Supporting Students with Mental Health Needs

Speakers:  
Dr. Kitty Chan  
Director, University Health Service

Dr. Eugenie Leung  
Director of Counselling and Person Enrichment,  
Centre of Development and Resources for Students
Outline

- Joint care
- Support from CEDARS
- Support from UHS
- Prevention
Supporting Students with Mental Health Needs

Dr. Eugenie Leung
Registered Clinical Psychologist
Director of Counselling and Person Enrichment
Joint Care Model

Faculties and Departments

University Health Service

CEDARS- CoPE and other sections

Student

Friends and Family
“Mental Health Services”

- Formally, UHS and CEDARS
- Others: Psychological Services Unit, Psychology Department; Well-being Committee of the Li Ka Shing Faculty of Medicine; Psychiatry Department; HKU Family Institute; Social Work Department; Centre on Behavioral Health etc. etc.

- Services for Staff: Employee Assistance Programme (EAP) for full-time staff organized by the Registry – Professional Personal Counselling and Consultation (PPCC) service
Depression, Suicide, Psychoses...
Students with Mental Health Needs

Student with mental health needs

UHS

CEDARS-CoPE

Public services

Private services
## Stepped Care Model

**(Clinical Guidelines, NICE, 2009)**

<table>
<thead>
<tr>
<th>Focus of the Intervention</th>
<th>Nature of the Intervention</th>
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<tr>
<td><strong>Step 1</strong>: All known and suspected presentation of depression</td>
<td>Assessment, support, psychoeducation, active monitoring and referral for further assessment and interventions</td>
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<tr>
<td><strong>Step 2</strong>: Persistent subthreshold depression symptoms: mild to moderate depression</td>
<td>Low-intensity psychosocial interventions, psychological interventions, medication and referral for further assessment and intervention</td>
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<tr>
<td><strong>Step 3</strong>: Persistent subthreshold depressive symptoms or mild to moderate depression with inadequate response to interventions; moderate to severe depression</td>
<td>Medication, high-intensity psychological interventions, combined treatments, collaborative care and referral for further assessment and intervention</td>
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<tr>
<td><strong>Step 4</strong>: Severe and complex depression; risk to life; severe self-neglect</td>
<td>Medication, high-intensity psychological intervention, electroconvulsive therapy, crisis service, combined treatment, multiprofessional and inpatient care</td>
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Help-Seeking: Direct

Ṡ Student approaches CEDARS-CoPE
   ✧ Phone
   ✧ In person
   ✧ Email

Ṡ Appointment
   ✧ Regular appointment
      • Service pledge: within 2 weeks
Counselling & Person Enrichment (CoPE)

- Clinical Psychologists x5
- Family and Relationship Therapist x1
- Student Advisors
- Support Team
Help-Seeking: Direct

→ Student approaches CEDARS-CoPE
  • Phone
  • In person
  • Email

→ Appointment
  ↗ Regular appointment
  • Service pledge: within 2 weeks
  ↗ Drop-in service
  • zero waiting time
  Drop-in service
  Mon–Fri, 2 to 5 pm
Referral to psychiatric services...

Student with mental health needs

UHS

CEDARS-CoPE

Psychiatric services
What’s Next…

If student gives consent, we may…

- Visit student at Hospital
- Liaise with family/Hall and Faculty
- Discuss with psychiatrist about follow-up plans
Help-seeking: Indirect

- Staff and friends can help student to book appointment if the student agrees to this

Student in distress

Student needs professional counselling at CEDARS-CoPE

Advise student to contact CEDARS-CoPE to book an appointment or use drop-in service

Office Hour
Mon-Fri 9 am to 5:45 pm, Sat 9 am to 1 pm

Drop-in sessions
(Mon-Fri 2 pm to 5 pm)

You want to ensure that student gets an appointment, as you have some worries

You can contact CEDARS-CoPE

Student agrees that you help to liaise

Appointment arranged and you inform the student or Centre staff will inform student

Student refuses to seek counselling, but you are worried

Contact Duty Counsellor for advice without disclosing student’s personal data

You want to ensure that student gets an appointment, as you have some worries

General advice on how to handle, and what to watch out for
CONFIDENTIALITY
and PRIVACY

Everything discussed between the student and the counsellor will not be disclosed to anyone, including you the referrer, the parents or university personnel/faculty, unless the student’s consent is obtained.
What can you do if student refuses to seek counselling?

- Seek advice without disclosing student’s personal data
- General suggestions on how to handle this type of situation, and what to watch out for

CEDARS-CoPE (2857-8388)
cedars-cope@hku.hk
Crisis Situations

- In crisis/emergency situations (e.g. violence, suicidal, actively psychotic), it is strongly advisable to call 999 and/or getting emergency help (e.g. Hospital AED)
Crisis Situations

May provide some on-site assistance and has an After-hour Back-up System (ABS) to provide consultation for staff (especially halls) helping students in crises.
Aftermath of Crisis Events

- Provides support to the students affected by the incident
- Provides consultation to Faculties and Halls on the crisis management and post-incident psychological support
Coping with Crisis

Coping Support

Support for University Staff
Calling the Police
Tips for Managing Suicidal Risk
Tips for Managing Aggression

Coping

Introduction
Making an Appointment
Making an Enquiry
Drop-in Sessions
Local Community Resources
FAQs

Coping with Crisis

Coping Support

We provide the following support to students in crisis:

- Drop-in Sessions
- Psychological Enquiries

If there is an imminent risk to himself/herself or others, you might have to consider emergency services such as calling the police or taking the student to the Hospital Accident and Emergency Department. The nearest public hospital of our campus is the Queen Mary Hospital.

Some Useful Numbers within Campus:

- Security Control Centre: 2859-2882
- CEDARS (Counselling & Personal Enrichment): 2857-8388
- University Health Service: 2859-1999

Support for University Staff

Faculty and administrative staff are in a vital and unique position to identify students who are in distress and to assist students to find solutions at hand.

When you are dealing with students under emotional or psychological distress, you
411 Series

MENTAL HEALTH TALKS

Supporting Students with Mental Health Needs

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PREVENTION
Prevention

whole population

well population

primary prevention/promotion of well being

prevent movement to the ‘at risk’ group

at risk

secondary prevention/early intervention

prevent progression to established disease and hospitalisation

established disease/rehab/continuing care

tertiary prevention/disease management

Activities

- Talks
- Exhibitions
- Web resources
- Workshops
- Mental Health First Aid Courses
- Test
- Orientation/Induction
Seeking Counselling

- Early intervention
- Nothing is too trivial as long as you are distressed by it
Psychometer

Welcome to the CEDARS Web-based Psychological Assessment!

- This system is for current HKU students only.
- The psychological and/or learning assessments provided in this site aim to serve as quick feedback on your current mental health status.
- Candid responses will improve the accuracy of the test results.
- Further professional consultation is available.
- All information provided by you is strictly confidential.

Please login with your HKU Portal UID and PIN (HKU Portal password)

HKU Portal UID : 
HKU Portal password : 

log in

Newly Launched
http://psyax.cedars.hku.hk
On-line Self-help Corner
Person Enrichment Workshops

- Dynamic and Autonomous Life Style
- Effective Communication
- Emotional Growth and Psychological Health
- Intellectual Excellence and Effective Learning Strategies
- Leadership and Life Skills
- Management of Intimate Relationships
- Mental Health First Aid Training
- Personal Grooming and Etiquette Enhancement
- Social and Interpersonal Sophistication
- Stress Management and Time Management
Mental Health First Aid – a Certificate Course

Mental Health First Aid Training for Students

Aims at training students to provide appropriate initial support for peers and family members who are developing a mental health problem or in a mental health crisis within the campus or in the community.
Personalized learning support at Learning Plus (G/F, Main Library)

Come and meet one of the student advisors of the CEDARS-Counselling and Person Enrichment Section. She/He will recommend the learning support services that suit your study needs.

- **On-site Learning Assessment** - identify effective learning strategies for enhancing academic performance
- **Time Management** - make a realistic plan to improve time management skills and self-discipline
- **Exam Anxiety** - learn how to overcome exam anxiety and perform well in examinations
- **Support for Students with Learning Disabilities**

Designated hours for Learning Support:
Mon & Fri 12noon-2pm.
Life Investment Series

Making Smart Moves

Series on Adversity Coping
C for CoPE –
Ways to Achieve University Success
(2009-2010)