

To News Editors

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MINDSET College Pilots New Approach to Mental Health Recovery

(HONG KONG) The Jardine Matheson Group's Mental health-focused charity MINDSET has joined forces with four non-government social services organizations, namely the Mental Health Association of Hong Kong, Caritas Hong Kong, Baptist Oi Kwan Social Service and New Life Psychiatric Rehabilitation Association, to launch MINDSET College, Hong Kong's first recovery-oriented mental health education platform.

A launching ceremony of MINDSET College was held today at The Rotunda, Exchange Square, and was officiated by Dr Law Chi-kwong, GBS, JP, Secretary for Labour and Welfare; Mr Ben Keswick, Chairman of MINDSET; and Ms Sania Yau Sau-Wai, JP, Chairperson of Steering Committee, MINDSET College.

MINDSET College is the first education platform in Hong Kong that provides recovery-oriented mental health training and courses through the 'co-production' approach. Based on the Recovery College Model in the United Kingdom, MINDSET College offers courses that focus on building the students' knowledge and skills about recovery, and help them manage their mental health and wellbeing.

The courses are put together and delivered in partnership with those who have personal experience of mental health challenges and those who have professional experience – an approach known as co-production and co-delivery. By having people in recovery participating in the development of the courses, MINDSET College is able to benefit from their individual insights and offer practical training that addresses real issues that the students face.

Dr Law Chi-kwong, GBS, JP, Secretary for Labour and Welfare recognised the efforts of MINDSET College in mental health promotion, said, "MINDSET College assists people in recovery and helps them develop potentials through "co-production" and peer support approaches such that they could rebuild their lives. The element of "peer support" matches the idea of the Pilot Project on Peer Support Service launched by the Government in 2016."

Speaking at the launch ceremony, Mr Ben Keswick, Chairman of MINDSET, said, "This is a very exciting initiative that is based on a proven and highly successful model from the United Kingdom and Australia. I am confident that MINDSET College will make a meaningful difference to the mental health scene of our community."

Ms Sania Yau Sau-Wai, JP, Chairperson of Steering Committee, MINDSET College, said,

“There are a lack of courses in the community which combine the lived experience of people in recovery and professional mental health knowledge that address the practical needs of people who are suffering or recovering from mental illness, and MINDSET College is able to fill this gap. In addition, MINDSET College also provides a platform where a meaningful social role is being created for the peers. MINDSET College represents a new milestone of peer support work.”

At the launch, Ms Susan Chan, peer instructor of MINDSET College and Dr Alfert Tsang, Psychiatrist and also an instructor of MINDSET College shared their experience in co-producing courses. “Being a peer instructor gives me a positive self-image and a meaningful role. Planning a course with a professional psychiatrist has been an entirely new experience for me and I am happy that my experience in life can benefit the others,” said Ms Chan.

Based on a course credit system, MINDSET College runs ‘campuses’ in the centres of the four NGOs across the different districts in Hong Kong. Since April 2017, MINDSET College has been trial running recovery-oriented courses and workshops. The College will recruit for the next term starting in September. In addition to people in recovery, carers and mental health service practitioners, anyone interested in maintaining mental wellness are welcome to attend the College. It also welcomes the participation of anyone who is interested in co-producing a course at the College and having a say in their mental health development.

About MINDSET

MINDSET is the Jardine Matheson Group's philanthropic initiative established to make a difference in the area of mental health. Led by the Jardine Ambassadors, the MINDSET programme aims to raising awareness and understanding of mental health issues and to change attitudes, while at the same time providing practical support for charitable initiatives in the sector.

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