

Message from Issue Editor



“Family Mental Health”

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As a living being, we all recognize the importance of family. Family is important to each and every one of us. Family provides an arena for us to express our loves, our cares, our worries, our fears, and our frustrations. It is also a place we receive support, care, and concern but unfortunately, sometimes, hatred, rejection and disappointments. Whether you like it or not, we are born to be related to a family or several families of one kind or another. It is often said that if one member of the family falls ill, the whole family suffers. In this issue, we are trying to explore some of the issues relating to family when one of her member falls ill.

Having a child with Attention Deficit and Hyperactivity Disorder already poses great stresses to the parents. Having such child who is also non-responsive to medications poses even greater distress to them. Dr. Raymond Chan tries to explore alternative methods in dealing with this very difficult situation.

Similarly, caring for a demented elderly is not an easy task. Many families do found great difficulty in caring their demented relatives. Ms Lai discusses on the training

programs for families to enhance their care giving self-efficiency.

On the other hand, what happens when the care-giver falls ill? What would happen to the young children when their parents become mentally unwell? Comprehensive Child Development Service provides a platform for early detection and interventions for post-natal mothers with mental health issues. Dr. Bonnie Siu, in her article, describes ways to tackle depressive mothers with newborns.

Misunderstanding often creates unnecessary bitterness, hurts and pains. Mr P S Kwong leads us to look at the ways how nurses could help to ease off family distresses by the family nursing interventions.

Sometimes, family is not what we hope it to be. Family is supposed to be loving and caring, but there are many factors which hinder such development. Dr. K W Chow helps us to explore about the issues on domestic violence and how mental health professionals could lend a helping hand in these tragic scenarios.

Helping families in difficulties is not an easy task. It needs a thorough

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understanding of the family as a whole. However, Hong Kong is a special place where family medicine is not widely practised. Many of our patients with milder form of mental health issues are receiving care at the specialist outpatient clinic on individual basis. How family medicine can contribute to the comprehensive management of the condition is often under utilized. Dr. WK Lee tries to discuss on the ways forward in making a better interface between mental health and family medicine.

On top of this, the Chinese transcript of the 12th T.P. Khoo Memorial Lecture, titled “Adolescent Substance Abuse in

Hong Kong” is made available. In the lecture, Prof. Daniel T L Shek addressed this burning issue which not only affects the individual who abuses psychoactive substances, but it would have significant impact to the society as a whole.

It is hoped that through these series of articles, readers could have added perspectives on the importance of the well-being of a family and how a helping professional could contribute in making family a better place to live in and being a healing ground for those with mental health needs. Also, we could have the most updated view on the substance abuse scene in Hong Kong.

Upcoming Themes

The Hong Kong Journal of Mental Health is the official publication of the Mental Health Association of Hong Kong and is published on a half-yearly basis. It is an interdisciplinary journal intended to serve as a focal point for the exchange of information to both enhance the definition and development of the field of mental health and facilitate the applications of facts, principles, and methods derived from psychology, psychiatry, medicine, sociology, epidemiology, anthropology, social work, nursing, education and other health-related disciplines.

The Editorial Board has suggested several upcoming themes including (but not limited to) the following:

- ◆ Community Care of Mental Illness
- ◆ Healthy Ageing
- ◆ Mental Health in Chinese
- ◆ Mental Health Promotion
- ◆ Positive Mental Health
- ◆ Substance Abuse

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