



Service Priorities and Programmes Electronic Presentations

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Submitting author: Miss SHUK YIU YU

Post title: Occupational Therapist I, Kwai Chung Hospital, KWC

Develop a Recovery Education Center to promote recovery and well-being of service users in mental health hospital

Yu SY(1), Yeung SF (1), Sin YM (1), Wa C(1), Lui WY(1)

(1) Occupational Therapy Department, Kwai Chung Hospital

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Introduction

Moving towards “recovery-oriented” mental health system is a major paradigm shift and transformation in HA for recent years. The vision of Occupational Therapy is to empower our clients to lead a meaningful life of their choices. Under the provision of funding from Mindset and S.K.Yee Medical Foundation, our department successfully transformed a traditional carpentry workshop to a Recovery Education Center (REC), which served as a new teaching and learning context for the pre-discharge service users learning the importance of their own participation in managing mental health and well-being. It signatures the importance of their own self-management and determination in their recovery journey. Service users no longer take a passive role while becoming an active agent to pursue their recovery journeys at REC.

Objectives

REC puts the value of person centered into focus. It aims to provide service users with tools and skills to self-manage through the partnership of expertise by experience and professional expertise:

1. Develop “keep well and stay well” strategies
2. Promote personal recovery and well-being by adopting educational approach
3. Support self-management and life-enhancement
4. Build a meaningful and satisfying life
5. Increase choices and opportunities for building life “beyond” illness
6. Promote social inclusion through in-reach and out-reach programs with community organizations

Methodology

38 recovery programs were conducted in REC. The programs were conducted under three main strands including self-management, recovery & well-being and life enhancement. Attendance of service users to REC programs from April 2015 to January 2016 was captured. Outcome indicators were measured by Illness Management and Recovery Scale (IMRS) and Hope Scale. Satisfaction surveys were collected to receive feedbacks from service users participated in REC.

Result

A total of 381 service users with 1956 attendance attended the REC from April 2015 to January 2016. A preliminary analysis on the outcome indicators demonstrated positive outcomes with significant improvement on the total scoring of IMRS ($p=0.015$). Besides, numerical improvement was found in Hope Scale. The qualitative satisfaction surveys revealed excellent satisfaction by the effectiveness of the REC programs (mean score 8.82/10), including quality of service, environment and staff attitude. The Center has successfully built up a new educational and learning context by offering an increased range of interesting and inspiring courses to promote recovery and well-being for our service users.