



心理健康與你的扶輪社

親 愛的扶輪社友：
世界衛生組織將 10 月 1 日訂定為世界心理健康日，鑑於今年扶輪把心理健康當成特別的工作重點，我想要回答我到各地時最常被問到的問題：本社要從何做起？

目前已經有扶輪社員採取行動的絕佳範例。在菲律賓，地亞望 - 西亞斯 (Tiaong-Hiyas) 扶輪社為社區的母親辦理一場為期 12 週的健康挑戰，來推廣一些基本的健康篩檢，並教導她們學會更健康的生活方式。

在這項挑戰結束時，這些母親建立特別的情緣，決定籌組一個名叫 Ilaw ng Tahana (意指「照亮家庭的人」) 扶輪社區服務團，目標是讓更多母親參與健康教育及支持——以及之後的幼童服務、防止少女懷孕，及針對戒毒酗酒提供協助。在近一年之後，該社區服務團正準備自行開設一間健康中心，提供同儕的支持給前來中心的母親。

另一個有力的例子是在美國科羅拉多州。2021 年秋天，高地牧場 (Highlands Ranch) 扶輪社的一群利害關係人設立科羅拉多州扶輪社兒童心理健康永續捐贈獎學金，增進科羅拉多州兒童醫院招募及訓練小兒身心科醫療人員的能力，讓該院體系的約診量增加。這讓兒童取得心理健康醫療的管道增加，緩和人力的短缺。

此後，該計畫吸引了新的支持者，目前資金充足，成為資產 50 萬美元的永續捐贈基金。基金的投資收益將可贊助兒童醫院一位研究員——心理學家或身心科醫師。從 2024 年春天起，每

隔一到兩年可再提名一到兩名研究員。長此以往，這將可建立一個團隊來支持心理健康的工作人力，治療科羅拉多州全部 64 個郡及其他州的兒童。

在扶輪展示窗 (Rotary Showcase) 還有許多更優秀心理健康計畫的故事，在各位展開自己的計畫之際，也邀請各位分享你的經驗。此外，有任何有關心理健康的想法或構想要與扶輪世界分享，請洽 mindhealth@rotary.org。

在 10 月 10 日，我將主持一場臉書的直播活動，來紀念世界心理健康日，並進一步探索扶輪社員要如何開始這趟旅程。可是我想要給各位一個每位扶輪社員都可以發揮影響力的方式。

就在此時此刻，在扶輪世界裡有個你認識的人——在貴社、在你參與的服務專案裡、在扶輪聯誼會或扶輪行動團體裡——可能要需要你多一點時間及關注。扶輪帶來的最佳恩賜便是全球友誼，那也表示要付出心力，支持彼此。

身為社員，我們每天所做的事，就是發掘將我們串連在一起的人性連結。這向來是扶輪的重點，我們可以此為努力的基礎，幫助彼此找到內在的和平。

我們必須學會如何不只是問：「你好嗎？」還要問：「你真的沒事嗎？」這麼做，扶輪將得以持續為世界創造希望。

葛登·麥金納利 R. GORDON R. MCINALLY
國際扶輪社長



Mental health and your club

Dear fellow Rotary members, The World Health Organization designates 10 October as World Mental Health Day, and with Rotary placing a special focus on mental health this year, I would like to help answer the question posed to me most often when I travel to meet members: How can my club get started?

There are some wonderful examples of Rotary members taking action already. In the Philippines, the Rotary Club of Tiaong-Hiyas held a 12-week health challenge for mothers in the community to promote some baseline health screenings and coaching on a healthier lifestyle.

By the end of the challenge, the mothers had a special bond and decided to form a Rotary Community Corps called *Ilaw ng Tahanan* (“one who lights up the home”) with the goal of involving more mothers in health education and wellness support — and later youth services, teen pregnancy prevention, and help with unhealthy substance use. Almost a year later, the RCC is preparing to open its own health center where mothers can come for peer-to-peer support.

Another strong example is in Colorado. In the fall of 2021, a small group of stakeholders from the Rotary Club of Highlands Ranch formed the Rotary Clubs of Colorado Endowed Fellowship for Pediatric Mental Health, which enhances the ability of Children’s Hospital Colorado to recruit and train pediatric psychiatry providers and allows the hospital network to make additional appointments. This increases access to mental health care for children and decreases provider shortages.

Since then, the project has brought on new supporters and is now fully funded with a \$500,000

endowment. Investment income from this endowment will support a fellow — a psychologist or psychiatrist — at Children’s Hospital. A new fellow will be named every one to two years, beginning spring of 2024. Over time this will create a cohort to bolster the mental health workforce, treating kids from all 64 Colorado counties and neighboring states.

There are many more great mental health project stories on Rotary Showcase, and I invite you to share your experiences as you begin your own projects. Also, please reach out to mindhealth@rotary.org with any thoughts or ideas you would like to share about mental health in the Rotary world.

On 10 October, I will host a Facebook Live event when we will recognize World Mental Health Day and further explore how Rotary members can begin this journey. But I would like to leave you with one way every Rotary member can make a difference.

Right now, there is someone you know in the Rotary world — in your club, from a project you’ve worked on, in a Rotary Fellowship or Rotary Action Group — who could use a little more of your time and attention. Rotary is this great gift of global friendship, and that also means being there for each other.

Discovering the human connections that bind us is what we do through our membership every day. It’s what Rotary has always been about, and we can build on it by helping each other find peace at home.

We need to learn how to ask not just “How are you?” but also “How are you really?” By doing so, Rotary can continue to *Create Hope in the World*.

R. GORDON R. MCINALLY
President, Rotary International