

## **Promoting Mental Wellness among Older Adults Through a Community Collaborative Approach – The JC JoyAge Project**

### **Abstract**

The high suicide rate among older people has caught the attention of the mass media and public for many years. As a response, the Hong Kong Jockey Club initiated the JC JoyAge project in 2016 and supported an academic team at HKU and 21 NGO partners to co-develop a community collaborative stepped-care intervention to build greater capacity to support older people with mental health challenges. The core components include a large-scale community-based approach to promote mental health literacy and a collaborated stepped-care model to make evidence based psychosocial intervention available in all 18 districts. Since 2016, they have successfully reached more than 100,000 older adults and provided evidence based psychosocial interventions to more than 10,000 of those at risk or with subclinical depressive symptoms. In this seminar, Professor Terry Lum will provide a detail account of the two core components and the evidence of their effectiveness. He will also discuss the implications of this collaborative stepped care approach to address the mental health crisis of Hong Kong and the potential of an implementation sciences approach toward scholarship at HKU.