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Lessons Learned: From Principles to Practice - A Territory-wide Recovery-oriented Movement in Mental Health Occupational Therapy

Presentation Abstract

The recovery-oriented service has been promoted in mental health occupational therapy for around 10 years in Hong Kong. The process included development of service framework and programme, staff training, sharing of good practices, involvement of service users, evaluation survey and recruitment of peer support workers.

The occupational therapy in-patient enhancement program, service in Castle Peak Hospital and Phoenix Clubhouse will be shared to demonstrate the changes.

During these 10 years, the OT recovery service framework has been adopted in 11 day and hospital settings. Over 100 locally developed good practices and leaderships in recovery-oriented practice had been implemented in different clusters. Many of these practices are creative ideas initiated by frontline therapists related to service user empowerment and participation, community involvement, story sharing from service users etc.

The results of the 2011, 2013 and 2016 territory wide continuous quality improvement survey using the Recovery-self Assessment (RSA) showed promising feedback from service users in Life Goal, Involvement, Diversity, Choice and Individuality but seemed to have reached a plateau. The Chinese Recovery-self Assessment – Service User Version (CRSA-SU) translated for use in Hong Kong Hospital setting has been validated as a continuous quality improvement tool.

The challenges of promoting Recovery-oriented service in hospital settings includes its balance with the medical model, leadership, staff commitment and capability, service users involvement, authenticity and addressing the evolving nature of Recovery-oriented service. Lessons learnt from the experience and possible actions to keep the momentum continue will be discussed.