

ReLIFE- An Integrated Recovery and Lifestyle Redesign Program for Psychiatric In- and Day- Patients in Tai Po Hospital

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Program Background and Objectives

Innovative and holistic initiatives

- A combination of **lifestyle redesign** and **recovery** concept
- A series of **psychoeducational** and **skills training** groups and real-life **experiential** sessions

A continuum of service from the earliest stage of recovery

- Program starts at in-patient stage and continues through day and out-patient settings
- Promotes **continuity of care**
- **A new collaborative project of In-day-out service** in TPH OT Psychiatric unit

Objectives

- To promote illness management and recovery
- To promote wellbeing and quality of life
- To enhance occupational and social functioning

Program Content

- 5 modules with a total of 20 sessions on the following topics

Illness Management and Recovery	Mental Wellness and Quality of Life	Self Care and Home Care	Return to Work	Social and Leisure Development
<ul style="list-style-type: none">• Recovery Goal Setting• Relapse Prevention• Psychiatrist Talk on Mental Illness	<ul style="list-style-type: none">• Stress and Sleep Management• Lifestyle Redesign• Positive Psychology	<ul style="list-style-type: none">• Self Care• Household Management• Parenting and Childcare• Money Management	<ul style="list-style-type: none">• Job Matching• Work Resources• Job Hunting and Interview	<ul style="list-style-type: none">• Assertiveness Training• Social Cognition Training• Leisure and Community Resources
Real-life Experiential Sessions				

Methodology and Results

- 23 adult psychiatric patients completed ReLIFE from May to Nov 2016
- Outcome measures used:
 - Parameters for illness management and recovery, subjective wellbeing, quality of life, and social and occupational functioning

Results:	Outcome measures, mean score (SD)	
	Pre- ReLIFE	Post- ReLIFE
Illness management and recovery^a	43.95 ^c (5.33)	48.35 ^{c*} (6.52)
Community living skills^b	79.73 ^d (11.20)	86.80 ^{d**} (13.16)
Vocational activities^a	5.17 ^e (2.82)	7.33 ^{e*} (1.50)
Social activities^b	5.67 ^f (2.85)	7.94 ^{f*} (3.54)

Significance compared to average baseline (Pre- ReLIFE and Post- ReLIFE): * $p < .05$, ** $p < .01$

^a Wilcoxon Signed Ranks Test; ^b Paired t-test; ^c $n=20$; ^d $n=15$; ^e $n=12$; ^f $n=18$

Patients' Feedback

- 95% of them were satisfied with the program and found it helpful in their recovery
- 81% agreed the program enhanced their quality of life

我在復元生活之旅學到的東西是... 對精神病和心理健康有深入的瞭解 以及 對壓力有正確的認識。
復元生活之旅幫助到我... 抒發壓力，盡量使自己保持 平衡的心境。
我完成復元生活之旅後的感想是... 使自己全面的了解認識自己和

我完成復元生活之旅後的感想是... 非常感慨，以及 個人思想復元 感覺人生 有人扶助。

生活之旅學到的東西是... 在康復過程中，可以得到什麼人的支援和協助，總得到了解自己如何自融入社會。
之旅幫助到我... 幫助我從生活圈子了解自己的病情，學得到各種常識。
元生活之旅後的感想是... 因為和其他人一起參與，發現並非自己一人有精神問題，不應怪責自己。



Experiential session-
Photography activities
to promote mindfulness
and positive psychology