



Is the regional organization in Asia providing a platform for trans-disciplinary collaboration in promoting the importance of family studies, clinical practice and policy development.

Consortium of institutes on Family in the Asia Region Ltd.

**2010 亞洲傑出家庭工作計劃**  
**2010 Asian Award for**  
**Advancing Family Well-being**



**追求創新、應用實踐、持續發展**  
**Aspiration for Sustainability,**  
**Innovation & Applicability (ASIA)**



家庭議會  
Family Council





## Message from Chairperson, CIFA



**Mrs. CHU YEUNG Pak Yu, Patricia, BBS**

It gives me great pleasure to invite you to join CIFA in celebrating the success of the 2010 Asian Award For Advancing Family Well-being (3A Project), which has become a reality with the enthusiastic support from many committed and visionary individuals and organizations who are dedicated to promoting family well-being in the Asian Region through collaboration and sharing.

The 3A Project, the first of its kind, aims to give recognition to outstanding and innovative work on enhancing family well-being, while at the same time, provides an opportunity for exchange of knowledge and experience. We are most encouraged by the very positive response received from various quarters, including 27 entries from 6 countries covering a wide variety of topics, the advice and efforts of the members of the adjudication panel, and the sponsors who have generously provided funding support and valuable advice for this initiative in the Asian region. Last but not the least, the diligence, thoughtfulness, and commitment of the members of the Working Group who have contributed to the smooth implementation of the Project.

Through the process, we have established many new acquaintances who share a common dream, learn a lot and become enlightened by the new ideas, and witnessed the synergy created by close collaboration and sharing. This is an excellent example to illustrate how the vision of CIFA as a regional platform can be actualized and flourished.

At this important milestone in the development of CIFA, I would like to express my deepest gratitude, on behalf of the CIFA Council, to all who have contributed to the success of this ground breaking endeavor. Without your staunch support, we will be far far away from where we have achieved today.

The Consortium of Institutes on Family in the Asian Region (CIFA), an independent non-profit making organization registered under laws in Hong Kong, aims to serve as a regional hub for networking with similar organizations / interested professionals with the mission of 'Converging Professional Wisdom For Family Well-Being'. The goal is to strengthen family functioning and promote family health in the region through supporting and enhancing mutual interest in research and training initiatives, sharing clinical experiences and informing policy formulation on families that are unique to the Asian region.

The Consortium was incorporated in August 2007 under the leadership of the Hong Kong University Family Institute (HKUFI) and with the concerted efforts of interested personnel from the region. It is the first of its kind in Asia to establish a regional platform for trans-disciplinary collaboration in promoting family well-being. The Council of CIFA is formed by a group of high-standing professionals, academics and researchers with a long serving history in their own countries including Hong Kong, Japan, Mainland China, Malaysia, Singapore and Taiwan. The Council has an elected Chairperson and four Vice-chairpersons representing the sub-regions and is underpinned by four committees looking after Research & Training, Promotion & Fund-raising, Web-based Exchange Platform (WEP) and Membership.

The Inauguration and Inaugural Symposium of CIFA, officiated by the Chief Secretary for Administration of the Hong Kong Special Administrative Region, was held at the University of Hong Kong in January 2008. The Symposium attracted around 300 academic and professional representatives from the Region with over 40 speakers from various countries sharing their experience and research findings on various family issues.

The synergy created has laid the foundation and gathered momentum for cross country collaboration and exchange in the past two years. These include:-e.g.,

- The 2<sup>nd</sup> Regional Symposium to be jointly organized with the Japan Association of Family Therapy, the Japanese Association of Family Psychology and the Korean Association of Family Therapy to be held at the University of Tokyo, Japan in November 2010, with the theme of 'Asian Family in Social Change'.
- The CIFA Web-based Exchange Platform (WEP) was launched to provide a platform for sharing information on the work of CIFA. An E-newsletter was introduced in November 2009.
- Two cross country studies namely 'Survey on Challenges Faced by Families in the Asian Region' and 'Decoding How Contemporary Couple Negotiate Differences ' have been coordinated by CIFA.
- Various training activities have been organized, mostly in collaboration with other organizations. e.g., Pre & Post Symposium training programs, forums, workshops, seminars on various topics and agency visits to meet the needs of CIFA members.
- The 2010 Asian Award For Advancing Family Well-being (3A Project) with the theme of Aspiration For Sustainability, Innovation & Applicability (ASIA) was launched in February 2010 attracting 27 entries from 6 countries/regions in Asia.

With the growing support from various sectors, CIFA will continue its efforts to strengthen the platform, with a view to facilitating further exchange of experience, sharing of research findings and networking to promote family well-being in the region.

## **CIFA Council Members**

Chairperson	Mrs. CHU YEUNG Pak Yu Patricia	Hong Kong
Vice-Chairperson (China)	Prof. HU Chiyi	China
Vice-Chairperson (Singapore and Malaysia)	Dr. LEE Ngak Siang	Singapore
Vice-Chairperson (Japan & Korea)	Dr. NAKAMURA Shin-Ichi	Japan
Vice-Chairperson (Taiwan)	Dr. WANG Hao Wei	Taiwan
Honorary Secretary	Ms. NG Kwok Tung Agnes	Hong Kong
Honorary Treasure	Mr. LAI Chi Tong	Hong Kong
Member	Dr. CHAN Lai Foon Miranda	Hong Kong
Member	Mr. CHAN Timothy	Hong Kong
Member	Prof. FENG Yen	Taiwan
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Member	Mrs. LEUNG NGAI Mou Yin Justina	Hong Kong
Member	Dr. LUK Pattie	Hong Kong
Member	Dr. NG Wai-sheng	Malaysia
Member	Dr. Rosaleen Ow	Singapore

## **3A Working Group**

Adviser	Mrs. CHU YEUNG Pak Yu Patricia
Convener	Ms. NG Kwok Tung Agnes
Member	Ms. Tabitha Ho
Member	Mr. LAI Chi Tong
Member	Mr. MA Kam Wah Timothy
Member	Ms. SO Yim Fong Tammy
Member	Mr. TAM C H Ivan
CIFA Secretariat	Ms. HO Kiko (up to 22 <sup>nd</sup> August 2010) Ms. HUANG Chiung Hsuan

## 2010 Asian Award for Advancing Family Well-being (3A Project) *Aspiration for Sustainability, Innovation & Applicability*

Nowadays, families are facing stresses of all kind, and many are struggling with inter-personal relationships and work life balance, especially in coping with the aftermath of the financial tsunami. Human service professionals, academics, NGOs, the private sector and the government of various countries in the region have been making efforts to formulate polices and provide various preventive, supportive and therapeutic services to assist the families to cope with the life challenges and maintain family well-being. In recognition that family issues are not bound in any particular country and profession, it is necessary to join hands to explore and share new solutions to address these issues.



The 3A Project, launched by the Consortium of Institutes on Family in the Asian Region (CIFA) in February 2010, aims to give recognition to outstanding and innovative work for enhancing and strengthening family well-being, as well as to share knowledge and experience among various organizations in different countries in Asia. The theme of 'Aspiration for Sustainability, Innovation & Applicability' (ASIA) has been adopted to depict the unique nature of the project.

The selection criteria of the projects are rationale and social responsiveness, work approach and implementation process; effectiveness; consolidation of knowledge/ practice wisdom; innovation, institutional synergy and sustainability.

There are altogether 27 entries covering a wide range of topics from 6 countries/regions in Asia, including China, Taiwan, Malaysia, Singapore, Korea and Hong Kong, which have gone through two rounds of adjudication. Among the 16 teams selected for the second round, 8 projects have been shortlisted to enter the final round adjudication to be held on 27<sup>th</sup> November at the 2010 CIFA 2<sup>nd</sup> Regional Symposium at the University of Tokyo, Japan where the Award Presentation Ceremony will also take place.

### The list of 8 finalist teams representing six different countries/regions in Asia

Countries/ Region	Name of Agency	Name of project
China	China Sexual Assault Prevention Web (Spring Breeze Web, www.858.org.cn)	Spring Breeze- Assistance to families with victims of sexual assault
Hong Kong	Evangelical Lutheran Church Social Service-Hong Kong (Life Angel Education Center)	When Teens Meet Angels
Hong Kong	Hong Kong Family Welfare Society (Hong Kong Eastern Centre)	Family Mental Health Service cum Family Oasis Project
Hong Kong	International Social Service Hong Kong Branch	"City Beneath the Light" Tin Shui Wai Drama Project
Korea	Cheongju Healthy Family-Support Center & Nongshim Center of Food Culture	3 SEM (Smart, Smile, Sharing Eating Movement) Project
Malaysia	Malaysian Care (Rural & Urban Community Development Services)	Family-based Micro Finance & Agricultural IGPs Intervention in Indigenous People Communities
Singapore	Thye Hua Kwan Moral Society	Family Achievement Award
Taiwan	The Child Welfare League Foundation	The Project of Family Mediation

The 8 finalist teams have been invited to present their projects in a Sharing Session in Hong Kong on 30<sup>th</sup> November, immediately after the 2<sup>nd</sup> CIFA Regional Symposium, to be followed by a Dinner Reception. This is a first attempt to provide the platform for sharing and exchange among professionals and stakeholders, after the award presentation ceremony in Japan, with a view to generating momentum for further networking and sharing among countries.

### Awards

Type	No. of Awards	Awards	Remarks
Gold Award	1	a) Each winner will be awarded a trophy, a certificate and one year free CIFA membership. b) A designated fund for family service/work in sustaining the project. US\$3,000 (Gold) US\$2,000 (Silver) US\$1,000 (Bronze) c) A subsidy of US\$ 500 per head, up to a maximum of US\$ 1,000 for each group to attend the 2010 CIFA Symposium in Japan.	The 8 finalists will be invited to present their projects at the 2010 CIFA Symposium in Japan when the final round of adjudication will be held.
Silver Award	1		
Bronze Award	1		
Special Award	5		

The experience of the 3A Project will be documented and developed into a practice handbook or guideline for reference of professionals in developing their family work in the future. Moreover, an evaluation framework will be designed to collect data to facilitate on-going evaluation of the project, possibly with the input of an independent body.

With the experience and enthusiastic responses from the region, we hope the 3A Project will become a bi-annual event to sustain the effects generated by this initiative.

## Members of the Adjudication Panel



### **Mrs. Patricia Chu, Chief Adjudicator**

Mrs. Patricia Chu is the Associate Director of the Hong Kong University Family Institute (HKUFI) and the Chairperson of the Consortium of Institutes on Family in the Asian Region Limited. (CIFA) She was the Deputy Director of the Social Welfare Department of the Hong Kong Special Administrative Region (HKSAR) before she retired in 2002 after serving 34 years in the civil service. She is renowned in the social welfare profession for her dedication and contribution, in particular, to development of family and child welfare work. She had also served as the Chairperson of Social Workers Registration Board for 5 years and appointed by the HKSAR Government as the Chairperson of the Equal Opportunities Commission for one year. Mrs. Chu is currently a Member of Solicitors Disciplinary Tribunal Panel, an Executive Committee Member as well as Chairman of Fund-raising and Publicity Sub-committee of Hong Kong Anti-Cancer Society. She has received the Bronze Bauhinia Star awarded by the HKSAR Government in 2000 and the Rotary Centennial Service Award of Professional Excellence awarded by Rotary International District 3450 in 2005 in recognition of her contribution to the social welfare field and the social work profession.



### **Ms. Ang Bee Lian, Member**

Ms. Ang Bee Lian is the Chief Executive Officer of the National Council of Social Service (NCSS), Singapore. She is a trained social worker and obtained MSc in Social Policy & Planning from the London School of Economics and Political Science. She has over 30 years of experience in the Ministry of Community Development, Youth and Sports (MCYS), developing policies and implementing programs in the social service sector. She has held senior appointments in MCYS, including statutory responsibilities as Director of Social Welfare. She is a member of the 2010 Censorship Review Committee and a member of the Films Appeal Committee. She has received the Outstanding Social Worker Award in 2000, National Public Administration Medal (Silver) in 2002. In 2003, she was among 12 winners of the Leader Mentor's awards given out as part of the Global Leadership and Mentoring Congress in Singapore.



### **Prof. Joe C. B. LEUNG, Member**

**Joe C. B. Leung** is Professor, Department of Social Work and Social Administration, The University of Hong Kong. His research and publications focus on social welfare reforms both in Hong Kong and in Mainland China. Specific research areas include social assistance, care of the older people, social development, community building and family services. He is the editor of the *Social Development Issues* (Inter-university Consortium on Social Development) and overseas correspondent of the *Community Development Journal*.



### **Ms. Leung Oi Mui, Amy, Member**

Ms. Leung Oi Mui, Amy is a keen volunteer of the Wofoo Social Enterprises in the capacity as the Family, Community and Youth Committee Vice Chairman. Amy has served the community under a variety of avenues. She is appointed by the Home Affairs Bureau of the HKSAR as member of the Youth Square Management and Advisory Committee. She is also an officer of the Civil Aid Service and is now appointed Deputy Cadet Corps Commander responsible for the training, activities and service of over 3,000 cadets aged 12 to 18.

Amy is the manager of Manulife (International) Ltd, holding a Master of Management Degree from the MacQuarie Graduate School of Management, MacQuarie University, Australia. She possesses over 30 years of experience in the financial services industry.



### **Prof. Takeshi Tamura, Member**

Takeshi Tamura, MD, is Professor at the Tokyo Gakugei University and a Child and Adolescent Psychiatrist specializing in Family Therapy especially interested in gender and culture issues. Born in 1957, and graduated from University of Tsukuba Medical School. MSc for Family Therapy from Birkbeck College, London University. He is an International member of AFTA. He has presented at various regional and international conferences on the subject of Hikikomori-the social withdrawal of young people, and published papers including:-

- Connectedness versus separateness: Applicability of family therapy to Japanese families. Family Process 31 (4): 319-340, 1992.*
- *The Development of Family Therapy and the Experience of Fatherhood in Japanese Context. Ng, K.S. (ed.) Global Perspectives in family therapy. Brunner-Routledge, New York, 2003.*

## Sponsors for 3A Project

### Key Sponsor of 3A Project: Wofoo Social Enterprises

Wofoo Social Enterprises (“WSE”), founded by Mr. Joseph Lee, SBS, JP, is the key sponsor of the 3A Project. Since its establishment in 1996, WSE has been actively supporting professional social services and various activities for strengthening families and communities for more than a decade. Its philosophy is to provide social services based on community involvement and entrepreneurial excellence. Through professionalism and dedication, WSE aims to perfect its not-for-profit social service models that are sustainable and effective in the areas of Youth Development, School Education, Elderly Care Service and Humanitarian Service. WSE strives to achieve the vision of “Harmony brings family prosperity, Cohesion makes a nation wealthy”.

In order to enhance the well being of families and the society, WSE is dedicated in developing strategic partners to facilitate collaboration among different organizations by providing funding support to enable the implementation of worthwhile projects. WSE sees the 3A Project of CIFA as a golden opportunity to enhance exchange of knowledge and experience and to achieve synergy in mobilizing resources for social harmony and well-being. It is particularly supportive of the nature of the project as it goes beyond Hong Kong, and is expected to have sustainable impact on the development of family work, not only in Hong Kong, but in the rest of the Asian region.

As the key sponsor of the Project, WSE provides funding to subsidize the finalist teams and adjudicators to attend the Final Round Adjudication and Award Presentation Ceremony at the 2<sup>nd</sup> CIFA Regional Symposium to be held at the University of Tokyo, Japan. It also offers attractive awards to provide designated fund for teams to further their work to sustain the effect of their projects, apart from other expenses to be incurred in organizing this regional project.





## 家庭議會 Family Council

### **Sponsor for Sharing Session on 3A Project in Hong Kong: Family Council of HKSAR**

The Family Council, set up in December 2007, is chaired by the Chief Secretary for Administration and comprised Government representatives and non-official members from different sectors of the community. As an advisory body to the Government, the Family Council provides a high-level platform for examining family-related policies and promoting a culture of loving families in the community.

The Family Council seeks to enhance collaboration amongst relevant stakeholders by encouraging them to share their experience and good practices on the promotion of family core values of Love and Care, Respect and Responsibility, Communication and Harmony, and the studies/work on family-related matters, with a view to fostering joint efforts in promoting a pro-family environment.

With the sponsorship of the Family Council, CIFA is able to invite the 8 finalist teams, including the gold, silver and bronze award winners to present their projects in Hong Kong on 30<sup>th</sup> November, immediately after the 2<sup>nd</sup> CIFA Regional Symposium, by providing subsidy on air flight and accommodation. This is the first attempt with Hong Kong taking the lead, to provide the opportunity for sharing and dialogue among professionals and stakeholders from different sectors and countries, with a view to further enhance the momentum of promoting family work and family well-being in the region.

**Family gives you strength! Love your families more!**



### **Sponsor for Dinner Reception after Sharing Session in Hong Kong: EGL Tours**

EGL Tours is dedicated to providing quality service and developing new travel products to customers. To meet the objective of corporate social responsibility, EGL Tours provides community service to the general public by making use of professional knowledge and travel related resources.

EGL Tours has become a strategic partner of CIFA, offering its knowledge and expertise in the travel industry such as providing support to facilitate the travelling of participants to attend the 2<sup>nd</sup> CIFA Regional Symposium in Tokyo, not only from Hong Kong, but also from other countries through its associates in the region. EGL Tours is in the process of exploring other ways to support the work of CIFA, such as benefits to be offered to CIFA members.

With the sponsorship of EGL Tours, CIFA is able to arrange a Dinner Reception immediately after the Sharing Session on 3A Project in Hong Kong on 30<sup>th</sup> November to provide further opportunity for sharing and networking in a more relaxed atmosphere. 8 finalist teams from 6 countries, representatives from Family Council, the Hong Kong University Family Institute, the Wofoo Social Enterprises, EGL Tours, adjudicators, and members of the CIFA Council and Working Group on 3A Projects etc have been invited to join the occasion

## Projects entering the Final Round



Organization:	China Sexual Assault Prevention Web (Spring Breeze Web),China
Name of Project:	Spring Breeze – Assistance to families with victims of sexual assault
Team Members:	Dr. Shuang Ge Sui Lu Zhao (Director of Web Editor Department)

Sexual assault (SA) is a serious public health and social problem in many countries. A series of studies show that the key to repair the trauma for children victims of SA depends on whether the victims could get sufficient support from their families. However, most of the victims and their families/partners are likely to suffer from many difficulties related to prejudice and misunderstanding in traditional culture contexts.

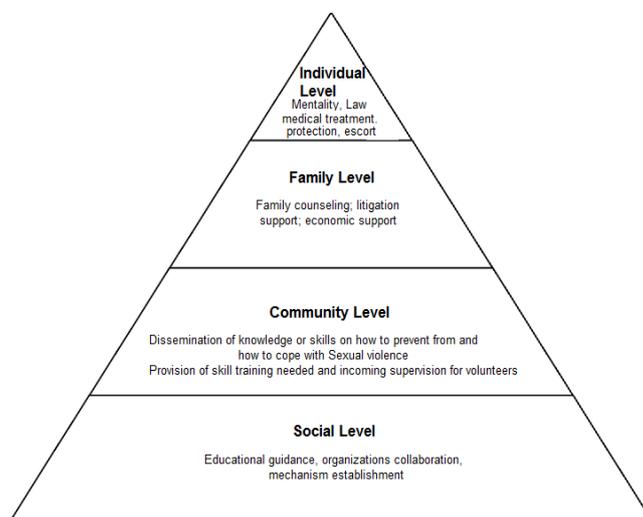
This project aims at assisting the families/partners of SA victims to pull through the crisis together with the victims. It aims to promote the respect and caring to the victims from the whole society; enhance the understanding and attention of the public to the series problems arising from traumatic experiences of SA, help the victims and their family/partner to obtain accessible resources of psychological, legal, medical, financial services, etc., and facilitate family/partner's work in the process of recovery.

On the basis of previous theories, we explored the trauma intervention methods with SA victim and their families in Mainland China from four aspects, including individual, family, community and society.

During the past four years, we had assisted 40 family members of SA victims from multiple aspects (especially psychological treatment, legal and financial aspects etc.), including adolescents and adults (especially females), family members, parents or partners of the victims. Besides, we had directly served more than 500 victims, answered nearly 300 related phone calls, conducted 30 e-mail consulting services, and 120 QQ consultation. The potential beneficiaries are other "victims of SA and their families" in Mainland China. Moreover, high risk groups could also benefit from lectures and training, and relevant information obtained from network and media.

We had set up the first domestic assistance system and website for SA victims ([www.858.org.cn](http://www.858.org.cn)), which assembled information on prevention, contact, assistance and support. The related resources can be visited in most of the provinces, autonomous regions, special administrative regions, and municipalities of China.

The long term target of the project is to construct an effective aid network, assist related departments to build up a support institution, establish a long-term mechanism to prevent SA and protect the family, develop and promote the standardized procedures in the intervention and prevention of SA.



*The intervention pattern for families with SA victim in Mainland China*



Organization:	Evangelical Lutheran Church Social Service – Hong Kong Life Angel Education Center, Hong Kong
Name of Project:	When Teens Meet Angels
Team Members:	Cheng Wai Hing (Regional Supervisor) Cheung Yin Lei (Service Officer) Yuen Kin Yan (Social Worker) Chan Kwok Yee (Social Worker)

Teenage pregnancy arouses public concern in Hong Kong. In Chinese society, filial piety and obedience are regarded as the most important socialization process for the child. A family with a teenage pregnant girl is shameful, guilt, “lost face”, “without proper family guidance” etc. A teenage girl with pre-marital sex will be labeled negatively as “bad girl”, “without keeping her nose clean” and “stupid act”.

According to the statistics, the average age of woman at first birth was 29.8 in 2008 while it was 25.1 and 29.4 in 1981 and 2001 respectively. There were 236 babies born by teen girls aged 15 to 19 in 2008.

These girls are still in adolescence stage, without psychological preparation to be mothers. Some cases may consider illegal abortion. This has adverse impact on their physical and psychological health. Some of them will become a childbearing teens. However, lacking maturity, appropriate pre-natal checkup, baby-care skills, family support and assistance from their partners make it difficult for them to play the role of mothers. Moreover, this process may cause much harm to their physical and mental health.

In order to help these young mothers, we have launched a two-year pioneer project “When Teens Meet Angels” starting from 2008. It was sponsored by the Partnership Fund for the Disadvantaged and the commercial sector, served Tin Shui Wai/Yuen Long, targeting 80 pregnant girls under the age of 19. It aimed to provide early aid and support to these adolescents, to empower them to master their lives and strengthen their resilience. Moreover, we hoped to enhance the public awareness to understand these girls with supportive attitude and to enhance the teenage to take more responsible behavior so as to avoid unwanted pregnancy. It adopted the direction given from Benson (2004), and the Multi- professional collaboration and mentorship scheme were applied. Operational working dimensions focused on pregnancy, childbearing and teen parenthood. Themes across the practices emphasized individualized approaches, future orientation, family and social support.

After 2 years’ service, over 90 pregnant teenagers had been enrolled. Overall objectives reached was 98% while clients’ satisfaction was 100%. Participants’ satisfaction rate on community education programs were 98%. “When Teens Meet Angels” project has been successful in early identification of emotional disturbed pregnant teens. It also bridged appropriate services to help them manage the complex issues faced by the teenagers. It ensured teen mothers to have adequate antenatal care and support network. It also helped clients to clarify their personal goals and make plans for the future. Some clients were empowered to share their life stories in schools or organizations so as to enhance their self resilience and self esteem and identity. Moreover, mentorship scheme provided clients a lot of emotional support, and they also learned baby caring and daily life skills.

In the future, we shall continue to provide holistic support to teen parents to cater for their specific needs. We trust that life is valuable and unique. If people love themselves, they can master their lives and grasp chances whenever these appear.



Organization:	Hong Kong Family Welfare Society (Hong Kong Eastern Centre), Hong Kong
Name of Project:	Family Mental Health Service cum Family Oasis Project
Team Members:	Mr. Herman Lo (Social Work Consultant) Ms. Cindy Leung (Head of Family Service)

In response to pressing mental health needs, The Hong Kong Family Welfare Society has established Family Mental Health Service from 1986 and the Family Oasis Family Health Redevelopment Project from 2009. The overall objectives of the service project are: (1) Improve the mental health of individuals exhibiting mild to moderate neurotic symptoms and their family members through timely intervention; (2) Enhance family functioning to support the mental health of individuals in the community. We adopt a non-stigmatizing and a population mental health approach that aims to enhance the capacity of the entire population to adapt to life challenges. In the intervention, a family perspective is emphasized in assessment and intervention, and the inter-disciplinary collaboration for prevention and timely intervention is applied. Evaluative research is incorporated for strengthening evidence-based practice.

The service components include:

(1) **Mental Health Group (MHG)**: MHG is a group based Cognitive Behavioral Therapy program. It helps participants to relieve their stress through cognitive restructuring, effective communication, and problem solving. Considering the differential needs of family members, project social worker will assign applicants with children to a “Parent MHG” and those without children or unmarried to a “Non-parent MHG”. Two sets of protocols are developed and specific content is designed for differential life experiences of family members.

(2) **Psychiatric Consultation Service for Families (PCSF)**: The consultation service is a family assessment interview offered by psychiatrist and social worker. It targets people who have mental health symptoms but resist to receive formal psychiatric treatment. PCSF can serve as a platform for involved family members to exchange their views about how a family can make collaborative efforts in resolving on a mental health problem of a member.

(3) **Health promoting courses (HPC)**: Four alternative intervention approaches are developed in Family Oasis Project, namely Mindfulness Training, Mindful Yoga, Art Exploration, and Drama Exploration. These theme based therapeutic program are packaged as health promoting courses that can attract people who found traditional treatment approaches unappealing. Participants with more serious mental health symptoms will be referred to PCSF and other mental health services after the program.

(4) **Family health enhancement courses (FHEC) and theme specific mutual support programs**: In Family Oasis project, more programs are specifically developed for people who are prepared to work on their family relationship. Modules including Partner Yoga, Mindfulness training for adolescents and parallel parent workshop, CogArt for family, Life journey exploration through drama are developed. On the other hand, the “Mindful Club” and the “Art Club” have been established for providing mindfulness practice and creative arts experiences to completers of HPCs and PHECs. They provide a safe and trustful environment for mutual sharing for on-going support to people with mental health symptoms in a supportive community.

(5) **Online educational program**: A “MindGym Online” program is attached in our project website. It includes 20 five minute video clips, covering topics on body-mind exercises, psycho-spiritual lessons, interpersonal relationships, empowering stories, and quality sleeping tips. Registered participants can log in and watch the video within a timeline and they are encouraged to interact with project social workers through online submission of feedback and enquiries. It serves to fill a service gap, in particular for those who are not available or not motivated to join a face to face program.

## Objectives

1. Enhance participants' self-confidence, self-understanding and their interest towards drama
2. Provide a platform for participants to mutual-share and broaden the social network
3. Build a positive image of Tin Shui Wai
4. Develop the art and cultural activities in both Yuen Long and Tin Shui Wai

**Duration of the Project:** April 2009 – Dec 2009

## Content

The content of the project composed of three stages: drama training, school touring and the Finale

1. Drama Training: 16 training sessions were provided by the professional trainer of Chung Ying Theatre with the content of self-understanding, drama production and presentation skills.
2. School Tour: The drama team had already performed in 20 schools, including primary school and secondary school in Tin Shui Wai and Yuen Long districts. Each tour was followed by an interactive workshop with the students to discuss the messages carried out.
3. Finale: The finale took place in Tin Ching Community Hall which provided the opportunity for the drama team to share their achievements with the community as well as promote more art activities in the district.

## Characteristics

In total, there are 25 members in the drama team and they have adopted 'April-theatre' (四月·天之劇社) as the name of the group, in which April represented the coming of Spring, bringing shininess and energy to the community. April is also the month in which they celebrated the kick-off of the project.

The themes of the drama were 'anti-drug' and 'life-treasure'. The story was outlined by the members which summarized their family living in Tin Shui Wai and how the parents faced with the drug-taking problem. Over 4,500 students had appreciated the show and participated in the de-briefing after the show.

Our members were composed of different target group of residents such as new-arrivals, single-parents and those with depressive symptoms. The project not only enhanced their individual wellness, but also brought the energy and changes to their families. After the project, many of them felt much happier living in Tin Shui Wai and more positive to face difficulties in their life..

The finale brought the project to another climax when many local residents, families, and district representatives were invited to enjoy the performance. All the team members were touched by the very encouraging response from the guests and audiences.

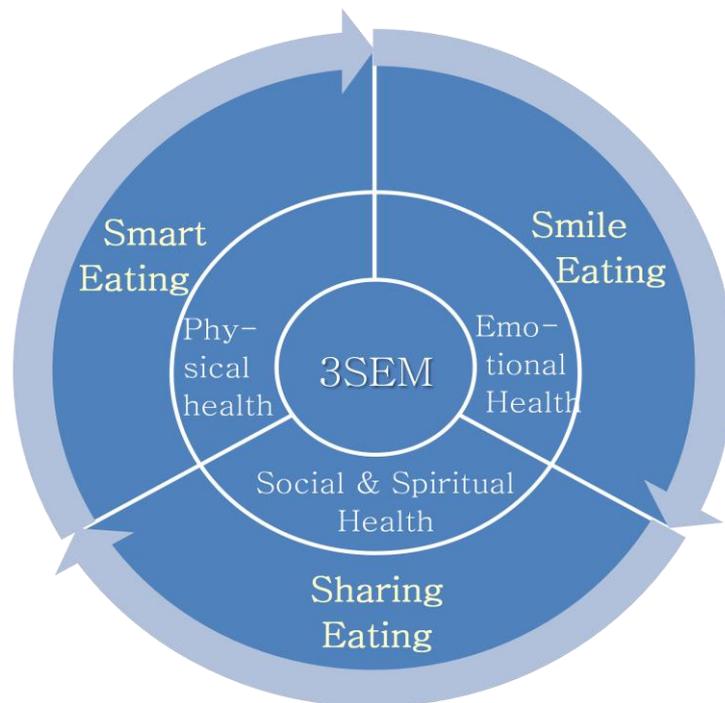
This fabulous drama experience had aroused the members' commitment to the community which they hoped to bring more performances to people in order to carry out more positive messages and promote harmonious family in the place where they live.

Organization:	Cheongju Healthy Family-Support Center & Nongshim Center of Food Culture , Korea
Name of Project:	3SEM(Smart, Smile, and Sharing Eating Movement)
Team Members:	Yeong-Hee Kim, Ph.D. Jong-mee Lee, Ph.D., Woon-ju Kim, Ph.D. Soo-jin, Shin.

**What is “3SEM”?**

3SEM is the food culture movement for Korean families, which is developed by Cheongju Healthy Family Support Center and Center of Food Culture of Nongshim, one of the major food companies in Korea. 3SEM stands for “three S (Smart, Smile, and Sharing) Eating Movement” which aims to establish a proper food culture for Korean families.

The Figure below shows the dimensions of 3SEM. Project which intends to promote the concept and awareness of the physical, psychological, economical, and social aspect of eating, while recognizing the importance of incorporating the element of spiritual, health, pleasure, and sharing into daily eating habits. In addition, 3SEM aims to promote a healthy lifestyle by educating people on what to eat and how to eat with whom to share.



The dimension of 3SEM



Organization:	Malaysian Care, , Malaysia (Rural & Urban Community Development Services)
Name of Project:	Family-based Micro Finance & Agricultural Income Generation Projects (IGP) Intervention in Indigenous People Communities
Team Members:	Ooi Kiah Hui (Assistant Director) Wong Young Soon

Persistent poverty is debilitating to individuals and families lives, confining human aspirations to daily battles of securing basic needs for survival. In Malaysia, 70% of the indigenous people are experiencing such long term economic vulnerability. This project illustrates that family-based micro finance and agricultural income generation activities are effective socio-economic development strategies to alleviate poverty, as seen here with the Sengoi indigenous community in Perak state, Malaysia. Successful economic intervention increases household stability and security through overcoming poverty and developing sustainable livelihoods.

The cooperative model is the central framework adopted to address issues of poverty among the indigenous community, and community development approaches formed the basis for project design. Micro finance, the formation of credit cooperative and income generation projects are community-oriented strategies with the objectives to address the multifaceted issues related to poverty. In order to complement the traditional agriculture knowledge and skills of the target community, up to 97% of the projects are agriculture ventures.

The project objectives are to enable the beneficiaries and their families to have a consistent and reliable source of income through the project, to facilitate creation of local savings and credit facilities for the provision of capital for income generation and local development needs and to build a core group in the community which will address local development issues.

The main features of the project consisting of family based division to ensure profits match effort. For a communal community such as the indigenous people, family support is an important factor in deciding their involvement in microfinance and income generating activities. They rely exclusively on family labour. Other features include formation of core groups to facilitate community building and to take advantage of economies of scale, regular project training to build the capacity of the core group and to ensure sustainability of project.

Basic statistical analysis was used to analyze 348 loans and borrowers' record between the years 2003 and 2010. Findings from semi-structured interviews conducted with 26 members of the Sengoi Indigenous People Cooperative of Perak (KSPP) add depth and reliability to the analysis. Among the outcomes of the intervention are: (i) initial small successes in the income generation projects enhanced confidence in the participants as a person and more importantly, as a family and as a community. Confidence gained is foundational for the community to move towards bigger challenges, and (ii) beneficiaries have built alternative and reliable sources of income through projects which supplement their seasonal income.

Family-based economic intervention has been proven effective through micro finance and agricultural based income generation projects. The overall strategies used in these projects promote economic stability that is foundational to family well-being, which leads to sustainable development of the community. It is evident from the findings that family unit arrangement works positively in closely knit community, and empowerment processes do not work well isolating individuals from their family and community context. However, to replicate these strategies successfully, consistent and long term support needs to be made available to empower the community towards positive outcomes.



Organization:	Thye Hua Kwan Moral Society, Singapore
Name of Project:	Family Achievement Award
Team members:	Keng Yong Tan Kek Seow Ling

The Singapore Government advocates family as the basic building block of society and therefore must have the capacity to look after itself and functions as the first line of support for its members. Through the years, the Government has made various efforts to strengthen the families.

In line with the government policies on families, **the Family Achievement Award (FAA) program is designed to support families' capacity to develop into stronger, higher functioning and resilient units.** The FAA program is a comprehensive program that serves to develop the participants' competencies in six areas, including financial, parenting, family bonding, education, vocational, and community service, with respective desired outcomes.

The underlying principle of the program is that all families have the potential to achieve well-being. With the Circumplex and behavioural models as its framework, this program facilitates participants to cultivate positive attitudes towards family and learning, and acquire and apply new knowledge and skills.

According to the Circumplex model, 'balanced' family systems in the dimensions of cohesion and flexibility allow for optimal family functioning and extremities can be problematic (Olson, 1999). The FAA program seeks to equip participants with the necessary knowledge and skills to build a 'balanced family system'.

Based on the behavioral model, the FAA program uses positive reinforcement to shape and sustain participants' desired behaviors. Using a point system method, participating families are to perform the necessary tasks within a stipulated time period to earn points to obtain bronze, silver and gold awards. For each award obtained, there are prizes as incentives, including cash reward. A logbook is provided to the families to facilitate the tracking of their progress and success. Bi-monthly newsletters are provided to keep them informed of the available activities.

A pre and post questionnaire is administered to each family at each level of the award to monitor their progress. Data collected is also used to evaluate program's effectiveness.

Success of the program hinges on the collaboration with other organizations. Partners are critical in the provision of relevant activities and program, such as educational talks, skills training program and family bonding activities so that participants can fulfill the program's requirements. Partners are also important in the provision of financial sponsorship.

Current participants were recruited from two Family Service Centres. These participants are low-income families who also have other concerns. The FAA program serves to complement the casework service that the families are receiving.

The FAA program serves to develop the family in a holistic manner. Being the first of its kind in the country, this program seeks to build the capacities of the families so that they are strong and resilient, with a hope of a better future.



Organization:	Child Welfare League Foundation, Taiwan
Name of Project:	The Project of Family Mediation
Team Members:	Chen, Li-Ju Chen, Tzu-Wei (Zack)

## History

When Taiwanese couples separate or divorce, minor children often become bargaining chips in negotiation between parents. For instance, some minors are hidden away by one of the parents in order to win the battle of custody and some close siblings are forced to live apart because of what is so-called fairness for parents. Child Welfare League Foundation (CWLF) observed that rights of children are constantly ignored in wars between parents and therefore started to advocate the concept of "To end the marriage peacefully and cooperate as parents." Meanwhile, CWLF also took proactive role in providing family mediation, hoping to protect best interests of minors in the process of separation or divorce

CWLF family mediation adopts Therapeutic Family Mediation Model of Prof. Howard Irving. The reasons are as following:

1. This model places great importance on best interests of child, which is the core principal of CWLF.
2. This approach emphasizes relational and emotional issues regarding divorce. It is suitable for Taiwanese culture, because people tend to value sentiment (Chin in Mandarin) above rationale (Li) and law (Fa).

## Distinguishing Features

Most couples in Taiwan choose to divorce under either private agreement or court ruling, which was why family mediation was not recognized by general public in early stage. To introduce this service into Taiwan so that divorcing couples can benefit from it, CWLF not only commenced family mediation in communities, much effort was also put into persuading courts to start recruiting social workers and counselors as conciliators. CWLF attempted to incorporate this service into juridical procedures in Taiwan so as to increase the opportunity for divorcing couples to make use of family mediation. Moreover, CWLF came up with many strategies to meet the needs of families in Taiwan.

1. Seminars are held on regular basis in court, so parents have chance to learn about how children are influenced during their divorce and what advantages meditation brings to help them resolve disputes.
2. Trial period is implemented for couples to put negotiation agreement into practice during mediation process. Parents then have the opportunity to learn its feasibility and dispel doubts generated in tense relationship.
3. Temporary supervised visitations are arranged during mediation process for couples whose relationship is full of conflicts to ensure the continuation of children's relationship with both parents. It gives children chance to meet with the parent that does not live together in an environment which the parent that lives together feels safe and proper.
4. Guidebooks like *I Want Happiness* and *I Have Two Families* are designed and published by CWLF. They give parents insight into the effect divorce has on children, resources they can seek and ways they can use storybook to explain their divorce to children.

## Prospects

With the effort of CLWF, now family mediation is implemented in courts countrywide. Our next mission is to apply family mediation skills to at-risk family service, so social workers can help family resolve their disputes in early stage.

## **Schedule of Events**

### **3A Project: Final Round of Adjudication & Award Presentation Ceremony**

Date: November 27<sup>th</sup> (Sat) 2010

Time: 3:45PM - 6:45PM

Venue: Yasuda Auditorium, Hongo Campus,  
University of Tokyo  
7-31 Hongo, Bunkyo-ku  
Tokyo 113-8654, Japan  
Tel. 81- 3- 3812-2111

### **Sharing Session on 3A Project in Hong Kong**

Date: November 30<sup>th</sup> (Tue) 2010

Time: 9:30 AM - 5:00 PM

Venue: Auditorium,  
1F, Duke of Windsor Social Service Building,  
15 Hennessy Road,  
Wanchai, Hong Kong  
Tel: 852 – 2864- 2929

### **Dinner Reception after Sharing Session on 3A Project in Hong Kong**

Date: November 30<sup>th</sup> (Tue) 2010

Time: 6:00PM – 9:30PM

Venue: Canton Room,  
1/F, Gloucester Luk Kwok Hotel,  
72 Gloucester Road,  
Wanchai, Hong Kong  
Tel. 852 -2866 - 3806

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