A Bottom-up Strategy Towards Student Wellness, Returning Agency To the Student Body

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An integrated team of mental health professionals trained from various backgrounds including clinical psychology, counselling psychology, performance psychology, marriage and family therapy, social work and counselling.
## Counselling Resources for HKUMed Students

**Student Wellness Team, HKUMed**

**Counselling and Person Enrichment Section (CoPE), CEDARS**

<table>
<thead>
<tr>
<th>HKUMed Student Wellness Team</th>
<th>CEDARS – CoPE Team</th>
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<tbody>
<tr>
<td>Located on Sassoon Road (medical campus)</td>
<td>Located on main campus</td>
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<tr>
<td>HKUMed full time undergraduate students</td>
<td>All students</td>
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<tr>
<td>Only HKUMed full-time undergraduate programs</td>
<td>All academic programs</td>
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</tbody>
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Student Wellness Team

Clinical services (Treatment/Intervention)
- Counselling
- Crisis interventions
- Assessments
- Referrals
- Drop-in services

Non-clinical services (Prevention/Outreach)
- Wellness programs and events
- Outreach opportunities
- Staff training
- Promotion and publicity
<table>
<thead>
<tr>
<th>Workshop</th>
<th>Category</th>
<th>Date</th>
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<tbody>
<tr>
<td>Peer Supporter Programme (Summer term) - Mental Health First Aid</td>
<td>Wellness Programme</td>
<td>26-Jun-23</td>
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<tr>
<td>MBBS V Senior Clerkship Orientation</td>
<td>Orientation</td>
<td>30-Jun-23</td>
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<tr>
<td>Peer Supporter Programme (Summer term) - Communication Workshop</td>
<td>Wellness Programme</td>
<td>10-Jul-23</td>
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<tr>
<td>MEHU shame and stigma roundtable event</td>
<td>School/ Dept Collaboration</td>
<td>10-Jul-23</td>
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<tr>
<td>MBBS IV CFB Orientation</td>
<td>Orientation</td>
<td>24-Jul-23</td>
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<tr>
<td>Peer Supporter exclusive Workshop - Safe and Sound: A Workshop on Sexual Health and Safety</td>
<td>Wellness Event</td>
<td>28-Jul-23</td>
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<td>Briefing Session to AAs &amp; Elite Mentors (Staff Training)</td>
<td>Staff Training</td>
<td>11-Aug-23</td>
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<td>Registration Day 2023</td>
<td>Wellness Event</td>
<td>14-Aug-23</td>
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<tr>
<td>BChMed Staff Training</td>
<td>Staff Training</td>
<td>14-Aug-23</td>
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<tr>
<td>BASc(GHD) Orientation</td>
<td>Orientation</td>
<td>21-Aug-23</td>
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<tr>
<td>BBiomedSc Orientation</td>
<td>Orientation</td>
<td>30-Aug-23</td>
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<tr>
<td>BSc(Bioinformatics) Orientation</td>
<td>Orientation</td>
<td>30-Aug-23</td>
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<td>BNurs Orientation</td>
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<td>4-Sep-23</td>
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<tr>
<td>BPharm Orientation</td>
<td>Orientation</td>
<td>4-Sep-23</td>
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<tr>
<td>Peer Supporter Programme (Sem 1, 23-24) - Mental Health First Aid (Cantonese)</td>
<td>Wellness Programme</td>
<td>Mid-Late Sept</td>
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<tr>
<td>Peer Supporter Programme (Sem 1, 23-24) - Communication Workshop (Cantonese)</td>
<td>Wellness Programme</td>
<td>3-Oct-23</td>
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<tr>
<td>Peer Supporter Programme (Sem 1, 23-24) - Mental Health First Aid (English)</td>
<td>Wellness Programme</td>
<td>Mid-Late Sept</td>
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<tr>
<td>Peer Supporter Programme (Sem 1, 23-24) - Communication Workshop (English)</td>
<td>Wellness Programme</td>
<td>4-Oct-23</td>
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<td>Fuel your brain and immunity: A practical guide to nutrition for study success</td>
<td>Wellness Event</td>
<td>27-Sep-23</td>
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<tr>
<td>Sleep and Exercise: The Perfect Balance for Study Success</td>
<td>Wellness Event</td>
<td>10-Oct-23</td>
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<tr>
<td>Study Like a Champ: Designing a Pre-performance Routine for Academic Success</td>
<td>Wellness Event</td>
<td>22-Nov-23</td>
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<td>Nursing Peer Mentorship Programme: Training Workshop on Basic Counselling Skills</td>
<td>School/ Dept Collaboration</td>
<td>15-Dec-23</td>
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<td>Start of Semester Welcoming event</td>
<td>Wellness Event</td>
<td>15-Jan-24</td>
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<tr>
<td>Staff Training: Responding to Students in Distress (Hybrid)</td>
<td>Staff Training</td>
<td>7-Feb-24</td>
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<td>Unstoppable Persistence: Conquering Adversity with the &quot;Olympians&quot;</td>
<td>Wellness Event</td>
<td>22-Feb-24</td>
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<tr>
<td>Peer Supporter Programme (Sem 2, 23-24) - Mental Health First Aid</td>
<td>Wellness Programme</td>
<td>Mid-Late Feb</td>
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<tr>
<td>Peer Supporter Programme (Sem 2, 23-24) - Communication workshop</td>
<td>Wellness Programme</td>
<td>1-Mar-24</td>
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<tr>
<td>Cheer up for Final MB</td>
<td>Wellness Event</td>
<td>8-Mar-24</td>
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<tr>
<td>SWT x AMSAHK wellness event (sexual health booth &amp; therapy dogs visit)</td>
<td>Student Body Collaboration</td>
<td>14-Mar-24</td>
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<tr>
<td>SWT x AMSAHK Sexual Harrasement Workshop</td>
<td>Student Body Collaboration</td>
<td>27-Mar-24</td>
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<tr>
<td>SWT x Health Committee Wellness event (De-stress &amp; Gratitude event)</td>
<td>Student Body Collaboration</td>
<td>9-Apr-24</td>
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Students

Service

Administration
Non-clinical Services (Prevention/Outreach)

• Objectives
  o Promote holistic wellness through different events and activities on campus
  o Promote self-awareness, self-care and self-growth through public education
  o Outreach to students who are in need but may not be ready for counselling
  o Promote a non-clinical engagement with the HKUMed community in general
Prevention/Outreach

Wellness Program

Other Student Engagement Activities

Wellness Events

Publicity

Staff Training

Non-clinical Services
Peer Supporter Programme

Structure
1. Mental Health First Aid (MHFA) Standard Course (12 hours)
2. Communication & Engagement Workshop (2 hours)
3. Wellness activities and services (8 hours)

Objectives
1. Learn about **signs and symptoms** of common mental health problems, such as Depression, Anxiety Disorders, Psychosis, suicide attempt and Substance Misuse;
2. Understand the **5 Actions of the ALGEE Plan**, which guides you to deal with mental health crises effectively;
3. Acquire **basic counselling and engagement skills** for establishing a helping relationship, and;
4. Identify the **available resources** for people with mental health problems in HKU and the local community.
Peer Supporter Programme

- 2019-20 Total: 25
- 2020-21 Total: 39
- 2021-22 Total: 78
- 2022-23 Total: 57
- 2023-24 Total: 60 (including Sem 2 participating students, excluding summer round)

- A total of **259** Peer Supporters were recruited and trained to date.
2023-2024 Semester 2 events

Embracing a Flavorful Start to the New Semester!

• To make engagement with students at the beginning of the new semester through distributing healthy snacks and encouraging postcards.
• The team also invited Peer Supporters to join in (students from MBBS, BNurs, BChinMed) to chit-chat with other students

Outcome
• About 200 students were reached.
Unstoppable Persistence: Conquering Adversity with the "Olympians"

Objective
• To promote mental health awareness
• To destigmatize topics of mental health within the highly achieving population

Format
• A panel discussion consists of 2 athletes and 1 MBBS alumnus

Theme
• Coping with stress and anxiety
• Overcoming obstacles and setbacks
• Balancing academic and athletic demands
• Seeking help and support
• Building resilience and mental toughness
• Addressing stigma and promoting mental health awareness

The team invited Peer Supporters as Student Hosts and helper to welcome guests.
"Attach meaning to every fragmented moment."
-Chan Hei Man, Hayley

Hayley encouraged students not to underestimate themselves, as every action is significant. She believes that even seemingly insignificant experiences contribute to personal growth and development.

During the Student Wellness Team Athlete Student Forum, Sarah advised that it is okay to not force oneself to be positive when lacking motivation. She commented that overcoming difficulties requires a more effective approach than simply pushing oneself forward prematurely.
2023-2024 Semester 2 events

Cheer Up for Final MB!

Objective
• To create happy moment and say “GaYau” to every MBBS students taking their final MBBS examination.
• SWT delivered snacks and drip coffee for them as a little break from the gap between written exam and OSCE.

Outcome
• The team sent out around 210 sets of snacks and drinks.
Student Body Partnership
2023-2024 Semester 2 events

Student Wellness Team x Asian Medical Students' Association Hong Kong (AMSAHK) Collaboration

Objective
• To promote mental health awareness on the topic of sexual harassment
• To promote self-care within the student population

Sexual Health Booth & Therapy Dogs Visit (14 March)
• Psychoeducational booth
• Therapy Dogs Visit for happy moments for students
• Total participation: 200+ students (in 2 hours)

Sexual Health Workshop (27 March)
• Workshop to promote sexual harassment related information
• Total participation: 15 students
2023-2024 Semester 2 events

Student Wellness Team x Health Committee, Medical Society Wellness event (9 April)

Objective
• To raise awareness of the importance of the health and well-being of faculty members.
• To thank and show appreciation for faculty members for their dedication to enhancing our learning and well-being.

Activities
• Arts & Crafts Booth (Hosted by Health Committee)
• Gratitude Tree (Hosted by SWT & Peer Supporters)
• Gift giveaways & Wellness Info Booth (Co-host)
• Photo taking with Instax Polaroid Camera

Outcome
• ~143 students participated the event.