

International Q&S Forum, Asia HK 2024

Experience Day Visit – Mind Space

Visitors can learn about the science behind mental illness and the progress in psychiatric services and treatment in Hong Kong over the years by exploring the various zones of the museum. The highlight of the museum is the Symptom Experience Rooms, where visitors can experience simulated symptoms of severe mental illness through the use of virtual reality and immersive experience, followed by a sharing session with peer support workers. Through these face-to-face interactions with recovered patients, visitors develop deeper understanding of mental illness and the real journeys our patients are facing.

26 August 2024 (Monday)

AM Session

Time	Programme
10:00 am	Arrival: Mind Space, 2/F, Block S, Castle Peak Hospital Reception by CPH representatives
Morning Tea	
10:15 am	Welcome and Briefing on Mind Space
10:30 am	Visit to Mind Space: <u>Zone A: Memory Tunnel</u> <i>Explore the history of Castle Peak Hospital, the development of psychiatric services in Hong Kong and the evolution of treatment approaches to mental illness through interactive exhibits and a display of relics preserved from more than a century ago</i> <u>Zone B: Brain Tour</u> <i>Learn about the relationship between the brain and mental illness and the current psychiatric therapies used to effectively treat patients with mental illness</i> <u>Zone C: Recovery Nowadays</u>

	<p><i>Introduce the psycho-social interventions and multi-disciplinary approach to mental issues</i></p> <p><u>Zone D: Health and Well-being</u></p> <p><i>Access to a wide range of information is available on interactive and digital displays, with a focus on building resilience, stress-coping and help-seeking</i></p> <p><u>Zone E: Thought Exchange</u></p> <p><i>Experience simulated symptoms of severe mental illness in four different real-life scenarios through virtual reality, followed by a sharing session with peer support workers</i></p>
11:30 am	Debriefing by Peer Support Workers
12:00 nn	End of Visit
<p style="text-align: center;">Lunch</p> <p style="text-align: center;">Multi-purpose Activity Room, 2/F, Block S, Castle Peak Hospital</p>	
1:00 pm	Travel to PM site