



## Service Priorities and Programmes Electronic Presentations

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### **Walking Along Mental Health Recovery Road- A Collaboration Program of Occupational Therapy and Health Resource Centre**

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#### **Keywords:**

recovery-oriented practice

peer support development

#### **Introduction**

Promoting social inclusion for mental health service users is always a challenge in hospitals. One of the factors is the lack of social context accommodating their role repertoires. A smooth transition from institutional care to community care is essential for their fluent and complete recovery journey. In this connection, a “Team Up, Beam Up- Bridging to Community” program has been jointly organized by Occupational Therapy Department and Health Resources Centre (HRC) at Psychiatric Day Hospital of United Christian Hospital in 2014-15. The three phases of the program include: 1) occupational therapist facilitates the clinical and functional recovery by promoting communication skills, stress and illness management techniques; 2) social worker facilitates social and personal recovery by advocating self-exploration through experiential learning; 3) service users walk towards their recovery pathway according to their own choices.

#### **Objectives**

The main objectives of the twelve-session training program were 1) to create opportunities for service users to actualize their personal recovery e.g. being volunteers in the community 2) to strengthen their confidence and self-esteem and 3) to instill hope for their future development.

#### **Methodology**

Quantitative and qualitative data were collected one week after the program. 12 participants successfully completed two series of the program, and were recruited in the data collection. Two focused group interviews were conducted for qualitative measurement. Verbatim was analyzed by transcribing meaningful statements and paragraphs. Coding was assigned to useful information, which was then sorted into categories based on difference and similarities. For quantitative measurement, pre and post-test design was adopted to evaluate the change rate of hope scale and culture-free self-esteem inventory after the program.

#### **Result**

Quantitative analysis showed positive changes of self-esteem and hope level in terms of Cohen's d (Culture-free Self-esteem Inventory: General subscale= 0.168; Social subscale= 0.32; Personal subscale= 0.46; Snyder's Hope Scale: Agency subscale= 0.032; Pathway subscale= 0.19). The three categories identified in the qualitative analysis were 1) improved mood and mental state (e.g. higher awareness and on present moment and better anger management skill), 2) better social engagement (e.g. sense of mutual support from family and friends) and 3) personal transformation (e.g. higher self-acceptance and understanding of empathy). All participants were successfully recruited as hospital volunteers by HRC one month after the program. To conclude, the program equipped service users with improved resilience and readiness for social inclusion and engagement in next recovery stage.