

HKEC Symposium on Community Engagement XII
Integration and Innovation – Promoting Health, Enabling Recovery



**S.P.A.-Women with Depression
and Anxiety Community base
Collaboration Recovery Project**
婦女精神健康 共建社區復原
心悠計劃經驗分享



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St. James' Settlement



香港公益金
THE COMMUNITY CHEST

Rationale

Challenges of Depression and Anxiety

- By the year 2020, depression will be the second most important health condition after heart disease in the world

Gap on Existing Service

- Integrated Mental Health Program (IMHP), clients can only attend only 4-6 sessions, each with 30 minutes of counseling and/or medical advice.

Clientele of IMHP

- Women aged 50-69: over 70%

Experience of SPA Project to Fill the Service Gap

- SPA Project was launched in 2012 and providing extended service to IMHP clients of New Territories West
- Over 380 women discharged from IMHP were served

Service Extended to the Community

- IMHP services in all HA clusters
- service for Women
- network of St. James' Settlement




S = Strength-based Perspectives

P = Peer Support

A = Affirmation to Recover





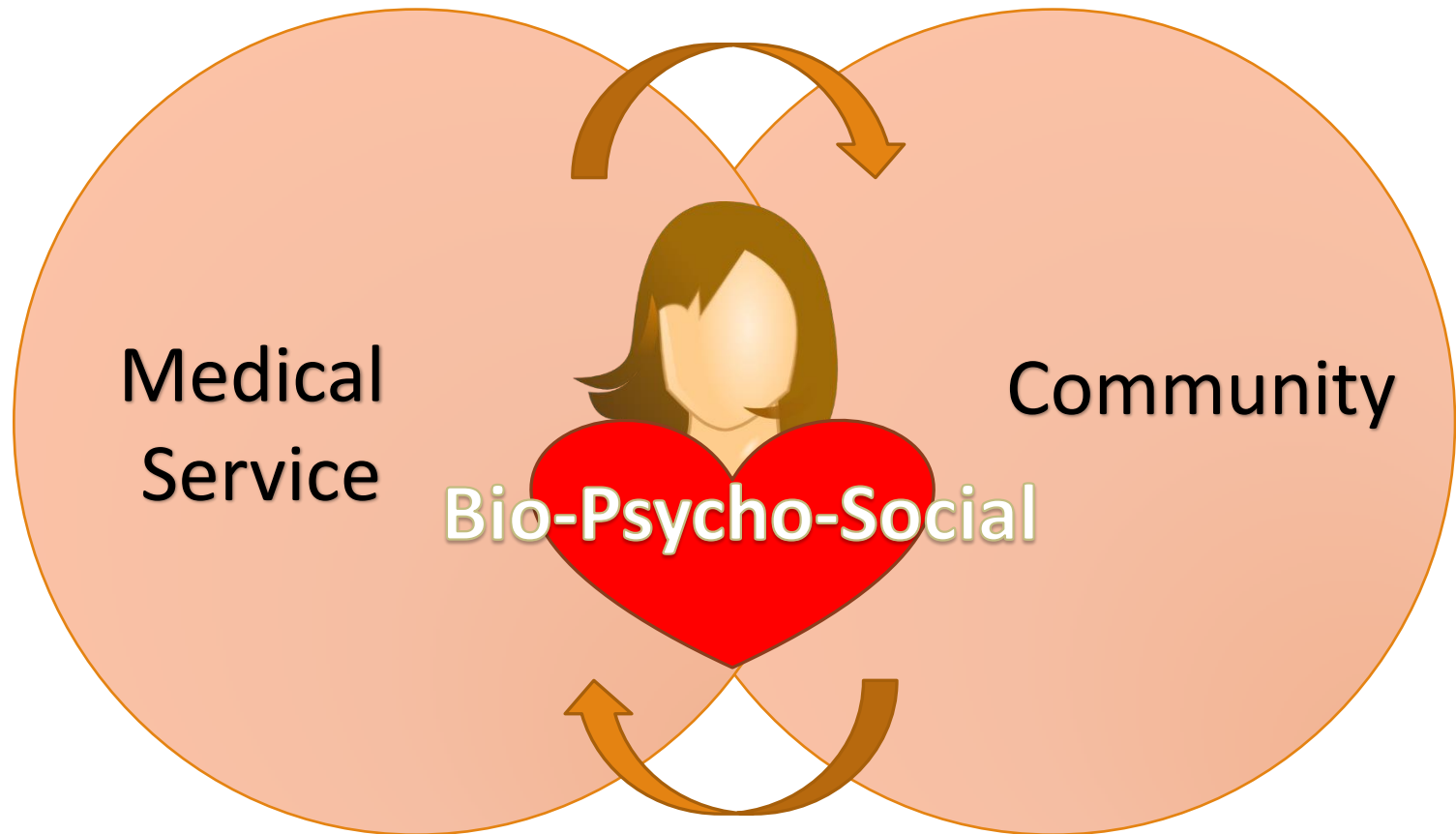
Healing from Depression holistically, we believe
an effective **Relapse Prevention Plan** with our
professional input can support those women with
depression and anxiety to **Step on the Road of
Recovery in her Community**

Service Target

1. Women , aged 18-60(priority) and over 18
2. discharged from IMHP(priority) or in community
3. Depression and Anxiety
(assessed by PHQ-9 and GAD-7)



Medical Social Collaboration



Service Approach – NICHE*

N

Normalization intervention: Facilitating client for normal life and activities

I

Integrated intervention: enabling clients for integration in community interaction

C

Community and sharing unresolved emotional complex of person with severe depression

H

Holistic, human and self-assertion of person with severe depression

E

Evolving hope and meaningfulness for person with severe depression

Service Content

The background of the slide features a sunset over water. On the left, a person's hand is shown in a yoga mudra (Om hand) gesture. To the right of the hand is a large orange pyramid. Five white rounded rectangular boxes are stacked vertically along the right side of the pyramid, each containing text.

Family Program

Happy Ambassador & Alumni
Program

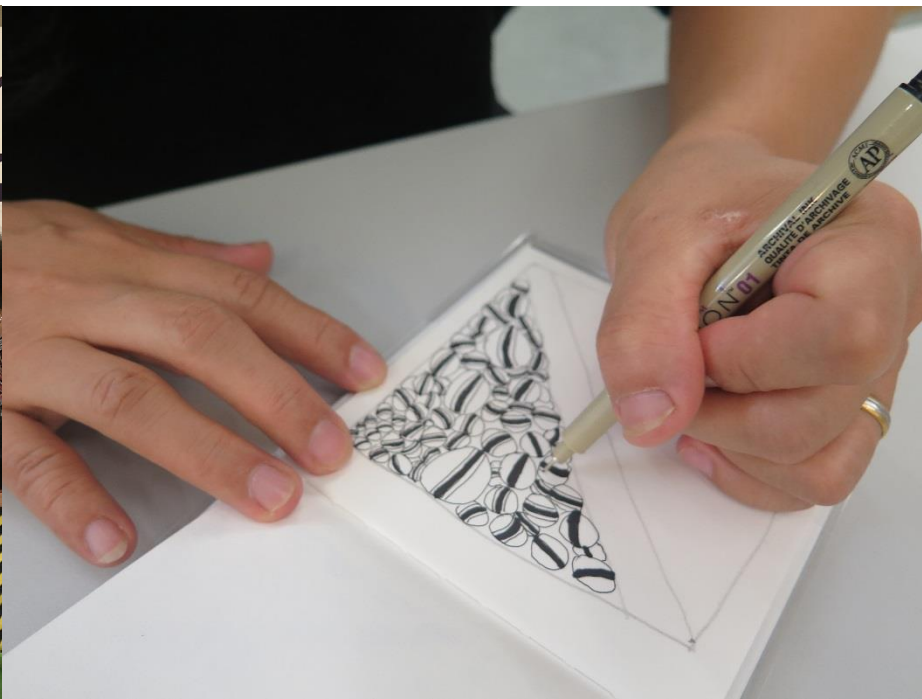
Mutual Support Group

BA Group & Body Mind Spiritual
Group

Mental Health Awareness
Workshop









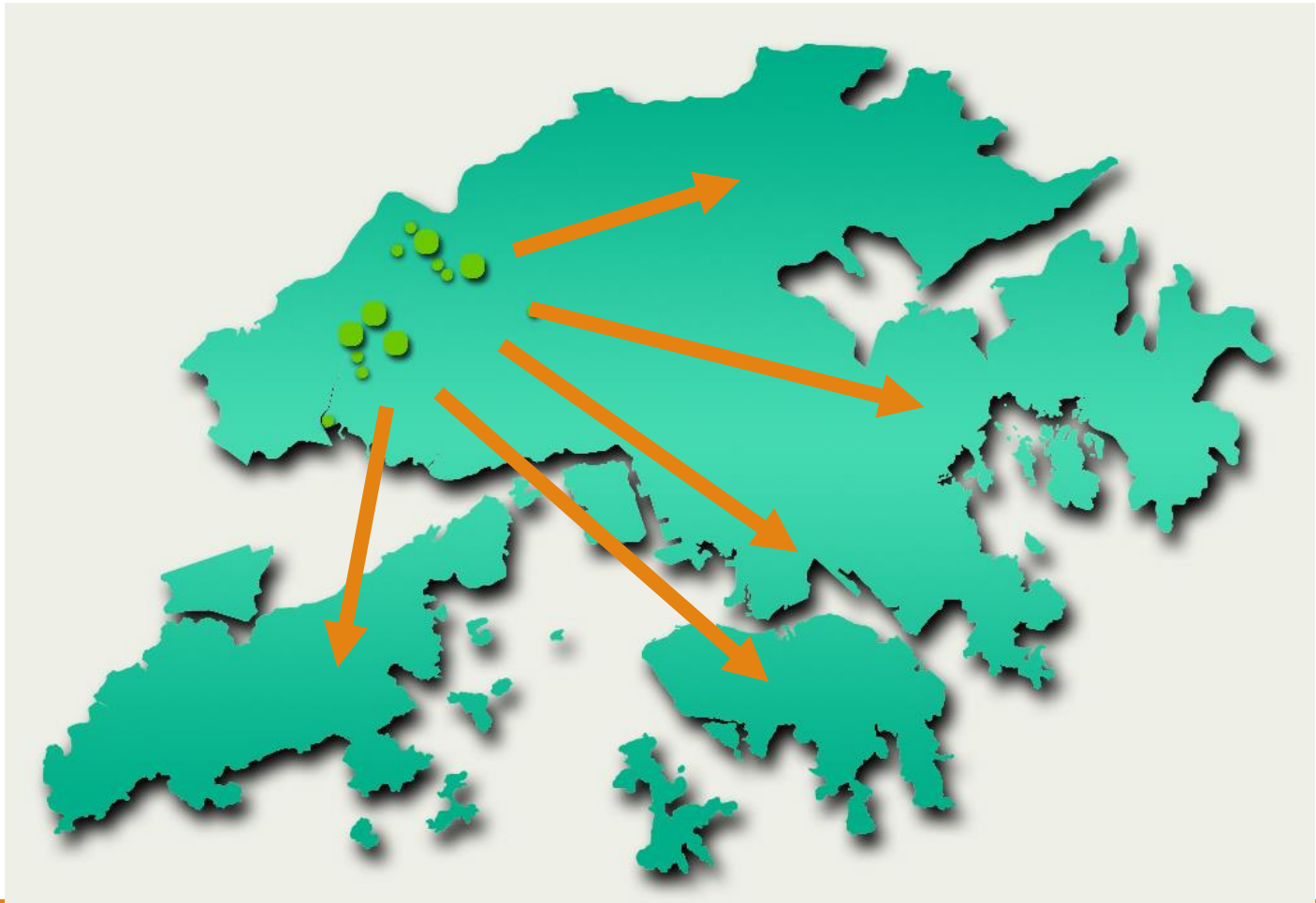


Achievement of outcome

1. Enlarged their social support network
2. Body-mind-spiritual group exercise helped them reconnect their body and soul
3. Significant reduction in the level of depression, pain and sleeping problem

◆ average number of supporters is 5.74 after the project.

Future development



Contact information

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