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Recovery in My Hands 我有我力量

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Introduction

The strengths-model practice has been developed with strong evidence-based support in client's recovery for the last 30 years in the West. In our clinical practice, we are still adopting traditional medical model which focuses on client's deficits and problems. In allied with the Hospital Authority Mental Health Service Plan and the department's (Department of Psychiatry, Kowloon Hospital) new direction of promoting recovery-based care, a pilot strengths assessment program was developed in 2012 to enhance our staffs' alertness of clients' strengths and to empower our clients to identify their strengths.

Objectives

(1) to develop a structured 'strengths-based' assessment program for clients' recovery; (2) to assist clients identifying their strengths/resources; (3) to induce hope, happiness, confidence, positive sense of self to clients; (4) to facilitate the setting of meaningful personal recovery goal(s).

Methodology

A 'pre- and post- assessment' design was applied. Subjects are recruited from psychiatric rehabilitation team on voluntary basis. Program duration: 8 sessions, 1 hour 15 minutes/session. Program design: (1) psycho-education; (2) group games/activities; (3) strength assessment on 7 life domains; (4) structured, conversational interview; (5) open-ended, reflective, probe questions; (5) group sharing and discussion; (7) class work. Outcome measures by: (1) Strengths assessment tool; (2) Chinese Rosenberg Self-esteem scale; (3) Service user's satisfaction survey.

Result

From October to November 2012, 5 in-patient and 2 out-patient service users were

recruited. Average attendance was 91.07%. 100% participants identified their strengths; 100% reported increase in positive sense of self; 86% increased hope and sense of happiness; 71.4% reported positive change in self-esteem; 71% increased in self-confidence; 71% set up meaningful personal goals; 71% were satisfied with the program and would recommend it to other users. Qualitative feedbacks were collected: '課程令我能更立體、全面地審視自己', '好好，可以學習認識自己更多'. Clients could utilize their strengths to set up recovery goals. Staff's alertness and appreciation of clients' strengths were reported. The program is effective in assisting clients identifying their strengths/resources; enabling them to find meaningful goal towards recovery. It helps motivate and empower staff confidence and alertness of clients' strengths for recovery. One staff reported a total change of mind set to a more strengths-based approach care. Further planning on good utilization on clients' strengths for setting their meaningful goals together with staff is required.