

Partnership Program for Community Mental Health Care

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Introduction

"Rehab Café" was initiated by some nurses, occupational therapists and social workers. Through the experiences, we have found some recovered psychiatric clients having difficulties in adaptation of the life changed since they got the mental illness. Their work performance and other functioning's would become weakening. Sometimes, they might have puzzle and confusion in facing the change. Apart from that, their relatives also under this stressful situation. Therefore, we tried to use this project to help the clients as a tool to overcome the difficulty.

Purpose of the project

Aim at assisting the clients to develop their interest, empower them and gain confidence for integration into the community. It helps both the clients and relatives to use the community resources and services.

Material and Methods

The project has been started and organized at half-yearly since 2004. There have been eight programmes ran in past 4 years. In each programmes, there are 4 sessions, jointly ran by NGO and day hospital staff. Here is summary of recent session.

Target for recruitment and the numbers of participants

- volunteer of the NGO mental health community link services.
- 20 day hospital clients of PYNEH.
- 10 recovered clients relatives.

Fee: free of charge

Strategy

- Designs the poster and propaganda.
- Nurse and Occupational Therapists of Day Hospital are responsible to recruit the suitable clients to participate the project.
- The Patient Relative Support Center is responsible for recruitment and enquiry issues.
- Token used as the encouragement for day hospital clients, group format is used to conduct the educational talk, rehearsal have been done before the field trip.

Activity contents

- Introduce the title and recognition of community resources at nearby residential district.
- Provide snack and drink at each session.
- Emphasize on the importance of interaction between each participants so as to build up their social network.
- Each staff will attempt and provide the follow-up to the participants in needed.
- Evaluation: questionnaires and verbal contents are used to collect the feedback.

Result

Through out this 4 years, 80 clients and 4 relatives were recruited for projects. 2 clients have been transferred to the NGO mental health community link services after discharged from hospital. Moreover, some clients have found to use more of these services or resources subsequently. In addition, in-house programme was adjusted for other needs of client. Evaluation from participants in the programme are encouraging. Many clients have expectation for the new round of programme.

Conclusion

It is a join effort between community partners, namely Fu Hong Society, Richmond Fellowship, Society of Rehabilitation and Crime Prevention and Baptist Oi Kwan, and hospital service linking our client to community mental service. The experience is rewarding. Staff could also have precious experience in working with NGO worker for the need of client.