

出國報告（出國類別：國際會議）

**「2013亞洲心理健康會議」
（Asia Mental Health Conference 2013）**

服務機關：國立臺北大學

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派赴國家：香港

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摘要

本次出席「2013 亞洲心理健康國際會議」(Asia Mental Health Conference 2013)，並發表論文。藉由此次會議進行國際交流與了解國際社會新興心理健康議題以及治療工作之理論與技術的發展，增加專業之能見度，與擴展個人學術研究之興趣。大會於民國 102 年 11 月 22 日在香港浸會大學舉行當天共有來自澳洲、中國、香港、臺灣等地的學者專家出席，共有九組議題分開進行。本次論文發表安排在大會的第一場次，主題是「亞洲心理健康服務的發展：中國、臺灣、香港、澳門與新加坡」(Mental health service development in Asia—Mainland China, Taiwan, Hong Kong, Macau, & Singapore)，發表題目為「Self-esteem, depression, social support and life adaption, among Taiwanese young people leaving residential child care」(臺灣離開安置機構青年的自尊、憂鬱情緒、社會支持與生活適應)，主要是探討國內歷經安置機構的青年在離開安置照顧後的生活現況，尤其是在心理健康層面的關注，主要透過測量自尊、憂鬱、社會支持與生活適應來理解其發展，研究結果提醒實務界應多關注離院青年的社會支持與心理健康議題，會議過程中引發與會者熱烈討論。整體而言，透過學術與實務的分享，對亞太地區的心理健​​康最新議題與治療觀點有了更進一步的認識，此次會議收穫豐富。

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壹、 目的

本次主要出席 2013 亞洲心理健康國際會議 (Asia Mental Health Conference 2013)，並發表論文。藉由此次會議進行國際交流與了解國際社會新興心理健康議題，以及治療工作之理論與技術，增加專業之能見度，與擴展學術研究之興趣。

貳、 過程

亞洲心理健康會議大會於 11 月 22 日在香港浸會大學舉行當天共有來自澳洲、中國、香港、臺灣等地的學者專家出席，共有九組議題分開進行，分別是：

- Mental health service development in Asia—Mainland China, Taiwan, Hong Kong, Macau, & Singapore (亞洲心理健康服務的發展：中國、臺灣、香港、澳門與新加坡)
- Social policy, consumer rights and mental health (社會政策、服務使用者權力和心理健康)
- Recovery model in practice (復元模式實務)
- Chinese Medicine, spirituality, art therapy and mental health (華人社會之藥物、靈性、藝術治療與心理健康)
- Self-help movement (自助運動)
- Support or intervention for family caregiver (家庭照顧者的支持與介入)
- Mental health in elderly (老年人心理健康)
- Child and adolescent mental health (兒童青少年心理健康)
- Special groups (特定群體)

本人發表的是本次大會的第一場次，主題是「亞洲心理健康服務的發展：中國、臺灣、香港、澳門與新加坡」(Mental health service development in Asia—Mainland China, Taiwan, Hong Kong, Macau, & Singapore)，題目是「Self-esteem, depression, social support and life adaption, among Taiwanese young

people leaving residential child care」(臺灣離開安置機構青年的自尊、憂鬱情緒、社會支持與生活適應)，主要是探討國內歷經安置機構的青年在離開安置照顧後的生活現況，尤其是在心理健康的層面，主要透過測量自尊、憂鬱、社會支持與生活適應來理解其發展，結果提醒實務界應多關注離院青年的社會支持與心理健康議題，引發與會者熱烈討論。

參、 心得及建議

本次會議參與除了研究結果外，對於澳洲、臺灣、中國與香港等地的心理健康工作與服務有更進一步的認識，尤其大會專題演講學者為澳洲雪梨大學社會工作與政策學系 Barbara Fawcett 教授以及臺灣政治大學社會工作研究所 Song Li-yu 教授進行專題，Fawcett 教授以「心理健康政策與服務發展的國際觀點」為題，會中提到社會決定 (Social determination)、社會建構 (social constructionism)、生態系統 (ecological)、服務使用者導向 (service user orientation) 和後現代心理治療 (post psychiatry) 等概念，值得國內進一步深思；以及 Song 教授以優勢觀點作為治療介入的取向令人印象深刻，透過多年的學術研究結果與實務操作的分享，整理在概念、工具、測量與運用層次的經驗，提醒社工看見解決的可能、增強權能、培養自尊，以及增強情緒幸福感的重要性，對此一治療與處遇觀點有了更新的認識。

在小組會議上學習與聆聽到許多議題，包括同儕效果在中國城市地區的心理健康之影響、香港精神健康病患的復元策略、中國精神病人接受農藝治療的效果、流動兒童的公正信念與情緒適應的關係、父母衝突對兒童心理健康的影響，這些研究者運用目前新穎的研究方法與治療效果的新發現，都對臺灣地區的心理健康與社會工作服務有許多的借鏡與反思。總而言之，此次會議的參與收穫豐富，對個人在專業領域的學習與反思具莫大的助益。

**Programme for “Asia Mental Health Conference 2013”
20 - 24 November 2013**

22 November 2013 Friday (Venue: AAB201)

8:45 – 9:20	Registration	
9:20 – 9:50	Welcome Speech	Professor Adrian J. BAILEY Dean, Faculty of Social Sciences, Hong Kong Baptist University
	Speech by Officiating Guest -Future Development on Mental Health Policy and Service in Hong Kong	Professor Sophia CHAN, JP Under Secretary for Food and Health, Government of the Hong Kong Special Administrative Region
	Thank You Speech	Professor NG Yat-nam, Petrus Head and Professor of Department of Social Work, Hong Kong Baptist University
9:50 – 11:00	Speech by Keynote Speaker -International Perspective on Mental Health Policy and Service Development --Implications for Asia District	Professor Barbara FAWCETT -Professor, Social Work and Policy Studies, University of Sydney -International Editorial Board Member of: The British Journal of Social Work, Critical Social Policy, and Child Care in Practice.
11:00 – 11:20	Tea Break	
11:20 – 12:30	Speech by Plenary Session Speaker -The Mental Health Service in Taiwan -- New Development and Possibility	Professor SONG Li-yu -Professor and Chair, Graduate Institute of Social Work, National Chengchi University, Taiwan. -President of Taiwan’s Association for Recovery and Strengths Perspective in Social Work

14:00 - 17:30 (Venue: AAB301, Level 3, Academic and Administration Building)
Parallel Session 1 - Mental Health Service Development in Asia – Mainland China, Taiwan, Hong Kong, Macau & Singapore

PS101	Neighborhood Effects on Mental Health in Urbanizing China	Dr. CHEN Juan , Assistant Professor, The Hong Kong Polytechnic University
PS102	Mental health hospitalization in Guangzhou: Users' oral history of the past 50 years	a) Mr. LEUNG Sze-ming , Samuel, Instructor, The Hong Kong Polytechnic University b) Miss. FUNG Hui-ling , 慧玲, Social Work Officer, 廣州利康家屬資源中心
PS103	Stage of recovery of people with severe mental illness in Hong Kong	Dr. YOUNG Kim-wan , Assistant Professor, Hong Kong Baptist University
PS104	國內精神病人接受農療康復服務的效果	a) 金駿業先生 , 新生精神康復會一級職業治療師 b) 李向东先生 , 广州市民政局精神病院副院长
PS105	流动儿童的公正世界信念与情绪适应的关系：自我概念的中介作用	a) 梁丽婵女士 , 北京师范大学认知神经科学与学习国家重点实验室 b) 边玉芳女士 , 北京师范大学认知神经科学与学习国家重点实验室教授、博士生导师
PS106	父母冲突对儿童心理健康的影响：一个两年的追踪研究	a) 边玉芳女士 , 北京师范大学认知神经科学与学习国家重点实验室教授 b) 梁丽婵女士 , 北京师范大学认知神经科学与学习国家重点实验室 c) 何妍女士 , 《中小学心理健康教育》杂志社副主编
PS107	Self-esteem, depression, social support and life adaption among Taiwanese young people leaving residential child care	Dr. HU Chung-Yi , Associate Professor, National Taipei University
PS108	Support is Love : The Impacts of Autonomy Support on the Coming Out Level of Homosexuality in Taiwan	a) Mr. LIN Yi-Shiang , Undergraduate student, School of Psychology and Institute of Clinical Psychology, Chung Shan Medical University. b) Dr. SUEN Mein-Woei , -Assistant Professor, School of Psychology and Institute of Clinical Psychology, Chung Shan Medical University. -Consultant, Department of Medical Research, Chung Shan Medical University Hospital. -Chairperson, Social and Gender Issue Research Center, Chung Shan Medical University.

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Asia Mental Health Conference 2013
Self-esteem, Depression, Social Support and Life Adaption among Taiwanese Young People Leaving Residential Child Care

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Chung-Yi HU
Department of Social Work

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- What is the leaving care?
- Dixon & Stein (2005)
- Though care
- Aftercare
- In Taiwan
- Child & Youth Welfare and Right Act

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- Care Leavers Defined
- 15-18 ages leaving care
- They "age out" of care
- Young people leave care for a variety of reasons

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- Care Leavers' Characteristics
- More likely to: (McDowall, 2008)
- be undereducated (not have completed high school)
- be unemployed or underemployed
- be earning lower wages
- become a parent at a younger age
- be incarcerated or involve in the criminal justice system

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- Care Leavers' Characteristics
- More likely to:
- experience homelessness
- live in unstable housing arrangements
- be dependent on social assistance
- have mental health issues
- not have or discontinue the national medical insurance
- be at a higher risk of substance abuse

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- Method
- Questionnaire Survey and Interview
- 1st samples = 113
- after 6 months
- 2nd samples = 92

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• Which tools would be used?

- Life experiences questionnaire (LEQ)
- Rosenberg Self-esteem scale (RSES)
- Youth depression scale (YDS)
- Social support scale (SSS)
- Life adaptation scale (LAS)

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• Samples

- Care leavers = 92
- Female (60.9%), Male(39.1%)
- Under age 18 (21.7%), 19-20 (50.0%), above age 21 (28.3%)
- Age of leaving care: under age 16 (19.6%), age 17-18 (63.0%), age 19-20 (16.3%), above age 21 (1.1%)
- Education of leaving care: under junior high (41.3%), senior High (55.4%), college (3.3%)
- Employee: no job and no training (20.7%), no job but training (1.1%), full time job (43.5%), part time job (34.8%)

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• Result

• Self-esteem and Depression

Items	1 st test	2 nd test	t	p
self-esteem	26.96	27.11	-0.309	.758
depression	31.33	33.00	-1.386	.169

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• Result

• Social Support (effect of moderation)

Control the Variable of Social Support	R	R of Partial Correlation
SELF-ESTEEM	0.506*	0.360**
DEPRESSION	-0.348**	-0.276**

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• Result

• Life Adaptation

Items	1 st test	2 nd test	t	p
Personal adaptation	6.77	7.07	-1.035	.303
Work / school adaptation	6.24	6.48	-0.681	.491
Social adaptation	8.06	9.05	-1.558	.079
Life adaptation	21.65	22.60	-1.336	.185


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• Result

	Self-Esteem	Depression	Informal SS	Formal SS	Personal AD	Work/School AD	Social AD
Self-Esteem	1.00						
Depression		1.00					
Informal SS			1.00				
Formal SS				1.00			
Personal AD					1.00		
Work/School AD						1.00	
Social AD							1.00

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• Result

• Predict the variable of PERSONAL Adaptation

Dependent Variable	Predicted V.	R	R ²	F	B	B ²	T
Personal Adaptation	0.004	0.029	0.000	0.000	0.000	0.000	0.000
Work/School Adaptation	0.110	0.42	0.177	1.77	0.000	0.000	0.000
Depression	0.000	0.000	0.000	0.000	0.000	0.000	0.000

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• Result

• Predict the variable of WORK/SCHOOL Adaptation

Dependent Variable	Predicted V.	R	R ²	F	B	B ²	T
Work/School Adaptation	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Personal Adaptation	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Depression	0.000	0.000	0.000	0.000	0.000	0.000	0.000

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• Result

• Predict the variable of SOCIAL Adaptation

Dependent Variable	Predicted V.	R	R ²	F	B	B ²	T
Social Adaptation	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Work/School Adaptation	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Personal Adaptation	0.000	0.000	0.000	0.000	0.000	0.000	0.000

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• Conclusion

- 3 low status of care leavers (income, employee and academic attainments)
- predict low mental health (self-esteem and depression)
- social support is a important moderating factor of mental health and adaptation
- social exclusion and care leavers' adaptation

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• Suggestion

- Provide counseling, therapy & welfare service to enhance care leavers' self-esteem and reduce their depression emotion
- Build care leavers' social support network (formal and informal)
- Review the social inclusion of welfare policy
- Evidence-based care practices

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• Thanks for your listening.

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