



Converging
PROFESSIONAL WISDOM
FOR Family Well-Being

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Message From Mrs. Patricia CHU, Chairperson CIFA



As we approach the end of 2017, we would like to take stock of the exciting developments of CIFA, and look forward to a busy and yet memorable 2018 when CIFA celebrates its 10th Anniversary.

Following the presence of Mrs. Renata Kaczmarek as Guest of Honour at the Exchange Program of the Wofoo 3A Project 2016 and the Charity Concert For Family Harmony in June in Hong Kong, we are pleased to note that the work of CIFA has been featured in the Report of the Secretary General to the General Assembly of the United Nations in November. This is a true recognition of CIFA as a regional platform in advancing family well-being in the international community.

During the quarter, the Organising Committee of the Asian Family Summit and the 3A Project Committee have been busily engaged in the preparatory work for these important activities. We are most thankful and encouraged to receive advice and support from the government, academics, corporations and the NGOs. We look forward to your active participation by joining these important activities. Watch out for the deadlines and ACT now.

In this issue, an academic and a practitioner share their experience, namely in the WeRise Stroke Family Empowerment Project to build a caring community for the first stroke survivors; and the Supporting Adolescent Girls At-Risk Program. You will note that these programs address social issues that warrant the attention of professionals and the community as a whole.

Before I sign off, may I wish you all a Happy, Healthy & Fulfilled 2018!



Asian Family Summit
Sustainable Development & Family Well-Being: Agenda For Action in Asia

CIFA is delighted to inform you that you can NOW register online at <http://www.socsc.hku.hk/afs/> for the Asian Family Summit (AFS)! You are encouraged to benefit from the early bird rate which will expire on 30 April 2018. As in previous CIFA Symposiums, CIFA members will enjoy the benefit of a reduced registration fee.

We are pleased and honoured that besides the representative from the Division For Social Policy and Development, Department of Economic and Social Affairs of the United Nations, Mrs. Carrie Lam, Chief Executive of HKSAR government has accepted our invitation to be the Guest of Honour at the Opening Ceremony. The recognition from the United Nations and the Hong Kong Government is most encouraging.

The Organising Committee and the various Committees are working hard and closely with the aim to provide an exciting and meaningful programme for you all. Highlights of the Asian Family Summit will include Opening/Closing Ceremony, Keynote speeches, plenary sessions, Wofoo 3A Project 2018 Final Round Adjudication & Award Presentation Ceremony at the Gala Dinner, paper presentations at concurrent sessions, poster presentation, and post-Summit activities including workshops and agency visits on 23 August. Simultaneous interpretation for English and Putonghua will be provided at sessions in the Grand Hall.

You are also invited to submit abstracts for oral or poster presentation before 31 March 2018 by referring to the guidelines already posted in the website. Please visit the AFS website from time to time for updated information.

With your full support and active participation, we look forward to an exciting and successful Asian Family Summit, which will mark another milestone in the development on family well-being not only in Hong Kong, but at the regional and international levels.

Date	: 19 - 22 August 2018
Venue	: Grand Hall, Lee Shau Kee Lecture Centre, Centennial Campus of The University of Hong Kong, Hong Kong
Website	: http://www.socsc.hku.hk/afs/
Registration	: Opens NOW!
Deadline for abstract submission	: 31 March 2018
Deadline for Early Bird registration	: 30 April 2018

Keynote speeches:

1. Sustainable Development 2030 – An Agenda for World Action
(by UN representative)
2. Family Impact Assessment in Policy Formulation – The Hong Kong Experience
(by Prof. Daniel Shek, Chairman of Family Council, HKSAR)
3. The Dunedin Study – Insights for Advancing Family Well-Being
by Prof. Richie Poulton of University of Otago, New Zealand)

In case more information is needed, please feel free to contact us at (852) 2859 5301 or info@cifa-net.org.

Wofoo Asian Award for Advancing Family Well-Being (Wofoo 3A Project) 2018

We are pleased to announce that the Wofoo 3A Project 2018 has been launched on 16 October, once again, with Wofoo Social Enterprises (WSE) as the Title Sponsor. We are also pleased to inform that the 3A Project has received formal recognition from the Focal Point on the Family of the United Nations.

We have been continuously receiving submissions from Hong Kong and other countries/regions. As there are many requests for deadline extension for the initial submissions, we decided to extend the submission deadline from 29 December 2017 to **19 January 2018**.

This is a golden opportunity for your organisation to demonstrate your innovative project(s) that can improve the quality of family life and enhance the well-being of families. So, ACTION NOW! Please complete the Submission Form which can be downloaded from the CIFA website, together with a brief description of your projects **in 500 words in English**, on or before **19 January 2018**.

The Final Round Adjudication and Award Presentation Ceremony will take place at the Asian Family Summit, scheduled to be held on 19 – 22 August, 2018 at The University of Hong Kong in Hong Kong. Subsidy will be given to members of the finalist teams from overseas to attend the Summit in Hong Kong.

Whether you are a social service organisation, a religious or professional group, a caring company, or an academic institute, we are sure that you have a lot to share in advancing family well-being.

Some Important Dates:

Deadline for Submission of Initial Application

19 January 2018

Announcement of First Round Result

12 February 2018

Deadline for Submission for Second Round

20 April 2018

Second Round Adjudication Interviews

31 May - 1 June 2018

Announcement of Second Round Result

11 June 2018

Final Round Adjudication

21 August 2018

Award Presentation Ceremony

21 August 2018

Wofoo 3A Project 2018

WeRISE:

Stroke Family Empowerment Project

Vivian LOU Wei Qun

Director, Sau Po Centre on Ageing

The University of Hong Kong

Every day, around 60 stroke survivors with various levels of physical impairment are discharged from hospitals in Hong Kong. The current “Hospital Discharge Programme” and “Community Rehabilitation Services” are highly patient-focused with limited support and training provided to patients’ caregivers, which is a key component of the rehabilitation process.

WeRISE : Stroke Family Empowerment Project (WeRISE) is a 3-year project (2016-2019) led by Sau Po Centre on Ageing, The University of Hong Kong and sponsored by Lee Hysan Foundation aiming to fill the service gap. WeRISE is a project dedicated to enhance and scale up the “Family-Oriented Intensive Care Management Programme” for caregivers of first-stroke survivors. The overall objective is to build a caring community where people are both committed and capable to take responsibilities for stroke care by joining hands with medical professionals, non-governmental organizations (NGOs), and volunteers (including recovered stroke survivors).

WeRISE supports families and caregivers affected by stroke in 3 districts, including Southern, Shatin and Tuen Mun. In order to provide suitable intervention service to stroke families, WeRISE collaborates with 3 NGOs, namely Aberdeen Kai-fong Welfare Association Social Service Centre, Evangelical Lutheran Church Social Service Hong Kong, and Neighbourhood Advice-Action Council. Medical professionals from five hospitals under the Hospital Authority, including Tung Wah Group of Hospitals Fung Yiu King Hospital, Tuen Mun Hospital, Shatin Hospital, Queen Mary Hospital and Tung Wah Hospital, provide professional advice to the project and help to refer suitable cases to the NGOs.

The project has three key components, 1) Capacity building of professionals (i.e. Care Managers) and volunteers with structured training and certification, 2) Two-Tier Care Management Intervention provided by trained care managers and volunteers, and 3) Public education.

Currently, 9 Care Managers and 30 volunteers were trained and provided intervention service to stroke families. In order to educate more community members regarding stroke knowledge, we have published a self-help booklet and developed a free e-learning course. You are welcome to join us in empowering stroke families!

E-learning course : <https://goo.gl/vC7ET6>

Website : <http://we-rise.hku.hk/>

Facebook : [hkucoa.werise](https://www.facebook.com/hkucoa.werise)

Instagram : [hkucoa.werise](https://www.instagram.com/hkucoa.werise)

Supporting Adolescent Girls At-Risk: Evidence-Based Practices and Intervention Effectiveness

Emily LEE Man Shan

Service Director (Youth, Family & Community)

Hong Kong Young Women's Christian Association



In recent year, it has been observed that many adolescent girls who have shown signs of delinquent behaviors, are living in a social environment that is risky for their development and growth, With grave concern for the well being of these adolescent girls, the Hong Kong Young Women's Christian Association (HKYWCA), in 2013, conducted an empirical study to look into factors at different systems, namely family, school, peers and psychosocial levels, that cultivated the risk of engagement in delinquent behaviors among these girls. The study surveyed a sample of 665 adolescent girls, which included 236 at-risk girls and 429 not-at-risk girls. Findings of the study confirmed that factors at family, school, peer affiliation and psychosocial systems were respectively contributory to girls' acceptance and engagement in delinquent behaviors, with at-risk girl group with pronounced susceptibility to the influence of these mentioned factors at different levels. In specific, the study found that better family functioning ($\beta = -.122$, $t = -2.549$), positive school experience ($\beta = -.150$, $t = -4.413$) are inversely predictive of girls' engagement in delinquency, but deviant peer affiliation ($\beta = .230$, $t = 6.893$) is positively contributory to their delinquent engagement. Furthermore and more important, we found that psychosocial maturity in girls, a latent concept characteristic of positive growth traits like self-control, self-esteem and life meaning, is an fundamental and noteworthy factor that contributes directly to and mediate the effects of factors at other systems in relation to girls' delinquency (Annex ①)

Based on the main findings of the above study, HKYWCA aimed at cultivating psychosocial maturity of at-risk girls in order to garner a proximal effect to help them to establish solid analytical and self-protection capacity for fending off the risks arisen from their challenging living environments. As such, HKYWCA designed and implemented a series of programs aiming to nurture the psychological maturity of at-risk girls in 2014. The programs were launched by our School Social Work and Youth Outreaching Services in 2015.

Casework and counselling remained the backbone of intervention and in conjunction with different learning opportunities and life experiences for targeted high risk girls, which consisted of musical instrument training, dance training, farming experience, etc. The girls had fun with these brand new experiences while moving outside their comfort zone. Furthermore, this stimulated self- reflection.

For knowing the intervention effects of above-mentioned programs for at-risk girls, HKYWCA also conducted an evaluation study methodology to evaluate the program effectiveness with a mixed-method design. Results of both quantitative and qualitative data showed that these programs could help effectively improve girl participants' psychosocial maturity in terms of self-esteem, self-control and life meaning, which in turn was related to their less delinquency.

Table 1 presents the results of Paired-Samples T-test for girl participants' changes in self-esteem, self-control, life meaning as well as delinquency behaviors. The results supported the intervention effects of the programs in enhancement of girls' self-esteem, life meaning and diminishment of their low self-control and delinquency.

Table 1. Paired-Samples T-Test

	Pre-Test Mean (SD)	Post-Test Mean (SD)	t value	df (df)	Effect Size (r)
Self-Esteem	2.54 (.32)	2.71 (.36)	-2.83**	56	0.35
Low Self Control	3.31 (.72)	3.07 (.71)	2.697**	56	0.34
Life Meaning	4.45 (1.14)	4.84 (.93)	-2.60**	56	0.32
Delinquent Behaviors	0.43 (.53)	0.30 (.40)	2.475*	56	0.31

* $p < .05$; ** $p < .01$

HKYWCA would like to take this precious opportunity to draw the attention of fellow social service agencies on issues related to high risk girls, as well as the importance of improving preventive programs so as to relieve the social burden caused by high risk girls engaging in deviant behaviors.

Model on High Risk Girls' Participation in Deviant Behavior

