Report on
Institute of Mental Health
Castle Peak Hospital
July – December 2017
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I. Overview of Programmes Conducted by the IMH (July to December 2017)

Public Education

(1) Management of Workplace Violence (MoV) Seminars cum Workshops
The Public Education Subcommittee (PES) has been organising Management of Workplace Violence (MoV) training for various organisations upon invitation, in order to equip participants with breakaway techniques and to enhance their skills in managing people who are emotional or potentially violent.

(i) MoV training for the Hong Kong Society for the Aged
The Hong Kong Society for the Aged invited the PES to organise a seminar and a workshop for 20 staff on 15 September 2017. Participants acquired knowledge of handling workplace violence and practised Breakaway Techniques under instruction of qualified trainers.

(ii) MoV training for the Hong Kong Housing Authority
The PES conducted a seminar for about 100 frontline staff of the Hong Kong Housing Authority on 17 October 2017. The seminar aimed to equip participants with necessary skills in handling real and potential threats or risks of violence at work, and to provide guidelines in formulating precautionary measures and procedures to prevent and handle workplace violence.

(iii) MoV training for the Po Leung Kuk Padma & Hari Harilela Rehabilitation Centre
In response to the training request from the Po Leung Kuk Padma & Hari Harilela Rehabilitation Centre, the PES organised a seminar on 8 November 2017 for 50 staff to introduce risk factors and preventive measures against workplace violence.

(2) Educational Talk on Supporting Students with Emotional Problems
Responding to the invitation from the Education Bureau, the PES conducted an educational talk on 5 July 2017 for about 100 school teachers, equipping them with skills in identifying and supporting students who suffer from emotional problems.
(3) **Educational Talk on Depression**
The Asia Satellite Telecommunications Company Limited invited the PES to conduct an educational talk on 8 September 2017. A total of its 35 staff attended the talk and learnt the basic knowledge of depression and stress management.

(4) **Educational Talk on Handling Complaints**
An educational talk was organised for 50 teaching staff of the LKWFSL Wong Yiu Nam Primary School on 11 September 2017, with the objectives of enhancing participants’ capacity in handling emotional complainants at schools and increasing their understanding and awareness of stress management.

(5) **Educational Talk on Mental Health**
The Immigration Wellness Service Centre of the Immigration Department invited the PES to conduct an educational talk for its 54 staff on 20 September 2017. It was designed to arouse their awareness of mental health and to promote a mentally-healthy lifestyle.

(6) **Visitation Programme for Nurses**
To enhance the capacity in managing patients with mental illness, the Institute of Mental Health, Singapore invited the PES to organise a seven-day visitation programme for its five senior nursing staff from 16 to 24 October 2017. The Singaporean participants observed various therapeutic programmes launched in CPH, and exchanged views and skills in providing nursing services in psychiatric hospitals with the nursing staff from different teams in CPH.

(7) **Educational Talk on Autism and its Treatment**
In response to the training invitation from the New Life Jubilee Hostel and Tin King Hostel, the PES conducted a talk for their 19 staff on 23 October 2017. The talk aimed to provide participants with knowledge of autism and enhance their skills in handling clients with autism.
(8) 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. Materials produced or reviewed from July to December 2017 are listed as follows:

Five new educational pamphlets were produced with financial support of the “Patient Empowerment Programme, New Territories West Cluster”:

- What is Psychotherapy? How should I prepare myself? “心理治療是甚麼？有甚麼要準備？”
- Anxiety Disorder in Children and Adolescents “兒童及青少年焦慮症”
- Autism Spectrum Disorder “自閉症譜系障礙”
- Depression in Children and Adolescents “兒童及青少年抑鬱症”
- Mindfulness-based Interventions “靜觀治療”
In view of the high demand, seven educational pamphlets were reviewed and reprinted:

- **How to Achieve Mental Health and Overcome Mental Illness?**
  “如何擁有精神健康和克服精神病患？”
- **Elderly Depression (Series)** “老年抑鬱症系列之防患未然、絕處逢生、細說因由、治療有法”
- **Phobic Disorder** “恐懼症”
- **Anxiety Disorder** “焦慮大亨”
- **Dementia** “老年精神病系列之認知障礙症”
- **Insomnia** “不服安眠藥，治好失眠可以嗎？”
- **Anger Management** “如何處理憤怒”

All of the above new and reviewed materials are available for free distribution in different service units of CPH and accessible on the IMH website.

(9) **Health Column in Sing Tao Daily**

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

Published articles written by CPH colleagues are shared with all CPH staff via email. The collection of articles has also been uploaded to the IMH website for public access. An article titled “勿靈異化精神病患” was published on 21 August 2017.
(10) 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 July to December 2017 are listed as follows:

- 我靠揸車搵食 (04.07.2017)
- 好孩子的痛苦 (18.07.2017)
- 我有選擇嗎？ (01.08.2017)
- 處理孩子的情緒從自身出發 (15.08.2017)
- 跳出完美主義的框框 (29.08.2017)
- 離開，是為了…… (12.09.2017)
- 憤怒源於被愛的期望落空 (26.09.2017)
- 一夜好眠 (10.10.2017)
- 尋找自我 (24.10.2017)
- 戒毒健身室 (07.11.2017)
- 陪着你走 (21.11.2017)
- 潛藏信念的影響 (05.12.2017)
Professional Training

(1) Basic Training in Acceptance and Commitment Therapy and its Application in a Busy Clinic – Two-day Workshop

The Professional Training Subcommittee (PTS) organised a two-day workshop on “Basic Training in Acceptance and Commitment Therapy and its Application in a Busy Clinic” on 12 and 13 October 2017. A total of 96 health care professionals participated in the workshop delivered by Dr. Robyn WALSER, a world-renowned clinical psychologist from the United States. Through mindfulness exercises, experiential learning and experience sharing of the speaker, participants had a better understanding towards the application of Acceptance and Commitment Therapy.
(1) Research Skills Training Workshops
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 October and November 2017, and a total of 13 CPH and TMH staff participated in the workshops.

(i) Use of reference management software in writing scientific papers and basic statistics
The workshop was conducted by Dr. Joanna LAM on 4 October 2017. In the workshop, Dr. LAM demonstrated techniques in performing online search for medical literature and in using Endnote, a citation management software. Basic concepts of biostatistics were also introduced to the participants.
(ii) Application of SPSS for clinical study
Mr. Kenny WONG, Manager from the HA Head Office, delivered the workshop on 8 November 2017, providing participants with hands-on experiences on how to create data files and perform data analysis with SPSS. Mr. WONG also demonstrated the concepts of biostatistics and the use of SPSS, a statistical software commonly used in biomedical research.

(2) Research Seminars
As part of the regular in-house training programme for medical staff, three Research Seminars were conducted from July to December 2017, with a total attendance of 114 medical staff. They include:

- “Dissertation for the Part III Fellowship Examination 2017” presented by Dr. Stanley YIP on 30 August 2017
- “Regional cortical thinning in patients with first-episode psychosis and their non-psychotic siblings” presented by Dr. Karen HUNG on 13 September 2017
- “The validation of the Chinese version of the dimensional anhedonia rating scale” presented by Dr. Edgar CHING on 1 November 2017
(3) Research Studies

As of December 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. The RS joined the Asia Screening Array Consortium, and genotyping will be conducted in 1Q2018.

- “Schizotypy traits or features in nonpsychotic first-degree relatives of patients with schizophrenia: Cluster analysis using the Chapman Psychosis Proneness Scales” – A manuscript titled “Clustering of schizotypy features in unaffected first-degree relatives of schizophrenia patients” is under review by Schizophrenia Bulletin.

- “Searching for intermediate phenotypes for psychosis: a functional MRI study on neuroanatomical markers for psychosis and gene-brain mapping” – Write-up stage. A total of 85 patients with first-episode psychosis, 29 first-degree relatives and 61 healthy controls have been recruited for neurological tests. A paper titled “In vivo gamma-aminobutyric acid and glutamate levels in people with first-episode schizophrenia: A proton magnetic resonance spectroscopy study” was published in Schizophrenia Research. A manuscript titled “Tractography-based classification in distinguishing patients with first-episode schizophrenia from healthy individuals” has been submitted to Schizophrenia Bulletin.

- “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” – Data collection stage. The recruitment of participants commenced in September 2017.
(1) **Patient Resource**

The Patient and Carer Resource Subcommittee (PCRS) conducted an educational talk on stress management at the Tuen Mun Mental Health Day Centre (Mindset) on 23 October 2017. The talk was delivered by Dr. Johannes POON with 41 attendances, including out-patients, day-patients, relatives and members of the public.

(2) **Community Partnership**

The PCRS has been collaborating with the Jardine Matheson Group in organising community partnership activities under the “Health-in-Mind – Youth Mental Health Promotion Programme”. The Yuen Long Merchants Association Secondary School and the Day Hospital jointly organised an activity “青少年思健推廣計劃：元朗知多 D” on 27 September 2017 for nine day-patients.
(3) **Self-help and Advocacy**

The artwork framing group “書畫樂聚之裱畫小組” continued to organise patient empowerment activities. A total of four day-patients joined the two gatherings on 21 July and 29 November 2017.

(4) **Volunteer Service**

(i) **Core training for volunteers**

Two core training sessions for volunteers were held on 10 July and 12 October 2017 with a total of 66 participants.

(ii) **Summer student volunteer programme**

The PCRS conducted a five-day Summer Student Volunteer Programme from 10 to 14 July 2017. Through various training sessions, seven student participants had a better understanding of the services provided by CPH. They applied the skills learnt in the programme to organise activities for patients.
Hospital Archives & Gallery Exhibition

(1) MTR Community Art Galleries Exhibition

The Hospital Archives & Gallery Exhibition Subcommittee (HAGES) has been arranging exhibitions of patients’ artworks in the MTR Community Art Galleries. The project aimed at boosting confidence of patients in recovery by exploring their talents through painting, as well as enhancing public awareness of mental health.

Two exhibitions were held in Kam Sheung Road Station and Yuen Long Station in August and November 2017 respectively to show patients’ artistic talents to the public.
(2) Art Jamming

Art jamming has become popular in recent years, allowing participants to experience and enjoy painting together. In view of this, the HAGES organised three art jam sessions in the Day Hospital, a forensic psychiatric ward and the Art Garden from July to December 2017 with positive feedback.

Patients, staff and visitors participated in the events were encouraged to unleash their creativity and to express and relax themselves through freestyle painting.
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) Tendering for Project Consultancy
After reviewing the five tenders submitted by potential bidders, the Tender Assessment Panel awarded the service contract of project consultancy to Pico Projects (International) Limited with a total value of HK$2,849,620 in July 2017.

The project consultant is required to oversee the project, and provide design proposal and relevant specifications or requirements to CPH for the museum. It would also analyse, evaluate and recommend the installation contractors for other tender exercises related to the project.

(2) Design Proposal & Layout
Ideas had been exchanged between the project team and the project consultant to develop the design and layout plan for the museum. Consultations on the draft proposal have been conducted with members of the Set Up Committee, the Executive Committee of the IMH, the IMH Board, the Hospital Governing Committee, the Cluster Donation Committee and the Cluster Management Committee. The design and layout drawing of the museum has been finalised at the end of September 2017.

A Tender Assessment Panel on undertaking the evaluation of offers was set up and had the first meeting on 6 December 2017. Specifications and marking scheme of the Tender for Supply and Installation of (Group A) Fit Out Works and (Group B) AV Equipment, Video & Programming were discussed.
(3) **Commencement of Construction Works**

A task group for vacating the existing archive has been formed. Display items, furniture and equipment from the existing archive have already been relocated to a temporary storage facility.

The site was handed over to HA term contractors for construction works. It is anticipated that the construction works would be completed by the end of July 2018.
II. 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 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 38 activities were conducted, among which 23 were organised by the IMH. A total projected net income of $188,572 was earned from the activities with 981 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 and research skills. The activities organised by the IMH mainly targeted at professional carers and the public. A projected net income of $148,094 was generated from the activities.

Invitations from Other Organisations

Among the 15 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 $40,478.

Loan Record of Mental Health Educational Products

Twelve 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.
### A) Mental Health Educational General Fund (MHEGF)

<table>
<thead>
<tr>
<th>Sources of Funding</th>
<th>Full Year Budget for 2017/18 (HK$)</th>
<th>Actual as at 31 December 2017 (HK$)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hospital Other Charges Budget</td>
<td></td>
<td>40,600</td>
</tr>
<tr>
<td>Donation Fund</td>
<td>[Note 1]</td>
<td>5,212,713</td>
</tr>
<tr>
<td>Hospital Alternative Source of Income Projects</td>
<td>[Note 2]</td>
<td>640,330</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td><strong>5,893,643</strong></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>1,675,309</td>
<td>312,881</td>
</tr>
<tr>
<td>Staff of IMH</td>
<td>1,996,120</td>
<td>1,265,431</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>3,671,429</strong></td>
<td><strong>1,578,313</strong></td>
</tr>
</tbody>
</table>

**Free Balance under MHEGF**                             |                                    | **4,315,330**                     |

**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 $532,341 (staff cost) and $492,708 (others).

**Note 2:** 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 $668,143 (staff cost).

**Note 3:** The Full Year target is $680,250, the Year To Date achievement $640,330 is 94.1% of target.

**Note 3:** The Year To Date spending of $1,578,313 represents 43% of Budget spending ($3,671,429).