



Service Priorities and Programmes Electronic Presentations

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Re-energizing your Life: Occupational Life-style Redesign program for youth with psychosis

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Introduction

Youth with early psychosis are always noted with declining social dysfunctions and life functioning. They are presented with lacking energy and low self-esteem. They are afraid to make new friends and connect with others and hence lost many opportunities in experiencing their lives. Most of them cannot continue their study or work. These lead to failure in pursuing personal goals and growth, further deterioration in mental health, and hence establishing a dissatisfying life. An experiential-learning based program “Re-energizing your Life (生活·動起來)” is specially designed for the youth with early psychosis in Kowloon Hospital.

Objectives

“Re-energizing your life (生活·動起來)” program aimed to facilitate the youth with psychosis to build up their self-esteem and social network, to identify their strength, and to appreciate happiness in their lives through peer support, successful experiences and happiness-inducing activities.

Methodology

Each cycle consisted of six indoor experiential sessions and an outing activity. The sessions were designed based on the CHIME (the acronym of Connectedness, Hope and Optimism towards future, Identity, Meaning in Life and Empowerment) recovery framework and occupational lifestyle redesign (OLSR). Instead of traditional classroom-based psycho-education, participants were encouraged to play and learn through adventure-based games in the sessions. Therapeutic concepts like loving themselves, self-acceptance, hope and well-being were incorporated in the program.

Result

Two cycles of the program had been conducted in April to June 2015 and August to October 2015 respectively. Nine male and four female participants (aged from 18 to 28) were recruited. Changes of life functioning of participants were assessed with Life Functioning Assessment Inventory (L-FAI). Verbal feedbacks from participants were gained in focus group discussion after each cycle. Eleven participants completed

the program in which three of them attended both cycles. Two participants dropped out. One participant left due to geographical reason and another one needed to attend other work training course. Before joining the program, only one participant had a full-time job while the remaining ten (91%) were neither employed nor studying. Four of them attended OT training regularly but six of them (55%) idled at home. After the program, four participants were gainfully employed and two were studying. Five remained unemployed (55%) but three of them attended OT training regularly. Only two (18%) remained idling at home. Statistical significant improvement was found in the average L-FAI score of leisure, social and work life functioning after attending the program. All participants gave positive feedback in the focus group discussion. They enjoyed the mode of experiential learning which induced happiness and enhanced their motivation to join. It was a good platform to meet new friends and interact with peers. The group was non-judgmental and they were free to try different roles. Most of them were able to identify their strength and virtue, increase their self-esteem and had more energy to handle their daily living tasks after attending the program. All participants would recommend this program to other EASY clients. To conclude, "Re-energizing your life" program gained positive feedback and had clinical significance in improving life functioning of youth with psychosis. A more systematic evaluation of participants' self-esteem, hope and other related parameters are recommended. A longitudinal follow-up study on the continuous changes of the participants is also recommended.