



## 持恆改變的第一道微光

**我**很感激這一期的《國際扶輪英文月刊》以心理健康為焦點——過去這一年世界各地展現熱情，更大力支持彼此及我們服務對象的心理健康，也讓我欣喜若狂。

2023年1月，當我初次談到扶輪有必要更投入這項危機時，我注意到全球的心理健康體系不能說是不良，因為它根本不存在。可是我也許下一個非常宏大的願望，就是扶輪可以協助建立這個體系。

這個願景的第一道微光已經由各位所推動的數十項心理健康計畫所點亮。可是同樣重要的是各位許多人對扶輪社友提出邀請，請他們分享他們的故事。

年輕扶輪社員及扶青社員展現的領導能力令我佩服，《國際扶輪英文月刊》本期也刊登他們一部分勇敢、啟發人心的故事。前扶青社員佛瑞迪·阿爾曼桑 (Freddie Almazan) 的個人故事尤其令人動容，各位可以在《國際扶輪英文月刊》看到——也可以在本月分新加坡國際扶輪年會親耳聽到。

你可以在《國際扶輪英文月刊》這一期看到一個很棒的計畫範例，具有可以產生持恆改變的永續影響力：科羅拉多州的扶輪社在科羅拉多兒童醫院設立一項兒童心理健康獎學金。

在年會中，各位也可以聽取2024年「採取行動的人」得獎人的談話，他們及他們的社因透過

心理健康提案創造影響而獲得表揚。賓迪·拉賈賽葛蘭 (Bindi Rajasegaran) 將談論馬來西亞一項扶輪主導的計畫，協助兒童培養處理心理健康問題的技巧，並在該國各地建立支持的量能。

此外，扶輪心理健康計畫行動團體的幹部麗塔·阿葛沃 (Rita Aggarwal) 成功將「盒子裡的健康」(Wellness in a Box) 架構——一個針對青少年的心理健康教育模式——在她的家鄉印度納格普 (Nagpur) 成功推廣。這個計畫的介紹請參見《國際扶輪英文月刊》「支持我」(Stand by me) 的專題報導。這個可擴大規模並獲得臨床證實的架構可因地制宜做調整後在各地運作——如果貴社想要支持或推動，都請與該行動團體聯繫。

當我們展望未來，扶輪心理健康計畫行動團體將扮演關鍵的領導角色，來推動已證明有效、成果可測量的計畫。藉此，它將可讓各社有能力將重點放在那些創造可擴大、永續的影響之提案。

在各位讀完本期雜誌後，我邀請各位到 My Rotary 的學習中心，看看「增加你的影響力」(Increase Your Impact) 系列，其中包括一支解釋影響力的很精彩的短片。當我們把重點放在影響力，我們便是在落實扶輪的願景聲明，在世界各地、在社區、在我們自身，創造持恆的改變。

**葛登·麥金納利 R. GORDON R. MCINALLY**  
國際扶輪社長



## The first glimmers of a lasting change

I am deeply gratified by *Rotary* magazine's focus on mental health in this edition — and I'm ecstatic about the enthusiasm shown across the world in the past year to better support the mental health needs of each other and the people we serve.

In January 2023 when I first spoke about the need for Rotary to become more engaged on this crisis, I noted that the global mental health system couldn't be described as broken only because it didn't exist. But I also offered a highly aspirational wish that Rotary could help build that system.

The first glimmers of this vision have been brought to light by you in dozens of mental health projects. But just as important is the invitation many of you have given to fellow Rotary members to share their stories.

I am impressed by the leadership young Rotarians and Rotaractors have shown, and some of their brave, inspiring stories are highlighted in these pages. Former Rotaractor Freddie Almazan has an especially powerful personal narrative that you can learn about here — and hear firsthand at this month's Rotary International Convention in Singapore.

You can read in this issue about a great example of a project with the kind of sustainable impact that creates lasting change: Rotary clubs in Colorado endowing a pediatric mental health fellowship at Children's Hospital Colorado.

At the convention, you can also hear from 2024 People of Action honorees lauded for the impact they and their clubs have made through mental health

initiatives. Bindi Rajasegaran will talk about a Rotary-led project in Malaysia helping children develop skills to cope with mental health challenges and building capacity for support throughout the country.

In addition, Rita Aggarwal, an officer of the Rotary Action Group on Mental Health Initiatives, will be recognized for her success in applying the Wellness in a Box framework, a mental health literacy approach for adolescents, in her hometown of Nagpur, India. Read about the project in the "Stand by me" feature. This highly scalable and clinically backed framework can be adapted for use just about anywhere — reach out to the action group if your club would like to support or implement it.

As we look ahead, the Rotary Action Group on Mental Health Initiatives will play a critical leadership role in promoting proven, measurable projects. In doing so, it will empower clubs to focus on initiatives that drive scalable, sustainable impact.

After you've read through the magazine, I invite you to go to the Learning Center on My Rotary and check out the Increase Your Impact series, which includes a wonderful short video explaining impact. When we focus on impact, we bring Rotary's vision statement to life, creating lasting change across the globe, in our communities, and in ourselves.

**R. GORDON R. MCINALLY**  
President, Rotary International