

## *Message from Issue Editor*



### **Celebrating 70 Years of Dedication to Mental Health in Hong Kong**

**Prof. Sally W C Chan**

Chief Editor, Hong Kong Journal of Mental Health

As we commemorate the 70<sup>th</sup> anniversary of The Mental Health Association of Hong Kong (MHAHK), it is an opportune moment to reflect on the remarkable journey of the Hong Kong Journal of Mental Health (the Journal). As the editor-in-chief, I take immense pride in highlighting the Journal's invaluable contributions. The Journal has served as a beacon of knowledge and a platform for discourse on psychiatric rehabilitation in the Hong Kong community and beyond.

Since its inception in 1972, the Journal has been at the forefront of advancing the understanding and implementation of community-based psychiatric rehabilitation. The Journal has published a rich tapestry of peer-reviewed articles reflecting local innovations, best practices, and international perspectives that enrich our collective understanding of mental health challenges and solutions. These contributions enhance our local landscape and resonate with the ongoing global dialogue on psychiatric rehabilitation.

One of the hallmarks of the Journal has been its commitment to sharing professional and evidence-based practices. Through reflection, research, and critical analysis, our contributors have shared insights that have shaped policymaking and service provision in the mental health sector. The Journal is an essential resource that provides policymakers, service providers, academics, and the public access to the latest empirical evidence and innovative rehabilitation strategies. This has been particularly crucial during times of crisis, such as the ongoing mental health challenges posed by the COVID-19 pandemic, where mental health issues have surged, highlighting the need for robust community-based support systems across all age groups.

Our contributors, consisting of esteemed researchers, practitioners, and advocates, continually reflect on the successes and struggles within the field. They engage thoughtfully with the existing literature and push the boundaries of psychiatric rehabilitation. Their work often addresses underrepresented populations and emerging issues, ensuring our practices remain relevant and responsive to society's evolving needs.

The Journal has also fostered collaboration and dialogue beyond Hong Kong, reaching out to colleagues in Mainland China and Southeast Asia. By sharing local best practices and learning from international experiences, we create a vibrant network of professionals dedicated to improving mental health outcomes. This cross-border exchange is crucial for addressing the widespread mental health challenges that transcend regional boundaries, and we are proud to facilitate these critical discussions.

As we reflect on the past, it is equally essential to look towards the future. The latest evidence suggests a significant shift towards community-based psychiatric rehabilitation, emphasizing the importance of integrating mental health services into general healthcare frameworks, enhancing accessibility, and empowering individuals through peer support initiatives. The ongoing integration of digital technology in mental health services also provides new avenues for engagement and outreach, presenting exciting possibilities for innovation in psychiatric rehabilitation.

Given the many changes, challenges, and uncertainties, developing a positive outlook for the Journal's future is critical. By focusing

## **Prof. Sally W C Chan**

on opportunities for growth, collaboration, and innovation, we can cultivate resilience and optimism within our communities. By facilitating the dialogue among contributors and readers of the journal, we can inspire individuals and organizations alike to envision and work towards a brighter future. I believe there is room for collective efforts that can lead to meaningful change and progress for the Journal.

In this special 70<sup>th</sup>-anniversary commemoration issue, we have senior members of MHAHK to share their reflections and experiences related to mental health services and psychiatric rehabilitation. We also have MHAHK service providers to share their innovative practices and projects. I hope you enjoy reading this issue.

On a personal note, I joined the mental health services in Hong Kong in the 1980s and became a life member of the MHAHK in 1987. I have contributed to The Hong Kong Journal of Mental Health's editorial board since January 2008. Over the years, I have witnessed the many challenges and progress in mental health services and psychiatric rehabilitation, as well as the significant contributions of the MHAHK to

this progress in Hong Kong. I am privileged to serve the mental health services in Hong Kong and the MHAHK.

I sincerely congratulate The Mental Health Association of Hong Kong on this momentous 70<sup>th</sup> anniversary. The MHAHK's unwavering commitment to excellence, advocacy, and community support has laid a strong foundation for future mental health services, especially in psychiatric rehabilitation in Hong Kong, the Greater Bay Area, and beyond. Together, let us continue championing mental wellness, supporting each other's journeys, and striving for sustainable improvements in mental health services.

Thank you to our contributors, readers, and supporters. The Hong Kong Journal of Mental Health's journey continues, and we look forward to exploring new horizons in psychiatric rehabilitation together.