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[Flourish life] 豐盛人生 活得精彩 Life Enrichment Recovery Program to Promote Self-confidence and Hope of Mental Health Service Users
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Introduction
Many people with mental health problems feel in darkness. The illness adversely impacts on their psychosocial well-being and it takes years of struggle to improve. Sharing the recovery stories of others with similar struggle has profound effect on inspiring hope. A recovery promotion program, 'Flourish Life', is developed based on social and experiential learning theory. Statistically significant outcomes were demonstrated on improvement of mental well-being. Content of the program included sharing of recovery stories, healthy life style, re-build self-image, strengthen resilience, cultivate hobbies, boost confidence, and develop personal goal and gratitude towards life and life review.

Objectives
-To share evidence and instill hope for recovery -To empower service users to develop personal goal. -To validate the possibility of a flourish life

Methodology
An open group of 7-session based on social learning theory were co-designed by the Case Managers (CM) and Peer Support Workers (PSW) of psychiatric community team. PSW refers to people with lived experience of recovery from mental illness and he/she used such experience as a tool to help others. Maximum group size of each session was 15. The contents of the program were: Session 1: Sharing of recovery journey together with the enjoyment of music followed by promotion of mental and physical wellness by active exercise and selecting healthy food; Session 2: Expert photo taking for enhancement of self-image; Session 3: Sharing of mindfulness experience in nature; Session 4: Building resilience through horticulture; Session 5: Sharing of recovery journey and development of personal goal; Session 6: Social engagement activity (BBQ and day camp); Session 7: Practicing gratitude by life review through making of own album plus program graduation ceremony. Pre and post measurement by Well-Being Index (WHO-5) and patient satisfaction survey were collected. The WHO-5 is a short questionnaire consisting of 5 simple and

non-invasive questions, which tap into the subjective well-being of the respondents. It has adequate validity both as a screening tool for depression and as an outcome measure in clinical trials and has been applied successfully across a wide range of study fields.

Result

The 10 participants who joined more than 3 sessions of the program were invited to complete the pre-post WHO-5 questionnaire and the response rate is 100%. The Wilcoxon Signed Rank test showed increase in well-being after the program with a statistical significance of p=0.024. Total 13/35 participants completed the patient satisfaction survey. According to the result of survey, more than 90% of participants had positive feedbacks on the contents, arrangement (time & venue) and staff performance in the program. Besides, the participant's self- confidence, happiness, positive thinking and friendship were enhanced. More than 86.7% of participants rated ≥8/10 for the overall satisfaction of the program. Conclusion: The 'Flourish Life' program was a life enrichment and peer support packaged program to our service users to foster recovery, resilience and develop personal goals. The program demonstrated practice advancements to improve mental wellness with positive results. The use of lived experiences fosters and inspires services users with hope in their recovery journey. However, the implication of the program is limited by its small sample size and open group nature but the pilot provides stewardship for further implementation.