



*Converging*  
**PROFESSIONAL WISDOM**  
**FOR Family Well-Being**

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## **Message from Mrs. Patricia CHU, Chairperson, CIFA**



Throughout the past two years, despite the unprecedented pandemic situation, life goes on! Thanks to the commitment and concerted efforts of everyone, we have turned challenges into opportunities, managing to continue with our work as shared in this issue.

The Changing Life Stories Conference 2022 on “Breaking the Vicious Intergenerational Cycle of Teen Pregnancy” organised by Mother’s Choice has provided an excellent opportunity for academics, healthcare and legal professionals, social workers and NGO leaders to share their research studies and service delivery models etc highlighting the three protective factors of Embrace, Equip and Empower in prevention and intervention of youth crisis pregnancy. It also included a soul-searching sharing by teenage pregnant girls on their transformational journey through art.

To continue the series by CIFA member organisations in their efforts in facing challenges of the pandemic, the New Life Psychiatric Rehabilitation Association shares their work on “Supporting Mental Well-being of the Community under COVID-19 Challenge”, introducing Well-being Tool and support services to families.

The Aberdeen Kai-fong Association Social Service, Bronze Award winner of Wofoo 3A Project 2020 shares their Intergenerational Community Engagement Project in enhancing intergenerational solidarity in non-familial contexts through purposefully designed activities, and reports on the exciting achievement of developing first evidence-based practice model and program on the subject.

The Wofoo 3A Project 2022 has proceeded as planned and 16 teams have been shortlisted to enter the second-round adjudication to be held in July. Another exciting initiative, namely “Family We-time At Home Challenge” involving family photography, colouring and drawing competitions will encourage families to spend quality time together at home and generate positive energy in the midst of the pandemic. An online award presentation ceremony will be held on 15 May to commemorate the International Day of Families.

Easter is approaching, I would like to quote “Easter is meant to be a symbol of hope, renewal and new life”, a most appropriate one at this point in time when we are still struggling with the pandemic!

# Wofoo 3A Project 2020

## *Bronze Award*

### Intergenerational Community Engagement Project

**Aberdeen Kai-fong Welfare Association Social Service, Hong Kong**

**Member Organisation of CIFA**

#### Intergenerational Relations in Hong Kong

In Hong Kong, demographic changes and modernisation, such as changes in family structures and rapid technology development, have unintentionally reduced opportunities for intergenerational understanding, interactions and cooperation in families.

In fact, older generations often serve as a significant source of support for young families through financial transfer, assistance in childcare, etc. The younger generation also offer financial and emotional support, and daily care of older family members to the seniors. Intergenerational solidarity is pivotal to the well-being of both young and old generations in a family.

#### The Intergenerational Community Engagement Project

Intergenerational interactions within families have greatly diminished when we people moved witnessed transition from big, extended families, to smaller, nuclear families in Hong Kong. This calls for innovative solutions to nurture intergenerational relations both within and outside the family. To this end, the Hong Kong Jockey Club Charity Trust sponsored the Aberdeen Kai-Fong Welfare Association in 2016 to launch the 3-year Intergenerational Community Engagement Project.



#### Objectives

The Project presumes that high levels of intergenerational solidarity in non-familial context can be carried over to the family context and positively affect cross-generation intra-familial relationships. It aims to enhance intergenerational solidarity in non-familial contexts through purposefully designed intergenerational activities.

#### The Conceptual Framework

This Project is a social vehicle developed to create purposeful and ongoing exchange of resources and learning among generations. It revolved around three-pillars: Community Education, Intergenerational Learning and Intergenerational Volunteer Development (Figure 1). In Hong Kong, intergenerational relation has received limited attention from family professionals, policy makers and frontline workers in social welfare practitioners. Hence, raising public awareness through Community Education is the first focus of the Project. Furthermore, since social services in Hong Kong are segregated into age groups, the second and third foci of the Project are organizing Intergenerational Learning training and developing Intergenerational Volunteer teams, to bridge service targets of different ages and create opportunities for cross-generation interaction, cooperation and exchange.

**Fig 1: The Intergenerational Community Engagement Project**





## **(I) Community Education (CE)—Simulation Programme on Ageing Lab (SPAL)**

The Project seeks to raise public awareness on intergenerational relations through structural programmes. “Simulation Programme on Ageing Lab” (SPAL) is a 2.5-hour structural programme for students or the public. Facilitated by social workers and trained volunteers (most often older adults), participants “experience” senses of an older person by putting on ageing simulators that simulate blurred vision, stiff fingers, or a weak lower limb. Participants are then encouraged to reflect on what they have experienced and learned in a small group setting.

## **(II) Intergenerational Learning (IL)**

Intergenerational Learning begins with breaking age stereotypes, facilitating cross-generation interaction and cooperation, to foster mutual understanding among different ages during the learning and problem-solving process. The generations often find similarities from their shared experiences and feelings, and learn how to better get along with one another. This new-found understanding is the foundation for mutual respect and acceptance.

## **(III) Intergenerational Volunteering (IV)**

Intergenerational Volunteering enhances intergenerational solidarity by recruiting people to volunteer for generations other than their own. Each generation has their unique developmental needs and strengths. IV bridges different generations by identifying and tapping on those strengths through volunteer training and promoting intergenerational volunteering in the community. By serving other generations, participants enjoy mutual benefits and recognize the importance of interdependency. Three main intergenerational volunteer teams are established in the Project:

Name	Volunteers	Service recipients	Key service content
IT Hub	Young and Middle-aged	Older adults	Teach older adults how to utilise information technology in a one-to-one mentoring scheme
Teach with Fun	Older adults	Children aged 7 to 10 (especially children with learning difficulties or psychological distress)	Provide after-school tutoring
Story Club	All ages	Children aged 3 to 12	Intergenerational storytelling sessions at kindergartens and elementary schools

## **Project Achievements**

During the three-year period, the Project has received successes in three areas:

### **(I) Developed First Evidence-based Intergenerational Practice Model**

The first evidence-based intergenerational practice model, the Optimal-Quality Intergenerational Interaction (OQII) model, was developed jointly with the Sau Po Centre on Aging, The University of Hong Kong based on project findings. The OQII argues that effective intergenerational programmes contain four core elements, including i) strong institutional support & collective goal establishment between young and old generations, ii) optimizing intergroup collaboration, iii) active participation of both generations, and iv) nurturing of intergenerational rapport. The model chips in with an Asian perspective on intergenerational programme studies.

### **(II) Developed evidence-based intergenerational programmes**

Over the course of 3 years, over 3,600 young and old participants took part in the three-pillar intergenerational programmes. Guided by the OQII when , the programmes were proved to be effective in nurturing intergenerational relationships by the Sau Po Centre on Aging after conducting rounds of pre- and post-evaluations.

### **(III) Positive social impact on both young and old generations**

The three-pillar programmes showed positive impacts on both young and old participants:

- The Intergenerational VolunteeringV programme greatly enhanced the sense of self-worth and positive engagement of older volunteers; while school children from deprived families received emotional and academic support.
- Using the outcome and formative mixed-method evaluation, a structured 21-21.5 hours Intergenerational LearningIL programme was found to be effective in changing negative stereotypes and enhancing self-esteem of both young and old participants. Moreover, both groups reported to be more comfortable interacting with people of different ages. Also, they were more willing to interact with their family members from other generations.

## **Conclusion**

In sum, the Intergenerational Community Engagement Project is therefore a timely, evidence-based innovation in enhancing intergenerational solidarity in both familial and non-familial contexts in Hong Kong.



# Supporting Mental Well-being of the Community under COVID-19 Challenge

## New Life Psychiatric Rehabilitation Association

Member Organisation of CIFA

New Life Psychiatric Rehabilitation Association (New Life), established in 1965, is a renowned Non-Governmental Organisation operating over 70 services units/projects in Hong Kong. It has rendered residential services, employment and vocational training and community support for 16,700 people in recovery with mental illness (PIR) and their families as well as providing mental health education to 37,500 members of the general public annually. With a passionate belief in social inclusion and self-reliance for PIR, New Life has launched over 20 social enterprises and promoted a message of attaining mental well being through the balance of body, mind and spirit.

## Hong Kong is Facing Severe COVID-19 Challenge

Over the past two years, all Hong Kong people have faced difficult times under the pandemic. Indeed COVID-19 has brought immense challenges to all individuals, families and the community. In response, New Life has tackled all these with robust positive thinking, exemplary professionalism and heart-warming spirit, while developing strategies to support the mental well-being of individuals and families in Hong Kong.

### 1. Introducing Well-being Tools for the General Public while Staying at Home

#### Audio Guides developed by Clinical Psychologist

People feeling nervous and frustrated is inevitable during the pandemic especially quarantining at home. The Clinical Psychologist from New Life has prepared six audio guides covering the topics including: "Grounding Exercises during the Uncertainty", "Taking Care the Anxiety Emotion", "Stay Along with Annoyance", "How to Sleep Well", "Nourish our Stressed Body" and "Be Kind to Yourself". These guides are trying to help all of us to maintain a better physical and mental state while coping with the challenges brought by the pandemic.

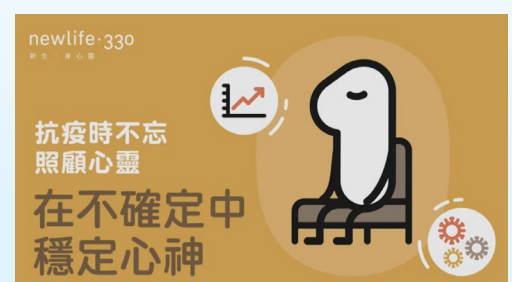
Audio Guides: <https://bit.ly/3tz63PY>

#### Newlife330 – Mindfulness Practice at Home

Launched by New Life in 2015, newlife.330 is a holistic health project promoting mental well-being in the community. It endeavours to offer the mindfulness-based online practice, workshops, courses and activities to the community. It is believed that through participation in the project, individuals can increase their awareness, and learn to take care of themselves that their mental well-being can be enhanced.

During the COVID-19 outbreak, New Life produced six audio podcasts covering the theme of "mindful walking", "mindful standing", "mindful breathing", "mindful eating", "mindful stretching" and "body scan practice preparing for sleep" to remind all of us to take care of our own body, mind and spirit during the stay-at-home period.

- Mindful walking: <https://bit.ly/2uQPgxq>
- Mindful standing: <https://bit.ly/39EDa9l>
- Mindful breathing: <https://bit.ly/322F8xW>
- Mindful eating: <https://bit.ly/39DKYrP>
- Mindful stretching: <https://bit.ly/3bDpYU9>
- Body scan practice preparing for sleep: <https://bit.ly/2HthDnU>





## 2. Addressing the Mental Health Needs of Women

### Jockey Club Mental Wellness Project for Women (JCWOW)

JCWOW, funded by the Hong Kong Jockey Club Charities Trust, is a 3-year project launched in September 2021, aiming to provide early intervention or referral services for women aged between 18 and 64 with mental distress in the community. Public education programs and therapeutic groups were developed to address the mental health needs of women. The online mental health assessment tool has been used to study their mental state and increase the awareness of their own mental well-being.

### Mental Health Zoom Talks for Women

In response to the fifth wave of the pandemic, the project has planned to organise a series of free Zoom Talks to support women's mental health and physical health during their stay at home.

#### A. Mental Health Talk - "New Way to Respond to Stress"

Introducing Acceptance and Commitment Therapy (ACT), the participants can learn to recalibrate their mind-set in response to stress and how to accept and observe their emotions during the difficult times.

#### B. Health Talk – "Stay Healthy, Stay Well"

During the pandemic, every one of us has had to reduce going out and social activities. Inevitably, this has led many of us to feel puzzled and lonely at home over a long period. Doing exercises can help boost our immunity and reduce stress and anxiety. The registered Physiotherapist has scheduled talk on the relationship between common pain symptoms and emotions in women, and would demonstrate exercises suitable for women working at home.

Online mental health assessment: <https://forms.office.com/r/hASFDsxv8k>

## 3. Providing Mental Health Support to Families

Sponsored by the Hong Kong Jockey Club Charities Trust, the 3-year "Jockey Club Embracing H.O.P.E.S. Project" has been launched since January 2020. Adopting family systems and developmental perspectives, the Project targeted to serve parents/guardians/care-givers suffering from mental illness or disturbance with children aged 18 or below, and their families. It aims to promote mental well-being and resilience among family members, enhance the inherent functionality of the family structure and cultivate mutual support between families through family-centred counselling, multiple family groups, child-focused psycho-educational groups, wellness programmes and parent-focused support programs.

### Transforming from Physical to Virtual Services

Since the outbreak in 2020, the project has shifted its service mode from face-to-face to online in order to ensure continuous support to families without interruption.

#### A. Family-based Zoom Counselling

The project changed its traditional face-to-face family counselling to virtual consultations during the pandemic. Most of the families appreciated such changes and felt supported during these hard times.

#### B. Online Family Well-being Groups and Programs

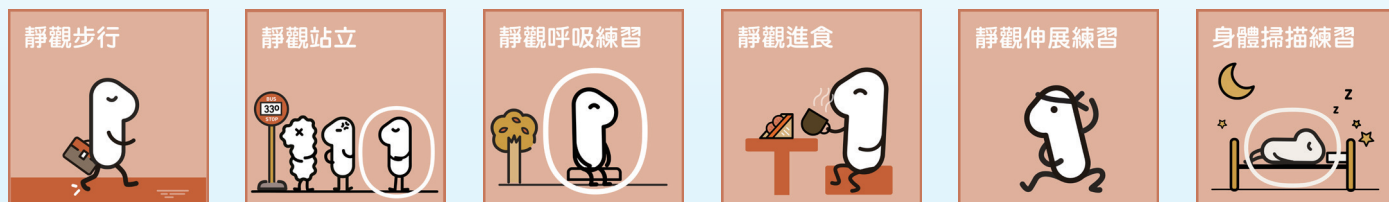
The project not only organised online family well-being groups and programs for project members, but also organised for schools and other NGOs in order to maximise the support to parents and children. The online groups and programs have included mindful parenting group, child art therapeutic group, family café, multi-family group and other psycho-educational talks.

### Share the Love – Support Each Other – Mentorship Program 2022

In order to cultivate a culture of engagement and support in families with members who are suffering from mental illness during the pandemic, the project has initiated a Mentorship Program 2022 to recruit members of the general public aged 25 or above or aged 18 or above with family recovery stories to provide support to PIR families.

## Way Forward

Over the past two years, New Life has greeted the uprising pandemic challenges with admirable courage, positive and innovative thinking, robust professionalism and exceptional team spirit. To look forward, it will strive to promote mental wellness of PIR, their families and the general public with the goal of building Hong Kong a better and caring community.



# Joining Hands to Break the Vicious Inter-generational Cycle of Teenage Pregnancy in Hong Kong

## Mother's Choice Member Organisation of CIFA

### Teenage Pregnancy Problem in Hong Kong

In Hong Kong, 5,400 crisis pregnancies are estimated every year. Emerging data has reflected that this is not only another youth behavioral problem, but that many of these pregnant girls are suffering from an inter-generational cycle of trauma including abuse, neglect, witness of domestic violence and poverty. Teenage crisis pregnancy is the tip of many hidden social and family problems, yet the significance and complexity of this issue is rarely discussed or studied in Hong Kong.

### Conference on "Changing Life Stories: Breaking the Vicious Inter-generational Cycle of Teenage Pregnancy"

Funded by the Seeds Foundation, Mother's Choice and School of Nursing of The Hong Kong Polytechnic University have jointly organised the first-ever teenage crisis pregnancy conference in Hong Kong : *"Changing Life Stories: Breaking the Vicious Inter-generational Cycle of Teenage Pregnancy"* between 23rd and 25th February, 2022. Themed on three key protective factors of breaking the vicious cycle of teenage pregnancy – Embrace, Equip and Empower, the conference has attracted over 200 overseas and local healthcare professional, social workers and civil society members. During the conference, the participants have actively shared their evidence-based practices, innovative programs and community wisdom that helped to empower these vulnerable pregnant teens and their children through cultivation of a sense of self worth and significance so that they can see hope for their future, leave the vicious cycle and lead fulfilled lives.

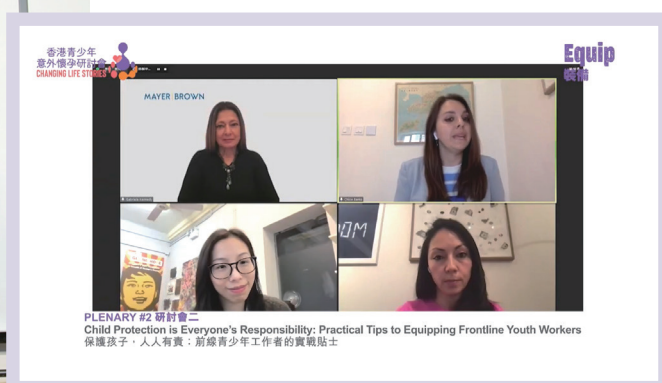


Conference themes "Embrace", "Equip" and "Empower"

However, currently pregnant girls are still harshly judged and stigmatised by the society. On the first day of the conference, Dr. Carol Boyd, Dr. Celia Chan, Associate Professor, Department of Social Work & Social Administration, The University of Hong Kong and Dr. Grace Ho, Associate Professor, School of Nursing, The Hong Kong Polytechnic University, have made presentations shedding light on the "why" behind "teenage crisis pregnancy" and helping us to understand more the plight of these pregnant girls who are often victims of adverse childhood experiences.



Relationship between adverse childhood experience and sexual risk behaviours



Protecting children is our responsibility.



## Strong Correlation between Adverse Childhood Experiences (ACE) and Teenage Pregnancy

Apparently, adverse childhood experience (ACE) and sexual risk behaviours are causing teenage pregnancy. Recently in San Diego California, a large-scale cohort study has been conducted on this topic with more than 10,000 women participants. According to the study findings, for women with zero ACE, 16% had teenage pregnancy experiences. For women with 3 ACE, the percentage increased to 29% while women with 8 ACE the rate has gone up to as high as 53%. Besides, there is another ACE study launched in China, studying the correlation between ACE and adolescence pregnancy in China society. In this particular study, findings revealed that if there was parental separation or divorce, the girl's risk of adolescence pregnancy went up to 72%. Dr. Grace Ho asserted that "If the girl cannot find in her family the model of healthy intimate relationship, the risk of teenage pregnancy gets higher."

## Critical Factors of Crisis Pregnancy & Strategies of Helping

According to Mother's Choice, many pregnant teenagers coming to seek help usually have experienced different level of traumas. They were often re-traumatised during the crisis pregnancy journey and had to keep their pregnancy "secret" for a long time, always feeling speechless, helpless and hopeless. In helping, storytelling is a powerful tool of the healing process to rebuilding the teenagers' dignity and identity, and empowerment is another important strategy of helping them to stand up again to face the reality. During the conference, a video called "The Power of Art" was premiered, featuring girl artists with crisis pregnancy experiences to share their journey and wisdom through the medium of art.

On the second day of the conference, professionals from the legal, medical, sexual health and social work fields shared essentials skills and practice wisdom that all youth-serving professionals should be equipped with, including sexual health education skills, child protection knowledge and effective case management for complex cases. Lea Wong, Deputy Head of Services, Mother's Choice stressed that the issues that these pregnant girls wrestle with are complex. Struggles with unhealthy intimate relationships, emotional abuse, domestic violence are all critical risk factors of a crisis pregnancy.

## Establishment of Authentic Relationship with Pregnant Teens

Alia Eyres, CEO of Mother's Choice, emphasised that many pregnant teens experienced adverse experience would lose trust in people and live in social isolation. Establishing authentic relationship with pregnant teenagers is therefore a critical first step in the helping process. And all young people would need to be embraced in relationships with trusted and caring adults who support them unconditionally and help them reach their fullest potential.

## Safe Families Model

Echoing the importance of authentic relationship, Dr. David Anderson, Founder of Safe Families for Children in his inspiring keynote lecture shared how the Safe Families Model helps to bridge young mothers to a caring and compassionate community, keeping children safe and families together. Appreciating the strength of the Safe Families Model, Mother's Choice has announced the launch of its Hong Kong Safe Families Program during the conference. Chrissy Wong, Assistant Director/Safe Families, Mother's Choice, reported that over the past 35 years, Mother's Choice has seen the incredible response of the community with compassionate volunteers and young parents with strong desire to serve the teenagers and families.

Chua Hoi Wai, Chief Executive of Hong Kong Council of Social Service, closed the conference with an inspiring message. He enlightened that to help girls facing crisis pregnancy, we cannot take stopgap measures. We need to join hands and have a systematic intervention. Our hope is that we all work together to walk alongside pregnant girls and break the inter-generational vicious cycle.

## Way Forward

Mother's Choice believes that in helping pregnant teenagers and families, everyone has a role to play and everyone can make a difference. The conference is just the beginning and Mother's Choice would look forward to joining hands with all professionals and community members in changing life stories of pregnant girls and children and helping them in building a better future.

The Hong Kong Jockey Club  
Community Project Grant -  
Pregnant Girls Services  
香港賽馬會社區資助計劃-意外懷孕支援服務

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The Hong Kong Jockey Club Charities Trust

*The Conference ended but our journey continues.*

# Family We-time 家庭共處 at home Challenge

**1-30 April 2022**

To commemorate the United Nations' International Day of Families on 15th May, and to promote the need to maintain positive energy through togetherness among family members under this extremely challenging pandemic situation, CIFA sincerely invites you to sponsor and participate in the "Family We-time at Home" Challenge. Ms. Melissa Pang, Chairman of the Family Council of the HKSAR has kindly agreed to be the Guest of Honour at the Award Presentation Ceremony to be held then.

Please refer to the details as following:

## Type of competition:

- Family photography competition
- Coloring competition
- Drawing competition

## Eligibility:

- Family-based with two generations or more
- Families in Asia are welcome to join

## Competition Date:

- 1-30/4/2022

## Online award ceremony:

- (HKT) 15/5/2022 at 2pm

## Registration fee:

Free of charge

## Registration at: <https://forms.gle/f9kiXny8WT85Fh3o6>

In the past two years, Hong Kong and other parts of the world have been affected by the COVID-19 pandemic, which has led to social isolation, affecting family life, interpersonal relationships and mental health, etc. and many families feel anxious and helpless. In view of this extremely challenging pandemic situation, CIFA actively promotes the need to maintain positive energy through togetherness. With the theme of "Family We-time at Home" Challenge, the project will provide an opportunity for the public to relax and spend quality time with their families at home through family photography, coloring and/or drawing, generating positive energy in the midst of the adversities brought about by the pandemic. The photos and works collected will be combined into a Photo-Collage with a view to promote the messages of "Family We-time at Home" among families in Hong Kong and other parts of the Asian region, to be presented during the online award presentation ceremony on the International Day of Families on 15 May 2022.

Please support this meaningful project by participating and donating to CIFA at <http://cifa-net.org/files/news/FamilyWe-TimeAtHome/Donation%20form.pdf>.



## Wofoo 3A Project 2022

The first round results where 16 teams were shortlisted from the initial submissions have been announced and updated on the CIFA website (<http://cifa-net.org/content.aspx?urlkey=WNMYgLEhfsjDEU25>) on 25 March, 2022.

Upcoming events:

Deadline for submission of Project for Second Round Adjudication	: 30 May, 2022
Second Round Adjudication Interview	: 14 – 15 July, 2022
Announcement of Second Round Adjudication Results	: 1 August, 2022
Final Round Adjudication & Award Presentation Ceremony (in Singapore)	: 9 November, 2022