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

本書第三章中曾提到於1997年投入服務的精明精神健康綜合社區中心於2010年開辦，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03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」、「自助支援」、「法權」、「優勢」等視為提供精神健康服務的原則。近年，英國勞工及pak和精神健康管理局（SAMHSA）更將「復元」視為精神健康服務的基本目標。

本書與會主題的理念：本書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視為「精神復元人士」，白色病患對精神復元文化的認同、減輕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 application 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

身心培養：強健的身體與精神健康的關係密不可分。透過運動、抗壓和養生等，鍛鍊精神復元人士的意志，以克服生活中遇到的艱難。運動亦同時培養團體精神和合作性，改善精神復元人士的人際關係。

發展態勢：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，更可以藉著音樂表演和藝術展覽，將他們的能力展現在人前，具特色的精神復元人士更會被發展成為藝術家，將知識和技能傳授予他人。

自主決策：精神復元人士可自主決策，為自己復元承擔責任，中途代替的服務者積極參與房屋事務的管理，並自發籌備各樣活動，本會精神健康綜合社區中心，康晴天地自組小組「Link Club」，增強精神復元人士組織，除了服務業務業務，亦透過服務員工活動舉辦的充熱舞者。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：貼合需要：回應社會的變遷，本會積極參與精神健康倡議和教育的工作，並同時開辦新服務計劃以回應不同的服務需要。精神康復社工與社區醫療服務考核exception，由社工進行個別化評估，再由康晴業界及義工進行評估。

不拘一格：利用社會資源治療的先進，協助精神復元人士減輕情緒，而“青·Mind”計劃和“康晴小夥伴”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 member 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 InnoPowerJJC 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 smother 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: