

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

2019-2020 Semester 1 & 2 Concurrent Placement

Preparatory Workshop

Service Overview

Mental Health Services in Hong Kong

WINKY CHAN

Phenomenon about Mental Health Problems in Hong Kong

Mental health problems

Major Public Health Concern in Hong Kong

The Hong Kong Mental Morbidity Survey 2010-2013 Hong Kong

(by the Hong Kong Mental Morbidity Survey Team)

Mental Health Problem of Chinese Adult

Age	Type of Disorder	%
16-75 (Chinese Adult)	Common Mental Disorder	
	Mixed Anxiety & Depressive Disorder	6.9
	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

Behavioral Risk Factor Survey

(by Department of Health ,2014)

Age	% of the General Public	Type of Disorder	Year	Number of MI Patients
18-64	4.8	Severe non-specific psychological distress	2011-12	187 000
			2015-16	> 226 000

Mental health problem

Major Public Health Concern in Hong Kong

The Hong Kong Mental Morbidity Survey 2010-2013 Hong Kong

(by the Hong Kong Mental Morbidity Survey Team)

Mental Health Problem of Children & Adolescents

Age	Type of Disorder	%
Below 14	Anxiety Disorder	6.9
	oppositional defiant disorder	6.8
	ADHD	3.9
	Conduct Disorder	1.7
	Depressive Disorder	1.3
High School Adolescents	Substance Use Disorder	1.1

18歲以下精神病患者整體人數

根據香港精神科醫學院的數字，本港有**4.35萬至8.7萬**名學童有精神健康服務需要。政府數字亦顯示，**18歲**以下的精神病患者人數按年增加，當中有自閉症及專注力不足／過度活躍症佔多數。

18歲以下精神病患者整體人數：

2015－16年度：28 800 人

(包括：自閉症頻譜障礙：**9300**人、專注力不足／過度活躍症：**11100**人、行為及情緒障礙：**1600**人、精神分裂症頻譜：**400**人、抑鬱症／嚴重抑鬱症：**400**人等)

2016－17年度：32 300 人

(包括：自閉症頻譜障礙：**10400**人、專注力不足／過度活躍症：**12700**人、行為及情緒障礙：**1700**人、精神分裂症頻譜：**400**人、抑鬱症／嚴重抑鬱症：**600**人等)

2017-18年度 (推算至2017年12月31日)：33 900 人

(包括：自閉症頻譜障礙：**11300**人、專注力不足／過度活躍症：**13600**人、行為及情緒障礙：**1700**人、精神分裂症頻譜：**300**人、抑鬱症／嚴重抑鬱症：**700**人等)

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.

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.

2) 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	

Policy focus and direction of Mental Health Service

: WHO-There is no health without mental health

: 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

: Government's policy 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.

Cap 136 Mental Health Ordinance

To amend and consolidate the law relating to mental incapacity and the care and supervision of mentally incapacitated persons, to provide for the management of the property and affairs of mentally incapacitated persons, to provide for the reception, detention and treatment of mentally incapacitated persons who are mentally disordered persons or patients, to provide for the guardianship of such patients and for mentally incapacitated persons generally, to make provision for the giving of consent for treatment or special treatment in respect of mentally incapacitated persons who have attained 18 years of age, to provide for the removal of objectionable terminology relating to mental incapacity in other statutory provisions and to provide for matters incidental or consequential thereto.

(Replaced 81 of 1997 s. 2)
[19 January 1962]G.N.A. 2 of 1962

Service Overview

- (A) Social Rehabilitation
Services for Ex-Mentally Ill Persons**

- (B1) Adolescent and Youth Mental
Health Services**
- (B2) other Service- eg. CCHA**

- (C) Government Departments-
Mental Health Services**

(A) Social Rehabilitation Services for
Ex-Mentally Ill Persons
Service Overall objectives

Social rehabilitation services for ex-mentally ill persons 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 Ex-Mentally Ill Persons

- 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 (SH)**
- 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**

1.1) Sheltered Workshop

Objectives:

To provide persons with disabilities who are not able to enter into open employment with appropriate vocational training in a specially designed environment in order to help them develop their social and economic potential to the fullest extent; and

To enhance their working capacity in order that they can move on to supported or open employment wherever possible training in work habits

Content

allowance-generating work skills training (training allowance is in general calculated according to the kind of job training and the trainees' participation);

on-going assessment on progress of trainees; and

activities to meet trainees' developmental and social needs

Target group

Persons with disabilities who are aged 15 and above and possess basic self-care and work ability

Referral / Application

by school social workers, medical social workers, family caseworkers and staff of rehabilitation service units to the Central Referral System for Rehabilitation Services(CRSRS), Social Welfare Department(SWD)

Sheltered Workshop In Hong Kong

eg.

:New Life Psychiatric Rehabilitation Association

:Hong Chi Association

:Mental Health Association of Hong Kong

:Caritas - Hong Kong

Staffing Structure

eg. New Life Psychiatric Rehabilitation Association

a staff team comprising of workshop manager, caseworkers and instructors (eg. peer support worker)

Service Delivery System

The working environment is specially designed for vocational training through an income-generating work process

Eg. Farm, industrial type sheltered workshop

Organizational Culture

:Person-in-Recovery (PIR).

:Person-centered

1.2) Supported Employment

Objectives:

To provide support for persons with disabilities in employment and to allow them to work in an integrated open setting with necessary support service

Content

:Arrange job placement, such as job analysis and job matching

:Provide support services including employment-related skills training, on-the-job coaching and supervision, job-related guidance and advice to the trainees, their family members and the employers

:Provide support services to trainees matching with the changing needs of the labor market and the economy

:Allowance-generating work skills training

Target Group

Persons with moderate disablement with working abilities lying between sheltered workshop and open employment without support, being recommended/assessed by the service operator or allied health professionals

Persons with moderate disablement with good working abilities but who are unable to adjust to the competitive open job market in the absence of support, i.e. those persons with severe physical, sensory, visceral or psychiatric disabilities.

Eligibility Criteria

To be eligible for the service, an applicant should be

:aged 15 or above;

:person with disabilities who is assessed to be capable of or likely capable of open employment if provided with special support program;

:has adequate self-care and daily living skills; and

:has motivation to take up open employment.

REFERRAL / APPLICATION

Self-referral and Worker's referral to the CRSRS of SWD

Supported Employment in Hong Kong

eg.

:The Mental Health Association of Hong Kong

(MHAHK)

Training and Employment Service Centre

:Society of Rehabilitation and Crime Prevention,

Hong Kong (SRCPHK)

Employment Development Service

1.3) Integrated Vocational Rehabilitation Services Centre (IVRSC)

Objectives

- :provide one-stop integrated and seamless vocational rehabilitation services (specially designed to accommodate the limitations arising from their disabilities)**
- :provide support and work training**
- :develop their social and economic potential**
- :achieve upward mobility in vocational rehabilitation**
- :prepare them for advancement to open employment**

Content

:Vocational skills training comprises centre-based training such as simple processing, assembling and packaging, desk-top publishing and laundry service, and outdoor work training such as car-washing, office cleaning, delivery services, retailing and leaflet distribution;

:Job finding and matching, coaching and follow-through support;

:On the job training includes job attachment, job trial and post-placement services;

:Retraining and other vocational training services; and

:Allowance-generating work skills training (training allowance is in general calculated according to the kind of job training and the trainees' participation)

Target Group

aged 15 or above in need of vocational training or support to take up open employment

REFERRAL / APPLICATION

Accept both user's self-referral & Worker's referral (school social workers, medical social workers, family caseworkers and staff of rehabilitation service units) to the CRSRS,SWD.

IVRSC In Hong Kong

eg.

:New Life Psychiatric Rehabilitation Association

: Tung Wah Group of Hospitals

: The Richmond Fellowship of Hong Kong

1.4) Integrated Vocational Training Centre-Day

Objectives:

To provide comprehensive vocational rehabilitation services characterized with structured vocational skill training that aim at assisting them in achieving open employment and developing their potential

Content

:Provide skill training, re-training and supported employment services, to develop the trainees' vocational skills and cultivate good work habits;

:Provide job attachment to help the trainees acquire and apply vocational skills in a real work environment

:During the job attachment period, the trainees who can fulfill the required attendance will be given job attachment allowance;

:Provide allowance-generating work skills training ;

:Arrange job analysis and job matching;

:Provide training and activities on various life skills; and

**:Provide residential service to train their independent living skills
*(provided by Hong Chi Pine hill Integrated Vocational Training Centre only)***

Target group

**Persons with disabilities who are aged 15 or above in need of vocational training and rehabilitation services
*(service users of the residential service of Hong Chi Pine hill Integrated Vocational Training Centre have to enroll for the day service of the Centre simultaneously)***

Referral / Application

Referrals / Applications can be made to the service units directly.

IVTC-D In Hong Kong

: Hong Chi Association-Pine hill IVTC

: Caritas, Hong Kong –Lok Mo IVTC

1.5) On the Job Training Programs for people with Disabilities

Objectives:

:To enhance the employment of persons with disabilities through proactive training

:To provide wage subsidy to employers, so as to encourage them to offer job vacancies for persons with disabilities to try out their work abilities

Content

1. Job-related Training and Counselling

The service operators will provide job-related training and counselling services to address participants' needs.

2. Job Attachment

2.1 The service operators will arrange job attachment for each participant. During the job attachment period, which is not more than 3 months, the participants who can fulfill the required attendance will have the job attachment allowance of \$2,000 per month.

2.2 After completing the job attachment, the participants will be assisted to find suitable job or job trial in the open market.

3. Job Trial

3.1 The employers can try out work abilities of the participants through job trial. During the job trial period, the employers will receive a wage subsidy equal to 50% of the actual wage paid to the participants with a ceiling of \$4,000 a month, whichever is the lower, for a maximum period of six months.

3.2 The participants under job trial should enjoy the status of employees and are entitled to the normal employment benefits as defined under Employment Ordinance, the Minimum Wage Ordinance, etc.

3.3 Job trial may be skipped if the participants could secure an employment after the job attachment.

4. Post-placement Service

No less than 6 months of post-placement service is provided to the participants to help them settle in employment.

Target Group

Persons with disabilities aged 15 or above who are in need of employment training, job attachment, support and assistance to secure a job in open market

Referral / Application

Accept both Self-referral and worker's referral.

Approach the service operators directly for an intake assessment

Employers who would like to offer job may contact the service operators directly. The service operators will identify the most suitable candidates for the employers.

On the Job Training Programs for people with Disabilities in Hong Kong

eg.

:MHAHK

:Baptist Oi Kwan Social Service

: NLPRA

: SRCPHK

1.6) 'Enhancing Employment of people with Disabilities through Small Enterprise' Project

Objectives

: Market-driven approach & Direct creation of more work opportunities for people with disabilities.

: The grant of seed money to NGOs to set up the business

Special Criteria

Bona-fide charitable NGOs recognized under Inland Revenue Ordinance (Cap. 112) Section 88 which have their own distinct legal entities authorized to carry out business activities in Hong Kong with at least 2 years active participation in welfare and charitable activities can apply for the grants from the Project

Time span of funding support

Will normally not exceed 36 months.

The business should commence no later than 6 months after approval of the grant.

‘Enhancing Employment of people with Disabilities through Small Enterprise’ Project In Hong Kong

eg.

:MHAHK

:NLPRA

:Richmond Fellowship of HK(RFHK)

:TWGH

:BOKSSC

:Stewards Limited

1.7) Sunnyway - On the Job Training Program for Young people with Disabilities

Objectives

To enhance the employment of young persons with disabilities or Early signs of mental illness through proactive training

To provide wage subsidy to employers, especially those who have no experience in employing young persons with disabilities or early signs of mental illness, so as to encourage them to offer job vacancies for young persons with disabilities to try out the work abilities

Content

1. Job-related Counselling

The service operators will provide job-related counseling services to address participants' needs.

2. Employment Training

180 hours should be provided to each trainee. Include

2.1 job-related personal skills, such as self-confidence training, interviewing skills, communication skills, social skills, interpersonal skills, emotional control, etc.;

2.2 orientation visits to vocational rehabilitation service units, social firms and private business organizations to prepare them for future job attachment;

2.3 activities to meet participants' development and social needs; and

2.4 specific job-related skills such as computer skills, job-related English, printing, catering, selling and retailing, cleaning and car beauty service, etc.

3. Job Attachment

3.1 The service operators will arrange job attachment for each participant. During the job attachment period, which is not more than 3 months, the participants who can fulfill the required attendance will have the job attachment allowance of \$2,000 per month.

3.2 After completing the job attachment, the participants will be assisted to find suitable job or job trial in the open market.

3.3 There is no employer-employee relationship between participants and organizations that provide job attachment opportunities.

4. Job Trial

4.1 To encourage employers to employ young persons with disabilities, employers can try out work abilities of the participants through job trial. During the job trial period, employers will receive a wage subsidy equal to 50% of the actual wage paid to the participants with a ceiling of \$4,000 a month, whichever is the lower, for a maximum period of six months.

4.2 The participants under job trial should enjoy the status of employees and are entitled to the normal employment benefits as defined under the Employment Ordinance, the Minimum Wage Ordinance, etc.

4.3 Job trial may be skipped if the participants could secure an employment after the job attachment.

5. Post-Placement Service

No less than 6 months of post-placement service is provided to the participants to help them settle in employment.

Target Group

Persons with disabilities or early signs of mental illness as assessed by psychiatrist, and

aged between 15 and 29 who are in need of employment training, job attachment, support and assistance to secure a job in the open market

Referral / Application

**Accept self-referral & Worker's referral
approach the service operators directly for intake assessment**

Employers who would like to offer job vacancies may contact the service operators directly. The service operators will identify the most suitable candidates for the employers.

“Sunnyway” in Hong Kong

eg.

:Stewards

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

:MHAHK

:BOKSSC

:CFSC

:Richmond Fellowship of HK(RFHK)

1.8) Work Extension Program (WEP)

Service Description

Meet the service needs of the existing trainees of SW/IVRSC who could no longer perform normal work tasks due to old age or deterioration in work abilities.

Content

Include work activities for

:sustaining residual work abilities,

:social and developmental programs

:caring activities for meeting the health and physical needs of trainees.

Eligibility for the Service

Persons with disabilities who are:

**SW/IVRSC trainees aged 40 or above
(trainees aged 60 or above -no requirement of assessment;**

**aged 40-59, (occupational therapist/ physiotherapist's
assessment is required); &**

**in need of day care services other than vocational training
due to old age or deterioration in work ability.**

Application Procedures

Admission is directly arranged by centres providing WEP.

“WEP” in Hong Kong

eg.

:NLPRA

:MHAHK

:Caritas, Hong Kong

(2) Residential Service

2.1) Supported Hostel (SH)

2.2) Halfway House (HWH)

2.3) Long Stay Care Home(LSCH)

***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 (Shatin/ Tai Po/ North)	Shatin	BOKSSC, Tsun Kwan 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
dischargees 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

NLPRA, Joyous Place

NLPRA, Mindset Place

NLPRA, Yi Yuet Hin

NLPRA, Yuet Wo House

RFHK, Likang Court

MHAHK, Jockey Club Sunny Place

*2.2) Halfway House(HWH)

Service Description

It provides a transitional period of residential care to facilitate ex-mentally ill persons 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

Ex-mentally ill persons 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* (i.e. ex-mentally ill persons with a history of criminal violence or assessed disposition to violence).

Application Procedures

Referrals can be made by social workers to the CRSRS of SWD.

Fees and Charges

\$1,220 for rent per month

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 11/2017

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

Eg.

*NLPRA, New Life Building Halfway House(Female)II(SP)

* NLPRA, New Life Building Halfway House (Male)III(SP)

* RFHK, Sheung Tak Home

BOKSSC, Yan Kwan Halfway House

2.3) Long Stay Care Home(LSCH)

Service Description

It provides residential care for chronic mental patients who are in stable or controlled medical and mental conditions requiring no active medical treatment but some nursing care.

Eligibility for the Service

Chronic mental patients who are:

aged 15 or above; and

in stable or controlled medical and mental condition;

**requiring no active medical treatment or nursing care but
requiring long-term residential service;**

**free from assessed disposition to violence within 5 years
and infectious disease, alcohol or drug; and**

**recommended by *a pre-discharge case conference of the
hospital* concerned.**

Referral / Application

Referrals can be made by social workers to the CRSRS of SWD.

Fees and Charges

\$1,660 per month for 50% disabled adults;

\$1,871 per month for 100% disabled adults / Disability

Allowance recipients.

LSCH in Hong Kong

As at 11/2014

Region	District	Agency	Capacity
Hong Kong	Southern	TWGHs, Yeung Shing Memorial LCSH	170
Kowloon	West-Sham Shui Po	NLPRA, New Life Building LSCH	200
NT-Kwai Tsing/ Tsuen Wan	Kwai Tsing	Caritas, Lai Hong Home	425
		Po Leung Kuk, Padma & Hari Harilela Integrated Rehab. C	100
NT-Tuen Mun/Yuen Long/ Tin Shui Wai	Tuen Mun	NLPRA, Tuen Mun LSCH	210
		Hong Kong Sheng Kui Hui Welfare Council Limited The Provident Garden for Rehab.- LSCH	402
	Tin Shui Wai	Po Leung Kuk, Tin Shui Wai Rehabilitation Centre	80

(3) Community Support Service

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

***3.2) Parents/ Relatives Resource Centre(PRRC)**

3.3) Self-help Organizations for People with Disabilities / Chronic Illness(SHOs)

*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 through a single-entry point.

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) Public education programs on mental health**
- 10) Referral to the Community Psychiatric Service of the Hospital Authority for clinical assessment or psychiatric treatment**

Target Group

Those living in the district, including

- 1) Ex-mentally ill persons aged 15 or above
- 2) Persons with *suspected* mental health problems aged 15 or above
- 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

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

April 26, 2017

ICCMW in Hong Kong

Total: 24 Service Units under 11 NGOs

***New Life Psychiatric Rehabilitation Association (NLPRA)**

-ICCMW-Tin Shui Wai / Tuen Mun

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

Baptist Oi Kwan Social Service (BOKSSC)

Caritas Hong Kong (CHK)

Christian Family Service Centre (CFSC)

The Mental Health Association of Hong Kong (MHAHK)

Richmond Fellowship of Hong Kong (RFHK)

Stewards

Hong Kong Sheng Kung Hui Welfare Council Limited

Tung Wah Group of Hospitals (TWGHs)

Fu Hong Society (FHS)-Sunrise Centre

***3.2) Parents/ Relatives Resource Centre (PRRC)**

Objectives

to provide community support for the parents and relatives / carers of persons with disabilities.

Provide knowledge and skills on taking care of their family members

Provide support for the parents and relatives / carers to cope with the difficulties and pressure in taking care of their family members

Establish mutual support network

Content

Support services such as individual, group and mass activities

Resource materials

Community education programmes

Target Group

Parents, relatives and carers of persons with mental illness

Referral/Application

Directly contact the service units

PRRC in Hong Kong

*Baptist Oi Kwan Social Services,
Resource & Service Centre for the Relatives of
Ex-mentally Ill People

3.3) Self-help Organizations(SHOs) for Ex-mentally Ill Persons & their families

Service Description

SHOs are groups of individuals grouped together to pursue their common goals in promoting their welfare and interests. Members of the SHOs are keen to support each other in handling similar problems encountered by sharing experiences and exchanging information.

SHOs for Ex-Mentally Ill Persons & their families in Hong Kong

**received SWD funding support under a 2-year time-defined
“Financial Support Scheme for Self-help Organizations of
Persons with Disabilities / Chronic Illnesses
(1/10/2016-30/9/2018)”**

eg.

Amity Mutual-Support Society

Christian Oi Hip Fellowship Limited

Alliance of Ex-Mentally Ill of Hong Kong

Concord Mutual Aid Club Alliance

Family Network

Hong Kong Association of Relatives for Mental Health

B) Adolescent & Youth Mental Health Services

***CFSC: Centre for Adolescent MH Prevention and Intervention (Community Chest Fund)**

was set up in 6-2011

Service Description & Objectives

: provides one stop services for the adolescent with mental health concerns.

With early prevention, early identification and early intervention, the adolescent is expected to regain their confidence, revisit their inner strengths as well as re-search their goals in future.

It addresses the rationale of "smart youth" and "smiling life".

Service Contents

Adolescent Mental Health Counseling Service

Individual counseling

Family counseling

Group counseling

Adolescent Mental Health Programs

Mental health assessment

Mental health preventive education

Life resilient programs

Mentorship

SMART MENTAL HEALTH SCHOOL AWARD SCHEME

Professional Training

The trend of adolescent mental health

The knowledge of adolescent mental health

The intervention skills to adolescent with mental health concerns

Counseling skills to adolescent with mental health concerns

Target Group

Adolescent with mental health concerns aged 10-19

Parent of adolescent

Teacher

Social Worker

Others

Referral/ Application

Contact us for services directly or

referred by social workers or school personnel

District of Service

Mainly Tseung Kwan O & Kowloon East

***CCHA: Christian Concern for the
Homeless Association
(Transit Hostel) (founded in 1987)**

Service Description & Objectives

“Homeless” refers to the street sleepers, those who are at risk of being homeless and people in poor housing – they all have no home or lack of an appropriate home.

Holistic Service Model

This model adopts 5 dimensions namely, physical, psychological, relational, spiritual, and functional(eg.Job), the fulfillment of all aspects is required to reach completeness.

(C) Government Departments - Mental Health Services

1) 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
	North District Hospital
New Territories East Cluster	Tai Po Hospital Shatin Hospital
New Territories West Cluster	Castle Peak 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

The E.A.S.Y. (Early Assessment Service for Young People with Early Psychosis) Program

This program was piloted in 2001 (HA)

Specific objective : to address the needs of young patients in the age range of 15-25, who develop psychotic illness for the *first time*. **Now served age range of 15-64*

7 medical clusters provide a multi-disciplinary team to provide *“Tailor-made” individual follow up service*

Through intensive information campaign to educate the public on the early signs of the illness, open and accessible assessment followed by comprehensive interventions, the following outcomes were achieved:

- **Reduction in the duration of untreated psychosis**
- **Reduction in suicide rate**
- **Improvement in negative symptoms**

Child and Adolescent Mental Health Community Support Project (CAMcom)(兒情計劃)

www3.ha.org.hk/CAMcom/

(HA) Commence in 2005 (Prevention)

Content

- :Community Education in primary and secondary schools, C&Y centres etc.---On early detection of mental health problems among children and adolescents**
- :Assessment and consultation for service users**
- :provide consultation, referral to and matching with community resources**
- :provide individual counselling service and group work**

Target Group

aged 6-18 who are suspected having mild to moderate mental health problems, such as depression or anxiety.

Referral/Application

Self-referral or referral by social workers

District of Service

Cluster-based

:Hong Kong & Islands, Kowloon East, Kowloon West (Head office)

:NT East & NT West

Manpower

A multi-disciplinary team:

paediatric psychiatrist, clinical psychologist, social worker

(2) Department of Health (DH) : Enhanced /Pilot Services

“Joyful@HK” for mental health promotion(2015-2018)

Children & Adolescents:

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

Adults:

“Case Management Program” for patients with severe mental illness

Elderly:

“Dementia Community Support Scheme” (2-2017)

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

Warm Reminder:

For social work professionals, learning symptom is necessary for communication with medical professionals & acquiring the medical model & perspective.

Knowing the symptoms as well as its limitation can facilitate the holistic and humanistic orientation in our social work practice.

Since our clients with mental health problems more than symptoms. Understand their psycho-social conditions well behind symptoms. “Attentively Listen” their “Unique feelings” , encounter client’s “Unique features”.

Symptoms only a part, may be only a small part of his/her Holistic life. He / She has his/her own ways to perceive & to live with his /her own symptoms.

**(edited from Professor K.S.Yip)
(with modification)**

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

eg.

Severe Mental Disorder

Psychosis

Schizophrenia Spectrum & other Psychotic Disorders

Bipolar Disorder

Depressive Disorder -Major Depression

Other Mental Disorders

Anxiety Disorder-Generalized anxiety

Obsessive Compulsive Disorder

(refers to DSM-V,2013)

Possible Problems and Needs of People with Mental Health problems

Problems	Needs
<p><i>Physical / Behavioral Aspect</i></p> <p>eg.</p> <ul style="list-style-type: none"> -Passive -Lack of “action” -Muscle tension and stiffness -Tiredness (Fatigue) -Insomnia -Disorganized speech 	<p>eg.</p> <ul style="list-style-type: none"> :Build up “action plan”, such as positive personal interest/habit : Manage well with negative physiological symptoms
<p><i>Psychological /Emotional Aspect</i></p> <p>eg.</p> <ul style="list-style-type: none"> -Anxiety eg. fear of failure, fear of being “stigmatized” -Lack of self-confidence -Lower self-esteem -Lack of motivation eg. work -Guilt feeling --Sadness -Diminish emotional expression 	<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</p> <p>Lack of mutual support</p> <p>Lack of social interaction</p> <p>Inadequate communication skills</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</p> <p>: Hallucination</p>	<p>eg.</p> <p>:Build up positive belief and thinking</p> <p>: Ignite hope (eg. through spirituality)</p> <p>: Equip relaxation techniques/skills</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 to the housemates/ roommate/workmates :Adaptation to the new environment and community :Understand the community resources</p>

Personal Practical Experience & Tips

- H Heart, Hope ,Humor, Humble, Healthy, Holistic , Humanistic**
- U Understanding (yourself, experience & symptoms of users/clients, agency)**
- M Modeling, Mutual support, Multi-perspective**
- A Acceptance (your, user's/client's agency's uniqueness & limitation), Action**
- N New ideas**
- I Initiative, Interest**
- S Sincere, Self-management, Sensitivity**
- T Touching**
- I Innovative**
- C Caring, Communication (effective communication), Constructive**

- P Patience, Pace (eg. self, user's/client's), Plan**
- E Enthusiasm , Empathy, Empowerment**
- R Respect**
- S Strength, Skills, Sharing**
- O Opportunity (eg. to learn and ask)**
- N "Naive"**

**With Blessing
Winky**

Current Challenges in MH service

- 1) How to identify & support the “Hidden” and “passive” people with MH problems to seek help?**
- 2) How to ensure the “even distribution of resources” to alleviate clients’ problems**
- 3) In Vocational services eg. Supported employment : The link up with reality seems still a “big distance” and “expectation”. How to adjust?**
- 4) How to build up a professional Role of MSW in medical setting (in a multi-disciplinary team)**
- 5) How to build up public’s confidence and willingness to accept persons with MI?**
- 6) Lack of mental health services and psychiatrist under the rapid increase on the numbers of Children, Adolescents & Youth with MH problems.**

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葉錦成 李麗研 張家樂編 (2016) 《全人關懷的社會工作實務》萬國宣道浸信會。

About Government Department -Mental Health Service & Project

www.joyfulathk.hk

http://www.swd.gov.hk/en/index/site_pubsvc/page_rehab/sub_listofserv

<https://www.gov.hk/en/residents/health/mental/mentalhealth.htm>

Children & Adolescent Mental Health Community Support Project

www3.ha.org.hk/CAMcom

About Psychosis and Psychotic Disorders

Early Assessment Service for Young people with Early Psychosis

<http://www.ha.org.hk/easy/>

Hong Kong Early Psychosis Intervention Society (EPISO)

www.episo.org

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

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

Hong Kong Schizophrenia Research Society

<http://www.hksrs.com/eng/index.htm>

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

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

Hong Kong Schizophrenia Research Society

<http://www.hksrs.com/eng/index.htm>

About Mood Disorders

Hong Kong Mood Disorders Centre

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

About NGOs with Mental Health Services

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

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

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/>

New Life Psychiatric Rehabilitation Association 新生精神康復會

<http://www.nlpra.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>

Tung Wah Group of Hospitals 東華三院

www.tungwah.org.hk/

<http://evencentre.tungwahcsd.org>

Richmond Fellowship of Hong Kong 利民會

www.richmond.org.hk

Fu Hong Society 扶康會

<https://www.fuhong.org>

Caritas-Hong Kong 香港明愛

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

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

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

Christian Concern for the Homeless Association 基督教關懷無家者協會

www.homeless.com.hk