Report on
Institute of Mental Health
Castle Peak Hospital
July – December 2016
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I. **Mission**

The Institute of Mental Health (IMH) is a centre of excellence for promotion and advocacy of better community mental health, through advancing science and disseminating knowledge in mental illness and mental health by intensive education, quality training, and rigorous research.

II. **Membership of the IMH Board**

*Chairman*: Prof. SHAM Pak-chung, The University of Hong Kong

*Members*: Prof. Raymond CHAN, Chinese Academy of Sciences

- Mr. CHAN How-chi
- Dr. HUNG Se-fong
- Dr. Eugenie LEUNG, The University of Hong Kong
- Mr. LU Tak-ming
- Prof. Joyce MA, The Chinese University of Hong Kong
- Prof. Thomas WONG

*Ex-Officio Members*: Mr. CHAN Bing-woon

Chairman
Hospital Governing Committee
Castle Peak Hospital

Dr. Eric CHEUNGS
Hospital Chief Executive / Co-Chairman
Executive Committee of IMH
Castle Peak Hospital

Dr. Bonnie SIU
Co-Chairman
Executive Committee of IMH
Castle Peak Hospital
The Executive Committee of the IMH

Co-Chairman : Dr. Eric CHEUNG  
Hospital Chief Executive  
Castle Peak Hospital / Siu Lam Hospital

Co-Chairman : Dr. Bonnie SIU  
Chief of Service  
Convener of Public Education Subcommittee

Members : Dr. Martina CHEUNG  
Clinical Psychologist

Ms. Jackaline LEE  
Senior Finance Manager (Financial Services)

Ms. Fion LING  
General Manager (Administrative Services)

Dr. Simon LUI  
Associate Consultant  
Convener of Research Subcommittee

Ms. Jolene MUI  
General Manager (Nursing)  
Convener of  
Hospital Archives & Gallery Exhibition Subcommittee (Hospital Archives)

Ms. Ann PANG  
Department Operations Manager  
Convener of  
Patient & Carer Resource Subcommittee

Dr. Steve TSO  
Consultant  
Convener of  
Hospital Archives & Gallery Exhibition Subcommittee (Gallery Exhibition)

Dr. Jessica WONG  
Consultant  
Convener of Professional Training Subcommittee

Secretary : Ms. June POON  
Assistant Hospital Manager (PA&IMH)
III. Organisation Chart of the IMH

IMH Board

IMH Executive Committee

- Public Education Subcommittee (PES)
- Professional Training Subcommittee (PTS)
- Research Subcommittee (RS)
- Hospital Archives & Gallery Exhibition Subcommittee (HAGES)
- Patient & Carer Resource Subcommittee (PCRS)
IV. Overview of Programmes Conducted by the IMH (July to December 2016)

Public Education

(1) Certificate Course in Mental Health (MHC14)

The 13.5-hour Certificate Course in Mental Health (MHC) has been specifically designed to serve the needs of the society since October 2009. It provides training on common mental illness and skills in managing mental illness to health care professionals and related personnel who may come into contact with people with mental health problems or their carers in their daily practice by comprehensive lectures, case discussions/vignettes, and interactive workshops. In view of the overwhelming responses from previous classes, the fourteenth course (MHC14) was conducted on 2 and 9 July 2016, with 115 participants including health care professionals of the Hospital Authority, government departments and non-government organisations.
(2) Educational Talks on Dementia
The New Life Jubilee Hostel and the Tin King Hostel invited the Public Education Subcommittee (PES) to organise a 2.5-hour talk for 25 staff of the two hostels on 8 July 2016, with an aim to provide knowledge of dementia to the staff and enhancing their skills in handling patients with dementia.

In response to the training request from the Yuen Long (Central) Integrated Family Service Centre, the PES organised a 1.5-hour educational talk on 1 September 2016 for 30 elderly people of the Centre, which was aimed to equip participants with a better understanding of dementia as well as its treatment and prevention.

(3) Educational Talk on Drugs
The Hong Chi Morninglight School of Tuen Mun invited the PES to conduct a 1.5-hour educational talk for its 40 staff on 7 October 2016. The talk aimed at enhancing the knowledge of the staff on the use and application of drugs as well as their side effects.

(4) Workshop on Emotional/ Psychological Problems
In response to the training invitation from the Selective Placement Division of the Labour Department, the PES organised a 7-hour educational workshop for 30 officers of the Division on 17 October 2016 to equip them with knowledge on the emotional/psychological problems encountered by persons with disabilities, as well as the special needs of persons in recovery.
(5) Management of Workplace Violence (MoV) Seminars cum Workshops

In response to the invitation from the Hong Kong Society for the Aged, one 1.5-hour seminar and one 5-hour workshop on MoV were conducted on 30 September 2016 for 20 staff members of the organisation. These training workshops were aimed at equipping their staff with breakaway techniques and enhancing their skills in managing people with special needs.

In addition, the Civil Service Bureau invited the PES to organise a 3-hour MoV seminar for 300 government officers from various government bureaux and departments on 19 October 2016. The training aimed to equip them with the necessary skills in handling real and potential threats or risks of violence at work and provide guidelines in formulating precautionary measures and procedures to prevent and handle workplace violence.

(6) Game Booth on CPH Open Day

A game booth named “A Rainbow Life (活出彩虹)” was set up by the PES on CPH Open Day (3 December 2016) to introduce the process of recovery experienced by psychiatric patients. Ten principles of recovery-oriented practice and tips to maintain mental health were presented to the visitors through games and display boards.
(7) **Educational Materials**

Publications of the IMH provide a good source of information on mental illness and self-help guide to the general public. The information is easily accessible at the service units of CPH and online at the IMH website. To ensure the information is accurate and up-to-date, the PES has been continuously reviewing all educational materials and reprinting pamphlets with high demand. The materials updated from July to December 2016 are listed as follows:

Two new educational pamphlets were produced with the financial support of the “Patient Empowerment Programme”:
- “Eating Disorder” “進食失調”
- “Developing the Talents of Persons with Learning Disability” “如何發揮智障人士的才能”

Two educational pamphlets and a leaflet were reviewed and updated:
- “Eating Disorder” “飲食失調” *
- “Postnatal Depression” “產後抑鬱症” *

* Authorised translation from the Royal College of Psychiatrists

All of the above updated materials are available for free distribution in different service units and accessible on the IMH website.
(8) **Health Column in Sing Tao Daily**

The PES continues to collaborate with the Sing Tao Daily in publishing articles written by CPH colleagues to disseminate mental health information to the public. The articles are published under the health column “保健至專” inside the feature page of the newspaper.

CPH colleagues have contributed to this project by actively submitting their articles. Published articles are shared with all CPH staff via email. The collection of articles has also been uploaded to the IMH website for public access.

Articles published from July to December 2016 are listed as follows:

- 精神病患者法律保障 (26.09.2016)
- 儲存正能量抗壓 (上) (28.11.2016)
- 正能量紓緩壓力 (下) (06.12.2016)
(9) Health Column in Apple Daily

The PES has been collaborating with the Apple Daily in publishing articles written by CPH colleagues since October 2015. The column serves as an effective medium for mental health education. The articles are published under the health column “心藏筆露” inside the feature page of the newspaper every other Tuesday.

CPH colleagues have contributed to this project by actively submitting their articles. Published articles are shared with all CPH staff via email. The collection of articles has also been uploaded to the IMH website for public access.

Articles published from July to December 2016 are listed as follows:

• 贏在起跑線？ (12.07.2016)
• 與孩子一起成長 (26.07.2016)
• 脾氣暴躁易被忽視 (09.08.2016)
• 智障也可夢飛翔 (23.08.2016)
• 性格改變的中年婦人 (06.09.2016)
• 逃出逃不出的恐懼 (20.09.2016)
• 鐵漢柔情 (04.10.2016)
• 不如不見 (18.10.2016)
• 讓孩子贏在受精前 (01.11.2016)
• 從憤怒情緒中認識自己 (15.11.2016)
• 揮之不去的畏懼 (29.11.2016)
• 靜觀教養子女 (13.12.2016)
(1) Integrated Approach in Treating Child Conduct Disorders – One-day Workshop

A one-day workshop on “Integrated Approach in Treating Child Conduct Disorders” was successfully held on 4 November 2016, with a total of 70 participants. The Professional Training Subcommittee (PTS) invited Prof. Mark R. DADDS, an experienced clinical child psychologist and a professor at the University of Sydney, to introduce strategies used to maximise parental engagement, reduce drop-out, and facilitate positive change, in difficult families.
(1) Research Skills Training Workshop
The Research Subcommittee (RS) has been organising Research Skills Training Workshops, which comprise a series of interactive small-group workshops conducted by experienced researchers. The series of workshops repeats once every year, and is open to all CPH staff. Family Medicine trainees of Tuen Mun Hospital (TMH) were also invited to attend the workshops. The workshops aimed at promoting a culture of research and enhancing research skills among our staff. Four workshops of the series were held from August to November 2016. A total of 33 CPH and TMH staff participated in these workshops.

(i) Critical appraisal of research papers
The workshop focusing on critical appraisal of research papers was delivered by Dr. William CHUI on 24 August 2016.

(ii) Defining research questions and preparing research protocols
Dr. Simon LUI conducted a workshop on research methodology and the concept of research paradigm and common pitfalls in research design on 31 August 2016.
(iii) Use of reference management software in writing scientific papers and basic statistics

Dr. Joanna LAM demonstrated techniques in performing online search for medical literature and in using Endnote, a citation management software, in the workshop on 19 October 2016. Dr. LAM also introduced the basic concept of biostatistics in this workshop.

(iv) Application of SPSS for clinical study

The workshop held on 23 November 2016 was conducted by Mr. Kenny WONG, Manager from the HA Head Office. He demonstrated the concepts of biostatistics and the use of SPSS, a statistical software commonly used in biomedical research. This workshop provided participants with hands-on experiences on how to create data files and perform data analysis with SPSS.
(2) Research Seminar

Research Seminars are part of the regular in-house training programme for medical staff. Three Research Seminars were held from July to November 2016. They include:

- “Part III candidate Research Protocol presentation: Comparing the theory of mind impairment in autism patients with that in schizophrenia patients” presented by Dr. N. W. Tin on 13 July 2016
- “Anhedonia in schizophrenia” presented by Dr. Simon Lui on 31 August 2016
- “Research projects on (1) OCD & (2) SLE & depression” presented by Dr. Simon Hon and Dr. Lilian Lo on 2 November 2016

A total of 116 medical staff members attended these three seminars.

(3) Game Booth on CPH Open Day

The RS set up a game booth on CPH Open Day to demonstrate the examination of neurocognitive functioning to visitors through two games, the Stroop Task and the Memory Task. Display boards were also set up to introduce the RS and its research skills training workshops and research outcomes.
(4) Research Studies

As of December 2016, CPH has more than 30 on-going research projects. IMH is actively involved in the following research projects:

- “A four-year prospective family study in patients suffering from first episode psychosis: A quest for intermediate phenotypes and aetiology of psychosis” – Data collection stage. As of December 2016, a total of 206 patients with first-episode psychosis and 99 healthy controls have been phenotyped and endophenotyped and 351 patients have been recruited for genotyping.

- “Schizotypy traits or features in nonpsychotic first-degree relatives of patients with schizophrenia: Cluster analysis using the Chapman Psychosis Proneness Scales” – Data analysis and write-up stage.

- “Searching for intermediate phenotypes for psychosis: a functional MRI study on neuroanatomical markers for psychosis and gene-brain mapping” – Data collection and data analysis stage. As of December 2016, a total of 85 patients with first-episode psychosis, 29 first-degree relatives and 61 healthy controls have been recruited for neurological tests. MRI brain scans had been conducted for 153 of them. Resting state MRI data has been analysed, and a manuscript has been prepared for submission.

- “Left prefrontal high-frequency repetitive transcranial magnetic stimulation (rTMS) for the treatment of negative symptoms in schizophrenia: A double-blind, sham-controlled, randomised-controlled trial” – Preliminary stage. The recruitment of participants will commence soon.
(1) Patient Resource
An educational talk entitled “Anxiety Management (走出焦慮)” was delivered by Dr. Brian LEUNG at Tuen Mun Mental Health Day Centre (Mindset) on 30 September 2016. A total of 52 participants, including out-patients, day-patients and members of the public, attended the talk.

(2) Self-help and Advocacy
The patient empowerment activity of artwork framing “書畫樂聚之裱畫小組” continued and gatherings were held on 27 July and 8 September 2016, with a total of four patients participated.
(3) **Volunteer Service**

- Three core training sessions for volunteers were held on 11 July, 18 and 29 October 2016. A total of 105 participants attended the training sessions.

![Image of volunteers in a training session](image1.jpg)

- An infection control training for 10 one-off volunteers was held on 12 November 2016.
- A five-day Summer Student Volunteer Programme was held from 11 to 15 July 2016. With the knowledge acquired through various training sessions, 12 student participants knew more about the services provided by CPH and jointly organised activities for the patients.

![Image of students and instructors](image2.jpg)
(1) **Photo-stories of CPH (青山相一賞)**

The Hospital Archives & Gallery Exhibition Subcommittee (HAGES) has organised an exhibition outside the CPH staff canteen entitled “青山相一賞” with images depicting historical moments and a brief introduction every three months. The episodes in July and November 2016 were entitled “The Multi-purpose Garden” and “The Dormitory” respectively.

![“The Multi-purpose Garden”](image1)

![“The Dormitory”](image2)

(2) **Photo-stories Exhibition 2016 – Introspection**

With the aims of increasing people’s awareness on mental health and cultivating their positive attitude towards people with mental illness, the “Photo-stories Exhibition 2016 – Introspection” (好「相」講故事攝影展 2016：內觀) was held at the Tuen Mun Town Hall from 28 September to 3 October 2016.
A total of 56 photos taken by 18 service users of the Community Psychiatric Service were displayed to portray their inner world. During the exhibition, 102 message cards with positive and encouraging remarks written by the public were received.

(3) Annual History Lecture 2016
The Annual History Lecture entitled “Brief Historical Facets of Old CPH” was successfully held on 25 October 2016, with over 140 participants. The HAGES invited Mr. Allen NG, one of the first batch of students in the CPH School of Psychiatric Nursing and the former tutor-in-charge of the school, as the speaker. Mr. NG traced some of the historical development of CPH in the early 1960s, and took a retrospective look at various interesting past events of the Hospital with the participants.
(4) Archives Museum Tour on CPH Open Day

The Archives Museum Tour on CPH Open Day (3 December 2016) attracted a large number of visitors and wide media coverage. Historical documents, photos and artifacts, such as restrainer and obituary register, were displayed. Guided tours led by HAGES members were well received by the visitors’. Visitors also showed great interest in the planned “Mental Health Experience Museum” and helped to share the information through social media.
(5) MTR Community Art Galleries Exhibition
The HAGES arranged exhibitions of patients’ photography in the MTR Community Art Galleries of Yuen Long Station and Long Ping Station in August and December 2016 respectively. The project aimed at enhancing public awareness on mental health, as well as boosting the confidence and self-awareness of patients in recovery by exploring their talents through photography.

(6) Mural Painting at the Art Garden
The murals at the Art Garden were repainted in preparation for the CPH Open Day (3 December 2016). The mural paintings were created and painted by CPH service users, volunteers of Caritas Jockey Club Integrated Service for Young People – Tuen Mun, visual art students of Ho Ngai College, and CPH staff together with their concerted effort.
(7) Exhibition of Patients’ Paintings on CPH Open Day

Paintings of in-patients were displayed at the Art Studio on CPH Open Day, 3 December 2016. Visitors were invited to express their thoughts by creating artworks on the spot.
(8) Progress on the Mental Health Experience Museum

To promote mental well-being and to reduce stigma associated with mental illness in Hong Kong, CPH has proposed to design and build Hong Kong’s first Mental Health Experience Museum, which incorporates the evidence-based strategies of experiential learning and face-to-face contact with peer specialists to change people’s attribution to mental disorders.

It is expected that the museum will receive 16,100 visitors per year. With the aim to raise visitors’ awareness of mental health, the museum will provide demonstrations, animated and interactive displays, and a vivid simulation of typical psychiatric symptoms. Regular talks and seminars will also be conducted in the museum for visitors who would like to have a better understanding of mental illness.

This project has been selected by the HSBC 150th Anniversary Charity Programme for funding. A total of $30,071,000 has been earmarked for this project, which would be allocated to CPH in four phases in the next two to three years.

Tender briefings and site visits for potential bidders for project consultancy had commenced in February 2017.

Dr. Eric CHEUNG, Project Director, and Ms. Jolene MUI, Project Coordinator, attended the HSBC 150th Anniversary Charity Programme Ceremony on 8 September 2016.
V. Statistics of Educational Activities (Organised by the IMH and Invitations Received)

A summary of all educational activities conducted by the IMH from July to December 2016 is presented in Appendix I. The activities were categorised into two types. The first type refers to activities that were initiated and organised by the IMH and the other includes invitations from other organisations for conducting talks or training courses.

A total of 33 activities were conducted, among which 27 were organised by the IMH. A total projected net income of $194,127 was earned from the activities with 1733 overall attendances. The breakdown of the activities by topics, target groups and geographical locations of the participants can be found in Appendix I.

**Activities Organised by the IMH**

Activities organised by the IMH during the reporting period covered various topics, including General Adult Psychiatry, Child and Adolescent Psychiatry and research skills. The activities organised by the IMH mainly targeted at the public and professional carers. A projected net income of $163,079 was generated from the activities.

**Invitations from Other Organisations**

Among the six invitations received from external organisations, including government departments, non-government organisations (NGO) and educational institutions, most requested for delivering training courses targeted at professional carers and the public. The projected net income was $31,048.

**Loan Record of Mental Health Educational Products**

Two applications from NGO/ educational institution for borrowing our educational exhibition boards/ obtaining pamphlets or quoting/ copying our publications, and linking up the IMH website were received and approved.
Institute of Mental Health, Castle Peak Hospital
Financial Report as at 31 December 2016

A) Mental Health Educational General Fund (MHEGF)

<table>
<thead>
<tr>
<th>Sources of Funding</th>
<th>Full Year Budget for 2016/17 (HK$)</th>
<th>Actual as at 31 December 2016 (HK$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital Other Charges Budget</td>
<td></td>
<td>47,300</td>
</tr>
<tr>
<td>Donation Fund</td>
<td>[Note 1]</td>
<td>3,696,687</td>
</tr>
<tr>
<td>Hospital Alternative Source of Income Projects</td>
<td>[Note 2]</td>
<td>903,002</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>4,646,989</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Allocation</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>IMH Annual Plan Programmes</td>
<td>590,307</td>
<td>314,395</td>
</tr>
<tr>
<td>Staff of IMH</td>
<td>1,017,294</td>
<td>644,712</td>
</tr>
<tr>
<td>Total</td>
<td>1,607,601</td>
<td>[Note 3] 959,107</td>
</tr>
</tbody>
</table>

Free Balance under MHEGF 3,687,882

Note 1: Donation of $2M is designated for a 3-year research project funded by the Philip KH Wong Foundation starting in 2014. The accumulated spending related to this project includes $484,521 (staff cost) and $467,475 (others).

Note 2: The Full Year target is $647,400, the Year To Date achievement $903,002 is 139.5% of target.

Note 3: The Year To Date spending of $959,107 represents 59.7% of Budget spending ($1,607,601).
Institute of Mental Health, Castle Peak Hospital

A) Mental Health Educational General Fund

<table>
<thead>
<tr>
<th>Sources of Funding</th>
<th>Actual as at 31 March 2012 (HK$)</th>
<th>Actual as at 31 March 2013 (HK$)</th>
<th>Actual as at 31 March 2014 (HK$)</th>
<th>Actual as at 31 March 2015 (HK$)</th>
<th>Actual as at 31 March 2016 (HK$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital Other Charges Budget</td>
<td>45,131</td>
<td>47,028</td>
<td>50,600</td>
<td>50,500</td>
<td>60,100</td>
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<tr>
<td>Donation Fund</td>
<td>2,204,951</td>
<td>2,747,088</td>
<td>4,752,851</td>
<td>4,804,928</td>
<td>4,056,225</td>
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<tr>
<td>Hospital Alternative Source of Income Projects</td>
<td>338,872</td>
<td>606,111</td>
<td>1,199,758</td>
<td>614,623</td>
<td>801,657</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>2,588,954</td>
<td>3,400,227</td>
<td>5,913,209</td>
<td>5,470,051</td>
<td>4,917,982</td>
</tr>
</tbody>
</table>

Expenditure

| IMH Annual Plan Programmes*            | 397,436                          | 382,034                          | 475,826                          | 507,295                          | 527,704                          |
| Staff of IMH                           | 337,213                          | 585,019                          | 710,730                          | 1,271,285                        | 620,196                          |
| **Total**                              | 734,649                          | 967,053                          | 1,186,556                        | 1,778,580                        | 1,147,900                        |

Free Balance under MHEGF 1,854,305 2,433,174 4,726,653 3,691,471 3,770,082

* IMH Annual Plan Programmes was originally separated into ‘Mental Health Educational Activities’ and ‘Mental Health Educational Material’ in the financial years 2012/13 and 2013/14.

- Funding
- Expenditure
- Free balance

As at 31 March 2012: 2,588,954
As at 31 March 2013: 3,400,227
As at 31 March 2014: 4,726,653
As at 31 March 2015: 5,913,209
As at 31 March 2016: 5,470,051

Expenditure:
- As at 31 March 2012: 734,649
- As at 31 March 2013: 967,053
- As at 31 March 2014: 1,186,556
- As at 31 March 2015: 1,778,580
- As at 31 March 2016: 1,147,900

Free balance:
- As at 31 March 2012: 1,854,305
- As at 31 March 2013: 2,433,174
- As at 31 March 2014: 3,691,471
- As at 31 March 2015: 3,770,082
- As at 31 March 2016: 4,917,982