

Mental Health Youth Ambassador Programme

「米青年」精神健康大使計劃

Organizer 主辦單位

Public Awareness Committee, The Hong Kong College of Psychiatrists

香港精神科醫學院公共關注委員會

Target Participants 對象

Secondary school students studying Form 3 or above, who are interested in promoting mental health to the community, or in pursuing career related to mental health in future.

中三或以上，有興趣參與社區精神健康推廣活動或日後有志從事與精神健康相關工作的中學生。

Objectives 宗旨

- (i) To promote the awareness of mental health and understanding of mental illness
提高大眾對精神健康/疾病的認識
- (ii) To reduce the stigma attached to mental illness and offer opportunities of personal contact with psychiatric clients
減少社會對精神疾病的誤解並提供與精神病復元人士接觸的機會
- (iii) To offer students opportunity to participate in and organize program
為學生提供參與和籌辦活動的機會

Components of programme 計劃內容

The award program consists of three levels to reflect an increasing level of interaction with persons-in-recovery and active participation in mental health promotion and destigmatization programme.

該獎勵計劃由三個等級組成，以參與精神健康推廣及反歧視活動的積極程度以及和精神病復元人士的互動程度層層遞進。

- (i) **One Star:** The aim is to promote proper understanding of various mental disorders, clarification of common myths, and to address the issue of stigma and discrimination. It involves attending at least three of the public lectures organized by the Hong Kong College of Psychiatrists or recognized associations, to enhance students' knowledge of different mental illnesses, including Common Mental Disorders (Depression, Anxiety Disorders, Obsessive Compulsive Disorder, Post-traumatic Stress Disorder), Severe Mental Illness (Psychosis, Bipolar Affective Disorder), Old age psychiatry (Dementia, Elderly depression), Child and adolescent psychiatry (Autism, Attention-deficit Hyperactive Disorder) as well as Alcohol and Substance Abuse problems. Besides, ways to promote mental health / wellness will be included.
「米青年」一星：目的是為了加強對各種精神疾病的正確認識和了解，釐清常見的誤解並處理標籤和歧視的問題。參加者需出席至少三個由香港精神科醫學院或認可的機構舉辦的公開講座，以增強學生對不同精神疾病的知識，包括常見的精神疾病（抑鬱症，焦慮症，強迫症，創傷後壓力症），重性精神疾病（思覺失調，兩極情緒病），老年精神病（認知障礙症，老年抑鬱），兒童及青少年精神病（自閉症，專注力不足/過度活躍症）以及酒精和藥物濫用問題。此外，講座內容也會包括如何促進精神健康。
- (ii) **Two Stars:** The aim is to provide opportunities of direct contact with persons-in-recovery, which is an effective strategy to reduce stigma. It involves participating as volunteer in services to persons-in-recovery organized by the programme or in collaboration with various Non-government Organizations. Alternatively, participants could work with persons-in-recovery to provide services to other target groups, such as elderly. Participants who achieved 20 hours of volunteer work would be awarded Two Stars.
「米青年」二星：目的是提供與精神病復元人士直接接觸的機會，這是一個能有效減少歧視的方法。參與者會以義務形式參加主辦單位或與非政府組織合作舉辦的志願工作幫助精神病復元人士。另外，參與者可以和復元人士一起幫助其他目標群體，例如為老年人提供服務。參與者如達到20小時的志願工作將被獲授予二星。
- (iii) **Three Stars:** The aim is to promote active participation in and enhance the skills of organizing projects to serve persons-in-recovery, or to promote mental health. Participants shall work in groups. Proposals shall be submitted for endorsement regarding feasibility and appropriateness. The programme organizer would oversee the preparation and implementation of project. Examples include promotion of stress management

to fellow students, or educational promotion to raise the awareness of general public about mental health and illnesses. Participants who completed the project would be awarded Three Stars.

「米青年」三星：目的是讓同學以小組合作的形式為精神病復元人士舉辦活動或向社區推廣精神健康活動，從而增強同學籌辦相關活動的能力。同學應提交有關活動的計劃書到主辦單位去審批計劃的可行性和適當性。主辦單位會監督該計劃的準備和實施。例如參與者可向校內同學分享壓力管理，或舉辦社區宣傳推廣以增加大眾或同學對精神健康及疾病的認識。參與者如完成項目將獲授予三星。

Recognition 嘉許

- (i) Certificates would be issued by The Hong Kong College of Psychiatrists to participants who completed each level before graduation from secondary school. The award ceremony is tentatively scheduled in July.
參加者於中學畢業前每完成一星可獲香港精神科醫學院頒發證書。嘉許禮暫定7月舉行。
- (ii) Participants who achieved Three Stars would have the chance to be selected for Attachment Programmes to Department of Psychiatry of Universities or Hospitals.
獲授予三星的參加者有機會被揀選到大學或醫院精神科部門參與體驗計劃。
- (iii) Participants with outstanding performance would have the chance to be selected for a mentorship programme with psychiatrists as mentors.
表現優秀的同學有機會獲選參與精神科醫生的師友計劃。



Mental health Youth Ambassador Program

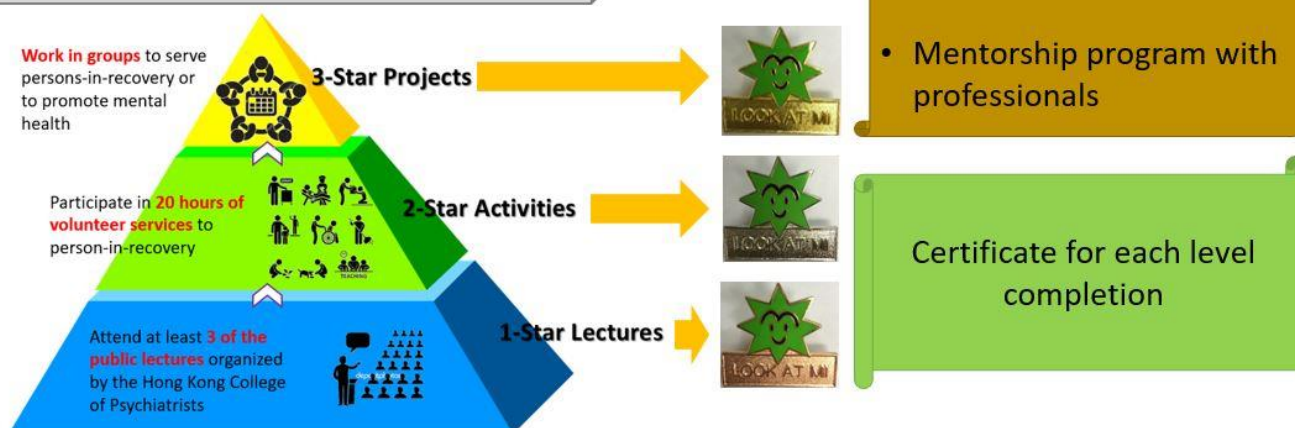
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Targets:

- Secondary school students studying Form 3 or above
- Interested in promoting mental health to community
- Pursuing career related to mental health in future

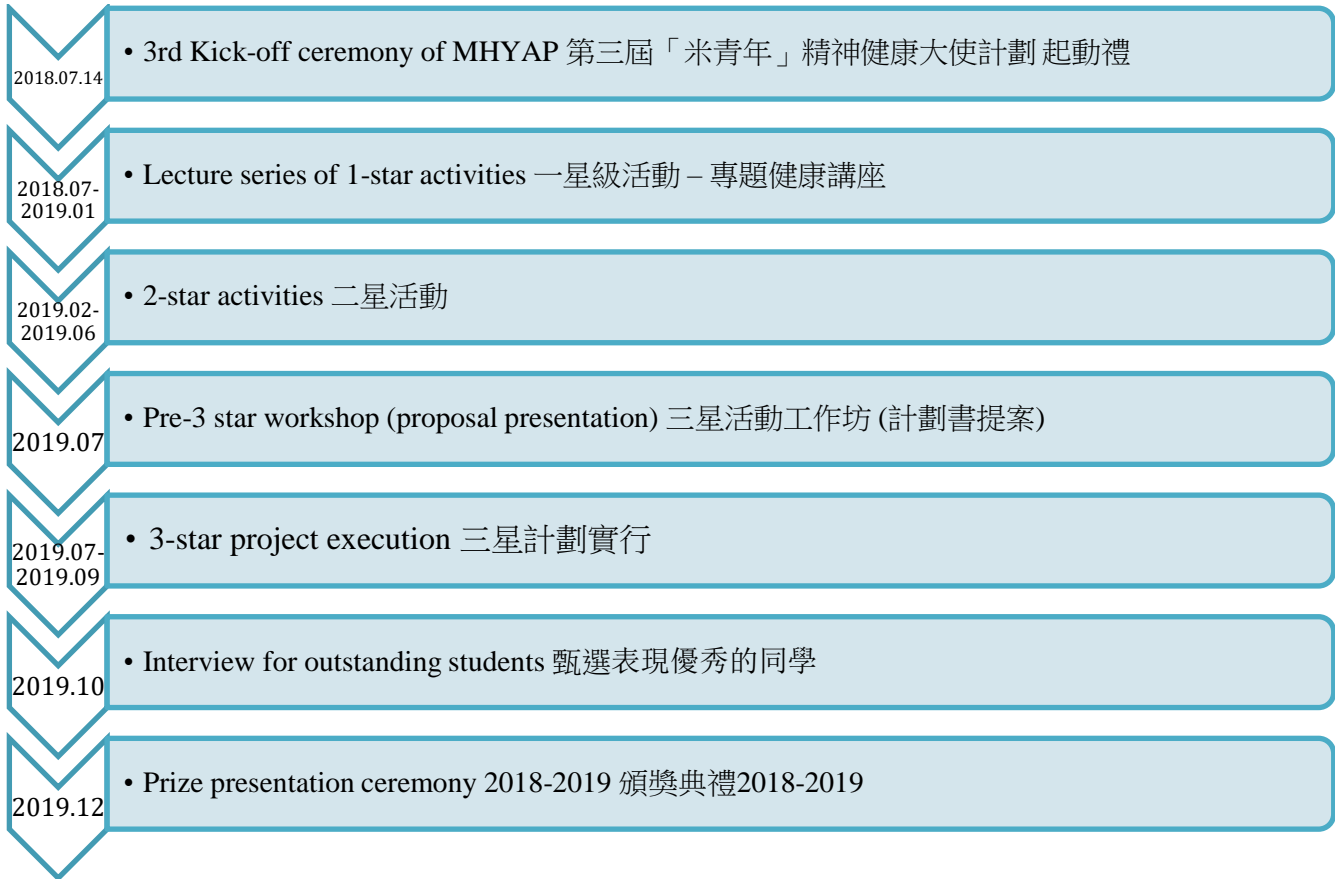
Recognition:

- Attachment program to universities or hospitals
- Mentorship program with professionals



Timeline of mental health youth ambassador program 2018-2019

「米青年」精神健康大使計劃2018-2019 時間表



Parents' consent 家長同意書

Parents' Consent is required for participants of Two Stars and Three Stars. It would be delivered to students by email and signed Parents' Consent should be returned to staff of the Hong Kong College of Psychiatrists before students commence on Two Stars activities. Please kindly return the signed consent form by email to ambassador.pac@gmail.com or fax to 2870 1391.

參與二星和三星的同學需提供家長同意書。同意書將會電郵給參與的同學。同學在參加二/三星活動之前需把簽妥的同意書電郵至 ambassador.pac@gmail.com, 或傳真至2870 1391。

Registration 參加辦法

Please register through bit.ly/MHYAP by completing and submitting the application form. Students who are interested to join are encouraged to attend the kick off ceremony on 14 July 2018 as there will be more information and sharing about the programme in the ceremony and it will be counted as attending 1 lecture of the Star 1 level. Students are still welcome to apply to the programme if they can't attend the ceremony.

有興趣參加的同學，請登入 bit.ly/MHYAP 填妥及提交報名表格。我們鼓勵有志參與「米青年」計劃的同學，出席於2018年7月14日舉行之起動禮，屆時將會有計劃詳情及分享活動，是次起動禮的出席紀錄更會計算在一星活動內。我們亦歡迎未能抽空參與起動禮的同學們，登記參與計劃成為「米青年」大使。



Enquiries 查詢

For enquiries, please contact the Hong Kong College of Psychiatrists at 52452516, or email to ambassador.pac@gmail.com.

如有查詢，請致電5245 2516或電郵至ambassador.pac@gmail.com與香港精神科醫學院聯絡

Updates of programme details 計劃的細節更新

The Hong Kong College of Psychiatrists reserves the right to amend the conditions and details of the programme. Please refer to our website www.hkpsych.org.hk or Facebook page "Look at Mi" for updates.

香港精神科醫學院有權修改該計劃的條件和細節。請留意我們的網站www.hkpsych.org.hk 或Facebook網頁 "Look at Mi"www.facebook.com/look.at.mi.hk。edia report from Sing Pao about Prize Presentation Ceremony 2016-2017 of the program



▲麥永承接表示，希望計劃繼續做下去。(司徒華冠攝)

「米青年」嘉許禮倡關注精神健康 中學生摘星知心傳愛

「米青年」精神健康大使計劃嘉許典禮昨天舉行，獲得三星獎狀的學生一一分享活動心得。有老師表示，同學們得悉該計劃後，主動要求參加，獲得在場的前食物及衛生局局長高永文讚揚，亦有同學分享時指出，透過活動接觸到精神健康復者，為以後從事醫護界、社福界等汲取寶貴經驗。香港精神科醫學院公共關注委員會主席麥永承接表示，希望以後能有更多學校參與，持續舉辦這計劃。

本報港聞部報道

除高永文之外，香港精神科醫學院院長陳友凱、麥永接等均有出席嘉許典禮，麥永接向在場人士闡述精神大使計劃劃分的三個星級活動目的：一星的講座是加強認識；二星的義務活動是與之共行；三星的義務活動是主動介入，然而達到三星後，仍有很多需要去做的事，希望以後能有更多學校參與，持續舉辦該計劃。

了為期五日的關注精神健康周，內容包括校園內展示壓力管理手冊版、播放電影《玩轉腦朋友》供同學了解情緒與精神健康知識，以及為精神健康復者送上寫了支持語句的卡片。

該校老師特別提到，是次活動是學生們主動提出參加，並非學校推薦，更指出透過他們舉辦的活動，不少同校學生亦受啟發，更有低年級於早會中分享精神健康問題，稱她們為學校帶來正面作用。幾位同學分享感受時稱，計劃除了能令她們體會何謂精神健康外，更能親自籌辦一個活動，機會十分難得。她們更指出，未來想從事醫護界，該計劃讓她們吸取業界經驗，對認識行業情況非常有幫助。

誤解精神病成拒絕求醫主因

除此之外，瑪利曼中學及可立中學兩組學生亦獲三星獎狀，他們



▲高永文(左)頒獎予獲得三星獎狀的嘉諾聖心書院三位學生。(司徒華冠攝)

均表示，透過計劃有機會接觸精神健康復者，了解到他們其實與一般人無異，更表示學習到不少精神健康知識。瑪利曼中學獲獎學生指出，籌辦一個活動有很多變數，雖然參與的精神健康復者人數比預期中少，但亦因此能更深入的了解他們的狀況，照顧他們的需要。可立中學學生分享時表示，活動令他們減少對精神病患的誤解，更指與班上患ADHD(過度活躍症)的同學有更多接觸，明白他們只是較一般人活躍，更認為整個過程十分有意義。

活動上提到有精神健康調查指出，15至25歲青少年患上常見精神病(如焦慮症、抑鬱症等)的機會率為1.2%，與成年人相若，但求醫比例卻只有成年人的一半，其中青少年對精神病的誤解佔了主因。為了減低公眾對精神病患者歧視，直視精神健康問題，香港精神科醫學院聯同香港心理衛生會、新生精神復康會、浸信會愛羣社會服務處及香港明愛去年合辦了「米青年」精神健康大使計劃，近200名中學生參加，成效顯著。

第一屆「米青年」精神健康大使計劃 三星得獎者

學校	姓名
可立中學	黃嘉豪
可立中學	陳寶俊
可立中學	朱智麟
可立中學	吳晉誠
瑪利曼中學	麥嘉穎(傑出學生)
瑪利曼中學	羅泳霖(傑出學生)
瑪利曼中學	蕭祺欣
瑪利曼中學	李芷靈
嘉諾聖心書院	周津兒
嘉諾聖心書院	彭麗琳
嘉諾聖心書院	陳鈞怡(傑出學生)
嘉諾聖心書院	周美豐(傑出學生)

資料來源：香港精神科醫學院



▲「米青年」精神健康大使計劃嘉許典禮，頒發三星獎狀合照。(司徒華冠攝)



▲獲三星獎狀的瑪利曼中學四名女學生展示。(司徒華冠攝)

Program Alumni's Video Sharing 計劃之友及「米青年」精神健康大使計劃影片分享

If you would like to learn more about sharing from program alumni, please click the link below.

如果你有興趣想知多一點，請登入以下網址。

<https://youtu.be/jd3oR8EnG7w>

You can subscribe our YouTube channel if you like. 如你喜歡，可以訂閱我們的YouTube頻道。

