

II 提升社區能力 Community Empowerment

Ms. Sania YAU

Chief Executive Officer of New Life Psychiatric Rehabilitation Association

Ms. Sania Yau, MSW, a Registered Social Worker, is the Chief Executive Officer of New Life Psychiatric Rehabilitation Association. She leads a team of 850 staff serving over 12,000 service users and their family / carers annually through 33 service units rendering recovery-oriented services spanning residential, vocational and community mental health services. The Association also operates 20 social enterprises to provide job training and employment for people recovering from mental illness, including retail, catering, eco-tourism, cleansing, and property management. To promote mental health in the community, the Association launches various community mental health promotion and prevention work for the general public. In addition, it operates the New Life Institute of Psychiatric Rehabilitation to provide specialised training for mental health professionals.

Ms. Yau has been actively contributing to the promotion of mental health. She has served in different organisations as management committee and council member. At present, she is also a member of the Promotion Sub-committee of the Health Care and Promotion Fund.

快樂城市 Happy Community

While traditional mental health focuses on dysfunction of the individual, positive psychology, by contrast, examines how people can become happier and more fulfilled. The presentation will focus on the application of different components of positive psychology including happiness, hope, character strengths, etc. in building up a happy community through three levels of intervention - primary, secondary and tertiary - in different service settings since 2008. The projects aim at addressing the issues of social inclusion and stigma reduction through adopting an evidence-based practice approach. The experiences of gaining support from multiple stakeholders / partners and lessons learned in community empowerment will also be discussed.

The projects funded by Health Care and Promotion Fund of the Food and Health Bureau to sponsor the Association's endeavour in using innovative means of mental health promotion and prevention of mental health problems among young people will be highlighted. Projects including "*Put Up Your New Glasses - Stigma Reduction Towards Mental Health Problems among Young Generation*" - Non-research Health Promotion Project and "*MIND EASY: An Innovative Web-based Self-Help Program*" - Research Health Promotion Project will be presented. These two projects shared the objectives of educating young people about holistic health and reducing stigma associated with mental health, thus enhancing their awareness and improving help-seeking behaviour towards mental health problems.

In addition, the presentation will also cover other projects on promoting individual well-being which is integral to building up and sustaining a happy community, such as "*The Torch of Happiness*" project and "*Stand-up for Mental Health*" Talk Shows targeted at the general public. The "*Avenue to Happy Rainbow*" project at Tin Shui Wai was designed and delivered through The Wellness Centre set up since 2009 to address the specific community needs there. Finally a series of "*Hope*" projects was implemented in seven districts where The Wellness Centre of the Association operated. Research findings indicated that hope and subjective happiness are correlated.