



Service Priorities and Programmes
Electronic Presentations

Convention ID: 495

Submitting author: Ms Fonny NG

Post title: Assistant Social Work Officer, Tuen Mun Hospital, NTWC

Promotion Recovery Through Peer Support : Production of Physical Exercise VCD for in-patients of E2 Child and Adolescent Mental Health Centre

Wong KM(1), Ng YH(2), Cheuk HYE(2), Lam SM(1)

(1)Psychiatric (Child and Adolescent Practice), Castle Peak Hospital , (2) Community Services Centre, Tuen Mun Hospital

Keywords:

recovery approach

peer support

summer volunteer service

morning exercise VCD production

Introduction

The Recovery Approach has been adopted by mental health services worldwide and peer support constitutes one of the main elements of recovery-based services. Peer support is about moving from an identity of “patient” to an identity of “expert by experience”. TMH E2 child psychiatry ward, in collaboration with TMH Community Service Centre, conducted an innovative CQI project for reinforcing in-patients to do daily morning physical exercise by adopting peer support. To get a good start in morning exercise is part of recovery of their mental illnesses.

Objectives

The project was implemented for in-patients of child and adolescent psychiatric ward with three objectives : 1. To create a context in which recovery of social relationship can begin and grow for in-patients of child and adolescent psychiatric ward through peer support 2. To facilitate recovery by strengthening and cultivating morning exercise habit 3. To cultivate consistent habit on doing morning exercise

Methodology

Four adolescent volunteers of TMH Sunshine Angel Summer Volunteer Program (屯門醫院陽光天使暑期義工服務計劃) conduct six-session volunteer service for the production of morning exercise VCD with E2 in-patients. Intervention was cultivated and created by step-by-step peer support of sunshine angel volunteers : 1. To build up trust relationships among volunteers and in-patients 2. To create the content of the morning exercise VCD through discussion, games and mutual agreement : background, music, characters, etc... 3. To produce the morning exercise VCDs by volunteers and other sunshine angels volunteer, with different background and characters according to ideas of in-patients. 4. To conduct farewell session with in-patients for termination of service

Result

Two sets of morning exercise VCDs had been produced according to proposed ideas from E2 in-patients. E2 patients showed more acceptance, trust and openness to four sunshine angel volunteers at the farewell session. In addition, E2 in-patients cultivate continuous and long lasting habit on doing morning exercise with the support of the VCDs with funny content.