

**2010 Asian Award for Advancing Family  
Well-being (3A Project)**

**Family Mental Health Service cum  
Family Oasis Project**

Cindy Leung Herman Lo Doris Cheung  
Hong Kong Family Welfare Society



# Are we happy?



**JAPAN**



**SINGAPORE**



**HONG KONG**



**TAIWAN**



**MALAYSIA**

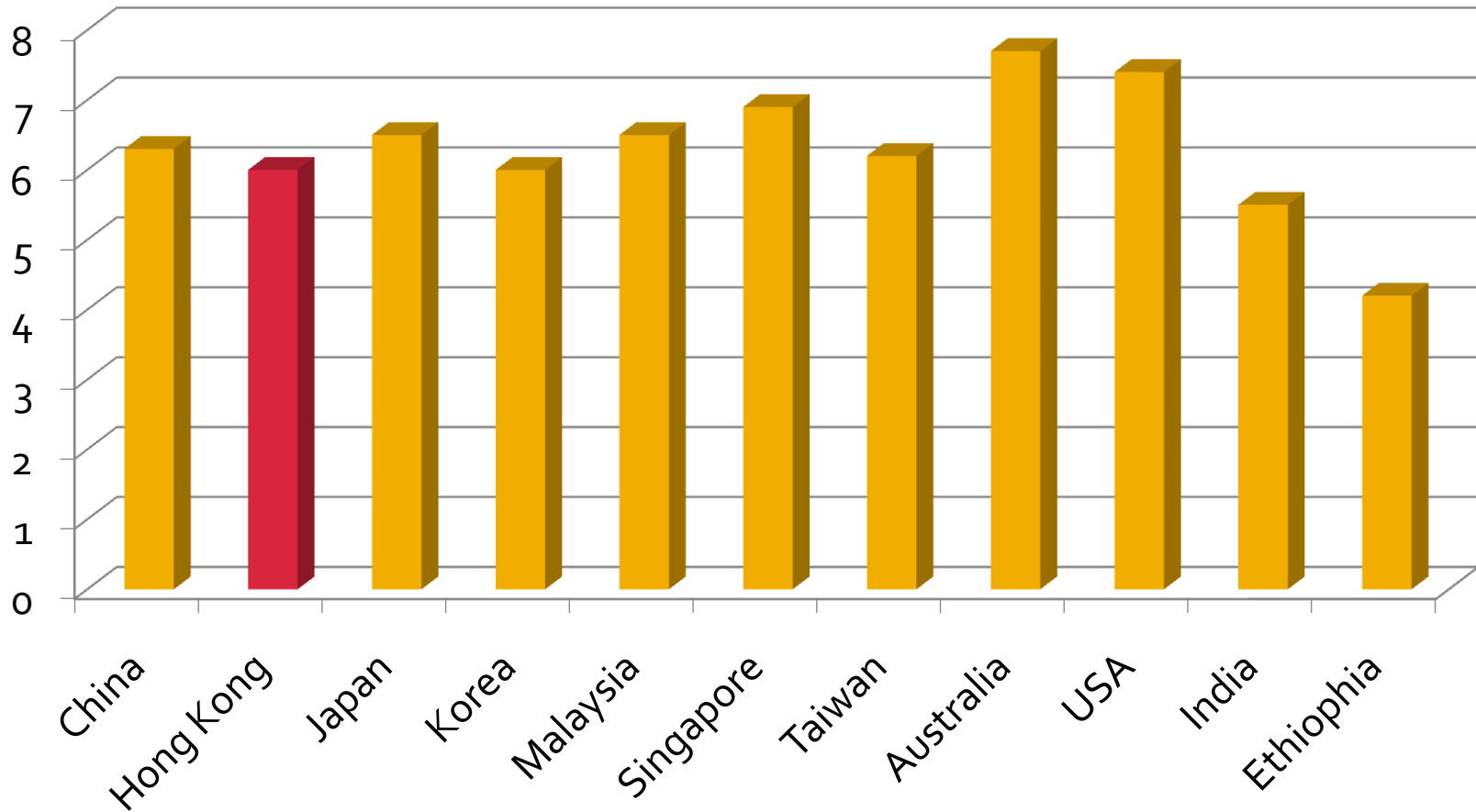


**KOREA**



# How happy we are?

(Source: World database of Happiness by R. Veenhoven)



# Alarming figures for Hong Kong population

Types of disorder	Prevalence	Helping seeking
<b>Major Depressive Disorder</b> (Lee, Tsang & Kwok 2007)	8.4%	24.5%
<b>Generalized Anxiety Disorder</b> (Lee et al., 2007)	4.1%	39.7%
<b>Social Anxiety Disorder</b> (Lee, Lee & Kwok 2005)	3.2%	NA
<b>Panic Disorder</b> (Lee, Tsang & Kwok 2005)	3.9%	NA

# Top 10 mood symptoms

(Lo, Ng & Chan 2009)

Symptoms	mean	SD
<b>Ruminations and worries</b>	2.06	.94
<b>Feelings of inadequacy</b>	1.87	.98
<b>Ineffective behavioral pattern</b>	1.55	.82
<b>Sleep disturbance</b>	1.54	1.08
<b>Rigidity in life &amp; attitude</b>	1.53	.84
<b>Unstable relationship pattern</b>	1.46	1.10
<b>Physical complaints</b>	1.44	1.10
<b>Restrictive pleasurable activities</b>	1.36	1.02
<b>Restrictive expression of tender emotions</b>	1.35	.99
<b>Intolerance of being alone</b>	1.34	1.20

# Service components

## Family Mental Health Service

**Mental Health Group  
(MHG)**

**Psychiatric Consultation  
Service for Families (PCSF)**

## Family Oasis

### Family Health Redevelopment Project

**Health Promotion Courses  
(HPC)**

**Family Health Enhancement  
Courses (FHEC)**

**Mutual Support Programs**

**Website & "MindGym"  
Online program**

# Mental Health Group 健康身心小組



- Our social workers developed a CBT based treatment module for people reporting mild to moderate mental health symptoms, with the support of psychiatrist and clinical psychologist in the pilot stage.
- We published the first CBT manual in Chinese populations.

# MHG Program structure

- 12 Weekly session, each 2.5 hrs
- Program components:
  - cognitive restructuring
  - communication skills
  - problem solving
- Homework assignments



# What is CBT?



# What is CBT?

CHINA

# What is CBT?



# What is CBT?

40kvo

# How a wife sees her husband in CBT

## Event :

My husband was upset as I did not agree to take part in his sister's family gathering.  
I explained to him but he was so pushy and persistent.

## Emotions :

angry, sad and felt hurt

## Thinking :

He did not understand me  
He did not respect me.  
If he loves me, he shouldn't treat me like this.



# Thoughts & emotion after CBT

## Thinking :

I just have different views with husband in this event.

Husband has been good to me all along.

He did not intent to hurt me as he is so frustrated by my answer.

We can discuss the issue again when we are calm.

## Emotions:

Peaceful, settled



# Psychiatric Consultation for Families 以家為本精神健康諮詢服務



- Since 1997
- Joint effort of social worker & volunteer psychiatrist
- Target for people who resists to medication or default treatment prematurely
- Engage family & significant others in the consultation

# PCSF

- In 2000 to 2010, 540 families have received the PCSF in HKFWS.
- 77% PCSF users attended the first follow up consultation in HA/private practitioners



# How to promote happiness & mental health in Asia?

“先天下之憂而憂，  
後天下之樂而樂”

“be the first to worry  
about the world's  
troubles and last to  
rejoice in its  
happiness”

范仲淹

989-1052

Fan Zhong Yan, Politician &  
Scholar in Sung Dynasty



# Exploring new initiatives in view of...

- The suppression or ambivalence in emotional expression for HK Chinese
- The use body-mind connection and eastern health concepts in promoting mental health
- CBT demands users' analytical thinking and may not fit all

# In 2009, we gave birth to a new member...



	Movement	Still
East	Mindful Yoga	Mindfulness training
West	Drama exploration	Art exploration

# Mindful Yoga 生活瑜伽



# Mindfulness Training 靜觀訓練





# How mindfulness helpful?

We usually try to feel better by decreasing the intensity of painful experiences;  
In mindfulness, we work instead to increase our capacity to bear them.

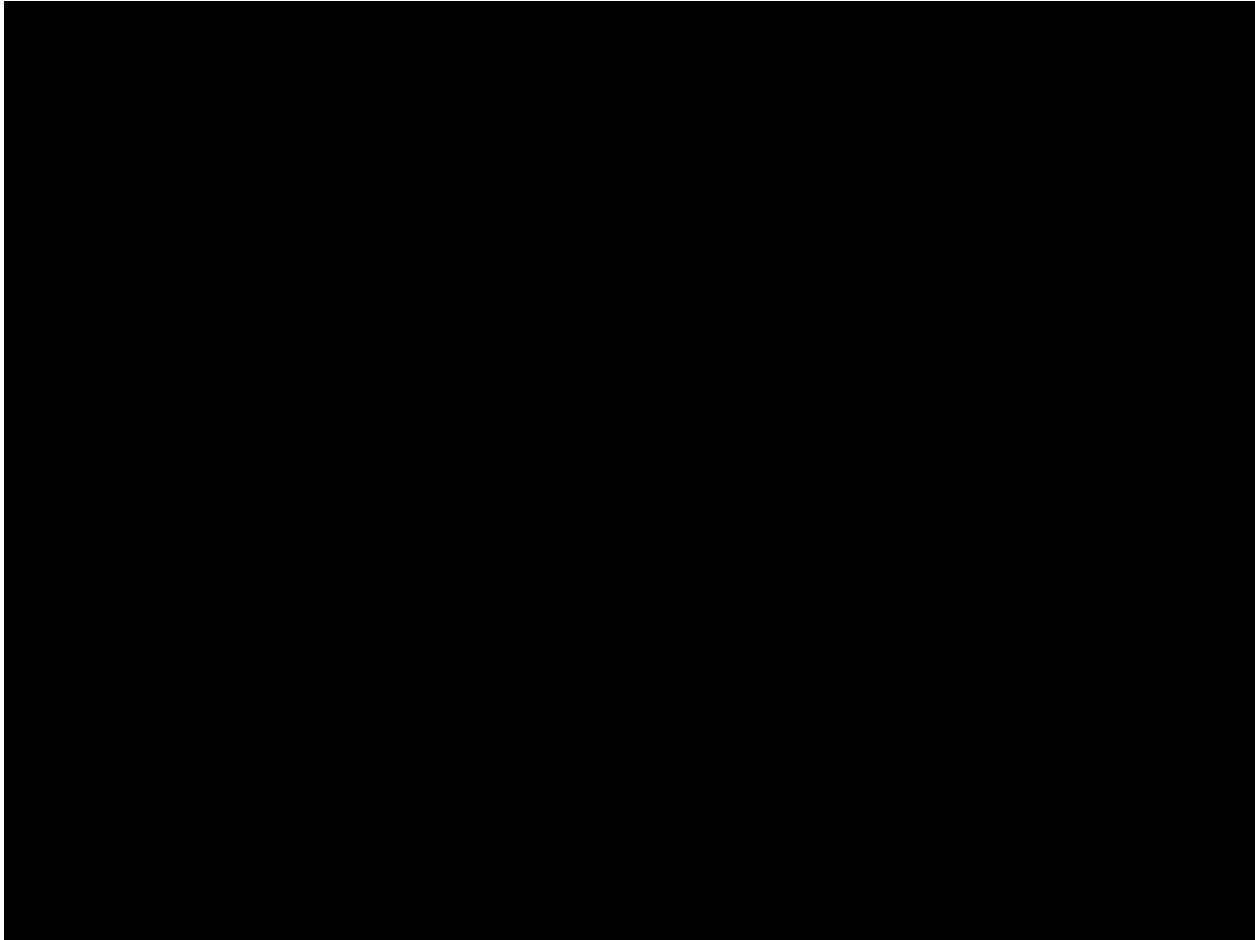


Donald Segal

# Art exploration 藝術探索



**Find your inner oasis...**



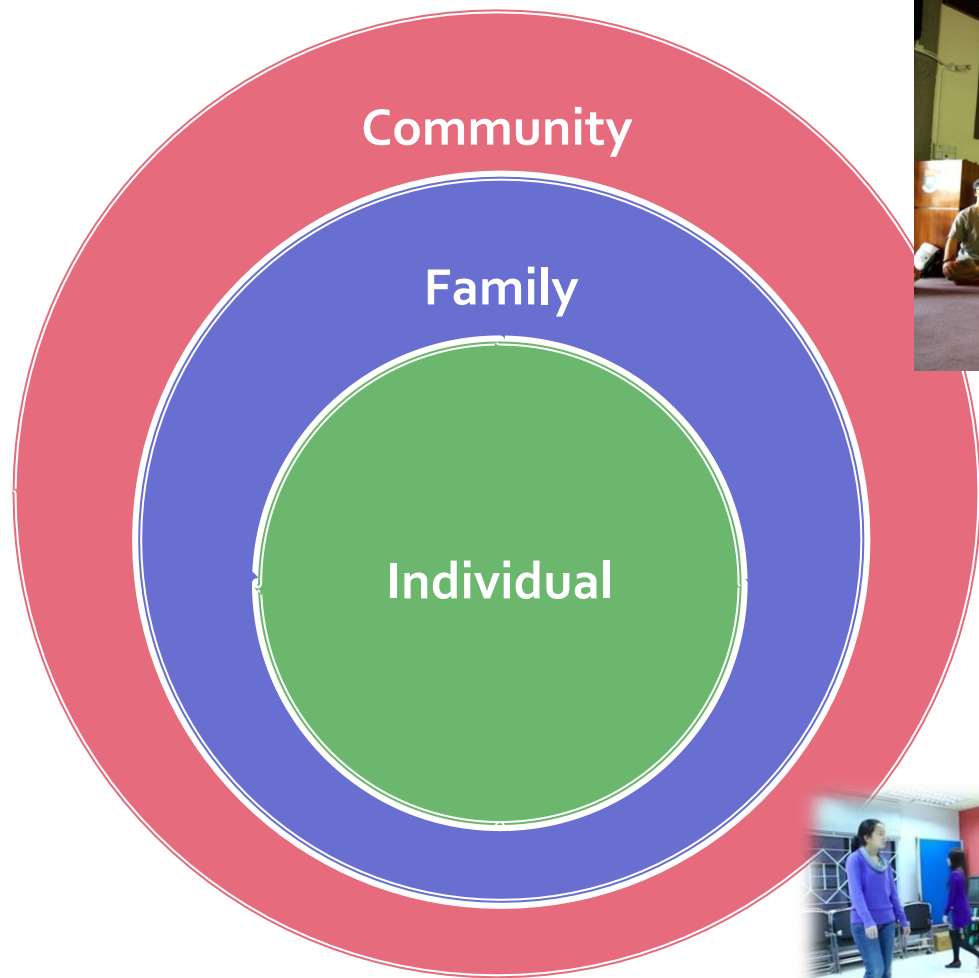


# Drama exploration 戲劇探索



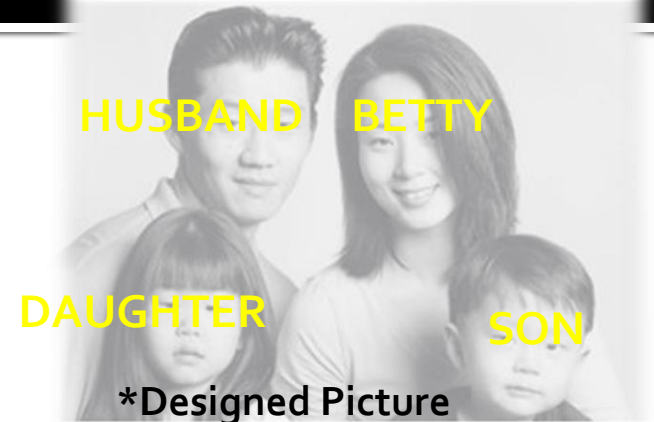
Acting for real

# We are not alone...in “Mindful Club 靜觀會” & “Art Club 藝聚館”



# Working in a family perspective

## Betty's Story



**Mindfulness &  
Mindful Club:  
Self-awareness  
& management**

**Partner  
Yoga:  
Family  
Needs &  
Limitations**

**Mindful  
Yoga:  
Body-mind  
Connection**

**CogArt:  
Balance between  
Family & Self-  
needs**

# A Mom rediscover her roles...

**BEFORE**



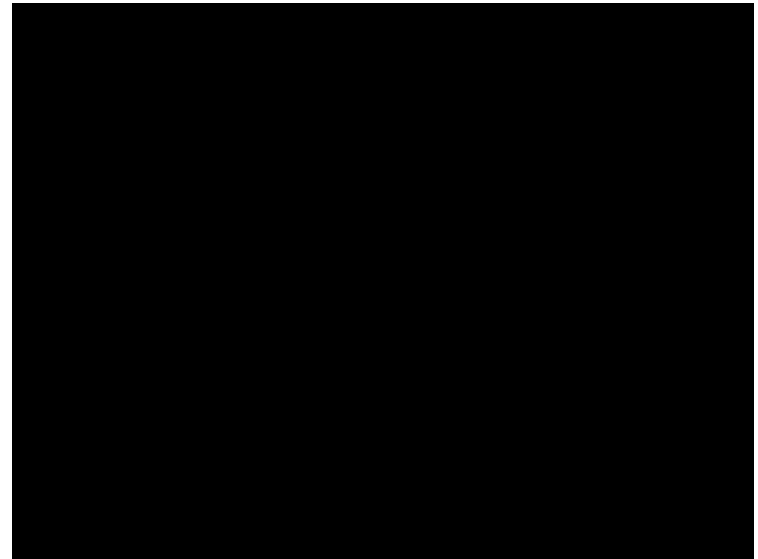
**AFTER**



# Web-based intervention

- People with extended working hours & shift duties can learn in a flexible manner
- 20 3 to 10 minute video clips delivered by Guest trainers
- 5 streams:
  - Body-mind exercises
  - Power of Spirituality
  - Interpersonal Dynamics
  - Inspiring stories
  - Managing Insomnia

# MINDGym 健心班





# Guest trainers in MINDGym



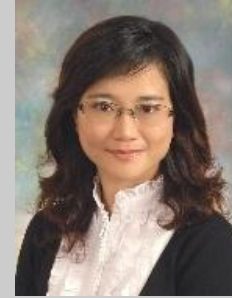
**Prof Cecilia Chan**  
HKU  
**How breathing & Laughter promote health**



**Prof Joyce Ma**  
CUHK  
**Tips for Healthy Families**



**Dr Timothy Leung**  
CUHK  
**Tips for Better Sleep**



**Dr Pamela Leung**  
HKU  
**Ten Finger Massages**



**Dr Ng Siu Man**  
HKU  
**Acupuncture Points for Stress Relief**



**Dr Angela Tsun**  
HKBU  
**Find your hope from life members**

# Guest trainers in MINDGym



**Dr WT Chan**  
Chairman of Depression  
Patient Association  
**When my love is sick**



**Dr Cindy Chiu**  
Psychiatrist  
**Understand Insomnia  
& its treatment**



**Prof Joanne Chung**  
Associate Vice President  
HK Institute of Education  
**Gratitude is cure**



**Mr Christopher Law JP**  
Architect  
**Love, Never too Late**



**Ms CY Lee**  
CM Practitioner  
**Recipes in Chinese  
Medicine for Insomnia**



**Dr Ricky Szeto**  
CEO Hung Fook Tong  
**Breaking through a  
major setback in career**



**Ms Carrie Tse**  
HR Director, IKEA  
**Managing relationship in  
workplace**



**Mr Ken Wong**  
Yoga Instructor  
**One minute Office  
Yoga & Yoga for Family**



# Evidence based practice

## Outcome of MHG (Lo, Ng & Chan 2009)

- With adequate training & support, Social workers can provide effective time-limit treatment to people with mild to moderate symptoms.
- People not using individual counseling and those with low energy were more likely to dropout.
- Some cognitive and interpersonal pretreatment symptoms are found to be poor treatment outcome.

	No of symptoms in GHQ12	GHQ <5	GHQ >=5
Pre-group	6.8	110	438
Post-group	3.8	340	208

# First RCT in HK to study mindfulness for depression & anxiety (n=53)

	Intervention Group Change in M(SD)	Control Group Change in M (SD)	t, p
<b>Depression</b> (BDI) (0-63)	-16.56 (12.16)	-2.11 (8.01)	4.21, .000
<b>Anxiety</b> (HADS) (0-21)	-4.96 (3.32)	-1.20 (3.92)	3.69, .001
<b>Physical distress</b> (0-140)	-35.00 (29.59)	-2.50 (18.28)	4.30, .000
<b>Daily functioning</b> (0-100)	21.12 (13.69)	1.96 (9.57)	5.89, .000
<b>Positive Affect</b> (0-80)	14.87 (15.06)	0.67 (11.65)	3.87, .000
<b>Negative Affect</b> (0-100)	-24.81 (25.91)	-6.30 (23.52)	2.65, .011

# Putting four approaches into a family perspective (Lo, Ng & Chan 2010)

## Cognitive reappraisal of family issues

- Respect differences of family members
- reduce ruminations about family issues

## Skills enhancement in family stress management

- Improve conflict management in family
- adjust in overloaded family responsibility

## Personal transcendence in family roles

- Remember self love when loving family
- Enjoy the role of being a housewife

# Our multidisciplinary partners

Psychiatry	Dr Chung Sze Yuen Dr Lo Chun Wai
Family Medicine	Dr Chan Wan Tung
Legal	Ms Cecilia Lau Mr Eddie Leung
Research	Prof Joyce Ma CUHK Centre on Behavioral Health, HKU
Chinese Medicine	Dysthymia Program, Chinese Medicine Clinic, Tang Shiu Kin Hospital
Human Resources	Etta Wong Lee Hecht Harrison John Ng Tricor Consulting Ltd.
Education	Minnie Lai
Intervention approaches	Dr Helen Ma HKU Ms Julia Byrne Founding President of HKAAT Ms Adeline Chan HKADT Mr Ken Wong Classical Yoga Association

# Vision & the Future...

- Family as a unit
- Relieve the suffering of people with mild to moderate emotional symptoms
- Non-stigmatizing service setting
- Community based and population mental health approach
- A variety of intervention approaches
- Inter-disciplinary collaboration
- Evidence based practice

- Shared mission with clear guiding principles
- A passion to serve
- A love for innovation



Since 1949

FAMILY WELFARE

# Acknowledgement

- The Community Chest
- BOC Loving Hong Kong Fund
- Comments, feedback, support & encouragements from all stakeholders



香港公益金  
THE COMMUNITY CHEST



# Thanks for your participation!

