

Biographies of Panelists from Mind HK

Dr Lucy Lord, Executive Chair

Dr. Lucy is an Obstetrician and a founding Partner of Central Health Medical Practice and has lived in Hong Kong for the past 30 years. Together with the partners and doctors at Central Health she set up the Patient Care Foundation Limited (PCF) Central Health's charitable foundation which works to improve access to medical care for vulnerable people within Hong Kong.

The PCF helps Central Health's doctors, nurses and midwives work with Christian Action to provide free health care to refugees. The PCF supports Central Health's doctors in providing pro bono medical care to Pathfinders particularly looking after pregnant non entitled domestic helpers.

The PCF, Dr Lucy Lord and Dr Rulin Fuong were the start-up donors for a new mental health charity working with Mind UK to launch Mind HK. Mind HK improves awareness of mental health through its training programmes, campaigns, and bilingual mental health information. Its website resources, youth programmes and information exchanges support individuals and their families coping with mental illness and other charities involved in frontline mental health services.

In November 2017, funded by the HKJCCT, the PCF co-organised an international mental health conference with the purpose of destigmatising mental illness in Hong Kong, and from which Mind HK was officially launched. The PCF works on many other patient advocacy projects.

Dr Candice Powell, Chief Executive Officer

Dr. Candice Powell joined Mind HK as Chief Executive Officer in September 2022. She is trained as a clinical psychologist at The Chinese University of Hong Kong. Before joining Mind HK, she worked at New Life Psychiatric Rehabilitation Association, one of Hong Kong's largest community mental health NGOs, for 13 years. She is an honorary lecturer at The University of Hong Kong and a fellow of The Hong Kong Psychological Society, vice-chair of the Division of Clinical Psychology of HKPS, and a training officer of the Association of Contextual and Behavioural Science (Hong Kong Chapter). She is an awardee of Hong Kong Professional Elite Ladies Selection 2022.

Candice is diversely trained in evidence-based psychological intervention. Apart from being a practitioner, she is also a rigorous researcher and widely published in academic journals and presented her study findings at local and international conferences. She has developed

innovative intervention programmes for improving people's mental health and well-being. She introduced Mindful Parenting, digitised Unified Protocol for emotional disorders, and established a stepped-care psychological service in Hong Kong. She hopes everyone with emotional distress can easily access quality psychological services.

Rachel Wong, Assistant Programme Manager

Rachel joined Mind HK in March 2021 and currently serves as the Assistant Programme Manager for Mind HK's iACT initiative. Before joining Mind HK, she worked mostly in the global mobility and financial services industry, managing international client accounts and overseeing regional projects. As the Assistant Programme Manager for the iACT initiative, Rachel is responsible for overseeing the development, working with clinical advisors to design training curriculum and to recruit and train paraprofessionals to increase the mental health support in Hong Kong.

Rachel is committed to raising awareness of mental health issues and creating more conversation to help destigmatise mental health issues.