



## Service Priorities and Programmes Electronic Presentations

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### **FROM RECOVERY TO ACTION: An Experience Sharing of Recovery-Oriented Program in Community Psychiatric Service**

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#### **Introduction**

Traditionally, recovery of mental illness is understood as symptoms remission and functioning improvement. Nowadays, such understanding is transformed to maintain a meaningful life and personal identity even with the presence of symptoms. Literatures suggested that there is now a strong interest in the incorporation of recovery concepts into the delivery of mental health service globally. Recently, Hospital Authority had placed a strong emphasis on implementing recovery orientation to all aspects of the delivery and development of mental health service. In Community Psychiatric Service (CPS), we conducted two pilot programs grounded on recovery concepts and reference of oversea recovery programs. We hope our experience could benefit the ongoing development of the mental health service.

#### **Objectives**

- 1) To share our experiences about application of Recovery Concept in Community Psychiatric Services
- 2) To share the information collected from Service Users' perspective for supporting future development of Recovery Orientated Services

#### **Methodology**

Two recovery-oriented programs, Broad Game and Stress Management Group, were carried out from October to December 2016 aiming to support the personal recovery of our service users.

##### **i. Board Game**

It is a metaphor of a non-linear recovery journey which might include ups and downs. Service users had to complete different tasks and share their personal recovery with each other. At the end, their understandings of recovery were facilitated.

##### **ii. Stress Management Group**

Based on the evidences supporting illness management and the stress vulnerability model, the group aimed to promote their well-being through enhancing their

Individualized stress coping and eliciting their intrinsic strengths. Participants were invited to set group norms and suggest the content of the sessions so that their participation and sense of ownership could be maximized. Moreover, peer support was fostered through games and sharing in a non-judgmental manner.

### **Result**

A semi-structured interview was conducted to collect feedback from the service users after each activity. A list of questions was used to collect feedbacks and narrative data about service users' understandings of recovery. Moreover, their viewpoints of recovery-oriented service were also collected so as to provide insights and directions on how to incorporate users' perspectives in our service. Together with our staff reflection, it could provide us with a clearer direction of the ways towards the recovery-orientated service