ReLIFE- An Integrated Recovery and Lifestyle Redesign Program for Psychiatric In- and Day- Patients in Tai Po Hospital

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Program Background and Objectives

Innovative and holistic initiatives

• A combination of **lifestyle redesign** and **recovery** concept
• A series of **psychoeducational** and **skills training** groups and real-life **experiential** sessions

A continuum of service from the earliest stage of recovery

• Program starts at in-patient stage and continues through day and out-patient settings
• Promotes **continuity of care**
• **A new collaborative project of In-day-out service** in TPH OT Psychiatric unit

Objectives

• To promote illness management and recovery
• To promote wellbeing and quality of life
• To enhance occupational and social functioning
### Program Content

- 5 modules with a total of 20 sessions on the following topics

<table>
<thead>
<tr>
<th>Illness Management and Recovery</th>
<th>Mental Wellness and Quality of Life</th>
<th>Self Care and Home Care</th>
<th>Return to Work</th>
<th>Social and Leisure Development</th>
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</thead>
<tbody>
<tr>
<td>Recovery Goal Setting</td>
<td>Stress and Sleep Management</td>
<td>Self Care</td>
<td>Job Matching</td>
<td>Assertiveness Training</td>
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<td>Relapse Prevention</td>
<td>Lifestyle Redesign</td>
<td>Household Management</td>
<td>Work Resources</td>
<td>Social Cognition Training</td>
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<td>Psychiatrist Talk on Mental Illness</td>
<td>Positive Psychology</td>
<td>Parenting and Childcare</td>
<td>Job Hunting and Interview</td>
<td>Leisure and Community Resources</td>
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<td>Money Management</td>
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**Real-life Experiential Sessions**
Methodology and Results

• 23 adult psychiatric patients completed ReLIFE from May to Nov 2016
• Outcome measures used:
  – Parameters for illness management and recovery, subjective wellbeing, quality of life, and social and occupational functioning

<table>
<thead>
<tr>
<th>Results:</th>
<th>Outcome measures, mean score (SD)</th>
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<tbody>
<tr>
<td></td>
<td>Pre- ReLIFE</td>
</tr>
<tr>
<td>Illness management and recovery&lt;sup&gt;a&lt;/sup&gt;</td>
<td>43.95&lt;sup&gt;c&lt;/sup&gt; (5.33)</td>
</tr>
<tr>
<td>Community living skills&lt;sup&gt;b&lt;/sup&gt;</td>
<td>79.73&lt;sup&gt;d&lt;/sup&gt; (11.20)</td>
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<tr>
<td>Vocational activities&lt;sup&gt;a&lt;/sup&gt;</td>
<td>5.17&lt;sup&gt;e&lt;/sup&gt; (2.82)</td>
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<tr>
<td>Social activities&lt;sup&gt;b&lt;/sup&gt;</td>
<td>5.67&lt;sup&gt;f&lt;/sup&gt; (2.85)</td>
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</tbody>
</table>

Significance compared to average baseline (Pre- ReLIFE and Post- ReLIFE): *p < .05, **p < .01
<sup>a</sup> Wilcoxon Signed Ranks Test; <sup>b</sup> Paired t-test; <sup>c</sup>n=20; <sup>d</sup>n=15; <sup>e</sup>n=12; <sup>f</sup>n=18
Patients’ Feedback

- **95%** of them were **satisfied** with the program and found it **helpful in their recovery**
- **81%** agreed the program enhanced their **quality of life**

Experiential session-
Photography activities to promote mindfulness and positive psychology