



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Enhancing Family Involvement in Mental Health Recovery Journey-Care for the Carer Program**

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**Introduction**

In line with the increase of clinical and public awareness on family and caregivers' burden and mental health, we took the initiative to promote 'care-for-the-carer' practice. By employing Lazarus and Folkman's Transactional Model of Stress and Coping and referencing previous researches, it was established that sense of mastery, professional support and caregiver positive emotion affect caregiving burden. In 2017, the Recovery-oriented Practice Working Group of KEC have piloted 'care-for-the-carer' activities, in terms of a day camp, trying to address the need of the relative for Persons-in-recovery (PIR).

**Objectives**

1) to increase the sense of mastery in caregiving; 2) to increase professional support, especially from the community, in facilitating effective caregiving and 3) enhance caregivers' self-care and positive emotion.

**Methodology**

The activity was a full-day program which composed of: 1) family psychoeducation workshop, which aims to encourage caregivers to view PIRs with a strength-based perspective, to provide knowledge about how family dynamics affect client's mental state and to demonstrate practical skills in effective communication; 2) relative support worker sharing and ICCMW introduction, which aims to enhance PIRs' and caregivers' connection with community resources and professional bodies; 3) experiential self-care and family occupational activities (including aromatherapy and massage, music and physical activities workshop) which aim to promote caregivers' positive emotion. 33 participants were recruited and completed a self-designed feedback form rated on 5-point Likert scale from strongly disagree to strongly agree. The questions focused on caregiving-competency domain, namely mastery in communication and interaction, understanding of community resources and awareness in self-care.

**Result**

More than 90% of relatives participated in the day camp agreed that the activity increased their sense of mastery in caregiving, their connection with community resources for professional support and their positive emotion. Family and caregivers are important elements of recovery for persons with mental illness. In the future, more structured and ongoing care-for-the-carer program should be designed and provided in order to address the increasing need for the caregivers of PIRs, which in turn facilitate personal recovery our clients.