Introduction
The Occupational Therapy in-patient enhancement program, "MY RECOVERY, MY ACTION" program piloted in three HA hospitals in 2012/13 and extended to 7 clusters in 2013/14. This recovery-oriented program helped patients to set recovery goals, developed self-management skills, promote hope and well-being. The program allowed choice, facilitated peer support and encouraged active participation. It consisted of 5 structured individual or group sessions, including Illness Management & Recovery (Recovery 360), Transforming Relapse & Instilling Prosperity (TRIP), 5-Ways to Wellbeing and Love Living programmes.

Objectives
1) Empower patients in the early phase of recovery so as to facilitate hospital discharge; and 2) Enhance patients to manage their illness and improve their mental well-being so as to facilitate community re-integration.

Methodology
Multi-centre pretest-posttest single group design was used to evaluate the program effectiveness. Patients’ subjective well-being, hope perception, understanding of illness management and recovery, setting recovery goals were measured by the Short Warwick-Edinburg Mental Wellbeing Scale, Hope Scale, Illness Management and Recovery Scale, and Canadian Occupational Performance Measure respectively before and after the program. Satisfaction survey was also conducted to collect their overall feedback on the program.

Result
A total of 2515 patients from acute psychiatric wards in 7 clusters attended the program in 2013/14. 1910 patients (76%) had completed whole program. Health maintenance (30%), Personal care (27%) and Work (10%) were rated as their top recovery goals. Paired t-test showed significant improvements in their Mental wellbeing (p=.000), Illness management strategies (p=.000), Hope (p=.000), Performance and Satisfaction of personal goal attainment (p=.000). Besides, 509 patients were firstly admitted into psychiatric wards and significant improvements were found in all their outcome measurements. Qualitative feedback was positive and indicated the program was helpful for their illness management and discharge preparation. It is concluded recovery-oriented practice can be an effective means for therapists to work with our patients as it promotes respects, self-determination and individualized care.