

From Clinical Care to Community Rehabilitation: A Case Study of the Han-Yang Association on the Role and Therapeutic Factors of Peer Support Groups in the Vocational Recovery for Individuals with Mental Illness

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ABSTRACT

This article explores the 20-year practical experience of the Han-Yang Association, a local peer support organization, in the vocational recovery of individuals with mental illness. As psychiatric care shifts toward community-based recovery, assisting individuals in returning to competitive employment has become a critical goal. However, these individuals often face severe challenges in maintaining job stability and overcoming social isolation. Serving as a bridge between clinical care and the competitive workplace, the Han-Yang Association has developed a dual-track recovery support system that integrates professional skills with peer experience. By establishing a social microcosm, focusing on here-and-now interpersonal feedback, and shaping therapeutic norms, the group catalyzes key therapeutic factors, including group cohesiveness, altruism, instillation of hope, and imitative behavior. This model not only enhances the empowerment and self-efficacy of members in their mid-to-late recovery stages, strengthening their social networks and vocational resilience, but also aligns with the international evidence framework of augmented supported employment. The Han-Yang Association model provides a significant reference for contemporary community mental health practice. It highlights that peer support groups can offer a stable platform for psychological support and practical experience exchange. By doing so, this collaborative approach reduces self-stigma and fosters a profound sense of belonging. Furthermore, it facilitates their transition from passive recipients of care to active helpers, serving as a vital complementary intervention model to promote genuine community integration and improve vocational rehabilitation outcomes. (J Ment Health Community Psychiatry 2026;2(1):63-72)

Key words: Peer Support, Occupational Therapy, Psychiatric Rehabilitation, Recovery, Therapeutic Factor

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從臨床到社區：以「瀚陽協進會」為例 探討同儕支持團體在精神障礙者就業 復元中的角色與療效因子分析

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摘 要

本文探討本土同儕組織「瀚陽協進會」近二十年於精神障礙者就業復元領域之實務經驗。隨著精神醫療轉向社區復元，協助個案重返競爭性職場為關鍵目標。然而，個案在維持就業穩定及克服社會孤立上常面臨嚴峻挑戰。瀚陽協進會作為銜接臨床與社區職場之橋樑，建構出整合「專業技能」與「同儕經驗」的雙軌復元支持系統。透過建立社會縮影、聚焦此時此地回饋及形塑治療性規範等核心機制，該團體催化出團體凝聚力、利他性、植入希望與模仿行為等療效因子。此模式不僅提升成員的賦權感與自我效能，強化其社交網絡與職場韌性，更呼應國際實證中「強化型支持性就業」之架構。瀚陽協進會模式對現代社區精神醫療實踐提供參照，凸顯同儕支持團體能為就業個案提供穩定的心理支持與經驗交流平台，促使其從被動受助者轉變為積極助人者，為促進社區融合的重要補充模式。

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關鍵詞：同儕支持、職能治療、精神復健、復元、療效因子

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