



Service Priorities and Programmes

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“My Heartfelt Experience”: A Recovery-Oriented Program to Induce Hope and Improve Well-Being for Patients with Mental Illness

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Introduction

Mental health recovery is a journey of healing and transformation enabling a person with a mental health problem to live a meaningful life in a community of his or her choice while striving to achieve his or her full potential. The common factors for evidence-based practice in recovery include instillation of hope, empathic, non-judgmental listening and acceptance and understanding. A meta-analysis showed that participants who completed programs with hope enhancement elements resulted in significantly increased hopefulness and well-being. Some studies revealed that engagement in recovery stories telling, meaningful art-based activities and activities with horticulture elements could instill hope and improve well-being. Guiding by the above evidence, a recovery-oriented program with hope and well-being enhancement elements titled “My heartfelt experience” was designed for patients with mental illness in Kowloon Hospital.

Objectives

This study aimed at exploring the effectiveness of a recovery-oriented program titled “My Heartfelt Experience” in instilling hope and enhancing well-being.

Methodology

This program consisted of 2 cycles of 8 sessions of art-based and horticultural activities, development of a recovery booklet in which different recovery stories were recorded, organization of a sales day cum art exhibition activity in Kowloon Hospital. In-patients, out-patients and day-patients in adult teams were recruited. One-group pretest-posttest design and convenient sampling were adopted. Chinese Short Warwick-Edinburgh Mental Well-being Scale (C-SWEMWBS) and Hope Scale - Chinese Version (HS-CV) were used for outcome measure, in which the participants filled in the questionnaires before and after the program. The results were analyzed by descriptive statistics and paired t-test. A satisfactory survey was used to evaluate the program process.

Result

14 participants with mean age 42.9 (SD=14.75 years, range = 15-59 years) were recruited from December 2017 to January 2018. Statistically significant improvement in scores were found in C-SWEMWBS ($t=2.19$, $p<0.05$) and agency subscore in HS-CV ($t=2.73$, $p<0.05$) upon completion of the program. Regarding the process evaluation, 92.9% of participants reported that the recovery-oriented program enhanced their well-being and induced hope about their lives after discharge. Participants became happier, more confident in returning their life roles in the community after discharge. 85.7% of them suggested this program to be held regularly.