

65th Anniversary Symposium on Mental Health



Welcoming Message

Dr. T L Lo

Mr. Wong Yan-lung, GBM, SC, Chairman of Advisory Committee on Mental Health, Dr. Mak Ki-yan, BBS, JP, Vice President of the Mental Health Association of Hong Kong, Ms. Ophelia Chan, BBS, Advisor of the Mental Health Association of Hong Kong, guest speakers and delegates, welcome to the Mental Health Association of Hong Kong 65th Anniversary Symposium “Restoring Shattered Minds”.

The Mental Health Association of Hong Kong (MHAHK) has been pioneering and innovating community support services for persons with severe mental illness as well as persons with learning disabilities and their family carers throughout the past 65 years. Our Association had set up the first half-way house for discharged mentally ill in Hong Kong in the 1960s. With the support of Keswick Foundation in 1980s, the Association had successfully demonstrated favourable long term clinical and social outcomes among half-way house discharges using case management approach. The use of half-way house and supported hostel and the provision of case manager for persons with severe mental illness in the community have thereafter been widely adopted as useful community support in Hong Kong. In order to achieving recovery of persons with Severe Mental Illness, MHAHK has transformed and enriched vocational rehabilitation services from traditional sheltered workshop to supported employment

services and to social enterprises. With the generous support of Hong Kong Jockey Club, we had celebrated the transformation of Lei Cheng Uk Sheltered Workshop into Jockey Club Community Creative Workshop on 16 November 2019. MentalCare Connect, the Association subsidiary company has grown from strength to strength. It is probably now the second largest social enterprise in Hong Kong in creating more than 100 employment opportunities for persons with severe mental illness and learning disabilities. Furthermore, we have turned recreational and art activities as well as exercise into daily recovery practice for our services users. Just to mention one example, we have our yearly rehabilitation soccer trophy competition for all rehabilitation NGOs in Hong Kong for the past 15 years, we have also successfully hosted Chinese rehabilitation soccer trophy competition for persons in recovery among Hong Kong, Mainland, Macau and Taiwan in the past consecutive 10 years.

Psychotic disorders being a major form of severe mental illness, invariably ranks first in service burden among mental health services all over the world. In order to achieve good clinical outcome and to excel in service provision to decrease the service burden of severe mental illness, the mental health and well-being of all mental health professionals is of utmost importance. Professor Dinesh Bhugra, former President of the Royal College

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of Psychiatrists, World Psychiatric Association & British Medical Association, is the most qualified keynote speaker to underpin critical issues in the development of an exemplary workforce in Mental Health field.

The development of early intervention service among mental health services in recent decade provides an upstream solution to decreasing service burden overtime. Furthermore, development of psychiatric genetics research over the past decades did help a better understanding on the aetiology of mental disorder, hence hope for personalised treatment in the future. Professor Eric Chen, Chi-Li Pao Foundation Chair Professor in Psychiatry, the University of Hong Kong, and an internationally renowned expert in early intervention would share his thoughts on way forward of early intervention in our Dr. Gerald Choa Memorial Lecture. Being a very successful medical administrator, Dr. Gerald Choa was a long serving President of MHAHK and I can imagine how please he would be to see new evidence to be put into service practice hence improving the long-term clinical outcome of Psychotic Disorders. Professor Sally Chan, a psychiatric nurse by training, now Pro-Vice-Chancellor and Chief Executive Officer, University of Newcastle in Singapore together with Professor Yang Yenkuang of National Cheng Kung University Hospital of Taiwan would share their insights on the use of e-technology and school based approach in early intervention in Australia and Taiwan respectively. We are also privileged to have Professor Li Tao, a renowned expert in psychiatric genetics at West China Hospital, Sichuan University, to report on an important Mainland genetic study on Common Mental Disorders.

Community Care and Carer Support are two important pillars in modern psychiatric rehabilitation. Professor David Castle of The University of Melbourne in Australia would be speaker of our Prof. P.M. Yap Memorial Lecture. The success story on development

of community psychiatry and community care rests with Melbourne, Australia for many years. The long term commitment of Melbourne in providing community services options in line with the National Mental Health Plan is admirable. He would outline the Australia achievements as well as challenges in provide comprehensive care in community. Prof. P.M. Yap was the first Professor of Psychiatry in Hong Kong as well as a founding member of the Association. I can imagine how delighted he could be to hear about the exciting development of community psychiatry in bettering the community care to persons with severe mental illness. The local scene of community care would be outlined by Mr. Chris Fung, Principle Assistant Secretary, Food and Health Bureau, a psychologist by training and is working under the leadership of Mr. Wong Yan-lung, GBM, SC, in Advisory Committee of Mental Health (ACMH). He would brief the audience on the recent work of ACMH. Ms. Deborah Wan, BBS, JP, Past President of World Federation for Mental Health and Dr. Yeung Wai-song, Service Director in Mental Health of Hong Kong East Cluster would share their thoughts on way forward for two remarkable local community support programmes namely the territory wide Integrated Community Centre for Mental Wellness in welfare sector and the territory Personalized Care Programme by Hospital Authority. As for the relatively less emphasized area of care support, Ms. Huang Li-ling of New Taipei City Association of Mental Illness of Taiwan and Dr. Zhou Dehui Ruth of Hong Kong Shue Yan University would enlighten us on their experience in organizing and empowering carers of persons with severe mental illness in Taiwan and Hong Kong respectively. Carer support with a view to improving clinical and social outcomes of persons with severe mental illness in Hong Kong is anticipated in the years to come.

Recovery and wellness are two key concepts in community rehabilitation nowadays. Despite pitfalls at times in

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symptoms control and relapse prevention, elements of recovery can still be practiced by indicated individuals in their rehabilitation and be well. Professor Mike Slade, a Clinical Psychologist by training and an internationally renowned expert in Mental Health Recovery, Professor of Mental Health Recovery and Social Inclusion, University of Nottingham, UK, would be speaker of our Mr. T.P. Khoo Memorial Lecture. Evidence and practices on supporting recovery and improving wellbeing would be shared. Mr. Khoo was a long serving Chairman and the first Director of MHAHK, an early advocate for mental health with entrepreneur spirits. I would imagine that he should be more than happy to see persons in recovery be empowered and taking more control of their path of recovery. Mr. Menza Chu Hon-wai at Kwai Chung Hospital and Dr. Sylvia Kwok Lai Yuk-ching of City University of Hong Kong would share their experience of implementing recovery in hospital setting and in community setting. Dr. Kevin Chan Kashing of The Education University of Hong Kong would debut the first evaluation report of the Recovery College in Hong Kong, a project sponsored by Mindset Foundation. Mobilizing peer participation and enhance peer support using their expert by experience has been proven to be useful in enhancing their self-esteem and is a good anti-stigma strategy. Professor Yao Gui-zhong of Peking University Sixth Hospital (Institute of Mental Health), a renowned expert in psychiatric rehabilitation would update our knowledge about peer support work in Mainland China. Ms. Chan Lishan, a Mental Health Advocate and a Peer Specialist herself in Singapore would give her hands on experience in diminishing stigma of mental illness. Dr. Joshua K M Nan of Hong Kong Baptist University, a qualified art therapist would share also his success in engaging service users and peer support workers using art in our wellness activity.

On behalf of the Association, we are honoured by the presence of Mr. Wong Yan-lung, GBM, SC, Chairman of Advisory Committee on Mental Health, an advisory body to see through implementation of the recommendations of the mental health review report by HKSAR Government, to officiate the opening of the Mental Health Association of Hong Kong 65th Anniversary Symposium titled “Restoring Shattered Minds”. The Association is particularly grateful to the support of HKSAR Government in strengthening community mental health care in Hong Kong over the past years. The Hong Kong Society at large is also in debt to the passion, unfailing efforts and contribution of Mr. Wong Yan-lung, GBM, SC, in combating substance abuse and improving the care of substance abusers when he was still our beloved Secretary of Justice of Hong Kong. Under the leadership of Mr. Wong Yan-lung, GBM, SC, we anticipate further synergy to be re-created among different policy sectors to make Hong Kong a healing place for disturbed and shattered minds.

Last but not least, I would like to thank all participating organizations for your support and interactive sessions during the symposium. I would like to thank also our Platinum Sponsor as well as our hardworking Director and her team in making this learning opportunity a reality for all. More importantly a warm welcome to all overseas and Mainland speakers and delegates, wishing you an enjoyable stay in Hong Kong, a still vibrant and tolerant city that would face up to challenges with much resilience, acceptance and love at all times. A city that is mindful of disadvantaged groups including the treatment, care and recovery of persons with severe mental illness in particular.

Thank you