

# Psychiatric Rehabilitation Services



葵涌醫院  
KWAI CHUNG  
HOSPITAL



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## **Psychiatric Rehabilitation Service**

People with chronic mental illness and troubled with residual symptoms, they show frustration in their rehabilitation process. Recovery Model is employed and co-work among multi-disciplinary team members. They are medical officers, psychiatric nurses, medical social workers, clinical psychologists and occupational therapists. Person in recovery is supported to live independently with new hope, confidence and meaning of life by providing skill training, peer support service and re-building a new community net-work on discharge.

### ***Service Scope***

#### ***1. Rehabilitation Activity Centre (RAC)***

Daily training service at training center is provided to person in recovery who presents limitation in self-care, social, community living skill which caused by residual symptoms of psychiatric illness.

Organize recovery training programme includes: setting discharge plan, education on recovery model, medication management, symptom management and; training on community skill and domestic skill.

Leisure skill training includes art therapy, gardening therapy

Peer support service

Cooking class

Mutual support group

Others: out-patient service and holiday injection clinic

#### ***2. Extended-Care Patients Intensive Treatment: Early Diversion and Rehabilitation Stepping-Stone (EXITERS) Project***

The service project is provided for any person in recovery with age from 18-65, mentally stable after 3-month hospitalization and; agreed for recovery training at EXITERS, home-like environment. The person in recovery is assisted to set his discharge project with strength explore and his quality of community life is raised.

Lives into EXITERS with self-care, home skill trainings provided

Participates recovery training programme at RAC

3-month follow-up service will be provided for those completed the programme.

Service referral - Medical officer of Kwai Chung Hospital

Service Enquiry - Telephone: 2990 2184

## Community Psychiatric Services

Community psychiatric service is further expanded and Intensive Care Team is developed in year 2011. Its main function is to co-ordinate the community work of Kowloon West Cluster.

### Service Aims

Provide emergency assessment for people with mental health problems

Carry out crisis intervention in the community

Support those severe mentally ill person to live independently

Monitor and assist those case under special care system to live in a harmony, healthy and safe community

### Service Group

General adult with age over 18

Cases under the special care system or presents severe mental health problem

Residents of Shum Shui Po, Mong Kok, Tsuen Wan, Kwai Chung, Tsing Yi, Lantau Island -North and Wong Tai Sin

### Service Characteristics

Provide tailor-make community services with reference to the severity of mental health problem

Individualized and personalized care programme is developed by case managers and regular visits and telephone contacts are provided

#### 1. Intensive Care Team

Cases under the special care system of Hospital Authority or present with severe mental health problems include high risk of self-harm, self-neglect, violence behavior or; single-parent family. They are assisted to re-integrate into the community by keeping close contact with social service agent and carer support is highlighted

#### 2. Personalized Care Programme

Cases present severe mental health problem and assisted to live independently in the community with their strength. Community recourse is utilized and referred.

#### 3. Community Psychiatric Service

Cases other than the above

Co-work with other government departments e.g. Hong Kong Police Department, Fire Service Department and Social Work Service Department, Non-government organization.

Extended service hours to meet clients' and carers' community needs

Multi-disciplinary approach: medical officer, psychologist, community psychiatric nurse, occupational therapist, and medical social worker

### Service Referral

Medical officer, medical social worker of Hospital Authority, social worker of Social Service Department / non-government organization, government departments, private practitioner

### Service Enquiry

Telephone: 2959 8409