning of practice wisdom of providing peer services in order to strengthen the recovery-oriented practice.

Wellness Recovery Action Plan (WRAP®)

After the Advanced-level WRAP® facilitator (ALWF) training provided by the Copeland Center, 10 Advanced-level WRAP® facilitators including social workers, peer support workers and carers organized a working group which aimed at promoting the development of WRAP® in Hong Kong. Following the ALWF training, 3 local certified WRAP® facilitator training courses were provided to mental health services practitioners, students from The Chinese University of Hong Kong, PIR and carers to promote mental wellness in the community.



復元導向服務

機構評估

為了檢視本會復元導向系統變革的進展，本會首次採用一套適用於機構的自我評估工具——「復元推廣保真度量表」，以反映復元歷程的過程及發展步伐。評估成果顯示本會實行復元導向的服務之程度為中度。本會將採納這套評估工具作為每年自我評估之用，藉此令本會的服務質素得以持續提升。

制訂復元導向服務的質素保證框架

為提升現有的質素保證制度，本會發展了一套口新的復元導向服務質素保證框架，當中包括5個範疇，分別是權益與責任、服務輸出、使用者參與、家屬參與，以及機構性領導與管理。而下一步將會構思表現量度系統，包括不同復元導向服務表現指標的基準及定義。此新框架將於2015/2016年度推行，並於實施後進行意見收集。

個人復元計劃

本年度的焦點在於優化「個人復元計劃」，並結集服務單位於過往一年實行「個人復元計劃」的經驗和智慧。為了整合職員的實踐經驗以評估個人復元計劃於實務層面的效用，本會於2014年12月向所有服務單位進行了量性及質性的意見調查。質性調查結果顯示，「個人復元計劃」促進職員對康復者的復元目標、優先次序、所需支援以及其他持分者的意見，亦見證著康復者對服務計劃的主權感有所加深。本會將於2015/2016年度檢視現有的相關工具及培訓，令「個人復元計劃」在整個推行過程中得以持續優化。



● 英國 University of Nottingham 的 Julie Repper 博士與她的同事於2014年12月1日至5日為本會進行為期5天的「共建復元學院」培訓課程 "Co-producing a Recovery College", a 5-day training provided by Dr. Julie Repper and her colleague from the University of Nottingham of the UK from 1 to 5 December 2014



● 由 Copeland Center 提供的「身心健康行動計劃高級帶領員課程」 Advanced-level WRAP® facilitator training provided by the Copeland Center

Recovery-oriented Services

Organizational Assessment

To review the progress of the Association's transformation into a recovery-oriented system, Recovery Promotion Fidelity Scale was employed as an organizational self-assessment tool for the first time to measure the development and process of the transformation this year. It was indicated that recovery-oriented practice was moderately implemented within the Association. This would become an annual self-assessment exercise of the organization, through which to maintain a sustained quality improvement of the Association's service.

Development of a Quality Assurance Framework for Recovery-oriented Services

A new quality assurance system framework for recovery-oriented services was developed to enhance the Association's existing quality assurance system, which consisted of 5 domains including rights and responsibilities, delivery of care, users' participation, family's/carers' participation, and organizational leadership and management. In the next stage, a performance measurement system would be formulated, including the definition and benchmarking of different recovery-oriented service performance indicators. This new framework would be implemented in 2015/2016 and feedback would be collected upon its implementation.

Person-Centred Care Planning (PCP)

The focus in this year was on the enhancement of PCP practice, and consolidation of wisdom derived from one year's experience in PCP implementation in all service units. Both quantitative and qualitative feedback from all service units was collected in December 2014. Qualitative feedback from staff indicated that PCP facilitated their understanding on the recovery goals of PIR, their priorities, support needed, the views of different stakeholders, and the reuse of ownership of PIR in setting their plans was also enhanced. To ensure continuous improvement of quality throughout the whole implementation process of the PCP initiative, the existing PCP protocol would be reviewed in 2015/2016.

發展資源

翻譯《100種支援復元的方法：一本給精神健康服務專業同工的指引》

為進一步向華人社會推廣復元導向服務，本會獲英國 Rethink及King's College London的Mike Slade教授授權將《100種支援復元的方法：一本給精神健康服務專業同工的指引》翻譯成中文版。這本為精神健康專業同工而設的免費實務指引自2009年於英國發佈第一版後，已於網上被下載超過23,000次。此外，該指引已被翻譯成不同語言，而本會有幸能參與其中文翻譯工作。指引內容同時涵蓋理論架構以及復元導向服務的實踐手法，而繁體中文版將於網上發佈。為方便本實務指引應用於華人群體，本會亦將於2015/2016年度製作簡體中文版。



● 《100種支援復元的方法：一本給精神健康服務專業同工的指引》繁體中文版
Traditional Chinese version of "100 Ways to Support Recovery: A Guide for Mental Health Professionals"

「來自復元的星星」— 反污名教材套

本會製作了一套名為「來自復元的星星」的教材套，希望能藉此對抗精神病污名，並讓公眾更了解和接納康復者及其復元之路。教材套內容包括兩個真實故事、康復者的訪談以及相關解說，以突顯康復者的長處及優勢，表達精神病康復者只是他們其中的一個身份，而他們仍能活出有意義的人生。



● 反污名教材套 - 「來自復元的星星」
Anti-stigma Education Kit - "Stars of Recovery"

「復元歷程你我齊參與」資源套

本會於2014年下旬發佈「復元歷程你我齊參與」資源套，介紹參與復元導向服務的不同層面及途徑，並總結本會於過去數年在復元導向服務方面取得的可觀發展。



● 「復元歷程你我齊參與」資源套
Recovery Resources Kit

展望

本會經過多年就體制轉型所付出的努力，在復元導向服務方面已建立了豐富的知識及智慧。本會為進一步促進復元導向服務以及身心靈健康概念相互融合，將會修訂現行的服務架構。

New Resources

Translation of "100 Ways To Support Recovery: A Guide for Mental Health Professionals"

To promote recovery-oriented services in Chinese societies, the Association was authorized by Rethink and Professor Mike Slade of King's College London in the UK to translate "100 ways to support recovery: A guide for mental health professionals" into Chinese. This is a free practical guide on recovery-oriented practice for mental health professionals. Since its publication in 2009 in the UK, the first edition had been downloaded more than 23,000 times. It was also translated into different languages and New Life was honoured to undertake the translation work. The booklet covered both theoretical framework and practical means to implement recovery-oriented practice. The Traditional Chinese version would be disseminated on the Internet. To further enhance the utility of the practical guide amongst the Chinese population, a simplified Chinese version would be ready in 2015/2016.

"Stars of Recovery" - The Anti-stigma Education Kit

An education kit called "Stars of Recovery" was produced for public education to counter the stigma of mental illness and to promote understanding and acceptance of PIR' recovery journey. Two authentic stories, interviews with PIR and debriefing guide were included in the education kit, aiming to highlight the strength of PIR and convey the message that being mentally ill was only part of their identity and they could lead meaningful lives despite the illness.

Recovery Resources Kit

A "Recovery Resources Kit" was published by the Association in 2014 to elaborate on different levels and channels of participation, and summarized the impressive development of recovery-oriented services in the past few years.

Way Forward

After years of effort in system transformation, a wealth of wisdom and knowledge in recovery-oriented practice has been established in the Association. To further facilitate the integration of well-being and recovery-oriented practice within the Association, a revised service framework would be needed.

社區支援

COMMUNITY SUPPORT

安泰軒

提倡精神健康及社區共融，促進精神病的預防工作，一直是我們堅守的信念。為此，安泰軒致力消除公眾對精神病的歧視、提升社會對康復者的接納和尊重，促進康復者的個人復元。我們與各社區持份者緊密合作，通過拓展鄰里和義工網絡，建立一個和諧關愛的社區。

中心會址

一個方便易達的會址顯然有助推動社區伙伴的協作和持續參與。本會得到社區持份者，特別是社會福利署和離島區議會的大力協助下，成功爭取在東涌逸東邨和長洲長貴邨開設新服務點，使我們可以有更多空間舉辦活動和加強現有的服務。另外，雖然我們已在沙田覓得合適的會址，但過程中遇到重大挑戰，說明我們需要繼續努力爭取社區的支持。

服務概覽

回顧過去一年，社區服務的會員人數達到6,484人，對比上年度增加4.7%。在2,925宗轉介個案中，自行求助及來自家屬或照顧者求助仍然是主要的轉介來源，共佔37.7%，較去年增加1.8%，醫療機構轉介佔33.1%，社會服務機構轉介佔26.1%，餘下的3.1%來自不同的政府部門。



「靜·聽330」整全健康表演
Performance to promote holistic health

在6,484名會員中，5,032人（77.6%）為確診的精神病康復者，而1,452人（22.4%）為懷疑受精神問題困擾的人士。在4,614個曾接受個案服務的會員中，有2,039人為新個案。

The Wellness Centres

With the ultimate goal of promoting awareness of mental wellness and social inclusion, as well as prevention of mental illness, The Wellness Centres (TWCs) continued our efforts to de-stigmatise mental illness, promote respect and acceptance of people in recovery (PIR) of mental illness and eventually improve their personal recovery. Concerted efforts with community stakeholders in neighbourhood networking and volunteering were further enhanced to achieve a cohesive and harmonious community.

Premises Acquisition

Accessible premises are of proven value in promoting participation and developing collaboration among community partners. With concerted efforts from community stakeholders, in particular the Social Welfare Department and staunch support from the Island District Council, the Association has successfully acquired additional service bases at Yat Tung Estate in Tung Chung and Cheung Kwai Estate in Cheung Chau. More space will be allowed for programs and service accessibility will be enhanced. For TWC (Shatin), a potential venue was identified but we met considerable challenges and continuous efforts to cultivate community understanding and support is required.

Service Profile

During the year, community services served 6,484 members, which was 4.7% more than last year. A total of 2,925 referrals were received. Self-approach by PIR and their family members and carers remained the major source of referrals with 1.8% increase to 37.7% were received. While 33.1% came from the health sector, 26.1% were referred by social services, and the remaining 3.1% were received from different government departments.

Among the 6,484 members served, 5,032 (77.6%) were diagnosed with mental illness and 1,452 (22.4%) had suspected mental health problem. In all, 4,614 members received casework services, 2,039 of whom were new cases.

According to the statistics, 1,278 PIR (19.7%) were aged 30-39, whereas 1,562 (24.1%) and 1,658 (25.6%) PIR belonged to the age groups of 40-49 and 50-59 respectively; and older PIR (aged 60 or above) accounted for 15.9%. Similar to the latest trend of ageing population faced by Hong Kong, our client profile revealed that we were facing an ageing issue.

根據統計，年齡介乎30至39歲的會員有1,278人（19.7%），而介乎40至49歲和50至59歲則分別有1,562人（24.1%）和1,658人（25.6%），60歲或以上的年長會員佔15.9%。會員結構顯示會員組群有老齡化趨勢，與香港整體社會的人口趨勢相近。

為更了解步入中老年及年長康復者的健康需要，本服務為50歲或以上的康復者進行了健康狀況調查。調查結果發現他們較多患有高血壓、糖尿病及血脂高等問題。對比香港人口整體情況，精神分裂症及抑鬱症的患者患上以上疾病的比率較高。這個結果提醒我們需要採取措施協助他們管理自己的健康。我們將於來年制定和推行全面的護理模式與介入策略，以提升他們的健康及為自己步入晚年作更好準備。

促進社區參與、增進個人復元

介入模式第一層

一 精神健康推廣及公眾教育

由於社會大眾仍然對精神病患者持負面態度，要消除市民大眾對精神病的污名，公眾教育是必要的。各安泰軒今年採用了不同的介入方式推廣尊重和消除污名，如由康復者參與及演出的戲劇活動，帶領公眾人士在虛擬的情境體驗精神分裂症，並安排年輕人與康復者一起製作微電影等，藉著這些平台加深社區人士對康復者的理解和促進對他們的接納。此外，我們積極將正向心理學中的感恩、細味、靜觀，以至身心靈健康的概念帶入社區。為應對人口老齡化，各安泰軒將繼續與社區伙伴及持份者共同努力去提升社區對於精神健康的意識，關注步入老年及長者的精神健康。



● 「愛·融·義」社區義工嘉許禮
Volunteer Recognition Ceremony

無容置疑，社區各持份者和義工都是我們推廣精神健康和社會共融工作上的重要伙伴。在2011至2014年推行「有里同行 樂天計劃」的基礎上，我們獲得社區投資共享基金再度資助，推行另一個3年計劃「有里同行 樂天計劃－悅·飛翔」，再度於天水圍推廣精神健康和強化區內居民的抗逆力的社區資本。計劃內容亦包括「愛·融·義」義工嘉許禮，感謝義工及社區伙伴作出的貢獻。

To acquire a better understanding of the physical needs of soon-to-be-old and ageing PIR, a brief health screening survey was conducted for PIR aged 50 or above. The results indicated that the most common medical illnesses faced by our PIR were hypertension, diabetes mellitus and hyperlipidaemia. Compared with the general population in Hong Kong, higher rates of aforesaid health problems were found among PIR who were suffering from schizophrenia and depression. These findings alerted us to act proactively in assisting them to manage their physical health. A comprehensive care model and intervention strategy to optimise their physical wellness and to get them better prepared for ageing will be devised and implemented in the coming years.

Enhancing Community Participation and Enriching Personal Recovery

Primary Intervention

– Mental Health Promotion and Public Education

As negative attitudes towards mental patients remained prominent, public education has been considered as the essential mean to combat stigma associated with mental illness. During the year, TWCs adopted different methods to promote respect and eliminate stigma. Drama production and performances by PIR, mental health tours to experience a simulated psychotic episode, direct contact between PIR and the youth as well as making short films together had enhanced their understanding and acceptance towards the PIR. Furthermore, Positive Psychology is one of our strategies adopted to promote mental well-being in the community. Concepts of gratitude, savouring and mindfulness as well as physical, psychosocial and transcendental well-being were promoted in the community. Moreover, in view of the ageing population, TWCs worked with community partners and stakeholders to make extra efforts to raise the awareness of how mental health affecting soon-to-be old adults and older adults in the community.

Community stakeholders and volunteers are definitely our assets in promoting mental wellness and social inclusion. With the positive outcome of "Neighbourhood of Wellness" conducted from 2011 to 2014, another three-year project, "Neighbourhood of Wellness – Sailing into Happiness" was launched with funding support from the Community Investment and Inclusion Fund. This project aimed to build up social capital in Tin Shui Wai, promote mental wellness and strengthen the resiliency of community members. "Love · Inclusion · Volunteer" recognition ceremonies were held to thank the contribution of volunteers and community partners.



● 正向心理資源中心「健心工房」
Positive Psychological Resources Centre

介入模式第二層 — 早期辨識及介入

安泰軒與社會福利署、醫院管理局及地區非政府機構保持緊密合作，加強早期辨識和介入與精神健康有關的需要。我們採用「精神疾病的診斷與統計手冊五—自測水準1橫截面測量—成人」為標準評估工具作篩檢。本年共有1,452位懷疑有精神健康問題的人士接受服務，當中752位為新轉介個案，較去年有3.2%增幅。

為使服務使用者更快地獲得優質和全面的精神健康服務，我們成功將439位懷疑有精神健康問題或沒有覆診的人士連繫至精神健康服務跟進及治療。當中117位(27%)被轉介到精神科門診求醫，96位(22%)及57位(13%)分別接受精神科住院治療及急症室服務作緊急精神科評估及治療，47位(11%)被轉介到精神科社康服務作評估。其餘則連繫至普通科醫生、臨床心理學家及私家精神科醫生接受治療。為進一步支援康復者的復元，我們轉介了1,155位康復者至不同的社會服務，如家庭服務、食物銀行、社會保障辦事處等，而其他則轉介到職業康復、日間訓練及就業服務。

介入模式第三層 — 以人為本服務

截至2015年3月底為止，安泰軒已為2,965位個案會員和2,067位活動會員提供以人為本的支援服務。當中包括116個以表達藝術、敘事治療、豐盛晚年等主題的治療性小組及3,315個身心康盛活動。



● 社區共享投資基金義工探訪活動
CIIF - Volunteer visit organized by Life Mentors and MTR Volunteer Team.

自決和參與

根據「我有say — 掌管我的復元路」小冊子，康復者會參與訂立「個人復元計劃」以釐定個人目標、優勢與障礙，個案工作員每半年與康復者共同檢視其個人成長和目標。此外，「身心健康行動計劃」是一項實證為本的實踐模式，揉合在個人復元計劃中去鼓勵康復者運用自身優勢以維持個人身心健康和發展個人應付危機的方法。本年度，安泰軒為康復者、家屬和社區人士舉辦共14次「身心健康行動計劃」的小組和4次工作坊。通過融合身心康盛的元素於計劃中，讓參加者更能夠為自己作決定。即使參加者面對不同挑戰，也可以活得精彩。

Secondary Intervention

- Early Identification and Intervention

TWCs continued close collaboration with Social Welfare Department, Hospital Authority and district-based non-governmental organizations to enhance early identification of and intervention with people who have mental health issues. Self-Rated Level 1 Cross-Cutting Symptom Measure — Adult (DSM V) was adopted as a standardised screening tool. In this year, a total of 1,452 users with suspected mental health problems were served, 752 among of which were new referrals, representing 3.2% increase over last year.



● 故事·星期六 — 心靈自癒小組
Saturday Story of Celebration



● 透過敘事治療小組，組員重敘及繪畫自己的復元故事
Retelling recovery story drawing in narrative group

To enable service users making timely access to a range of quality and integrated mental health services, 439 persons with suspected mental health problems or those who defaulted from treatment were successfully linked to mental health services for intervention and treatment; 117 [27%] were linked to psychiatric out-patient clinics; 96 [22%] and 57 [13%] were admitted to psychiatric hospitals and Accident and Emergency Departments respectively for acute psychiatric assessment and treatment; and 47 [11%] were referred to community psychiatric services for psychiatric assessment. Others were connected to general practitioners, clinical psychologists and private psychiatrists for treatment. To support PIR's recovery, 1,155 linkages to social services such as family service, food bank and social security unit were made, while others were referred to vocational, day training and employment services.

Tertiary Intervention – Person-centred Services

As at the end of March 2015, TWCs had provided person-centred support to 2,965 case members and 2,067 program members. In all, 116 therapeutic groups on expressive arts, narrative therapy and successful ageing as well as 3,315 wellness programs had been organized to promote holistic well-being.

Self-determination and Participation

Reference to the "Driver's Seat" booklet, PIR participated to formulate their own person-centred care plans (PCPs) to identify their personal goals, strengths and barriers. Also, half yearly reviews were conducted to consolidate their growth and review their goals. The Wellness Recovery Action Plan® (WRAP®) – an evidence-based practice, was incorporated into PCPs to encourage PIR to use their internal resources to maintain well-being and develop crisis plans. This year, WRAP® was integrated into 14 groups and 4 workshops for PIR and carers as well as people in the community. Through formulating their own plans to incorporate

提升服務使用者和照顧者的身心靈健康

身心靈健康對所有年齡的人都很重要，而今年度的主題是推廣身體健康。安泰軒在不同地區推行活動，提升康復者關注健康的意識，如安泰軒（屯門）的快樂長跑隊，最初成立的目的是鍛鍊組員的心肺功能，部份參加者及後更自發參與各項馬拉松活動。此外，安泰軒（屯門）和安泰軒（離島）為年長的會員推廣「快樂椅子舞」，並獲得很好的回應。



● 椅子舞
Chair Dance

為加強家庭的復元和抗逆力，安泰軒（深水埗）參照 Dr. Froma Walsh「家庭抗逆力」的概念，由社工、康復者和家屬共同發展「元美家庭」成長小組。為了促進照顧者的身心靈健康，各中心定期為家屬舉辦「身心健康行動計劃」和支援小組以建立家庭支持網絡。

親歷經驗的學習和分享

通過助人者和受助者的經驗分享，加強感同身受的共鳴，是朋輩支援的基礎。安泰軒（深水埗）參照了英國 Hearing Voices Network 的經驗推行聲音同路人小組，由曾經經歷過聽聲音的社工與康復者一同探索這種不尋常的經歷。在小組過程中，朋輩間發展的凝聚力和結連有助個人復元。同時，兩位在安泰軒（天水圍）和安泰軒（深水埗）工作的朋輩支援工作員在中心通過分享其親歷經驗、盼望的建立和充權來促進其他康復者的復元。朋輩支援工作員又以電話聯繫和探訪非活躍和年長的會員，以及向公眾人士和專業人士分享個人復元的體驗。

工作與就業

融合了改變階段模式及復元模式，職業策劃及發展服務繼續推行一系列職業復康計劃，促進有就業需要的康復者就業。2014至2015年度，共有727名會員接受服務，當中293名為新會員。我們合共提供10,234節的職業治療訓練，包括1,889節個別訓練及8,345節小組訓練。小組訓練內容包括職業復康服務及持續進修的資訊分享、參觀輔助就業服務單位、就業相關的治療性小組等。為支援在職的會員，我們亦舉辦在職支援小組以協助會員適應工作及提供一個互相支援的平台。

服務的另一重點是協助患上精神分裂症的會員提升就業能力。安泰軒獲得余兆麒基金會撥款，發展一項創新的電腦認知矯正計劃。此先導計劃包括16節每節一小時的電腦化認知訓練，會員通過參與軟件練習從而

wellness, the participants were able to achieve self-direction as well as, to cope with their life challenges more effectively.

Enhancing Well-being of Users and Carers

Well-being is important to people of all ages and enhancing physical well-being was chosen as the theme for this year. Diversified exercise programs were organized to raise PIR's awareness on maintaining physical health. The Joyous Run program organized by TWC (Tuen Mun) aimed at promoting cardiovascular fitness, which eventually led to some participants initiating their own pursuit of marathon events. In order to cater to the needs of older members, Happy Chair Dance was promoted in TWC (Islands) and TWC (Tuen Mun) and favourable feedback was received.

To foster family recovery and resilience, a Family Recovery Group「元美家庭」成長小組 was co-developed by social workers, PIR and carers of TWC (Sham Shui Po) integrating recovery elements into the framework of "Family Resilience" proposed by Dr. Froma Walsh. To promote the well-being of carers, WRAP® for carers and support groups was organized on a regular basis to establish a family support network.

Learning and Sharing of Lived Experiences

Sharing lived experiences, in particular regarding mental health recovery, forms the basis for peer support. TWC (Sham Shui Po) piloted the Hearing Voices Peer Group, with reference to the experiences of Hearing Voices Network in United Kingdom. The social worker who had lived experiences with hearing voices facilitated PIR to explore and share their explanations of unusual perceptive and auditory experiences. The cultivation of cohesiveness and connectedness amongst peers was conducive to their personal recovery. Simultaneously, two peer support workers were working with TWC (Sham Shui Po) and TWC (Tin Shui Wai) staff teams to facilitate the recovery process of PIR through sharing lived experiences, modelling hope and empowerment.

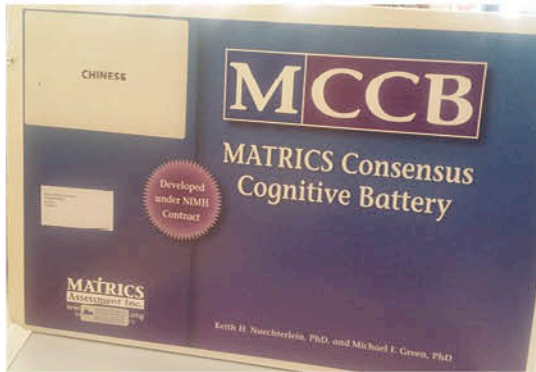


They supported the peer support warm line and paid visits to engage inactive or elder members. Also, they contributed to public education by sharing their recovery stories with the general public and professionals.

Work and Employment

Incorporating the Stage of Change model and Recovery-oriented practices, Vocational Planning and Development Service (VPDS) continued providing an array of vocational programs, to boost the employability of PIR with vocational needs. In 2014/2015, there were 727 members receiving VPDS, of whom 293 were newly referred to this service. VPDS provided a total of 10,234 occupational therapy sessions to this group of members in 7 TWCs in which 1,889 individual and 8,345 group sessions. Talks on vocational services, visits to supported employment sites, and work-related therapeutic groups were organized,

提升他們的認知功能。我們將於下年度鞏固此計劃的內容並於各安泰軒內繼續推行。



● 電腦認知矯正計劃
Cognitive Remediation Program

本年度有49位會員成功就業及19位會員接受輔助就業服務。此外，4位會員接受庇護工場訓練，另有5位會員參與由職業訓練局、勞工處「陽光路上」（青少年殘疾人士在職培訓計劃）及僱員再培訓局舉辦的提升職業技能的相關課程。

服務成效

安泰軒每年邀請曾接受個案管理服務的會員填寫「特氏生活滿意問卷」及「復元評估問卷」，分析結果顯示服務有效促進他們的生活滿意程度及復元，成效能夠持續1至2年。

就個案管理服務，我們檢視了2,709位服務使用者在風險程度的轉變，結果顯示他們的風險程度在接受個案服務6個月後顯著下降。更令我們感到鼓舞的是高及中度風險程度的個案數字分別由51及396減至10及126個。

專業效能發展

我們繼續由資深臨床心理學家陳穩誠博士擔任臨床顧問。過去一年，陳博士為安泰軒的中心主任及個案督導提供臨床顧問服務及專業培訓，更主持安泰軒的個案會議，提升專業同工在個案評估和介入等方面的技巧和能力。此外，陳博士更引入實證為本的臨床介入模式及各項評估工具，從而強化個案工作員於個案評估時運用「精神疾病的診斷與統計手冊-5」（DSM-V）的能力。

為進一步於工作中實踐綜合家庭及系統治療，我們透過優化個案收納評估的項目和內容，拓闊同工在家庭工作的視野、發掘家庭強項及運用其資源以提升家庭抗逆力。此外，59位專業同工參與由美國俄亥俄州立大學的李慕儀教授及Mr. David Grove提供的專業培訓課程。而資深家庭治療師、「美國婚姻及家庭治療協會（AAMFT）認可的專業督導王愛玲博士亦為我們提供臨床指導。

as well as a support group was held, in particular for those who were engaged in open employment, to facilitate their adjustment and mutual support.

Promoting employability of members with schizophrenia spectrum disorders is one of the foci of VPDS. A cognitive remediation program funded by S. K. Yee Medical Foundation was conducted to get those members more prepared to meet their work challenges. This pilot program was designed with 16 one-hour sessions and intended to promote the specific domains of cognitive functioning of members with schizophrenia spectrum disorder through utilizing cognitive computer software. The program will be further consolidated and re-run in 2015/2016.

This year, 49 members were employed in the competitive market and 19 members were successfully admitted into supported employment. In addition, 4 members received further training in sheltered workshops and 5 members attended vocational related courses offered by the Vocational Training Council (VTC), Sunnyway - On the Job Training Program for Young People with Disabilities by Labour Department and Employees Retraining Board (ERB).

Service Outcome

Each year, members who received case management services are invited to complete Tests Life Satisfaction Scale and Recovery Assessment Scale. The results revealed that the service was effective in promoting life satisfaction and recovery of members after secondary intervention, and the impacts could be sustained for 1-2 years.

For case management, a review of 2,709 members showed that their risk level decreased significantly after receiving casework services for 6 months. It was encouraging that the numbers of members with high and moderate risk dropped from 51 and 396 to 10 and 126 respectively.

Professional Competency

We were honoured that Dr. Raymond Chan, Clinical Psychologist, continued to be our clinical consultant. This year, Dr. Chan provided consultation and training to our clinical leaders and officers-in-charge. He also conducted service-based case conferences for all our professional staff to further strengthen their skills in clinical assessment and interventions. Dr. Chan also introduced evidence-based clinical intervention approaches and assessment tools, hence boosting staff's competence in applying DSM V in their work.

To embrace Integrative Family and Systems Treatment (I-FAST) into practice, case intake assessment was refined to broaden the horizons of case workers regarding the adoption of family perspective, utilization of family strengths and mobilisation of their resources to enhance family resiliency. In all, 59 staff attended the training sessions on I-FAST conducted by Prof. Lee Mo Yee and Mr. David Grove from Ohio State University. And Dr. Wong Oi Ling, Marriage and Family Therapist and AAMFT Approved Supervisor, continued to deliver consultation to our professional staff.

挑戰與前瞻

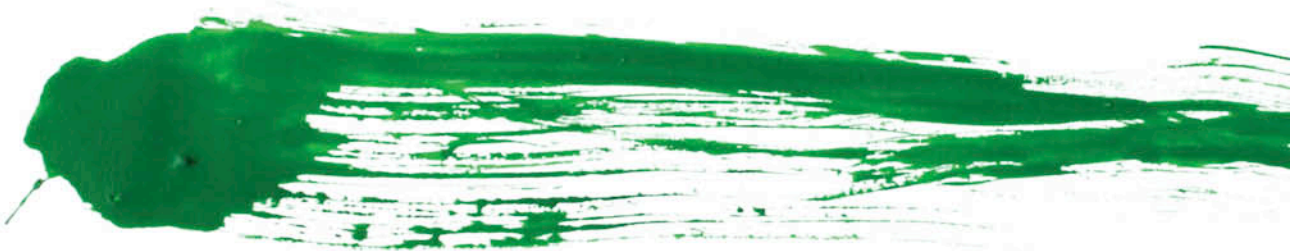
雖然在物色會址的工作上取得重大進展，但我們仍然期盼繼續得到社區人士的支持，為餘下的中心物色到永久會址。隨著精神健康綜合社區中心的成立將近五年，我們期待與政府檢討服務，進一步加強社區支援服務。

Challenges and Direction

While there has been significant progress in locating premises for establishing community services, we still need the staunch support of local community stakeholders in identifying welfare premises for some of our units. As Integrated Community Centres for Mental Wellness has been operating for nearly five years, we look forward to carrying out the service review with the Government to further strengthen the community support services.

2014至2015年度安泰軒服務指標及成效
Output Indicators and Achievements of The Wellness Centres 2014/2015

服務指標 Output Indicator	指標 Benchmark	成效 Achievement
服務會員人數 Number of members served in a year	5,500	6,485
新服務會員人數 Number of new members served	1,815	2,720
新或重開個案人數 Number of new / reactivated cases in a year	1,650	2,092
外展探訪及辦公室面談次數 Number of outreaching visits / office interview sessions in a year	14,850	24,659
外展探訪次數 Number of outreaching visits in a year	11,000	19,581
中心內進行或通過外展形式提供的職業治療評估／訓練 Number of individual centre-based or outreaching needs assessment / training sessions of occupational therapy (OT) in a year	8,250	10,234
治療性小組數目 Number of therapeutic groups conducted in a year	110	116
興趣班／支援小組數目 Number of sessions of interest classes / supportive groups conducted in a year	2,750	3,315
連繫活動及／或公眾教育活動數目 Number of linkage activities and / or programs in a year	249	483
參與連繫活動／公眾教育活動的人數 Number of participants in linkage activities or programs in a year	19,250	46,422



接受職業策劃及發展服務後會員的職能提升狀況（截至2015年3月31日）

Upward mobility of PIR receiving vocational planning and development service (as at 31 March 2015)

職業策劃及發展服務 Vocational planning and development service	精神病康復者人數 No. of PIR
公開就業 Open employment	49
輔助就業 Supported employment	19
庇護工場 Sheltered workshop	4
職業訓練局舉辦的1年制課程 1-year course from Vocational Training Council	1
僱員再培訓局課程 Course from Employment Retraining Board	3
陽光路上 Sunnyway - On the Job Training Programme for Young People with Disabilities	1

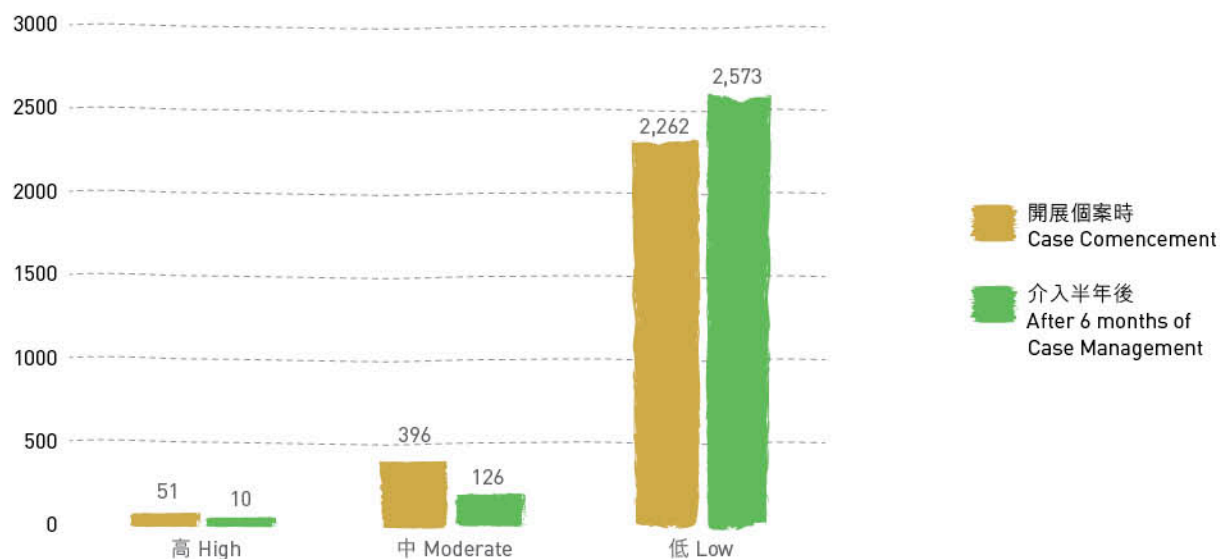
2014至2015年度特氏生活滿意問卷分析結果

Analysis Results of PIR's Level of Test Life Satisfaction and Recovery Assessment 2014/2015

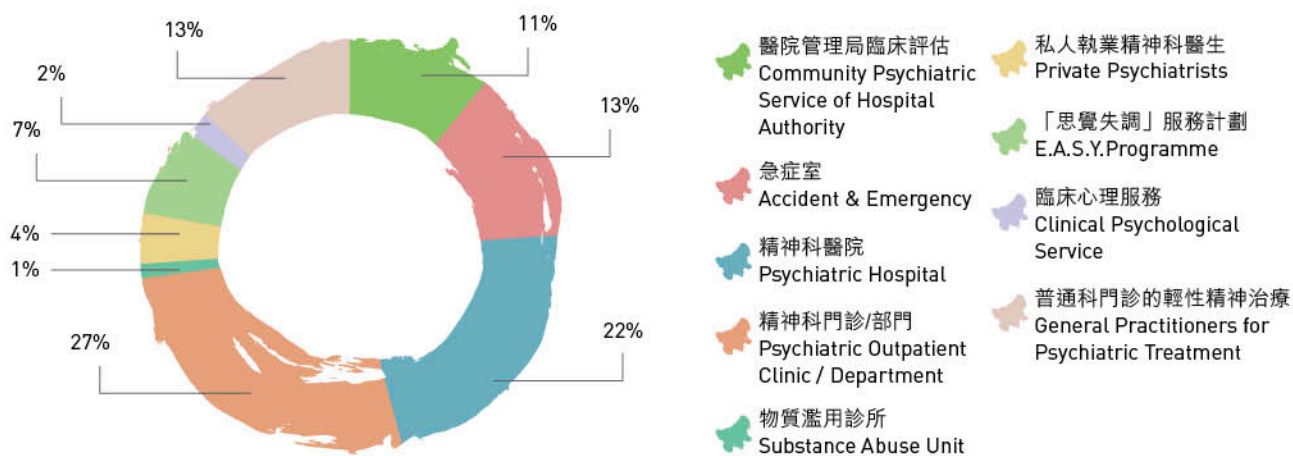
問卷 Inventory	樣本數 N	平均分（標準差） Mean (SD)	F檢定值 F-test value	顯著水平 Level of significance
特氏生活滿意的總平均分 Test Life Satisfaction Scale				
接受個案服務前 Baseline	871	55.2(10.8)	18.87**	.000
接受個案服務1年後 Post 1 year	247	60.0(10.7)		
接受個案服務2年後 Post 2 year	82	61.6(10.0)		
復元評估的總平均分 Recovery Assessment Scale				
接受個案服務前 Baseline	975	79.2(13.0)	23.44**	.000
接受個案服務1年後 Post 1 year	251	93.5(11.1)		

Note: SD=Standard Deviation; *p<.05 **p<.01

2014至2015年度安泰軒個案風險程度於開展個案及介入半年後的比較
Comparison of Risk Level after the commencement of Case Management at TWC 2014/1015
 個案數目 Number of Case: 2,709



2014至2015年度懷疑有精神健康問題的服務使用者連繫至精神或相關服務概況
Linkage to Mental Health System or Related Services of service users with Suspected Mental Health Problems 2014/2015
 服務人數 Number of Service User: 439



綜合心理健康計劃

2014至2015年度本會在醫院管理局九龍西聯網轄下的4間普通科門診推行綜合心理健康計劃，協助受情緒困擾的人士及早接受識別輔導及治療。推行此項計劃的門診包括西九龍、東九龍、戴麟趾夫人及青衣市區普通科門診診所。在過去一年個案經理共為2,179名服務使用者提供了5,896節的個人輔導服務，其中1,320人同時接受本計劃醫生所提供共3,633節的治療。

為協助服務使用者加強自我管理及提升正面處理壓力的技巧，個案經理亦籌辦了187個不同主題的工作坊，共有1,757出席人次。工作坊內容包括認識抑鬱症、焦慮症、正向心理、壓力管理及鬆弛練習。

本計劃採用一套自評問卷，包括病人健康狀態問卷（PHQ-9）及廣泛焦慮症問卷（GAD-7）以監測服務使用者症狀變化的頻率和嚴重程度。根據單因子方差分析（One-way ANOVA）結果顯示，病人健康狀態問卷（PHQ-9）及廣泛焦慮症問卷（GAD-7）的評分在前測、服務結束後第6個月及12個月均有明顯的下降，結果反映此計劃的介入能有效減低抑鬱和焦慮的徵狀，效果能維持一年。

Integrated Mental Health Program

In 2014/2015, the Integrated Mental Health Program (IMHP) was rendered in Kowloon West Cluster of Hospital Authority in four General Out-patient Clinics (GOPCs), including West Kowloon GOPC, East Kowloon GOPC, Lady Trench GOPC and Tsing Yi Town GOPC. The program aimed to provide early identification and intervention for people with common mental disorders (CMD) in GOPCs. Case managers rendered a total of 5,896 individual counselling sessions to 2,179 service users, while doctors under the program rendered 3,633 sessions to 1,320 service users.

To strengthen service users' self-management and stress coping ability to positively cope with stress, case managers had organized 187 workshops with a total of 1,757 attendances. The workshops included introduction of depression and anxiety, positive psychology, stress management and relaxation.

Self-administered Patient Health Questionnaire (PHQ)-9 and GAD-7 were used to measure changes in terms of symptom frequency and severity. The results revealed that service users who had completed the IMHP program reported a reduction in the scores of PHQ and/or GAD, and the effect could be sustained for one year, meaning that the interventions were effective in managing depression and anxiety disorders.



2014至2015年度綜合心理健康計劃服務數字
Outputs of Integrated Mental Health Program (IMHP) 2014/2015

	服務使用者人數 Number of service users	個別輔導節數 Number of individual sessions
個案經理 Case Managers	2,179	5,896
綜合心理健康計劃醫生 IMHP Doctors	1,320	3,633

問卷 Inventory	樣本大小 N	平均分(標準差) Mean [SD]	F檢定值 F-test value	顯著水平 Level of significant
病人健康狀態問卷 PHQ-9				
基線 Baseline	2,939	9.36(5.35)	1,245.4**	.000
服務結束時 Discharge	1,816	3.49(3.72)		
服務結束後6個月 6 months after discharge	1,059	2.43(2.17)		
服務結束後1年 1 year after discharge	696	2.36(2.01)		
廣泛焦慮症問卷 GAD-7				
基線 Baseline	2,939	8.85(4.89)	1,217.9**	.000
服務結束時 Discharge	1,816	3.50(3.59)		
服務結束後6個月 6 months after discharge	1,059	2.26(2.26)		
服務結束後1年 1 year after discharge	582	2.08(2.07)		

Note: SD = Standard Deviation

PHQ-9 = Patient Health Questionnaire

GAD-7 = General Anxiety Disorder Assessment;

*p<.05 **p<.01

住宿服務

RESIDENTIAL SERVICES

截至2015年3月31日，本會位於不同地區的20間住宿服務單位，包括2間長期護理院、11間過渡期宿舍、5間輔助宿舍及2間中度智障人士宿舍合共為1,121名需要低度至高度照顧與支援的康復者提供服務。隨著中度智障人士宿舍及長期護理院服務使用者就年齡兩極化有持續的現象，我們在過去一年無論在環境設施、人手及康復訓練等範疇上作出持續改善，以確保服務使用者得到最適切的照顧與支援。

殘疾人士院舍牌照

18間住宿服務單位的豁免證明書已成功獲得續期。與此同時，4間過渡期宿舍及1間中度智障人士宿舍已獲獎券基金撥款，預計改善工程於2015年下旬展開。

內部職員發展與培訓

本年度我們提供了一連串的內部培訓和與同業交流和探訪學習的機會予專業及前線同工，目的為增加他們的知識、技巧及創新意念以提升工作的專業質素，以提供更優質的服務。其中，我們參觀了數間提倡健康生活模式的住宿及日間服務單位，讓職員去學習和分享不同培養個人成長、社區參與及社會責任的實務手法。

As at the end of March 2015, the Association was serving 1,121 service users in recovery of mental illness in 20 residential units, including 2 long stay care homes, 11 halfway houses, 5 supported hostels and 2 hostels for the moderately mentally handicapped. The broad range of residential services catered for diverse functioning levels of service users who required low, medium and high levels of care and support services. With an increasing trend of age polarisation of clientele in hostels for the moderately mentally handicapped and long stay care homes, we had implemented continuous improvement initiatives during the year, including facilities enhancement, manpower and rehabilitation programs for our service users, to ensure they receive quality care and support.

Licensing of Residential Care Homes (Persons with Disabilities)

The applications for renewal of the Certificate of Exemption for our 18 residential units were successfully completed. Meanwhile, Lotteries Fund applications for 5 of our residential units, 4 halfway houses and 1 hostel for the moderately mentally handicapped were approved. It was expected that the rectification work would start in mid-2015.

In-house Staff Development and Learning

In the past year, a series of in-house training and exposure learning opportunities were organized for professional and frontline staff to equip them with knowledge, skills and innovation to enhance their work practices and professional quality to deliver care and support to the service users. In particular, we had paid several visits to other residential and day programs that promote healthy lifestyles and sustainability, where our staff learned and how to foster growth, community involvement and social responsibility of service users.



過渡期宿舍

承接去年的服務主題「承傳·發展」，本年度我們繼續過渡期宿舍一貫的優良傳統，為康復者提供整全的服務與個人照顧，同時提升康復者及其照顧者的參與度，使他們在復元路上更加自主。

從參與到充權

本年度我們透過各項培訓、其他學習經歷及不同的分享平台和渠道，鼓勵康復者參與及進一步充權。他們除了漸漸肩負作為宿舍舍友的責任外，也開始參與各種社區及義工活動，服務鄰近社區。

另一方面，新翠宿舍的朋輩支援工作員已將其復元的經驗輯錄成故事，內容涵蓋工作、服藥、自我管理、家庭、社交及抗逆力等。在鼓勵其他康復者克服病患所帶來的困難和在他們面對不同過渡階段的轉變時給予支持的同時，對他本人來說也是一個共同學習的經驗。

個人復元計劃已全面於所有宿舍推行，現時已大概有一半的康復者制訂了其個人復元計劃。在這個互相支持和尊重的氣氛下，康復者更能主動地去表達個人的想法和目標。

過渡期宿舍的家屬工作

探討家屬於支援康復者時的需要

我們於過渡期宿舍及輔助宿舍進行了一次家屬需要問卷調查，就家屬於支援康復者復元的需要以及服務規劃等，收集家屬、康復者及宿舍職員三方面的意見。我們在11間過渡期宿舍及4間輔助宿舍收回220份問卷，佔服務名額總數的36%。

收集得來的數據顯示，30歲或以下康復者的家屬會較為關注康復者，他們會積極學習有關精神健康的知識。稍後，我們將舉行聚焦小組深入研究家屬於不同轉變階段和復元旅程上的需要，以制定更適合的介入策略，為他們提供支援。



● 家屬旅行
Outing with Family

Halfway Houses

Riding on the theme of the preceding year – “Legacy and Development”, this year we not only continued the fine tradition of providing holistic services and individualised care to people in recovery (PIR) but also progressed to leverage the participation and their carers, so they were became more empowered and enhanced their ownership in recovery.

From Participation to Empowerment

This year, we strived for increased participation and empowerment of PIR through organizing training activities, exposure learning and structured platforms and events for peer sharing and learning. Gradually, they took on not only roles and responsibilities of being a resident of halfway house, but also participated in various community events and volunteer services to serve the neighbourhood.

In addition, the Peer Support Worker of Sun Chui Halfway House narrated his personal recovery stories which covered a wide range of topics including work, medication, self-management, family, friendships and resilience etc. It was a co-learning experience for him, as he had inspired other residents in overcoming hurdles arising from their mental illnesses and supporting them in facing various life transition challenges.



● 康復者主持舍友會
Residents Meeting led by PIR

Person-centred Care Planning had been implemented in all halfway houses in this year, with half of our PIR now having their own PCP. Under such a supportive and respectful atmosphere, PIR became more spontaneous in articulating their thoughts and personal goals.

Family Work in Halfway Houses

Exploring the Needs of Families in Supporting Recovery of PIR

We conducted a family needs survey in halfway houses and supported hostels to solicit views from families, PIR and staff regarding the needs and service design that support families. We had collected 220 questionnaires from 11 halfway houses and 4 supported/self-financed hostels which comprised 36% of the service capacity.

The data indicated significantly that family members of those PIR aged below 30 were more concerned and they were ready to be active learners in equipping themselves with knowledge related to mental illness, we planned to conduct focus groups to learn more in depth on the needs of family in different stages of change or recovery journeys and to formulate more appropriate intervention strategies to support family members.

家屬工作實踐的進階介入手法

我們於3間過渡期宿舍，包括新翠宿舍、竹園宿舍、大樓宿舍I，以及輔助宿舍思悅園試行綜合家庭及系統治療計劃(I-FAST)。6位已接受基本及進階培訓的職員正逐步累積有關的臨床經驗。由婚姻及家庭治療師王愛玲博士提供的真實個案研習和參與每月的督導小組可持續地為他們提供支援。藉著推廣涉及家庭層面的個案管理，我們將作進一步的計劃及安排，如個案分享、個案會議和相關培訓等。



● 園藝治療小組「當我看到收成時，覺得辛苦都是值得的！」
Horticultural Therapy Group "All the hard work was worth when I saw the harvest!"

青年人的挑戰

住宿服務的「青年教育及支援服務」(YES)積極地發展伙伴合作，如思覺基金的「Fitmind運動」、登毅戶外培訓、自由人足球發展公司、長春社，以及其他提供青年服務的機構如救世軍與蒲窩青少年中心等，一起籌劃和提供新的活動，讓YES的項目更加多元化及擴闊青年康復者的視野。活動設計與內容提供一個更新更時尚的面貌，吸引不同服務的康復者參加。除了傳統的項目外，我們亦加入瑜伽和有關兩性關係的互動課程。此外，本年度亦舉辦野戰、野營和一連串的文化遊。



● 挑戰青龍石澗「很難相信我竟然能完成這旅程」
The challenge of Green Dragon Stream "I still cannot believe I could do it."

服務表現

過去一年，過渡期宿舍無論在服務輸出量或服務表現方面均保持高水平。34%的康復者於公開市場就業，16%透過輔助就業服務獲聘，以及24%於庇護工場工作。另外，成功離舍率達24.3%，遠超服務標準的13%在成功離舍的康復者當中，25%選擇與家人團聚，可見家屬工作的成效滿意；27%於社區獨立生活，當中部份獲恩恤安置，其他則租住樓房。因病發而離舍的比率維持於低水平，約2.6%。

未來的挑戰及發展方向

建基於家屬需要問卷調查的數據，我們將進一步根據不同的轉變階段探討有助家庭復元的工作手法，以加強家屬對於康復者的支援。

Advanced Intervention in Family Work Practice

The application of Integrative Family & Systems Treatment (I-FAST) was piloted in 3 of our halfway houses, including Sun Chui Halfway House, Chuk Yuen Halfway House and New Life Building Halfway House I, as well as Joyous Place, the supported hostel. 6 staff of the involved units had completed the basic and advanced training on I-FAST, but they were building up their clinical experience. Ongoing support was received by participating in the monthly clinical supervision group and live-case demonstration by Dr. Wong Oi Ling, Marriage and Family Therapist. Given a vision to promote systemic family perspective in case management, further arrangement would be made, like case sharing, case conferences and training.

Embracing Challenges of Young Adults

Youth Education and Support (YES) Service formed under Residential Services had actively established new partnerships, such as FITMIND of Early Psychosis Foundation, SAT Summit Adventure Training, Freeman Football Development Company, the Conservancy Association and other youth service organizations including Salvation Army and the Warehouse. This helped diversify the content of YES programs and broaden the horizons of the young PIR. The program design and delivery were provided in a fresh and trendy way which had successfully attracted new PIR from other service units. In addition to the traditional youth programs, we have newly introduced a yoga class and an interactive course on "Love and Relationships". War games, wild camps and a series of cultural tours were also launched in this year.

Service Outcome

The outputs and outcomes of halfway house services continued to maintain a high standard this year. About 34% of PIR worked in open employment, 16% were engaged in supported employment and 24% attended sheltered workshops. The successful discharge rate from halfway houses was 24.3%, which far exceeded the benchmark of 13%. Among the discharged residents, while 25% had chosen family reunion, indicating the good progress in family re-alignment work, another 27% were compassionately re-housed or rented flats. The discharge rate of users due to mental relapse was also kept at a low level of 2.6%.

Future Challenges/Direction of Development

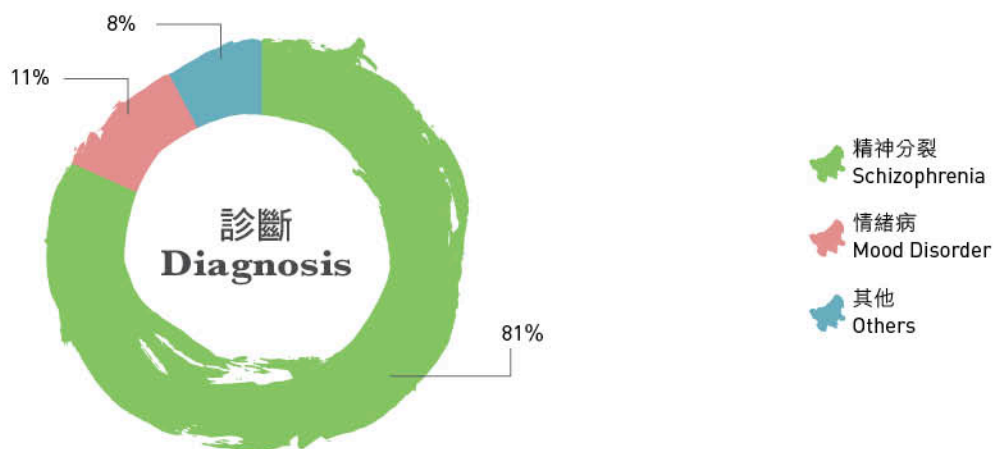
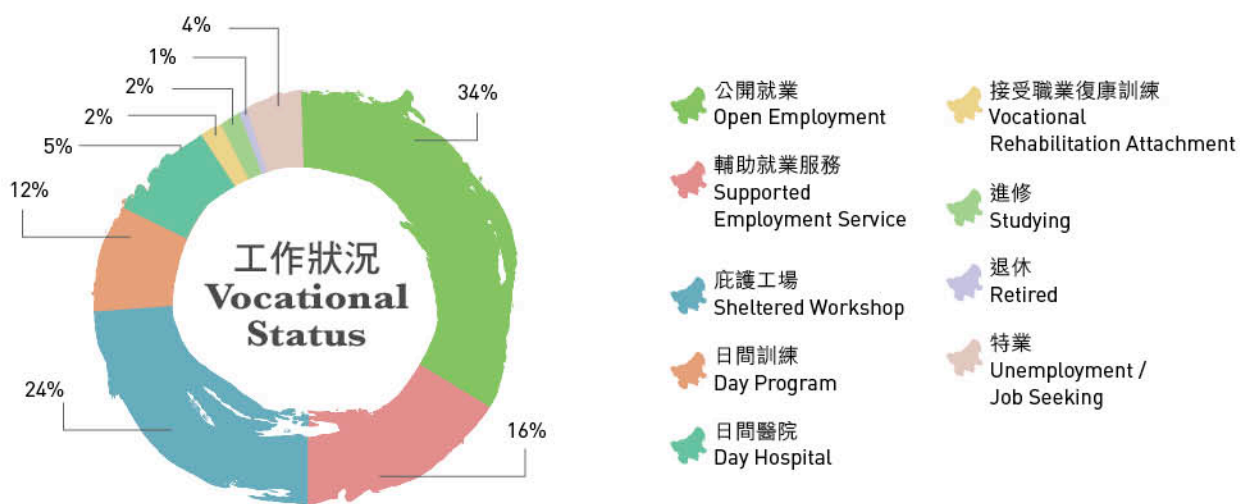
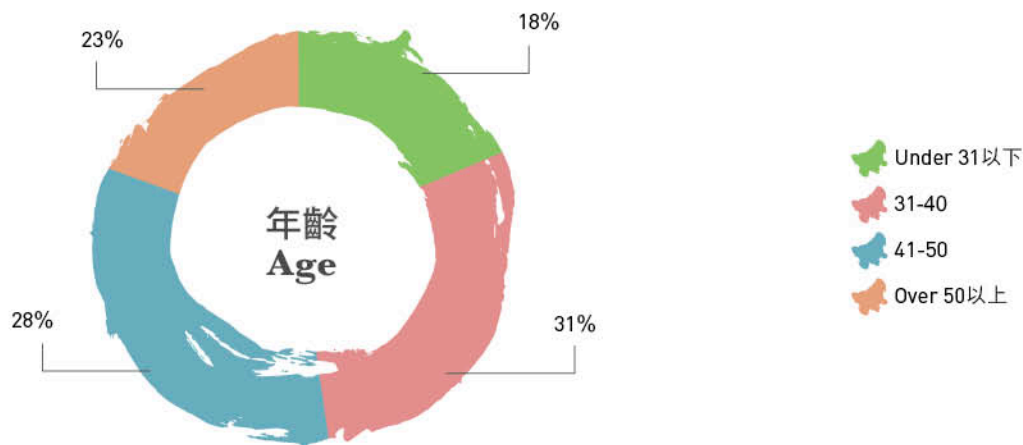
Based on the findings collected from the family survey this year, we will further explore the working approach to families in recovery according to the stages of changes in families, so that we can optimise family support for better recovery outcomes of PIR.



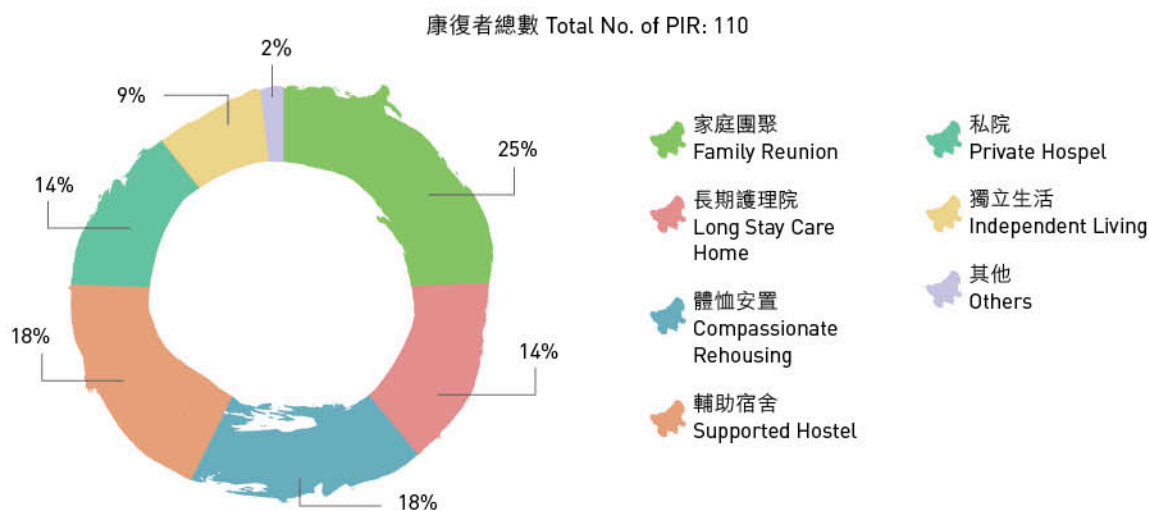
● 利東宿舍康復者二胡演奏「很高興我的音樂天份能為其他人帶來歡樂」
Erhu performance by service user of Lei Tung Halfway House "I'm glad that I can bring happiness to others with my talents in music."

過渡期宿舍康復者的年齡、診斷及工作狀況分佈 (截至2015年3月31日)
Distribution of Age, Diagnosis and Vocational Status of People in Recovery (PIRS) of Halfway Houses
 (as at 31 March 2015)

康復者總數 Total No. of PIR: 440



過渡期宿舍康復者成功退出服務後的去向分佈 (截至2014年3月31日)
Distribution of Discharge Destination of People in Recovery (PIRs) of Halfway Houses
(as at 31 March 2014)



2014至2015年度過渡期宿舍「復元為本」活動概覽
Highlights of Recovery-oriented Programs in Halfway House 2014/2015

復元元素 Recovery Component	活動 Program	
個人化 Individualisation	「你準備好未？」離舍小組 “Are You Ready” Pre-discharge Group WRAP®小組 WRAP® Group	我有我 Style I've Got My Style 美麗有序 The Order of Beauty 復元動力101 Recovery 101
自主自決與選擇 Self-determination & Choice	宿舍我主場 My Hostel, My Place “你想”旅行團 Let's travel! 健康生活系列 Healthy Lifestyle Series	園藝無限 Gardening Unlimited 自主自決自行服藥訓練 Self-medication Training
責任 Responsibility	精神健康與我何干? Mental Health And Me 綠惜生活由我起動 I Go Green	食得有營養 Healthy Diet SQS你要知 Know More About SQS
康復者參與 Users' Participation	「愛與夢飛翔」活動計劃 “Fly with Love And Dreams” Project 舍友會籌備委員會 Residents Meeting Committee	左鄰右「你」自在遊 Outing Organized by Peers 藝術在山景 Art @ Shan King 自務活動 Activities Organized by Peers
朋輩支援 Peer Support	風雨同路人 I Am Here With You 離舍支援小組 Pre-discharge Support Group 社區導航員計劃 Community Navigator	好人好事頒獎禮 Best Pal Award “戀愛同盟”小組 Understanding Love Group
重視個人優勢 Strengths-based	共善行 Residential Services Volunteer Project 體育世界 The World Of Sport 才藝小組 I've Got Talent Series	我也做得到 I Can Do It 季度之星 Star Of The Quarter 工作提升獎勵計劃 Work Enhancement Award Scheme
尊重與反污名 Respect & Anti-stigmatization	踢走標籤與歧視 Anti-stigma Group	地區共融活動 Social Inclusion Activities
家人參與 Family Participation	念家・希望 My Family・My Hope 「復元歷程你我齊參與家屬篇」 We Are Together On The Road Of Recovery	SK2gether Gathering at Shan King 親子廚房 Cooking With Family
整全性 Holistic	「宅」出我天地 Out of My Place 綠色生活系列 Green Life Series	園藝治療小組 Horticultural Therapy Group 復元之星選舉計劃 The Star of Recovery
起伏中的成長 Non-linear	活出真我小組 That's Me 復元照相館 Recovery Studio	經歷病徵小組 Symptoms Sharing Group 解決問題好Easy小組 Go Easy With Problems Group
希望 Hope	恩典人生 The Grace of Life 感恩聖誕 Thanksgiving Christmas	「希望、復元」成長小組 “Hope, Recovery” Growth Group 快樂不倒翁 Be Happy, Be Strong

長期護理院

服務主題：全人康泰

屯門及新生會大樓長期護理院以「全人康泰」為本年的服務主題，強化動力，按康復者的個人復元及照顧需要，竭力提升各年齡層之身心靈健康。

整合實踐 提升康復者「復元」

過去一年，兩院成功發展及執行長期護理院特定使用之個人復元計劃，讓能積極參與計劃之康復者實現制定自己擁有的復元及照顧目標。多位康復者亦得到員工持續鼓勵及在各方面的協助下，參與活動設計及推行其後工作。本年，在新生會大樓長期護理院舉辦之「暢談護理院」公開論壇中，超過120名康復者透過此機會與院長及各部門主管直接對話；一群康復者更到訪新生會大樓中央廚房，與主廚及廚師們交流他們最為關心的飲食需要，並向他們表達謝意。屯門長期護理院已啟動三層階梯式服務模式的前期工作，稍後將成為新生會大樓長期護理院重組身心社交康復服務的框架參考。為讓復元工作訓練能更推向前線化，前線同工團隊獲邀在專業同工會議內分享推行復元工作的實際技巧及成效，深受同工歡迎，實是難得的互相學習經驗。



● 跳出健康來
Dancing for Health

審視康復者健康需要

因應年齡老化的影響越見明顯，兩院積極採取行動以滿足康復者在生理健康及護理照顧上的需要，各項增強身體機能之活動，例如簡易太極及橡筋操等，在活動種類及次頻上都有所增加。院方亦為需要額外支援的康復者，增加個人衛生及自我照顧技能訓練。兩院同時繼續發展及修訂各護理工作指引，包括鼻胃管餵食、造口護理及繁複導管護理，應付康復者不斷增加的高度護理工作。



● 馬拉松比賽
Marathon Race

Long Stay Care Homes

Service Theme: Wellness for All

This year, Tuen Mun and New Life Building Long Stay Care Homes (LSCHs) set "Wellness for All" as the main theme to intensify our momentum to enhance the well-being of PIR of all ages in response to their individualized recovery and care needs.

Consolidating Practices to enhance PIR's Recovery

In the year, we successfully developed and implemented LSCH-specific person-centred care planning for all PIR who were highly engaged in planning and achieving their own recovery and care goals. Participation of PIR was actively encouraged and facilitated at different levels and many PIRs took part in program planning and implementation. This year, more than 120 PIR had direct conversations with the Superintendent and senior staff at New Life Building LSCH to directly express their views and needs in an open forum. A group of PIR even visited central kitchen at New Life Building to communicate their needs on food and showed appreciation to the chefs and cooks. Trial implementation of the tiered service provision model commenced in Tuen Mun LSCH and was used as a framework in the re-organization of psycho-social rehabilitation services of New Life Building LSCH. To further downstream recovery training, frontline staff teams were invited to share their recovery practices and achievements in professional staff meetings; this was welcomed as a good mutual learning experience.

Addressing the Physical Health Needs of PIR

As the effects of ageing became prominent, both LSCHs took action to fulfil the physical health and nursing care needs of PIR. The frequency and variety of physical strengthening activities, such as modified Tai Chi exercises and rubber band exercises were increased. Personal hygiene and self-care training was enhanced to help some PIR who required more support in these aspects. Both LSCHs developed and reviewed nursing care protocols, such as naso-gastric feeding, stoma care and complicated catheter care to cope with the increased number of PIR requiring higher level of nursing care.



團拜祝福獻唱
New Year Blessing

提升設施滿足康復者需要

跨越重重障礙，屯門長期護理院已於2015年3月開展由香港賽馬會慈善信託基金資助的「設施提升計劃」主要工程部份。按計劃於2016年工程完成時，職員宿舍將改建成可提供20個宿位的新家舍，讓主座大樓騰出空間改善設施，新增包括標準化的殘障洗手間、天花扶抱轉移系統及隔離設施等。新生會大樓長期護理院亦得到送暖基金慷慨捐贈，更換康復睡床、床頭儲物櫃、餐桌、護理椅、輪椅及起居休息座椅等，該院同時完成內部基本翻新工程，提供更舒適之住宿環境。

深化籌組個人復元活動

為滿足康復者多元化之復元需要，兩院採取果敢嘗試，提升各項治療性活動及服務，積極安排多項專業治療形式服務，包括音樂治療、藝術治療、園藝治療及治療性舞蹈。而新生會大樓長期護理院根據三層階梯服務形式、康復者的優勢及選擇權、康復者與義工及職員的積極參與，進行重組轉化職業治療部、物理治療部及日間訓練服務的運作模式。兩院亦積極培訓康復者在院內提供義工服務，同時透過召集定期到訪之外界義工及家屬義工，為康復者提供與外界接觸的寶貴機會。除此之外，按康復者的優勢及個人選擇，更多康復者加入各項工作技能訓練崗位，例如文字處理、辦公室助理、零售、簿記、貨物運送及活動助理等。

活化運作迎合服務挑戰

為提升行政工作效率，年初開始，兩院採取積極步伐，重檢及修訂各項運作程序，包括「離世院友財物管理」、「存貨控制」、「到診醫生工作程序」、「康復巴士使用控制」及按會方最新執行之「管理及行政指引」，制定「夜間工作日程」、「理財易」——一項管理康復者零用現金之內部運作系統亦已完成制定，來年兩院實施後將可減低處理此方面工作的時間及風險。新生會大樓長期護理院亦已推行自付陪診服務超過一年，有效舒緩照顧員部份工作量。不同崗位的清晰分工及新督導系統實施後，提升了團隊的工作效率及成效。

Enhancing Facilities to meet the Needs of PIR

Overcoming various obstacles, the major facility enhancement project of Tuen Mun LSCH, funded by the Hong Kong Jockey Club Charities Trust, was commenced in March 2015. The staff quarters are being converted to a new 20-bed residential unit, which upon completion in 2016 will release space for facilities enhancement in the main residential blocks. Standard or standardized disabled toilets, ceiling lifting hoists and an isolation facility will then be available. In New Life Building LSCH, supported by a generous donation from the Heart Warming Fund, rehabilitation beds, bed-side lockers, tables, geriatric chairs, wheelchairs and general sitting chairs were purchased. The Home also finished basic refurbishment to become a more pleasant place to live in.

Intensifying Person-centred Program

To meet the diverse recovery needs of PIR, both LSCHs took bold initiatives to enhance its therapeutic programs and services. Different therapeutic professional modalities – such as music therapy, art therapy, horticulture therapy and therapeutic dancing were actively introduced and established in both LSCHs. Occupational therapy, physiotherapy and day training services had undergone major transformation in the New Life Building LSCH, which was based on the three-tier service model, strengths and choices of PIR and the active participation of volunteers and staff members. External volunteers and volunteer carers were also recruited to provide services for PIR on a regular basis; these also provided an important opportunity for PIR to maintain contact with the outside world. Besides, more and more PIR participated in workstations and posts, such as word processing, office assistance, retailing, bookkeeping, goods delivery and program assistance, according to their strengths and preferences.

Rejuvenating Service Operation to Cope with Challenges

This year, to increase administrative efficiency, the two LSCHs took an active stance to review and revise various operational procedures, such as management of properties of the deceased, inventory control, workflow for visiting medical practitioners, rehabus use control and night shift routines, in line with implementing the Association's new policies and administrative procedures. "Easy-banking", an internal users' money control system was finally developed and will be introduced in the coming year in both LSCHs to reduce manpower and risks in handling users' money. A self-financed escorting service was successfully introduced for more than a year in New Life Building LSCH, easing some of the workload of care staff. A clear division of labour between different posts and a supervision system for all professional and care staff were established, which helped enhance the efficiency and effectiveness of the staff team.



自耕自作
Caring for My Crops

創新思維 迎接挑戰

整年內，兩院面對員工流失及招聘困難引起的問題，管理層將繼續靈活運用技巧組合及應變方案，以確保主要的運作及服務不受影響。同時，職業治療及物理治療服務將探究及整合更新穎的治療形式及專業服務，創建更強之全人照顧路向。為使康復者、家屬及職員團隊能加強溝通，互相結連，兩院將試行電子簡訊、視像製作及內部廣播計劃，讓長期護理院服務得以全面優化。



- 1 自家樂隊
Band In Action
- 2 春茗表演
Performing in Spring Dinner
- 3 欣賞馬戲表演
Trip to the Circus

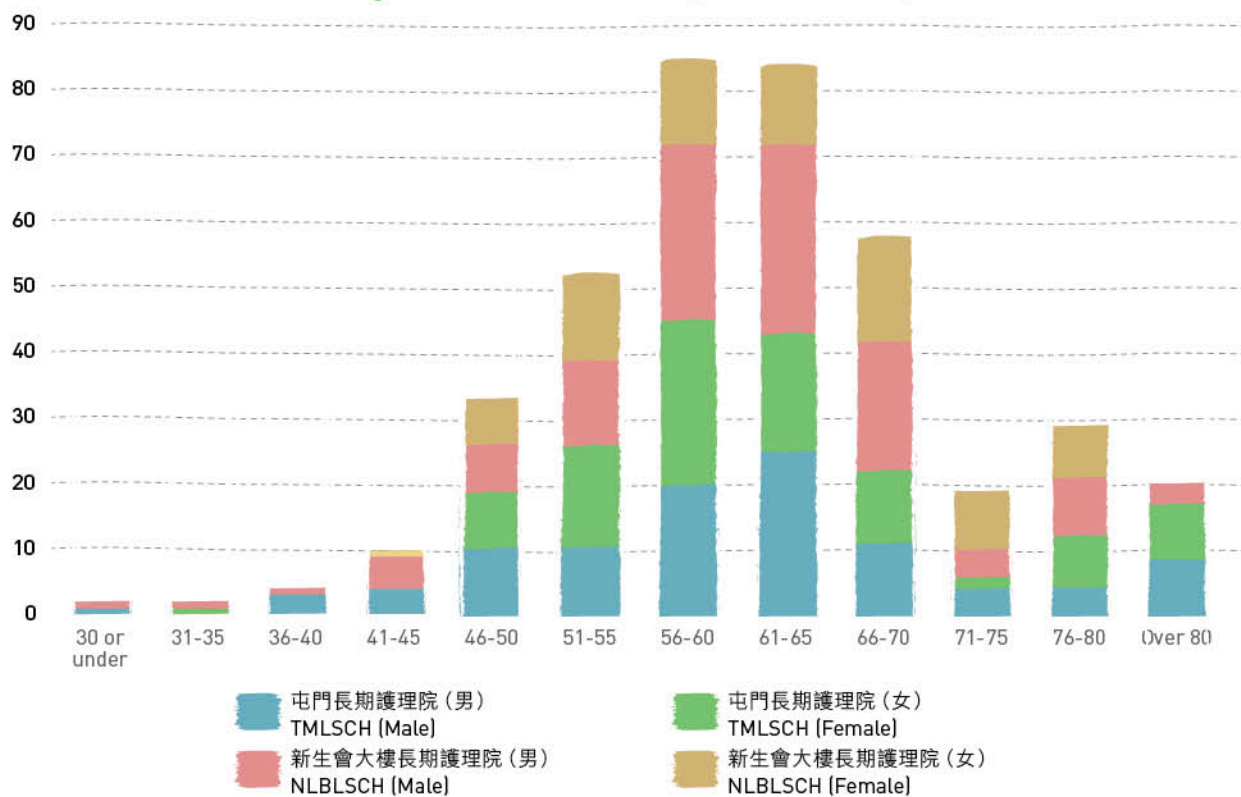
Facing Challenges with Innovations

This year, both LSCHs faced numerous problems arising from staff turnover and recruitment difficulties. The two LSCHs will continue to employ flexible skills mix and employment contingencies, to ensure the main service operations are not affected. Also, newer therapeutic modalities and professional services will be explored and consolidated alongside occupational therapy and physiotherapy, to achieve a stronger holistic service approach. Apart from face to face meetings, electronic newsletters, video production and internal broadcast programs will be tried, aiming to unify users, carers and the staff team for the betterment of the whole LSCH service.

長期護理院康復者身體機能轉差指標狀況 (截至2015年3月31日)
Conditions showing Physical Deterioration of PIR at LSCHs (as at 31 March 2015)

項目 Item	屯門長期護理院 Tuen Mun LSCH n=199	新生會大樓長期護理院 New Life Building LSCH / n=199
需使用尿片康復者數目 No. of PIR requiring the use of diapers	28	28
需要使用安全約束物品康復者數目 No. of PIR requiring the use of safety vests	15	13
需要協助沐浴康復者數目 No. of PIR requiring assistance in bathing	65	40
需要協助餵食康復者數目 No. of PIR requiring assistance in feeding	22	19
需要食用流質餐/鼻餵食康復者數目 No. of PIR requiring soft meals or nasal feeding	3	0
需要使用輪椅作運送及轉移康復者數目 No. of PIR requiring wheelchair for transport and transfer	34	26
日間長時間使用輪椅/老人椅康復者數目 No. of wheelchair/chair bound PIR	17	20
外出時需要使用復康巴士康復者數目 No. of PIR requiring disabled van for transport	34	30
使用任何種類的導尿管康復者數目 No. of PIR using urinary catheter	1	6
需要任何種類做口護理康復者數目 No. of PIR requiring stoma care	2	1

長期護理院服務使用者年齡分佈 (截至2015年3月31日)
Age Distribution of PIR of LSCHs (as at 31 March 2015)



中度智障人士宿舍

服務主題：服務使用者參與及充權

田景宿舍及新生銀禧宿舍本年度的服務重點以「服務使用者參與」及「充權」為主題，推動「以人為本」、「全人發展」和「正常化」的復元工作，以提升服務使用者之身、心、靈健康發展。



● 服務使用者學習空手道
Karate Training

優化設施 關顧需要

為回應服務使用者因年齡兩極化而帶來的康復及護理需要，兩所智障人士宿舍均積極收集服務使用者、家屬及義工等的意見，持續進行服務質素及成效檢討，並重新釐定服務策略，其中包括致力改善院舍之環境及設施，以及提供更多元化的健康飲食。我們亦利用社會福利署所提供的額外資源增聘前線員工，以加強宿舍之起居照顧服務。

多元化活動

銀禧宿舍舉辦了一系列多元化的活動，其中包括閒暇活動，如伸展運動、緩步跑、茶聚、金曲欣賞、繪畫班、非洲鼓小組；生命教育小組、希望小組、靈性小組等。教牧和義工每星期均付出寶貴的時間服務使用者，燃亮及豐富了他們的人生。田景宿舍亦成功申請撥款安裝輕觸式屏幕及參加網上認知訓練課程。此外，兩所宿舍又一同合辦「快樂家庭紀念冊製作」活動，邀請較年長之服務使用者與其家人一起製作成長相冊及參與小組工作坊，藉此促進服務使用者與家屬的關係。



Hostels for the Moderately Mentally Handicapped

Service Theme : Service Users' Participation and Empowerment

Tin King and New Life Jubilee Hostels adopted "Service Users' Participation" and "Empowerment" as the main service theme of the year to promote person-centred and holistic care as well as normalization in recovery-oriented practices, so as to foster the positive development in body, mind and spirit well-being.



● 春茗舞獅表演
Lion Dance performance at Spring Dinner

Enhancing facilities to Meet PIR's Needs

Recognizing the polarization of rehabilitative and care needs of our service users, both hostels continued to review and collect feedback from service users, family members and volunteers, in order to enhance the quality and effectiveness of their services. We redefined our service strategy by improving the physical environment and facilities, as well as providing diversified healthy diets. We also enhanced the care services with additional manpower of frontline staff funded by the Social Welfare Department.

Diversifying Programs

New Life Jubilee Hostel organized a range of diversified activities to meet the diversified needs of the users, including leisure programs such as stretching exercises, jogging, tea gathering, songs appreciation, painting classes, djembe groups, as well as life education groups, hope-based sharing groups and spiritual groups. Pastors and volunteers contributed their valuable time with our service users every week to enrich their life. Tin King Hostel had secured funding to install touch-screen and users attended the online cognitive training. Moreover, both hostels had jointly organized a program named "Sweet Memories about My Family – Photo Album DIY", which invited the older service users to create a personal growth album with their families and participated in therapeutic groups together to foster a positive memory.

● 社區共融活動
Social inclusion activities

服務成效

雖然服務使用者的表達能力有限，但他們仍能豎起拇指，純真地表達對宿舍的讚賞，欣賞宿舍職員及義工帶給他們的美好經歷。家屬及義工的正面回應，以及服務使用者之快樂指數，也反映出我們的服務成效。

挑戰

未來一年，我們將繼續與職員、服務使用者及家屬保持溝通、促進協作及參與，一同面對年齡兩極化的服務需要、自閉症服務使用者人數的增加，以及職員的流失等挑戰。我們亦會透過優化及結合內外資源，為康復者提供更優質的服務。



「狗醫生」義工探訪活動
Volunteer visit with Doctor Pet

Service Review

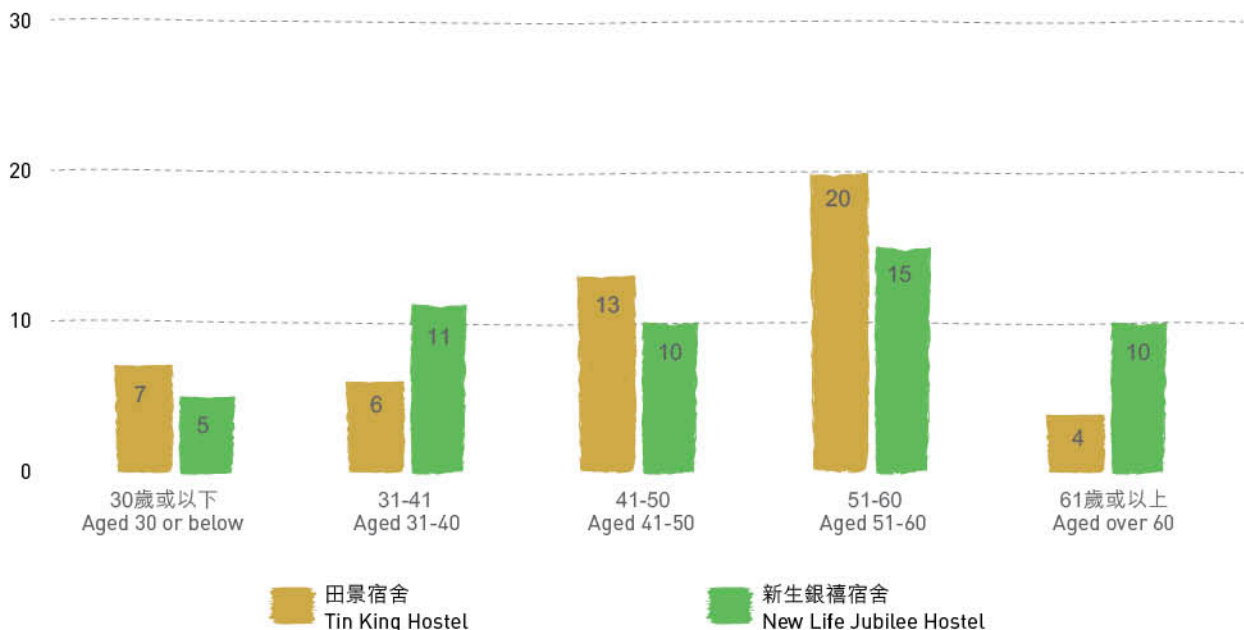
Although service users had limited ability to express, they could still thumb up to express their genuine appreciation to the wonderful experience the staff and volunteers had brought them. Positive feedback from family members and volunteers and the happiness index of the service users has demonstrated the effectiveness of our service.

Challenges

In the coming year, both hostels would continue to enhance communication, collaboration and participation of the staff members, PIR and their family members while facing the challenges on age polarization related service needs, increasing number of service users with autism as well as staff turnover. We would also strive to optimize both internal and external resources to deliver quality service to our service users.

中度智障人士宿舍康復者的年齡分佈 (截至2015年3月31日)
Age Distribution of Services Users of Hostels for the Moderately Mentally Handicapped (as at 31 March 2015)

康復者總數 Total No. of PIRs: 101



輔助宿舍

本會現時營運的5所輔助宿舍分別位於屯門、粉嶺和沙田區，包括頤悅軒、悅和居、思健園及思悅園 (I及II)；為需要低度至中度照顧的康復者提供187個住宿服務名額。

服務主題：推動「社會共融」、「康復者參與」及「充權」

輔助宿舍本年度的服務主題為社會共融、康復者參與及充權，並以創新和知識傳承作籌劃活動的框架，藉此協助康復者在復元路途中學習及重整自己的方向。

透過發展自務小組，我們提供多樣化的機會，讓康復者在活動的策劃及推行有更多的參與以及發揮他們的才能，例如康復者負責帶領舍友大會、參與單位職員會議，以及為新入宿之康復者提供朋輩支援等。



● 守望相助計劃 - 聖誕開蓬巴士遊 (I)
"Neighborhood Watch" Project - City Tour (I)



● 守望相助計劃 - 聖誕開蓬巴士遊 (II)
"Neighborhood Watch" Project - City Tour (II)

憑藉過往透過義工服務去推動社區參與及社會共融的成功經驗，我們已經與不同的合作伙伴建立緊密的義工網絡，其中有新創建集團有限公司的「新創建愛心聯盟」義工隊舉行。「守望相助計劃」舉辦了一系列的社會共融活動，包括手工藝工作坊、中秋月餅工作坊、城市遊蹤和義工探訪等，超過170位社區人士受惠。截至2015年3月31日，我們已有165位康復者投身於義工活動，受惠者約有523人次。

Supported Hostels

There were 5 supported hostels operated by the Association in Tuen Mun, Fanling and Shatin districts, namely Yi Yuet Hin, Yuet Wo House, MINDSET Place and Joyous Place (I & II), providing a total of 187 residential placements for PIR requiring low to medium level of care and support.

Service Theme of the Year: Promoting Social Connection, Participation and Empowerment

Social connection, participation, empowerment, innovation and knowledge transfer were the main themes in this year, aiming to support service users to learn and re-align themselves to the path of recovery.

Through the development of self-help groups, PIR were empowered through various opportunities where they would participate and contribute their talents. For example, they would lead resident's meetings and participate in the unit's staff meetings, as well as provide peer support to the newly admitted residents.

Based on the past successful experience in cultivating community participation and social connection through volunteerism, we had built up network with different partners including NWS Volunteer Alliance of NWS Holdings Limited. The "Neighbourhood Watch" project organized a range of social inclusion activities, such as arts and handicrafts workshops, moon cake DIY workshops, city orienteering and volunteer visits, which had benefited more than 170 community people. As at 31 March 2015, there were 165 PIR contributed to volunteerism and they had served a total of 523 attendance.



● 義工探訪庇護工場
Volunteer visit to
Sheltered Workshop



● 融聚330 - 社區共融活動
Social inclusion activities

創新與知識承傳

為推廣創新及知識傳承，輔助宿舍參加了由中華電力有限公司舉辦的「環保節能機構嘉許計劃2014」。思悅園及思健園於社福機構組別中獲得嘉許，表揚服務單位於節約能源及持續發展工作上的卓越表現。此外，思悅園亦於世界綠色組織舉辦的「綠色辦公室獎勵計劃」中獲得優異獎項，以嘉許服務單位在提升工作場所可持續性發展上之努力。

對康復者而言，家庭是支持他們的重要支柱。為此，輔助宿舍的社工亦參加了本會舉辦之「綜合家庭及系統治療」課程，以裝備他們在支援康復者整體家庭需要之專業知識及技巧。

服務需求

截至2015年3月31日，輔助宿舍的整體入住率達97.3%，輪候人數約有40位。因應殷切的服務需求，由2013/2014年度開始，悅和居的收納名額已由20位增加至22位。

服務質素保證

我們以社會福利署頒佈的服務質素標準為藍本，制定了「服務標準(SS)」及表現標準(PS)，以確保輔助宿舍的服務質素。我們亦採用不同的評核工具，以實證為本的方法進行服務檢討，其中包括服務使用者綜合表現評估表(SUPAS)、復元評估問卷(RAS)、特氏生活滿意問卷(TLSS)和復元為本服務滿意問卷(MHSIP)。

服務前瞻

我們將繼續致力協助完成身心行動計劃(WRAP®)的認可課程之朋輩支援工作員，向各輔助宿舍提供朋輩支援服務。此外，我們亦會繼續透過舉辦一系列的園藝治療小組活動，推動綠色生活態度，以促進康復者的個人成長。

Promoting Innovation and Knowledge Transfer

With an aim to promote innovation and knowledge exchange, we joined the "Green Plus Recognition Award 2014" scheme organized by CLP Holdings Limited. Both Joyous Place and MINDSET Place received awards to recognize their energy-saving performance and sustainable operation. Joyous Place was also an awardee in the "Green Office Awards Labelling Scheme" by World Green Organization, acknowledging their commitment to improve workplace sustainability.

Furthermore, family has always been the fundamental source of support and resources for service users. Social workers of hostels participated in Integrative Family and Systems Treatment training, to equip themselves with knowledge and skills in family interventions.

Service Demand

As at 31 March 2015, the enrolment rate of supported hostels had reached 97.3%. There were about 40 applicants were on the waiting list. In response to the pressing demand, the capacity of Yuet Wo House was further increased from 20 to 22 since 2013/2014.

Assuring Service Quality

With reference to the Service Quality Standards of the Social Welfare Department, we formulated our own Service Standards (SS) and Performance Standards (PS) of supported hostel services to ensure the quality of service delivered. We also conducted evidence-based practice through using different assessment tools, including service users' Performance Assessment Scale, Recovery Assessment Scale, Life Satisfaction Scale Test and Mental Health Statistics Improvement Projects – Adult Consumer Survey.

Way Forward

We will further strengthen peer support worker services to all supported hostels upon the completion of peer support WRAP® facilitator programs workers. Also, we will continue to promote a "go green" lifestyle and facilitate the personal growth of PIR through the application of horticultural therapy.



1 義工為康復者提供簡單之身體檢查服務
--- Volunteer provided basic health check to PIRs

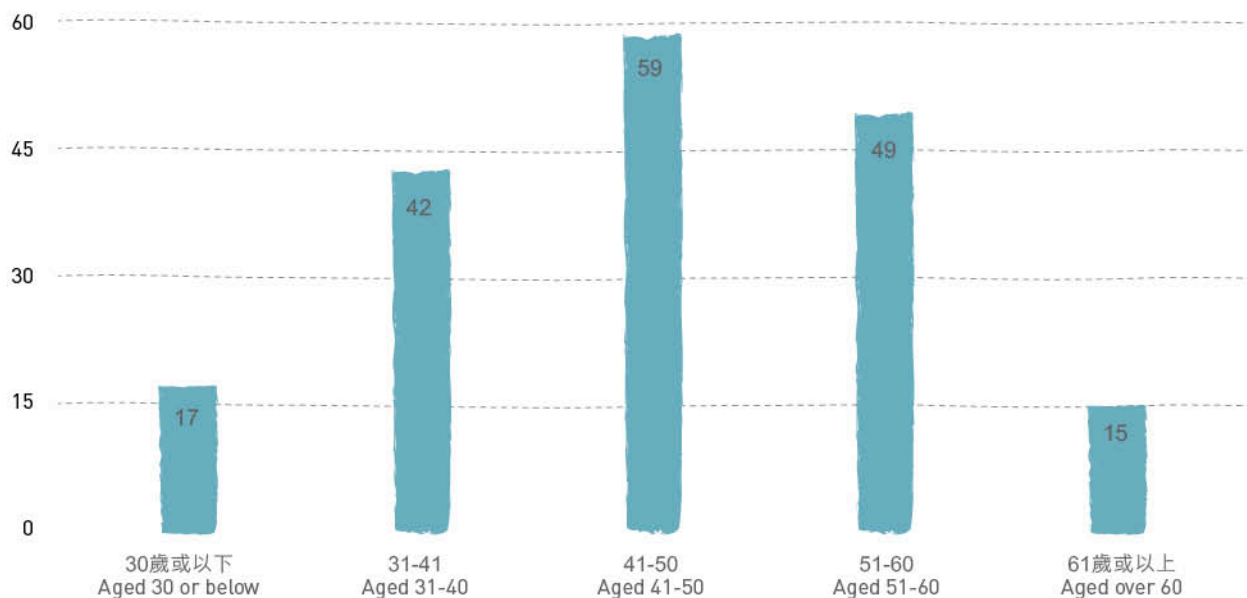
2 自務小組活動 - 烹飪班
--- Self-help group - Cooking class

3 朋輩支援工作員於家屬小組中分享其個人復元故事
--- Peer Support Worker shared his recovery story with family group

4 復元導向職員培訓
--- Staff training on "Recovery-oriented Practice"

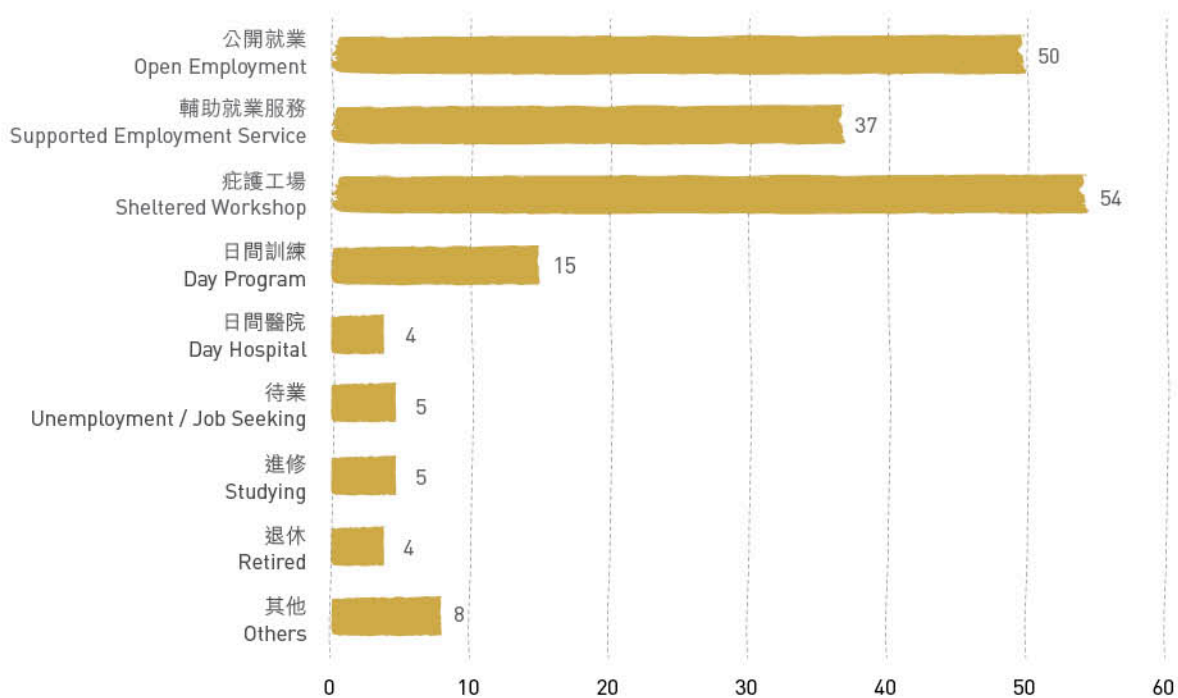
輔助宿舍康復者的年齡分佈 (截至2015年3月31日)
Age Distribution of PIR of Supported Hostels (as at 31 March 2015)

康復者總人數 Total No. of PIR: 182



輔助宿舍康復者的就業分佈情況 (截至2015年3月31日)
Distribution of Vocational Status of PIR of Supported Hostels (as at 31 March 2015)

康復者總人數 Total No. of PIR: 182



工作與就業服務

WORK AND EMPLOYMENT SERVICES

庇護工場及綜合培訓中心

服務概況

截至2015年3月，本會為1,021名擁有不同能力的康復者及智障人士提供職業康復服務，透過多元化的訓練項目，協助康復者發展潛能，提升他們的工作技巧，促進他們重投社會的步伐。

為鼓勵康復者按其個人的興趣及能力，選取合適的室內或以社區為本的訓練項目，本年度向康復者發放的訓練津貼額合共為港幣13,600,000元。

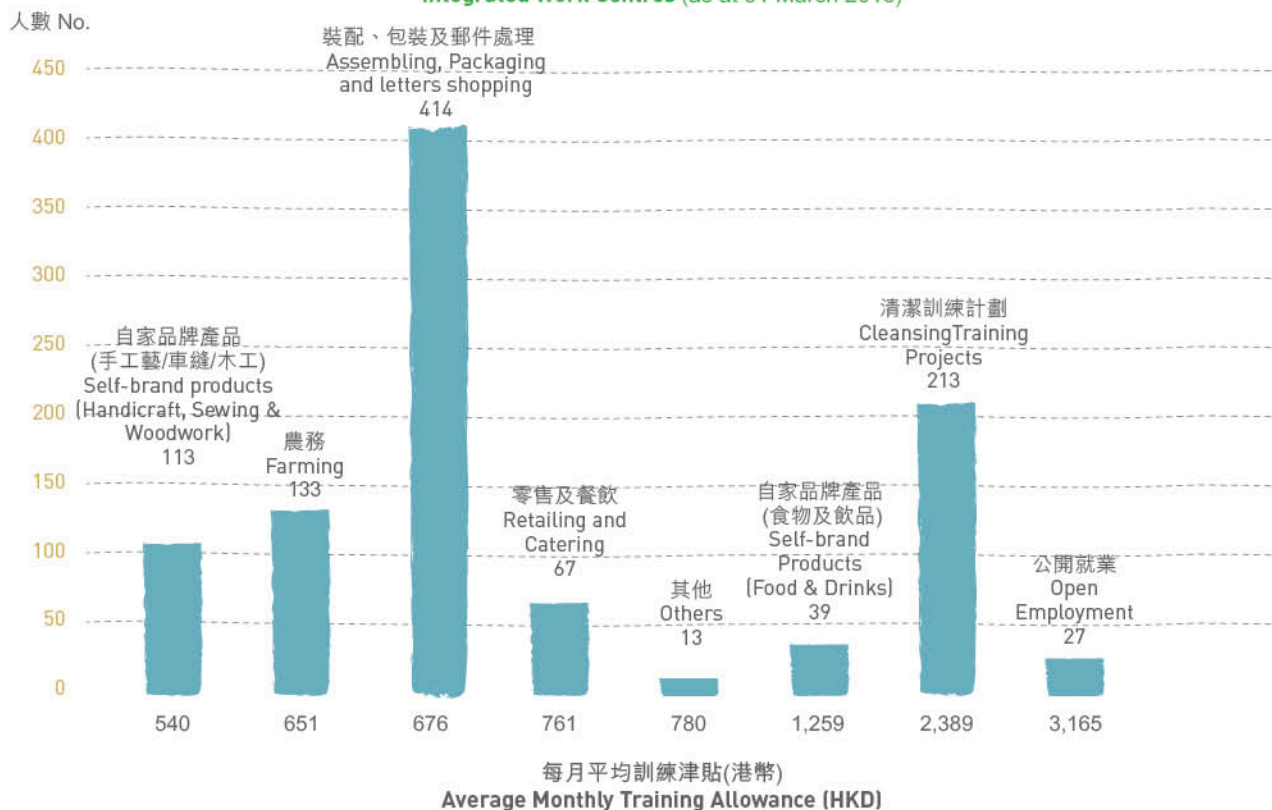
Sheltered Workshops and Integrated Work Centres

Service Profile

As at the end of March 2015, the Association has been serving 1,021 people in recovery (PIR) of mental illness and intellectual disabilities having different functioning levels in vocational rehabilitation services. Diversified training was provided to strengthen their work skills, maximise their potentials, improve their quality of life and, more importantly, facilitate their reintegration into the society.

With the wide spectrum of work trades spanning indoors to community-based nature, PIR were encouraged to choose the types of training based on their own interests and capabilities. The amount of training allowance distributed to the PIR was HK\$13,600,000 in 2014/2015.

庇護工場及綜合培訓中心之康復者所獲得的訓練津貼(截至2015年3月31日)
Training allowance received by PIR in Sheltered Workshops and Integrated Work Centres (as at 31 March 2015)



伙伴合作

與社會企業合作推廣食品

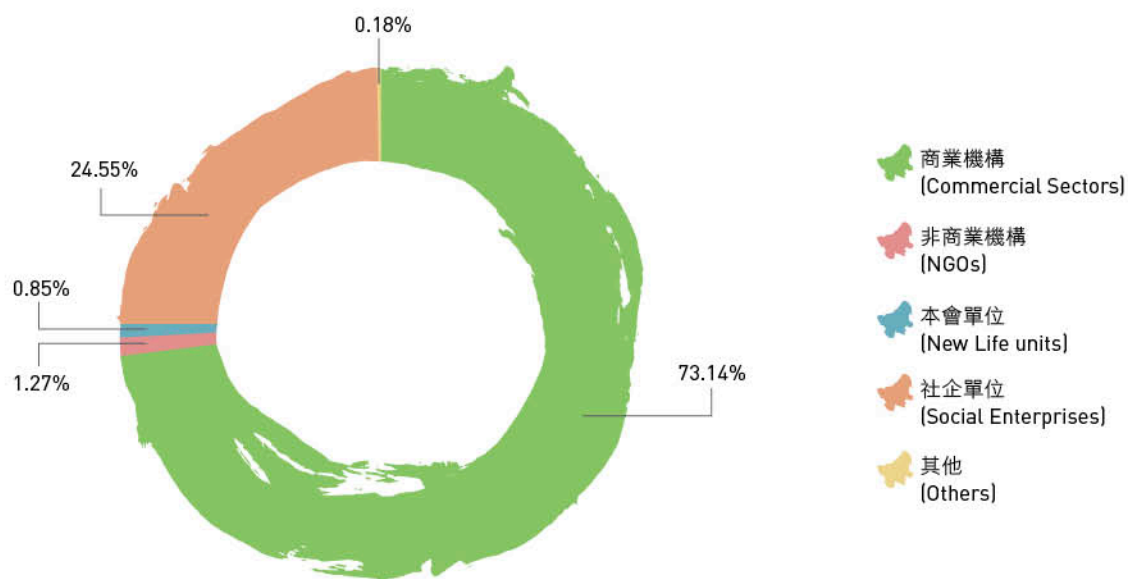
為滿足市場對自家品牌「正豆」有機豆品的需求增長，葵盛及田景庇護工場投入更多半自動生產機器及工具，並提升康復者技能，令整個生產流程更現代化及有效率。有機豆腐、有機豆漿及有機黑豆漿分別錄得18.6%、38%及110%的營業增幅。為了讓更多社會人士認識康復者的能力，本年度工場增加銷售予商業機構，增幅高達73.1%。

Collaborations

Collaboration with Social Enterprises on Food Products

Soy bean milk production at Kwai Shing and Tin King Sheltered Workshops was modernised by deploying more semi-automatic machineries and upgrading the skills of trainees to meet the rapidly rising market demand for our well-established brand of O'bean soy bean products. The sales volume of Organic Tofu, Organic Soy Bean Milk & Organic Black Bean Milk rose by 18.6%, 38% and 110% respectively. To demonstrate the abilities of PIR to the public, the workshops also raised the supply to commercial sector, with the annual sales increased by 73.1%.

2014至2015年度豆製品客戶分佈圖
The Proportion of Customers of Soy Products 2014/2015



本年田景庇護工場推出新自家品牌—「正氣湯」系列。時令湯水的食材來自新生農場和社會企業，為大眾帶來健康正氣的營養湯水。

隨著對優質烘焙及餐飲食品的需求日益增長，3間café330、竹園及石排灣綜合培訓中心繼續擴充烘焙及餐飲生產量，而兩間綜合培訓中心於2014/2015年下半年的銷售額較上半年度增加了11.7%。

石排灣綜合培訓中心推出的自家品牌「Olly」(有機小食系列)和「Glee」(天然零食及花茶系列)進一步擴展其銷售網絡至網上商店。本會與「社聯—匯豐社會企業商務中心」旗下的好好社企概念店合作，客戶能夠透過一站式網上商店購買產品，並於香港全線OK便利店提貨。因此，本年度的總銷售額較去年增加了17.6%。

與藝術家合作

由香港著名藝術家黃炳培先生(又一山人)設計的「熊白藍」和「唱好香港」兩個紅白藍新產品系列已投入庇護工場生產，康復者的縫紉技術亦大有進步。此外，將軟陶手工藝品整理成為六大系列後，新推出的「軟陶小夾」系列亦已投入生產。現時，軟陶手工藝品於全港20個銷售點有售。

獲匯豐國際信託有限公司及思健有限公司資助，職業康復服務單位為康復者舉辦結合正向心理及復元元素的木偶工作坊。塗鴉創意間和奇想偶戲劇團的藝術工作者亦應邀出席，與康復者分享創作及演出木偶戲的經驗。

新生農場與商界合作

本年度，新生農場與city'super成為合作伙伴，為4間city'super超級市場提供有機農產品。我們期望來年度能與city'super加強合作關係，把有機產品推展至其他部門。

除廚餘堆肥項目合作外，新生農場為香港洲際酒店開闢一塊農地，種植時令的有機蔬菜，以供應香港洲際酒店的餐廳NOBU及SPOON之用。此外，香港洲際酒店廚師亦於2015年1月到訪農場，視察農作物生長情況。

新生農場亦與美家餐飲服務有限公司合作，為其下的3間餐飲集團提供有機農產品，包括九龍灣國際展覽中心、悅來酒店及龍堡國際酒店。

The series of "Zheng qi tang"(正氣湯) brand soup products from Tin King Sheltered Workshop was newly developed this year. The ingredients came purchased from New Life Farm and Social Enterprises. The soup series aimed to bring healthy and nutritious diets to the public.

With the increasing demand from the 3 café330 for reliable and high quality bakery products, Chuk Yuen and Shek Pai Wan Integrated Work Centres continued to expand their bakery and catering production lines. The average sales volume of the 2 Integrated Work Centres had an average increase of 11.7% in the second half of 2014/2015, as compared to the first six months.

Distribution channels for Shek Pai Wan Integrated Work Centre's "Olly" brand organic snack series and "Glee" brand natural treats and floral tea series were expanded to include an online shop. Collaborated with the collaboration of "Good Goods Social Enterprise Concept Store" under the Hong Kong Council of Social Service - HSBC Social Enterprise Business Centre, the online shop provided customers with a one-stop on-line shopping experience; customers could pick up the orders at all Circle K Convenience Stores. In 2014/2015, the total sales volume of self-branded products had increased by 17.6% as compared to last year.

Collaboration with Artists

A new series of "red, white and blue" products designed by Stanley Wong were put into production, including the "bear-white-blue" and "Praise Hong Kong" series. There were great improvements in PIR's sewing techniques. Besides, after confirming the sixth series of clay products, another new series named "Clip in Touch" was put into production. There were around 20 outlets in the territory selling our products.

Sponsored by HSBC International Trustee Limited and MINDSET Limited, puppetry workshops for PIR of vocational rehabilitation service were held in the year, featuring positive psychology and recovery elements. Artists from Birdintree Creative Studio and Fantasy Puppet Theatre shared their puppetry experience with our PIR.

New Life Farm's Collaboration with Business Sector

A new collaboration was built between New Life Farm and city'super this year. Organic farm products were sold in 4 city'super stores. It was expected the connection would be strengthened by promoting organic products to the Fruit Juice Sector.

Apart from the food waste recycling project, the collaboration with InterContinental Hong Kong (ICHK) was strengthened this year. A piece of farmland in New Life Farm was allocated for ICHK to produce organic farm products for their NOBU and SPOON. Besides, ICHK chefs visited our farm in January 2015.

A new collaboration with IT Catering & Services Limited was built this year. Organic farm products were sold to its subsidiaries, EMAX and Panda Hotel.



香港洲際酒店的廚師到訪新生農場
ICHK chefs visited our Farm

職業康復延展計劃(新增) - 為年長康復者提供的服務

本年度兩間庇護工場及兩間綜合培訓中心獲社會福利署提供額外經常性撥款逾港幣150萬元進行職業康復延展計劃。此計劃目的是為40歲或以上、因年老或工作能力衰退而無法繼續接受一般工作訓練的庇護工場服務使用者，提供更切合他們的訓練和服務。本年度有共56名康復者參與此計劃。

服務表現

新突破

鑑於「正豆」有機豆品於市場上維持穩定的增長，本會計劃將擴大葵盛和田景庇護工場之生產規模。本會於2015年4月獲「創業展才能」計劃資助接近港幣2百萬元，開設食品工場「drinks330」集中生產有機豆品及花草茶。

伙伴合作擴展

香港洲際酒店廚師及職員在2014年5月10日為103位參與田景工場食物分享計劃的長者義務準備自助午餐，展現愛心。同時，義工們亦為參加者預備遊戲及禮品包，為長者們帶來一個充滿關愛的下午。

本會獲UPS基金會資助美金32,300元，舉辦為期兩年的「UPS 綠色義工—由農場走入社區計劃」。項目透過UPS義工參與農務項目，以支持及推廣新生農場的有機農業。

為慶祝中秋節，隆泰行（集團）有限公司於中秋節期間捐贈超過一百個月餅及生果予田景庇護工場的康復者。

石排灣綜合培訓中心於2015年1月獲邀成為「CRB Green Life 2015」活動的其中一個協辦單位，此活動由華潤物業有限公司，聯同Brim 28內的多間餐廳及其他機構合作舉辦，向公眾推廣綠色生活，宣揚保護地球的訊息。我們亦參與貝沙灣綠色嘉年華2014，為貝沙灣居民舉行環保工作坊及介紹自家品牌產品。

Work Extension Program (Additional) for Older PIR

An additional recurrent funding allocation of more than HK\$1.5M was granted by the Social Welfare Department to operate the Work Extension Program in two sheltered workshops and two integrated work centres this year. The aims of the program were to provide tailor-made programs for PIR aged 40 or above who could no longer perform regular work tasks and to enhance their overall well-being. There were 56 PIR joining the program this year.

Service Outcome

New Achievement

As the O'bean products enjoyed bright prospects in the market, Kwai Shing and Tin King Sheltered Workshops will expand the production line. Being awarded "Enhancing Employment of People with Disabilities Through Small Enterprise" Project Fund in April 2015, with a grant reaching HK\$2M, the Association would establish a food factory "drinks330" to centralise the production of soy bean products and herbal tea.

Extensive Partnership with Corporations

ICHK showed their gracious concern to disadvantaged groups through preparing a lunch buffet for 103 older people who were the beneficiaries of the Food Sharing Project in Tin King Sheltered Workshop on 10 May 2014. On that day, chefs cooked meals on site and volunteer staff prepared games and gift packs, sharing their care and love to these older people.

UPS Foundation donated US\$32,300 to New Life Farm for the new initiative "UPS Green Volunteers: From Farm to Community Project", a two-year project supporting organic farming at New Life Farm through the participation of UPS green volunteers.

Long Tai Hong (Holding) Limited generously sponsored a hundred mooncakes and fruits for the PIR of Tin King Sheltered Workshop, wishing them a blessed Mid-Autumn Festival.



● 「CRB Green Life 2015」活動於2015年1月28至30日舉行
"CRB Green Life 2015" held during 28-30 January 2015

In January 2015, Shek Pai Wan Integrated Work Centre was invited to be one of the co-organizers of CRB Green Life 2015. The event was jointly organized by China Resources Property, Brim 28 restaurants and other NGOs. It aimed to raise public awareness of environmental protection and green living concepts. Besides, we participated in the Bel-Air Eco Fair 2014, in which we introduced our eco-workshops and self-brand products to the residents of Bel-Air.

康盛生活計劃及 職業康復延展計劃

本會為康盛生活計劃進行統計調查以回顧及檢討計劃成效，結果令人鼓舞。調查顯示康復者更關注自身的健康狀況，同時又學習生活技巧。大部分康復者表示此計劃能協助他們逐步建立健康的生活模式。

發展方向

面對庇護工場的康復者年齡兩極化，本會已加強職業康復服務，以滿足康復者的不同需要。一方面為年輕的康復者提供各式各樣的專門訓練，包括烘焙生產及餐飲訓練；另一方面，分別於2014年5月及2015年3月為年長的康復者提供康盛生活計劃及新增職業康復延展計劃，透過不同途徑關注康復者的身心健康，為將來退休生活作更佳準備。

此外，本年獲社會福利署職業康復延展計劃及其新增計劃提供新資源作經常性資助，本會增聘專業職員及添置合適設備，為康復者提供更佳的護理及服務。

Wellness Program for Older Adults and Work Extension Program

To review and evaluate program effectiveness, a survey was carried out on the Wellness Program for Older Adults and Work Extension Program, the results were encouraging with enhanced awareness of health conditions by PIR and new skills were acquired. PIR generally found the program effective in helping them gradually develop a healthy life style.



● 康盛生活計劃的康復者參加心理教育的小組活動
PIR of Wellness Program for Older Adults participated in the psycho-education groups

Direction of Development

Faced with age polarisation of PIR in sheltered workshops, vocational rehabilitation services were enhanced in order to suit PIR' different needs. Various specialised training courses such as bakery production and catering training were developed for younger PIR. On the other hand, in supporting older adults in sheltered workshops, Wellness Program for Older Adults and additional Work Extension Program (WEP) were launched in May 2014 and March 2015 respectively, which aimed at their raising health awareness and preparing them for retirement.

Moreover, as additional recurrent funding was granted by the Social Welfare Department for Work Extension Program and Work Extension Program (Additional) this year, extra manpower especially our nursing care and new equipment would be provided to our older PIR.



輔助就業服務

服務概況

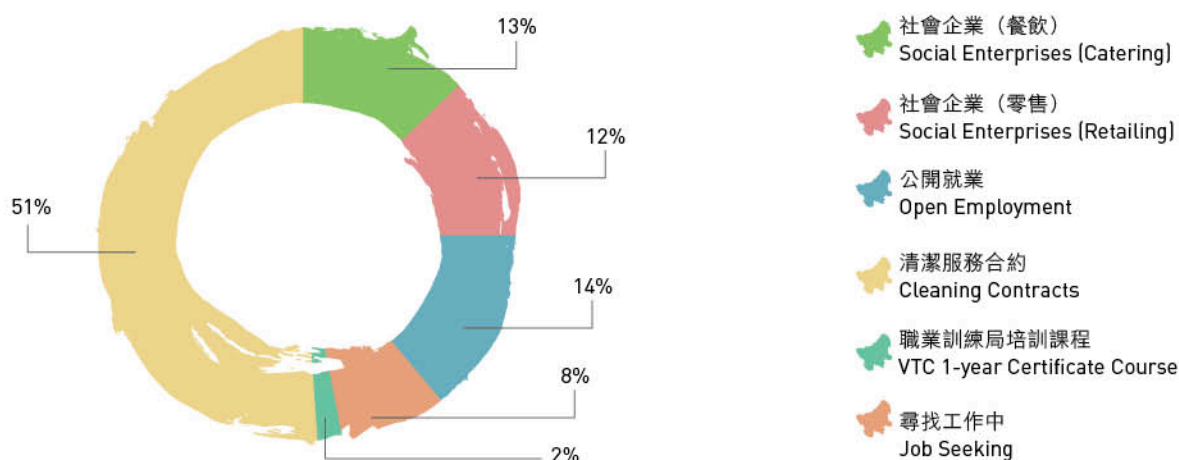
2014至2015年度中，輔助就業服務及殘疾人士在職培訓計劃累積服務人數分別為598及124名，當中66名康復者成功就業並退出服務。截至2015年3月31日，共有430名康復者參加輔助就業服務。輔助就業服務持續發展多元化職業康復訓練，以發掘及加強康復者的職業技能。

Supported Employment Service

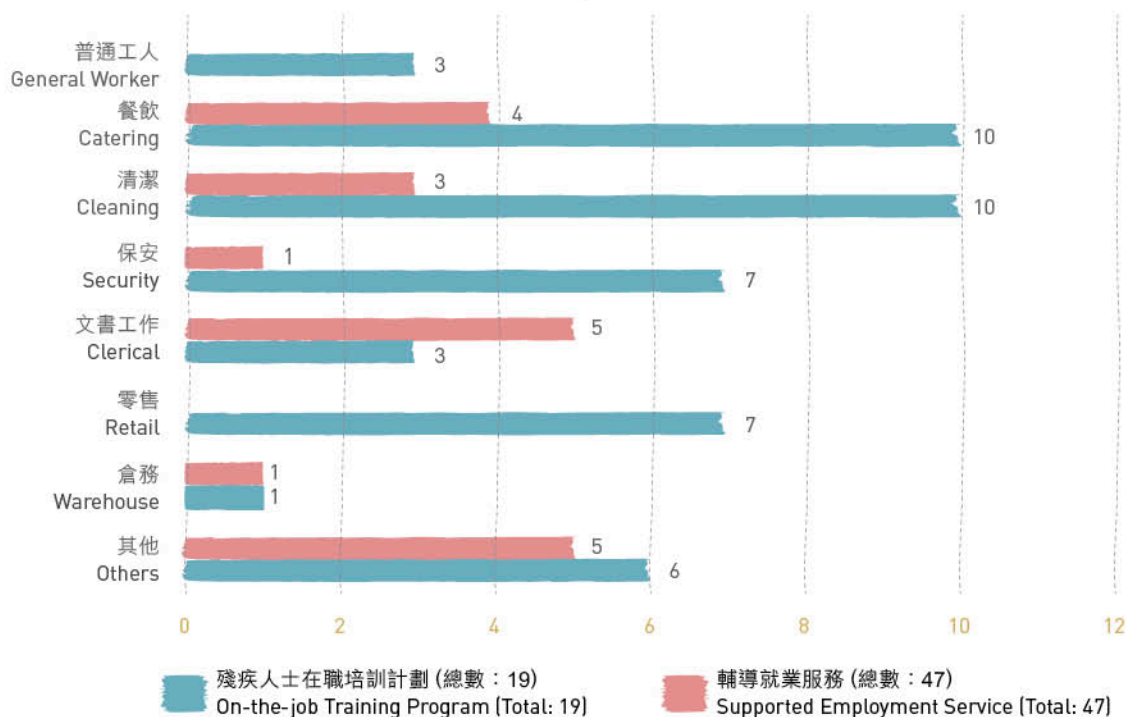
Service Profile

In the year 2014/2015, 598 and 124 PIR were enrolled in Supported Employment Service (SES) and On the Job Training Project (JTP) for People with Disabilities respectively. A total of 66 people were successfully discharged from the service by the end of March 2015. As at 31 March 2015, a total of 430 PIR were secured in SES. The Service continued to develop diversified vocational training, so that they can further develop and broaden their vocational skills.

康復者於輔助就業服務的訓練及就業情況（截至2015年3月31日）
Training and employment status of SES users (as at 31 March 2015)



2014至2015年度康復者於成功退出輔導就業服務之情況
Distribution of Successful Discharge of SES users 2014 / 2015



僱員再培訓課程

本會共舉辦了4個再培訓課程，合共55名康復者報讀。超過92%康復者對課程編排表示滿意，其中超過70%的畢業學員更成功受聘於公開市場。本會亦經常為課程發展進行檢討，以配合服務的不同發展需要。社會企業來年將開辦咖啡調製及有機零售訓練課程，以回應市場及本會的發展和需要。

Employees Retraining Board (ERB) Courses

In this year, 4 ERB retraining courses were conducted and attended by 55 PIR. More than 92% of PIR scored "satisfactory" or above for the courses and more than 70% of them attained open employment within 6 months. Course development was regularly reviewed to support service development of the Association. In the upcoming year, a barista course and a green products retailing course will be conducted in response to market needs and the demand for our social enterprises.

2014至2015年僱員再培訓課程統計數字
Statistics of ERB Retraining Courses 2014/2015

課程 Course Name	舉行時間 Course Period	入讀人數 No. of students enrolled	畢業人數 No. of students completed	成功就業人數 Successful open employment rate
零售基礎證書 Foundation Certificate in Retailing	16/07/2014 — 11/08/2014	14	12	10 (83.33%)
園藝助理基礎證書 Foundation Certificate in Horticulture Assistant Training	17/11/ 2014 — 12/12 2014	14	8	就業跟進期仍進行中 Post employment period is still under progress
零售業英語(一般行業)I 基礎證書 Foundation Certificate in English for Retailing [Generic] I	07/03/2015 — 22/03/2015	14	10	非就業掛鈎課程 Non-employment related course
陪診員基礎證書 Foundation Certificate in Escort Service for Out-patient Visit Training	09/03/2015 — 31/03/2015	13	12	就業跟進期仍進行中 Post employment period is still under progress

職業訓練局展亮技能發展中心課程

本會與展亮技能發展中心合共舉辦了8個短期課程，共有96名康復者入讀，課程內容包括攝影、烘焙、手藝、商業電腦等。

Vocational Training Council (VTC) Shine Skills Centre Training Courses

Eight full-time and short-term courses were conducted in collaboration with VTC Shine Skills Centre. A total of 96 PIR enrolled. The courses covered topics including photography, bakery, crafting and commercial studies.

政府服務合約

本年內，本會共投得7項清潔服務合約，總金額共約港幣3千萬元，連同其他9項服務合約，共為康復者提供超過450個清潔訓練名額。

Government Contracts

The Association was awarded 7 cleansing contracts with an annual tender sum of HK\$30M. With the other 9 cleaning contracts covering different districts areas in Hong Kong, we are providing over 450 training placements for PIR.

2014至2015年度之政府清潔服務合約
Government Cleansing Service Contracts 2014/2015

批出部門Awarded by		服務合約Service contracts	
2014/15年度延續及新批出合約 Contract renewed and newly awarded in 2014/2015	漁農自然護理署 Agriculture, Fisheries and Conservation Department	1	大龍實驗農場 Tai Lung Experimental Station
	食物及環境衛生署 Food and Environmental Hygiene Department	2	衛生教育展覽及資料中心 Health Education Exhibition and Resource Centre
		3	石湖墟市政大廈 Shek Wu Hui Municipal Services Building
		4	大成街街市大廈 Tai Shing Street Market Building
	康樂及文化事務署 Leisure and Cultural Services Department	5	葵青區康樂場館 Leisure Venues in Islands, Tsuen Wan, Tuen Mun, Yuen Long, Kwai Tsing and Tai Po Districts
		6	九龍城市政大廈 Kowloon City Municipal Services Building
	香港電台 Radio Television Hong Kong	7	香港電台 Radio Television Hong Kong
現存合約 Existing contracts	漁農自然護理署 Agriculture, Fisheries and Conservation Department	8	大龍獸醫化驗所 Tai Lung Veterinary Laboratory
	康樂及文化事務署 Leisure and Cultural Services Department	9	鯪魚涌市政大廈 Quarry Bay Municipal Services Building

企業合作伙伴

各大合作伙伴繼續為16名康復者提供受聘機會。其中5間企業，包括香港洲際酒店、仁孚行、漢莎膳食服務(中國)有限公司、啟勝管理服務有限公司及高衛物業管理有限公司成功提名獲得「商界展開懷」標誌。

開拓中小企就業機會

輔助就業服務與中小企開始接洽，介紹單位就業服務，鼓勵企業積極聘請康復者。與此同時，亦安排了企業探訪，加強了解服務對企業運作的影響。透過探訪，我們發現大部份企業除聘請康復者外，亦為其他弱勢社群提供工作機會。去年共有4名「自力更生綜合就業援助計劃」領取綜援人士成功獲聘。

Partnership with Corporations

During the year, various partnering corporations offered 16 employment opportunities for PIR. As a result of their unfailing support, InterContinental Hong Kong, Zung Fu Company, LSG Skycheffs, Kai Shing Management Services Limited and Goodwell Property Management Limited were nominated for Caring Company Awards.

Exploring Employment Opportunities offered by Small Medium-Sized Enterprises

The Service made initial contact with small to medium-sized enterprises to promote employment services and encourage them to employ PIR. Company visits were arranged to enhance mutual understanding between the Service and the enterprises. Four employment contracts were offered to recipients of the Comprehensive Social Security Assistance Scheme under Integrated Employment Assistance Program for Self-reliance.



● 陪診員基礎證書(僱員再培訓局課程)
Certificate in Escort Service for Out-patient Visit Training (ERB Courses)

食物分享計劃

為提高大眾對減低食物浪費及倡導食物捐贈意識，本會於2012年10月及2013年4月起，分別於黃大仙及屯門區推行為期3年的食物分享計劃，每天向200至240名受助人派發每人約1公斤食物。計劃運作至今，獲得食物捐贈機構及社區人士的支持及正面評價。

本會至今與超過38個食物捐贈機構建立緊密合作關係，包括本地供應商、慈善機構、義務組織等。現時，本會更與多個食物捐贈機構如樂餉社、膳心連和惜食堂等成為長期合作伙伴，為更多受助人提供穩定及多樣化的食品。與此同時，本會亦曾多次聯同食物捐贈機構，如UPS、西聯匯款、嘉諾撒聖家書院等舉辦活動予受助人，當中包括義務工作、美食分享、茶聚及惜食活動。

來年，本會將繼續聯繫更多合作伙伴及捐贈者，推廣食物分享計劃及減少剩食等環保概念。由於黃大仙區的食物分享計劃的撥款將於2015年9月完結，本會將申請其他基金資助，以確保計劃能持續進行。此外，本會獲得環保及自然保育基金撥款資助，於2015年6月起將食物分享計劃延伸至葵涌及荃灣區，計劃為期兩年，並加入社區參與及學校推廣等元素，提高公眾的環保意識，減少浪費食物。



● 嘉諾撒聖家書院學生在竹園綜合培訓中心作社區探訪
Community Visit by Holy Family Canossian College

Food Sharing Project

Two three-year food sharing projects were launched in Wong Tai Sin and Tuen Mun in October 2012 and April 2013, respectively. Around 200-240 people were given 1kg food per person per day in both projects. The projects established good reputations among food donors, partners and the community.

With support from more than 38 food donors, stable supplies of a wide variety of foods were received. On-going collaboration with partners such as Feeding Hong Kong, Foodlink and Food Angel were strengthened, to provide consistent and stable food supplies. Moreover, the Association worked closely with our partner food-sharing agents such as UPS, Western Union and Holy Family Canossian College, in organizing joint events and volunteer activities for food recipients.

Whilst seeking more partners and donors to sustain our projects, we also worked inexhaustibly to raise public awareness of food poverty in the coming years. To maintain the food sharing project in Wong Tai Sin, the Association will seek new sources of funding, as current sponsorship will end in September 2015. Furthermore, a 24-month food-sharing project funded by the Environment and Conservation Fund was launched on 1 June 2015 in Kwai Chung and Tsuen Wan District. Other than promoting the message of environmental protection, the project incorporates public education and volunteers' involvement.

2014至2015年度黃大仙區及屯門區食物分享計劃分發捐贈食物情況 Donated food distributed by Food Sharing Project in Wong Tai Sin and Tuen Mun 2014/2015

黃大仙區 Wong Tai Sin District		
	食物種類 Food Type	已分發的捐贈食物 Donated Food distributed
新鮮食物 Fresh Food	蔬菜 Vegetables	37,302.3公斤 kg
	麵包 Bread	1,951.3公斤 kg
包裝食物 Packed Food	飲品、餅乾、米及麵類、罐頭等 Drinks, biscuits, rice and noodles, canned food, etc.	41,398.0公斤 kg
		總數 Total : 80,751.6公斤 kg
屯門區 Wong Tai Sin District		
	食物種類 Food Type	已分發的捐贈食物 Donated Food distributed
新鮮食物 Fresh Food	蔬菜 Vegetables	18,664.6公斤 kg
	麵包 Bread	2,692.4公斤 kg
包裝食物 Packed Food	飲品、餅乾、米及麵類、罐頭等 Drinks, biscuits, rice and noodles, canned food, etc.	23,231.7公斤 kg
		總數 Total : 44,588.7公斤 kg

自力更生綜合就業援助計劃

為期27個月、於葵青區為領取綜援人士提供「自力更生綜合援助計劃」已於2015年3月31日完結。透過提供一站式綜合就業援助服務，30%以上的目標服務使用者於公開市場受聘至少三個月或以上。

除了提供就業輔導和求職軟性技巧訓練外，計劃亦著重透過參與工作體驗服務，建立受助人的工作習慣，增加其受聘機會。為顧及服務使用者個人需要及其身體狀況，本會開拓更多工作體驗服務場地。截至2015年3月31日，計劃共進行了11,767節工作體驗服務，參加者的就業機會亦相對提高。社會福利署將計劃延期24個月，由2015年4月1日至2017年3月31日。

Intensive Employment Assistance Project

The 27-month Integrated Employment Assistance Program for Self-reliance (IEPAS) in Kwai Tsing district for Comprehensive Social Security Assistance (CSSA) recipients was completed on 31 March 2015. Through providing a range of one-stop and tailor-made integrated employment assistance services, over 30% targeted PIR successfully obtained open employment for at least three months or more in the labour market.

Other than providing employment counselling and soft skills training in work attainment, the projects emphasised developing work habits and enhancing the employability of recipients, through encouraging them to participate in Work Exposure (WE) Services within the service period. In view of individual needs and physical conditions of each participant, the Association diversified the indoor and outdoor WE venues for them. As at 31 March 2014, the project had achieved 11,767 training sessions of WE services, and employability of participants was greatly improved. With regard to the performance of the IEPAS in assisting employable able-bodied CSSA recipients to be self-reliant, Social Welfare Department extended the IEPAS for 24-month from 1 April 2015 to 31 March 2017.

葵青區「自力更生綜合援助計劃」服務分佈 (截止2015年3月31日)
Provision of Integrated Employment Assistance Program for Self-reliance (IEAPS) in Kwai Tsing District (as at 31 March 2015)

項目及服務分類 Category and Service Provision	參加者人數 (截止2015年3月31日) No. of enrolled cases (as at 31 March 2015)	成功就業3個月或以上/ 成效指標 Successful open employment rate for at least 3 months or above within the service period / performance requirements	接受培訓時間/ 成效指標 No. of training hours provided / performance requirements	完成工作體驗 計劃節數 No. of WE Services Sessions completed
第一類服務 (個人就業援助服務) Category I Services (Ordinary Employment Assistance Services)	634	12.3% / 15%	3,298.5 / 3,240	/
第二類服務 (加強就業援助服務包括 訓練及工作體驗服務) Category II Services (Strengthened Employment Assistance Services, which include training and Work Exposure Services)	391	36.3% / 10%		11,767 / 11,664
第三類服務 (最年幼子女年齡介乎 12至14歲的單親家長和 兒童照顧者) Category III Services (Employment Assistance Services for single parents and child carers on CSSA with their youngest child aged 12 to 14)	60	31.7% / 30%	750 / 750	/

家庭支援與自助

FAMILY SUPPORT AND SELF-HELP

「家點希望」

踏進服務計劃的第2年，由「香港賽馬會慈善信託基金」贊助的「家點希望」繼續推動精神病康復者作為父母的獨特優勢，促進他們的親子關係和家庭滿足感，致力提升業界同工以家庭為中心及系統介入的能力，以及增加服務計劃和服務伙伴間的協作。

本年度，服務計劃共為88個家庭提供剪裁式的服務。本會的內部單位，尤其是安泰軒和綜合精神健康計劃，仍是「家點希望」的主要協作伙伴，經由這些單位轉介接受輔導的家庭超過一半(56%)。其他轉介機構包括綜合家庭服務中心、醫院和學校等。同時，約20%的服務使用者是在參與親職效能工作坊之後自行接觸服務計劃申請輔導服務。

為了推動優勢為本的親職態度，促進服務使用者的親子關係和家庭滿足感，「家點希望」推行了密集式家居輔導、一系列經優化的小組、工作坊和活動。這年，服務計劃以多元家庭治療為基礎，嘗試舉辦多元家庭小組，透過互相學習的過程，促進服務使用者對家庭成員的尊重和責任的覺察。兒童心理教育小組中應用戲劇元素，成功吸引活躍的兒童參與學習過程。

我們參考敘事治療，優化了生命之樹家庭營，於活動之中引進見證人的角色。從觀察和報告中反映，家長對兒童給予真誠的肯定，能明顯地增強孩子的信心和促進親子關係。此外，「家點希望」與不同的服務單位合作組織家庭健康同樂日，以擴闊服務使用者的視野，讓家庭互相學習。我們也邀請兩位朋輩保母在親職工作坊之中分享她們的個人經驗和掙扎。再者，強調朋輩主導的朋輩網絡小組在服務使用者之中着力推廣朋輩互助和注重身心健康的概念；服務計劃正與天水圍安泰軒籌備第二個朋輩網絡小組。

得到李慕義教授和David Grove先生的鼎力支持，我們針對新進同工和具督導角色的資深同工的不同需要，組織連串「綜合家庭及系統治療」模式的基礎及進階訓練。David Grove先生更為一群資深的「綜合家庭及系統治療」專業人員提供視像督導，以發展同工運用「綜合家庭及系統治療」作督導的能力。與此同時，我們亦組織前線同工參與由美國婚姻及家庭治療學會核準督導員王愛玲博士帶領的臨床示範和督導



● 生命之樹家庭營的兒童分享環節
A children sharing session in Family Tree of Life Camp

Shining H.O.P.E.S. for Family Wellness

Entering its second year of service, Shining H.O.P.E.S. for Family Wellness, funded by the Hong Kong Jockey Club Charities Trust, continued promoting strengths-based parenthood among people in recovery (PIR) and enabling positive parent-child relationships and family satisfaction. Particular efforts were made to build competency of practitioners in family centred and systemic interventions, and to increase collaboration between the project team and service partners.

The project provided tailored services to 88 families during the year. Internal service units of the Association remained the major collaborative partners, referring over half of the service users (56%) to us, especially the Wellness Centres and Integrated Mental Health Projects. Other referring agencies included Integrated Family Service Centres, hospitals and schools. Meanwhile, about 20% of the users independently approached the project for counselling services, after attending our parenting enhancement workshops.

To promote strengths-based parenthood and positive parent-child relationships as well as family satisfaction, intensive home-based counselling and a series of refined groups, workshops and activities were delivered. This year, the project initiated a multi-family group based on Multi-family Therapy, to boost users' awareness of family respect and responsibility through a mutual learning process. Integrated use of drama in a psycho-educational group for children successfully engaged the active youngsters in the learning process.

小組。服務計劃又與賽馬會新生精神康復學院合辦敘事治療和尋解導向治療進深訓練，以提升同工進行家庭解入的專門技巧。

服務計劃竭力建立策略性協作伙伴和合作平台。在機構內部，計劃的輔導員開始在天水圍安泰軒提供駐中心服務。對外方面，服務計劃與聯合醫院兒童及青少年精神科醫生發展了合作方案，處理個案轉介和作定期進度評檢。

「家點希望」在2015年3月底完成了中期評檢。計劃在2013年6月開展以來，共有43個家庭完成輔導服務並滿意地達至輔導目標。從16個家庭的問卷結果顯示，服務使用者的抗逆力、親職滿意度和效能感都有所提升。結果也指出服務使用者的精神健康徵狀有所下降。令人鼓舞的是有更多服務使用者接受完「家點希望」的輔導之後，願意進一步為自己建立身心健康工具，並投入為家庭和朋輩推動身心健康的事宜。

在來年，我們會繼續把服務融會，以增潤服務使用者的心靈健康。再者，我們會進一步與合作單位發展策略性協作以為業界塑造出系統視角的氛圍，並提升業界同工的能力水平。透過出版個案集和組織研討會，我們會竭力總結和整合過往的經驗，將知識轉移至業界致力為精神病復元人士家庭推動系統介入的同工。



● 笑罷！母親節一朋輩網絡小組成員為自己打氣的自製禮物卡
Mother's Day - Pal-link group members' hand-made gift cards to their own

Regarding Narrative Therapy, we enhanced the family tree of life camps, to include outsider witnesses in the program. It was observed and reported that genuine validation of parents had markedly strengthened children's confidence and improved parent-child relationships. Besides, organizing family fun and wellness days together with different service units broadened users' horizons and enabled cross-family learning. Two peer nannies shared their experiences and struggles in the parenting skills enhancement workshops. Furthermore, the peer-led pal-link group promoted mutual help and well-being concepts among users. A second pal-link group was prepared, with joint efforts of the Wellness Centre in Tin Shui Wai.

With the staunch support from Professor Lee Mo Yee and Mr. David Grove, basic and advanced training programs focused on Integrative Family and Systems Treatment (I-FAST) were organized for both junior and experienced practitioners with supervisory roles in I-FAST practice. Mr. Grove also provided a supervision group exclusively for senior I-FAST practitioners through Skype meetings to develop practitioners' competence as I-FAST supervisors. Frontline practitioners also participated in the live-case demonstration series and clinical supervision groups presented by Dr. Wong Oi Ling, an American Association for Marriage and Family Therapy approved supervisor. In addition, the project co-organized training programs with the Jockey Club New Life Institute of Psychiatric Rehabilitation on Narrative Therapy, and advanced training on Solution-focused Therapy to equip practitioners with specific family intervention skills.

The project strived to establish collaborative partners and platforms for strategic collaboration. Internally, the project counsellor tried being stationed at The Wellness Centre (Tin Shui Wai). For external partners, the project developed a case referral platform together with the Child and Adolescent Psychiatric Service of United Christian Hospital, through which case referrals and periodic reviews of service progress could be realised.

An interim review was conducted at the end of March 2015. By then, 43 families had graduated from the counselling services, with counselling goals satisfactorily attained since the project commenced in June 2013. Results from 16 families showed that the resilience, parental satisfaction and sense of efficacy of family users had improved. Results also indicated a decrease of mental health symptoms of users upon completion of service. Encouragingly, there were more users from the Shining H.O.P.E.S. service who had progressed to equip themselves with mental health wellness tools and were committed to taking care of the mental wellness of their families as well as other peers in recovery.

In the coming year, continuous effort would be devoted to integrating our services to enrich users' wellness. Moreover, we would further develop strategic partnerships with collaborative units, to cultivate systemic perspectives and enrich practitioners' competence in using I-FAST. Through publishing a case book and organizing seminars, we strive to consolidate our precious experience and transfer knowledge to practitioners pursuing systemic interventions for families with parents facing mental health challenges.



「家點希望」服務統計(截至2015年3月31日)
Output Statistics of Shining H.O.P.E.S. for Family Wellness (as at 31 March 2015)

所提供服務 Service provided	節數 No. of sessions
家庭為本服務 Family-focused Service	
密集式輔導服務 Intensive counseling service	1,203
家庭生命之樹 Family Tree of Life	5
朋輩保母照顧兒童及家庭探訪服務 Child minding and family visit service by Peer Nanny	55
朋輩網絡及家庭健康活動 Pal-link and Family Wellness program	30
家長支援服務 Parent-focused Service	
教育性工作坊、親職效能及身心健康小組 Educational programs and self-efficacy and wellness groups	25
兒童導向活動 Children-focused Service	
正能量工作坊及身心健康小組 Positive strengths building workshops and self-efficacy and wellness groups	27
專業同工培訓及支援 Practitioner - focused Program	
綜合系統及家庭治療及其他專業培訓、臨床諮詢與督導 I-FAST and other professional training, clinical consultation and supervision	32

「家點希望」服務使用者主要關注的問題(截至2015年3月31日)
Presenting Concerns of Principal Users attending Shining H.O.P.E.S. for Family Wellness (as at 31 March 2015)

接案時服務使用者的關注問題 Presenting concern of user during intake	使用者數目 No. of users
兒童情緒及行為 Child's emotions and behavior	38
親子關係 Parent-child relationship	37
子女管教 Child-raising and parenting	31
夫婦關係 Couple's relationship	14
適應問題 Adjustment problems	2

家屬支援服務

獲香港公益金撥款資助，家屬支援服務已運作5年。截至2015年3月31日，我們共有571位家屬登記成為會員。當中，大部分會員為女性、家庭主婦及50歲以上的退休人士。

家屬交流團

與家屬攜手帶領下，澳門三天兩夜交流團於2015年1月28至30日舉行，旨在為香港和澳門的家屬建立聯繫和促進雙方交流。這次交流團有15位家屬及4位同事參加。交流團到訪澳門利民會旭日中心、澳門民康精神健康促進會及澳門扶康會怡樂軒。我們的家屬帶領當地家屬進行活動，並分享復元經歷。活動後在香港舉行了分享會，交流團的家屬向45位來自本會的家屬、康復者及公眾人士，分享活動行程、經驗和得著。由於參加者的反應正面，來年我們會繼續舉辦交流活動，讓本會家屬與外地的家屬和工作人員交流，擴闊他們的視野，並發展照顧者帶領的服務。



● 香港的家屬在澳門交流團中帶領活動
Caregivers from Hong Kong led an activity in the Macau exchange tour

治療性小組

為了促進家屬的精神和心理健康，這一年我們舉辦了園藝治療小組及正念修習活動。在園藝治療小組中，共有14位家屬參與。他們對小組很有興趣，提議將來再次舉辦，並加入戶外活動。

復元導向訓練

為了進一步加強復元家庭實踐復元，我們舉辦了「家屬同行復元路」課程及「復元101」單元式活動。在這些活動中，家屬通過角色扮演，學習怎樣主動支援家人面對精神病的挑戰。

義工訓練

為了培養家屬的領導才能，我們舉辦相關訓練活動，例如有關認識正向心理學的義工訓練。在活動當中，參加者學習怎樣加強希望感，並明白到表達感恩的重要性。約87%的參加者表示，這個訓練增加了他們對正向心理學的認識，並想在日後的義工服務中運用有關知識。

Family Support Service

Family Support Service had been operating for five years with generous support from the Community Chest of Hong Kong. As at 31 March 2015, 571 caregivers had enrolled in the service. Most service users were female, especially housewives or retired persons with an age of 50 or more.

Exchange Tour with Families and Caregivers

A three-day exchange tour to Macau was organized with families and caregivers, over 28 to 30 January 2015. The tour aimed to enhance networking and exchanges between caregivers in Hong Kong and Macau. A total of 15 family members together with 4 staff members participated. The group visited Richmond Fellowship of Macau, Macau Populace Mental Health Promotion Association and Yee Lok Centre, Fu Hong Society of Macau. Our family members led different activities in these organizations to share recovery journeys and experiences. After the tour, a sharing session was held in Hong Kong, with 45 audience members including caregivers, PIR and the general public. With positive feedback, another exchange tour for family members will be arranged in 2015/2016 to develop caregiver-led services and broaden their horizons through exchanges with service users and staff overseas.



● 香港及澳門的家屬一起參加笑笑瑜珈
Family members from Hong Kong and Macau practiced laughter yoga together

Therapeutic Group

To enhance caregivers' mental and psychological well-being, a horticulture group and mindfulness practice were conducted during the year. A total of 14 caregivers participated in the horticulture group. They were very interested in the group, and requested it be held again with more outdoor activities.

Recovery-oriented Training

To further strengthen the actualization of recovery among families in recovery, recovery-oriented training and booster sessions were run through which caregivers learned how to initiate recovery-oriented support to their family members challenged by mental illness through role-play on daily situations.

Volunteer Training

To build caregivers' leading skills, skills training programs such as volunteer training on positive psychology were conducted. Participants learned how to strengthen their sense of hope and recognise the importance of expressing gratitude. Some 87% of participants reported that the training had increased their knowledge of positive psychology, and they would like to apply the knowledge in volunteer service.

未來發展

我們的服務會繼續鼓勵家屬參與及照顧者帶領服務。來年，我們會推動家屬組織工作小組進行微型調查，了解家屬對復康服務的看法。之後，這個工作小組會在公眾會議或研討會中，代表復元家庭提出他們的關注事項。此外，我們會繼續邀請家屬策劃活動，以及舉辦朋輩自行組織的家屬聚會。在義工服務方面，家屬將會擔當更多領導角色。

為了鼓勵家屬參與服務，來年我們會推出「同行獎勵計劃」。家屬參與本服務舉辦的任何活動都會得到積分，積分按參與性質而定，策劃及帶領活動的積分較高。家屬累積全年的參與積分，而踴躍參與的家屬，我們會在年度末的嘉許禮上表揚。



● 家屬在園藝治療小組中學習種植
Caregivers learned planting in the horticulture group

Future Development

Our service will continue encouraging family participation and caregiver-led services. In 2015/2016, we will mobilize caregivers to form a working team that will conduct a mini-study to understand their perceptions of rehabilitation services. This working team will eventually represent families in recovery to address their concerns in public seminars or meetings. In addition, caregivers will be continuously invited to organize family initiative programs and self-directed peer support gatherings. In volunteer services, the caregivers will also take on more leading roles.

To encourage their participation and contribution to the service, a Caregivers Enhancement Scheme will be implemented in the year ahead. Under the scheme, caregivers will attain reward points as recognition of their participation in different kinds of programs. Caregivers who participate in self-led services will get more reward points. The service will hold a recognition ceremony by the end of the year.

2014至2015年度家屬支援服務輸出統計 Service Outputs of Family Support Service 2014/2015

活動主題 Program theme	總活動次數 Total no. of programs	總節數 Total no. of sessions	總出席人次 Total no. of attendance
精神健康社區教育 Education on Mental Health Recovery	12	15	144
倡議及充權 Advocacy and Empowerment	5	6	33
強項及技能發展 Sustainable Strengths and Skills Development	7	18	172
身心健康發展活動 Enrichment and Wellness Program	136	140	997

其他服務 Other service	總人次 Total no. of participants
網頁瀏覽 Website hit counts	3,454
服務諮詢 Service consultation	409
電話關懷 Care calls	694

自助組織

家盟

為慶祝家盟成立10週年紀念，家盟特別邀請了家盟的其中一位創辦人李婉萍女士出席2014年11月22日的週年大會作嘉賓講者。今年，家盟喜獲社會福利署的殘疾人士自助組織資助計劃撥款港幣39萬元，使其在財政上更為獨立，並可聘請計劃幹事協助家盟的發展，實是家盟發展的里程碑。

家盟持續強化自助及互助支援，致力推行由家屬帶領及以優勢為本的骨幹活動，吸引家屬會員的參與。家盟亦成立多個電話群組，將多達140多位的會員連繫起來，增進會員間的溝通網絡。會員亦成立了政策關注小組，提升家屬對相關政策的關注及倡議，因此具體及系統化的培訓如充權及領袖培訓等課程將陸續推行，以裝備家屬在這方面的能力。此外，承傳亦是家盟要面對的重大課題，積極招募年青的家屬將是家盟的另一挑戰。



感謝各位一直以來對家盟的支持
Thank you for your staunch support to Family Network over the years

Self-Help

Family Network

To celebrate the 10th Anniversary of Family Network on 22 January 2014, Ms. Celia Li, one of the founders, was invited as our honourable speaker at the ceremony. Family Network was also pleased to receive HK\$390,000 from the Financial Support Scheme for Self-help Organizations of Persons with Disabilities/Chronic Illnesses (2014-2016) of the Social Welfare Department, which was a milestone in its progress towards financial independence and a project officer was hired to support the development.

In the year, Family Network continued to strengthen self-help and mutual support, with peer-led and strengths-based programs as the core activities to attract family members' participation. To facilitate the communication and network among members, different platforms were created, with more than 140 members linked through WhatsApp. We also set up a policy concern group to raise carers' concerns on related policies and advocacy issues. Substantial preparation would be made on empowerment and leadership training. As succession will be another challenge faced by Family Network, active recruitment of younger family members the next priority.



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- 1 在家盟工作10年的會員獲頒獎項
Awards presented to members who had been contributing to the committee for 10 years
- 2 瑜伽課程是最受會員歡迎的家屬主導興趣班
The Yoga class, the favourite peer-run interest class by family members
- 3 其中一位會員教其他家屬自製麵包
A member teaching others to make home-baked bread
- 4 義工指導老人家進行手指操
Volunteers teaching elderly people to do finger exercises
- 5 家庭服務中心探訪
A visit to the family service
- 6 70名參加者到地質公園參觀
70 participants of a cruise tour to the Geopark

康和互助社聯會

「康和互助社聯會」以促進精神病康復者的福祉，以及推動助人自助為目標。本會一直全力支持「康和」的發展，委派資深職員協助申請資源，拓展會務、日常運作、職員培訓及推行切合會員需要的活動。現時「康和」有逾400名會員，聯同執行委員會成員及顧問，通過互相分享帶領自助小組所遇到的議題，復元歷程、參與社會議題工作組及自助互助活動，致力鞏固會員間的連繫，促進會員的自助互助。

「康和」肩負主導角色，為精神病康復者爭取權益。委派會員代表參與「精神健康議會」、「病人互助組織聯盟」、「自助組織發展中心」及「推動精神健康政策聯席」的會議，為精神病康復者表達對醫療政策的關注；其中一位會員更成為政府「精神健康檢討委員會」中唯一的服務使用者代表。「康和」與其他自助組織保持緊密聯繫，合力向醫院管理局及立法會表達及倡導康復者的關注。

「康和互助社聯會」透過公眾教育、訪問、面談、與家屬及同工會面及參與醫院管理局、各政府部門及服務提供者會議等型式，持續推動精神病康復者在社會上公平及平等對待。

除了社交康樂活動外，「康和」恆常舉辦教育性小組及講座，內容包括法律常識、精神健康條例、時事觸覺等，亦開辦「自我管理」小組、藥物教育小組及「社區治療令的影響」講座等。會員參與探訪社會上有需要人士，亦加入義務工作行列，到內地及泰國等地與康復機構交流。同時，我們亦鼓勵朋輩支援，期望會員在各方面獲得支持，強化會員間互助精神。

Concord Mutual Aid Club Alliance

Concord Mutual Aid Club Alliance aimed at promoting the welfare of people with psychiatric disabilities, as well as self-help and mutual help. The Association has been giving ongoing support to its development. Experienced staff was sent to assist in funding management, operation, staff training, and activities to address members' needs. More than 400 members of PIR in the Alliance, together with the Alliance's Executive Committee and staff advisors from the Association, put much effort in developing strong cohesion through sharing issues encountered in their recovery processes, participation in working groups on social issues, and self-help activities.

The Alliance took up an active role in advocacy of policies beneficial to PIR. We had members act as representatives in Hong Kong Mental Health Council, Hong Kong Alliance of Patients' Organizations, Self-help Organizations' Development Centre and Alliance for Advocating Mental Health Policy, to express our concerns. One of our members was appointed as the sole PIR representative in the government's Mental Health Review Committee. The Alliance maintained close contact with other self-help organizations, and we joined hands to express their concerns to the Legislative Council and the Hospital Authority on related issues.

We continuously promoted equality and fairness for PIR in society, through public education, interviews, meetings and sharing with various staff and family groups, and meetings with the Hospital Authority, various departments and service providers etc. We hope that the needs and welfare of the mentally ill will be carefully addressed by all stakeholders.

Besides members' social and recreational activities, the Alliance regularly organized education groups on legal implications and the mental health ordinance, discussion groups on current issues, self management groups, and educational talks on drugs and patients' rights as well as the impacts of community order. Members also participated in visits to disadvantaged people in the society, and joined voluntary work and study visits to rehabilitation organizations in China and Thailand. We also promoted peer support among members, so that they were supported in all ways possible. All the activities increased the value of mutual help among members of the Alliance.

自閉症人士服務

SERVICES FOR PEOPLE CHALLENGED BY ASD

賽馬會心志牽社交能力發展中心 iREACH

賽馬會心志牽社交能力發展中心（心志牽）於2014年11月正式投入服務，以支援受自閉症障礙人士在成長當中不同階段的需要，以他們達致融入社群為目標。透過揉合系統理論、復元概念及情、理、行、實況社交訓練，期望能提供更整全及持續的服務予15歲或以上受自閉症障礙影響的人士及其照顧者，並建構社區能力以支援這個組群。

心志牽的服務特色包括社區為本、持續支援及系統中心，因此，心志牽致力與家庭成員及不同系統中的社區伙伴建立協作關係，包括醫療單位、教育機構、地區組織及政府部門，以全面支援受自閉症障礙人士的需要及讓他們能順暢地融入社區。

在2014年11月至2015年3月期間，中心共有271位會員，包括142位青年會員及129位照顧者會員；在青年會員當中，有115位男性及27位女性；年齡分佈方面，介乎12至15歲有67位、16至18歲有37位，另38位是19歲或以上。服務使用者可以透過不同途徑參與中心服務。

心志牽於本年度提供了不同的服務，當中核心服務是情、理、行、實況社交訓練親子平行小組，當中包含的元素有在不同社交情境時的社交認知、情緒調節及行為管理。而整個青年/成人小組共有18節，照顧者小組則有9節。除此之外，中心亦舉辦了一系列主題性的進階小組，目的是豐富他們的社交能力以應對人生的轉變及成長，當中的主題包括異性相處及性教育，另外還會在下年度舉辦時間管理及網上的社交能力等主題小組。

在心志牽的服務中，朋輩支援是強力而有價值的元素。因此，中心為青年/成人會員成立了舊生會及WE Club予家長會員，以提供朋輩間的互相支援。另外，

The service of Jockey Club iREACH Social Competence Development Centre was officially launched in November 2014 to support the needs of persons challenged by Autism Spectrum Disorder (PWAs) across various developmental stages, facilitating their integration into the community. With integrated application of systemic approach, recovery model and CBT context-based social competence, we hope to provide more holistic and sustainable services to PWAs aged 15 and above and their caregivers, as well as to build the capacity of the community to support them.

The services of iREACH featured with community-based training, lifespan support and systemic orientation in service delivery. The Centre strived to collaborate with family members and community stakeholders in different systems – such as clinics, education agencies, community associations and governmental departments – to deliver good support for the needs of PWAs and smoothly integrate them into the community.

From November 2014 to March 2015, the Centre had 271 members, of whom 142 were PWAs and 129 were caregivers. Among the 142 PWAs, there were 115 males and 27 females; 67 were aged 12-15 years, 37 were 16-18 and 38 were 19 or above. The service users joined our service through various ways, such as referrals from other service units of the Association, NGOs and clinics; though 130 of them made individual approaches.

Various services were launched this year. A core service component was the CBT context-based social competence training groups for PWAs and their caregivers, which operated in parallel. Topics covered by the groups encompassed social cognition, emotional regulation and behavioural management in different social contexts. The groups lasted 18 sessions and 9 sessions for PWAs and caregivers, respectively. To further enrich their social competence for coping with life transitions and development, a series of topical advanced group training sessions conducted. Those included building relationships with the opposite sex, and sex education. Other topics such as time management and social competence in the cyber world would be launched next year.

Moreover, peer support was a powerful and valuable component of our service. In this regard, alumni PWAs and a WE club for caregivers were set up, to create peer networks and cultivate mutual support among service users. A PWA was also hired as a peer support worker to motivate the participants through sharing his own story and providing peer support. In addition, to tailor more individualised services for some



在露營活動中合作建起帳篷
Working together to set up a tent in a wild camp

中心聘用了一位受自閉症障礙影響人士擔任朋輩支援工作員，主要以過來人身份分享自己的故事，增加參加者的動力。再者，為了提供更多個人化服務予有需要會員，服務團隊亦開始提供個人或家庭輔導或指導。

除了以上的服務，中心亦舉辦了足球隊、樂隊、戲劇小組及桌上遊戲小組以提升參加者的社交動力。為了提升社區人士對自閉症障礙的認識，服務團隊於本年度舉辦了教育工作坊予學校、家長組織及地區團體。

抱持著實證為本的方向，中心開展了一項研究。透過參加者的口頭回應及從參加者填寫的檢討問卷分析所得，受自閉症障礙影響人士在參加情、理、行、實況社交訓練小組後，其社交能力得以提升。而參加小組後，照顧者在感受到充權的情況亦有所增加；老師們亦表示教育工作坊能提升他們對自閉症的認識。

來年，心志牽的服務將會加入新元素以優化對這個組群的支援，包括在2015年8月舉辦以家庭為單位的小組，另計劃於2015年7月及11月分別舉辦為期2天的情、理、行、實況社交訓練小組專業訓練。除此之外，中心將會分別與基督教聯合醫院及油麻地兒童精神科中心開展系統協作，拓展對受自閉症障礙影響人士的支援。

users needing intensive support, the service team also began individual or family counselling or coaching with them.

Apart from the above services, some interest cultivation programs such as football teams, music groups, dramas and board games were held to engage and enhance participants' motivation. During the year, the team also conducted education program for schools, parents associations and community agencies, to enhance understanding of ASD in the community.

With a strong orientation towards evidence-based practice for excellent service quality, a built-in research study was initiated. Verbal feedback from participants and initial data generated from the evaluative questionnaires indicated enhancement of social competence among PWAs after joining the CBT context-based training group. The caregivers' sense of empowerment also increased after joining the service. Moreover, teachers' understanding of ASD was increased after participating in the education program.

In the coming year, some new elements will be added to the service to enhance the support of the population. A multi-family group will be held in August 2015. Moreover, two two-day professional training sessions on CBT context-based social competence will be held in July and November 2015. In addition, the Centre will initiate intensive collaboration with United Christian Hospital and Yaumatei Child Psychiatric Centre, to expand holistic support to PWAs.

賽馬會心志牽社交能力發展中心舉辦之活動 (截至2015年3月31日)
Programs organized by Jockey Club iREACH Social Competence Development Centre (as at 31 March 2015)

服務項目 Service item	節數 / 人數 Output (session) / Individual
情、理、行、實況社交訓練青年/成人小組 Basic community-based social competence development program	41
主題性社交能力進階小組 Advanced topical social competence development program	10
治療性小組 Therapeutic group	6
興趣小組/活動 Interest group / Program	9
舊生會 Peer network	21
情、理、行、實況社交訓練照顧者小組 Family caregivers social competence education group	12
照顧者網絡 Caregivers' link	8
家庭活動 Family wellness program	8
教育工作坊 Education program for teachers and community members	12
知心好友計劃 iBuddy scheme	6
個案數字 Number of case	5
專業評估 Clinical assessment	2

朗程—自閉症人士輔助就業服務

朗程在踏入計劃的第2年，除了繼續為受自閉症障礙影響的人士提供輔助就業服務，亦致力擴展僱主網絡，提高服務使用者對不同行業的認識及提升他們的身心健康。計劃的顧問委員會亦於今年成立，成員由各界專業人士組成，為本計劃提供專業的臨床意見及企業策略以提升服務質素及規劃。

系統性支援

職前訓練以社交能力為基礎，期間亦不斷豐富內容以切合服務使用者的需要。今年有34位服務使用者參加職前訓練，包括暑期的新增小組，共完成了5組訓練。所有完成訓練的服務使用者都認為社交及就業能力有所提升。

計劃會根據服務使用者的個人才能、動機及意向為他們選配合適的工作實習或公開就業的職位。在2014至2015年度，11位服務使用者完成了實習，18位服務使用者曾透過朗程配對或自行於公開就業市場成功獲聘。為了提升服務使用者適應工作的能力及工作持續性，就業指導員會定期到工作場地、或透過電話及電郵支援服務使用者及僱主。今年，計劃亦成功連繫香港楊森大藥廠及屈臣氏集團為服務使用者提供公開就業的職位。在自行成功公開就業的服務使用者的同意下，就業指導員亦積極接觸其僱主，爭取為他們提供在職支援的機會，以達至持續工作的目標。

透過為僱主及員工提供培訓工作坊，以促進他們對有社交困難人士的認識及接納。來自10間不同企業的代表參與由計劃顧問潘潔瑛博士主講的工作坊，內容包括分享社交困難人士的特性、有效的相處技巧及真實的情境討論等，參加者對工作坊有正面的評價，一致認為有助提升他們對受社交困難或自閉症障礙影響人士的認識。



● 職業支援活動 - 於香港洲際酒店參觀
Vocational supportive activity - Touring around InterContinental Hong Kong

iSPARK

As entered its second year, the iSPARK project continued providing a supported employment service for person challenged by ASD, while efforts were invested in expanding the employer network, enhancing service users' vocational exposure, and promoting service users' wellness. An advisory committee with representatives from different sectors was also formed to provide expert advice on clinical areas as well as corporate strategies and thus enhance service quality and strategic planning.



● 學習社交能力概念的視覺提示
Visual Aid for learning social competence concepts

Systemic Support

Adopting the social competence training model, the pre-vocational training was continuously refined based on service users' needs. A total of 34 service users completed the pre-vocational training, and 5 training groups including an additional summer group were conducted this year. All service users reported enhancements in social competence and employability.

Service users with potential, motivation and abilities were given support with entering placements or open employment. In 2014/2015, 11 service users completed placement and 18 service users were engaging in open employment either through iSPARK or employment found by themselves. To enhance the sustainability and adaptability of service users, employment coaches provided intensive on-the-job support to both service users and employers through regular site visits, phone calls and emails. During this year, iSPARK successfully engaged with Janssen Pharmaceutical Companies of Johnson & Johnson and A.S. Watson Group, to provide employment opportunities to service users. For service users who were able to get a job on their own, employment coaches provided ongoing individual sessions to them, gearing them towards sustainable employment while making contact with the employers under service users' consent to also provide on-the-job support to the employers.

Education program for employers and frontline personnel were delivered to enhance the understanding and acceptance of persons with social difficulties such as ASD. Ten corporations attended the program. Project consultant Dr. Rachel Poon shared practical skills on working with persons with social difficulties including ASD, and discussed some real-life scenarios with the attendees. All attendees found that the education program enhanced their understanding of persons challenged by social difficulties including ASD.

為了提升家屬的參與度，計劃亦邀請了顧問潘麥瑞雯博士舉行一個家屬工作坊，分享如何在支援服務使用者的同時，留予空間讓他們學習及成長，為他們的子女在社交、就業及個人發展上提供持續及適度的支援。另外，顧問亦邀請了3位受自閉症障礙影響人士的家長以過來人的身份，分享她們支援子女的經驗及箇中的智慧。所有出席的家屬都認為工作坊有助他們於日常生活中支援子女。

職業支援活動

除了定期的社交支援活動，今年計劃亦新增了不少職業上的支援活動，希望透過相關活動豐富服務使用者的就業知識及動機。為了讓服務使用者接觸更多不同的行業，計劃與香港洲際酒店、café330及一家室內環保顧問公司舉辦了職業探索的活動，超過95%的服務使用者表示對酒店業、餐飲業及工程業有更深入的認識。此類活動能讓服務使用者對行業有更深的了解，包括工作內容、入職要求、薪酬待遇及晉升階梯。另外，計劃亦新增了定期的求職活動，希望藉此加強服務使用者的求職動機、技巧及對就業市場的了解，提升他們獨立求職的能力。

情緒支援

計劃為服務使用者提供情緒上的支援，安排身心健康活動及情緒治療小組予有需要的服務使用者。服務使用者透過「身心健康行動計劃」學習識別早期情緒的徵兆以及發掘自己舒緩情緒的小工具。另外，不少服務使用者都較為容易感到焦慮，對他們要開始或持續工作增加挑戰，因此本計劃與賽馬會心志牽社交能力發展中心合辦情緒治療小組，強化參加者處理焦慮情緒的能力。

未來發展

朗程計劃將於來年繼續提供優質的職前訓練及就業支援予受自閉症障礙影響的人士，亦會不斷擴展僱主網絡。另外，計劃會投放資源於公眾教育，提升大眾對受自閉症障礙影響的人士的認識。與此同時，計劃將會出版實戰經驗手冊以分享當中的經驗和成果，而服務成效的評估亦將繼續進行。

To enhance family participation and achieve continuous and modest support for service users' social, employment and personal growth, a mass workshop for families was conducted for family members. Dr. Poon also shared her views and expertise on how to support users while allowing them to learn and grow. Three experienced parents were also invited as guest speakers to share their wisdom on supporting their children. All attendees found the workshop helpful in rendering support to service users in daily life.

Vocational Support Program

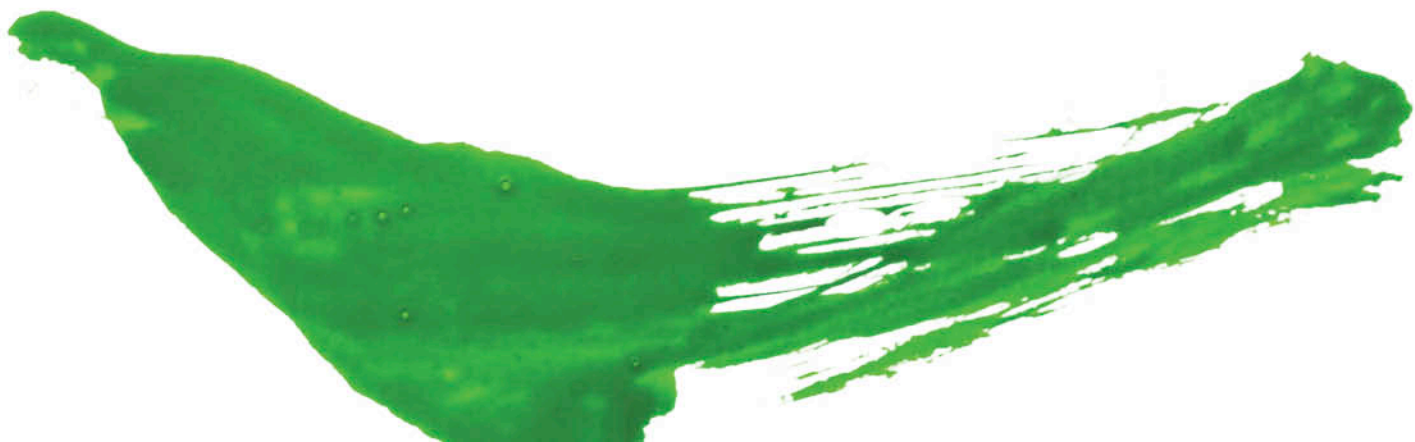
Beside regular social support program, more vocational support program were carried out this year to further enrich service users' vocational exposure, knowledge and motivation. To expand service users' understanding of different work trades, job exploration program including workplace tour and staff sharing were organized with InterContinental Hotel, café330, and Calcite Indoor Environment Services Limited. Over 95% of the service users reported enhancement in understanding of the hospitality, catering and construction industries. The program allowed service users to have in-depth knowledge of various work trades, including job contents, job entry requirements, remuneration and career paths. A regular job-seeking program was also introduced, to foster users' initiatives, good practices and connectedness to the job market, and prepare them to seek jobs independently.

Emotional Support for Service Users

Recognising the emotional needs of service users in relation to their work volition, a wellness program and a therapeutic group were arranged, to provide holistic support for service users. A Wellness Recovery Action Plan (WRAP®) workshop was organized, for service users to learn to identify early emotional warning signs and develop their own wellness tools to relieve difficult feelings. Moreover, as many service users faced anxiety that posed great challenges for them to start or sustain work, a therapeutic group was organized in collaboration with the Jockey Club iREACH Social Competence Development Centre, to strengthen service users' resources in managing their anxiety.

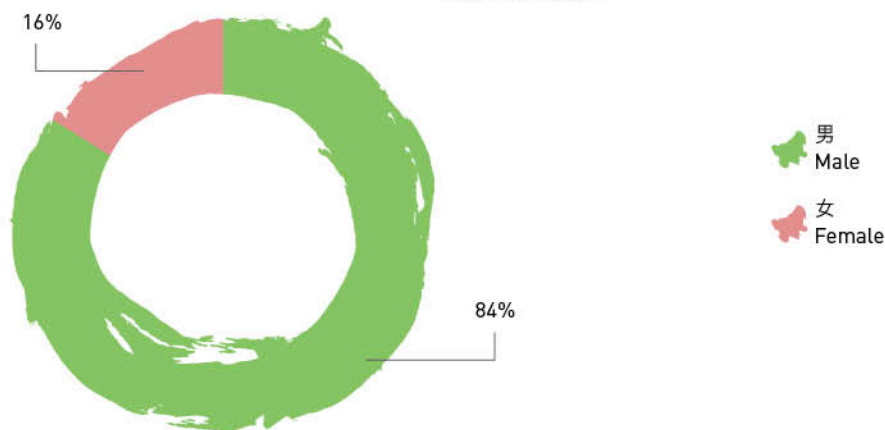
Direction of Development

In the coming year, iSPARK will continue to render quality pre-vocational training and employment support to persons challenged by ASD. Continuous endeavours will further expand our employer network. Public education will be conducted to increase society's understanding of persons challenged by ASD. Other work, such as publication of program manuals and service evaluations, will continue.

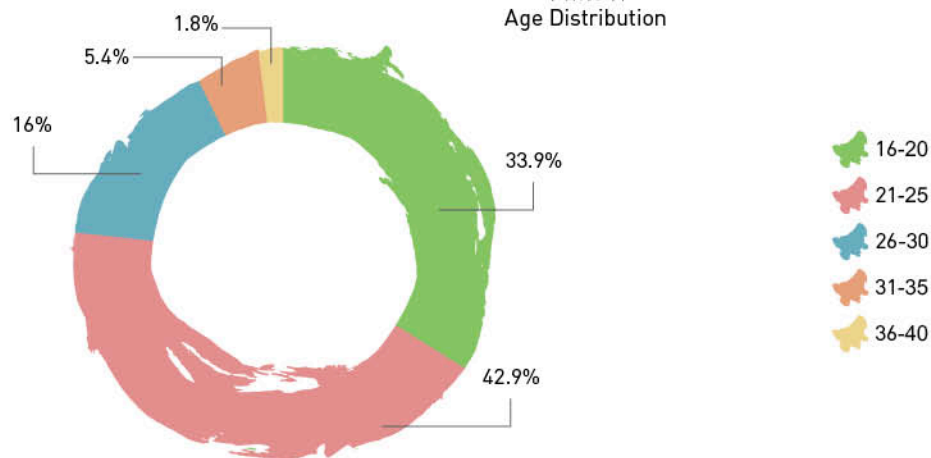


朗程服務使用者概況 (總人數: 56人)
Profile of iSPARK Service User (Total Number of Service User: 56)

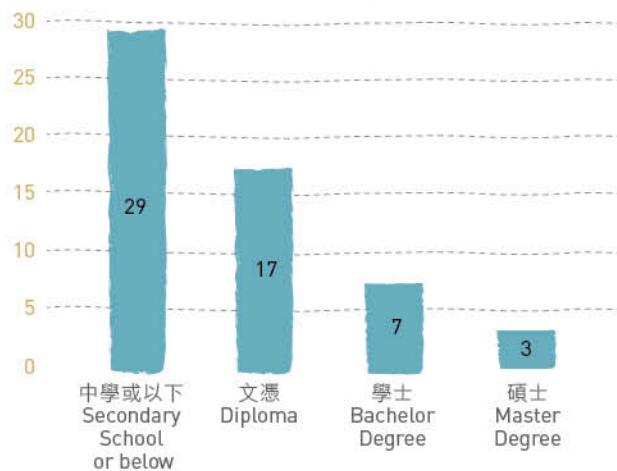
性別分佈
 Sex distribution



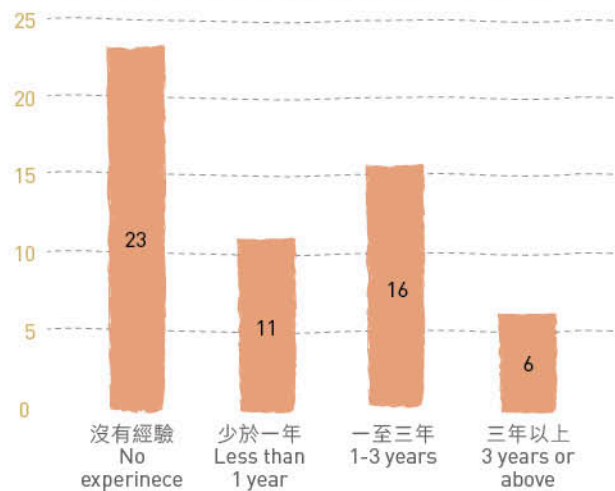
年齡分佈
 Age Distribution



學歷分佈
 Distribution of Education Level



服務使用者於參與朗程計劃前工作經驗分佈
 Service users' working experience prior to iSPARK



培訓、研究及發展

TRAINING, RESEARCH & DEVELOPMENT

員工培訓及發展

在2014至2015年度，員工培訓及發展的主題是「持續支援以復原及系統為本推動身心健康的學習文化，以擴展知識，透過員工參與，共同提升整體的服務質素」。

核心培訓計劃

為達致既定的目標，本會繼續致力與海內外專家及顧問攜手協作，開展各項培訓及發展計劃。在以往建立的知識基礎上，透過進階課程，提升及加強員工在復元導向服務、專業介入手法及系統導向等精神健康課題上的專業發展能力，以及支援機構及服務的發展。

以復元為本的工作及系統培訓上，本會邀請美國The Copeland Center for Wellness and Recovery的Gina Calhoun女士及 John Christopher Woodruff先生親臨教導身心行動健康計劃高級帶領員課程及帶領員重溫課程。高級帶領員的認可資格是首次在本港頒發，透過進階的學習，他們能深入了解身心行動健康計劃及全面掌握帶領員技巧，以高級帶領員的資格培訓更多身心行動健康計劃帶領員，將此項服務進一步擴展至推廣精神健康的業內人士及機構。

為進一步促進服務使用者共同參與，本會在2014年12月邀請英國「變革組織推行復元」(ImROC)計劃顧問，親臨本會就「共同創建復元學院」計劃提供顧問服務及培訓課程。該培訓課程為期5天，共有15位本會同工、4位服務使用者、3位朋輩支援工作人員及4位家屬參與，為創建優質的香港復元學院作好準備。



● 本會同工、康復者、朋輩支援工作人員及家屬參加於2014年12月由英國「變革組織推行復元」計劃顧問 Julie Repper 博士及 Jane McGregor 博士主領「共同創建復元學院」為期5天課程
People in recovery, peer support workers, caregivers and the Association staff participated in a 5-day "Co-producing a Recovery College" program in December 2014 facilitated by Dr. Julie Repper and Dr. Jane McGregor of ImROC, U.K.

Staff Training and Development

The main theme of staff training and development in 2014/2015 was "Supporting a Continuous Learning Culture for Advancing Recovery and Systemic-Oriented Care Towards Well-being, Expanding Knowledge to Excel in Total Service Experience Through Staff Engagement".

Core Programs

To achieve these goals, the Association continued concerted endeavours with local and overseas experts and partnering consultants to implement various training and development Programs during the year. Building on knowledge accumulated in the past years, staff received advanced training in recovery-oriented services, special intervention and systemic approaches for mental health, enhancing their abilities to achieve professional advancement as well as support the organizational and service development.

In the domain of recovery-oriented system and practices, Advanced Wellness Recovery Action Plan (WRAP®) Facilitator Training and a WRAP® Facilitator Refresher course were conducted by Ms. Gina Calhoun and Mr. John Christopher Woodruff from the Copeland Center for Wellness and Recovery, USA. The Advanced WRAP® Facilitators achieved a qualification that was the first of its kind in Hong Kong, and were well-equipped with in-depth knowledge and thorough mastery of both WRAP® and facilitation skills, to expand services in the mental health field through train-the-trainers of the WRAP® Program. Ms. Gina Calhoun also conducted a workshop on the Power of Story-telling for enhancing recovery.

To further promote users participation, the Association engaged Consultants of the Implementing Recovery through Organizational Change (ImROC) project in the U.K., as trainers of the Co-producing a Recovery College Program in December 2014. A total of 15 staff members, 4 service users, 3 Peer Support Workers (PSW) and 4 carers participated in the 5-day training course, for preparing the co-production of a quality Recovery College in Hong Kong.

Entering the fifth year of implementing Integrative Family and Systems Treatment (I-FAST), the Association continued committing a series of training and on-going support Programs to staff, to build and sustain a positive culture and enhance systemic family intervention skills among staff through I-FAST Skype consultations and supervision groups. To achieve the sustainability of I-FAST intervention approaches for families, the Association cultivated and developed staff supervision skills, so they could take the lead and supervisory roles in practising

綜合家庭及系統治療的實踐，已踏入第5年，本會繼續為同工提供一系列的培訓課程，以及恆常的支援計劃，透過網絡視頻會議及督導小組等訓練模式，提升具系統的家庭介入技巧，培養實踐綜合家庭及系統治療的文化。為達到可持續性的目標，本會致力培訓及發展同工的督導技巧，讓他們可以擔任領導及督導的角色。此外，亦為同工舉辦夫婦敘事治療方法課程，以不同的介入方法，加強員工處理家庭個案的能力和技巧。

除此以外，本會因應服務使用者的不同處境，以及社會環境和服務需求的新趨勢，安排不同的介入方法培訓課程，包括音樂治療、靜觀體驗，以及園藝治療等，以提升同工的敏銳力及多方面的介入技巧。為進一步提升同工有效的管理能力，本會為管理同工舉辦多項培訓活動，包括社會創新工作坊、績效管理系統，以及社工法律知識等。

在2014年4月1日至2015年3月31日期間，本會職員共參加了142項本會舉辦的培訓活動，其中51項由中央培訓組統籌，91項由服務單位或工作小組舉辦，共有2,082名職員參與。

培訓成果

本年度各項的培訓課程和計劃都取得滿意的成果。身心行動健康計劃除了在本會推行，10位受訓的高級帶領員將所學的知識和帶領技巧，透過舉辦帶領員證書課程推廣至社區。此外，本會亦成立「新生復元學院」，本著「共同創建」的理念，聯同康復者、朋輩支援工作員、家屬，共同計劃及舉辦課程，使服務使用者及各持分者都得到裨益。

本會各服務單位已加強運用綜合家庭及系統治療，同時物色具豐富經驗的同工，擔任領導及督導的角色，培訓更多同工掌握有關知識和技巧，使其更廣泛地應用於各服務單位。各項的介入技巧培訓課程亦取得成效；擔任公眾教育、臨床心理及朋輩支援服務的同工均積極應用說故事的介入技巧，在康復的過程上，能更有效地幫助康復者。園藝治療的運用亦有進一步的發展，本會的受訓同工擔任導師，分享園藝治療的理念及實踐，以推動更多同工在工作上應用園藝治療。

未來發展

本會踏入50週年之際，結合過去在推行精神健康復元及身心健康的成果，將開展新的方向，推動新的330身心靈健康的服務概念。本會將致力培訓同工，裝備他們應有的思維及技巧，以復元為本的方法及系統轉化，推動服務使用者共同參與。本會將舉辦330身心靈健康分享會及體驗工作坊，以提升同工對新的330服務概念的理解及應用。

I-FAST approaches for their service users. Also, staff were trained in a special intervention approach on narrative practice in couple therapy, strengthening their skill sets for working with families.

Moreover, in response to the diversity of our service users and to keep up-to-date on social/service trends, special intervention approaches such as music therapy, experiential mindfulness and horticultural therapy were launched, expanding staff members' skill sets. There was also training in management skills, such as social innovation workshops, performance management system and legal knowledge for social workers.

From 1 April 2014 to 31 March 2015, there were 142 internal training activities, 51 of which were organized by the central training team and 91 by service units or working groups, with 2,082 staff members participating.



● 參與學員共同創建徽標、課程設計及他們理想中的「復元學院」
Participants co-produced the logo, curriculum and their ideal "Recovery College" during the 5-day program.

Training Outcomes

In the year, there were promising accomplishments of the training initiatives and programs. Apart from the agency-wide application of WRAP®, the ten trained Advanced Level WRAP® Facilitators in the Association initiated two WRAP® Facilitator Training courses for community members. In addition, the Association set up the New Life Recovery College to launch training programs involving people in recovery (PIR), peer support worker (PSW) and caregivers, under the principles of co-production to benefit our service users and stakeholders.

There was demonstrable progress in applying I-FAST in the service units. A group of experienced practitioners was identified to take the lead in the supervision and promotion of the I-FAST approach among their service units. The training on the special intervention approach also delivered positive results. The public education, clinical psychological and PSW services actively applied the story-telling approach and skills in enhancing and facilitating the recovery of PIR. In addition, the application of horticultural therapy within the Association was further expanded, with qualified staff also serving as trainers to share and promote the use of horticultural therapy both internally and externally.

Future Development

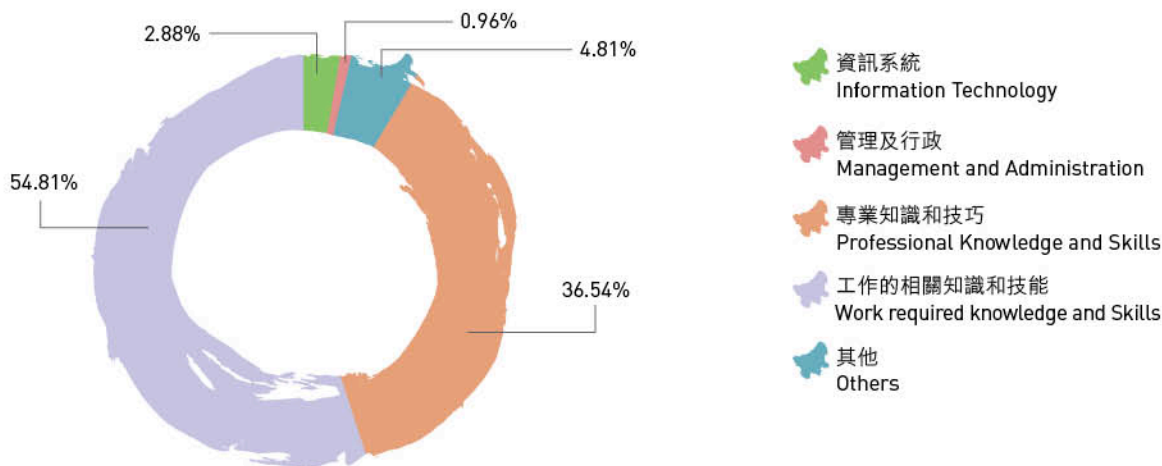
As it entered its 50th Anniversary, the Association geared towards a new direction of aligning the past achievements in promoting mental health recovery with the new service concept of well-being. Designated efforts would be made to equip staff with the mindsets and skills required for

建基於新的大趨向，本會致力透過職員培訓及新生復元學院，以「共同創建」及「共同傳遞」的原則，舉辦培訓課程。本會亦因應服務使用者的不同需要及社會和服務需求的新趨勢，包括促進服務使用者參與、老齡化，以及跨境協作等議題，制定適切的培訓計劃，以全面提升同工的专业知識水平。本會在來年亦繼續投放資源在固有建立的基礎上，提升及發展管理人員的領導及管理能力。

further integrating and advancing our practices that aim for both recovery with well-being. Sharing sessions on well-being and experiential workshops will be planned, to reinforce staff's understanding of new service concepts and its implementation.

Building on the momentum, the Association will designate efforts to "co-produce" and "co-deliver" training programs through staff training and New Life Recovery College. Moreover, in response to the diversity of our service users and to keep up-to-date regarding social/service trends such as user engagement, ageing and cross-sectors collaboration, special topical training programs will be launched to enhance staff's sensitivity and skill sets. The Association will also continue to devote resources to enrich and expand staff's capacity in management and leadership in the year ahead, building on developments to date.

2014至2015年職員參加的培訓課程
Targeted Foci of Training Programs attended by Staff in 2014/2015



賽馬會新生精神康復學院

賽馬會新生精神康復學院在2014至2015的服務主題是「推動精神健康復元及系統化的協同效應，透過策略性伙伴及具系統的推廣策略，建立社區中的專業人才及提升精神健康」。

新培訓課程與知識交流

建基於已確立的精神健康及復元概念的培訓基礎上，學院開展多項全新的培訓課程以培育同工的专业知識及能力。新課程涵蓋精神健康概念及原理，包括「認識雙極情感障礙及強迫症一天工作坊」、「女性在人生階段的心理健康及發展」，以及「精神健康臨床督導小組」等。在家庭服務培訓方面，具體的介入技巧包括「夫婦敘事治療」、「尋解治療進階課程：在家庭服務中實踐及夫婦策略家庭治療」等，以提升同工在處理家庭個案的专业能力及技巧。為提倡以復元為本的方法，本學院邀請美國「The Copeland Center for Wellness and Recovery」的Ms. Gina Calhoun親臨教導「講故事的力量」，為學員解說講故事的好處及提供一套循序漸進的指引，讓他們可以向他人分享自己的身心健康及復元故事。

Jockey Club New Life Institute of Psychiatric Rehabilitation

The major theme of the Jockey Club New Life Institute of Psychiatric Rehabilitation in 2014/2015 was "Promoting Recovery and System Synergy in Mental Health Care, Building Professional Capacity and Psychological Wellness in the Community Through Strategic Partnership and Systematic Marketing Initiatives".

New Training Programs and Knowledge Sharing

Building on the well-established regular training programs on mental health concepts and recovery, the Institute had launched out brand-new training programs to help nurturing competent practitioners for the field. New training courses on mental health concepts and knowledge, such as "One-day Workshop on Bipolar Affective Disorders and Obsessive Compulsive Disorder", "Women Psychological Health and Development Across Life Span" and "Clinical Supervision Group in Mental Health" were tailored to support the professional growth among practitioners. Specific intervention approaches for family included "Narrative Therapy with Couples", "Advanced Training in Solution-Focused Brief Therapy: Working with families and Couples Strategic Family Therapy" were rendered to advance professional proficiency of practitioners in working



● 學員在音樂治療工作坊中體驗各種音樂活動
Participants experienced musical activities in a music therapy workshop

本學院並致力促進正向精神健康服務，透過推廣「身心健康行動計劃」，向不同持份者(康復者、家屬、業界同工、學者等)推動身心健康。本年，學院首次舉辦「身心健康行動計劃帶領員證書課程」，以培訓更多的導師加入推動身心健康的行列。學員來自不同背景，包括社會工作者、朋輩支援工作員、社福機構主管，以及醫院管理局精神科醫生及護士。因此，透過他們將所學習以復元為本的「身心健康行動計劃」的理念及方法，進一步擴展至不同的服務範疇。

2014年5月，為推廣自閉症障礙青少年的社交能力訓練技巧，學院與「靈思園地」自閉症障礙青少年社交豐盛計劃合辦「專業人員、教師及家長社交能力訓練交流會」，藉此分享實證為本的介入手法、計劃成果，以及在實踐中所面對的困難和挑戰。同時並向在場人士派發家長手冊。

培訓伙伴的擴展

我們與一班優秀的培訓導師多年來已建立穩固的伙伴關係及緊密的聯繫，配合本會同工豐富的工作經驗及具備的專業資格，學院的服務得以在社會服務、教育、政府部門、企業公司等服務領域進一步擴展。本年，康樂文化事務處委託本學院為超過150名前線員工以正向心理學為主題設計新課程，得到學員及統籌課程人員正面的反應。社會福利處亦委託學院首次舉辦「處理及照顧有情緒問題長者訓練課程」，為社會福利處、政府資助及自資安老院及長者服務單位同工，提供適切的培訓課程，超過110名專業同工及160名保健員及護理員參與，他們均表示課程內容實用及可將所學的知識及技巧應用於工作中。此外，教育局亦委託學院為教師舉辦管理自我傷害學生工作坊。因此，學院在本年度得到更多的培訓伙伴的支持，以致將以實證為基礎的復元為本服務，能進一步推展至精神健康服務的社群中。

前瞻

繼往開來，學院將會繼續定位為培訓和學習型機構，期望在復元路上為精神健康服務社群中製造協同效應和建立知識、創造健康的工作環境和在公眾間推廣正面精神健康。來年，學院將針對人生不同階段的需要，由孩提至老人精神健康關顧為對象，設計一系列課程以提升業界專業同工對有關課題的認知及技巧。本會致力倡導各持份者(職員、朋輩支援工作

with families. To promote the recovery-oriented practice, the Institute had invited Ms. Gina Calhoun, National Director for Wellness and Recovery Education, Copeland Center for Wellness and Recovery to conduct the training on "The Power of Story-telling" to bring out the benefits of storytelling and provide a step-by-step guide for writing one's wellness and/or recovery story in a way that can be shared verbally.

In addition, the Institute had designated special endeavour to promote positive mental health among different stakeholders (PIR, family members, practitioners in various mental health care service settings, academia, etc.) by launching the WRAP® training program. This year, the Institute had run the first accreditation course of "WRAP® Facilitator Training" to train the trainers in the mental health sector. The participants included social workers, PSW, Center-in-charge of social service agency, psychiatrist and nurse of the Hospital Authority. As a result, the application of the recovery-oriented practice of WRAP® could be further expanded among the various service sectors.

With the concerted effort to promote the application of social competence intervention approach for working with young persons challenged by Autism Spectrum Disorders (ASD), the Institute had co-organized two sharing sessions with i-Links Social Enrichment Project for Teens with Autism Spectrum Disorders on "Social Competence Training for Professionals, Teachers and Parents" in May 2014 providing a platform for sharing the experience of the evidence-based practice, intervention outcomes as well as the difficulties and challenges in the implementation of the social competence development program to young people challenged by ASD. A manual for parents was produced and distributed to the participants.

Expansion of Training Collaboration

With the established partnership and networks with the distinctive trainers in mental health care as well as the rich experiences and specialized qualifications attained by the Association's strong staff force, the Institute achieved significant expansion of service to the social services and education field, the governmental departments as well as corporate companies to support the capacity building in the community. New training programs were commissioned by the Leisure & Cultural Services Department (LCSD) on Positive Psychology for over 150 frontline staff of LCSD with positive response from both the course organizer and participants. In addition, the Social Welfare Department (SWD) had commissioned the Institute to run a series of new workshop on "Working with Elders Having Emotional and Mental Problems" and over 110 professional staff and 160 care staff and health workers in the SWD, subvented or self-financed aged homes or elderly service attended the workshops and they found the training practical and applicable in their work situations. A workshop on managing self-harming among students was also commissioned by the Education Bureau for the teaching professionals. As a result, the Institute had successfully enlisted the support from more training partners to promote the recovery-oriented service with the use of evidence-based approach among the wider mental health care community.

Way Forward

Building on last year's endeavour, the Institute would continue to

員、康復者、家屬、業界同工)實踐平等參與，共同推動身心健康，並成立隸屬於學院之「新生復元學院」，透過試辦各項以復元為本課程，促進共同創建的理念。學院將繼續致力提高服務質素及推廣品牌活動。與此同時，我們亦積極擴展培訓服務至鄰近地區，並透過維繫及建立跨服務界別及團體的合作伙伴，推動各項培訓活動，其中包括委託承辦課程、投標課程以及為切合機構需要的特定課程。我們並與新的培訓伙伴，例如廣州市白雲區嶺南社會服務發展社，以及香港嬰兒精神健康會建立伙伴關係，期望將培訓服務拓展至本地及海外的精神健康業界同工。

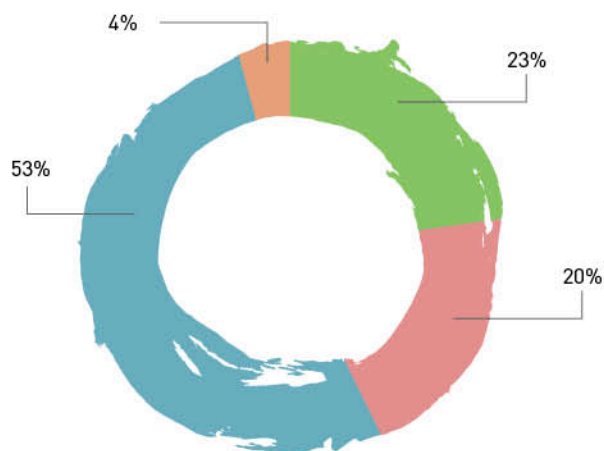


● 「身心健康行動計劃」5天帶領員證書課程讓學員明白帶領小組的整體價值觀及道德理念
WRAP® Facilitator Training – 5-day certificate course facilitates participants to lead WRAP® groups that support a care set of values and ethics

position itself as a training and learning organization to create synergy and construct knowledge in the journey of recovery among the mental health care community, to build capacity for a healthy workplace and to promote positive mental health among the public. In the coming year, the Institute would adopt the life span perspective to design and launch out integrated courses across life span, from the infant and childhood mental health to psychogeriatric care, for enriching awareness, mindset, knowledge and skills among the mental health professionals. Special endeavour would be initiated to echo the Association's advocacy of user participation and promotion of well-being through partnering with different stakeholders (staff members, peer support workers, PIR, family members, practitioners etc.) to launch out educational courses through a new branch of the Institute – New Life Recovery College as a pilot initiative of co-production. Moreover, continued efforts would be rendered to enhance the business and branding of the Institute while expanding the reach to nearby region. Promotion activities would be launched with the concerted efforts with existing and new partners across services and sectors through commissioned training, tender courses and tailored training package. New training collaboration with working partners in the Mainland, the Lingnan Social Development and Service and the Hong Kong Association of Infant Mental Health would be initiated to expand the reach of Institute's service to the mental health practitioners both locally and abroad.

2014至2015年度賽馬會新生精神康復學院舉辦的課程 Courses organized by Jockey Club New Life Institute of Psychiatric Rehabilitation 2014/2015

課程性質 Program Nature	課程數目 No. of program
學院舉辦的專業進修課程 Self-financed Course on Professional Development	12
學院舉辦的健康護理/精神康復/個人成長課程 Self-financed Courses on Health Care / Psychiatric Rehabilitation / Personal Growth	10
非政府機構/政府部門/醫院管理局/學校委託及承辦之培訓課程 Training Programs Commissioned by NGOs / Government Departments / Hospital Authority / School	27
專業人員、教師及家長社交能力訓練交流會 Sharing Session on Social Competence Training for Professionals Teachers and Parents	2
總數 Total:	51



- 專業發展自資課程
Self-financed Course on Professional Development
- 衛生保健/ 精神康復/ 個人成長自資課程
Self-financed Courses on Health Care / Psychiatric Rehabilitation / Personal Growth
- 受非政府組織 / 政府部門 / 醫院管理局 / 學校委託而舉辦的訓練課程
Training Programs Commissioned by NGOs/ Government Departments/ Hospital Authority / School
- 為專業人士、老師及家長舉辦的社交能力訓練分享會
Sharing Session on Social Competence Training For Professionals, Teachers and Parents

學生實習

相信專業知識的增長和對復元為本態度的了解，有助專業同工促進系統的轉化，因此本會持續致力支持為不同專業課程的本科生和研究生提供實習機會。本年，我們共有119名來自大學及專上學院的學生於本會進行實習，社會工作和護理系的學生所佔比率為87%，而當中有較多的護理學生希望在本會的社區服務爭取實習經驗。除傳統專業學系外，我們亦有來自公共衛生及基層醫療的學生於社區服務實習。來年度，我們將會有言語治療系的學生於長期護理院實習，以擴闊服務長期精神病康復者的經驗。

一直以來，本會屢獲實習同學及實習督導的正面評價，認為服務單位都能為他們提供良好的支援環境以助他們的學習。同學亦欣賞實習單位能提供優良的學習平台，讓他們更了解復元理念以及如何將理念付諸實踐。有同學更感恩地表示寶貴的實習經驗，燃亮了他們對社會服務的委身。為了回應不斷增加對本會提供實習場地的需求，我們將進一步開拓更多的實習機會予實習同學。

Student Placement

Believing system transformation can be facilitated by improved knowledge and recovery-oriented attitudes of professionals helping PIR and service users, the Association committed to support tertiary education by providing fieldwork placements to students attending undergraduate and postgraduate programs in different disciplines. This year, 119 students from local universities and institutes of higher education completed their practicum placements in the Association. Social work and nursing students comprised 87% of the placement students. We also had a large number of undergraduate nursing students obtaining experience in our community service. Apart from the traditional Programs, we also had students from Public Health and Primary Care placed in community service. In the coming year, we will further expand to have Speech Therapy students placed at Long Stay Care Homes, obtaining experience in working with service users with chronic illnesses.

Positive feedback was always sought from the students and fieldwork supervisors to verify that the placement units had provided a supportive environment to facilitate their learning. Students also appreciated that the placement units had provided them with a good platform to understand more about recovery and how it is put into practice. Some students also expressed gratitude as their dedication to social service was enlightened by the precious placement experiences. In response to the diverse service needs and increasing demand for student placements, we will further explore new placement opportunities in the Association.

2014至2015年度學生實習
Student Placement 2014/2015

實習學生數目 No. of Placement Students					
學習範圍 Study Area	住宿服務 Residential Service	社區服務 Community Service	職業復康服務 Vocational Service	臨床心理 Clinical Psychological	總數 Total
社會工作 Social Work	31	10	7	-	48
護士 Nursing	18	38	-	-	56
職業治療 Occupational Therapy	1	2	1	-	4
心理/臨床心理 Psychology/ Clinical Psychology	-	-	-	5	5
公共衛生及基層醫療 Public Health & Primary Care	-	6	-	-	6
總數 Total	50	56	8	5	119

臨床心理服務

CLINICAL PSYCHOLOGICAL SERVICES

臨床心理服務

本年度臨床心理服務持續為康復者提供實證為本的優質心理介入服務，以及向職員提供專業支援，更嘗試擴展服務的多元性以及普及性。

臨床心理服務於本年度合共為177人提供心理評估及治療，當中包括為91位康復者提供約1,045.5小時的個人心理服務，以及為不同服務單位的康復者提供合共101節治療小組。臨床心理服務接受的轉介主要來自社區服務，佔89.93%，而住宿服務、職業康復及就業服務則分別佔7.91%及1.13%。接受臨床心理介入服務的康復者面對不同類型的困擾，包括精神病徵管理、情緒管理、人際關係及親密關係、家庭衝突、養育子女、濫用藥物、健康及就業等。

照顧不同人士的多元需要

為拓展心理介入服務的範圍，以照顧不同的心理需要，臨床心理服務根據國際的最新科研及心理學知識發展了共18套本土化的心理治療小組以及工作坊資料。本年度臨床心理服務提供了9種不同的治療小組，當中包括「整全情緒治療小組」、「靜觀認知治療小組」、「靜觀減壓小組」、「接納與承諾療法(ACT)—反污名自我接納小組」、「敘事治療小組」、「人際關係小組」、「優勢為本支援小組」、「憤怒管理小組」以及「每月靜觀練習」。此外，臨床心理服務亦提供了有關失眠、情緒管理及痛症的治療工作坊及教育講座。這些小組及工作坊受到大部份服務使用者及社區人士所歡迎，整體出席率高於80%。與此同時，為建立實證為本實踐的鞏固基礎，臨床心理服務亦持續於上述治療小組中收集成效的實驗數據。

Clinical Psychological Services

Maintaining its commitment to providing evidence-based and quality psychological interventions to people in recovery as well as professional support to staff, agency-based Clinical Psychological Services (CPS) expanded its service diversity and accessibility in the year 2014/2015

During the year, 177 individuals had received psychological assessment and treatment, which included providing 545.5 direct service hours to people in recovery (PIR) of mental illness in individual sessions, as well as delivering 101 therapeutic group sessions to 91 PIR from different service units. The majority of referrals (89.83%) were from community services, while 7.91% and 1.13% of referrals came from residential and vocational rehabilitation services respectively. There was a diversity of primary presenting problems referred for psychological intervention, including psychiatric symptom management, mood management, interpersonal and intimate relationship issues, family conflicts, parenting stress, substance abuse, as well as health and work/engagement.

Caring for Diverse Needs of Different People

Based on the latest global scientific research and psychological knowledge, CPS developed 18 sets of localised protocols of psychological group therapies and workshops. Nine types of treatment groups were offered this year, including Trans-diagnostic Cognitive Behavioural Therapy (TCBT), Mindfulness-based Cognitive Therapy (MBCT), Mindfulness-based Stress Reduction (MBSR), Acceptance and Commitment Therapy (ACT) for Self-stigma, Narrative Therapy, Interpersonal Effectiveness, Strength-based Support Group, Anger Management, and monthly mindfulness practice groups. In addition, CPS delivered therapeutic workshops and talks on insomnia, mood management, and psycho-education group on pain management. The groups and workshops were welcomed by most of the services users as well as the community. The typical attendance rate of the workshops was over 80%. To build a solid foundation of evidence-based practice, ongoing data collection was conducted by gathering empirical evidence on the effectiveness of the above-mentioned therapeutic groups.



● 英國艾希特大學提供「心理治療普及化計劃」培訓
"Improving Access to Psychological Therapies"
training provided by University of Exeter



● 一日靜觀活動
One-day mindfulness activity

由臨床介入到精神健康推廣及預防

知識發佈對加強專業同工對精神健康的最新知識及技巧是非常重要的渠道。因此，臨床心理學家積極為會內或外間職員提供培訓工作坊及講座。本年度共有33節講座及工作坊，題目包括「與低動機人士合作」、「靜觀體驗工作坊」、「精神健康復元」、「故事演說」以及「正向心理學」等。

為鞏固精神健康推廣及預防的實證基礎，臨床心理服務亦有特別為本會精神健康教育主任提供諮詢，檢視現有的公眾教育資源套。此外，駐機構臨床心理學家繼續積極參與於本會不同服務計劃從心理學角度提供持續及豐富的意見，當中包括復元動力、身心康泰工作小組、正向心理學工作小組以及其他有關研究及檢討的工作。

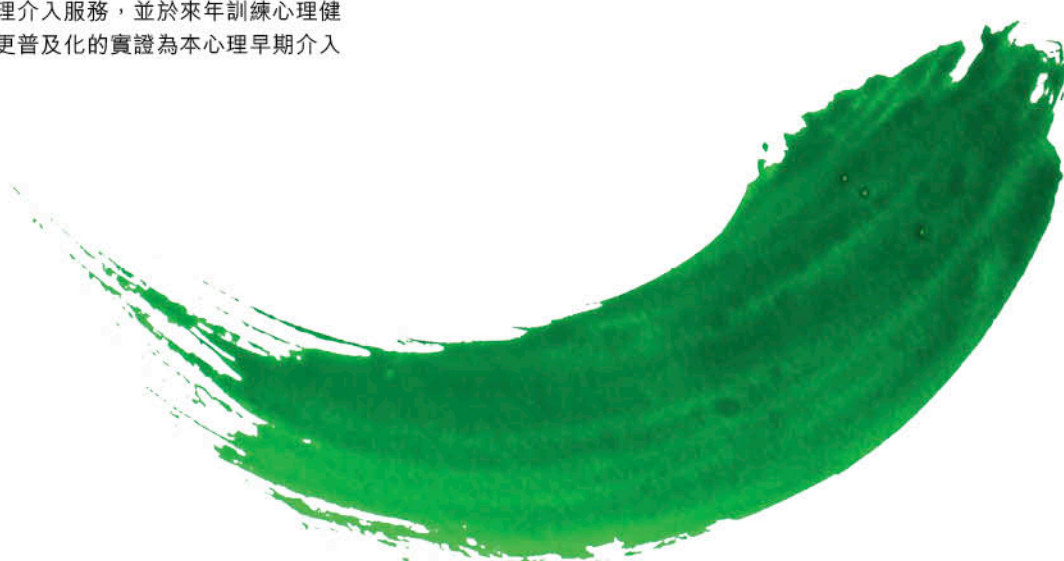
本會臨床心理服務將與香港中文大學心理學系以及英國艾希特大學合作於社區試行一項嶄新的服務——「心理治療普及化計劃」。本計劃將嘗試透過採用層遞支援模式去回應社區對優質心理服務的需求，為早期有情緒困擾人士提供心理介入服務，並於來年訓練心理健康主任去提供一個更普及化的實證為本心理早期介入服務。

From Clinical Intervention to Raising Awareness and Prevention of Mental Health

Knowledge dissemination is essential for enhancing up-to-date knowledge and equipping mental health professionals with the necessary skills. Hence, clinical psychologists were keen on offering training workshops and seminars, which were provided to both staff within the Association and external parties. In total, 33 sessions of talks and workshops were delivered this year. Topics included "Working with unmotivated clients", "Mindfulness experiential workshop", "Mental Health Recovery", "Story-telling", and "Positive Psychology".

Consultations were provided to Mental Health Education Officers (MHEO) within the Association, to strengthen the evidence-based practice in raising awareness and prevention of mental health by reviewing their existing educational protocols. In addition, the agency-based clinical psychologists continued to participate actively in different initiative of the Association, including the Alliance for Recovery and Care, Well-being working group, Positive Psychology working group, plus other research and evaluation related work.

By adopting the stepped-cared model, CPS will pilot a pioneer service of Improving Access to Psychological Therapies (IAPT) in the community, together with the Department of Psychology of the Chinese University of Hong Kong and the University of Exeter, United Kingdom. This will serve people with mild to moderate emotional problems, by training a team of psychological well-being officers in the coming year. We will also provide more accessible evidence-based, low-intensity psychological interventions to fill service gaps within the community.



2014至2015年度臨床心理服務使用者的診斷
 Diagnosis of service users of Clinical Psychological Service 2014/2015

