

A close-up photograph of green leaves with numerous water droplets, creating a fresh and vibrant background.

# THE SOCIETY OF REHABILITATION AND CRIME PREVENTION, HONG KONG

## VITALITY PLACE (ICCMW-KC)

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# Validity Place

## **Service Description**

- The Integrated Community Centre for Mental Wellness (ICCMW) provides one-stop, district-based and comprehensive community mental health support services for discharged mental patients, persons with suspected mental health problems, their families/carers and residents living in Kowloon City District



# Validity Place

## Our Mission

- Our motto is “Mental Wellness is Everyone’s Concern”.
- We adopt a positive and de-stigmatizing approach to promote the importance of mental wellness, and
- To remove barriers to mental health service for residents living in Kowloon City District



# Vitality Place

## **Service objectives**

- To provide community-based and outreaching support services for KC residents with the need in mental health services
- To raise public awareness of the importance of mental wellness





# Vitality Place

- To enhance families/ carers' knowledge of mental illness and coping abilities in taking care of their families with mental health problem
- To adopt the principles of recovery approach to render individualized and person-centered intervention in order to develop members' strengths and induce hope in their lives



# Validity Place

## Target Group

**Members include the following persons aged 15 and above:**

- ❑ Discharged mental patients/ out-patients of psychiatric hospitals/ clinics
- ❑ Persons with, or suspected to have mental health problems
- ❑ Family member/carers of the above persons
- ❑ Local residents with interest in improving their mental health
- ❑ Residents with mental health problems or suspected mental health problems living in the private residential care homes for persons with disabilities



# Validity Place

## Scope of Services

- ❑ Drop-in services
- ❑ Outreach services
- ❑ Casework counseling
- ❑ Therapeutic and supportive group work services
- ❑ Networking services, including social and recreational activities
- ❑ Day training
- ❑ Outreach occupational therapy training services
- ❑ Public education programs on mental health
- ❑ Referral to the Community Psychiatric Service of the Hospital Authority for clinical assessment or psychiatric treatment



# Vitality Place

## Referring Procedures

- ❑ Self-application
- ❑ Family members/ carers
- ❑ CPS/ RSP/ medical and allied health staff of Hospital Authority
- ❑ Medical Social Services Unit
- ❑ Integrated Family Services Centres
- ❑ Schools/ youth services
- ❑ Elderly services
- ❑ District Councilors
- ❑ Housing Department/ Hong Kong Housing Society
- ❑ Government Departments



# Three-tiered Case Management Model



Casework

Therapeutic Groups

Interest Class/  
Skills Training

Psycho-educational  
&  
Mental Wellness  
Program

# Primary Intervention: Training Program and Psycho-education

## **Outreaching Occupational Assessment/ Training:**

- Work attitude enhancement
- Occupational skills training
- Health management training
- Self-care skills training
- Home management skills training
- Community skills training

# Primary Intervention: Training Program and Psycho-education

## **Interest Class and Supportive Group**

- Interest classes: home decoration, handicrafts, calligraphy, origami, cooking, magic, chess
- Sports: yoga, dancing, ball games, hiking, cycling
- Supportive groups: stress coping and mutual support for family members/ carers

# Primary Intervention: Training Program and Psycho-education

## **Psycho-education and Mental Wellness Program**

- Talks, seminars and workshops on mental wellness, positive psychology
- Mental Health Ambassador Program
- Volunteer work to deprived groups, those in need and the community
- Social inclusion programs with youths, adults and the elderly



# Secondary Intervention: Therapeutic Group

## **Therapeutic groups**

Implemented by social workers/ clinical psychologist, including :

- Cognitive Behavioral Therapy
- Satir Model
- Horticultural therapy
- Narrative Therapy
- Art and Music Therapy
- Positive Psychology

# Case Management Services

## **Case Management Services**

- Case managers are composed of social workers, occupational therapist and psychiatric nurse
- Case managers will deliver assessment and formulate individualized care plans for recovery
- Intervention approach includes pre-discharged case assessment, re-admitted case follow-up, outreaching contacts, home visits and utilization of ICCMW programs and facilities

# Case Management Model

- Case managers deliver as much of the “help” or service as possible, rather than making referrals to multiple formal services
- Natural community resources are the primary partners: case manager works with informal support such as family, landlords, employers, neighbors
- Work in the community: outreach mode to enhance engagement, allow more complete and accurate assessments

# Case Management Model

- Individual and team case management works: increases availability of someone who knows the person
- Case managers have primary responsibility for a person's services: enhance responsibility for critical decisions
- Case managers should foster choice and self-determination



# Case Management Assessment

## Assessment tools

- “General Health Questionnaire” and “Brief Symptoms Inventory” for preliminary assessment of the mental health condition of members for identification of suspected case with mental illness, and for early prevention of relapse
- Brief Psychiatric Rating Scale will be adopted under supervision of clinical psychologist for assessment whenever necessary

## Contact Us

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A close-up photograph of a vibrant green leaf, likely from a citrus fruit, covered in numerous clear water droplets. The lighting is bright, creating a fresh and lively atmosphere.

Vitality Place

THANK YOU

