



Po Leung Kuk  
Lo Kit Sing (1983) College

保良局羅傑承(一九八三)中學

Cheung Hong Estate, Tsing Yi, N.T., Hong Kong

香港新界青衣長康邨

Tel: 2497 7110

Fax: 2431 1156

Dear Parents,  
各位家長：

P23066

**2023 – 2024 “LevelMind@JC Caritas” Survey**  
**2023– 2024 年度「賽馬會平行心間計劃」問卷**

To enhance the personal growth of students and promote mental health, the school will collaborate with Caritas (Kwai Tsing) to launch ‘LevelMind@JC \_Caritas’. S1 students are invited to participate in a workshop and complete a survey about their mental health status so as to provide appropriate support services. Parents can refer to the appendix for more information about the scheme. Details of arrangement are as follows:

<b>Date:</b>	9 <sup>th</sup> January 2024 (Tuesday)
<b>Time:</b>	9:45 a.m. – 10:45 a.m.
<b>Venue:</b>	Love & Hope Center, Rm 421-423

Please indicate your consent to the participation in the workshop and the survey by signing the reply slip before 19<sup>th</sup> December 2023 (Tuesday). If you have any enquiry, please contact Ms. Mak Yuet Ngor at 2497 7110.

為促進學生的個人成長及推廣精神健康，本校將聯同明愛(葵青)開展「賽馬會平行心間計劃」。現安排中一級學生參與工作坊及填寫問卷，了解學生的情緒以提供適切的支援服務。有關計劃詳情，家長可參閱附件的資料。活動安排如下：

日期:	二零二四年一月九日(星期二)
時間:	上午九時四十五至上午十時四十五分
地點:	Love & Hope Centre 及 421 -423 室

請 貴家長於二零二三年十二月十九日(星期二)前填妥回條，以表明參與此活動及問卷調查的意向。如有查詢，請於辦公時間內致電學校電話 2497 7110 與麥月娥老師聯絡。

Po Leung Kuk Lo Kit Sing (1983) College  
保良局羅傑承(一九八三)中學



Law Wing Chung, Principal 羅穎忠校長

12<sup>th</sup> December, 2023, 二零二三年十二月十二日

**E-class Reply Slip**  
**電子通告回條**

I acknowledge the above captioned circular regarding the ‘2023 – 2024 “LevelMind@JC\_Caritas” Survey. I\*

本人知悉 貴校來函有關「2023 – 2024 年度「賽馬會平行心間計劃」問卷」事宜。本人\*

- ☐ agree with my child the workshop and the survey.  
同意敝子弟參加上述此活動及問卷調查。
- ☐ disagree with child the workshop and the survey.  
不同意敝子弟參加上述此活動及問卷調查。



## 賽馬會平行心間計劃 – 明愛 (葵青)

### 服務理念:

青年人將透過參與「平行心間」的服務以提高個人認知能力、個人優勢及提升其整體身心靈健康質素。計劃亦會為受到**初期情緒困擾的青年人**提供**早期介入及支援服務**，並以創新的模式改變他們尋求協助的習慣。

對象：支援受輕度至中度精神困擾的12-24歲年青人；

服務特色：1. 舉辦「以青年為本」的各類型活動；  
2. 由港大團隊設計精神健康評估工具，  
以助能及早辨識及介入；

3. 設有精神科醫生作初步評估及轉介

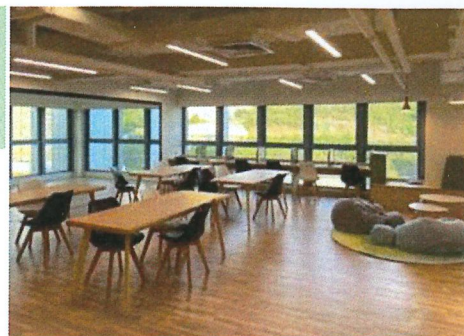
服務內容：各類型放鬆減壓工作坊、個案輔導、治療性小組

服務設施：放空/叉電區、自助閣

聯絡資料：梁姑娘 (Jerica) 2868 1061

大鴻輝 (葵涌)中心第一期14樓01室

充  
電



提供多元化舒展身心靈的活動，讓身心放鬆，好好充電。

放  
空



提供一個清空腦袋、轉換心情的舒適放空空間，享受當下環境、聲音、味道。

重  
新  
發  
現



透過小組及個別面談輔導，認識自己內在力量，重新發現個人強項，連結社區，享受快樂的秘訣。



LevelMind@JC 賽馬會平行心間計劃



## 計劃架構 – 三層式架構

### 2M問卷 (精神健康評估工具)

辨識青少年的精神健康狀況及按需要提供服務

如有需要可安排精神科醫生作初步評估



第三層：以個案形式，跟進有需要的年青人

第二層：以治療性小組/個人形式，支援受輕度至中度情緒困擾年青人

小組類型

- CBT / MBT
- 藝術 / 敘事治療
- 一對一個別心理面談

第一層：以活動形式，關顧青少年身、心、靈需要，藉此識別有需要的年青人

協助青少年放鬆、放空充電，  
並提升對精神健康的關注

\* 跨專業團隊支援



Level Mind@JC 賽馬會平行心間計劃



# 2M questionnaire

- 2M developed by the team of Prof. CHEN Yu Hai, Eirc; the head of Psychiatry Department, LKS Faculty of Medicine HKU
- It adopts K6 scale, it is a 6-item self-report measure of psychological distress. The total score for the six items ranges from 0-24.

## Questions Cover :

1. Symptoms dimensions
2. Loss of productivity due to distress
3. Quality of life :The six-dimensional health state short form (SF-6D) questionnaire measures
  - A. physical functioning
  - B. role limitations (physical and emotional)
  - C. bodily pain
  - D. vitality
  - E. social functioning
  - F. mental health
4. Risk Factor : suicidal thought / behavior /self-harm

## 2M Report cover :

1. K6 score
2. Risk factors
3. Nervousness
4. Restlessness
5. Low Mood
6. Hopelessness
7. Worthlessness
8. Everything was an effort

## Support school workflow : (proposed by Levelmind@JC Caritas )

1. Parental consent / Screening
2. Meeting with School to share 2M report  
( *objective: discuss the follow up plan and discuss further assessment to students at risk ( if necessary) )*
3. Levelmind@JC Caritas team go to school for 1-3 days to support further assessment on risk cases ( *school need to support the logistic / admin*)
4. Meeting with school after the face to face interview with students ( *objective : discuss the work plan for different needs support to students ( case , therapeutic group and engagement/ psychoeducation mental health program )*

## Remarks :

- The workflow can subject to change base on the school needs.
- For crisis cases , it is suggested to follow up by school social worker or refer out.
- Levelmind@JC may not able to cover all needs of school, all collaboration will subject to the capacity of Levelmind@JC and the needs of school.



## Timeline of the collaboration in 2M screening with school

Role of School teacher/ social worker :

1. Support and collect the parental consent
2. Arrange the administrative and logistic work in supporting screening of potential high risk
3. Support crisis role in face to face assessment day

Preparation stage with school:

1. Schedule the dates with Levelmind@JC
2. Distribute and collect the parental consent

Screening

Relaxation activities

screening (propose 2 days)

1<sup>st</sup> Meeting with school

- Discuss the 2M report
- Spot the high risk of face-to-face assessment
- Follow up meeting after the interview ( simple update from the interview result )

Further assessment co-work with school/ other parties

2<sup>nd</sup> meeting with school

- Discuss the clear workplan with school in different tiers of hub service



## T2「心澄一轉」-人生必修情緒課

形式	一對一, 心理教育面談
節數	4-10節, 每節1小時
地點	學校或中心
費用	全免

### 核心單元 (共4節)

#### 「知情識緒」

學習覺察個人的情緒及調節情緒的技巧

- 1. 解憂之旅** 明白行為與抑鬱情緒的關聯, 學習透過改變日常行為活動提升情緒
- 2. 見焦拆焦** 反思引起焦慮背後的想法及應對技巧
- 3. 識怒息怒** 學習以有效的方法表達及調節憤怒的情緒
- 4. 我是凡星** 探索及學習欣賞自己的長處, 減少自我批評
- 5. 好睡好起** 學習有助容易入睡的技巧, 有助減少失眠

### 自選單元\* (每單元有2-3節)

\*參加核心單元後視乎需要, 可選1-2個自選單元

備註: 參加者需經過問卷評估, 合適者須同意:

1. 接受服務前的個別面談
2. 成為中心會員
3. 參加由香港大學進行的成效評估研究

查詢及報名  
請聯絡中心主任: 2868 1061

地址: 葵涌貨櫃碼頭路77-81號 大鴻輝(葵涌)中心第一期14樓01室

電郵: ycs.levelmind.kt@caritassws.org.hk

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levelmindatjc



賽馬會平行心間計劃  
LevelMind at JC



LevelMind@JC 賽馬會平行心間計劃

放空 • 充電 • 重新發現  
Relax • Recharge • Rediscover



## 校本服務

策劃及捐助



香港賽馬會慈善信託基金

聯合策劃



香港明愛  
Caritas  
HONG KONG



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