

## The Practice of "Recovery" in our Community Mental Health Services

# 「復元」概念 在社區精神健康服務的應用

### 社區精神健康服務

本會 3 間中途宿舍於 1997 年投入服務，其後精神健康綜合社區中心亦於 2010 年開展，每年為 1,500 名精神復元人士提供多元化的精神健康服務。

### 推動復元文化

自 80 年代開始，歐美國家開始將「復元」(Recovery) 概念應用在精神健康服務上，並將「希望」、「個人自主」、「朋輩支援」、「優勢為本」等視為提供精神健康服務的原則。近年，美國物質濫用和精神健康服務管理局 (SAMHSA) 更將「復元」視為健康照顧服務的基本目標。

本著與時並進的理念，本會於多年前開始在社區精神健康服務中實踐「復元」概念，並於 2020 年將精神健康服務使用者統一稱為「精神復元人士」，深化員工對精神復元文化的認識，減低社會大眾對他們的標籤。

### Community Mental Health Services (CMHS)

The Society operated 3 Halfway Houses in 1997 and started to deliver community mental health services since 2010, we serve around 1,500 persons in recovery each year in our 3 Halfway Houses and Integrated Community Centre for Mental Wellness (ICCMW).

### Promotion of "Recovery"

Since 1980s, the concept of "Recovery" has been introduced to the mental health services of many western countries. "Hope", "Person-driven", "Peer Support" and "Strength Perspective"... etc. are considered as the principles in mental health practice. In recent year, the U.S. Substance Abuse and Mental Health Services Administration (SAMHSA) has emphasized that "Recovery" is a primary goal for community health care services.

CMHS of the Society develops with the times and started to incorporate the concept of "Recovery" in our services years ago. In 2020, the Society adopted the appellation of the mental health service users as "Persons in Recovery" (PIRs), to intensify the "Recovery" culture in our practice, and eliminate the stigmatization induced to our service users.

### 在服務中實踐復元理念

**身心培育：**強健的身體與精神健康的關係密不可分。透過遠足運動、扒龍舟和舞獅等，鍛鍊精神復元人士的意志，以克服生活中遇到的困難。運動同時培養出團隊精神和合作性，改善精神復元人士的人際關係。

**發展潛能、展現優勢：**「每個人都有其長處」是服務的基本信念。音樂和藝術不但協助精神復元人士抒發情緒和展現潛能，還可以藉著才藝表演和藝術展覽，將他們的能力展現人前。具潛質的精神復元人士更會被發掘成為導師，將知識和技藝傳授予他人。

**自主自決：**精神復元人士可自主自決，為自己復元承擔責任。中途宿舍的服務使用者積極參與房間事務的管理，並自發籌備各種不同類形的活動。本會精神健康綜合社區中心 - 康晴天地自助小組「連友 club」同樣由精神復元人士組成，除了服務康晴天地的會員外，亦透過籌辦義工活動關懷區內長者。此外，各服務單位可選出代表成為區域小組委員會成員，參與服務的監察，並為服務發展給予意見。

**創新服務、回應需要：**回應社會的變遷，本會積極參與精神健康倡導和教育的工作，並同時開展新服務計劃以回應不同的服務需要。兩名參與「賽馬會社工創新力量」的社工先後開展先導計劃，以创新的手法服務患有抑鬱症的母親和婦女。在康晴天地開設的「貓廬」利用動物輔導治療的概念，協助精神復元人士舒緩情緒，而「青·Mind」計劃和「康晴小幫手」分別為年青的精神復元人士和精神復元人士的子女提供服務。

### "Recovery" in Practice

**Physical Fitness and Mental Wellness:** A person's physical fitness and mental wellness are closely related. CMHS makes use of sport activities such as hiking, dragon boat rowing, and lion dancing to develop the volition of PIRs. Sport activities can also promote the spirit of solidarity and cooperation, improve social skills and interpersonal relationship of "PIRs".

**Unleash the Potential and Develop the Strengths:** "Everyone has the strengths". Through art and music activities, the potential of PIRs will be unleashed and their strengths will be well demonstrated in the talent show and art exhibition. PIRs with high potential are invited to be the instructors sharing their knowledge and skills to other people.

**Self Direction:** PIRs are able to be responsible for their own recovery journey. Service users of halfway houses actively participate in the room management and organize their self-initiated activities. The members of the self-help group, the "Link Club" in ICCMW serves its members as well as the elderly in the community by organizing various activities and voluntary programs. Besides, each service unit can choose a representative to become members of Regional Sub-committee, contribute in service monitoring and give comments in service development.

**Innovative Programs:** the Society actively participates in community education and advocacy work. New service projects are launched to responding to the emerging service needs. Two pilot projects were launched by our InnoPower@JC fellows, intending to respond to the needs of women and mothers with depressive disorders in innovative ways. The "Cat Hub" in ICCMW adopts the perspective of animal-assisted therapy to smoothen the emotion of PIRs. The "Youth Mind" and "Little Sunrise Helper" projects are tailor-made for young PIRs as well as children of PIRs.

參考文獻 Reference :

Davidson, L & White, W. (2007). The concept of recovery as an organizing principle for integrating mental health and addiction services. Journal of Behavioral Health Services and Research, 34(2), 1094-3412.

