



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**  
**July – December 2018**

## **Contents**

	<b><u>Page No.</u></b>
I. Overview of Programmes Conducted by the IMH..... (July – December 2018)	P. 1 – 13
II. Statistics of Educational Activities .....	P. 14
III. Financial Report.....	P. 15
IV. Appendix I – Summary of IMH Activities .....	P. 16 – 20

## **I. Overview of Programmes Conducted by the IMH (July to December 2018)**

### **Public Education**

#### **(1) Educational Training on Mental Health of Students**

To enhance teachers' capacity in handling mental health problems of students, the Public Education Subcommittee (PES) conducted educational talks for schools upon invitation.

##### **(i) Educational talk for the Lok Wah Catholic Primary School**

The PES organised an educational talk for the Lok Wah Catholic Primary School for its 48 teachers and teaching assistants on 11 July 2018 in response to its invitation. The talk aimed to provide participants with basic knowledge of common mental health problems among children and to introduce ways to handle students with mental disorders.

##### **(ii) Educational talk for the Stewards**

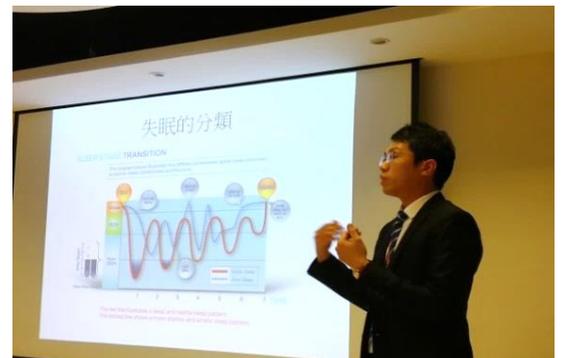
The Stewards, a sponsoring body of local schools, invited the PES to conduct an educational talk on 21 August 2018. About 300 teaching staff from various secondary schools, primary schools and kindergartens attended the talk and were equipped with skills in assessing and managing students with internet addiction problem.

##### **(iii) Educational talk for the Kwun Tong Methodist Social Service**

To enhance teachers' capacity in supporting students with mental health problems, the Kwun Tong Methodist Social Service invited the PES to organise an educational talk for 60 teaching staff of the Ko Lui Secondary School on 28 August 2018.

#### **(2) Educational Talk on Mental Health**

In response to the invitation from the Tin Shui Wai CancerLink Support Centre of the Hong Kong Cancer Fund, the PES arranged an educational talk on 6 November 2018. A total of 18 of its members attended the talk and acquired basic knowledge of mental health and treatment for insomnia and negative emotions.



### **(3) Workshops on Personality Disorders**

With the objective of enhancing staff capacity in supporting job seekers with personality disorders, the Employment in One-stop of the Labour Department invited the PES to organise two half-day workshops on 16 and 29 November 2018 for its 28 officers and social workers. The workshops introduced some basic concepts and different types of personality disorders to the participants, and equipped them with skills in assisting clients with personality disorders in the workplace.

### **(4) Seminar on Mental Wellness of Persons with Disabilities in Workplace**

The Selective Placement Division of the Labour Department invited the PES to conduct a seminar for 280 participants on 23 November 2018. This territory-wide seminar aimed to allow employers and human resources managers to understand the challenges faced by persons with disabilities in the workplace, and to assist them in handling stress at work.



### **(5) Management of Workplace Violence (MoV) Seminars cum Workshops**

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

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

In response to the training request from the School of Nursing and Health Studies of the Open University of Hong Kong, the PES organised a seminar and four workshops from July to August 2018. The training provided its 102 nursing students majoring in mental health care with knowledge and skills in handling workplace violence in psychiatric clinical setting.

#### **(ii) MoV training for the Po Leung Kuk Padma & Hari Harilela Integrated Rehabilitation Centre**

The Po Leung Kuk Padma & Hari Harilela Rehabilitation Centre invited the PES to arrange a seminar for its 40 staff on 24 August 2018 to introduce preventive measures and de-escalation techniques against workplace violence.

## (6) 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.

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

- The Relapse of Mental Illness “預防精神病復發知多點”
- The Importance of Maintenance Treatment “持續治療的重要性”
- Understanding and Coping with Auditory Hallucinations “聲聲相識——認識及處理幻聽”



In view of the high demand, two educational pamphlets were reviewed and reprinted in the period:

- Depression “不再抑鬱”
- Panic Disorder “驚恐症”

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.



With the increasing emphasis on the mental health of children and adolescents in the territory, the PES produced a leaflet with QR codes for accessing online IMH educational pamphlets related to child and adolescent psychiatry, in order to allow patients, carers and the general public to acquire mental health information using mobile devices more easily. The leaflet has been distributing in the E2 Child and Adolescent Mental Health Centre and during IMH activities.



### (7) Health Column in Sing Tao Daily

With the objective of disseminating mental health information to the public, the PES continues to collaborate with the Sing Tao Daily in publishing articles 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. A series of two articles titled “老年抑鬱症的隱藏訊號” was published on 3 and 10 December 2018.

## 老年抑鬱症隱藏訊號(上)

精神科 / 營養學

保健至專

大眾普遍認為，處於抑鬱狀態的人士，會經常淚流滿面、失去生活動力、失眠、食欲急遽變化等等。對！這些都是常見的抑鬱症徵狀。於日常生活中，由於社會對抑鬱症患者的負面標籤，要求人們在工作上不能展現「弱勢」，又或者患者抗拒被人關心慰問，使更多患者傾向於隱藏抑鬱的徵狀。他們可能笑面迎人、能言善道，又或是朋友堆中的「開心果」，令我們難以發現其情緒問題並提供幫助。這情況在長者中尤其常見，當其社交圈子不斷收縮，親戚朋友聚會減少，更易受到忽略。



### 留意患者特徵

讓我們從患者的一些特徵，識別「內向的抑鬱患者」。

**憤怒：**患者會易於動怒或表達不安。當我們受威脅時，產生憤怒的情緒是正常的反應，但在抑鬱的狀態下，患者會容易出現焦慮及緊張的心情，令情緒更加波動。一些言者無心的論調，也可令患者將周遭的環境及訊息錯誤解讀為被侮辱、嘲弄或挪揄。若然控制情緒的能力下降，會使患者將負面情感投射到他人或物件上，表露出憤怒或不安。

整理：Kar



今日顧問：  
青山醫院精神健康學院  
精神科註冊護士  
鄧偉傑博士

【註：以上純屬受訪者及作者個人意見，不代表本報立場。】

## (8) 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 articles are published under the health column “心藏筆露” inside the feature page of the newspaper every other Tuesday, serving as an effective medium for mental health education.

CPH colleagues have been contributing to this project by actively submitting 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 2018 are as follows:

- 安心成長 (03.07.2018)
- 花花世界我來了 (31.07.2018)
- 一個人生活 (14.08.2018)
- 停了、停不了 (28.08.2018)
- 懷孕育兒失自主？安排好過渡 (11.09.2018)
- 人生交叉點 (18.09.2018)
- 我不無聊 (23.10.2018)
- 重讀是個新開始 (06.11.2018)
- 不一樣的樂隊 (20.11.2018)
- 改變自己的神奇力量 (27.11.2018)
- 體諒 (11.12.2018)



## Professional Training

### (1) Family Therapy for Depression and Anorexia Nervosa – Two-day Workshop

A two-day workshop on “Family Therapy for Depression and Anorexia Nervosa” was successfully held on 2 and 3 November 2018 with over 150 participants. The Professional Training Subcommittee (PTS) invited Prof. Joyce MA of the Department of Social Work, the Chinese University of Hong Kong to introduce the use of Family Therapy to help service users with depression or anorexia nervosa. From her expertise and case sharing, participants gained insight into the two mental disorders in a systematic framework.

**Family Therapy for Depression and Anorexia Nervosa 2-Day Workshop**  
2 – 3 November 2018

**Date & Time**  
2 – 3 November 2018 (Thursday & Friday),  
9:00 a.m. – 5:00 p.m.

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

**Course Fee**

- 2 Days – HK\$2,600 per person  
(HK\$2,200 per person for early bird registration on or before 1 September 2018)
- 1 Day – HK\$1,500 per person
- Special price for full-time students of mental health related subjects:  
HK\$1,500 per person (for 2 Days)\*

\* Limited seats are available on a first-come, first-served basis.

**Target Participants**  
Mental health professionals who are interested to know about Family Therapy

**Application Deadline**  
19 October 2018

Please visit IMH website [www.imh.org.hk](http://www.imh.org.hk) for more details and enrolment form.

**Enquiry**  
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Fax: 2455 9330 Website: [www.imh.org.hk](http://www.imh.org.hk)

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Approved Supervisor,  
American Association of  
Marriage and Family Therapy



## **Research**

### **(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 workshops aimed at promoting a culture of research and enhancing research skills among our staff. 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.

A workshop of the series titled “Application of SPSS for clinical study” was delivered by Mr. Kenny WONG, Senior Manager from the HA Head Office on 14 November 2018. In the workshop, the speaker demonstrated the concepts of biostatistics and the use of SPSS, a statistical software commonly used in biomedical research. Seven participants were provided with hands-on experiences on how to create data files and perform data analysis with SPSS.



## (2) Research Seminars

As part of the regular in-house training programme for medical staff, the RS conducted two research seminars in the period, with a total attendance of 53 medical staff. They include:

- **“Neuroimaging research in CPH”** presented by Dr. Simon LUI on 26 September 2018.
- **“Part III exam candidates’ research (Diagnostic instability of first-episode depression & Validation of the Leeds Dependence Questionnaire)”** presented by Dr. Kenneth CHAN and Dr. Joyce HEUNG on 21 November 2018.

## (3) Research Studies

As of December 2018, 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 had been collected. The RS joined the Asia Screening Array Consortium. Genotyping was in progress and the genotype data would be available for analysis soon.
- **“Schizotypy traits or features in nonpsychotic first-degree relatives of patients with schizophrenia: Cluster analysis using the Chapman Psychosis Proneness Scales”** – An article titled “Clustering of schizotypy features in unaffected first-degree relatives of schizophrenia patients” was published in *Schizophrenia Bulletin* (impact factor 7.757).
- **“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 had been recruited for neurological tests. A manuscript titled “Tractography-based classification in distinguishing patients with first-episode schizophrenia from healthy individuals” was published in *Progress in Neuro-Psychopharmacology and Biological Psychiatry* (impact factor 4.187).

## Hospital Archives & Gallery Exhibition

### (1) Photo-stories of CPH (青山相一賞)

The Hospital Archives & Gallery Exhibition Subcommittee (HAGES) has been organising an exhibition entitled “青山相一賞” with images depicting historical moments and a brief introduction outside the CPH staff canteen every three months.

Topics of the September and December 2018 episodes were “Old Bus Route to CPH (青山醫院巴士路路通)” and “Sports and Games Days in CPH (青山醫院運動遊戲日)” respectively.



## (2) MTR Community Art Galleries Exhibition

The HAGES has been arranging exhibitions of patients' artworks in the MTR Community Art Galleries to enhance public awareness of mental health, as well as to boost confidence of patients in recovery by exploring their talents through painting.

Two exhibitions showing patients' artistic talents to the public were held in Yuen Long Station and Tuen Mun Station in August and November 2018 respectively.



## (3) Art Jamming

With the aim to allow participants to experience and enjoy painting together, the HAGES organised two art jamming sessions in the Art Garden and the Intellectual Disability Activity Centre of Excellence (IDACE) on 21 November and 5 December 2018 respectively.

Patients and staff participated in the event were encouraged to unleash their creativity and to express and relax themselves through freestyle painting.



#### (4) Wall Painting

To provide in-patients with a happy and colourful environment, the Department of Child and Adolescent Psychiatry of CPH invited the HAGES to assist in wall painting for a newly renovated Psychiatric Service for Intellectual Disability (PSID) ward.

Staff and patients were invited to participate in the activity on 5 December 2018 and enjoyed decorating the ward together.



## **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 150<sup>th</sup> 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) Update on Construction Works**

Owing to constructive feedback from stakeholders, a few additional modifications were made to the chosen design. A slight delay of construction works was therefore inevitable to obtain the best cost-effective design. However, all the major construction works were completed in September 2018.

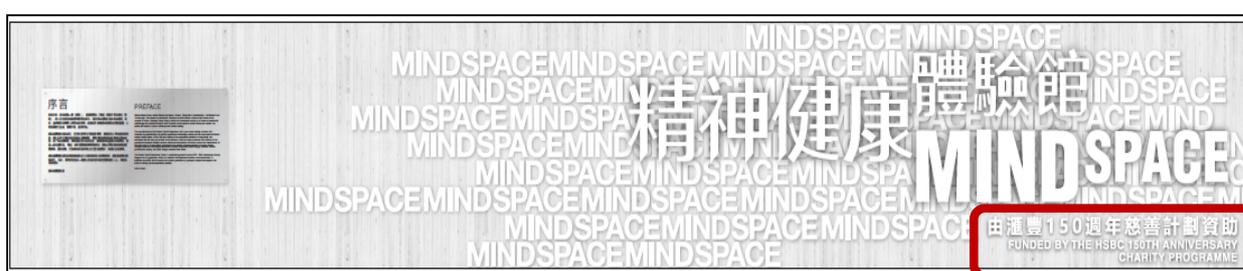
Some remaining interfacing works with the exhibit contractor, such as final fix of fire service and air conditioning system on the false ceilings, will be completed as scheduled by May 2019. The final completion date of the museum would not be affected.



## (2) Naming of the Museum

A proposal on the name of the museum was presented and discussed in the Set-up Committee meeting. Both the English name “Mind Space” and the Chinese name “精神健康體驗館” were highly supported by the members. The chosen English and Chinese names were subsequently supported by the members of the IMH and senior executives of the HA.

Moreover, it was agreed that the acknowledgement of this project’s donation provided by the Hongkong Bank Foundation would be shown in the logo wall at the entrance of the museum.



## (3) Production of the Contents of Each Zone

To ensure that the contents align with our project objectives, “Operation Group for the Design and Content of the HSBC Museum Project” involving CPH medical and nursing staff was formed and co-chaired by the Project Director Dr. Bonnie SIU and the Project Coordinator Ms. Jolene MUI.

Monthly meetings have been held among the Operation Group, project consultant and subcontractors to fine-tune and monitor the details of design and to ensure the content appropriateness of each zone.

## **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 2018 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 23 activities were conducted, among which 12 were organised by the IMH.** A total projected net income of \$325,563 was earned from the activities with 1,337 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. A projected net income of \$242,553 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 the public and professional carers. The projected net income was \$83,010.

### **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.

