賽馬會樂齡同行計劃
Jockey Club
Holistic Support Project
for Elderly Mental Wellness

JC JoyAge International Symposium 2024
Enhancing Primary Mental Health Care in Hong Kong

3 JULY

Rayson Huang Theatre
The University of Hong Kong

Rundown

Date 3 July 2024 (Wednesday)

Venue Rayson Huang Theatre

Enhancing Primary Mental Health Care in Hong Kong

Time	Programme	Speakers
Symposium (AM Session)		
09:30-10:00	**Opening Ceremony** *Welcoming Speech* *Officiating Speech* *Opening Remarks* *Group Photo*	**Prof. Ming Wen** Dean, Faculty of Social Sciences, The University of Hong Kong **Dr. Ching-choi Lam** Chairman, Advisory Committee on Mental Health, HKSARG **Ms. Imelda Chan** Head of Charities (Healthy Community), HKJC
10:00-11:00	**Keynote Speech** *Effectiveness and Cost-effectiveness of a Collaborative Stepped-care Model for Late-life Mental Health—JC JoyAge*	**Prof. Gloria Wong** **Prof. Martin Knapp** **Prof. Tracy Lu**
11:00-11:30	**Presentation I** *Integration of Mental Health into Primary Care - the Role of the Family Doctor*	**Prof. Cindy Lam**
11:30-12:00	**Panel Discussion I** *Shaping an Ideal Primary Mental Health Care System*	**Prof. Martin Knapp** **Prof. Cindy Lam** **Prof. David Makram Bishai** **Prof. Wing-chung Chang** **Moderator:** **Prof. Terry Lum**
Symposium (PM Session)		
14:30-15:00	**Presentation II** *Management of Menopause Transition in Primary Health Care*	**Prof. Aimee Spector**
15:00-15:30	**Presentation III** *Treating Subthreshold Depression in Primary Care*	**Prof. Samuel Wong**
15:30-16:00	**Panel Discussion II** *Challenges and Opportunities of Implementing Psychosocial Interventions in Primary Care*	**Prof. Aimee Spector** **Prof. Samuel Wong** **Prof. Wai-chi Chan** **Moderator:** **Prof. Gloria Wong**
16:00-16:05	**Concluding Remarks**	**Prof. Terry Lum**

Keynote Speakers and Presentation Abstract

Effectiveness and Cost-effectiveness of a Collaborative Stepped-care Model for Late-life Mental Health – JC JoyAge

ABSTRACT

JC JoyAge has developed a successful evidence-based collaborative stepped-care preventative intervention in the community for older adults with depressive symptoms. From 2016 to 2023, we trained 5914 Ambassadors and 865 Peer Supporters, who have conducted over 290,000 sessions to render emotional support for older adults. 208 social workers have undergone intensive training and supervision in tackling elderly mental health using JC JoyAge interventions, and over 5,300 welfare professionals have participated in 68 professional training workshops organised by HKU. Aside from reaching over 100,000 older adults, JC JoyAge has benefitted near 8,500 symptomatic older adults, with 94% showing symptom improvements. Our data show that JC JoyAge is cost-effective in improving depression-free days and quality-adjusted life years. Since 2022, the JC JoyAge model has been expanded to all 18 districts of Hong Kong. JC JoyAge services will continue to be implemented across the whole territory in the Project's new phase through 51 service units, including District Elderly Community Centre, the Integrated Community Centre for Mental Wellness, and District Health Centres. In this presentation, we will discuss the implications of JC JoyAge, as well as cost-effectiveness analysis, in building a primary mental healthcare system in Hong Kong and beyond.

Prof. Gloria Wong
The University of Hong Kong

ABOUT THE SPEAKER

Professor Gloria Wong is Honorary Associate Professor of the Department of Social Work and Social Administration, The University of Hong Kong. Prof. Wong received her undergraduate training in Philosophy & Psychology and PhD training in Psychiatry from The University of Hong Kong. Her research aims to apply knowledge of these disciplines to improve well-being of people with mental health conditions, including dementia and psychosis, and preventive mental health in older people and young adults. She has been co-leading two large-scale preventive mental health programmes, JC JoyAge and LevelMind@JC, to co-develop with stakeholders models of effective community mental health prevention. Her previous government consultancy research has facilitated the routine provision of the Dementia Community Support Scheme, improving access to care and intervention for thousands of families living with dementia every year. These research projects have been translated into over 130 international peer-reviewed journal papers, six book chapters, and two books. Beyond academic research, Gloria actively serves the community by advising NGOs and supporting professional/public education. She is currently the Director of Training for Cognitive Stimulation Therapy-Hong Kong. She has trained over 900 health and social care professionals from Hong Kong, Macau, mainland China, and nearby regions.

Keynote Speakers and Presentation Abstract

Effectiveness and Cost-effectiveness of a Collaborative Stepped-care Model for Late-life Mental Health – JC JoyAge

Prof. Martin Knapp
London School of Economics and Political Science, UK

ABOUT THE SPEAKER

Martin Knapp is Professor of Health and Social Care Policy at the London School of Economics and Political Science (LSE), based in the Department of Health Policy. He is also Professorial Research Fellow in the Care Policy and Evaluation Centre at LSE. Martin's main research interests are in the areas of social care, child and adult mental health, dementia and autism. Much of his work uses economic arguments and evidence to inform policy discussion and practice development. He collaborates regularly with community organisations, service providers and public sector commissioners.

Since 2023, Martin has been Programme Director for the Research Programme for Social Care, part of the National Institute for Health and Care Research (NIHR) in England. For 15 years, he was also Director of the NIHR School for Social Care Research. Martin was appointed Commander of the Most Excellent Order of the British Empire (CBE) in 2022 for services to social care research.

Prof. Tracy Lu
The University of Hong Kong

ABOUT THE SPEAKER

Professor LU's academic goal is to improve healthy aging in society through various scientific approaches. As our rapidly aging society faces many challenges (e.g., a shortage of care workers and the financial substantiality of the long-term care system), she is eager to explore the social determinants of health in later life and the community-based solutions to respond to those challenges. This is built on three interrelated lines of inquiry: (1) how environmental and social-behavioral factors shape well-being and physical and mental health in later life; (2) community-based innovation (e.g., timebanking) to promote productive engagement of older persons; and (3) economic evaluation and impact assessment of the social innovations to promote healthy aging. She is the principal and co-investigator to external competitive research grants funded by the Research Grants Council and HK Jockey Club Charities Trust, totaling over HK$ 10 million. She obtained Healthy Longevity Catalyst Awards (Hong Kong) from Research Grants Council in 2023. She is actively engaged in knowledge exchange activities and works closely with non-profit organizations in the Greater Bay Area and beyond.

Speakers Profile and Presentation Abstract

Presentation I | **11:00-11:30**

Integration of Mental Health into Primary Care – the Role of the Family Doctor

ABSTRACT

A study by Mathers & Loncar projected depressive disorder would be one of the top three leading causes of disability and mortality in the world by 2030. A study by the WHO found wide treatment gaps in depression in that only 7% to 28% of people with depression received treatment in different regions of the world. Our local study in 2010-12 found that 10.9% of primary care patients were screened positive of depression but <25% reported ever seeking professional help. Stigma and limited access are the major barriers to mental health care. The WHO and World Organization of Family Doctors (WONCA) jointly declared that integrating mental health into primary care is the only viable way to narrow the treatment gap. To serve the purpose, WONCA has published a Guidance on six core competencies of the family doctor in primary mental health care: 1. Values of considering mental and physical health equally important; 2. Communication and interpersonal skills; 3. Assessment and diagnosis of mental health problems; 4. Management of common mental health problems; 5. Collaboration and referral; and 6. Reflective practice. A family doctor for everyone is the key to the prevention, early detection and effective treatment of mental health problems.

Prof. Cindy Lam
The University of Hong Kong

ABOUT THE SPEAKER

Cindy is a specialist in family medicine providing regular public primary care services and has worked in academic family medicine for over thirty years. She is Chief Censor and Honorary Fellow of the Hong Kong College of Family Physicians. She is a member of the Steering Committee on Primary Healthcare Development and Convener of the Advisory Committee on the Primary Care Directory, Health Bureau, Government of the HKSAR. She was Danny D. B. Ho Professor in Family Medicine and Clinical Professor of the Department of Family Medicine & Primary Care, School of Clinical Medicine, Li Ka Shing Faculty of Medicine, The University of Hong Kong. She was the Asia Pacific Vice-Chair of the Working Party for Mental Health of the World Organization of Family Doctors from 2018-2022. Her special interests are primary mental health care, evaluation of quality and outcomes of primary care for patients with chronic diseases and patient reported outcome assessment. She has published over 400 peer-reviewed journal papers and book chapters.

Speakers Profile and Presentation Abstract

Management of Menopause Transition in Primary Health Care

ABSTRACT

Half of the world's population will experience 'menopause transition', also known as 'perimenopause'. This describes the time between initial changes in the menstrual cycle and one year after the final menstrual period, often lasting 5-10 years. In addition to marked hormonal fluctuations, this bio-psycho-socio-cultural life transition often coincides with a variety of psychosocial stressors including physical health problems and managing both older children and ageing parents simultaneously. Research suggests that around 75% of women experience symptoms during perimenopause, the most common physical symptoms being hot flushes, sleep disturbances and night sweats. More recently, as people have begun to talk more openly about menopause; the extent and impact of psychological symptoms – most commonly depression, anxiety and 'brain fog' - have become increasingly apparent. With the average age of menopause being 51, recent UK data has shown that around one in ten women permanently leave the workforce during perimenopause due to the multiple stresses experienced. This has led to a recent focus on providing effective support and interventions at this challenging time. This talk will focus on cognition and mental health in menopause transition. It will overview recent research and developments, present a biopsychosocial perspective and explore ways of supporting women within primary care.

Prof. Aimee Spector
University College London, UK

ABOUT THE SPEAKER

Aimee Spector is Professor of Clinical Psychology of Ageing. She directs the UCL 'Menopause Mind Lab'; a team of researchers and clinicians dedicated to understand more about the impact of menopause transition on both cognition and mental health. Current research studies focus on the impact of biopsychosocial-cultural factors experienced during this transition, and the development and evaluation of interventions to improve cognition, mood and overall quality of life. She is Director of the International Cognitive Stimulation Therapy (CST) centre at UCL and the 'UCL Dementia Training Academy. Her research to date primarily focuses on the development and evaluation of psychosocial interventions for dementia, with a particular interest in global health. She has published over 170 peer-reviewed papers, 7 book chapters and 12 books; and is international lead for University College London's Clinical Psychology doctorate course.

Speakers Profile and Presentation Abstract

Presentation III   15:00-15:30

Treating Subthreshold Depression in Primary Care

ABSTRACT

Subthreshold depression, characterized by clinically relevant depressive symptoms without meeting major depression diagnostic criteria, is prevalent in primary care. A significant number of individuals with subthreshold depression may progress to major depression, experiencing persistent symptoms that substantially impair social functioning and increase healthcare burdens. This presentation will provide an update on evidence-based interventions and models of care for treating subthreshold depression, discuss the challenges faced, and explore potential strategies for improving the management of this condition in primary care.

Prof. Samuel Wong
The Chinese University of Hong Kong

ABOUT THE SPEAKER

Professor Samuel Wong is a clinician with training and experience in both Family Medicine and Public Health. Currently, Professor Wong serves as the Director of the School of Public Health and Primary Care and as the Associate Dean (Education) at the Faculty of Medicine at CUHK. Prof. Wong has published over 370 peer-reviewed papers in international journals with his research interests primarily focused on the evaluation and development of mental health interventions in primary care and the evaluation of primary care services.

Prof. Wong has served the Hong Kong SAR Government in various capacities, including as a member of the Steering Committee of the Primary Care Development. He has also been involved in education and accreditation committees for medical and dental councils. Currently, he is the Vice-President (Education & Examinations) of the Hong Kong College of Family Physicians and provides clinical services in Family Medicine for the Hospital Authority as an Honorary Consultant.

Panellist Profile

Prof. David Bishai
The University of Hong Kong

Professor David Bishai is Clinical Professor in Public Health and Director of the School of Public Health, The University of Hong Kong. Prior to joining HKU, Professor Bishai had served as Professor at the Johns Hopkins Bloomberg School of Public Health for 27 years and served in the Maryland Department of Health as a local health officer in 2021.

As a leading health economist, his research focuses on the performance and financing of global public health activities, primary healthcare, vaccines, and health disparities. He is the author of two books and more than 260 peer-reviewed scientific publications. His award-winning courses on systems thinking and health economics have reached over forty-thousand students. As President of the International Health Economics Association, he helped to establish a global mentoring network for early career researchers.

Prof. Bishai maintains certification by both the American Board of Internal Medicine and the American Board of Pediatrics. He received his Bachelor of Arts from Harvard in Philosophy and Physics, his Masters in Public Health from the University of California at Los Angeles, his Medical Doctorate from the University of California at San Diego, and his Doctor of Philosophy from the Wharton Business School at the University of Pennsylvania.

Prof. Wing-chung Chang
The University of Hong Kong

Dr. Wing-chung Chang is a Clinical Associate Professor and the Chairperson of Department of Psychiatry in the School of Clinical Medicine, an Assistant Dean (Wellbeing) of the Li Ka Shing Faculty of Medicine, and a Principal Investigator of the State Key Laboratory of Brain & Cognitive Sciences, The University of Hong Kong (HKU). He is a Fellow of the Royal College of Psychiatrists (UK) and HK College of Psychiatrists and an Honorary Consultant at Queen Mary Hospital, and has served as a Vice President of HK College of Psychiatrists, and a Member of the Advisory Committee on Mental Health, Food & Health Bureau, HKSAR Government. His clinical and research work focuses on early intervention for psychosis, outcomes of early psychosis and bipolar disorder, negative symptoms and amotivation, and adverse physical health outcomes associated with mental illness and psychiatric medication treatment. He has published over 200 research articles in international peer-reviewed journals, including 82 first/corresponding-authored articles, and has been an HKU Scholars in the TOP 1% from 2019 onwards for 5 consecutive years.

Prof. Wai-chi Chan
The University of Hong Kong

Dr. Chan joined the Department of Psychiatry in November 2012 as a Clinical Associate Professor. He is also an honorary research fellow of Sau Po Centre on Ageing, a member of HKU Alzheimer's Disease Research Network, and an associate member of State Key Laboratory of Brain & Cognitive Sciences, HKU. As an honorary consultant at Queen Mary Hospital, he is heading the psychogeriatric service in the Hong Kong West Cluster, and a tutor and trainer of psychiatric trainees of the hospital.

He obtained Membership of the Royal College of Psychiatrists (UK) in 1996 and Fellowship of the Hong Kong College of Psychiatrists in 2000. In 2016, he was elected to Fellowship of the Royal College of Psychiatrists (UK). He received International Clinical, Operational, and Health Services Research and Training Award of Fogarty International Center in 2005, Postgraduate Research Award of Hong Kong Psychogeriatric Association in 2006 and Best Scientist Award of Asian Society Against Dementia in 2009. His research focuses on longitudinal follow-up of older persons to identify the predictors of neurocognitive disorders, prevalence and interventions of behavioural and psychological symptoms associated with neurocognitive disorders, caregiver burden and intervention, interventions for late-life depression and psychiatric epidemiology.

About JC JoyAge

Project Investigators

Prof. Terry LUM
PRINCIPAL INVESTIGATOR

Prof. Wai-chi CHAN
CO-PRINCIPAL INVESTIGATOR

Prof. Gloria WONG
CO-PRINCIPAL INVESTIGATOR

Prof. Reynold CHENG
CO-INVESTIGATOR

Dr. Vivian LOU
CO-INVESTIGATOR

Prof. Siuman NG
CO-INVESTIGATOR

Dr. Jennifer YM TANG
CO-INVESTIGATOR

Prof. Samson TSE
CO-INVESTIGATOR

Prof. Daniel FK WONG
CO-INVESTIGATOR

Dr. Paul WC WONG
CO-INVESTIGATOR

NGO Partners

About "JC JoyAge" : Jockey Club Holistic Support Project for Elderly Mental Wellness

Local epidemiological studies have shown that nearly 10% of the elderly population of Hong Kong have clinical levels of depressive symptoms. Factors such as stress, health problems and a lack of social engagement usually contribute to the vulnerability of older adults and higher risks of elderly depression and other major illnesses. In response to this concern, The Hong Kong Jockey Club Charities Trust approved over HK$678 million to initiate the "JC JoyAge: Jockey Club Holistic Support Project for Elderly Mental Wellness" (JC JoyAge).

Through cross-sectoral collaboration, JC JoyAge provides a community-based supporting network for our senior citizens to enhance their resiliency in facing the challenges of ageing. Since 2016, the service model bridges District Elderly Community Centres ("DECCs") and Integrated Community Centres for Mental Wellness ("ICCMWs") to establish a collaborative and integrated service model, which renders standardised prevention and timely intervention services for the older adults at-risk of or with depressive symptoms, according to their risk level and severity of symptoms. The project has been successfully implemented in all 18 districts since 2022, covering over 70% of service units providing community mental health services and district elderly services. Starting in 2024, JC JoyAge has further expanded its service to a wider age group on top of the elderly, serving people with depressive symptoms aged 45 or above, and will strengthen social-medical collaboration in the community.

In 2024: JC JoyAge awarded additional funding to continue the service model across all 18 districts until 2026

Impact of JC JoyAge

Since 2016

8,494
older adults at risk of or with depressive symptoms were provided with preventive care and intervention

over **94%**
older people with depressive symptoms showing improvement

5.74 Times
more effective in preventing depression as compared to traditional services.

Successful Prevention

3.55 Times
more effective in treating depression as compared to traditional services.

Successful Treatment

For every Hong Kong Dollar invested

Saved
$2.14
for healthcare system

Created
$3.25
social value

Trained

208
Social Workers

5914
Ambassadors

865
Peer Supporters

JC JoyAge effort on
Primary Mental Health Care Development

Depression in old age is a major public health concern with substantial impacts on the quality of life and functioning of individuals and their families, peers, the healthcare system, and the economy [R1]. This has become an even greater concern with population ageing and limited manpower across healthcare settings. Ensuring interventions are not only effective and cost-effective but also scalable is critical to ensure its long-term sustainability. JC JoyAge is a solution to this concern.

01 Evidence-based stepped-care model

We based the core model of JC JoyAge on the evidence-based stepped-care intervention approach as recommended in other national guidelines, such as the National Institute for Health and Clinical Excellence in England and the Primary Health Networks in Australia.
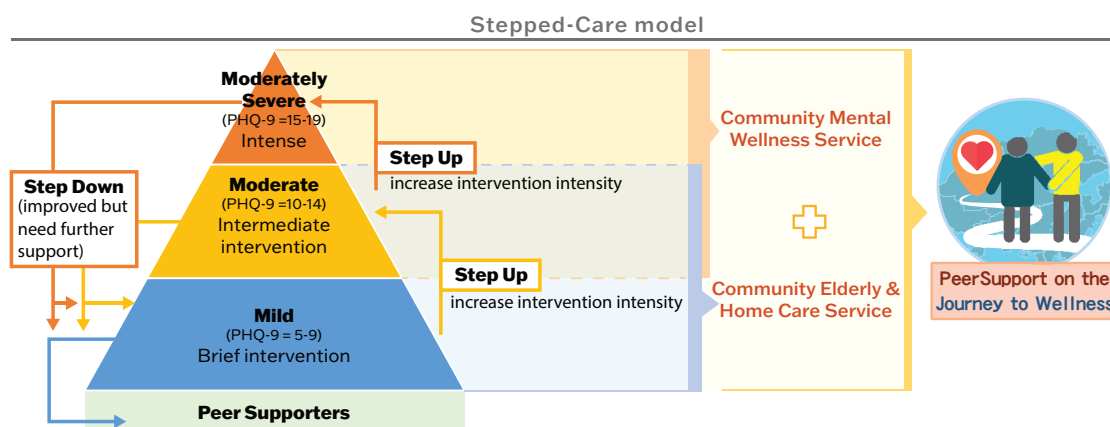
JC JoyAge provides time-limited (avg. 9 months) psychosocial interventions delivered by trained social workers in local District Elderly Community Centres (DECCs) and Integrated Community Centres for Mental Wellness (ICCMWs). Participants could be "stepped-up" or "stepped-down" (i.e., increase/reduce intervention intensity, respectively) depending on their symptom severity after the first trial of intervention [R2].

Similar to the Improving Access to Psychological Therapies service in the National Health Service in England – in which our project's international advisor, Prof. Martin Knapp, has been leading its economic evaluation – our interventions are based on cognitive - behavioural therapy (CBT). Our work has shown evidence that JC JoyAge services are significantly more effective and cost-effective in reducing depressive and anxiety symptoms, loneliness, and quality of life compared to usual care [R3,4,5].

02 Multidisciplinary team for service scalability and sustainability

Our team is composed of senior researchers in the field and a team of experienced clinical psychologists, psychiatrist, and senior social workers, who provide ongoing training and supervision to social workers in our partnered non-governmental organisations (NGOs) in intervention delivery and case management.

Before JC JoyAge, mental health care was not routinely provided in local DECCs. To reduce fragmentation in existing services and improve scalability of the model, JC JoyAge innovatively serves as a bridge between DECCs and ICCMWs, such that those who experience persistent symptoms following low-intensity interventions can be "stepped-up" from DECCs to ICCMWs, and those who experience improved symptoms following high-intensity interventions can be "stepped-down" from ICCMWs and DECCs. This was the first in Hong Kong, which we demonstrated to be feasible and largely beneficial.

Stepped-Care model

Moderately Severe (PHQ-9 =15-19) Intense

Step Down (improved but need further support)

Step Up — increase intervention intensity

Moderate (PHQ-9 =10-14) Intermediate intervention

Step Up — increase intervention intensity

Mild (PHQ-9 = 5-9) Brief intervention

Peer Supporters

Community Mental Wellness Service

Community Elderly & Home Care Service

PeerSupport on the Journey to Wellness

JC JoyAge effort on
Primary Mental Health Care Development

03 **Peer support and community network**

Aside from mental health professionals, people with similar life experiences – including mental health challenges, family and health issues, and other age-related concerns – are in the best position to offer support. In JC JoyAge, all participants are matched with a Peer Supporter alongside their stepped-care intervention to facilitate their recovery. This emphasis on "peer support" （樂齡「同行」）and community-based participation is rarely seen in other projects. JC JoyAge provides both theory-based training and practicum to Peer Supporters to strengthen their skills in rendering peer support, and to increase their knowledge on mental wellness and recovery. Aside from benefitting service users of the JC JoyAge interventions, our work has also shown a positive impact on Peer Supporters, such that they feel a strong sense of "peer-ness" and companionship and an improved sense of meaningfulness and hope through their work [R6]. The involvement of community members across districts using a bottom-up approach in the design and implementation process is also crucial to mobilise the wisdom of the general public and to ensure mental health awareness and promotion can be sustained in the community.

"Peer Supporter Retreat" Ceremony

To celebrate the effort of Peer Supporters in facilitating Older Adult Mental Wellness development and their contributions to the society, the Peer Supporter Retreat was successfully held on 17 November, 2023. Nearly 500 Peer Supporters gathered at Noah's Ark in Ma Wan to attend the graduation ceremony. We were grateful to have invited the Director of Social Welfare, Ms. Charmaine Lee, JP., to be our honourable guest. JC JoyAge has reached its 8th year of service, its success was inseparable with the support of Peer Supporters in promoting and supporting community mental health service. Thirty-three Peer Supporters worked from the beginning of the project till now, and were awarded "Long Service Award" in the ceremony.

Upcoming Professional Training Workshops

1 📅 **Aug 30, 2024**

Managing Sleep and Insomnia: Somatic Symptoms Management using Cognitive - Behavioural Therapy (CBT) Approach

- Time: 9:30 am - 12:30 pm
- Language: Cantonese
- Veune: Zoom

◀ Detail and Registration

Speaker: Prof. Shirley Li
The University of Hong Kong

To learn more about the details of the coming workshops, please visit our official website
https://research.jcjoyage.hk/events/upcoming-talks-and-symposium/

References to the Research

[R1] Lu, S., Liu, T., Wong, G. H. Y., Leung, D. K. Y., Sze, L. C. Y., Kwok, W. W., ... & Lum, T. Y. S. (2021). Health and social care service utilisation and associated expenditure among community-dwelling older adults with depressive symptoms. *Epidemiology and Psychiatric Sciences, 30*, e10.

[R2] Liu, T., Leung, D. K. Y., Lu, S., Kwok, W. W., Sze, L. C. Y., Tse, S. S. K., ... & Wong, G. H. Y. (2022). Collaborative community mental health and aged care services with peer support to prevent late-life depression: study protocol for a non-randomised controlled trial. *Trials, 23*(1), 280.

[R3] Lum, T. Y. S., Wong, G. H. Y., Liu, T., Lu, S., Leung, D. K. Y., Sze, L. C. Y., ... & Kwok, W. W. (2019). Effectiveness Of A Collaborative Stepped-care Model For Older Adults With Depression. *Innovation in Aging, 3*(Supplement_1), S512-S513.

[R4] Lu, S., Wong, G. H. Y., Lum, T. Y. S., & Liu, T. (2019). Cost-effectiveness Analysis of the Collaborative Stepped Care Intervention for Late-life Depression. *Innovation in Aging, 3*(Suppl 1), S876.

[R5] Lu, S., Liu, T., Knapp, M., Wong, G. H. Y., & Lum, T. Y. S. (in preparation). Cost-effectiveness analysis of a collaborative community mental health and aged care services to prevent and treat late-life depression: a non-randomized quasi-experimental trial.

[R6] Tang, J. P. S., Liu, T., Lu, S., Sing, C. Y., Sze, L. C. Y., Lum, T. Y. S., & Tse, S. (2022). 'It was the deepest level of companionship': peer-to-peer experience of supporting community-dwelling older people with depression-a qualitative study. *BMC Geriatrics, 22*(1), 443.

https://research.jcjoyage.hk/symposium2024

https://research.jcjoyage.hk/

JC JoyAge

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