



香港精神科醫學院

The Hong Kong College of Psychiatrists Ltd.

Website: <http://www.hkpsych.org.hk/>

Email: hkpsych@hkam.org.hk

Newsletter #4-2019

11 October 2019

Dear Fellows, Members, Inceptors and Affiliates,

I. Annual Scientific Symposium, Fellowship / Membership Conferment Ceremony and Annual General Meeting

Please be informed that the Annual Scientific Symposium, Fellowship / Membership Conferment Ceremony and Annual General Meeting of the College will be held on 14 December 2019 (Saturday) at Pao Yue Kwong Auditorium, G/F, HKAM Building, 99 Wong Chuk Hang Road, Aberdeen.

Time	Programme
1:00 pm – 6:00 pm	Annual Scientific Symposium
6:30 pm – 7:30 pm	Fellowship / Membership Conferment Ceremony
7:30 pm – 8:00 pm	Annual General Meeting

The Annual Dinner of the College will be held immediately after the Annual General Meeting in the same evening at around 8:15 pm at 2/F, HKAM Building.

II. Care4ALL Programme

The Care4ALL programme is a 6-month multi-level programme started on 8 August 2019 for the prevention, early intervention and promotion of recovery from mental health distress associated with the recent social unrest in Hong Kong. The programme targets different stakeholders in the community which consists of mental health lectures for the public, workshops for vulnerable groups including school personnel, social workers and other allied health professions, as well as volunteer consultation service for people with suspected or confirmed mental health needs.

The programme receives cases for psychiatric consultation through many referral agencies including the programme hotline and other non-governmental organisations. We have received more than 110 calls and recruited more than 80 volunteering psychiatrists for the volunteer consultation service. A poster of the Care4ALL programme, as well as the topics and schedules for public lectures and workshop are enclosed in the Appendix. The College has recruited two new staff *Ms Jillyan Huibonhoa*, Project Manager and *Ms Sandy Leung*, Research Assistant to assist in the organisation of the Care4All programme. Fellows who are interested to join as a volunteering psychiatrist may contact Ms Sandy Leung via email at care4all@hkpsych.org.hk.

III. Change in Contact Details and/or Status

Fellows, Members, Inceptors and Affiliates are reminded to inform the College for any change in correspondence address and/or status from time to time. The relevant form is enclosed with this newsletter.

Thank you for your attention.

Dr. CW LAW
Honorary Secretary
The Hong Kong College of Psychiatrists

For Fellows, Members, Inceptors and Affiliates of HKCPsych Only



The Hong Kong College of Psychiatrists Ltd.

香 港 精 神 科 醫 學 院

Website: <http://www.hkcp psych.org.hk> E-mail address: hkcp psych@hkam.org.hk

To: Secretariat Office
The Hong Kong College of Psychiatrists
Room 906, Hong Kong Academy of Medicine Jockey Club Building,
99 Wong Chuk Hang Road, Aberdeen, Hong Kong
(Fax. No. (852) 2870-1391)

Notification of Change of Personal Particulars

Name (in block letters):	<input type="checkbox"/> Prof. <input type="checkbox"/> Dr. <input type="checkbox"/> Mr.	
	<input type="checkbox"/> Ms. <input type="checkbox"/> Miss	
With effect from _____, please change my records as follows:		
New correspondence address:		
Room/Flat:	Floor:	Block:
Name of building/estate:		
No. and name of Street/Road:		
District:	Hong Kong / Kowloon / NT	
Postal code:		
Country:		
New correspondence contact numbers / e-mail address:		
Office telephone no.		
Facsimile No.:		
Mobile phone/pager:		
E-mail address:		
Change of status: (For Fellows Only if applicable)		
Current status:		
<input type="checkbox"/> Public sector (HA/University)	<input type="checkbox"/> Private sector	
<input type="checkbox"/> Retired	<input type="checkbox"/> Overseas	
New status:		
<input type="checkbox"/> Public sector (HA/University)	<input type="checkbox"/> Private sector	
<input type="checkbox"/> Retired	<input type="checkbox"/> Overseas	

Signature: _____

Contact telephone number: _____

Date: _____

Organized by:



Care4ALL Programme

Volunteer Consultation Service

Providing preliminary assessment and consultation in the community for those with suspected mental health issues triggered by recent social unrest

Target Participants

- ✦ Facing mental health issues, directly related to recent social unrest, in need of psychiatric assessment and care
- ✦ Not currently involved in legal investigations or proceedings
- ✦ Interested in receiving psychiatric assessment (max \$800 per session) for a maximum of 4 sessions
- ✦ Not under psychiatric care (public / private) over the past 2 years

- ✦ Medications can be purchased from private psychiatric clinics or community dispensaries
- ✦ Appropriate referrals to the Hospital Authority or other clinical services will be arranged if deemed necessary
- ✦ Participants who have difficulty in paying for the psychiatric consultation fees and the expenses for the prescribed medications, the college will be able to provide some support subject to the availability of the donated funds



Details

Duration:

Six months (6 August 2019 - 2 February 2020)

Venue:

- ✦ Caritas NGO centres
- ✦ Private Psychiatric Clinics

Programme General Enquiry Hotline: 6020 2493

主辦機構：



「Care4ALL香港精神 – 同舟共行計劃」

由香港精神科醫學院主辦 Care4ALL 精神健康專題講座

場地贊助提供：香港明愛

講座主題：「如何於社會動盪期間守護精神健康」

Care4ALL 守護精神健康講座 系列 1

講座 1

了解及管理精神健康危機 —— 抑鬱症 篇

地點：2019年9月21日

日期：早上10點至12點

地點：香港新界荃灣城門道9號

明愛賽馬會荃灣服務樓2樓 明愛社區中心

講者：精神科醫生 李芷琪醫生

名額：150位

對象：市民大眾

講座 2

了解及管理精神健康危機 —— 創傷後壓力症 篇

地點：2019年9月28日

日期：早上10點至12點

地點：香港新界荃灣城門道9號

明愛賽馬會荃灣服務樓2樓 明愛社區中心

講者：精神科醫學院院長 吳文建醫生

名額：150位

對象：市民大眾

講座主題

如何於社會動盪期間 守護精神健康

講座 3

一. 如何在動盪的數碼年代守護精神健康

二. 了解數碼年代的青少年心理發展

地點：2019年10月5日

日期：早上10點至12點

地點：香港新界荃灣城門道9號

明愛賽馬會荃灣服務樓9樓 明愛賽馬會心泉發展中心

講者：精神科醫學院 副院長(常務) 陳國齡醫生

名額：90位

對象：市民大眾

講座 4

了解及管理精神健康危機 —— 急性壓力反應 篇

地點：2019年10月12日

日期：早上10點至12點

地點：香港新界荃灣城門道9號

明愛賽馬會荃灣服務樓9樓 明愛賽馬會心泉發展中心

講者：精神科醫學院院長 吳文建醫生

名額：90位

對象：市民大眾

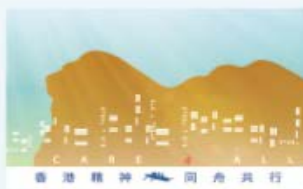
費用全免

敬請於 星期一至五 早上 9 點至下午 1 點，下午 2 點至 5 點半

致電 **6020 2493** 留座《先到先得，額滿即止》



Organized by:



Care4ALL Programme

Workshops - Understanding and management of mental health crisis

Organiser: The Hong Kong College of Psychiatrists

Content: This is a series of workshops for school teachers, social workers, health professionals, related to the repeated confrontation in the community arising from the recent social unrest. The aim of these workshops are to enhance mental health resilience, preventing excessive exposure to trauma-related information, knowledge and skills in early recognition of stress related disorders on oneself and at school level

Target participants: Primary/Secondary School Level-school teachers, school social workers, educational psychologists and other school personnel

Venue: 4/F, West Block, Education Bureau Kowloon Tong Education Services Centre, 19 Suffolk Road, Kowloon Tong, Kowloon

<u>Date</u>	<u>Time</u>	<u>Room</u>	<u>Topic</u>	<u>Speaker</u>
22/10 /2019	9:30 am – 12:30 pm	W422_W4 23, 4/F, West Block	Workshop 1 <ul style="list-style-type: none"> ✚ How to manage suicidal behavior at school ✚ The role of school ✚ The role of family / the role of parents Case discussion / illustration	<u>Dr Eugenia Lok</u>
29/10 /2019	9:30 am – 12:30 pm	W421, 4/F, West Block	Workshop 2 <ul style="list-style-type: none"> ✚ How to solve student conflict and bullying at home and at school ✚ The role of school ✚ The role of family / the role of parents Case discussion / illustration	<u>Dr May Lam</u>
5/11/ 2019	9:30 am – 12:30 pm	W421, 4/F, West Block	Workshop 3 <ul style="list-style-type: none"> ✚ Understanding and management of mental health crisis <ol style="list-style-type: none"> 1. Acute Stress Reaction 2. Depression 3. Post-traumatic Stress Disorder Case discussion / illustration	<u>Dr Phyllis Chan</u>
12/11 /2019	9:30 am – 12:30 pm	W420, 4/F, West Block	Workshop 4 <ul style="list-style-type: none"> ✚ How to prevent and handle violence exposure and behavior in children and adolescents ✚ The role of school ✚ The role of family / the role of parents Case discussion / illustration	<u>Dr May Lam</u>

Registration is free of charge

Please return the enrolment form by email to care4all@hkpsych.org.hk, by fax to 2870 1391.