



Service Priorities and Programmes Electronic Presentations

Convention ID: 417

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“I Can Do It” visual cue card for promoting children’s social-emotional competence in the E2 Child & Adolescent Mental Health Centre

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Keywords:

I Can Do It

visual cue card

social-emotional competence

E2 Child and Adolescent Mental Health Centre

Introduction

It has long been recognized that children with neurodevelopmental disorders like ASD, ADHD commonly have difficulties in emotion regulation and social problem solving. They do not have adequate control over their emotional responses to interpersonal conflict situation, fail to cope with their experiencing strong negative emotions and frankly react to the situation in unfriendly and even hostile way without considering other socially acceptable solutions. Helping them equip with the social-emotional regulation strategies (positive self-talk, the “Turtle techniques”, problem solving skills) would be brought lasting benefit to their personal, social and academic functioning (Southam-Gerow,2013; Webster-Stratton, 1999). Individual training or group based training has been provided for patients in promoting their social-competence at the in-patient service and day-hospital service in the E2 Child and Adolescent Mental Health Centre, but many of them consistently fail to apply the learnt skills in daily life. As visual cues can help children to recall and utilize the learnt skills and strategies (Lentini, Vaughn & Fox, 2005), the project named as “I Can Do It” visual cue card for promoting children’s social-emotional competence was implemented in 2016.

Objectives

- 1.To provide portable reminder for patients as a guide to recall and utilize the learnt social-emotional regulation strategies in daily life
- 2.To provide efficient child rearing tool for caregivers to help children cope with the interpersonal conflict situation

Methodology

The identified practice gap was discussed with supervisor and the feasibility of the project was also explored. Literatures about interventions/tools those enhancing children’s social-emotional competence were reviewed. Opinions were collected from colleagues in early 2016. The cue card was produced for comment and finalized in

mid-2016.

Result

The visual cue card named as "I Can Do It" was produced. Colleagues would use the cue card as a teaching tool to do psycho-education for patient and their caregivers and thereafter distribute the cue card to them as a portable reminder to utilize their learnt social-emotional regulation strategies in daily life, so that promoting their social-emotional competence. Fund will be applied for mass production once the Patient Empowerment Programme/ NTWC invites service providers to apply for the project funding.