



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

Presented by:

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CHEUNG, Yau Mei Yammy
WONG, Pui Kwan Beata

17 April 2024





Student Wellness Team



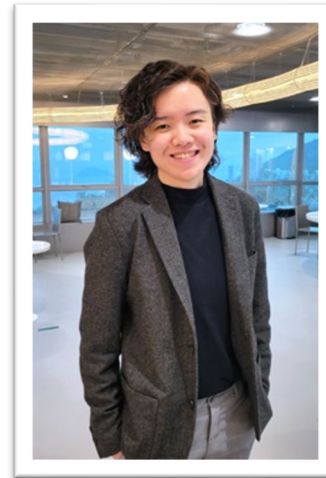
Dr. Angela Hau



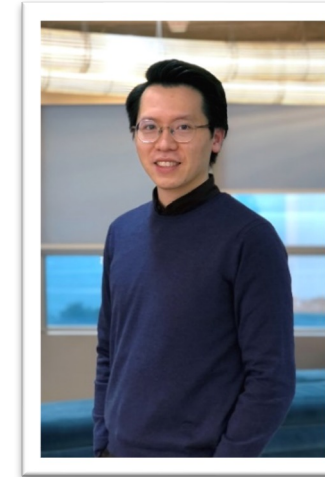
Ms. Ming Yau



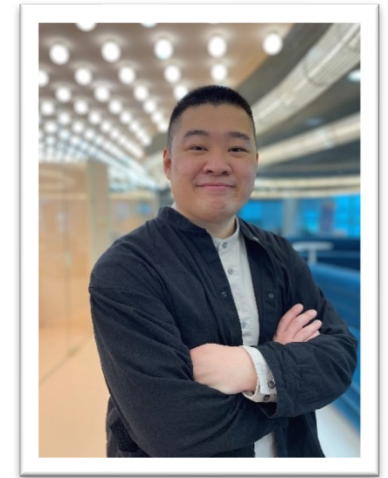
Ms. Vincci Lau



Dr. Ruth Wong



Dr. Arthur Li



Mr. Billy Chan

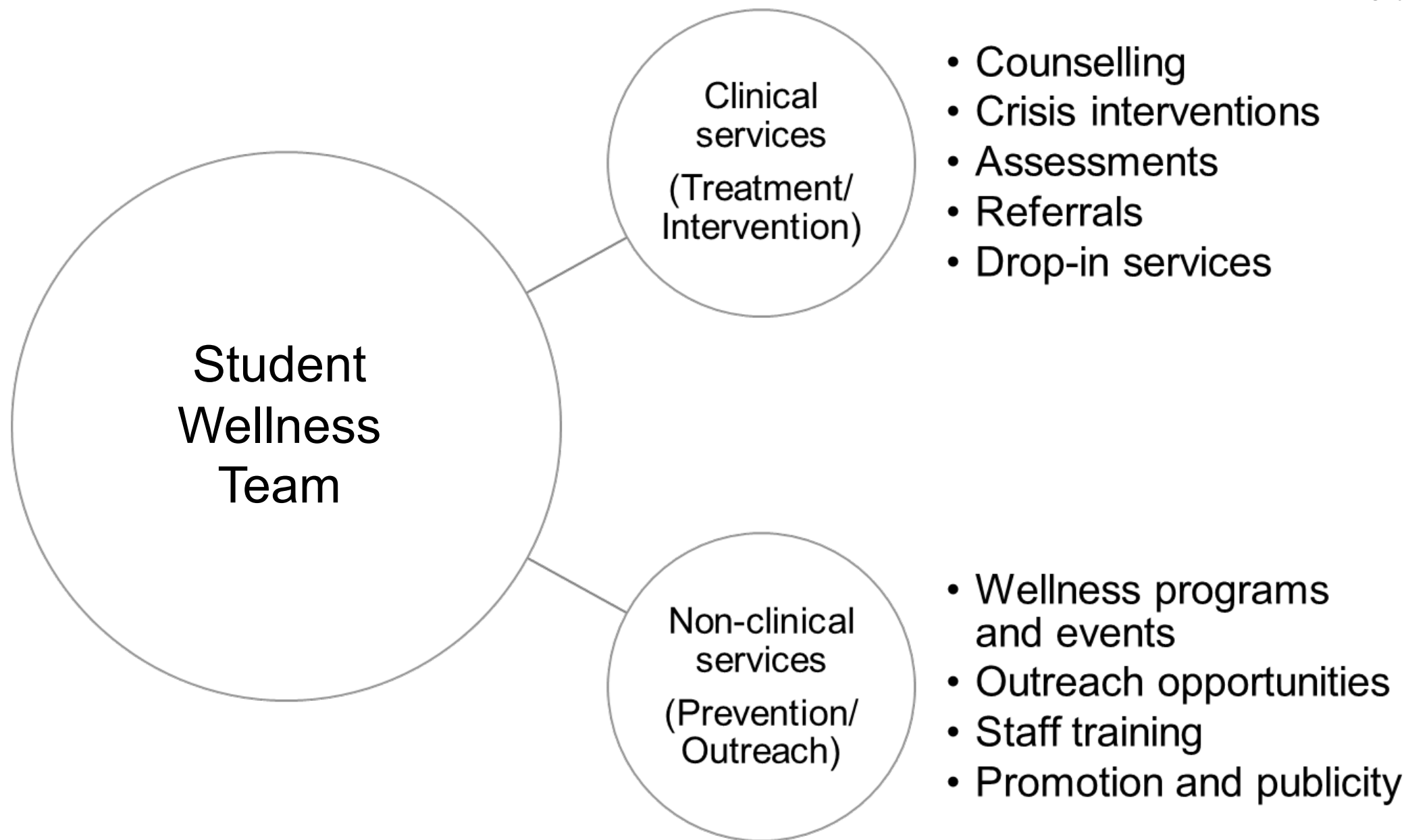
An integrated team of mental health professionals trained from various backgrounds including clinical psychology, counselling psychology, performance psychology, marriage and family therapy, social work and counselling.

Counselling Resources for HKUMed Students

§ Student Wellness Team, HKUMed

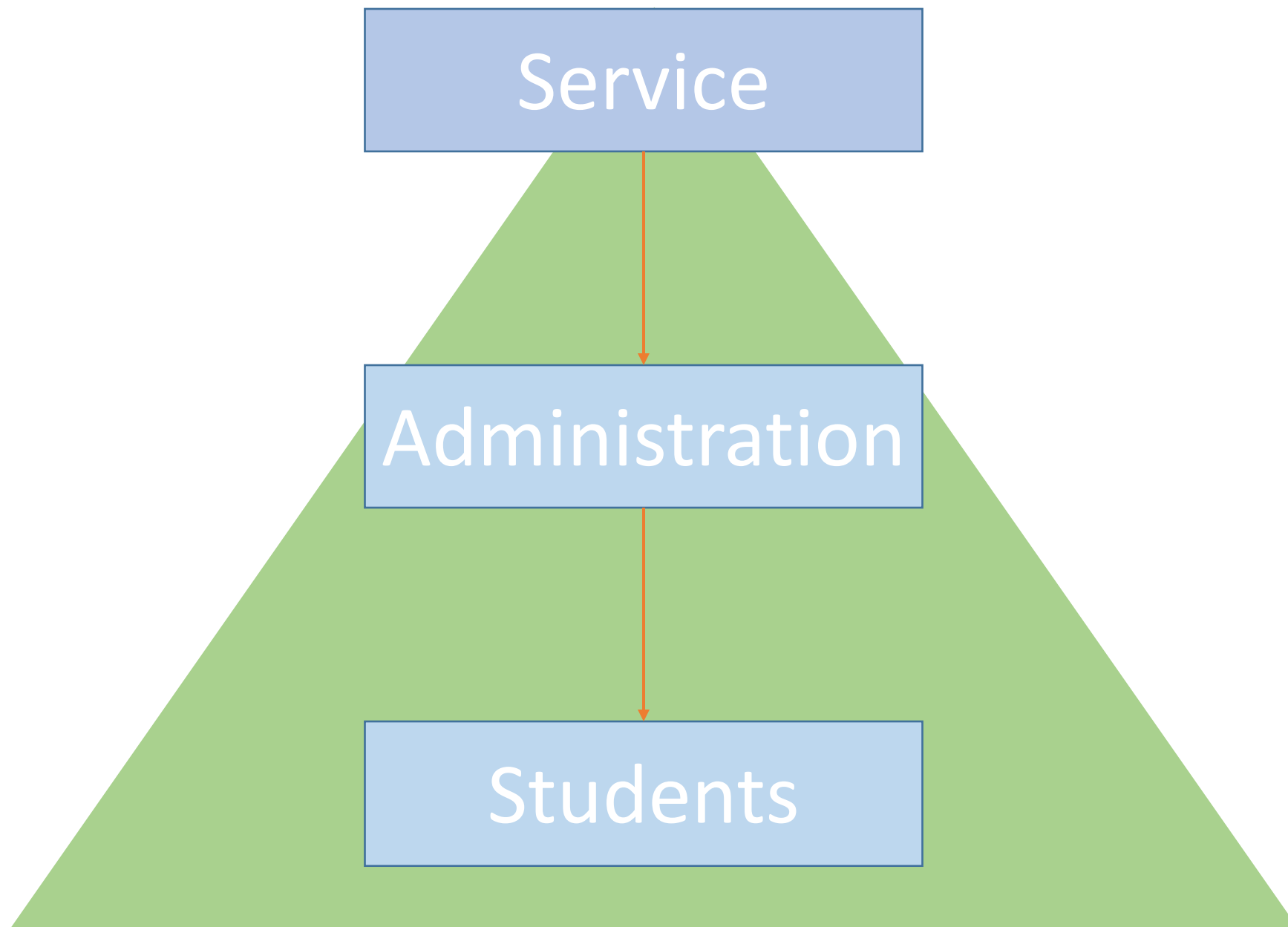
§ Counselling and Person Enrichment Section (CoPE), CEDARS

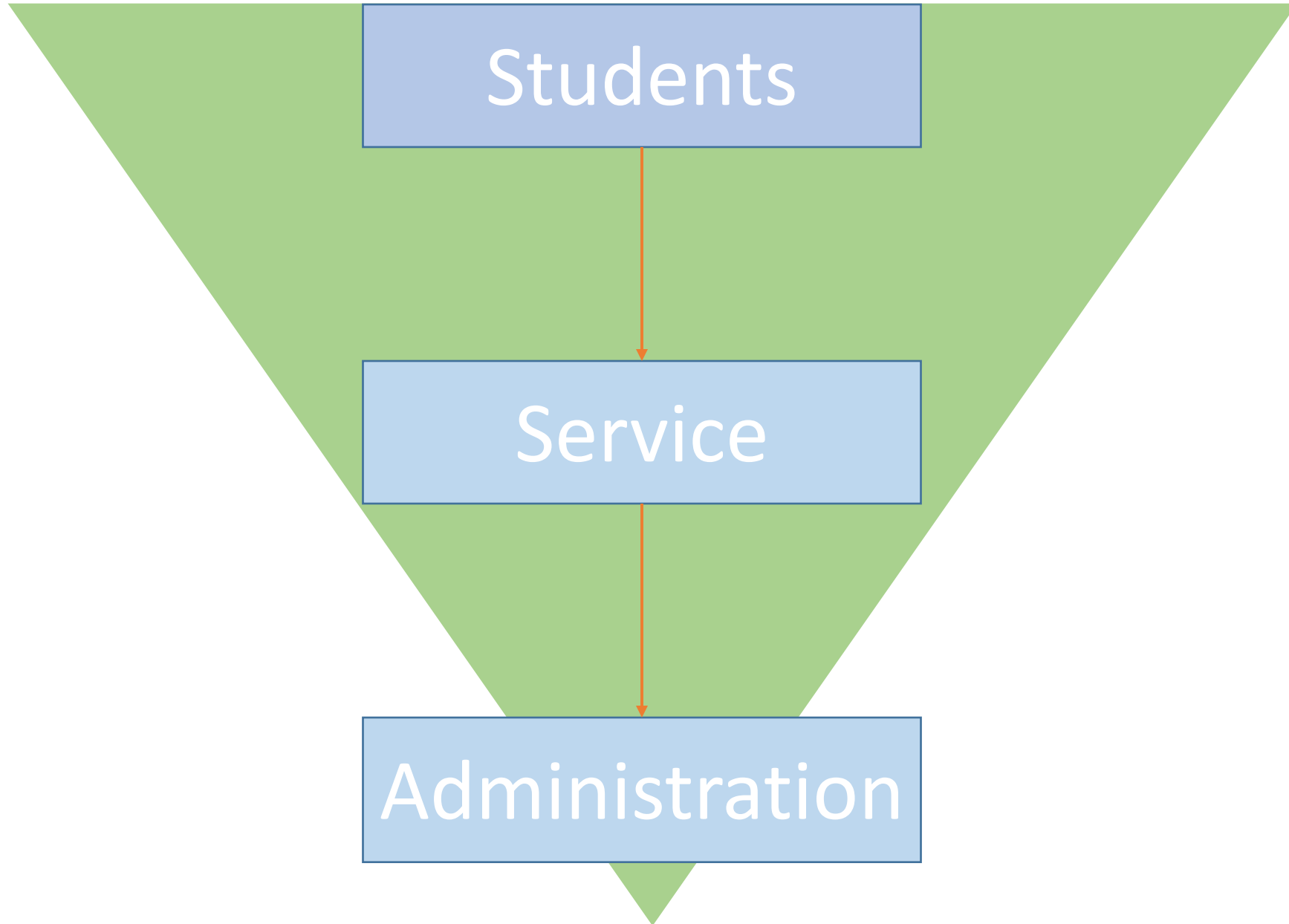
HKUMed Student Wellness Team	CEDARS – CoPE Team
Located on Sassoon Road (medical campus)	Located on main campus
HKUMed full time undergraduate students	All students
Only HKUMed full-time undergraduate programs	All academic programs



List of Events in AY 2023-2024

Workshop	Category	Date
Peer Supporter Programme (Summer term) - Mental Health First Aid	Wellness Programme	26-Jun-23
MBBS V Senior Clerkship Orientation	Orientation	30-Jun-23
Peer Supporter Programme (Summer term) - Communication Workshop	Wellness Programme	10-Jul-23
MEHU shame and stigma roundtable event	School/ Dept Collaboration	10-Jul-23
MBBS IV CFB Orientation	Orientation	24-Jul-23
Peer Supporter exclusive Workshop - Safe and Sound: A Workshop on Sexual Health and Safety	Wellness Event	28-Jul-23
Briefing Session to AAs & Elite Mentors (Staff Training)	Staff Training	11-Aug-23
Registration Day 2023	Wellness Event	14-Aug-23
BChiMed Staff Training	Staff Training	14-Aug-23
BASc(GHD) Orientation	Orientation	21-Aug-23
BBiomedSc Orientation	Orientation	30-Aug-23
BSc(Bioinformatics) Orientation	Orientation	30-Aug-23
BNurs Orientation	Orientation	4-Sep-23
BPharm Orientation	Orientation	4-Sep-23
Peer Supporter Programme (Sem 1, 23-24) - Mental Health First Aid (Cantonese)	Wellness Programme	Mid-Late Sept
Peer Supporter Programme (Sem 1, 23-24) - Communication Workshop (Cantonese)	Wellness Programme	3-Oct-23
Peer Supporter Programme (Sem 1, 23-24) - Mental Health First Aid (English)	Wellness Programme	Mid-Late Sept
Peer Supporter Programme (Sem 1, 23-24) - Communication Workshop (English)	Wellness Programme	4-Oct-23
Fuel your brain and immunity: A practical guide to nutrition for study success	Wellness Event	27-Sep-23
Sleep and Exercise: The Perfect Balance for Study Success	Wellness Event	10-Oct-23
Communication Workshop for BBiomedSc Peer Mentorship Programme	School/ Dept Collaboration	16-Oct-23
Study Like a Champ: Designing a Pre-performance Routine for Academic Success	Wellness Event	22-Nov-23
Nursing Peer Mentorship Programme: Training Workshop on Basic Counselling Skills	School/ Dept Collaboration	15-Dec-23
Start of Semester Welcoming event	Wellness Event	15-Jan-24
Staff Training: Responding to Students in Distress (Hybrid)	Staff Training	7-Feb-24
Unstoppable Persistence: Conquering Adversity with the "Olympians"	Wellness Event	22-Feb-24
Peer Supporter Programme (Sem 2, 23-24) - Mental Health First Aid	Wellness Programme	Mid-Late Feb
Peer Supporter Programme (Sem 2, 23-24) - Communication workshop	Wellness Programme	1-Mar-24
Cheer up for Final MB	Wellness Event	8-Mar-24
SWT x AMSAHK wellness event (sexual health booth & therapy dogs visit)	Student Body Collaboration	14-Mar-24
SWT x AMSAHK Sexual Harrasement Workshop	Student Body Collaboration	27-Mar-24
SWT x Health Committee Wellness event (De-stress & Gratitude event)	Student Body Collaboration	9-Apr-24





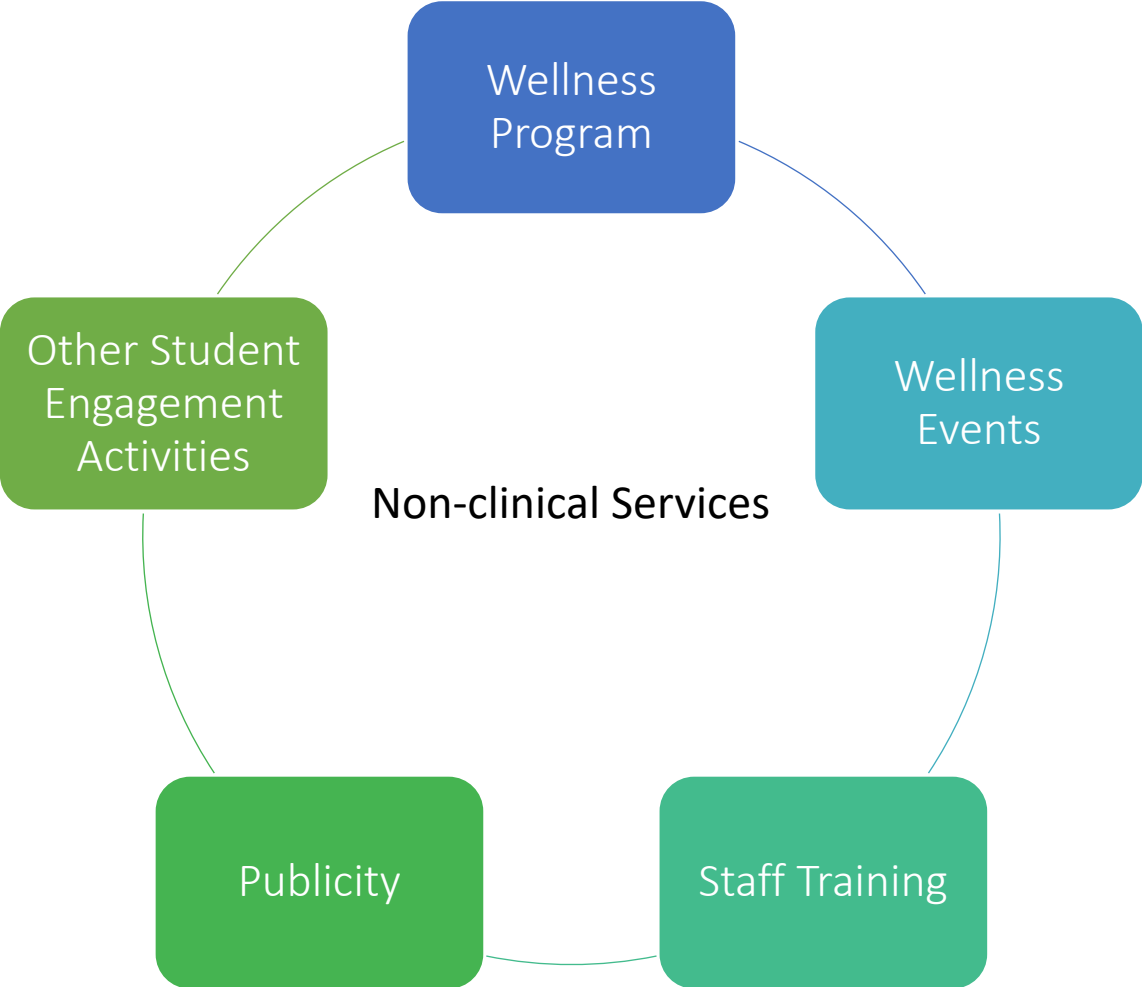
Students

Service

Administration

- Objectives

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



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.



2023-2024 Semester 2 events

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.

HKU Med
**UNSTOPPABLE PERSISTENCE:
CONQUERING ADVERSITY WITH THE "OLYMPIANS"!**
A Discussion Forum Featuring Two Elite Athletes & A Medical Professional

LEE WAI SZE SARAH
SBS, BBS, MH

CHAN HEI MAN HAYLEY
MH

DR. YEUNG CHUN WING CYRUS
MBBS 2022-23

我只得堅持 我喜歡堅持

Topics including mental health and adversity, aiming at inspiring and motivating students to overcome their challenges and promote mental health awareness.

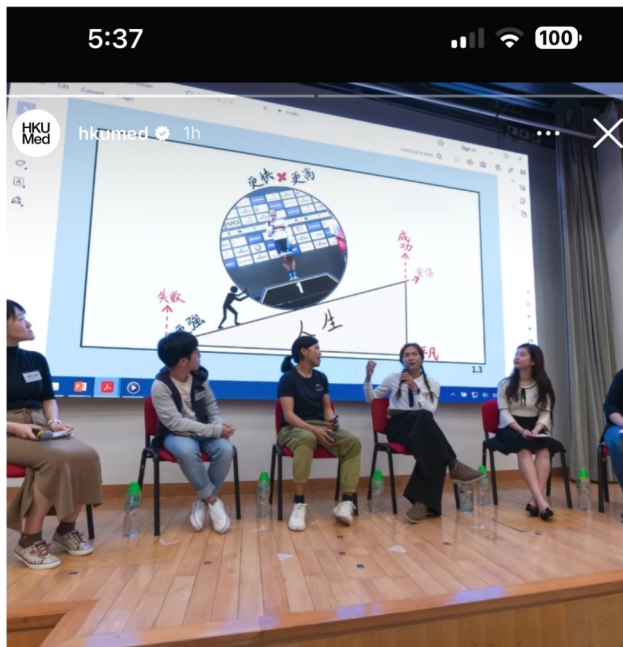
LT3-4, G/F
WILLIAM M.W. MONG BLOCK

22 FEBRUARY 2024 (THUR)
6:30 PM - 8:30 PM

LIMITED SEATS AVAILABLE
REGISTER NOW!

Register now

Student Wellness Team @ HKUMed
Email: medwell@hku.hk | Tel: 3917-9075

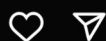


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"Don't force positivity when you lack motivation."

-Lee Wai Sze, Sarah

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.

Send message



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"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.



Send message



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

STUDENT WELLNESS TEAM X AMSAHK
WELLNESS EVENTS

14 March 2024 (Thursday) | 12pm-2pm
3 Sassoon Road | Learning Common B

① **Therapy Dogs Visit**

Spending time with the adorable therapy dogs from Animals Asia!

② **Sexual Health Booth**

Interactive activities that will teach you how to identify warning signs, set your own boundaries, and feel empowered to speak up if something doesn't feel right.

See you there!

Student Wellness Team | medwell@hku.hk | 3917-9075



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.

Health Committee 2024
x
Student Wellness Team

Thanksgiving
Day

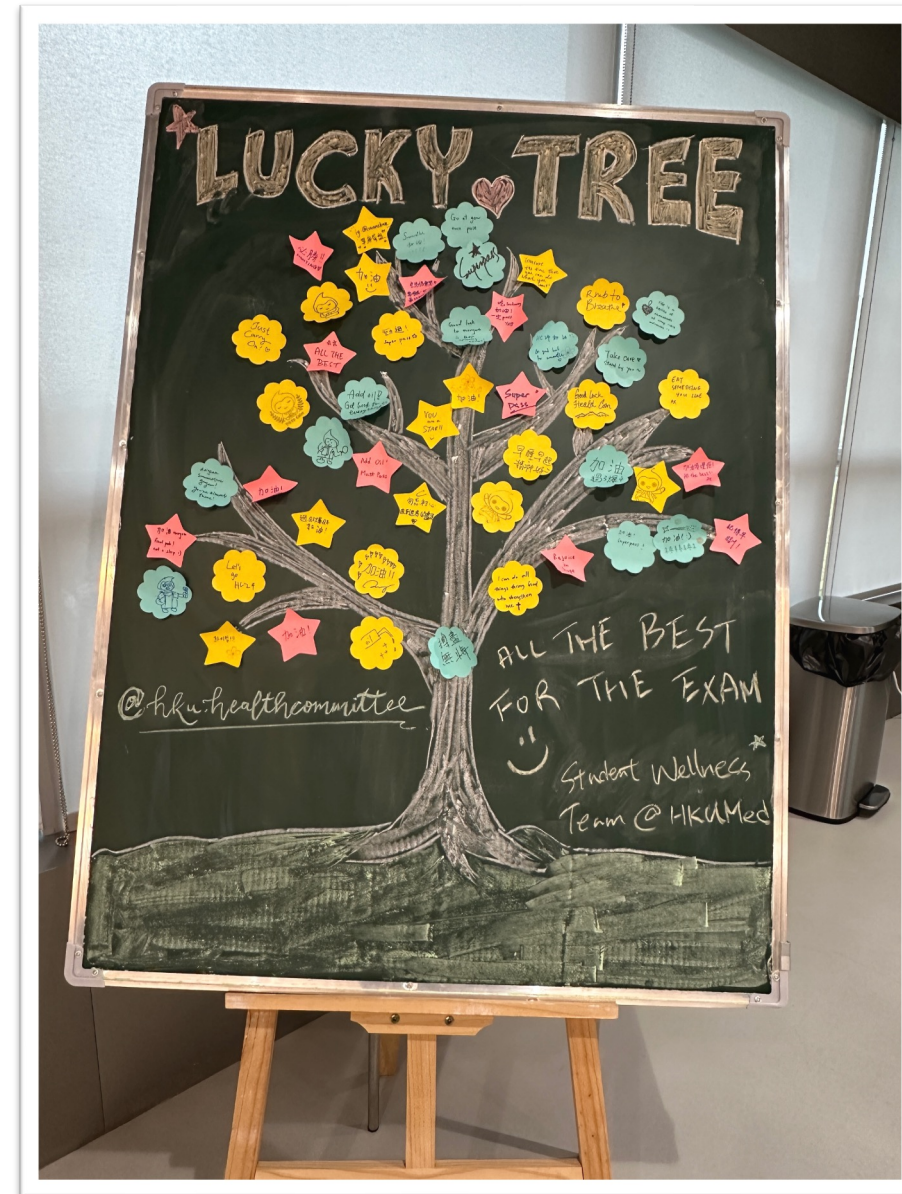
Arts and Crafts,
Gratitude board and more!

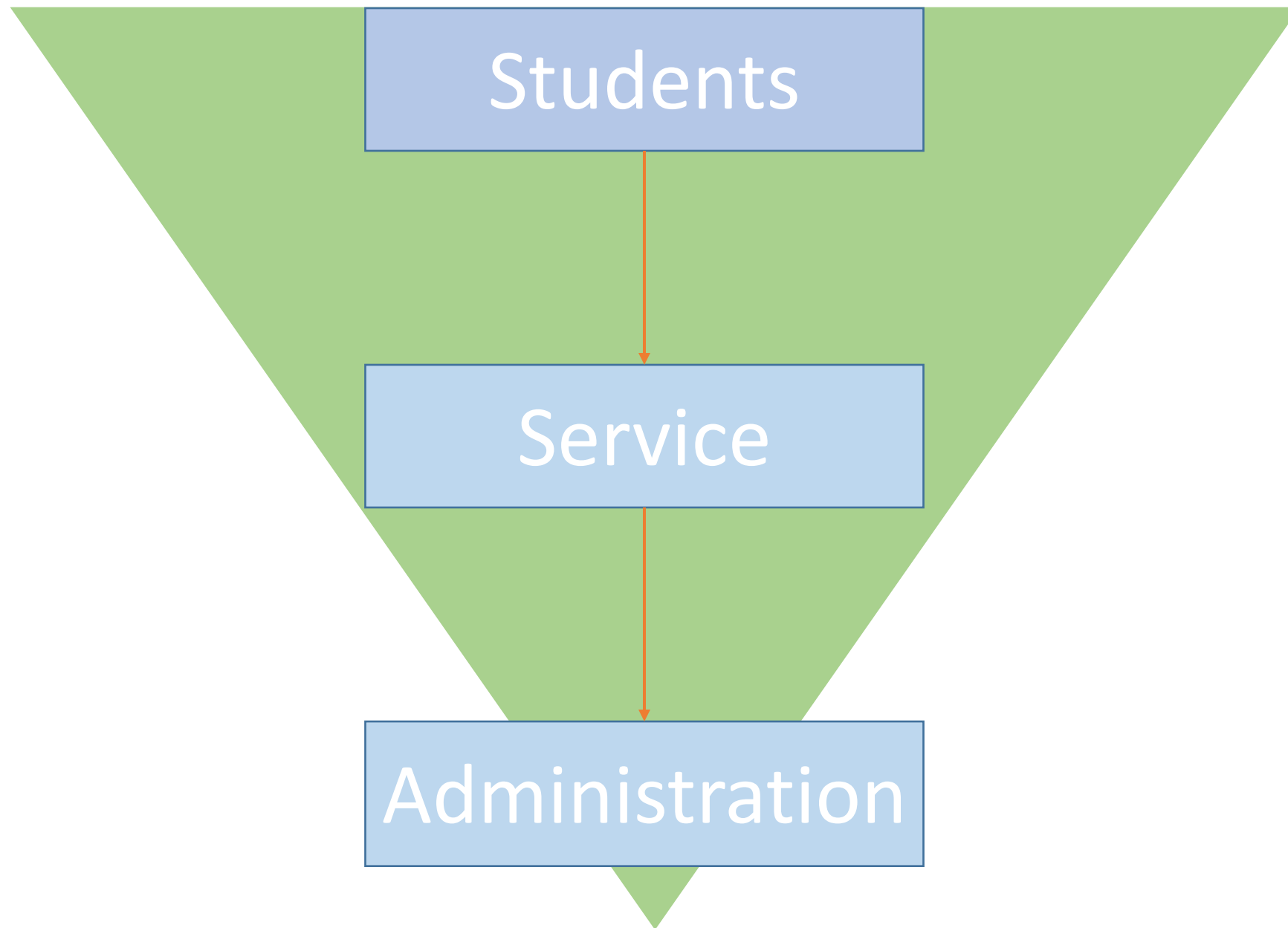
3C SERVICE
Date: 9/4/2024 (Tuesday)
Time: 12:00 - 15:00
Venue: Faculty Learning Commons,
2/F, William M.W. Mong
Block
Target Group: All students and staff



Thankful Tree
Printable







Students

Service

Administration