



## 「澳洲布里斯班 精神康復服務探訪及交流活動」 Visit of Psychiatric Service in Brisbane, Australia

香港的社區精神康復服務在過去十年有長足的發展。隨著精神健康綜合社區中心（ICCMW）在全港十八區建立，精神康復者及其家人得到較全面的支援；「復元模式」這個嶄新的工作概念和手法受到業界認同和應用，對實務帶來深遠的影響。

為了讓同事認識精神健康服務的發展趨勢，提升社區精神康復服務的知識和技巧，本會特意組織考察團前往澳洲了解當地「復元為本」的實務工作。考察團於2014年9月20日至27日舉行，一行14人包括不同的專業：臨床心理學家、職業治療師、社會工作者及康復導師。行程安排緊密，合共探訪了13個政府和非政府的當地機構，又出席了半天「復元為本實務工作坊」。考察重點為復元導向模式如何在澳洲落實，例如「合作夥伴計劃」和「個人良師益友計劃」。此外，為照顧者和家人提供的服務、社區精神服務和過渡期住宿服務亦在考察之列。



The community psychiatric service in Hong Kong improved a lot in last ten years. With the establishment of Integrated Community Centre for Mental Wellness (ICCMW) in all 18 districts in Hong Kong, persons with psychiatric disabilities and their family members are able to receive a more comprehensive support. A new working concept called "Recovery model" is being introduced and adopted, which brings a major influence to the sector.

In order to study the development trend of mental health services and improve the knowledge of community psychiatric service, especially the recovery-oriented practice, Fu Hong Society organized a visit to Australia from 20 September 2014 to 27 September 2014. 14 members were from different professionals, including clinical psychologist, occupational therapist, social workers and rehabilitation workers. The schedule of this trip was packed and they visited 13 governmental and non-governmental organizations. In addition, they joined a half-day workshop called "Recovery-oriented Practice". The visits focused on how "Partners-in-Recovery" and "Personal Helpers and Mentors" program worked in Australia. Besides, services aimed at caregivers and parents, community psychiatric service and temporary residential service were also on the list of studying.



比較兩地的精神康復服務，澳洲的「合作夥伴計劃」更能加強機構之間的聯繫和合作，透過分享資源和經驗，減低競爭造成的消耗，專注為服務使用者提供更優質和適切的服務。「個人良師益友計劃」則讓精神康復者成為彼此的同行者，一方面減低精神康復者對專業服務的依賴，另一方面建立精神康復者的自信，在過程中恢復他們承擔責任和管理生活的能力。此外，澳洲為照顧者和家人提供的服務有更完善的配套，例如透過歷奇活動加強照顧者和家人與精神康復者之間的凝聚力，讓家人見證和肯定精神康復者的康復。暫顧服務更為照顧者和家人提供歇息的空間，讓他們抽離平日照顧精神康復者的緊張壓力，情感得以抒發。雖然礙於本港在土地、資源、人手各方面的限制，澳洲的模式最終未必能夠完全在本港落實，然而交流的經驗所得卻肯定可為未來計劃服務時帶來更全面的考慮。



考察團成員認為交流機會實屬難得，由事前籌備到實地考察，成員感受、體驗並反思澳洲的社區精神康復服務，通過與海外從業者交流意見，增加了知識和生活體驗、拓闊了視野，亦促進個人成長。展望未來，由是次考察團成員成立的研習小組將會就在澳洲的觀察和經驗進行探討，尤其當大多數的理論和模式都在西方文化基礎上產生，更要考慮落實建議時的形式和影響，才能切合本港的需要，並能在未來制定以復元為主要的精神健康服務政策和準則上發揮更大的作用。

To compare the community psychiatric service in Hong Kong and Australia, the "Partners-in-Recovery" program of Australia encourages a better communication and cooperation among different organizations. Instead of competition, they focus on providing better service to the service users. This can be achieved by sharing their resources and experiences to each other. The "Personal Helpers and Mentors" program connects different service users together and develops their self-confidence. This can reduce their dependence on professional services and help them regain their sense of responsibilities and capabilities in self-care. Furthermore, adventure training and temporary care service are common in Australia. Family members of persons with psychiatric disabilities can enjoy more personal time and relieve their stress, which is very important. Although Hong Kong may not be able to directly copy all the mentioned programs due to certain constraints in land, resources, manpower, the visit surely gave us a great experience, enabling us to make a better planning in the future.

Members of the visit agreed that this was a rare opportunity to exchange ideas with overseas professionals. The visit enriched members' knowledge and life experience, broadened their horizons, and also promoted their personal growth. Looking to the future, a study group which focuses on the observation and experience learnt from Australia has been set up. In order to make the discussion more practical and play a greater role in the future development of psychiatric service, we must keep in mind that most of the theories and models are established based on the western culture, so the actual situation of Hong Kong must be considered.

