

精神

MENTAL
WELLNESS

精神復元及身心靈健康服務
Mental Health Service

健康



精神健康服務一覽

Mental Health Services



了解更多服務詳情
Know more about
details of services

住宿服務 Residential

中途宿舍服務

本會設有4間中途宿舍，合共提供144個宿位，為精神復元人士提供過渡性住宿照顧服務。中途宿舍服務以復元為本，我們相信精神復元人士可以透過積極、自主的復元歷程，建立對復元的希望，重新融入社會，過著有意義及充滿希望的生活。

中途宿舍

- 秦石中途宿舍
- 朗日居

特建中途宿舍

- 陳震夏怡翠軒
- 筲箕灣宿舍 (目前重建中)

Halfway House

SideBySide operates four halfway houses with a total capacity of 144, providing transitional residential care service that facilitates persons in recovery (PIRs) with recovery-oriented community support for independent living.

Halfway House

- Chun Shek Halfway House
- Sunrise House

Purpose-built Halfway House

- Chan Chun Ha Yee Tsui House
- Shau Kei Wan House (Re-development)



復元計劃 Recovery

導航計劃 - 精神復元人士過渡支持服務試驗計劃

採用復元模式及醫社協作為本，為精神復元人士提供跨專業及過渡性支援，促進他們接受適切服務及融入社區。服務包括：為輪候中途宿舍的人士提供支援，促進他們的社區適應，及對中途宿舍的認知，並協助他們接受中途宿舍服務或融入社區；為提早離舍的服務使用者提供融入社區的支援，並協助他們維持復元的動機；為已入住中途宿舍36個月或以上並面對遷出困難的服務使用者，協助實踐遷出計劃，以讓他們再次融入社區。



Lighthouse Project - Pilot Project on Transitional Support Service for Persons in Mental Recovery

By adopting recovery model with medical-social collaboration, we provide multi-disciplinary and transitional support to facilitate service users to bridge community support service and reintegrate into the community. Service includes: providing support to potential service users of HWH, to facilitate their adjustment in the community, to enhance their understanding in HWH living and prepare their admission, or sustain their community living; providing support to HWH users who left HWH pre-maturely on their integration in community living and to maintain their motivation for recovery and assisting HWH service users who have been residing for 36 months or above to be smoothly discharged from HWH and reintegrate into the community.

精神健康綜合社區中心

本會於九龍城區及元朗區分別設有兩間「精神健康綜合社區中心」 - 龍澄坊和朗澄坊，提供由及早預防以至危機管理的一站式、地區為本及便捷的社區精神健康支援服務。

Integrated Community Centre for Mental Wellness

We operate two Integrated Community Centres for Mental Wellness (ICCMW) in Kowloon City and Yuen Long districts, namely Vitality Place and Placidity Place, to provide one-stop, district-based and accessible community mental health support service from early prevention to risk management in the serving districts.



良好健康與福祉



減少不平等



多元夥伴關係

賽馬會樂齡同行計劃

由賽馬會慈善信託基金策劃及捐助。本會轄下兩間精神健康綜合社區中心（九龍城區的龍澄坊和元朗區的朗澄坊）開展服務。本計劃融合長者地區服務及社區精神健康服務，建立逐步介入模式，並根據風險程度、徵狀的嚴重程度等，為有抑鬱風險或抑鬱徵狀的長者提供標準化的預防和適切的介入服務，從而提升長者的心理健康和抗逆力。

JC JoyAge

Funded by The Hong Kong Jockey Club Charities Trust, our two Integrated Community Centres for Mental Wellness (Vitality Place in Kowloon City District and Placidity Place in Yuen Long District) are implementing the Project. Adopting a stepped care model, the Project integrates community elderly and mental wellness services within the district. Based on the severity of depressive symptoms and risk levels of the elderly, it provides standardized prevention and intervention to enhance their resilience and mental wellness.



轉化作貢獻 Transforming into Contributions

朋輩支援服務

朋輩支援服務為社區精神健康綜合社區中心的精神復元人士及其照顧者提供情緒支援，促進復元的進程。朋輩支援員除了擁有相關訓練，本身亦是精神復元人士。他們以同行者的身份，以個人經歷及體驗，分享他們的自身轉化經歷，增加公眾對於精神健康的認識，與及精神復元人士的優勢，建立共融健康社區。



Peer Support Service

Provides emotional support to persons in recovery and their caregivers as well as facilitating them in the recovery process. In addition to having relevant training, peer supporters are also persons in recovery themselves. They support and encourage others in recovery based on their personal experiences. Also, it raises the public's awareness of mental wellness and the strengths of the person in recovery to build an inclusive and healthy community.

職業治療服務

以復元和融合為目的，為受精神、情緒或行為問題困擾的服務使用者提供職業治療服務，提高服務使用者的活動機能（自我照顧能力、家居及社區生活能力、工作能力），以最大限度地發揮其能力，並協助他們重整生活規律、建立健康及富意義的生活模式，重新融入社區。同時，亦會為其他服務單位提供專業諮詢，並協助進行研究及職員培訓，實習培訓等工作。

Occupational Therapy Service

Provides occupational assessment and treatment for service users who suffered from psychological, emotional or behavioural disturbances, to maximize their functioning and assist them in achieving active and meaningful lifestyle, and ultimately to facilitate successful re-integration into the community and pave the way for their recovery, as well as provide professional consultation and training services for staff.

臨床心理服務

臨床心理服務為受精神、情緒或行為問題困擾的服務使用者提供心理評估及測試，建立治療計劃，並按個別需要提供個人或小組形式治療；同時，亦會為其他服務單位如社會康復及支援綜合服務中心、精神健康綜合社區中心等提供專業諮詢，並協助進行研究及職員培訓等工作。

Clinical Psychology Service

Provides psychological assessments and interventions for individuals and groups facing psychological, emotional, or behavioural challenges. Additionally, we offer professional consultation for staff across service units, including Social Rehabilitation & Community Support Centers and Mental Wellness Centers, while actively engaging in research and staff training.





| 精神健康綜合社區中心 | INTEGRATED COMMUNITY CENTRE FOR MENTAL WELLNESS |



年度重點 HIGHLIGHTS OF THE YEAR

朗澄坊Placidity Place

家庭為本、身心靈整合的照顧者支援服務

朗澄坊以「家庭為本」和「整全健康模式」的理念，共開展了28節家屬及照顧者服務，服務344人次。服務內容包括：「+樂福」正向教育活動、「Chill吸旅途」照顧者喘息活動、「Chill自由的一天」照顧者自我關懷活動，以及「樂得字在·自在」藝術表達工作坊等。這些多元化的活動有效提升家屬的自我理解、溝通與情緒調節能力，同時減輕其照顧壓力，激發希望。其中，「Chill自由的一天」更透過與青年學院的合作，建立了互助和支持的社區網絡，促進共融與包容的精神健康氛圍，提升家庭凝聚力及整體社區福祉。

朋輩互助、社區融合的青少年服務

朗澄坊為元朗區學校提供了合共25個入校活動，服務2,470人次，內容涵蓋小組活動、精神健康遊戲攤位、朋輩分享、學生講座等服務，透過早期介入和專業支持，提升學生的心理健康意識與應對能力，構建學校與社區的支持網絡。「愛·順流」系列活動基於「PERMA+」理論，以情緒講座和朋輩服務，促進青少年認識情緒，培養正向人生觀，並訓練中學生情緒支援大使，推動同儕互助。「七日不見」青少年互助小組則透過多樣化活動和與地區青年服務機構的合作，強化青少年間的互助與社區連結，促進青年的健康成長與社會融合。



透過樂高與學生進行互動，啟發學生認識情緒，以及學習正向思維的特質
Engaging students through LEGO activities to inspire emotional awareness and foster the development of positive thinking traits

Family-centered, Holistic Caregiver Support Services

Placidity Place adopts a “family-centered” and “holistic health” approach in providing support services for family members and caregivers. This year, we conducted a total of 28 sessions of family and caregiver services, serving 344 participants. Services included the “+ Family Pleasure” positive education programme, “Chill Journey” respite activities for caregivers, “Carerland” self-care workshops, and the “Joyful Calligraphy” art expression workshops. These diverse activities effectively enhance caregivers’ self-awareness, communication, and emotional regulation skills, while reducing stress and inspiring hope. Notably, “Carerland” collaborated with youth colleges to establish a peer support network, fostering a culture of inclusion and acceptance in mental health, strengthening family bonds and improving overall community well-being.



照顧者前往青年學院學習甜品製作，透過烹飪和分享，舒緩照顧壓力，促進社區共融

Caregivers attended Youth Academy for dessert-making to reduce caregiving stress and foster community inclusion through cooking and sharing

Peer Support and Community Integration Youth Services

Placidity Place delivered 25 school-based activities in the Yuen Long district, serving 2,470 participants. The services included group activities, mental health game booths, peer sharing sessions and student talks. Through early intervention and professional support, these programmes aimed to enhance students' mental health awareness and coping skills while building a strong support network between schools and the community. The “Love Flow” series, based on the “PERMA+” model, enables youth to understand emotions and develop a positive life value through emotional workshops and peer services, it also trains secondary school peer support ambassadors to promote peer assistance. The “Seven Days Apart” youth mutual support group fosters peer support and community connection through diverse activities and collaboration with local youth organisations, encouraging healthy growth and social integration among young people.



朗澄坊的青年會員與青年綠洲住戶聯誼，在義工會員的協助下，以廚藝會友，加強社區連結
Youth members from Placidity Place engaged with Youth Oasis residents in a cooking event, facilitated by volunteers, to strengthen community connections



在職員的帶領下，青年會員共聚燒烤，以此加深對彼此的認識和瞭解，增進社交支援
Guided by staff, young members enjoyed a barbecue together, fostering deeper connections and strengthening social support

實證為本、包容共融的 動物輔助服務

朗澄坊今年動物輔助服務有兩大重點發展：一是以動物為媒介，開展入校及入鄉活動，與元朗社會福利署及新田鄉事委員會合作，舉辦動物義工探訪及動物café 嘉年華，促進城鄉融合、傳遞關懷，以及進行精神健康教育和推廣；二是進行動物輔助服務成效研究，通過與服務使用者、職員及動物義工的聚焦訪談，結合理論分析，為建立完善的服務模式奠定基礎。研究結果初步發現動物輔助服務不僅可提升服務使用者的情緒覺察與社交能力，亦加強社區關係與包容氛圍，具有顯著的社會與心理健康意義。



參加者樂聚一堂於在新田鄉舉辦的動物café，以動物為媒介，促進城鄉共融
Participants gathered at the animal café conducted in San Tin, using animal as a medium to promote urban-rural integration

Evidence-based, Inclusive Animal-Assisted Services

This year, the animal-assisted services of Placidity Place focused on two key developments. First, animals were used as a medium for school and countryside outreach activities. In collaboration with Yuen Long Social Welfare Department and the San Tin Rural Committee, we organised animal volunteer visits and an animal café carnival to promote urban-rural integration, convey care, and provide mental health education and promotion. Second, a service effectiveness study was conducted through focus group interviews with service users, staff, and animal volunteers, combining theoretical analysis to establish a solid foundation for a comprehensive service model. Preliminary findings indicate that animal-assisted services enhance users' emotional awareness and social skills, strengthen community relationships and foster an inclusive atmosphere, demonstrating significant social and mental health benefits.



社會福利署元朗福利專員石陳麗樺女士，和朗澄坊職員與寵物義工一行人，前往新田鄉探望會員及其照顧者
Mrs. Shek Chan Lai Wah, District Social Welfare Officer (Yuen Long), along with staff and pet volunteers from Placidity Place, visited a member and her caregiver in San Tin

INTEGRATED COMMUNITY CENTRE FOR MENTAL WELLNESS /

服務數據 SERVICE DATA



朗澄坊 Placidity Place

 1,108 累積會員人數 Active service users	 267 新增會員人數 New service users	 283 開展個案/重新開展個案 New/reactivated cases	 74 開展個案/重新開展個案 (家屬) New/reactivated cases involving families/carers
 19 開展個案/ 重新開展個案 (兒童) Cases with casework counselling provided for children	 3,166 外展探訪/ 辦公室面談次數 Outreaching visits/ Office interviews	 409 外展探訪/ 辦公室面談次數 (家屬) Outreaching visits/ Office interview (families/carers)	 2,073 外展探訪次數 Outreaching visits
 20 治療性小組 Therapeutic groups	 1 治療性小組 (兒童) Therapeutic groups (children)	 480 節 sessions 興趣及支援小組 Interest and supportive groups	 253 連繫及大型活動 Linkage activities/ Programmes
 25 連繫及大型活動 (中學入校服務) Linkage activities/ Programmes (School)	 6,714 連繫及大型活動 (參加人數) Linkage activities/ Programmes (no. of participants)	 2,470 連繫及大型活動 (參加人數) 中學入校服務人數 Linkage activities/ Programmes (no. of participants for school)	 28 節 sessions 家屬心理教育小組/活動 Psycho-educational groups/ programmes for carers
 12 家屬心理教育小組/活動 (小家屬) (不少於4節) Psycho-educational groups/programmes for carers (Children) (Not less than 4 sessions)	 2 家屬心理教育小組 (不少於4節) Psycho-educational groups/programmes for carers (Not less than 4 sessions)		



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服務成效 SERVICE IMPACTS



After having received service in a year at Placidity Place:

96% adult service users agreed or fully agreed that the service was satisfactory.

96% adult service users agreed or fully agreed that problem coping and solving capability were enhanced.

95% adult service users agreed or fully agreed that community support was enhanced.

100% children service users agreed or fully agreed that the service was satisfactory.

92% children service users agreed or fully agreed that mental health related knowledge was enhanced.



在接受朗澄坊的服務一年後

96%的成人服務使用者表示對服務感到滿意或非常滿意。

96%的成人服務使用者同意或非常同意應對和解決問題的能力明顯提升。

95%的成人服務使用者同意或非常同意社區支援明顯增加。

100%的兒童服務使用者表示他們對服務感到滿意或非常滿意。

92%的兒童服務使用者同意或非常同意對精神健康的知識有所增加。





龍澄坊 Vitality Place

「同行我城」精神健康社區聯盟

二零二四至二零二五年度，善導會與香港都會大學、輔助醫療隊、浸信會愛羣社會服務處、香港路德會社會服務處及香港心理衛生會合作，於九龍城區建立「同行我城」精神健康社區聯盟。龍澄坊於二零二四至二零二五年合辦了五項活動推廣精神健康及社會共融，受惠人數超過700人。活動涵蓋大型嘉年華、精神復元人士分享工作坊、社區關懷剪髮服務、深度義工體驗（療癒編織星之花），以及學校和院舍探訪交流。活動提升公眾對精神健康的認知與接納度，同時促進學生、義工、精神復元人士及院友間的跨界別互動與社會共融。



香港都會大學學生義工為龍澄坊服務對象理髮，以行動展現關懷

A Hong Kong Metropolitan University student volunteer provided a haircut to a participant from Vitality Place, demonstrating compassion in action

「陪着你走」藝術展覽

龍澄坊獲九龍城民政事務處「2024-25年度社區參與計劃」資助，於二零二五年二月十三日至十五日在牛棚藝術村舉辦「陪着你走」藝術展覽，主題聚焦「陪伴」，結合「海洋」概念及互動元素，展出逾50件精神復元人士的作品，呈現他們從患病到復元的歷程，以促進社會對精神復元人士正面認識、消除歧視及促進社會共融。開幕典禮邀得社會福利署九龍城及油尖旺區福利專員林綺梅女士、九龍醫院副醫院行政總監甄偉政醫生、九龍城區議會潘國華議員JP、黃馳議員、陳治華議員出席，展覽共吸引超過300人參觀，展現社會各對精神健康議題關注及支持。

"City Companion" Community Alliance on Promoting Mental Health

In 2024-2025, SideBySide, in collaboration with Hong Kong Metropolitan University, Auxiliary Medical Service, Baptist Oi Kwan Social Service, Hong Kong Lutheran Social Service, and Hong Kong Mental Health Association, established the "City Companion" Community Alliance on Promoting Mental Health in Kowloon City. Vitality Place organised five events to promote mental health and social inclusion, benefiting over 700 individuals. Activities included a large-scale carnival, recovery sharing workshops, community care haircut activities, in-depth volunteer experiences (therapeutic star flower crafting), and school and residential care home visits. These activities enhanced public awareness and acceptance of mental health while fostering cross-sector interaction and social inclusion among students, volunteers, persons in recovery, and care home residents.

"Be With You" Art Exhibition

With funding from the Kowloon City District Office of Home Affair Department's "2024-25 Community Involvement Programme," Vitality Place hosted the "Be With You" Art Exhibition at Cattle Depot Artist Village from 13 to 15 February 2025. Themed around "Companionship" and incorporating ocean-inspired concepts and interactive elements, the exhibition featured over 50 artworks created by persons in recovery (PIRs). These pieces reflected the journeys of PIRs from illness to recovery, aiming to foster positive societal perceptions of mental health recovery, promote inclusivity, and combat stigma. The opening ceremony was attended by Ms. Lam Yee-mui, Kowloon City and Yau Tsim Mong District Welfare Officer of the Social Welfare Department; Dr. Yan Wai-ching, Deputy Hospital Chief Executive of Kowloon Hospital; Kowloon City District Council Members Mr. Poon Kwok-wah, JP, Mr. Wong Chi, and Mr. Chan Chi-wah; as well as community partner representatives. The three-day exhibition drew over 300 visitors, reflecting widespread community support and attention to mental health issues.



觀眾正在專注地觀賞「陪着你走」藝術展覽的藝術作品

An audience was concentrating on viewing the artwork at the "Be with You" Art Exhibition



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年度重點 HIGHLIGHTS OF THE YEAR

「童感同行」 - 社交及情緒學習計劃

善導會和香港救助兒童會在二零二三年八月開始合作策劃及執行「童感同行」- 社交及情緒學習計劃，旨在透過社交情緒學習，以促進學生的精神健康。計劃提供小五及小六各12節社交及情緒課、全校社交及情緒學習週攤位遊戲、家長講座、教師工作坊及不同類型的社區活動。計劃於二零二四至二零二五年度服務超過6,000人次小學生參與社交情緒學習課程、攤位，及社區活動。同時提供講座給80位家長及工作坊予超過70位老師。計劃有效地提升兒童對自己情緒的認識及管理、社交能力，及同理心的理解及實踐能力。參與了二零二三至二零二五年小五及小六各12節社交及情緒課的學生當中，他們的社交及情緒能力平均分數提升了4.84%，反映課程的介入對學生有正面影響。



學生參與社交情緒學習週的減壓活動
Students participated in stress-relief activities during Social and Emotional Learning Week

港漂x龍澄坊 心靈療癒精神健康工作坊

二零二五年三月十二日，龍澄坊在Y83學生公寓舉辦了支援港漂群體（從中國內地前往香港留學、就業的人士）的「心靈療癒精神健康工作坊」。活動邀請勞工及福利局副局長何啟明太平紳士發表勵志演講，鼓勵參加者勇敢面對人生挑戰。透過心理健康教育講座，幫助參加者深入了解精神健康的重要性。「真人圖書館」環節中，朋輩支援員分享個人復元故事，讓參加者更深入了解精神復元人士。此外，「星之花」工作坊以創意為媒介，讓參加者透過藝術創作體驗療癒效果。活動促進年輕港漂的心理韌性及社區支持，助力他們在挑戰中成長。

Integrating Social Emotional Learning into School Settings Project (iSEL)

In August 2023, SideBySide and Save the Children Hong Kong began strategically collaborating to plan and implement the "Integrating Social Emotional Learning into School Settings Project", aimed at promoting students' mental health through social and emotional learning. The project offered 12 social and emotional lessons for both Primary 5 and 6 students, along with school-wide activities during Social and Emotional Learning Week, including booth games, parent talks, teacher workshops, and various community events. In the 2024-2025 academic year, the project served over 6,000 primary school students participating in social and emotional learning course, booths, and community activities. Additionally, it provided lectures for 80 parents and workshops for more than 70 teachers. The programme effectively enhanced children's awareness and management of their emotions, social ability, and understanding and practice of empathy. Among the Primary 5 and 6 students who participated in the 12 social and emotional lessons each from 2023 to 2025, their average score for social and emotional competencies increased by 4.84%, reflecting that the project's intervention had a positive impact on the students.

Hong Kong Drifters x Vitality Place Mental Wellness Workshop

On 12 March 2025, Vitality Place hosted the "Mental Wellness Workshop" at Venue Y83 Student Accommodation, targeting Hong Kong drifters (Individuals from Mainland China to study or work in Hong Kong). Through an inspiring speech by Mr. Ho Kai-ming, JP, Under Secretary for Labour and Welfare, the event encouraged participants to courageously face life's challenges. The workshop featured an educational talk on mental health, offering young drifters valuable information about psychological well-being. In the "human library" session, peer supporters shared personal recovery stories, deepening participants' understanding of persons-in-recovery. Additionally, the "Star Flower" workshop sparked creativity, enabling participants to create unique art pieces and experience therapeutic benefits through artistic expression. This event significantly fostered psychological resilience and community support, empowering young drifters to thrive amidst challenges.



勞工及福利局副局長何啟明先生，JP 聯同香港人才服務辦公室代表及港漂學生代表參與「港漂x龍澄坊 心靈療癒精神健康工作坊」
The Under Secretary for Labour and Welfare, Mr. HO Kai-ming, JP, joined representatives from the Hong Kong Talent Service Office and mainland student representatives in the "Hong Kong Drifters x Vitality Place Mental Wellness Workshop."



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服務數據 SERVICE DATA

龍澄坊 Vitality Place



1,716

累積會員人數
Active service users



464

新增會員人數
New service users



491

開展個案/重新開展個案
New/reactivated cases



100

開展個案/重新開展個案(家屬)
New/reactivated cases
involving families/carers



32

開展個案/
重新開展個案(兒童)
Cases with casework
counselling provided
for children



4,684

外展探訪/
辦公室面談次數
Outreaching visits/
Office interviews



381

外展探訪/
辦公室面談次數(家屬)
Outreaching visits/ Office
interview (families/carers)



3,319

外展探訪次數
Outreaching visits



31

治療性小組
Therapeutic groups



2

治療性小組(兒童)
Therapeutic groups
(children)



613 節 sessions

興趣及支援小組
Interest and supportive
groups



247

連繫及大型活動
Linkage activities/
Programmes



9,911

連繫及大型活動
(參加人數)
Linkage activities/ Programmes
(no. of participants)



45 節 sessions

家屬心理教育小組/活動
Psycho-educational groups/
programmes for carers



16

小家屬心理教育小組/活動
Psycho-educational groups/
Programmes for children

INTEGRATED COMMUNITY CENTRE FOR MENTAL WELLNESS /



服務成效 SERVICE IMPACTS

「同行我城」精神健康
社區聯盟的活動受惠超過 **700**人
提升了公眾對精神健康的認知和接納。

「陪著你走」藝術展覽中，
274位參觀者中有 **219**人
給予正面回應，佔總數 **80%**，
展現了對精神復元人士能力、優勢
及努力付出的高度認同與讚賞。

「童感同行」- 社交及情緒學習計劃
提升兒童情緒管理、社交能力與同理
心，促進校園精神健康，服務超過
6,000人次。



The "City Companion" Community Alliance
on Promoting Mental Health benefited
over **700** people, enhancing public
awareness and acceptance of mental health.

At the "Be With You" art exhibition, **80%**
of the 274 attendees, totaling **219** individuals,
provided positive feedback, highlighting strong
recognition and appreciation for the capabilities,
strengths, and efforts of PIRs.

The Integrating Social Emotional Learning into
School Settings Project enhanced children's
emotional management, social skills, and
empathy, promoted mental health in schools
and served over **6,000** participants.



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專題故事 FEATURE STORY

服務使用者：丁丁

丁丁一直與患有妄想症的母親相依為命。母親早期的病情尚算輕微，但隨著病情日漸惡化，母親情緒經常激動，甚至暴怒，令丁丁經常陷入無助與自責，甚至在壓力不斷累積下，生活幾乎被失控的情緒侵蝕。

丁丁十分擔心母親的情況會越拖越嚴重。在2016年，在長者中心的轉介下，她與母親首次接觸了善導會精神健康綜合社區中心朗澄坊服務。為了避免母親抗拒，她謹慎地以「身體檢查」等方式引導母親接受服務。丁丁坦言，第一次在朗澄坊與母親跟姑娘會面時，她的情緒崩潰到無法自控，整個過程中忍不住哭泣。「一開始，我無法平靜地面對母親的病情，也不知如何與她溝通。朗澄坊的姑娘不僅接納了我的情緒，還不厭其煩地陪伴我，讓我感到自己並不孤單。」

朗澄坊用了兩年時間，耐心地與丁丁的母親建立信任，最終在2018年成功說服母親就診。然而，當母親得知需要入院治療時，她情緒崩潰，甚至大罵丁丁「背叛她」。丁丁至今仍記得母親那充滿仇視的眼神以及刺耳的話語，讓她驚恐到無法直視母親。幸而，在這個艱難的時刻，朗澄坊的姑娘全程陪伴，甚至超出下班時間，堅持留守最後一刻，這份支持深深地觸動了丁丁。

Service User: Ding Ding

Ding Ding has always lived with and cared for her mother, who suffers from delusional disorder. In the early stages, her mother's symptoms were mild, but as her condition worsened, she frequently became agitated or even enraged. This left Ding Ding feeling helpless and consumed by guilt. Over time, the mounting stress severely affected Ding Ding's life, leaving her overwhelmed by uncontrollable emotions.

Worried about her mother's deteriorating condition, Ding Ding sought help in 2016. With a referral from an elderly centre, she and her mother connected with SideBySide's Integrated Community Centre for Mental Wellness – Placidity Place. To avoid resistance, Ding Ding cautiously framed the visits as "health check-ups" to encourage her mother to accept the service. Reflecting on their first meeting with the social workers at Vitality Place, Ding Ding admitted she was emotionally overwhelmed. She broke down in tears during the session, unable to control her emotions. "At the start, I couldn't face my mother's condition calmly or figure out how to communicate with her. The staff at Placidity Place not only accepted my emotions but also patiently supported me, making me feel less alone," she shared.

The team at Placidity Place spent two years carefully building trust with Ding Ding's mother, and in 2018, they successfully persuaded her to seek medical treatment. However, when her mother discovered she needed hospitalisation, she had an emotional breakdown, accusing Ding Ding of betrayal. Ding Ding vividly recalls her mother's hostile glare and harsh words, which left her too frightened to make eye contact. Fortunately, the staff at Placidity Place stayed by Ding Ding's side throughout the ordeal, even working beyond their hours to provide support. This unwavering dedication deeply touched Ding Ding.



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隨著母親的病情變得嚴重，丁丁的精神壓力也到了崩潰的臨界點，並出現了抑鬱和焦慮的症狀。她形容自己的狀況就像站在高高的城牆上，與母親保持距離，只能透過大喇叭對話。這種矛盾的情感－既想靠近母親，又害怕被她的情緒吞噬－讓她長期處於內疚與自責之中。

在朗澄坊的幫助下，丁丁開始學會照顧自己的精神健康。專業社工建議她與母親訂立健康界線，並參與輔導服務處理自己的情緒困擾。此外，丁丁還積極參與中心的照顧者支援小組，認識了一群有相似經歷的同路人。透過他們的分享，她不再感到孤單，並學會在壓力中尋求舒緩的方法。

如今，丁丁的生活已經有了顯著的改變。丁丁母親已獲安排入住老人院超過一年，期間丁丁會與母親電話聯繫，並抽空探望及陪伴母親，處理她在老人院遇到的大小問題，慢慢由憎恨和內疚的情緒轉化成對關係的珍惜，母女之間的關係比以往更為融洽。丁丁也從無法單獨探望母親，發展到如今可以與母親相處兩小時，甚至願意主動與母親有身體接觸。對於她來說，這是一個巨大的突破。

As her mother's condition worsened, Ding Ding's mental health also began to decline. She developed symptoms of depression and anxiety, describing her emotional state as standing on a high wall – keeping her distance from her mother while communicating through a loudspeaker. This paradoxical feeling – wanting to be close yet fearing her mother's emotional outbursts – left her trapped in guilt and self-blame.

Under the guidance of Placidity Place, Ding Ding began prioritising her mental well-being. Social workers encouraged her to set healthy boundary with her mother and participate in counselling to manage her emotional struggles. She also joined a caregiver support group, where she met others with similar experiences. Through their shared stories, Ding Ding no longer felt alone and learned effective strategies to relieve stress.

Today, Ding Ding's life has improved significantly. Ding Ding's mother has been in a nursing home for over a year. During this time, Ding Ding has regularly called and visited her, helping with the challenges she faces. As a result, feelings of resentment and guilt have turned into appreciation, leading to a more harmonious mother-daughter relationship. Ding Ding has progressed from being unable to visit her mother alone to spending two hours with her and even initiating physical contact. For Ding Ding, this represents a monumental breakthrough, symbolising hope and healing in their journey together.



年度重點 HIGHLIGHTS OF THE YEAR

秦石中途宿舍

「良朋迎新YEAH！」

秦石中途宿舍分別於二零二五年一月七日及三月三十一日舉辦了「良朋迎新YEAH！」活動，共有十三名舍友參加，當中包括新入住和現居的服務使用者。現居舍友同時擔任朋輩，分享他們在中途宿舍生活的經驗及點滴，讓新入住者感受到支持與接納。同時，新入住者亦分享了自己在適應新環境時所面對的挑戰和感受。活動融入了「優勢思維」概念與「復元模式」，幫助所有參與者認識自己的長處，並理解自身在復元道路上的進展。參與者之間彼此支持及坦誠分享，充分展現了團結與關懷。現居的舍友會繼續充當朋輩角色，協助新入住者融入宿舍生活。

「齊撐照顧者行動」二零二四至二五年度短片創作比賽

秦石中途宿舍舍友參加由社會福利署主辦的「齊撐照顧者行動」二零二四至二五年度短片創作比賽，旨在彰顯精神復元人士對照顧者的支持與感激。三位舍友首次合作參賽：一人擔任導演兼編劇，另外兩位擔任演員，以一位舍友的真實故事為靈感，共同創作了短片《一杯水》，傳遞關愛與復元的訊息。創作過程不僅反映了他們的個人生命歷程，也提升了自我價值。短片呈現了復元路上的挑戰與成就，以及照顧者於復元過程中不可或缺的角色，也讓參與者體會到互相支持的力量，並增強了自信。服務使用者透過活動感激對照顧者的無私付出，亦成為了推動精神復元人士前進的重要動力。

朗日居

乒乓球復康盃

朗日居鼓勵舍友建立健康生活模式，於宿舍內舉辦不同的運動小組，並參與對外的復康盃比賽。七名舍友在宿舍進行了多次乒乓球練習，互相切磋球技，為比賽做好準備。於二零二四年十二月十五日，舍友參與「乒乓球復

Chun Shek Halfway House

O Night!

On 7 January and 31 March 2025, Chun Shek Halfway House (CSHH) hosted an "O Night!", bringing together 13 participants, including new and current residents. Peer supporters, who are existing residents, shared their experiences of life in the halfway house, offering encouragement and acceptance to newcomers. New residents also shared their challenges and feelings as they adapted to the new environment. Guided by the Advantage Thinking Concept and Recovery Model, the session helped participants identify their strengths and recognise their progress in recovery. The programme fostered a warm, supportive atmosphere, emphasising mutual care and unity within the community. Current residents will continue serving as peer supporters to help new residents integrate into hostel life, strengthening the spirit of collaboration and recovery at CSHH.

"Care the Carers Campaign" 2024-25 Short Video Competition

CSHH service users participated in the "Care the Carers Campaign" 2024-25 Short Video Competition, organised by the Social Welfare Department (SWD), aiming to express gratitude and support for their PIRs' carers. Three PIRs collaborated for the first time, with one serving as director and scriptwriter and two as actors. Together, they produced the short film "A Glass of Water" inspired by a true story of a CSHH service user, to convey messages of compassion and recovery. The creative process not only reflected their personal journeys but also enhanced their sense of self-worth. The video highlighted the challenges and triumphs of recovery and the essential role of carers in the recovery process while allowing participants experienced the power of mutual support. Through this activity, sincere gratitude was expressed for carers' selfless dedication — an important motivating factor for persons on the path to recovery.

Sunrise House

Rehabilitation Table Tennis Champion

To promote healthy lifestyles, Sunrise House (SRH) organised various sports programmes for our PIRs within the hostel and participated in various external rehabilitation matches. Seven PIRs practiced table tennis diligently, honing their skills for the competition. They participated in the Table Tennis Rehabilitation



康盃」的單打及雙打賽事。當中兩名舍友在男子雙打項目表現出色，最終贏得了男子雙打比賽季軍。所有舍友紛紛向贏得季軍的兩名舍友表示祝賀。獲獎舍友將獎盃放在宿舍當眼處，以分享他們的努力和喜悅。

破浪龍舟2.0

「破浪龍舟2.0」匯聚來自三間本會中途宿舍及兩間精神健康綜合社區中心的50位復元人士，透過定期訓練，提升體能與心理韌性。於二零二四年八至十月舉行三次訓練，並於十月二十日參加「齊娃娃活力龍舟共融盃」，與社區人士及特殊教育學生等交流，更勇奪比賽第三名及「最堅毅大獎」，展現復元人士的不屈精神與團隊力量。此計劃不僅推廣精神健康，亦加深社會對復元人士的理解與接納。在教練及朋輩的帶領下，參加者建立了信心並感受到合作的力量。活動以「享受」、「參與」、「起伏中成長」為核心，成為復元人士追尋夢想的平台，建立共融與包容的社區。



舍友參與舍內舉辦的獨立生活技能訓練小組，學習簡單維修工序，培養獨立生活的能力
PIRs took part in an independent living skills group, learning basic repair techniques to build self-sufficiency

Cup on 15 December 2024, competing in both singles and doubles events. Among them, two PIRs delivered an outstanding performance in the men's doubles category, ultimately winning a bronze medal. All PIRs enthusiastically congratulated the medalists, celebrating their achievement together. The award-winning PIRs displayed their trophy in the living room, symbolizing their hard work and sharing the joy of success.

Dragon Boat Exploration 2.0

"Dragon Boat Exploration 2.0" united 50 participants, including persons in recovery (PIRs) from three halfway houses and two ICCMWs, to promote physical fitness, psychological resilience, and social inclusion through dragon boat activities. Between August and October 2024, three training sessions were held, culminating in the team's participation in the Dragon Boat Inclusion Cup on 20 October. Competing alongside community members, family service groups, and students with special educational needs, the team showcased remarkable teamwork, securing third place overall and earning the Most Persevering Award. This initiative enhanced public understanding and acceptance of PIRs while promoting mental wellbeing. Under the guidance of coaches and peers, participants built confidence and experienced the power of collaboration. Guided by the values of "Enjoyment", "Participation", and "Growth Through Ups and Downs", the programme empowered PIRs to break barriers, pursue their dreams, and contribute to a more inclusive and compassionate society.



舍友參與宿舍舉辦的預備遷出小組，參觀本會於紅磡的過渡性房屋「善匯」，認識社會上不同的房屋類型
PIRs joined a pre-discharge group activity and visited our transitional housing in Hung Hum "Good Mansion", learning about different housing options in the community



年度重點 HIGHLIGHTS OF THE YEAR



精神復元人士參與破浪龍舟2.0訓練活動，積極參與，展現活力與堅毅的一面
PIRs took part in Dragon Boat Exploration 2.0 training, showing great energy and resilience



復元人士進行乒乓球比賽的練習
PIRs practicing for table tennis competition



服務數據 SERVICE DATA



51

新入宿人數
No. of new admission



2,675

舉辦小組次數
No. of groups organised



10,703

參與小組人次
Total attendance
of groups



52

遷出人數
No. of discharges



573

舉辦活動次數
No. of activities
organised



8,837

參與活動人次
Total attendance
of activities



95.41%

入住率
Occupancy rate



66.16%

成功遷出率
Successful
discharge rate

年度重點 HIGHLIGHTS OF THE YEAR



特建中途宿舍 陳震夏怡翠軒

屯門區殘疾人士舞蹈同樂

怡翠軒在本年度舉辦了十次舞蹈練習，共有八位復元人士參加，鍛鍊心肺功能及增強肌肉力量。舞蹈成員中，有三位核心成員於二零二五年一月二十三日參與康樂及文化事務署舉辦的屯門區殘疾人士舞蹈同樂活動，從中學習舞蹈動作並進行舞蹈表演，表演過程中提升其自信心和心理素質。

「殘疾人士外展健體計劃」

康樂及文化事務署教練於二零二四年十一月九日及十二月二十九日到怡翠軒教授健體活動，共有14人參加。透過健體操及毛巾操練習，增加復元人士關節的靈活性及柔軟度，促使參加者將運動融入日常生活，以增強體能並保持健康體重。

箕灣居 (牌照申請進行中)

箕灣宿舍目前正在重建中，為配合重建計劃，原居於箕灣宿舍的復元人士已於二零一九年十月底全部調遷至本會的秦石中途宿舍及朗日居。



兩位舍友修畢「基礎朋輩訓練課程」並參與畢業典禮
Two PIRs completed "Basic Peer Training Programme" and participated in the graduation ceremony

Purpose-built Halfway House Chan Chun Ha Yee Tsui House

Tuen Mun District Dance for Persons with Disabilities

Yee Tsui House (YTH) organised 10 dance practice sessions this year, with eight PIRs participating to improve cardiovascular fitness and muscle strengthen. Among the dance group, three core members took part in Tuen Mun District Dance for Persons with Disabilities organised by Leisure and Cultural Services Department on 23 January 2025. They learned dance moves and performed during the event, which has increased their confidence and psychological resilience.

Outreach Fitness Programmes for Persons with Disabilities

Coaches from the Leisure and Cultural Services Department, under its 'Fitness Programmes for Persons with Disabilities' initiative, visited YTH to conduct fitness activities on 9 November 2024 and 29 December 2024. A total of 14 people participated in these sessions. Through group fitness aerobics and towel-based workouts, the activities aimed to enhance PIRs' joint flexibility and mobility. These participants actively tried to incorporate exercise into their daily life, undertaking appropriate activity to strengthen their bodies and maintain a healthy weight.

Lunar House (under licence application)

SKWH is undergoing re-development. To accommodate the re-development project, all PIRs of the SKWH were decanted to the CSHH and SRH respectively at the end of October 2019.



舍友參與沙田區的盆菜宴，與各個團體建立地區關係，讓更多社區人士認識精神復元人士
PIRs joined a Shatin district Poon Choi gathering to connect with local groups and raise awareness about mental health recovery



服務成效 SERVICE IMPACTS

秦石中途宿舍

55.5% 成功遷出的服務使用者能在遷出後回家與家人團聚或獨立生活。

80% 服務使用者透過宿舍鼓勵下參與社區活動(例如:賣旗、遷出社區路路通暨服務申請諮詢日,齊撐照顧者行動,破浪龍舟等),融入社區生活。

朗日居

100% 成功遷出的服務使用者能在遷出後回家與家人團聚或獨立生活。

52% 服務使用者透過宿舍鼓勵下參與社區活動(例如:賣旗、康文署健體運動、元朗區康復服務委員會活動等),融入社區生活。

Chun Shek Halfway House

55.5% of service users who successfully moved out were able to reunite with their families or live independently.

80% of service users participated in community activities (such as Flag Day "Transition to the Community & Service Application Day", "Care the Carers Campaign" and "Dragon Boat Exploration 2.0") helping them integrate into community life.

Sunrise House

100% of service users who successfully moved out were able to reunite with their families or live independently.

52% of service users participated in community activities (such as Flag Day, LCSD fitness programs, Yuen Long District Rehabilitation Service Committee events) helping them integrate into community life.

陳震夏怡翠軒

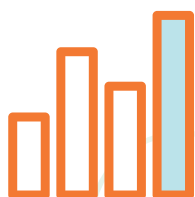
60% 成功遷出的服務使用者能在遷出後回家與家人團聚或獨立生活。

51% 服務使用者透過宿舍鼓勵下參與社區活動(例如:賣旗、康文署健體運動、康文署屯門區殘疾人士舞蹈同樂、社會福利署「屯聚」好玩同樂日等),融入社區生活。

Chan Chun Ha Yee Tsui House

60% of service users who successfully moved out were able to reunite with their families or live independently.

51% of service users participated in community activities (such as Flag Day, LCSD fitness programs, LCSD Tuen Mun District Dance Fun Day for People with Disabilities, and SWD's "Tuen Together" Fun Day) helping them integrate into community life.



專題故事 FEATURE STORY

秦石中途宿舍

服務使用者：阿豪

阿豪是家中的幼子，從小到大父母和兄姊都對他悉心呵護。然而，這份過度的溺愛使阿豪養成了「只求回報、不願付出」的性格。他坦言自己是一個「好食懶做」的小霸王，經常向家人索取金錢。

誤入歧途：貪圖快錢墜入毒品陷阱

阿豪曾三度入獄，最終一次因販運毒品而被判處長期監禁。當時，母親因中風入住老人院，家中經濟壓力加重。由於缺乏儲蓄和工作經驗，阿豪為了分擔母親的醫療費用，選擇鋌而走險，希望快速賺錢，最終墜入毒品陷阱，結果被判入獄十四年。

監獄生活枯燥且乏味，每天只能與自己對話。由於家人忙於生活，很少有機會探望他，這讓阿豪感到深深的孤單。他坦言：「不論我做對還是做錯，都沒有人與我傾談。」更令他痛苦的是，入獄數年後，他才得知母親已經離世的消息。這份遲來的告別讓他情緒跌入谷底，甚至一度企圖自縊結束生命。幸而最終獲救，並在義工的關懷和電台節目的陪伴下，慢慢接受了母親離世的事實。他回憶道：「那段時間，我每天努力工作，疲累時就收聽電台節目減壓。義工的探訪讓我感受到有人關心我，我漸漸重新振作起來。」

中途宿舍：重拾生活的希望

阿豪首次接觸善導會的中途宿舍服務時，宿舍經理親自探訪他，並耐心解釋宿舍的安排及所提供的支援。雖然對方是陌生人，但她溫和的態度讓阿豪感到安心。

出獄後，阿豪入住中途宿舍，並在與舍友的相互支持中逐漸找回對生活的希望。他表示：「宿舍職員會為我們舉辦小組活動，舍友們也會幫忙介紹工作，這讓我感覺自己並不孤單。」在宿舍的日子裡，阿豪每天努力工作，延續了他在監獄中培養出的勤奮態度。他回憶道：「我知道父母一直都很愛我，如果他們能看到今天的我，一定會感到欣慰。」



Service User: Ah Ho

As the youngest child in his family, Ah Ho was raised with great care and attention by his parents and elder siblings. However, this excessive indulgence developed in him a mindset of "seeking rewards without making efforts." He admitted that he became a "lazy bully," often demanding money from his family without contributing in return.

Straying Off Course: Falling into Drug Trafficking

Ah Ho faced three imprisonments, with the final one resulting in a 14-year sentence for drug trafficking. At the time, his mother had suffered a stroke and was admitted to a care home, increasing the family's financial burden. With no savings or work experience, Ah Ho sought quick money to help cover his mother's medical expenses. This desperation led him into the trap of drug trafficking, which ultimately ended in his arrest and long-term incarceration.

Prison life was monotonous and emotionally exhausting. Without meaningful interaction, Ah Ho often found himself talking only to himself. His family, busy with their own lives, rarely visited him, leaving him feeling profoundly isolated. "Whether I did something right or wrong, there was no one to talk to," he said.

The hardest moment came when, several years into his sentence, Ah Ho learned of his mother's passing. The delayed farewell devastated him, and he attempted to end his life. Fortunately, he was rescued in time and slowly came to terms with his loss through the care of volunteers and radio programmes. "I worked hard every day. When tired, I listened to the radio for stress relief. Volunteers' visits reminded me that someone cared, helping me regain my strength," he recalled.

Rediscovering Hope Through Transitional Housing

Ah Ho first encountered the Halfway House services of SideBySide while in prison. A hostel manager visited him, patiently explaining the programme's support and arrangements. The manager's gentle approach gave Ah Ho reassurance.

After his release, Ah Ho moved into the halfway house. There, mutual support among residents helped him rediscover hope. "The staff organised group activities, and my fellow residents introduced me to job opportunities. I no longer felt alone," he said. Living in the hostel, Ah Ho maintained the work ethic developed in prison. "I know my parents always loved me. If they could see me today, I believe they'd feel proud," he said.



年度重點 HIGHLIGHTS OF THE YEAR

復元人士治療小組

臨床心理學家為精神健康綜合社區中心和社會康復及支援綜合服務中心的復元人士舉辦不同種類的治療小組，如元認知訓練小組、接納與承諾治療小組、創傷治療小組、人本主義與正向心理學小組等。臨床心理學家亦與不同地區的感化辦事處及社會康復及支援綜合服務中心合辦針對盜竊習慣和性罪行的治療小組。

專業交流及培訓

除了為本會新入職同工提供必備技能培訓，臨床心理學家亦為內部員工舉辦多項培訓，以提升前線工作的專業素質。培訓主題包括失眠的認知行為治療、動機式訪談、處理複雜創傷與邊緣性人格障礙的對話模型，以及創傷知情照顧等。臨床心理學家與多元文化服務合作，為員工提供以英語為主導的培訓，涵蓋主題包括「從交談開始的療愈」應對前線工作人員所面臨的挑戰，並推出一系列培訓課程，重點提升非特定效應的影響力——即那些在直接干預之外影響結果的因素。



臨床心理學家於照顧者關懷日活動上分享心得
Clinical Psychologist shared insights at "Make It Possible – Carers' Weekend"



臨床心理學家在感化小組中解釋「羞愧」與「內疚」的概念
Clinical psychologists explained the concepts of shame and guilt in the probation group.

Therapeutic Groups for PIR

This year, clinical psychologists hosted various therapeutic groups for PIR of ICCMWs and Integrated Support Centres (ISCs), including Metacognitive Training (MCT) Therapy Group, Acceptance and Commitment Therapy (ACT) Group, trauma stabilisation therapy group, humanistic and positive psychology group, as well as therapeutic groups that targeted compulsive stealing and sex offending problems and post-trauma growth in collaboration with probation offices in different districts and SideBySide Revival Hubs.

Professional Trainings for Staff

In addition to essential skills training for new staff of SideBySide, clinical psychologists also conducted a variety of internal trainings for staff to enhance frontline work, covering clinical topics such as Cognitive Behavioural Therapy for insomnia, Motivational Interviewing, conversational model for complex trauma and borderline personality disorder, and trauma-informed care. Clinical psychologists also collaborated with Ethically Diverse Service to provide English-led training for staff covering topics of 'healing that starts with 'just talk' and ones that are responsive to the challenges faced by frontline workers, with training series on enhancing the impact of non-specific effects—factors that influence outcomes beyond direct interventions.



臨床心理學家為前線支援同工進行創傷知情照顧培訓
Clinical psychologist conducted trauma-informed care training for frontline support staff

服務數據 SERVICE DATA



100 人數
No. of Users
775 節數
No. of Sessions

個人臨床心理評估及治療
(每節0.5-2小時)
Individual assessment and therapy
(0.5-2 hours/session)



45 職員人數
No. of Staff
298 個案數目
No. of Cases

為精神健康綜合社區中心
職員提供臨床諮詢
Clinical consultation
provided to ICCMW staff



350 總參加人次
Total no. of participations
49 節數
No. of Sessions

治療小組/活動 (每節2小時)
Therapeutic groups /
Clinical programmes
(2 hours/session)



11 個案數目
No. of Cases

為本會員工、義工及會外人員
提供培訓 (每節2-3小時)
Training (2-3 hours/session) provided to
staff, volunteers, and external participants



31 個案數目
No. of Cases

由社工轉介的新個案
New referrals from social workers



服務成效 SERVICE IMPACTS

100%

的服務使用者在參加面談
或治療小組之後表示
對臨床心理服務覺得滿意。

96%

的同工表示臨床心理學家
提供的臨床督導幫助他們
更有技巧和知識處理複雜個案。

100%

of service users indicated satisfaction
after joining individual or group therapy
provided by clinical psychological service.

96%

of staff indicated enhancement of skills and
knowledge in handling complicated cases
after receiving clinical supervision from clinical
psychologists.

年度重點 HIGHLIGHTS OF THE YEAR



舉辦多元化活動 推廣健康生活模式

為推廣健康生活方式管理及支援服務使用者的整全復元歷程，職業治療服務積極融合「健康生活模式」概念，全年舉辦多項多元化活動，包括「氣走路」小組及「劍擊體驗營」等，旨在預防慢性疾病、提升身心健康及生活質素。本年度共舉辦826節相關活動，服務總人次達3,866，顯示服務受眾反應積極。

Diversified Activities to Promote Healthy Lifestyle

To foster a holistic recovery journey and advocate for healthy living, Occupational Therapy Service (OTS) integrated the concept of "Lifestyle Management" into a series of activities, including Chi-walking groups and fencing experience camp, aimed at preventing chronic illnesses, enhancing physical and mental well-being, and improving quality of life. Throughout the year, a total of 826 sessions of related activities were conducted, reaching 3,866 service attendances, reflecting strong engagement and positive outcomes.

強化生活技能訓練 協助服務使用者重拾自信與價值

職業治療服務以「優勢為本」的理念為核心，透過手工藝創作及家居維修等實務媒介，協助服務使用者發掘潛能、培養技能，重建自信與自我價值感。部分服務使用者更將手工藝作品於工展會進行義賣，成功為機構籌得善款，展現其努力成果與社會貢獻。此外，職業治療服務與深康匯合作，舉辦六節家居維修義工培訓課程，合共培育出二十位義工畢業生，促進服務使用者參與社區，實踐助人自助的精神。

Empowerment Through Life Skills Training and Community Participation

OTS adopted a 'Strength-based Approach', utilizing practical mediums such as handicrafts and home maintenance to help service users develop talents, enhance skills, and rebuild confidence and self-worth. Some participants showcased their handcrafted products at the Hong Kong Brands and Products Expo (HKBPE) for charity sales, successfully generating meaningful proceeds and demonstrating their contributions to the community. In addition, in collaboration with Sham Shui Po Revival Hub (SSPRH), six sessions of home maintenance volunteer training were delivered, nurturing 20 dedicated peer volunteer graduates, thereby promoting community engagement and the spirit of mutual support.

服務數據 SERVICE DATA



2,240

在龍澄坊提供的職業治療服務總節數
Total number of service sessions in ICCMW(VP)



1,394

在朗澄坊提供的職業治療服務總節數
Total number of service sessions in ICCMW(PP)



19

為其他單位提供的職業治療服務總節數
Total number of service sessions provided to other units of the agency



6

為本會及會外專業人員提供培訓總節數
Total number of training sessions provided to staff of the Agency and external agencies (3 hours per session)



| 職業治療服務 | OCCUPATIONAL THERAPY SERVICE |



服務成效 SERVICE IMPACTS

職業治療服務一共
收回了452位服務使用者的
服務滿意度問卷調查，
整體服務滿意度達

90.9%

OTS collected a total of 452
satisfaction survey responses
from service users, achieving
an overall satisfaction rate of

90.9%



職業治療服務與深康匯合作，舉辦家居維修義工訓練，以加強服務使用者的生活獨立性，並鼓勵他們服務社區。OTS partnered with SSPRH to launch a home repair volunteer training programme. This initiative not only empowered service users to achieve greater independence but also inspired them to contribute to the community.



職業治療服務擔任基礎朋輩訓練課程的導師，協助精神復元人士將自身復元經歷加以理解及反思，並成為朋輩大使。

OTS acted as instructors for a basic peer support training course, assisting PIR to understand and reflect on their own recovery experiences and to represent themselves as peer ambassadors.



職業治療服務與港康匯合作，舉辦伸展小組，以鼓勵更生人士養成運動習慣。

OTS collaborated with Hong Kong Revival Hub to hold a stretching group to encourage Person In Desistance (PIDs) to adopt regular physical activity.



職業治療服務舉辦劍擊運動體驗班，讓精神復元人士感受到學習新運動的樂趣，以提高他們對健康生活模式的意識。

OTS organised a beginner fencing programme, allowing PIRs to enjoy the fun of learning this increasingly popular sport and to raise their awareness of a healthy lifestyle.



職業治療服務繼續支持香港理工大學和東華學院的學生進行臨床實習，為他們提供向復元人士提供職業治療評估及介入的實務經驗。

OTS continued to support clinical placements for students from the Hong Kong Polytechnic University and Tung Wah College to provide them with hands-on experience in OT assessment and interventions to PIRs.

年度重點 HIGHLIGHTS OF THE YEAR



導航計劃 - 精神復元人士過渡支援服務試驗計劃 (導航計劃) 與社區持分者建立完善的轉介及醫社協作機制，以有效回應精神復元人士於過渡階段的多元需要。

醫院協作及轉介機制

導航計劃與醫管局九龍中聯網 (九龍醫院精神科) 及九龍西聯網 (葵涌醫院及西九龍精神科中心)，及上述醫院/ 門診之醫務社會服務單位建立協作機制，包括制定轉介流程、於病房內為住院之精神復元人士進行服務需要評估及個案工作。本計劃亦在醫院開辦啟導講座，並組織住院人士參觀區內中途宿舍，以增進其對中途宿舍的認識，為未來入住中途宿舍或重回社區作準備。

中途宿舍協作

導航計劃透過與服務範圍內四間非政府機構營辦的10間中途宿舍建立轉介及協作機制，為精神復元人士提供全方位的支援服務，包括個案工作、治療小組、職業治療評估及訓練等專業介入。於過去一年內，本計劃成功協助74位精神復元人士順利入住中途宿舍，並為16位未能完成訓練計劃而提早離宿的人士提供支援，使其在社區中穩定生活。此外，本計劃亦成功協助12位入住中途宿舍超過36個月且面對遷出困難的人士，順利過渡至社區生活，實現穩定而自主的生活模式。

Lighthouse Project - Pilot Project on Transitional Support Service for Persons in Mental Recovery (LHP) established a comprehensive referral and medical-social collaboration mechanisms with community stakeholders to effectively address the diverse needs of persons in mental recovery (PIRs) during transitional phases.

Hospital Collaboration and Referral Mechanisms

LHP collaborates with the Kowloon Central Cluster (Department of Psychiatric of Kowloon Hospital) and Kowloon West Cluster (Kwai Chung Hospital and West Kowloon Psychiatric Centre) under the Hospital Authority, as well as the Medical Social Service Units of these hospitals/clinics. This collaboration encompasses the development of referral processes, conducting service needs assessments and casework for PIRs. Additionally, the programme organises initiation activities within hospitals and arranges visits for inpatients to halfway houses, enhancing their understanding of these facilities and preparing them for future residence or reintegration into the community.

Collaboration with Halfway Houses

LHP has established referral and collaborative mechanisms with ten halfway houses operated by four non-governmental organisations within its service scope. These mechanisms provide comprehensive support services to PIRs, including casework, therapeutic groups, occupational therapy assessment and training. The project successfully facilitated the admission of 74 PIRs into halfway houses over the past year. Furthermore, it provided support to 16 PIRs who left halfway houses prematurely without completion of training plan, enabling them to successfully sustain their community living. The project also assisted 12 PIRs having difficulties in discharge after residing for 36 months or above, helping them successfully discharged from halfway house and settled in community living.



年度重點 HIGHLIGHTS OF THE YEAR

社區為本服務之協作

導航計劃與多個社區精神健康及社會服務機構建立緊密協作關係，以為精神復元人士在過渡期階段，建立全面且適切的支援，增強支援網絡。本計劃成功協助共計61人次連結至不同的社會及醫療服務單位，包括精神健康綜合社區中心、庇護工場、職業康復中心、殘疾人士就業及培訓服務、家長/親屬資源中心、綜合家庭服務中心、地區康健康中心以及過渡性房屋等。

Community-Based Service Collaboration

LHP has established close collaborative relationships with various community mental health and social service organisations to provide comprehensive and appropriate transitional support for users, thereby strengthening their support networks. The project successfully connected a total of 61 individuals to a range of social and medical service units, including Integrated Community Centre for Mental Wellness, Sheltered Workshop, Integrated Vocational Rehabilitation Services Centre, Supported Employment Training for Persons with Disabilities, Subvented Parents/ Relatives Resource Centres, Integrated Family Service Centre, District health Centers, and Transitional Housing Project.



服務數據 SERVICE DATA



75

輪候中途宿舍的人士
Potential service users of HWH



16

未完成訓練計劃
而提早離開中途宿舍的人士
Being of HWH service users who
left HWH service pre-maturely
without completion of training plan



21

已入住中途宿舍36個月或以上
並面對遷出困難的人士
Being of HWH service users who have
been residing for 36 months or above
and have difficulties in discharge



786

家訪/外展探訪次數
Home/outreaching visits



905

職業治療評估及訓練節數
Occupational therapy
assessment/training
sessions of occupational
therapy



3

治療小組
Therapeutic groups



17

連繫活動
Linkage activities

LIGHTHOUSE PROJECT - PILOT PROJECT ON TRANSITIONAL SUPPORT SERVICE FOR PERSONS IN MENTAL RECOVERY

導航計劃，精神復元人士過渡支援服務試驗計劃



在精神科病房舉辦啟導活動，介紹導航計劃在過渡期提供的支援服務及中途宿舍服務的資訊

An orientation programme was held in the psychiatric ward to introduce LHP's transitional support services and provide information about halfway house services



導航計劃職員於中途宿舍舉辦離舍預備小組，協助服務使用者規劃重返社區的生活方向與未來目標

LHP staff organised a pre-departure group at the halfway house to assist service users in preparing for reintegration into the community and establishing future goals.



透過舉辦身心靈健康小組，協助服務使用者培養健康的生活方式。

Organize holistic health group to assist service users in establishing a healthy lifestyle.



為協助服務使用者從中途宿舍遷回家後能獨立生活，提供全面性的家居訓練

Provide home-based training for service users transitioning from halfway houses to independent living.



服務成效 SERVICE IMPACTS

輪候中途宿舍人士
透過本計劃成功入住中途宿舍

75.51%

輪候中途宿舍人士/ 未完成訓練
計劃而提早離開中途宿舍的人士，
透過本計劃成功在社區穩定生活

97.3%

已入住中途宿舍36個月或以上
並面對遷出困難的人士，
透過本計劃成功在社區穩定生活

75%

個人訓練計畫達成率

98.46%

服務使用者對提供的
服務表達滿意

96.8%

Potential service users having
successfully settled in HWH
service under this Project

75.51%

HWH service users having difficulties
in discharge after residing for 36
months or above having successfully
discharged from HWH and settled in
community living under this Project

75%

service users indicating satisfaction
after having received the service
provided under this Project

96.8%

Potential service users of HWH /
HWH service users who left HWH
service pre-maturely without
completion of training plan having
successfully sustaining their
community living under this Project

97.3%

Rate of achieving
individual training plan

98.46%



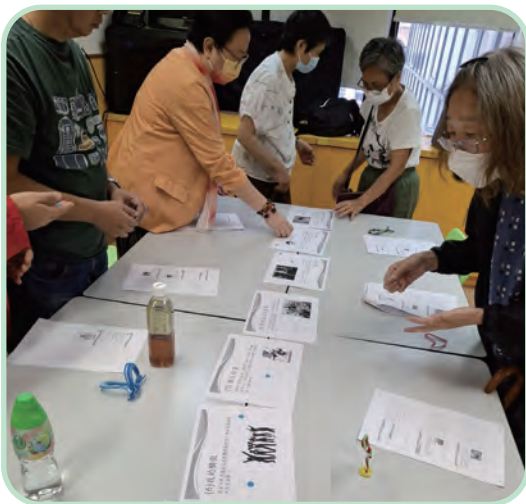
年度重點 HIGHLIGHTS OF THE YEAR

九龍城區朋輩支援服務

九龍城區朋輩支援員運用藝術介入手法，協助中心組織和帶領互助及興趣小組等，旨在為參與者創造一個安全且富支持性的交流環境。活動內容包括《相聚一刻：優勢篇》、《禪繞說：鼓勵》、《五味人生：和諧粉彩》等，鼓勵參加者表達內心、發掘自身優勢以提升自信心。過程中，朋輩支援員分享自身的經驗，讓參與者感受到復元的可能性，學習積極面對生活挑戰。除了小組活動，我們亦透過培訓和公眾教育，增進了大眾對精神健康的認識，從而建立更穩固的社區支持網絡，促進個人成長與社會共融。

元朗區朋輩支援服務

元朗區朋輩支援員透過「五種促進身心靈健康的方法」為主題的活動，包括好奇心、保持活躍、給予他人、與人連結和持續學習，推廣朋輩支援的重要元素。這方法融入社區活動，如分享會和藝術工作坊，讓社區人士互相連結、分享經驗，強化心理韌性，從而減少社交孤立，營造溫暖社群，提升整體身心健康。



朋輩支援員與參加者一同探索個人優勢
Peer supporter workers explored personal strengths together with participants

Peer Support Service in Kowloon City District

Peer support workers ("PSWs") in the Kowloon City District utilised art-based interventions to assist Vitality Place in organising and leading mutual support and interest groups for creating a safe and supportive environment for all participants. Activities including "Moments Together: Strengths Edition", "Zentangle: Encouragement" and "Five Flavors of Life: Pastel Nagomi Art", encouraged participants to express their inner selves, identify personal strengths, and enhance their self-confidence. Throughout this process, PSWs shared their own lived experiences with recovery, offering powerful testimony that inspired participants to see the possibility of their own recovery and to approach life's challenges proactively. Apart from these group sessions, we also conducted training and public education initiatives to increase public understanding of mental health, thereby building a more robust community support network, and fostering both personal growth and greater social inclusion.

Peer Support Service in Yuen Long District

Peer support workers in the Yuen Long District promoted the core principles of peer support services through the "Five Ways to Wellbeing" — Take Notice, Be Active, Give, Connect, Take Notice, and Keep Learning. Integrated into community events like sharing sessions and art workshops, this approach can allow community members to foster connection, share experiences, and strengthen their mental resilience, thereby reducing social isolation, creating a warm community and enhancing overall physical and mental well-being.



朋輩支援員與香港都會大學義工提供社區剪髮服務
Peer supporter workers and volunteers from Hong Kong Metropolitan University provided community haircut services



由社會福利署主辦的《好D壞D愛自己多D-青少年精神健康2024 Chill愛自己》中，向青少年進行以壓力與精神健康為題的講座

Mental health talk on stress and well-being for youth in a programme organised by SWD



在《復元故事展覽暨真人圖書館》中，朋輩畢業生以藝術創作、戲劇、影片等不同方式展示復元故事

At the "Recovery Story Exhibition and Human Library," peer graduates shared their recovery stories through different forms such as art, drama and videos

服務數據 SERVICE DATA



373

分享面談及由其他專業同工陪同進行的外展探訪總節數

Total number of sharing interview sessions and outreach visits conducted with other professionals, such as social worker, nurse or occupational therapist



111

外展探訪
Number of
outreach visits



239

協助推行或進行的小組/活動和公眾教育活動總節數

Number of group sessions/activities and public education programmes assisted or conducted in the year

服務使用者
對服務滿意度的百分比

94%

Percentage of Service Users
indicating satisfaction with
the Service in a year

94%



服務成效
SERVICE IMPACTS

年度重點 HIGHLIGHTS OF THE YEAR



促進醫社合作，惠及服務使用者

自2024年起，本計劃元朗區團隊與醫務衛生局轄下的元朗地區康健中心合作，舉辦了一系列以健康飲食與精神健康為主題的工作坊。在地區康健中心註冊營養師的指導下，服務使用者學習製作健康膳食，不僅掌握了健康飲食的技巧，更深入了解飲食對身心健康的正面影響，從而促進個人的整體福祉。

Facilitating Medical-Social Collaboration to Benefit Service Users

Beginning in 2024, the project's Yuen Long team collaborated with the Yuen Long District Health Centre under the Health Bureau, to conduct a series of workshops on healthy eating and mental health. Under the guidance of a Registered Dietitian from the District Health Centre, service users learned to prepare healthy meals. This empowered them not only to master healthy eating skills but also to gain a deeper understanding of the positive impact of diet on physical and mental health, thereby promoting their overall well-being.

強化『樂齡之友』角色，與服務使用者同行

本計劃以「優勢為本」為介入概念，充分發揮各位「樂齡之友」的多元專長與人生經驗。他們親自籌辦和帶領運動、手工藝、園藝等小組活動，不僅為參加者提供學習平台，更有效促進身心健康及社交互動，協助彼此建立自信與希望。同時，「樂齡之友」亦積極陪伴復元人士參與或協助舉辦機構內外活動，帶領參加者一起走過復元之路。

Strengthening the Role of Peer Supporters to Walk Alongside Service Users

The project was built on a "strength-based approach" intervention model, which leveraged the diverse expertise and life experiences of our "Peer Supporters". They organised and led group activities such as sports, handicrafts and gardening. These activities not only provided a learning platform but also effectively promoted physical and mental well-being and social interaction, helping participants to build confidence and hope.

Furthermore, the peer supporters actively accompanied persons in recovery to participate or to organise internal and external activities, guiding them on their journey to recovery.



樂齡大使教導參加者門球玩法，讓他們可以多接觸不同運動

Peer Supporter taught participants how to play gateball so they could become familiar with different sports



樂齡大使陪同服務使用者一同參與工作坊，與他們一起走過復元之路
Peer Supporters accompanied service users to participate in a workshop to walk with them on the road to recovery



| 賽馬會樂齡同行計劃 | JC JOYAGE PROJECT FOR ELDERLY MENTAL WELLNESS |



服務數據 SERVICE DATA



54

新增治療個案
(60歲以上受抑鬱症狀影響長者)
New cases: (Seniors aged 60 or
above with depressive symptoms)



7

個治療小組52節
Therapeutic Group 52 Sessions



3

精神健康培訓課程
43位樂齡友里義工
Mental Health Training
43 Ambassadors



38 場
Sessions

公眾講座763人次
Public talk 763 participants



4,027

服務節數(30分鐘一節)
Services Sessions
(30 minutes per session)



24

樂齡之友
JoyAge Peer Supporters



2

個社區活動
785 Participants
Community Event 785人次

計劃成功與不同地區伙伴協作，包括

4

間過渡性房屋、

4

間長者地區中心、

3

間長者鄰舍中心、

2

間地區康健中心、

4

個香港房屋協會轄下的屋邨及房屋項目等，
將精神健康訊息拓展到不同服務對象。

超過 **90%** 計劃使用者接受服務
後比進入服務前的抑鬱症程度減少。



服務成效 SERVICE IMPACTS

The project has successfully collaborated with district partners, including

4

Transitional Housings,

4

District Elderly Community Centres,

3

Neighbourhood Elderly Centres,

2

District Health Centres and housing estates and
project from Hong Kong Housing Society.

4

The collaborations have expanded mental health
outreach to a diverse range of service users.

Over **90%** of service users showed a reduction
in the severity of their depression after receiving the service
compared to before the intervention.

專題故事 FEATURE STORY

服務使用者：Ada婆婆

新生命的誕生本應是喜事，但對於Ada婆婆而言卻是始料不及的挑戰。女兒和女婿從未計劃過要孩子，為了幫助女兒照顧初生孫女，Ada婆婆主動搬進女兒家中協助。然而，朝夕相對卻使家庭成員之間的矛盾逐漸浮現。

Ada婆婆一心認為自己的育兒經驗能幫助女兒，然而在細節上，她與女兒和女婿的觀念出現分歧。女兒和女婿不但向媽媽群組的同輩尋求建議，甚至質疑Ada婆婆，讓她內心充滿委屈與失落。孫女滿月後，女兒和女婿便請Ada婆婆搬回自己家中。對於至親冷待、不需要，Ada婆婆感到心灰。最讓她心痛是在一次家庭聚餐中，女婿當著眾人面說：「從未見過如此糟糕的岳母！」這句話讓Ada婆婆的情緒跌入谷底。她無法理解自己全心全意的付出，為何換來的是冷漠與不滿。Ada婆婆變得更加焦慮和心情低落，更因覺得「家醜不出外傳」，而無從抒發心中的委悶。

加上Ada婆婆就曾因需要照顧長期病患的丈夫，因而壓力過大而患上抑鬱症。因此，她再次來到精神健康綜合社區中心龍澄坊求助。在社工的耐心陪伴下，參與了「賽馬會樂齡同行計劃」。Ada婆婆重新梳理自己的情緒，理解自身的壓力來源。她坦言：「我終於明白，過度的介入和隨傳隨到，無形地讓他們感到壓力，也讓自己忽略了生活的其他面向。」

在龍澄坊，Ada婆婆亦會不時參與興趣小組，例如手工藝課程，讓她重新投入個人興趣，建立自己的生活重心，亦為她帶來滿足和成就感。Ada婆婆逐漸發現，當她將注意力從孫女和家庭矛盾中轉移出來，她的心情也變得輕鬆。此外，龍澄坊還幫助她擴闊了社交圈子，讓她能夠與相似經歷的同路人交流，讓她感到被理解和互相支援。

Ada婆婆心態慢慢改變，學會與女兒一家保持適當的距離，尊重他們的選擇。她亦十分慶幸看到女兒和女婿逐漸適應了照顧孫女的生活，女婿對孫女的態度也越來越積極主動。如今，Ada婆婆學會了用更健康的心態面對家庭關係。她深刻體會到「真正的愛，不是無條件的介入，而是適時的放手與支持。」

Service User: Grandma Ada

The birth of a new life should be joyful, but for Grandma Ada, it became an unexpected challenge. Her daughter and son-in-law, who hadn't planned on having children, welcomed a baby girl. Ada moved into their home for babysitting. Yet, what began as an act of love soon revealed cracks in their family dynamic.

Ada believed her parenting experience could help her daughter, but they had different views on many details. Her daughter and son-in-law preferred seeking advice from peer support groups and even questioned Ada's methods. Feeling untrusted despite her efforts left Ada feeling hurt and disappointed. When the baby turned one month old, her daughter and son-in-law asked Ada to return home. The request struck her like a blow. She had uprooted her own life to help, and now she felt unneeded, even unwelcome. The most painful moment came during a family gathering when her son-in-law publicly stated, her son-in-law said, "I've never seen such a terrible mother-in-law!" Ada's heart sank. She couldn't understand how her wholehearted efforts had led to such harsh judgement. Ada became more anxious and depressed, feeling she couldn't express her frustrations due to the belief that "family shame should not be aired."

Ada wasn't a stranger to emotional struggles. Years earlier, she had battled depression while caring for her chronically ill husband. Recognising the signs, she turned to the Integrated Community Centre for Mental Wellness – Vitality Place for help and joined the JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness. Through the guidance of social workers, Ada was able to unpack her emotions and reflect on what had gone wrong. "I've realised that by being overly involved and always available, I might have unintentionally put pressure on them and neglected my own life," she admitted.

At Vitality Place, Ada rediscovered herself. She joined handicraft classes and other interest groups, finding joy in hobbies she'd long forgotten. These activities gave her a sense of accomplishment and helped her shift her focus away from family conflicts. Vitality Place helped her build a support network and broaden her social circle, allowing her to connect with peers who have similar experiences, which made her feel understood and mutually supported.

Slowly, Ada's perspective changed. She learned to maintain a respectful distance from her daughter's family, allowing them the space to grow into their roles as parents. She was delighted to see her daughter and son-in-law settling into their new responsibilities, with her son-in-law becoming more hands-on and attentive to their baby girl.

Now, Ada embraces a healthier approach to family life. "True love isn't about being involved in everything," she reflected. "It's about knowing when to step back and offer support from afar." Watching her granddaughter thrive, Ada feels lighter, as though a weight has been lifted.