

社區精神科服務

社區精神科服務是專為精神病康復者及其照顧者提供的外展支援服務。此服務採用個案管理模式，由跨專業醫療團隊(包括精神科護士、職業治療師和社會工作人員)照顧有不同程度風險和需要的康復者，促進在社區中復元。透過定期外展或家訪，與各醫療團隊、社區精神復康服務和社區伙伴緊密協作，與康復者及其照顧者發掘共同目標，制定明確及可達成的復元計劃，參與康復者的復元路，減低病發風險及入院需求。

服務範疇

- 評估康復者的精神健康、病情、需求、優勢及風險
- 與康復者及照顧者共同制定明確、可衡量、可達成、相關和有時限的復元計劃
- 介入項目包括病徵處理、預防復發、精神科藥物認識及管理、改善生活方式、精神健康及心理健康教育、身體健康教育、家庭關係評估及介入、父母管理訓練、支持性輔導、認知行為介入、壓力處理、解決困難訓練、獨立生活技巧及認識社區支援服務等。

服務對象

- 精神病康復者及其照顧者。
- 居於港島西聯網的服務範圍(中西區、南區、離島(不包括東涌新市鎮))。
- 非本聯網服務範圍的精神病康復者，將由本院社區精神科服務轉薦至所屬的聯網醫院提供相關服務。

服務形式

- 透過定期外展、家訪、接見或電話聯絡的形式提供服務。

三層服務模式

社區精神科服務涵蓋三層服務模式，包括社區專案組、個案復康支援計劃和精神科社康服務。

1. 社區專案組

- 主要服務對象是有多方面照顧需要及對自身或其他人士有潛在風險的精神病患者
- 提供密切的社區照顧，包括危機干預和社區精神治療，以減低精神病造成的風險和傷害

2. 個案復康支援計劃

- 主要服務對象是經常復發風險及有社會心理需要的嚴重精神病患者

- 提供個人化照顧，使精神健康和社會心理需要得到支援，目標是促進患者融入社會和復元

3. 精神科社康服務

- 主要服務對象為需要支持的精神病康復者，保持精神狀況穩定，並促進其在社區生活的能力
- 提供支援，協助康復者融入社區生活

轉介流程

外展服務轉介可經由精神健康綜合社區中心、綜合家庭服務中心或精神科醫生提出。其他社康護理及支援服務均需由精神科醫生提出。轉介者需填寫指定的轉介書，個案經理會聯絡轉介者以作查詢及商討。

收費

香港合資格人士：免費
非合資格人士：根據醫院管理局政策收費

地址: 香港高街1F號戴麟趾康復中心南翼 4 樓
電話: 9325 3246 傳真: 2547 5011


以上資料由瑪麗醫院精神科提供。



瑪麗醫院
Queen Mary Hospital

社區精神科服務

DEPARTMENT OF PSYCHIATRY
COMMUNITY PSYCHIATRIC
SERVICE

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Community Psychiatric Services

Community Psychiatric Services (CPS) provide outreaching support services for persons with mental illness and their caregivers. The multi-professional team, which comprise of registered psychiatric nurses, occupational therapists and social worker adopt the case management approach in caring for persons-in-recovery with various needs, strengths and risks to facilitate recovery in the community. Through outreaching services or home visits and collaborations with health care teams, community mental health support services and community partner, case manager, service user and caregiver explore common goals and setting up specific and achievable recovery plans. Case manager would join the service user on the recovery journey while reducing the risk of relapses and needs for psychiatric admissions

Scope of Service

- Assessment of mental health, mental conditions, needs, strengths and risks
- Goal setting with service user on SMART (specific, measurable, achievable, relevant and time-limited) and recovery-oriented plan
- Care packages include symptom management, relapse prevention, medication management, lifestyle

modification, psychoeducation, physical health education, family assessment and intervention, parenting skills, supportive counselling, cognitive behavioral intervention, stress management, problem solving skills, independent living skills and utilization of community resources.

- Provide timely and adequate support for contingency management and / crisis intervention to relieve the stress of users and caregivers.

Service Recipients

- Persons with mental illness and their caregivers
- Residing in Hong Kong West Cluster, including Central Western District, Southern District and Islands (excluding Tung Chung New Town)
- Persons with mental illness residing in other districts would be transferred to respective community psychiatric services in the region.

Service Provision

- Outreaching visits, home visits, interviews and phone contacts

Three Tier Model

Community Psychiatric Services

(CPS) comprise of three tiers, namely, Intensive Care Team (ICT), Personalised Care Programme (PCP), and Standard Community Psychiatric Services (Standard CPS).

1. Intensive Care Team

- o Target service users are those having complex needs and risks
- o Provision of intensive community care including crisis intervention and assertive outreach for risk management and harm reduction

2. Personalized Care Programme

- o Target service users are those with Severe Mental Illness (SMI) having risk of frequent relapse and significant psychosocial needs
- o Provision of personalised care for the mental health and psychosocial needs with the goals of facilitating community integration and enhancing recovery

3. Standard Community Psychiatric Services

- o Target service users are those require continuous support for maintaining stability of their mental condition and optimizing their functioning in the community
- o Provision of interventions to prevent

unnecessary hospitalization and promote community integration

Referring Procedures

CPS receives referral from Psychiatrist and case workers of the Integrated Community Centre for Mental Wellness (ICCMW) or Integrated Family Service Centre for special outreaching operation. Psychiatrist can refer patients to the services under CPS with a standardized referral form. The assigned CPN or case manager will then approach the referrer for information and discussion.

Charges

HK Eligible person = Free

Non eligible person = Charges according to the Hospital Authority policy.

Ways of contact

Address: 4/F, South Wing, David Trench Rehabilitation Centre, 1F, High Street, Hong Kong

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Information provided by Department of Psychiatry, Queen Mary Hospital.