

Kids' Kit Garden 無憂寶·健園

親子互動小組
Interactive based
program



資訊教育 Information based program



世界衛生組織（2017年3月）指出，抑鬱症每年為全球帶來經濟的損失達一萬億美元，抑鬱症已成為現今社會不能忽視的社會問題。由於母愛的天性，即使是患有抑鬱症的媽媽，亦抱著極大的意願去照顧她們的嬰幼兒，但她們受到情緒變化的影響，沒有足夠的敏感度和精力去察覺嬰幼兒的需要，在照顧上作出相關的回應。

因應上述服務需要，本會獲得「賽馬會社工創新力量」的支持，開展「無憂寶·健園」計劃，以0-6歲學前兒童及其患有抑鬱症的媽媽為對象，以幼童的需要為中心，並同時為媽媽提供精神健康教育，讓雙方察覺自己的情緒並處理情感的需要，重建良好的親子關係，減少抑鬱症對下一代造成的負面影響。初步的服務評估顯示計劃有助提升學前兒童的情緒表達能力，並能增進親子之間的親密度。

The World Health Organization (March 2017) reported that depressive disorders account for the financial loss of US \$1 trillion, the impact of depressive disorders in modern society cannot be undermined. Mothers with depressive disorder have enormous willpower in taking care of their children due to natural bonding, but their maternal sensitivity and responsiveness to the child's needs are usually affected by their instable mood.

In response to the above mentioned needs, with the support of InnoPower@JC, a "Kids' Kit Garden" Project was launched to support young children (0-6 years old) and their mothers with depressive disorders by focusing on children's needs. Through mental health education, the mothers and children could develop mutual understandings and respond to their emotion needs. With a view to re-building the intimate mother-child connection, it is hoped that the intervention can minimize the negative influence induced by depressive disorder to the next generation. Initial evaluation indicated that the project can effectively enhance the children's capacity in expressing their emotion, and strengthen the mother-child intimacy.



親子身體遊樂場 Expressive based program

參考資料 Reference :

World Health Organizations (2017, March) "Depression: let's talk" says WHO, as depression tops list of causes of ill health. Retrieved from <https://www.who.int/news/item/30-03-2017--depression-let-s-talk-says-who-as-depression-tops-list-of-causes-of-ill-health>

賽馬會社工創新力量

「賽馬會社工創新力量」(計劃)由「香港賽馬會慈善信託基金」(賽馬會)策劃，以培育社工人才為目的，鼓勵社工以創新意念及具體行動回應服務需要，對社福界作出長遠的貢獻。過去兩年，本會先後有三名社工，包括「愛·共行」家庭支援先導計劃的蔡嘉琪姑娘、「康晴天地」的李嘉儀姑娘及「悅行之家」的劉正源姑娘，經賽馬會嚴格的遴選後，入選成為創新社工夥伴；幾位社

工與其夥伴團隊獲安排參與10星期本地及海外的退修學習，提升工作、解難及領導能力，並獲資助經費，已經開展其中2個創新計劃。

InnoPower@JC : Fellowship for Social Workers

"InnoPower@JC: Fellowship for Social Workers" (the Project) is organized by "The Hong Kong