

**The Hong Kong Polytechnic University
Department of Applied Social Sciences**

2022-2023 Semester 1 & 2

Concurrent Placement

Preparatory Workshop: Service Overview

**Services for Persons
with**

Mental Recovery

WINKY CHAN

Mental Health

The World Health Organization(**WHO**) defines health as “a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.”

There is no health without mental health

Government Policy of Mental Health Service

Mission

- 1) great importance to the **mental well-being of the public**
- 2) recognizes that mental health goes **beyond medical care**

Focus

- adopts **an integrated and multi-disciplinary approach** towards mental health with **a diversified intervention and strategies**
- From **self-care, primary care and community support to specialist care and institutionalized services**, the Government seeks to provide **comprehensive and cross-sectoral services** to persons with mental health needs through engagement and support of different parties. eg. specialist, academic experts, social services etc

Direction

> to encourage community support and ambulatory services, coupled with necessary and essential institutionalized services, so as to build a mental-health friendly society, facilitating re-integration into the community.

(HKSAR, Mental Health Review Report, 2018)

**Phenomenon & Statistics
about
Mental Health in Hong Kong**

Number of people with Mental Disorders in Hong Kong

(HKSAR, Mental Health Review Report, 2018)

In Hong Kong, with a population about 7.3 million, extrapolation from worldwide data would indicate that between 1.1 -1.8 million people have a mental disorder, and between 70,000 – 220,000 people have severe mental illness (SMI).

* 1 in 7 persons have a mental disorder

Mental Health Problems

(HKSAR, Mental Health Review Report, 2018)

HA currently takes care of Nearly 150,000 persons with mental illness who are aged between 16 to 64. Most of them are suffering from

- > **Severe Mental Illness(SMI)** (30 %, eg. Schizophrenia).
- > **Common Mental Disorder (CMD)** (60%, eg. Mood disorders and stress-related disorders)

Mental health problems

Major Public Health Concern in Hong Kong

The Hong Kong Mental Morbidity Survey 2010-2013 Hong Kong

(Lam LC, Wong CS, Wang MJ, et al., 2015)

Mental Health Problem of *Chinese Adult*

the prevalence of common mental disorders among Chinese adults aged between 16 and 75 was 13.3%

Age	Type of Disorder	%
16-75 (Chinese Adult)	Common Mental Disorder	
	<u>Mixed Anxiety & Depressive Disorder</u>	<u>6.9</u>
	Generalized Anxiety Disorder	4.2
	Depressive Episode	2.9
	Panic disorder, Phobias, OCD	1.5

Mental health problem

Major Public Health Concern in Hong Kong

Prevalence of DSM-IV disorders in Chinese adolescents and the effects of an impairment criterion: a pilot community study in Hong Kong

(Leung PWL, Hung SF, Ho TP, et al. 2008)

Mental Health Problem of *Children & Adolescents*

Age	Type of Disorder	%
High School Adolescents	Anxiety Disorder	6.9
	oppositional defiant disorder	6.8
	ADHD	3.9
	Conduct Disorder	1.7
	Depressive Disorder	1.3
	Substance Use Disorder	1.1

The Child and Adolescent Psychiatric Teams of HA

<u>Year</u>	<u>Caseload</u>
2011-12	18 900
2015-16	28 800
2016-2017	32 300
2017-2018(31/12/2018)	33 900

***From 2011 to 2016**

> An increase by more than 50% in 5 years

***From 2011 to 2018(31/12/2018)**

> An increase by 80% in 7 years

**A breakdown of the psychiatric patients treated in the Hospital Authority
from 2014-2015 to 2018-2019
(as of 31 December 2018)**

Patients aged below 18

	Number of psychiatric patients aged below 18 (2,3,4)	Autism spectrum disorder	Attention-deficit hyperactivity disorder	Behavioral and emotional disorders	Schizophrenic spectrum Disorder (5)	Depression / Depressive disorders
2014-2015	26 500	8 400	9 400	1 500	300	400
2015-2016	28 800	9 300	11 100	1 600	400	400
2016-2017	32 300	10 400	12 700	1 700	400	600
2017-2018	34 900	11 800	14 000	1 700	400	800
2018-2019	36 400	12 400	14 600	1 700	300	800

Patients aged between 18 to 64

	Number of psychiatric patients aged between 18 to 64 (2,3,4)	Number of patients with Schizophrenic spectrum Disorder (2,3,4,5)
2014-2015	143 700	39 000
2015-2016	149 200	40 100
2016-2017	153 900	40 400
2017-2018	157 500	40 500
2018-2019	159 700	40 000

Patients aged 65 or above

	Number of psychiatric patients (2,3,4)	Number of patients with Dementia under psychiatry (2,3,4,6)
2014-2015	47 200	16 500 (year 2014)
2015-2016	50 700	16 900(year 2015)
2016-2017	54 700	17 900 (year 2016)
2017-2018	58 800	19 000(year 2017)
2018-2019	62 600	Not readily available(year 2018)

Note:

1. **Projection as of 31 December 2018.**
2. Including inpatients, patients at specialist outpatient clinics and day hospitals.
3. Refer to age as at 30 June of the respective year.
4. Figures are rounded to the nearest hundred.
5. In the Hospital Authority, severe mental illness is generally referred to patients suffering from schizophrenic spectrum disorder. Other severely mentally ill patients suffered from other diagnosis are excluded.
6. The Hospital Authority has aligned the method to estimate the number of patients with dementia by using diagnosis coding, drug dispensing and/or laboratory results information, and therefore such figures may not be comparable to those released in the past due to the difference in methodology and data scope.

Source: *The Administration's replies to questions on examination of Estimates of Expenditure 2019-2020*

Hong Kong Federation of Youth Groups

Survey on **2,685** students from **14** secondary schools in
September and October, 2019

- More than 40% of students highly stressed, with nearly a quarter anxious about tense social climate

“high stress” index score on a *self-assessed scale*

2019	More than 40 %
2018	37.5 %
2017	39 %

Respondents were asked to rank their overall stress levels as the school year began (2019) from lowest to highest on a scale of 1 to 10, with a score of 7

- More than half of respondents displayed signs of depression.
- **HKFYG counselling hotline :**
About 800 calls from students claiming to suffer from anxiety related to the political crisis, based on data collected since June, 2019.

Number of Psychiatric patients receiving treatment in HA Hospitals & Clinics

Year	Number of psychiatric patients receiving treatment in the HA (Note)	Number of patients diagnosed as suffering from severe mental illness (Note)
2012-13	197 600	45 500
2013-14	208 100	46 500
2014-15	217 400	47 500
2015-16	228 700	48 200
2016-17 (provisional figure)	240 900	49 000

Note: Figures are rounded to the nearest hundred.

Number of New Cases for Psychiatric Specialist Out-patient Clinics(SOPC)

Year	Number of new cases (Note)
2012-13	47 200
2013-14	47 500
2014-15	48 000
2015-16	48 500
2016-17 (provisional figure)	48 800

Note: Figures are rounded to the nearest hundred.

Waiting Time for New Case Booking at Psychiatry Specialist Out-patient Clinics

From **1 July 2019 - 30 June 2020**, there were **43,780** new case bookings, with triage category and waiting time as follows:

	New case bookings ⁽²⁾		Waiting Time							
	NO.	%		Hong Kong East	Hong Kong West	Kln Central	Kln East	Kln West	New Territories East	New Territories West
Urgent Case	2,872	7%	Median	1 week	1 week	1 week	1 week	Less than 1 week	1 week	1 week
Semi-urgent Case	9,018	21%	Median	3 weeks	4 weeks	4 weeks	3 weeks	3 weeks	4 weeks	3 weeks
Stable Case	31,241	71%	Median	15 weeks	50 weeks	14 weeks	79 weeks	19 weeks	62 weeks	18 weeks
			Longest⁽¹⁾	36 weeks	95 weeks	66 weeks	123 weeks	95 weeks	100 weeks	73 weeks

Number of Psychiatric SOPCs & Manpower

A Multi-disciplinary Approach

Year	Number of out-patient clinics	Psychiatric doctors (Note 4)	Psychiatric nurses (Notes 5 and 6)	CP	OT	(SWD) Psychiatric MSW
2012-13 (Note 1)	17	332	2 296	65	218	243
2013-14 (Note 1)	18 (Note 3)	335	2 375	71	227	243
2014-15 (Note 1)	18	333	2 442	77	236	243
2015-16 (Note 1)	18	344	2 472	82	245	243
2016-17 (Note 2)	18	356	2 473	89	256	243

Note 1: As at March 31 of the reporting year.

Note 2: As at December 31, 2016.

Note 3: The psychiatric SOPC located in the North Lantau Hospital came into service on September 30, 2013.

Note 4: Psychiatric doctors refer to all doctors working for the specialty of psychiatry except interns.

Note 5: Psychiatric nurses include all nurses working in psychiatric hospitals (i.e. Kwai Chung Hospital, Castle Peak Hospital and Siu Lam Hospital), nurses working in psychiatric departments of other non-psychiatric hospitals, as well as all other nurses in psychiatric stream.

Note 6: Including community psychiatric nurses.

Services for Persons with Mental Recovery

Please refer to
www.swd.gov.hk

(A) Social Rehabilitation Services for
Persons with Mental Recovery
Service Overall objectives

Social rehabilitation services for

Persons with Mental Recovery aims at

: Developing their **physical, mental and **social** capabilities to the **fullest** possible extent that their disabilities permit**

: helping them **re-integrate into the community**

Categorization of Services for Persons with Mental Recovery

- 1) Day Training or
Vocational Rehabilitation Service**
- 2) ** Residential Service**
- 3) ** Community Support Service**

(1) Day Training or Vocational Rehabilitation Service

- 1.1) Sheltered Workshop**
- 1.2) Supported Employment**
- 1.3) Integrated Vocational Rehabilitation Services Centre**
- 1.4) Integrated Vocational Training Centre-Day**
- 1.5) On the Job Training Program for people with Disabilities**
- 1.6) ‘Enhancing Employment of people with Disabilities through Small Enterprise’ Project**
- 1.7) Sunny way - On the Job Training Program for Young People with Disabilities**
- 1.8) Work Extension Program (WEP)**

(2) Residential Service

- 2.1) * Supported Hostel**
- 2.2) * Halfway House (HWH)**
- 2.3) Long Stay Care Home(LSCH)**

(3) Community Support Service

- 3.1) *Integrated Community Centre for Mental Wellness (ICCMW)**
- 3.2) Parents/ Relatives Resource Centre**
- 3.3) Self-help Organizations for People with Disabilities / Chronic Illness**
- 3.4) Mobile Van for Publicity Service on Mental Wellness (MVP Service)**

2022-2023 Semester 1 & 2

Concurrent Placement

Agency websites

New Life Psychiatric Rehabilitation Association 新生精神康復會

<http://www.nlpra.org.hk>

Richmond Fellowship of Hong Kong 利民會

www.richmond.org.hk/

Christian Family Service Centre 基督教家庭服務中心

<http://www.cfsc.org.hk/en/service>

Stewards 神託會

www.stewards.org.hk/

<http://youthoutlook.stewards.org.hk>

Mental Health Association of Hong Kong 香港心理衛生會

<http://www.mhahk.org.hk/>

Society for Rehabilitation and Crime Prevention, Hong Kong

香港善導會

<https://www.sracp.org.hk/>

*2.1A) Supported Hostel

Service Description

It provides **group home living** for people with disabilities who can **only live semi-independently** with a **fair amount of assistance** from hostel staff in daily activities.

Eligibility for the Service

**People with disabilities who are:
aged 15 or above;**

**capable of semi-independent living i.e. mastery of self-care skills
but may need a fair amount of guidance/assistance in some
domestic tasks like cooking or washing or in community living
activities like shopping;**

actively occupied in various forms of employment or day training;

physically and mentally suitable for group living; and

**physically healthy with no active infectious disease or drug /
alcoholic abuse.**

Application Procedures

Referrals can be made by social workers and staff of rehabilitation service units to the CRSRS of SWD.

Fees and Charges

\$897 per month for 50% disabled adults;

\$977 per month for 100% disabled adults / Disability Allowance recipients.

Supported Hostel in Hong Kong

As at 1/2018

Region	District	Agency	Capacity
Hong Kong	Eastern	CFSC, On Yee Hostel	20 (Females ONLY)
		CFSC, On Yue Hostel	20
Kowloon	EAST- Kwun Tong	Caritas-HK Lok Wah Supported Hostel	23
NT	East & North Shatin	BOKSSC, Tsun Kwai Supported Hostel	20
		NLPRA, Joyous Place	42

2.1B) Self-financed Supported Hostel

Service Description

Self-financing hostels provide alternative residential services to meet temporary and permanent housing needs of people with disabilities. It can help to release the subvented residential places for the more needy persons with disabilities through the provision of extra residential places.

Eligibility for the Service

People with disabilities aged 15 or above;

awaiting rehabilitation services in the community; or discharges of the mainstream subvented institutions

Application & Referral

Referrals can be made direct to respective self-financing hostels by doctors, social workers, or allied health workers; or by self-application

Self-financed Supported Hostel in Hong Kong

As at 8/2018

Total: 6 service units

****RFHK, Likang Court**

NLPRA, Joyous Place

NLPRA, Mindset Place

NLPRA, Yi Yuet Hin

NLPRA, Yuet Wo House

MHAHK, Jockey Club Sunny Place

*2.2) Halfway House(HWH)

Service Description

It provides a **transitional** period of residential care to facilitate persons with Mental Recovery to achieve an **optimal level of functioning** for the purpose of **community reintegration**.

Content

The services provided by Halfway Houses include:

- a) accommodation**
- b) provision of food and meals**
- c) developing understanding of and ability to cope with mental illness**
- d) development and training of life skills such as :**
 - i) self-care skills**
 - ii) social and communication skills**
 - iii) community living skills**
 - iv) work habits**
 - v) domestic skills**
 - vi) group living skills**
 - vii) positive use of leisure time**
- e) facilitation of the re-alignment of relationship with family members**
- f) preparation for discharge from the halfway house**

Eligibility for the Service

Persons with Mental Recovery who are

:aged 15 or above;

:mentally stable

: with reasonable vocational ability and motivation for open employment

: physically healthy and free from infectious disease, alcohol or drug addiction;

:capable of self-care;

:able to get along with others: and

: halfway houses with special provision to cater for

sub-target group (include persons in mental recovery with a history of criminal violence or assessed disposition to violence).

Notional Staffing Establishment

HWH with SP

HWH

Rank / Post	Number of Staff	Number of Staff	
SWO	1		
ASWO		1	
SWW	1	1	
WW	5	5	
RN(psychiatric)	1		
EN(psychiatric)	3	2	
Cook	1	1	
Workman II	1	1	

HWH in Hong Kong

As at 4/2021

Total: 36 service units (12 service units with special provisions for “sub-target group”)

Eg.

- * MHAHK: Jockey Club Building Half-way House(2)-SP(Female)
Quota:42**
- * MHAHK: Kwong Fuk Half-way House Quota:40(Male)**
- * RFHK: Tsui Wah Half-way House Quota:42**

***3.1) Integrated Community Centre for Mental Wellness(ICCMW)**

Service Description

To enhance the **social support** and **re-integration** of the ex-mentally ill persons into the community, the SWD has implemented the ICCMW in **all the districts** across the territory since **October 2010**.

Through the **one-stop** and **integrated service mode**, the ICCMW provides one-stop, **district-based** and **accessible** community support and **social rehabilitation services** ranging from early prevention to risk management for ex-mentally ill persons, persons with suspected mental health problems, their families / carers and residents living in the serving district through a **single-entry** point.

******Since October 2019, ICCMW has expanded the service targets to cover all secondary school students with mental health needs with a view to strengthening professional support for them and their family members/carers.

Scope of Services

- 1) Drop-in services**
- 2) Outreaching services**
- 3) Casework counseling**
- 4) Therapeutic and supportive group work services**
- 5) Social and recreational activities**
- 6) Day training**
- 7) Outreaching occupational therapy training services**
- 8) Peer support services**
- 9) Clinical psychological service**
- 10) Public education programs on mental health**
- 11) Referral to the Community Psychiatric Service of the Hospital Authority (HA) for clinical assessment or psychiatric treatment**

Target Group

The target groups of ICCMW are those living / studying in the district, including

***1)Persons with mental recovery since secondary school age**

***2)Persons with suspected mental health problems since secondary school age**

3)Family members / carers of the above persons

4)Residents with interest in understanding and improving their mental health

Referral/Application

Self-application of the above-mentioned target groups; or

Referral through doctors, social workers, allied health professionals or government departments, etc.

Manpower

(As at April 26, 2017)

Social Worker, Psychiatric Nurse, Occupational Therapist , supporting staffs etc.

Under the Lump Sum Grant subvention system, service operators have the flexibility to deploy resources and arrange suitable manpower.

The table below sets out the numbers of social workers and psychiatric nurses working in the ICCMWs in each of the past five years according to the notional staffing establishment provided by the SWD:

YEAR	Number of Social Workers	Numbers of psychiatrist Nurses
2012-2013	288	43
2013-2014	317	43
2014-2015	339	43
2015-2016	363	43
2016-2017	363	43

ICCMW in Hong Kong

Total: **28** Service Units under **11 NGOs** (As at 9/2019)

eg.

NLPRA: The Wellness Centre-Sham shui po

NLPRA: The Wellness Centre- Yau Tsim Mong

Christian Family Service Centre (CFSC)-Wellness Zone

SRCPHK: Vitality Place

Baptist Oi Kwan Social Service (BOKSSC)

Caritas Hong Kong (CHK)

The Mental Health Association of Hong Kong (MHAHK)

Richmond Fellowship of Hong Kong (RFHK)-Eastern District

The Society of Rehabilitation and Crime Prevention, Hong Kong (SRCPHK)

Stewards

Hong Kong Sheng Kung Hui Welfare Council Limited

Tung Wah Group of Hospitals (TWGHs)

Others:

****Integrated Service Centre for Social Rehabilitation and Community Support**

SRCPHK: Yau Ma Tei Revival Hub

Legislative Council

Source:

Panel on Health Services

(LC Paper No. CB(2)468/19-20(04) Ref : CB2/PL/HS)

the meeting on 10 January 2020 Mental health

The number of service users of ICCMWs in 2018-2019
(as at 31 December 2018)

> 25 836 members (i.e. ex-mentally ill persons and persons with suspected mental health problems aged 15 or above)

> 4 011 families or carers

3.4) MOBILE VAN FOR PUBLICITY SERVICE ON MENTAL WELLNESS (MVP Service)

Since July 2019, SWD has set up the Mobile Van for Publicity Service on Mental Wellness (MVP Service) for stepping up community education through the deployment of MVP Service in 5 designated regions of Hong Kong, with a view to raising public awareness on their mental wellness, developing positive help-seeking attitude/behavior towards mental illness and providing early prevention, identification and intervention.

B) Youth Mental Health Service

***Stewards: Youth outlook**

Youth Mental Health Service

(Community Chest Fund)

was set up in 6-2002

<http://youthoutlook.stewards.org.hk>

Background information

- **The increasing trend of Early Psychosis and emotional distress of Youth in recent years.**
- **Provide services for the youth with mental or emotional distress ◦**
- **Aim at strengthening general public to understand and concern the youth mental health via promoting school based and community educational programs.**
- **Increase general public to understand and accept the emotional and behavioral issues of this clientele.**

Service Mission
Investing in people

Working approach

- > Humanistic Approach
- > Recovery Model
- > Strength-based Approach
- > Peer support
- > Empowerment

E.g.

Zero+ , Cheerleading team, Sunnyway

- > Spiritual intervention etc.

Target group and scope of services

Targets : 11 – 29 years old teenage and young adults
Diagnose Psychosis and other emotional illness

Service Content :

include group work service, group activities, counseling service and job training service etc. ;

**Youth Outlook Hotline(Teens Online) for emotional support :
26357709 ; and**

Mass program and public educational programs on mental health for community, schools and caregivers of agency serving targets etc.

Referral/Application

Self-application;

Referral through school social workers, caregivers etc.

(C) Government Departments - Mental Health Services

Hospital Authority

Community Psychiatric Services (HA)

Community care providing designated case management and rehabilitation programs to patients with mental illnesses

***ICCMWs or social workers may refer their cases to the community psychiatric services in various clusters of the HA for follow-up (eg. Psychosis)*

Cluster	Hospital
Hong Kong East Cluster	Pamela Youde Nethersole Eastern Hospital
Hong Kong West Cluster	Queen Mary Hospital
Kowloon Central Cluster	Kowloon Hospital
Kowloon East Cluster	United Christian Hospital
Kowloon West Cluster	Kwai Chung Hospital
New Territories East Cluster	North District Hospital Tai Po Hospital Shatin Hospital
New Territories West Cluster	Castle Peak Hospital

Medical Social Service Units for Persons with Mental Health Problems

As at 28/1/2018

List of Hospitals/Clinics under the Hospital Authority

Region	Name of Hospital/Clinic	Sub-office/Unit
Hong Kong	Pamela Youde Nethersole Eastern Hospital(PYNEH)	Psychiatric Department
Kowloon	Yung Fung Shee Memorial Centre	Sub-office: United Christian Hospital (Psychiatry)
	Kowloon Hospital (KH)	Psychiatric Department
KW	(in Princess Margaret Hospital)	Psychiatric Centre
NT	Tai Po Hospital (TPH)	Sub-office: Children and Adolescent Mental Health Centre
	Castle Peak Hospital	
	Siu Lam Hospital	
	Tuen Mun Hospital	Rehabilitation Block
	Kwai Chung Hospital	Psychogeriatric Out-Patient Department
	(in Queen Elizabeth Hospital)	Sub-office: Yaumatei Child and Adolescent Mental Health Service
	Prince Wales Hospital (PWH)	Psychiatric Unit
	North Lantau Hospital	

Number of psychiatric outreach attendances of HA

Year	Number of psychiatric outreach attendances of the HA (Note)
2012-13	238 800
2013-14	260 100
2014-15	280 100
2015-16	282 700
2016-17 (provisional figure)	290 000

Note: Figures are rounded to the nearest hundred

<Mental health review report, 2018>

Enhanced /Pilot Services

The Review Committee has focused its review on the following five areas –

1) Mental Health Promotion

-“Shall WeTalk” - mental health promotion (7/2020 -)

2) Mental Health Services for Children and Adolescents

-“Student Mental Health Support Scheme”(9-2016)

3) Mental Health Services for Adults

-“Case Management Program” for patients with severe mental illness

4)Dementia Support Services for the Elderly

“Dementia Community Support Scheme” (2-2017)

5)Applicability and Practicability of Introducing Community Treatment Order (CTO) in Hong Kong

Others:

Enhanced Common Mental Disorder (CMD) clinics supported by multi-disciplinary team for patients with CMD



“Shall We Talk”

shallwetalk.hk

Mental Health Promotion(7/2020 -)

**Jointly organized by the Advisory Committee on Mental Health &
the Department of Health**

Key elements

“Sharing, Mind, Enjoyment ”

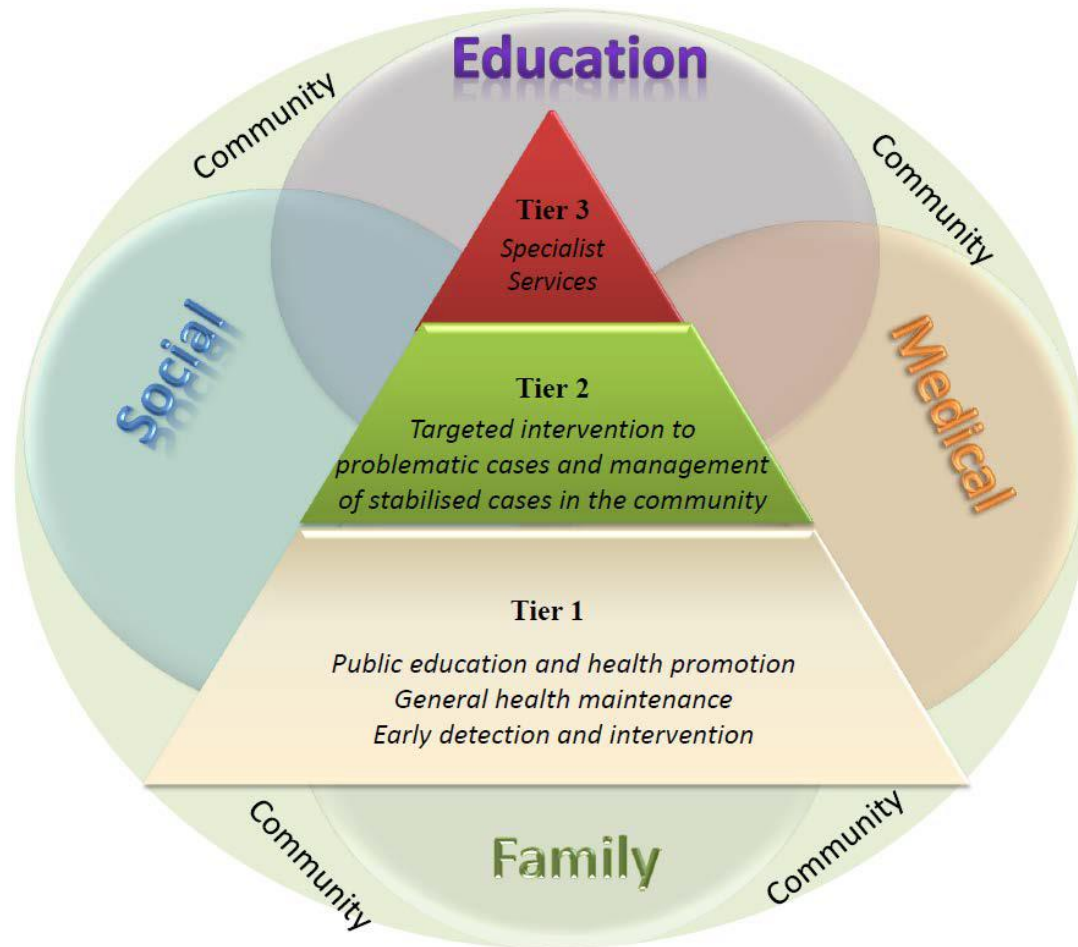
Objectives

- >To increase public engagement in promoting mental well-being*
- >To enhance public knowledge about mental health with a view to encouraging help-seeking and early intervention*
- >To reduce stigma towards people with mental illness through enhancing public understanding*

Means

It seeks to promote mental health among people from different sectors and conduct health education on common mental health issues through a series of mass media advertisements, publicity activities and community programs etc.

Student mental health support scheme



Experience Sharing

Guest Speakers

Characteristics , Common Needs & Problems of People with Mental Health Problems

eg.

Severe Mental Disorder

Psychosis (An abnormal mental condition)

Schizophrenia Spectrum & other Psychotic Disorders

Bipolar Disorder

Depressive Disorder -Major Depression

Other Mental Disorders

Mixed anxiety and depressive disorder

Anxiety Disorder- Generalized anxiety

Obsessive Compulsive Disorder(OCD)

(APA, DSM-V,2013)

Possible Problems and Needs of Persons with Mental Recovery

Problems	Needs
<p><i>Physical / Behavioral Aspect</i></p> <p>eg.</p> <ul style="list-style-type: none"> Passive Lack of “motivation” and “action” Muscle tension and stiffness Tiredness (Fatigue) Insomnia Repeated Behavior (eg.OCD) 	<p>eg.</p> <ul style="list-style-type: none"> :Build up “action plan”, such as positive personal interest/habit : Manage well with negative physical problems (eg.Equip relaxation techniques/skills)
<p><i>Psychological /Emotional Aspect</i></p> <p>eg.</p> <ul style="list-style-type: none"> -Anxiety eg. worry or fear of failure, fear of being “stigmatized” -Lack of self-confidence -Low self-esteem -Guilt feeling --Sadness -Diminish emotional expression -Flat, Avolition etc. 	<p>eg.</p> <ul style="list-style-type: none"> :Develop personal strength & potential :Being recognized and respected :Establish self-confidence :Build up appropriate emotional expression techniques/skills

Problems	Needs
<p><i>Social Aspect</i></p> <p>eg.</p> <p>Social withdrawal</p> <p>Lack of social support network eg. peers, family support etc.</p> <p>Lack of mutual support</p> <p>Lack of social interaction</p> <p>Inadequate communication skills etc.</p>	<p>eg.</p> <p>:Build up social support network and mutual support</p> <p>:Equip effective communication skills</p>
<p><i>Cognitive & Mental Aspect</i></p> <p>eg.</p> <p>:Self-blaming</p> <p>:Negative thoughts & Irrational belief</p> <p>:Hopelessness</p> <p>:Helplessness</p> <p>:Difficult in concentration or distractibility</p> <p>:Delusion, Hallucination etc.</p>	<p>eg.</p> <p>:Build up positive belief and thought (Equip techniques/skills)</p> <p>: Ignite sense of hope</p> <p>: being understood and accepted etc.</p>

Problems	Needs
<p>Others :</p> <p>eg. : “Strange” to the new environment eg. move to a new supported hostel, a new job setting</p>	<p>eg. : Get acquainted with hostel residents / roommates/workmates :Integration to the community :Adaptation to the new environment and community :Understand the community resources</p>

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About Government Department -Mental Health Service & Project

*shallwetalk.hk

Children & Adolescent Mental Health Community Support Project

www3.ha.org.hk/CAMcom

About Mental Health, Psychosis and Psychotic Disorders

Hong Kong Early Psychosis Intervention Society (EPISO)

www.episo.org

*Mind HK

www.mind.org.hk

The Hong Kong University Psychosis Studies and Intervention Program (PSI)

<http://sites.google.com/site/psychosisresearchhongkong/>

About Mood Disorders

Hong Kong Mood Disorders Centre

<http://www.hmhc.med.cuhk.edu.hk/main.html>

Others:

The Hong Kong Federation of Youth Groups

wmc.hkfyg.org.hk/emotioneducation

NGOs – Services for Persons with Mental Recovery

Baptist Oi Kwan Social Service 浸會愛群社會服務處

http://www.bokss.org.hk/frameset_p3c.html

<http://carer.bokss.org.hk/>

Caritas-Hong Kong 香港明愛

<https://www.caritas.org.hk/>

Christian Family Service Centre 基督教家庭服務中心

<http://www.cfsc.org.hk/en/service>

Fu Hong Society 扶康會

<https://www.fuhong.org/>

Mental Health Association of Hong Kong 香港心理衛生會

<http://www.mhahk.org.hk/>

New Life Psychiatric Rehabilitation Association 新生精神康復會

<http://www.nlpra.org.hk>

Richmond Fellowship of Hong Kong 利民會

www.richmond.org.hk/

Society for Rehabilitation and Crime Prevention, Hong Kong 香港善導會

<https://www.sracp.org.hk/>

St. James Settlement 聖雅各福群會

<http://www.sjs.org.hk>

Stewards 神託會

www.stewards.org.hk/

<http://youthoutlook.stewards.org.hk>

Tung Wah Group of Hospitals 東華三院

www.tungwah.org.hk/

<http://eventcentre.tungwahcsd.org>