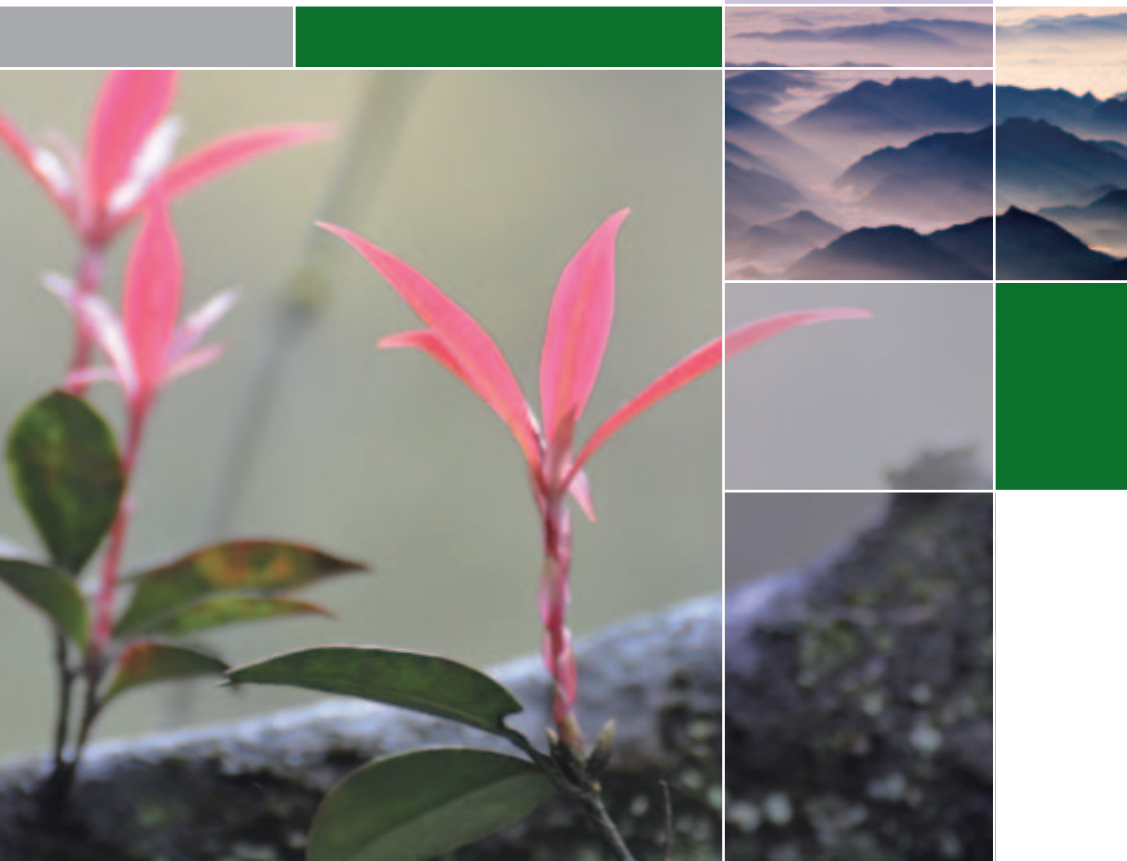


**HOSPITAL AUTHORITY  
MENTAL HEALTH SERVICE PLAN  
FOR ADULTS  
2010 - 2015**



醫院管理局  
HOSPITAL  
AUTHORITY



## Introduction

The Hospital Authority (HA) has developed the HA Mental Health Service Plan for Adults 2010-2015 (the Plan) as a framework to guide the development and provision of our adult mental health services in the next five years.

The Plan has built on the work of the Food and Health Bureau (FHB) on mental health services, HA's central co-ordinating committee in Psychiatry and the Hong Kong College of Psychiatry.

Recommendations of the service plan were a result of intense clinical input, extensive engagement of multi-disciplinary professionals, literature review, and consultation with key stakeholders between the period May to Aug 2010.

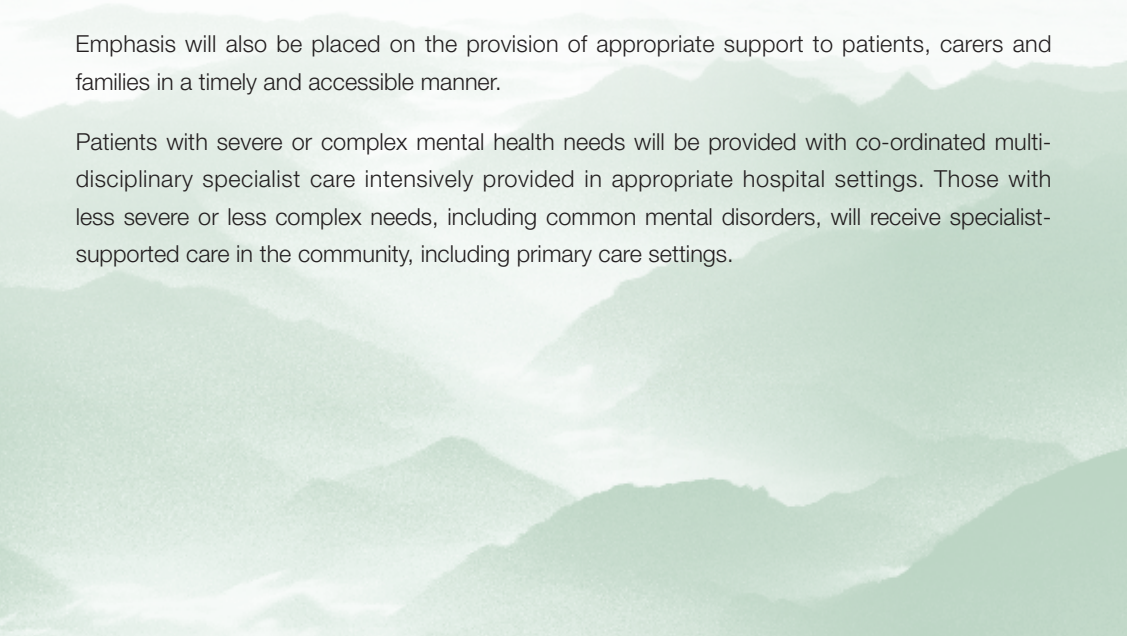
## New Service Direction

HA adult mental health services will move towards the provision of a person-centred service based on effective treatment and the recovery of the individual. The emphasis is on early intervention and assertive treatment, particularly for those at risk of relapse and hospitalisation.

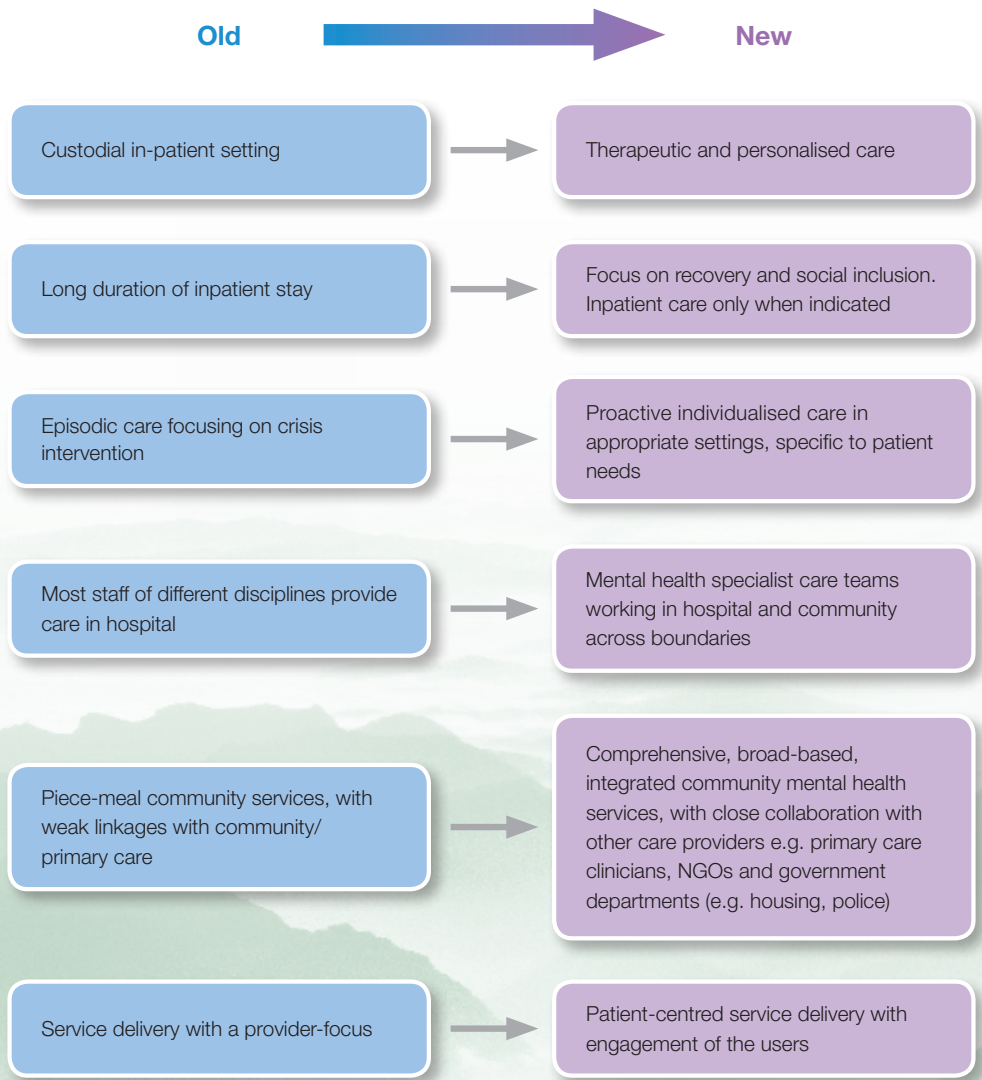
***The vision of the future is of a person-centred service based on effective treatment and the recovery of the individual.***

Emphasis will also be placed on the provision of appropriate support to patients, carers and families in a timely and accessible manner.

Patients with severe or complex mental health needs will be provided with co-ordinated multi-disciplinary specialist care intensively provided in appropriate hospital settings. Those with less severe or less complex needs, including common mental disorders, will receive specialist-supported care in the community, including primary care settings.



Further, services will be operated under a new care model as illustrated below:



## Key Recommendations

The Plan recommends significant developments in hospital, ambulatory and primary care mental health services over in the next five years and beyond. Six long-term strategic objectives are identified for HA to move towards the future direction and goals.

1. To develop a quality, outcomes-driven mental health service.
2. To work for the early identification and management, including self-management, of mental illness.
3. To manage common mental disorders in primary care settings, where possible.
4. To further develop and expand community mental health teams.
5. To refocus in-patient and out-patient hospital services as new therapeutic environments.
6. To seek greater collaboration with disability support and rehabilitation providers outside the HA.

### ***Objective 1. To develop a quality, outcomes-driven mental health service, the Hospital Authority will***

- Establish a mental health users group to act as an advisory reference group.
- Develop quality standards for inpatient, specialist outpatient, and community mental health services.
- Commission an HA-wide patient satisfaction survey to be independently conducted, assessing the attitude of patients with mental illness towards HA services and establishing a benchmark for service changes.

### ***Objective 2. To work for the early identification and management, including self-management, of mental illness, the Hospital Authority will***

- Subject to resource availability, extend the age range of the successful Early Assessment Service for Young Persons with Psychosis (EASY) program for the early assessment of psychosis in young people and adults.
- Resource the expansion and strengthening of the psychiatric consultation liaison services to Accident & Emergency Departments of major hospitals in Hong Kong to identify, support and manage people presenting with mental disorders.
- Work with primary care clinicians on agreed management protocols to facilitate the early identification and treatment of people with common mental disorders.



***Objective 3. To manage common mental disorders in primary care settings, where possible, the Hospital Authority will***

- Identify resources for multi-disciplinary mental health specialist care teams to work out in the community, providing information, clinical support and advice to primary care teams in HA Family Medicine Specialist Clinics (FMSCs) and General Outpatient Clinics (GOPCs).
- With the support of the relevant bodies, establish a framework for shared care between multi-disciplinary mental health specialist care teams, private psychiatrists and primary care clinicians to develop the capacity and capability of the private primary care sector to manage common mental disorders.
- With the support of multi-disciplinary mental health specialist care teams, develop the use in primary care settings of cognitive and other psychological therapies for some types of common mental disorders.

***Objective 4. To develop and expand community mental health teams, the Hospital Authority will***

- Recruit case managers in all HA clusters to provide comprehensive case management for all patients with severe mental illness (SMI) considered suitable for treatment in community settings, with support from an enhanced HA-wide 24-hour mental health hotline with appropriately trained staff.
- Develop case management approach to allow better integration of care between inpatient and community settings, supported by the use of personal electronic health records under personal data privacy guidelines.
- Pilot community-based multi-disciplinary mental health specialist care teams providing full range of psychiatric and mental health services in community settings, and providing links with Integrated Community Centres for Mental Wellness (ICCMW) of the Social Welfare Department (SWD).

***Objective 5. To refocus inpatient and outpatient hospital services as new therapeutic environments, the Hospital Authority will***

- Implement a new specialist outpatient model based on multi-disciplinary care to patients, so to improve waiting time, consultation time, service flexibility (particularly for evening clinics) and the range of services provided.
- Fund a modernisation program to renew psychiatric inpatient wards to provide a safe, pleasant and home-like environment, with the specific aim of enhancing therapeutic elements for patients.

- Further develop workforce plans and program for staff retraining, to facilitate a transition from the containment and management model of care to a modernized and personalized model of care.

***Objective 6. To seek greater collaboration with disability support and rehabilitation providers outside the Hospital Authority, the Hospital Authority will***

- Enhance the work of the HA-SWD/Non-Government Organisations (NGOs) liaison group to improve coordination of services and in particular to support the work of NGOs to provide rehabilitation and work opportunities for mental health patients, with the aim of NGOs becoming the coordinators and significant providers of rehabilitation services.
- Work with all relevant parties, including statutory bodies and NGOs, to reduce the stigma of mental illness and increase mental health literacy in the population.
- Support SWD in developing a statutory licensing scheme for residential care homes for people with long-term mental health needs, giving particular attention to former long-stay inpatients.

The strategic objectives are described in more detail in the full report, each of which are underpinned by operational priorities being actions and priorities which need to be implemented to take the recommendations forward (examples of these operational priorities are given here). All proposals recommended will be assessed and reviewed through the HA's Annual Planning mechanism.

HA is well aware of the mental health needs of children and adolescents and of elderly people. It is our intention for these to be covered in the near future.

## Suggestions and Comments

HA welcomes suggestions and comments from colleagues, service users and other key stakeholders on the new service direction and key recommendations on its adult mental health services. Questions may be directed to email: [str.planning@ha.org.hk](mailto:str.planning@ha.org.hk).

The full document of the Plan may be downloaded from the Hospital Authority website at <http://www.ha.org.hk>.