

Presentation topic: JoyAge 3.0 and a community-based participatory process to create a primary mental health care system for Hong Kong

Abstract

Mental health care in Hong Kong is a mainly secondary care system run by specialists, and referral is usually needed to access care. The care is comprehensive, with both medical and social services, yet the accessibility is a challenge. People with mild to moderate common mental disorders usually wait for months before they can see a specialist. Since 2016, the JC JoyAge has worked to enhance the accessibility of evidence-based psychological intervention for older people in the community. The JC JoyAge services are now being delivered in all 18 districts in 47 centers. The project will enter its third phase in 2024, with a particular focus on building a new medical-social collaboration to enhance accessibility to care for people with mild to moderate common mental disorders. This presentation will share our community engagement efforts during the last few years to brainstorm the idea of building a primary mental health care system for Hong Kong and the community-based participatory approach we used to increase mental health literacy in Hong Kong.