



青山醫院精神健康學院
Institute of Mental Health
Castle Peak Hospital

S

學院樓
Academia House

Report on
Institute of Mental Health
Castle Peak Hospital
January – June 2017

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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

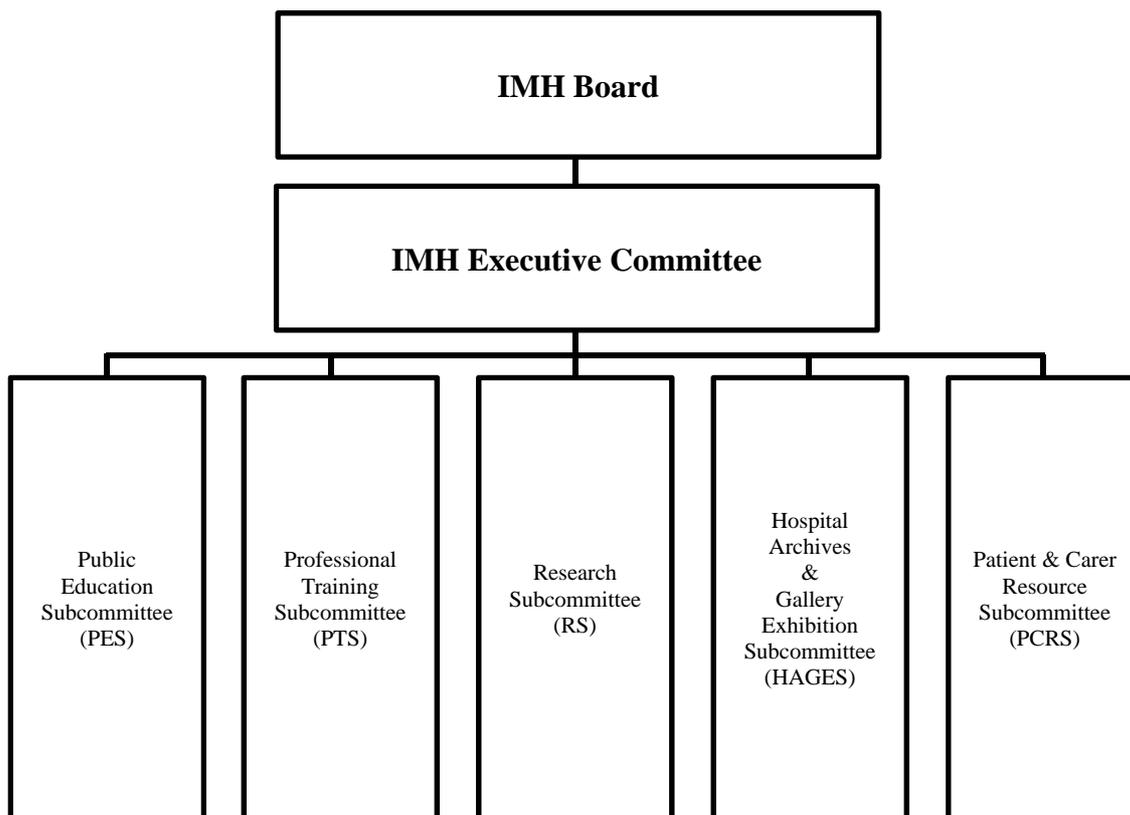
Dr. Eric CHEUNG
Hospital Chief Executive /
Co-Chairman
Executive Committee of IMH
Castle Peak Hospital

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



IV. Overview of Programmes Conducted by the IMH (January to June 2017)

Public Education

(1) Certificate Course in Mental Health (MHC)

With the increasing emphasis on community mental health in Hong Kong, there has been a need of training on common mental illness management. In view of this, the Public Education Subcommittee (PES) has been organising the 13.5-hour Certificate Course in Mental Health (MHC) for health care professionals and related personnel who may come into contact with people with mental health problems or their carers in daily practice since October 2009. Through comprehensive lectures, case discussions/ vignettes, and interactive workshops, participants from the Hospital Authority, government departments and non-governmental organisations are equipped with knowledge and managing skills to facilitate early detection, timely intervention and care.

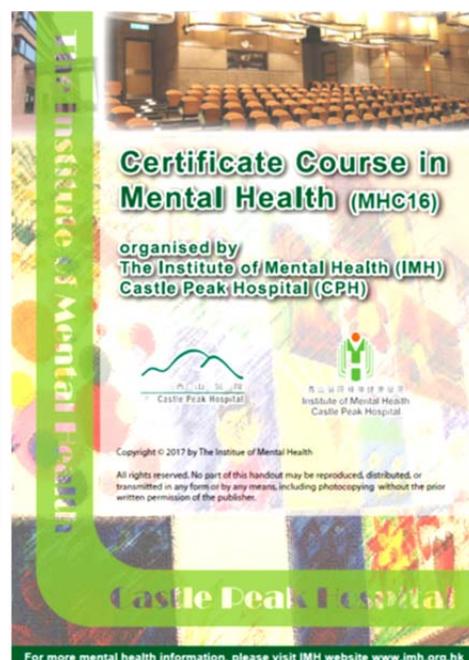
The training has been receiving overwhelming responses throughout these years. The 15th and 16th courses (MHC15 and MHC16) were conducted in January and June 2017 respectively:

(i) The 15th Certificate Course in Mental Health (MHC15):

On 7 and 14 January 2017, the PES organised the MHC15, with 143 participants attended.

(ii) The 16th Certificate Course in Mental Health (MHC16):

A total of 125 participants attended the MHC16 on 10 and 17 June 2017.



(2) Management of Workplace Violence (MoV) Seminars cum Workshops

With the aims of equipping participants with breakaway techniques and enhancing their skills in managing people who are emotional or potentially violent, the PES has been organising Management of Workplace Violence (MoV) training for various organisations in response to their invitations.

(i) MoV training for the Open University of Hong Kong

The Open University of Hong Kong invited the PES to conduct two seminars and six workshops for its nursing students in January and March 2017, providing them with knowledge and skills of handling workplace violence. A total of 158 students attended the seminars and workshops.

(ii) MoV training for the TWGHs Tsui Tsin Tong School

Responding to the training request from the TWGHs Tsui Tsin Tong School, a seminar and two workshops were organised by the PES for 50 school staff on 21 January and 11 February 2017. Participants learnt and practised Breakaway Techniques under instruction of qualified trainers.

(iii) MoV training for the Civil Service Bureau

The PES conducted a three-hour MoV seminar for about 200 government officers from various bureaux and departments on 20 March 2017 in response to the invitation of the Civil Service Bureau. During the seminar, guidelines in formulating precautionary measures and procedures when handling real and potential threats or risks of violence at work were introduced by the trainer.

(3) Workshop on Handling Difficult Complainants and Managing Stress and Emotions in Handling School Complaints

The Education Bureau invited the PES to conduct a workshop for its 40 frontline staff on 7 March 2017. The talk aimed at enhancing participants' capacity in handling school complaints and increasing their understanding of stress and emotional management.

(4) Workshops on Identifying and Handling Mental Problems of the Elderly

In response to the Licensing Office of Residential Care Homes for the Elderly of the Social Welfare Department, the PES organised two identical three-hour workshops on 11 April and 9 May 2017. A total of 272 healthcare workers of residential care homes for the elderly participated in the workshops and were equipped with knowledge and skills in identifying and handling common mental problems, including depression and dementia, among the elderly.

(5) 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 on the IMH website. The PES has been continuously reviewing all educational materials and reprinting pamphlets to ensure the information is accurate and up-to-date.

In view of the high demand, an educational pamphlet on depression entitled “不再抑鬱” was reviewed and reprinted, and it is available for free distribution in different service units and accessible on the IMH website.



(6) 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 been contributing 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 January to June 2017 are listed as follows:

- 拆解青少年抑鬱症（上） (27.02.2017)
- 年輕人抑鬱症（下） (20.03.2017)

年輕人抑鬱症(下)

精神科 / 兒科 保健至專

上期談及青少年抑鬱症狀，包括出現最少連續兩星期的情緒低落、易感疲倦、對事物提不起應有興趣、失眠、胃口變差、缺乏自信心、不能專心、思想較負面、嚴重者甚至會有自殺的念頭，故應盡早防患。

要防患抑鬱症非難事，首先我們每個人都要學習接納、欣賞及愛護自己，平時應培養一、兩項興趣，而參加群體活動，可助舒緩負面情緒。遇到困難時，千萬別自我封閉躲起來，那只會令感覺更差，甚至可能放大了問題。如能找信任的人傾訴一下感受，可令人覺得舒服一點。須知道如可自己解決問題固然好，但解決不了也別自責，而且應敢於找他人幫忙，畢竟活在群體中，大家也需要互相幫助。



醫生評估防惡化

家長、老師、社工也要提高警覺，多關注、多聆聽、多支持，少批評、少懷疑、少比較，適時留意青少年的需要及情緒問題。如果能給予及時和適當的輔導，很多時可避免負面情緒發展成抑鬱症。一旦負面情緒持續，便有需要尋求精神科醫生評估及盡早治療，以防病情惡化。

藥物治療及心理輔導都能有效醫治青少年抑鬱症，令他們重過正常的家庭及校園生活。在此提醒各位年輕人，應知道自己的存在價值，青少年乃社會重要的一員，必須學會愛惜自己，家庭、學校方面亦要同心協力，一同關注年輕人情緒問題，這才助他們學識走出困境，活出彩虹。

整理：Kar



今日顧問：
副顧問 醫生 樂蓉晶
青島醫院精神健康學院

(7) 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 been contributing 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 January to June 2017 are listed as follows:

- 照顧老伴的難處 (03.01.2017)
- 社交認知的解讀 (17.01.2017)
- 長者自殺 (07.02.2017)
- 老懵懂 (21.02.2017)
- 平常心 (07.03.2017)
- 「不對勁」的煩惱 (28.03.2017)
- 選擇性緘默 (18.04.2017)
- 從奇幻世界回到正軌 (02.05.2017)
- 小女人 大世界 (16.05.2017)
- 你的名字 (06.06.2017)
- 二十一世紀精神病？ (20.06.2017)



Professional Training

(1) Evidence-based Cognitive Behavioural Strategies for Depression and Anxiety – Two-day Workshop

A two-day workshop on “Evidence-based Cognitive Behavioural Strategies for Depression and Anxiety” organised by the Professional Training Subcommittee (PTS) on 23 and 24 February 2017 was a great success, with a total of 138 participants. Dr. Suzanne SO, Assistant Professor of Psychology at the Chinese University of Hong Kong, and Registered Clinical Psychologist of the Hong Kong Psychological Society, was invited to introduce the patient-centred assessment for mental disorders in the workshop. Through role-play practices, participants have gained a deeper understanding of up-to-date strategies for cognitive behavioural therapy in treating common mental disorders, including depression, anxiety, phobia and panic disorder.



**EVIDENCE-BASED
COGNITIVE BEHAVIOURAL STRATEGIES FOR
Depression and Anxiety**
2-Day Workshop

Date & Time
23 – 24 February 2017 (Thursday & Friday)
9:00a.m. – 5:00p.m.

Venue
Lecture Theatre, 2/F, Block S,
Castle Peak Hospital, Tuen Mun

Target Participants
Mental health professionals working with clients
with common mental health disorders

Course Fee
2 days: HK\$2,400 per person
(HK\$2,000 per person for early bird registration
on or before 6 January 2017)
1 day: HK\$1,300 per person
(HK\$1,200 per person for early bird registration
on or before 6 January 2017)

Enquiry
Tel: 2456 7775 (Ms Chung) Fax: 2455 9330
Email: cph_imh@ha.org.hk
Website: www.imh.org.hk

Dr. Suzanne So
HKPS Registered Psychologist
(Clinical Psychology)
Assistant Professor,
Department of Psychology,
The Chinese University of Hong Kong

Programme Details & Enrolment
Please visit IMH website www.imh.org.hk
for more details and download the enrolment
form.

Application Deadline
3 February 2017



Research

(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. Two workshops of the series were held in May 2017, and a total of seven CPH and TMH staff participated in the workshops.

(i) Critical appraisal of research papers

Dr. William CHUI conducted a workshop on critical appraisal of research papers on 10 May 2017.

(ii) Defining research questions and preparing research protocols

A workshop on research methodology and the concept of research paradigm and common pitfalls in research design was delivered by Dr. Simon LUI on 31 May 2017.



Workshop on critical appraisal of research papers



Workshop on defining research questions and preparing research protocols

(2) Research Seminar

As part of the regular in-house training programme for medical staff, the RS organised two Research Seminars in the period, including a joint presentation by Dr. Karen HO and Dr. N W TIN on 29 March 2017, and a seminar presented by Dr. Simon LUI on 31 May 2017. A total of 58 medical staff members attended the seminars.

(3) Research Studies

As of June 2017, CPH has more than 20 on-going research projects. The 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”** – Write-up stage. Phenotype and endophenotype data of 206 patients with first-episode psychosis, 99 healthy controls and genotype data of 351 patients have been collected. Several papers submitted to journals are under review.
- **“Schizotypy traits or features in nonpsychotic first-degree relatives of patients with schizophrenia: Cluster analysis using the Chapman Psychosis Proneness Scales”** – Findings were presented in a schizotypy conference in Beijing in June 2017. The RS has received an invitation to submit a manuscript to the special issue on schizotypy in *Schizophrenia Bulletin*.
- **“Searching for intermediate phenotypes for psychosis: a functional MRI study on neuroanatomical markers for psychosis and gene-brain mapping”** – Data analysis stage. As of June 2017, 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 have been conducted for 153 of them. A manuscript submitted to *American Journal of Psychiatry* is under review.
- **“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”** – The recruitment of participants will begin in July 2017.

Patient and Carer Resource

(1) Patient Resource

The Patient and Carer Resource Subcommittee (PCRS) organised two educational talks at Tuen Mun Mental Health Day Centre (Mindset) in the period. A total of 81 participants, including out-patients, day-patients and members of the public, attended the talks.

- Dr. Keith HARIMAN was invited to conduct an educational talk entitled “無記性 無耳性 口多多” on 16 February 2017. The talk attracted 53 participants.
- An educational talk on the topic of “失眠 Bye Bye” was delivered by Dr. Rachel CHAN on 13 June 2017 with a total of 28 participants attended.



(2) Self-help and Advocacy

The patient empowerment activity of artwork framing “書畫樂聚之裱畫小組” continued. Four day-patients joined the gatherings on 8 February and 27 April 2017.



(3) Community Partnership

The PCRS collaborated with the Jardine Matheson Group in organising community partnership activities under the “Health-in-Mind – Youth Mental Health Promotion Programme”. An activity “自由飛翔 與友一起飛”, jointly arranged by the Yuen Long Merchants Association Secondary School and the Day Hospital, was held on 20 April 2017. Four day-patients attended the event.



(4) Volunteer Service

- A total of 69 volunteers participated in the “Volunteer Sharing Forum 2016” on 11 January 2017 and shared their experience of voluntary work with each other.
- Two core training sessions for volunteers were held on 19 January and 13 April 2017, with 19 and 32 participants respectively.



Volunteer Sharing Forum 2016



Core training for volunteers

- The PCRS and the Red Cross jointly organised the annual New Year Programme “紅情共聚賀新春” for 277 patients on 25 February 2017.



Hospital Archives & Gallery Exhibition

(1) Art-in-CPH Exhibition

The HAGES organised the “Art-in-CPH Exhibition (藝術在青山：畫出康復進程作品展)” to display patients’ artworks at the Hong Kong Cultural Centre from 3 to 6 March 2017, with the aims of increasing people’s awareness on mental health and reducing stigma of mental illness.

With the concerted effort from patients, volunteer tutors and CPH staff, the exhibition ended with complete success, and positive and encouraging messages from the public were received.



Artworks created by patients



Encouraging messages from the public

(2) Art Exhibition at HA Convention

Some patients' artworks were displayed at the HA Convention on 16 and 17 May 2017. The exhibition aimed at promoting social inclusion through showcasing the artistic talents of psychiatric patients to fellow healthcare professionals.



(3) Photo-stories of CPH (青山相一賞)

To allow CPH staff to have a better understanding of the hospital's history, the Hospital Archives & Gallery Exhibition Subcommittee (HAGES) has initiated a regular exhibition entitled "Photo-stories of CPH (青山相一賞)" with images depicting historical moments. The e-poster "Comparison of old and new padded rooms" was displayed with a brief introduction in CPH staff canteen from May to July 2017.



"Comparison of old and new padded rooms"

Mental Health Experience Museum Project

CPH has been actively devoting itself to the Mental Health Experience Museum project, which is selected and funded by the HSBC 150th Anniversary Charity Programme. With the aim to promote mental well-being and to reduce stigma associated with mental illness in Hong Kong, the museum will incorporate evidence-based strategies of experiential learning and face-to-face contact with peer specialists to change people's attribution to mental illness.

(1) Exchange Visit

To gain a better understanding of experiential learning approach for group participants and to explore the latest technologies that can be applied to simulation systems, the project team had visited the Life Journey Centre established by the Senior Citizen Home Safety Association, and the Humanitarian Education Centre of the Hong Kong Red Cross on 23 January 2017.



The project team visited the Life Journey Centre (left) and the Humanitarian Education Centre (right).

(2) Tendering for Project Consultancy and Design

The tender specifications for project consultancy and design were made public from 31 March to 28 April 2017, and several site visits were arranged for the potential bidders. A total of five tenders were received on the closing date. After evaluation and formal approval, the project has been officially awarded to the successful bidder.

(3) HSBC Site Visit

CPH is pleased to establish better connection with HSBC through the project. In this regard, a site visit was arranged for Mr. Gordon FRENCH, the Champion of the project appointed by HSBC, and other HSBC representatives on 28 April 2017.

Visitors were briefed the details of the project as well as the roles of CPH in providing psychiatric services and mental health education to the community.



The project team arranged a site visit for Mr. Gordon FRENCH and other HSBC representatives.

V. Statistics of Educational Activities (Organised by the IMH and Invitations Received)

A summary of all educational activities conducted by the IMH from January to June 2017 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 another type includes invitations from other organisations for conducting talks or training courses.

A total of 32 activities were conducted, among which 21 were organised by the IMH. A total projected net income of \$695,521 was earned from the activities with 2,269 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, Old Age Psychiatry and research skills. The activities organised by the IMH mainly targeted at professional carers and the public. A projected net income of \$582,229 was generated from the activities.

Invitations from Other Organisations

Among the 11 invitations received from external organisations, including government departments, non-governmental organisations (NGOs) and educational institutions, most requested for delivering training courses targeted at professional carers and the public. The projected net income was \$113,292.

Loan Record of Mental Health Educational Products

Seven applications from NGOs/ educational institutions for borrowing our educational exhibition boards/ obtaining pamphlets or quoting/ copying our publications, and linking up the IMH website were received and approved.

VI. Institute of Mental Health, Castle Peak Hospital
Financial Report as at 30 June 2017

Institute of Mental Health, Castle Peak Hospital
Financial Report as at 30 June 2017

<u>A) Mental Health Educational General Fund (MHEGF)</u>			
<u>Sources of Funding</u>	<u>Full Year Budget for 2016/17 (HK\$)</u>	<u>Actual as at 30 June 2017 (HK\$)</u>	
Hospital Other Charges Budget		40,600	
Donation Fund		5,215,922	[Note 1]
Hospital Alternative Source of Income Projects		298,140	[Note 2]
Total		5,554,662	
<u>Allocation</u>			
IMH Annual Plan Programmes	6,930,187	45,849	
Staff of IMH	2,015,120	391,321	
Total	8,945,307	437,171	[Note 3]
Free Balance under MHEGF		5,117,491	

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 \$519,260 (staff cost) and \$489,778 (others).

- Donation of \$30.071M is designated for a 4-year programme "The Mental Health Experience Museum" funded by the Hongkong Bank Foundation starting in Dec 2016. Donation received to date is \$2,046,909 and the accumulated spending related to this project is \$436,697 (staff cost).

Note 2: The Full Year target is \$680,250, the Year To Date achievement \$298,140 is 43.8% of target.

Note 3: The Year To Date spending of \$437,171 represents 4.9% of Budget spending (\$8,945,307).