



Service Priorities and Programmes

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Recovery Journey of People With Mental Illness: The Structured Private Clothing Programme in psychiatric inpatient services

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Introduction

Respect, locus of control with choices and ownership are crucial elements to recovery. A self-directed, strengths-based and structured private clothing programme in empowering person-in-recovery (PIR) has been launched in Oct., 2014 in Kwai Chung Hospital (KCH). All post admission care units (PACU) in KCH have participated the programme and a positive effect was found in recovery promotion.

Objectives

1. Provide freedom of choices of clothing in psychiatric in-patient setting
2. Cultivate recovery concept to PIRs and colleagues
3. Enhance self-esteem of PIRs.
4. Enhance engagement of carers in PIR's recovery journey.

Methodology

All PIRs in PACUs were screened and recruited according to their willingness. Among 800 screened PIRs, more than 400 inpatients showed willingness to join the programme. Different levels of nursing cares have been provided based on their choices of participation. For facilitating the structured private clothing programme, several measures had been implemented including 1. Self-directed laundry policy, 2. New installation of washing machine & dryer for ward-based laundry, 3. Extension of working hour of free laundry provided by Occupational Therapy Department, 4. Implementation of ward-based extended rehabilitation activities, 5. Liaison of carers to co-create a care plan in private clothing management, 6. Collaboration of Social Enterprises to create a platform for PIR to experience freedom of choices by activity '隨意配搭, 穿出自我', 7. Invitation of current designer providing fashion training for

enhancing confidence of participants by wearing suitable clothing, 8. Multi-disciplinary cooperation to conduct a night dinner with PIRs to enjoy food and fashion show ‘紅模滙’ . A self-rated Rosenberg Self-esteem Scale (RSE) has been given to participants to assess their self-esteem level before and after the programme and also the satisfaction survey has been given after the programme.

Result

Over 400 inpatients have participated in the program, which is more than 50% of inpatients in four PACUs in KCH. Evaluation of RSE and narrative comment have been analyzed. It was found that participants, who wearing private clothing were showing improvement in self-rated esteem and all of them rated ‘satisfactory’ or above in satisfaction survey after the programme. The most valuable outcome is the increased happiness of PIRs in between the activities especially in ‘隨意配搭, 穿出自我’ and ‘紅模滙’ . The benefit is not only reflected by the PIRs, but the colleagues also shared the happiness of them by which showing a positive momentum in recovery promotion. The success of this program greatly relies on the participation and commitment of PIRs, carers & colleagues. The positive outcome and feedback from participants, carers and colleagues largely support the further development of the programme. Hospital-wide private clothing promotion will be a vision of achievement in the future.