



香港家庭福利會

Hong Kong Family Welfare Society

以家為本，愛己及人

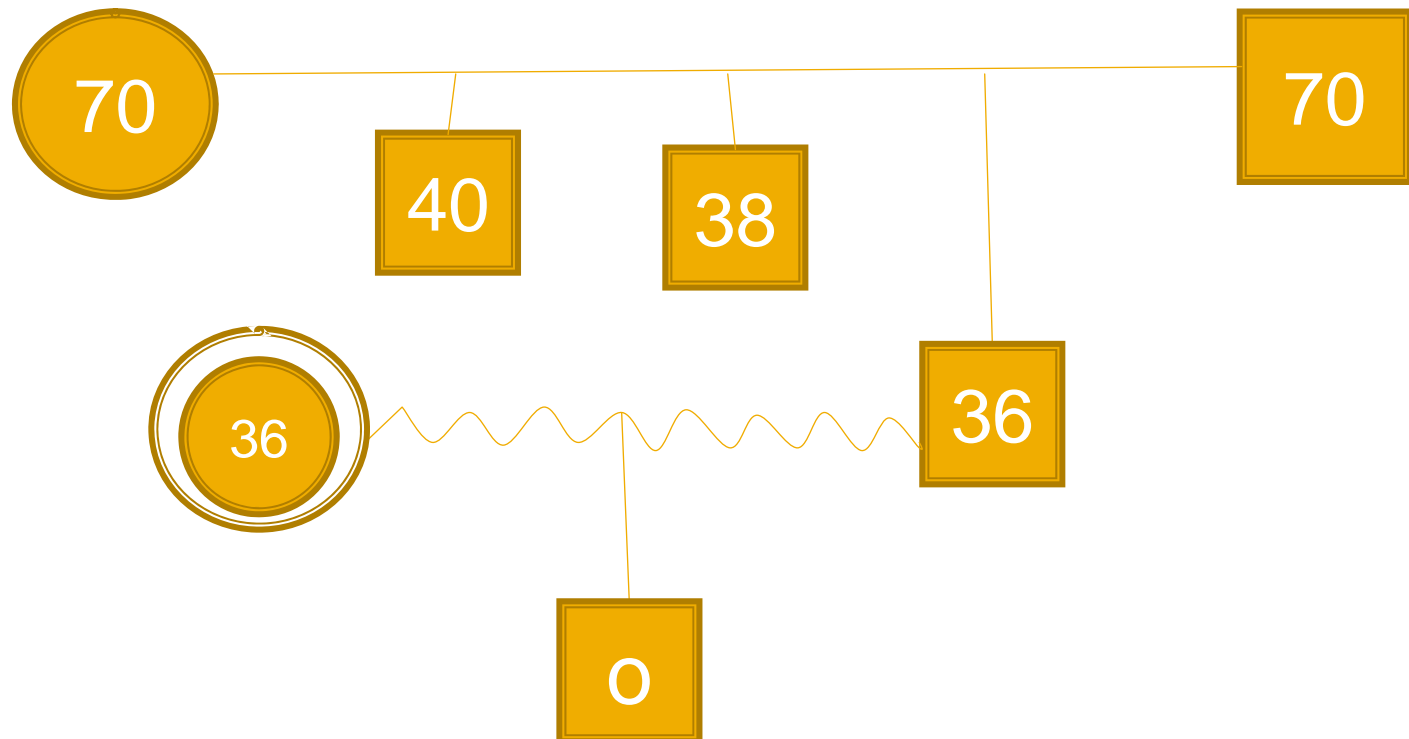
Supporting family mental health: from Strengths Perspective

Hong Kong Family Welfare Society
Social worker
Miss Sara Chan

Case illustration

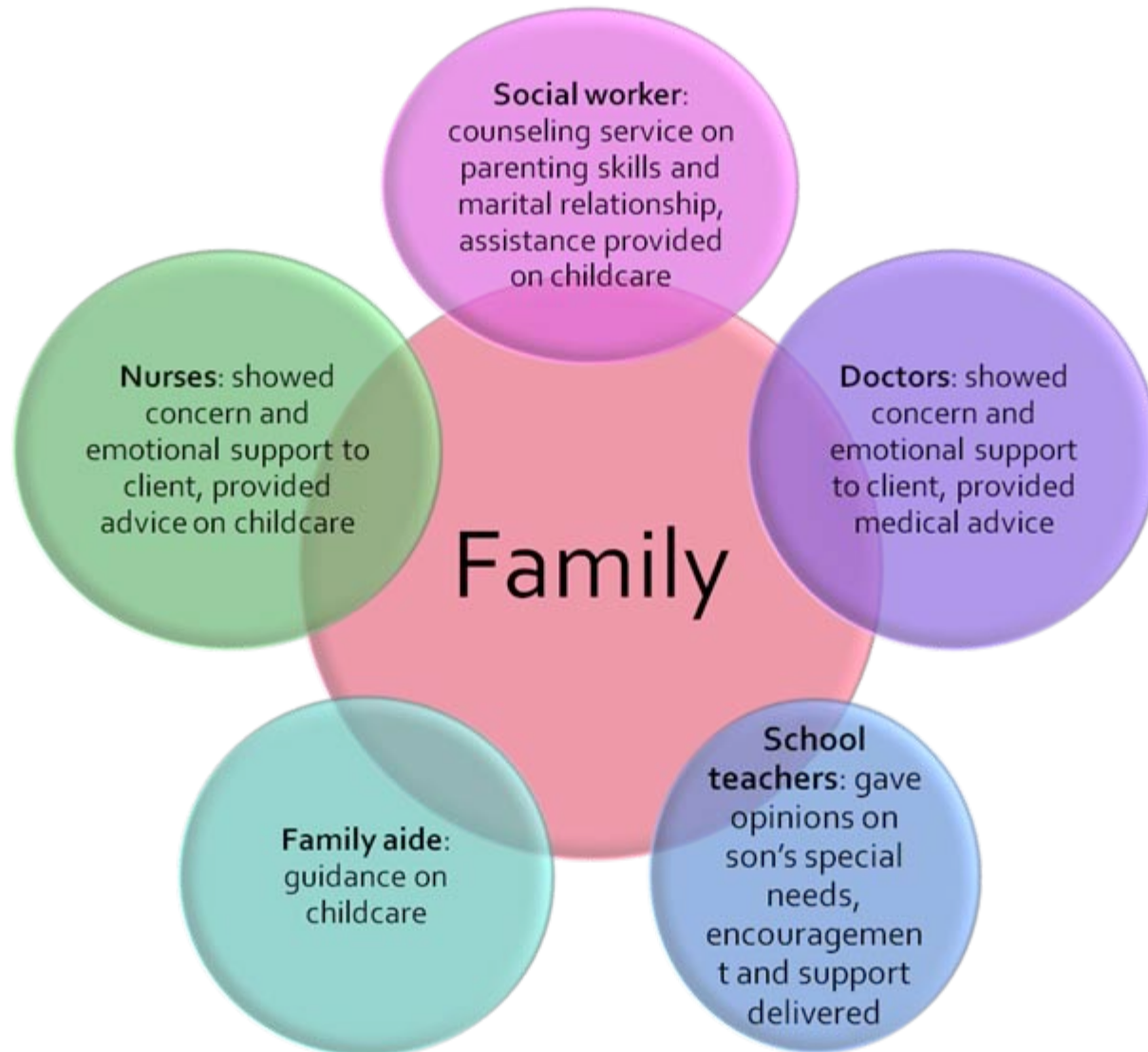
Problems

- In-law relationship problem
- Marital relationship problem
- Parenting difficulty



How did different professionals help

?



Cognitive – Behavioral Therapy Group

- Tailored-made packages for different clienteles: Parents, Non-parents, Young old and adolescents
- 4 parts of contents: stress management, cognitive restructuring, interpersonal relationship, problem solving capabilities
- Mutual support between members built up
- Found effective in various research

Evidence based practice

Outcome of CBT group (Lo, Ng & Chan 2009)

- With adequate training & support, Social workers can provide effective time-limit treatment to people with mild to moderate symptoms.

	No of symptoms in GHQ12
Before	6.8
After	3.8

Psychiatric Consultation Service for Families

- A family interview is provided by a volunteer psychiatrist and social worker
- A platform for involved family member to exchange views and to discuss how to make collaborative effort in resolving an agreed problem
- Demonstrate effective use of a family approach
- In conjunction with other treatment modalities, like individual counseling, groupwork services, developmental programs
- Non-stigmatizing setting to lower resistance of patients

During Jan – June 2013...

	Jan	Feb	Mar	April	May	June	Total
No of cases	5	/	8	7	7	6	33
No of people received service	10	/	17	18	14	18	77
Patients did not believe their problem was psychiatric in nature	3	/	6	3	4	3	19 (57.6%)
No of cases referred to Formal psychiatric treatment	5	/	8	6	7	6	32 (97%)

To help needy families....

- Collaboration between different disciplines and professionals
- Understand features and characteristics of family with mental illness (Bio-Psycho-Social model)
- Develop potentials and strengths of individuals and families (Strength Perspective)
- Involvement of family members in the intervention is significant for positive changes

Role of practitioners

- Partners and collaborators of families instead of experts
- Focus on supporting families in their efforts to cope with their problems, and help families to explore and identify their own strengths
- Involve the family during intervention
- Be aware of the cultural, political and social impact on families
- Be open to accept different ways of families to resolve their problems

Family Perspective

- To have a holistic view on families
- Go beyond the symptoms → to see the disequilibrium of families
- Collaboration between professionals is significant for effective interaction
- Family interaction matters! → to explore positive family interaction
- Explore families' strengths and resources

Thank You!