



THE HONG KONG JOCKEY CLUB
Centre for Suicide Research
and Prevention
THE UNIVERSITY OF HONG KONG
香港大學香港賽馬會防止自殺研究中心



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培壅

**NURTURE
THE
FUTURE**

Message from the Director

總監的話

This year, we are encountering a summer we have never before experienced.

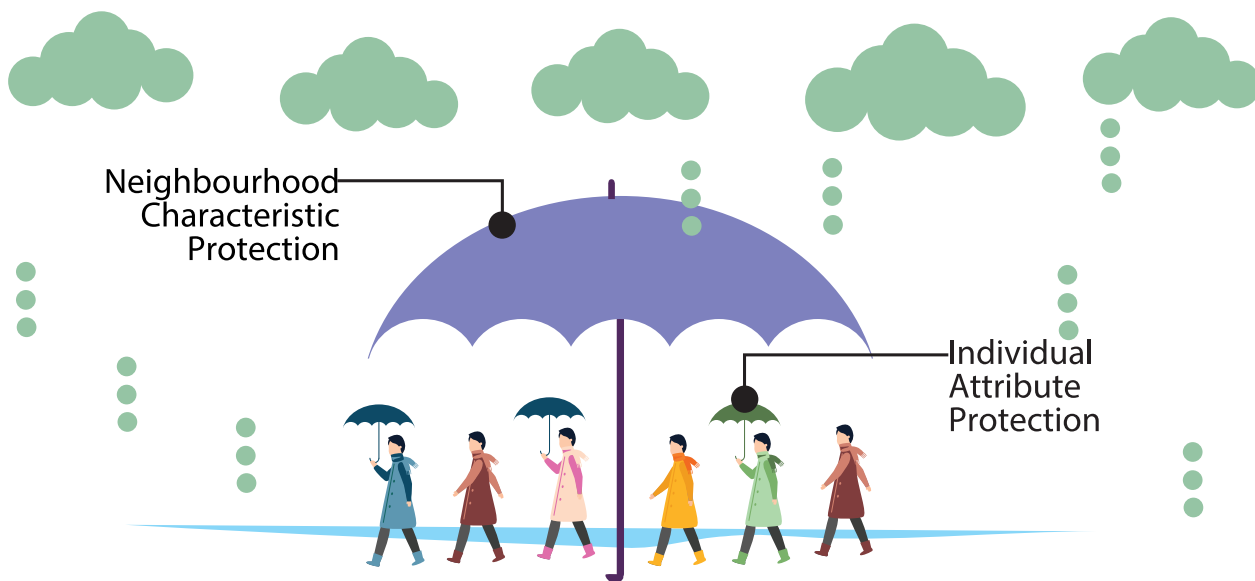
The proposed extradition bill has sparked a series of social movements that are unprecedented in scale and have directly affected the mental health of Hong Kong people. Two years ago, when I watched the YouTube video of the Metropolitan Youth Orchestra of Hong Kong's flash mob performance at the Hong Kong International Airport, I was deeply touched by their talents and filled with pride. Today, when I see the hundreds of mostly young protesters gathering in the airport, tears well up in my eyes. Have we failed as a society to connect with our young people? What are we missing? How can we rebuild the trust and harmony in our society?

An individual's growth is akin to cultivating a plant. To live a meaningful life, we have to carefully nurture their core values from young. Mental well-being is as important as our physical well-being, as the Western saying goes, "He who has health, has hope. And he who has hope, has everything." Following from this, the theme of this issue is "Nurture the Future".

Under the public health approach, our Centre intervenes at an environmental and social level with the aim of co-creating a protective environment with all stakeholders in the society, as well as to reduce the risk behaviour of individuals with high suicide risk. In this respect, this issue of our newsletter contains updates on various projects undertaken by CSRP, such as the Open Up online youth emotional support service. It also includes the sharing of experiences by different participants involved in our projects, including the "QTN on Developing Students' Positive Attitudes and Values" project, the "WeCare Fund", and the pilot project of "Early identification and Intervention of Youth Suicide Clusters in Hong Kong". There are also highlights of research undertaken by the Centre as well as our activities on knowledge exchange. All of these not only affirm the work we do but also demonstrate how different sectors of the community can cooperate together to safeguard lives.

This summer's temperature has not only been blazing hot, the social movement which Hong Kong is now witnessing has further stirred up everyone's emotions. Our city is not well. Our Centre is committed to enhancing the mental health of the Hong Kong people and nurturing the youth is our responsibility. We believe that this would be the best investment we could make for Hong Kong.

Paul YIP



今年， 香港正經歷了一個 前所未有過的夏天。

由《逃犯條例》修訂而引申出一連串史無前例的社會運動，直接影響了香港人的精神健康。兩年前，當我在YouTube上觀看香港青少年管弦樂團在香港國際機場上的快閃表演，我深深被他們的才華所打動，並以此為傲。然而，2019年的今天，逾千名年青的示威者則在機場集會，我不禁有所感觸。我們是否未能好好的連繫整個社會？是否有什麼做得不足夠？我們又可以怎樣增進與社會各持份者的信任？

《宋史·蘇云卿傳》：「披荆畚礫為圃，藝植耘芟，灌溉培壅，皆有法度。」為使一株稚嫩的幼苗能成為一棵參天大樹，必須於其根部推土以保護其根系，並加以悉心的灌溉，促之生長。人的成長仿如栽種植物一樣。要活出一個有意義的人生，不得不由小好好栽培他們的核心價值。因此，今期的通訊以「培壅」（Nurture the Future）為題。

根據公共健康模式，中心就是從環境因素及行為和生活方式入手，致力要與社會上各持份者共建一個保護的環境，及改變一些會引致高自殺風險人士的行為。故此，本期通訊載有本中心不同計劃的最新報告，如Open喻網上輔導平台，以及參與本中心計劃的持份者分享其感受，當中包括參加《培養學生正面態度和價值觀》主題網絡計劃、《與你同行》計劃，及《青少年精神健康預報系統及早期介入》先導計劃。同時，通訊載有最新的研究報告和知識交流活動，這些不但肯定了我們的工作，而且展示出各界如何攜手一同守護生命。

香港今年的夏季不僅天氣異常炎熱，而且社會運動也使得每個香港人都熱血沸騰。我們的城市病了。本中心不單竭力保護香港大眾的精神健康，而且以栽培年青一代為己任，我們相信這是對香港未來的一個最好投資。

葉兆輝

Promoting Wellness in Schools

共建卓悅校園

Students are important asset to our society. From the website and the school program of *Little Prince is Depressed*, the Centre of Suicide Research and Prevention (CSRP) has been promoting the mental health of students by teaching them to be aware of stress and negative emotions since 2006. From 2010, the Centre has changed its orientation from an illness model to a wellness model. We not only emphasize distinguishing negative emotions, but more efforts are put into preventive strategies, such as enhancing students' wellbeing, gratitude, and effective communication skills. *Professor Gooley and The Flame of Mind*, a self-learning internet-based mental health program, was developed under such context with the adoption of cognitive behavioural theory and elements of positive psychology. In 2013, the Quality Education Fund (QEF) commissioned CSRP to research on programs having elements of developing positive attitudes and beliefs and after that, a QEF Thematic Network (QTN) program was developed based on the research results, aiming to develop students' positive attitudes and values through implementing evidence-based programs in primary and secondary schools.



The QTN on *Developing Students' Positive Attitudes and Values* was officially completed on 31 August 2019, and a dissemination seminar successfully held on 19 June at EDB Kowloon Tong Education Services Centre with over 200 teachers and social workers attending the event. During the seminar, the research team shared the program outcomes, and three parallel sessions were conducted for kindergarten teachers, primary school teachers and secondary school teachers, respectively.

We believe that positive attitudes and beliefs can be cultivated through learning. Under the conceptual framework of the public health approach, together with the bio-psycho-social model, the Research Team has developed universal programs targeting all students (Primary school: *The Adventure of DoReMiFa*; Secondary school: *Out of the Dark*), as well as selective group programs targeting for students in need (Primary school: *Let Me Shine*; Secondary school: *Mind Reading*). Since April 2015, a total of 8 core schools, 24 partner schools, and 94 network schools have implemented this QTN project, over 5,000 primary and secondary students have participated in our mental health promotion programs, and more than 1000 teachers and social workers have attended related trainings.



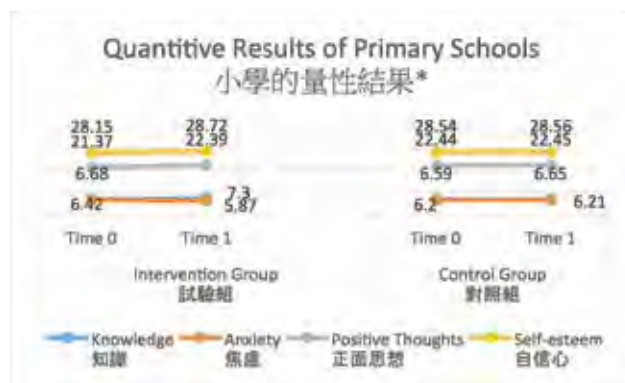
The project strives to promote mental health education in primary and secondary schools, including emotional management, empathy training, and cultivation of gratitude. In primary schools, the quantitative data collected from 2015 to 2016 showed that participating students had significant improvements in mental health literacy, anxiety, positive thinking, and self-esteem as compared to control group students. Furthermore, data collected in the 2017-2018 school year revealed that secondary school students had significant improvement in mental health knowledge after the programme and their empathy was also enhanced.

Qualitative data also showed that the project was well-received by stakeholders in schools. Firstly, participating schools showed more concern for students' mental wellbeing. Moreover, teachers understood more about mental health and the key elements of positive education, and some of them even tried to put these values into practice at school. Furthermore, participating students stated that the programme changed them in a positive way, for example, being more empathetic and having better peer relationships, and knowing how to express gratitude to parents, teachers, and schoolmates.



Future Directions:

With the continual support from QEF, a new phase titled *Promoting Wellness in School* started in September 2019. Its goal is to transform all participating schools into wellbeing-first schools, where the wellbeing of students will be placed as the top priority. We will also extend our successful experience to kindergartens. So, we look forward to support from the wider society to promote the mental wellbeing of our young generations, as part of our shared aim to "Nurture the Future".



*The intervention effects were statistically significant in the intervention group.

Promoting Wellness in Schools

共建卓悅校園

學童是我們一個重要的資產。由2006年開始，本中心一直致力提升學生的精神健康，從憂鬱小王子網站到「憂鬱小王子抗逆之旅」學生課程，偏向著重教導學生識別壓力和負面情緒。直至2010年，中心開始由疾病模式(Illness model)轉移到健康模式(Wellness model)，不僅著重負面情緒的識別，更強調預防性的策略，例如培養學生正面健康的心理素質、感恩之心和有效的溝通技巧等。「古里教授與思維之火」就是採用認知行為模式和正向心理學的元素而設計的網上自主學習課程。到了2013年，優質教育基金委託了研究中心進行有關培養學生正面態度和價值觀的計劃研究工作，其後，更延伸成一個主題網絡計劃(QTN)，目的是在中小學發展和推廣以實證為本的課程或活動，培養學生的正面態度和價值觀。

為期五年的《培養學生正面態度和價值觀》主題網絡計劃已於2019年8月31日正式結束，計劃的分享及交流會亦已在今年6月19日在教育局九龍塘教育服務中心順利舉行，超過200位老師／社工出席。研究團隊分享研究結果和成效之後，並有分別為幼稚園、小學和中學老師舉辦的短講。

我們相信正面的態度和價值觀都可以從學習中建立的。研究團隊在「公共衛生」模式(public health approach) 的框架下，結合生理、心理、社交模型(bio-psycho-social model)，除了為所有學生而設的普及性課程外（小學：「DoReMiFa歷險記」；中學：「突破黑暗 - Out of the Dark」），亦為有需要的學生設計選擇性小組活動（小學：「讓我閃耀 - Let Me Shine」；中學：「讀心術 - Mind Reading」）。自2015年4月起，共有8間核心學校、24間夥伴學校及94間網絡學校推行本計劃，已超過5000名中小學生參與了相關的精神健康提升課程，以及有超過1000名老師接受過相關的培訓。

同學的分享

「有嘅，試過（運用同理心）囉...例如鬧交啦，咁我翻梗係翻㗎，不過試下喺佢角度去諗囉。諗下有咩我自己真係做錯，或者真係佢做錯，之後，就作出咩回應囉。」

「（課程後）我覺得（態度）都有改善嘅，對老師同屋企人都有，因為我自己就成日都控制唔到自己情緒，之前係...同媽咪喊同發脾氣，成日將啲嘢諗到有幾唔好有幾唔好...（課程後）開始唔會淨係諗埋一邊囉。」

本計劃竭力向參與的中小學推廣精神健康教育，包括情緒管理、同理心訓練、培養感恩之心等。小學方面，在2015-17年所收集的量性數據顯示，相較於對照組，學生在參與課程後，在精神健康知識、焦慮情緒、正面思想和自信心上都有顯著的進步。中學方面，在2017-18年所得的數據顯示，學生在完成課程後，他們的精神健康知識有顯著上升，另外，在同理心方面亦有進步。

質性數據亦顯示校長、老師與同學都對計劃持正面的評價。首先，所有參與學校表現得更重視學生的心理健康。再者，教師對心理健康和正向教育的元素有更多的認識，有部份學校更在學校實踐這些正向元素。另外，參與的學生均表示課程令他們有正面的改變，例如在同理心方面的進步，與朋輩關係上的改善，以及他們更懂得向父母、老師和同學表達謝意。

這些年來一些校長、老師和同學的分享

老師的分享

「我覺得（課程）適合（學生）嘅，資料好豐富...同埋見到嘅編排上面由淺入深，由最生活化嘅議題，到有少少抽象嘅課題……」

「我反而係自己應用...哈哈，（當）我用 i-message，佢地（學生）就話呢個咪係『我訊息』囉，佢真係記得㗎！」

校長/老師在委員會議的分享

「咁我哋啱啱完成咗 APASO 呢，參加咗之後，我哋係一年比一年進步嘅...我估因為你哋呢個 course...APASO，小朋友有問卷調查，譬如佢哋個負面情緒呀、社交呀，全部都係量化嘅...咁 so far 暫時比較個數字，咁就明顯睇到佢哋有好大進步。」

「當初我哋個諗法就係呢個 programme，除咗幫到學生之外，係會幫到我哋嘅老師㗎。所以我哋刻意要 involve 班主任...就係佢哋有老師嘅 training，咁跟住佢哋學咗之後呢，佢係要教返啲學生呀嘛，咁你教嘅同時，基本上佢係吸收咗嘅...我哋都覺得呢個係幫助大嘅...」



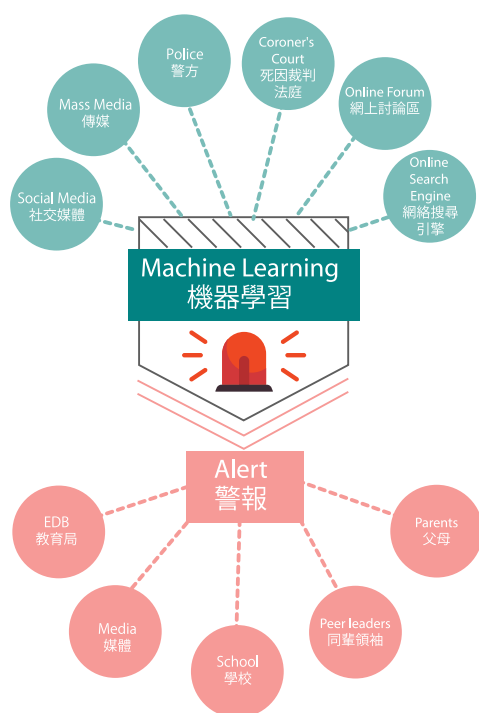
未來的方向：

在優質教育基金的持續支持下，新階段的主題網絡計劃，名為《共建卓悅校園》於2019年9月開展，計劃目標是把所有參與的學校轉化為以幸福感為本的學校，並以培養學生的幸福感為首要目標。同時，我們亦會將成功的經驗推廣至幼稚園。

現有計劃得以成功，實有賴參與學校的眾校長和老師的鼎力支持。我們期望社會各界都能為下一代的精神健康一同努力，切實做到「培壅」的果效。

Thank You for Your Involvement!

感恩路上有您同行



Adolescent suicide has been an important topic in society. Although full-time student suicide rate was still lower than the overall suicide rate of adolescents in the same age group, the difference was narrowing, dropping from 6.9% in 2012 to 2.6% in 2016. This suggested schools appeared to be attenuating in being a protective factor for timely identifying and supporting vulnerable students.

With the support of the Quality Education Fund, CSRP started a project in September 2018, namely *"Early Identification and Intervention of Youth Suicide Clusters in Hong Kong"*. The project aims to incorporate machine learning technologies to recognise groups with high suicidal risk, thus to raise the awareness and alertness of schools for suicide prevention.

In 2018, two students of STFA Leung Kau Kui College (LKKC), one of our participating schools in the pilot stage of the project, died by suicide, leaving teachers and students of LKKC shaken. In this current issue of the

newsletter, Principal Tai Ming Kee and Mr. Leung Wing Lun shared how the school has tackled such a tragedy, and how they got out of the sorrow after participating in the project for a year.

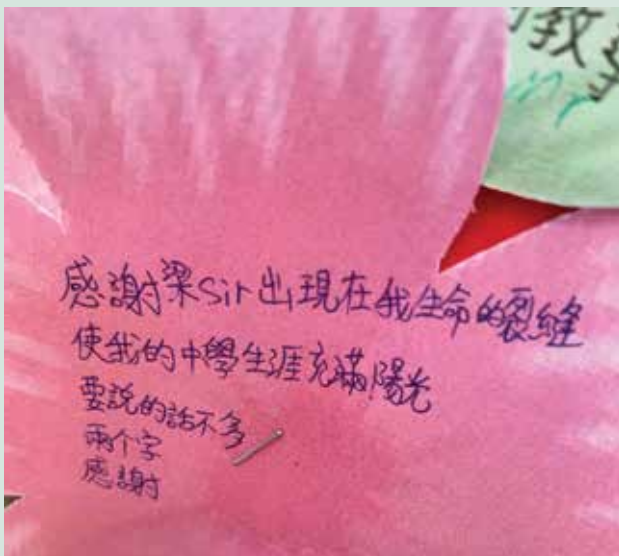
Mr. Leung was very confused and dismayed when he learned about the death of his students. Initially, he thought it must have been the fault of schools and teachers. Similarly, Principal Tai shared the same thought. He could not understand the reasons behind the death of his two students. Tai said, throughout his 30 years of teaching, he had always regarded the school as being a protective net. Tragically, two suicide cases happened, where both students reported to have good relationships with family, and neither of them had academic issues or any of the risk factors. He now understands that poverty, single-parent family, poor academic achievements, or poor social relationships are not the only risk factors to suicide, but suicide can be caused by multiple factors.

To serve the purpose of raising awareness of students' and teachers' mental health, the school has held various events, including Thankful Week, Carnival, Christmas Party, and Lunar New Year Fair. During the carnival, Principal Tai was injured while playing dodgeball with his students. Although he was hurt, it is precious to witness such generous acts by the Principal, said Mr. Leung. This further strengthened the determination of the school in promoting closer and stronger bonding between students and teaching staff.

"Students' suicide prevention awareness was heightened" said both Principal Tai and Mr. Leung.

The school is finally working towards acting as a safety net, ensuring the wellbeing of students. A student once sought help from a teacher after suspecting a fellow student of posting about suicide on Instagram. These acts suggested that the program managed to enhance the awareness of preventing youth suicide. Moreover, the connectedness between teaching staff was increased, where teachers are all working towards the mutual goal of enhancing the wellbeing of students.

A year later, Principal Tai and Mr. Leung were both grateful for the changes made within school. Mr. Leung suggested, "We shouldn't only focus on enhancing the mental wellness of students and staff, but should also raise the importance and willingness of help seeking behaviours within students and staff." Principal Tai still believes it is of the utmost importance to strengthen the safety net, while educating students about positive core values. Through these, he hopes to enhance the positivity, skills and resilience of students.



On the 26 April, 2019, Principal Tai and Mr. Leung were invited to be our guest speakers on a sharing session. 計劃於本年4月26日舉辦了一次分享會，邀請了戴校長和梁主任作分享嘉賓。

Thank You for Your Involvement!

感恩路上有您同行

青少年自殺一直受到各界關注。雖然相較於一般15-24歲青少年的自殺率，同年齡組群的學生自殺率仍然較低，但兩者差距正在收窄（差距由2012年的6.9%下降至2016年的2.6%），這些數據意味着學校作為保護屏障的功能可能正逐漸失去。

在「優質教育基金」的支持下，本中心於2018年9月開展了名為《青少年精神健康預報系統及早期介入》計劃，嘗試運用機器學習的技術以識別自殺高危的群組，從而進一步提升學校對預防自殺的意識和警覺性。

在2018年，梁銑琚中學不幸地經歷了學生輕生事件，為全校師生都帶來了不少衝擊。今期通訊，戴明基校長和輔導組主任梁泳倫老師分享學校怎樣走出哀傷的陰霾，以及他們在參與計劃一年後的得著。

梁老師最初知道有學生輕生時，第一個反應跟大多數自殺者親友的反應一樣，腦裡面充滿問號，有很多不明白的地方，他亦曾懷疑是否學校、老師有地方做得不夠好。同樣，戴校長也是想不通學生有什麼原因要輕生。在他三十幾年的教學生涯裡，從沒想過一直以為的高危因素，如貧窮、單親家庭、成績欠佳、人際關係差等，都不再是現今年青人自殺的因素。那兩宗輕生的事件完全顛覆了他們舊有的思維。那兩位同學人緣好，成績不錯，家庭也沒有什麼大問題。

學校參加計劃之後，刻意舉辦了不同的活動，以提高學生的精神健康，增加同學和老師的快樂經驗，如感恩周、嘉年華、聖誕聯歡會、年宵活動等。其中最令梁老師感動的是在嘉年華會中，校長因與學生玩閃避球而受傷，他認為戴校長「拋個身」出來跟同學玩，勝過無數的大道理和關心

的語句，因為在一起，才能讓「同學們感受到校長、老師們對他們的關愛」。

梁老師和戴校長都認同計劃推行一年之後，確實提升了學生的警覺性，像是給學校鋪設了一層安全網絡，為學生提供了渠道尋求老師的幫助。有一次，有輔導班班長發現同學在其 IG 發放了一些疑似自殺警號的訊息，因為參與了培訓，他就懂得立刻 Whatsapp 輔導組老師，而避免了不幸的事發生。同時，在最艱難的時候，老師們都「患難見真情」，彼此鼓勵，喚醒了不少老師的初心，一份單純愛護學生，希望他們能健康快樂地成長的心。

經過一年的先導計劃後，戴校長和梁老師都想與其他參與此計劃的學校分享其心得，梁老師認為除了提升學生和教職員的精神健康外，提升大家的求助意識都很重要。戴校長則認為需要加強學校作為保護屏障的功能，亦要提升學生的核心價值，即建立正向思維，提升他們的判斷能力。



跟年青人說的話



「作為教育工作者，我希望年青人能多接觸世界，服務社會不同階層，從別人克服困境的經驗裡，學習感恩、尊重、包容、寬恕等，建立一個正面的人生觀，珍惜寶貴生命！」



「我想讓年青人知道，老師會好願意與他們同行，you are not alone!同時，It's ok to be not ok. 人人都會有情緒低落的時候，可以告訴同學，告訴老師，找社工，找人幫忙。如果察覺到身邊人不ok，就可以幫助他找合適的人去幫助他，彼此就能互相支持。」



WeCare Fund 2017 for Student-Initiated Youth Suicide Prevention Projects Best Practice Award Ceremony

《與你同行》資助計劃2017-由學生主導的防止青年自殺計劃頒獎典禮



Besides working with the wellbeing of young children and students of primary and secondary schools, our centre has also been putting tremendous effort and focus into promoting the mental health of those studying in tertiary institutes. WeCare Fund for Student-Initiated Youth Suicide Prevention Project is sponsored by Ms Beatrice Mok, Founder of Community Partner Foundation. Through these student-led projects, we hope to nurture positive emotions at campuses and to enhance awareness of mental health issues among youths.

Eleven selected projects had been successfully funded and completed at 10 tertiary institutions by July 2018. An award ceremony was held on 31 January 2019. Further information on the implementation process of projects can be viewed here:

<https://csrp.hku.hk/wecare-fund-project-2017/>

除了幼童、中小學生，大專生都是我們關注的另一個組群。《與你同行》資助計劃-由學生主導的防止青年自殺計劃，由社聯伙伴基金的創辦人莫綺文女士贊助，目的是協助學生於大學校園內發起、組織及開展與精神健康相關的活動，以及加強青年大眾對精神健康和防止青年自殺的關注。

受資助的計劃共有11個，分別來自10間大學／大專院校。所有計劃已於2018年7月圓滿結束。頒獎典禮於2019年1月31日舉行，有關計劃詳情，可以到以下網址瀏覽：

<https://csrp.hku.hk/wecare-fund-project-2017/>



★ **WeCare About You**
Technological and Higher Education Institute of Hong Kong

★ **Always By Your Side**
“友”你同行
The Hang Seng University of Hong Kong

★ **Heart To Heart**
心·照
The University of Hong Kong

★ **Open Care, Open Heart**
開心·關心·同理心
The Open University of Hong Kong



★ **Other Ways Out**
Hong Kong University of Science and Technology

★ **Take It Easy**
心思思
The Chinese University of Hong Kong

★ **Here We Are**
結伴行
Shue Yan University

★ **Shed It Off**
沸青，燃起來！
Tung Wah College

★ **The Empathy Production**
同理製作
The University of Hong Kong

★ **Joyful Ambassador@HW**
好心情大使@HW
IVE (Hawking Wong Branch)

★ **Mental Health Program 2017**
精神健康計劃2017
Hong Kong College of Technology

Sharing from project leaders of WeCare Fund 2017
Best Practice Awarded Projects:



WeCare About You 陪著你走

Technological and Higher Education
Institute of Hong Kong (THEi)



I think there are quite a lot of changes in myself after being part of the WeCare Project. I have become more positive after joining life education activities, as it helped me to build up some sense from not only focusing on the losses, but to treasure the good things I already have. Furthermore, to lead the project, I had to contact different parties for different activities we held, and to communicate with my teammates and schoolmates. These exposures have enhanced my organizational and communication skills.



Heart To Heart 心•照

The University of Hong Kong

It is always encouraging to receive positive feedback from our beneficiaries. At the last session of Naked Heart In The Dark (a human library event inviting recovered patients with mental illnesses to share with our students), I still remember a participant intentionally stayed behind and excitedly told us that it was really thought-provoking listening to the patients' experiences and stories. Having no knowledge about mental health, she was amazed how 'normal' the sharers were, and at the same time, was ashamed of herself misunderstanding mental illness before actually getting to know about it.

Heart To Heart is not a group of professional practitioners. But we firmly believe that with our enthusiasm and perseverance, we will be able to actualize our vision in near future. For those who are reading this, let's make our mental health a priority from now on!





ABYS “Always By Your Side” 「友」你同行

The Hang Seng University of Hong Kong



The most impressive moment of the project was the peer's night talk at the two days one-night training camp. This session not only deepened the understanding between each other but also examined the helplessness of life. After participating in the program, I have known better how to put myself into other people's shoes and this is very helpful for the industry I want to join in the future.

Obstacles may either be a stepping stone or a stumbling block, but remember, someone must be willing to listen whenever you are willing to voice out.



Open Care, Open Heart 開心・關心・同理心

The Open University of Hong Kong

One of the best moments I remember is a lot of students came to our booth and watched our microfilm. Many of them reported the microfilm was good and they did have a reflection after watching. I am delighted that the message of the being caring was successfully delivered to the audience.

My family members and friends also found this project meaningful as it raised the public awareness of the youths' mental health. Besides, they said I changed a lot after the end of this project. They said I become more confident and willing to express myself.

It was my pleasure to be part of this project in raising the awareness of mental health and suicide prevention. Do not hesitate to show your care towards others. Your one little step forward can make them a great change!



Don't Live Inside Yourself. Open Up! 與其噏心，不如 Open Up!

Nowadays, youths like using social media platforms and instant chat applications – it is their way of making connections without talking or seeing each other face-to-face. To align with youngsters' way of communication, Open Up, the first 24/7 operated emotional crisis online support service in Hong Kong, targeting ages 11-35, has been providing online emotional support to youths in need since October 2018. Any youth facing emotional distress requires immediate support and encouragement need not to hide their feelings and live inside themselves but to "Open Up"!

Through the use of technology and big data analytics, Open Up will be able to influence the next generation of counselling services. This online platform is sponsored by The Hong Kong Jockey Club Charities Trust, supported by CSRP and jointly operated by the three leading youth non-profit organisations, Caritas-Hong Kong, The Hong Kong Federation of Youth Groups, and The Boys' & Girls' Clubs Association of Hong Kong.



Volunteer Annual Award Ceremony & Exhibition
「放下 放不下」



很多年青人喜歡在網絡交流，在網上世界中分享已經成為與年輕人聯繫的常態。自2018年10月起，「Open噏」成為香港首個全天候24小時的網絡情緒危機支援服務，以11至35歲的年青人為服務對象，配合他們的溝通方式，為有需要的青年提供網上情緒支援。任何需要即時支援的年青人，不需要再「收埋自己」，而可以「Open噏」！此線上平台由香港賽馬會慈善信託基金贊助，香港大學香港賽馬會防止自殺研究中心主導，並由三個主要服務青年的非牟利團體 - 香港明愛、香港青年協會和香港小童群益會 - 共同協作而成。





The demand to support youths in need is high since launch. Open Up is always looking for more volunteers willing to "Nurture the Future" by providing online emotional support to youth, and with offline events such as promotional campaigns and trainings at schools and communities. Please check out the Open Up website (<https://www.openup.hk>) for more information on volunteer recruitment.



自從「Open 嚟」啟動以來，個案數字不斷攀升，我們極需要更多義工的加入，願意為年青人提供網上情緒支援，及在線下的活動，如到學校和社區作宣傳或在培訓中提供協助。每人都可踏出一步關心我們的青年人。請參閱「Open 嚟」網頁(<https://www.openup.hk>)，瞭解更多義工招募的資訊。



Don't Live Inside Yourself. Open Up!

與其噏心，不如 Open Up!

Top 10 highlights of Open Up

First 8 months of operation (Oct 1 2018 to May 31 2019)

服務首八個月內，有以下發現：

1	Served more than 14,440 cases	服務了多達 14,440 的個案
2	Over 19,600 hours of online service	服務時數高達 19,600 小時
3	Exceeded 1 million messages	接收了超過 100多萬 條訊息
4	Over 9,000 youths used Open Up	服務了超過 9000 名求助者
5	Majority of messages consisted of less than 9 words while the longest message has over 2,000	大多數的訊息含少於 9 個字，而最長的訊息有超過 2000 字
6	There are more female coming to Open Up than male	女性 使用者比較多
7	The top 2 concerns are about relationship and mental health issues	最多服務使用者關注的是 人際關係及精神健康 問題
8	The popular hours for youths messaging in Open Up is from 8 pm to 12 am	「Open Up」較受歡迎的時段為 晚上8時到午夜12時
9	Youths come because they feel " comfortable chatting online than talking to someone in person or on the phone"	年青人選用「Open Up」是因為他們認為「在網上聊天比面對面聊天更 舒服 」
10	The youngest user recorded is a 10 year old student	年紀最小的服務使用者為一個只有 10歲

Social Impact Assessment on Healthy School Programme

健康校園計劃的社會影響評估

Most certainly, drugs use causes serious harm to the physical and mental health of adolescences, thus, anti-drug use among youths has been a the crucial social and health policy agenda in Hong Kong for the past decade. The launch of the Healthy School Programme with a Drug Testing Component [HSP(DT)] is one of the major initiatives to prevent drug use among youths. This study is supported by the Beat Drug Fund (BDF) of Narcotics Division (ND) of Security Bureau to explore the outcomes and impacts of the HPS(DT) and is measured using a Social Return on Investment (SROI) approach. The findings will provide information that leads to recommendations for ways that HSP(DT) could maximize its benefits and minimize its costs in the future.

In order to have a better understanding of the impact of the HSP(DT), focus-group interviews were conducted with stakeholders in the past two years. We greatly appreciate their support with the study and their contribution to the community on drug prevention among youths.

無疑毒品是會直接破壞年青人的生理及精神健康，因此打擊青少年吸毒一直都是香港青少年政策的重要一環，而「含測檢元素的健康校園計劃」(健康校園計劃)則是近年香港政府主要針對青少年吸食毒品問題的項目。本研究由禁毒基金的撥款支持，探索健康校園計劃的成果和社會效益，並以社會投資回報率(SROI)的評估方法將其量化。研究成果將提供數據，有助政府更有效地推行健康校園計劃，令更多的學校及學生受惠，打擊青少年的吸毒問題。

為了更了解健康校園計劃的成效，在過去兩年，研究團隊訪問了各持份者。我們再次感謝他們對本研究的支持及遏止本港青少年吸食毒品問題的貢獻。



Dr. Chee Hon Chan and the SIE team visited Community Drug Advisory Council.

陳之翰博士及其團隊訪問社區藥物教育輔導會

Raise the Bar for Child Care Services in Hong Kong

提高香港幼兒照顧服務的質素

Our youngest generations will become the pillars of future society. Thus, providing high-quality child care and education to the young ones is equally important as investing and nurturing the future of Hong Kong. Due to the rapid change in society such as reduced fertility, population aging, shrinking working population, changes in family ideal and aspiration, the need to review and reposition the child care policy, and hence service delivery has increasingly become a pressing social issue.

With this backdrop, the Social Welfare Department (SWD) commissioned the research team led by Prof Paul Yip to conduct a study. This study is supported by international experts from six countries, namely, South Korea, Australia, Singapore, Finland, Sweden and Japan, to provide insights on the long-term development of child care services in Hong Kong. It commenced in December 2016 and involved a mixed approach research, applying both qualitative and quantitative analysis. The research team collected crucial information from country reports, literatures, census data, interviews and child care surveys and informed the development of the child care service to become more “educare” oriented.

The findings of this study have a significant impact on community and several engagement sessions were conducted informing stakeholders. One of the findings from the spatial analysis showed an unequal distribution of child care places across the 18 districts. It also indicates the availability, accessibility and affordability of the service is not uniform across the territory and potential improvements to the service should be considered. Moreover, based on a prediction model, the research team suggested to adopt a planning ratio of 103 places per 20,000 general population. Various recommendations on child care service improvement, design, planning, funding and reviewing are also provided. Details of the report can be found in SWD’s website via this link: https://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_childcares/

Improvement of child care services would not be effective if it is only treated as a standalone measure. It requires all stakeholders in the community to help raise the bar in creating a family-friendly environment for nurturing all children in Hong Kong.



For this study, Prof Yip visited experts and child care centres in Australia, South Korea and Japan. In this photo, Prof. Yip is high fiving with young children in a child care centre in Tokyo in April 2018.

就是次研究，葉教授到訪了澳洲、南韓和日本的專家和幼兒中心。圖為葉教授於 2018 年 4 月參觀東京一間幼兒中心時，與小朋友打招呼。

幼童是社會未來的棟梁，是社會的寶貴資產。給予幼童良好的照顧及教育，就等同對香港社會的未來投資。隨著社會急速改變，例如生育率下降、人口老化、勞動人口減少、家庭觀念轉變等，重新檢視幼兒照顧政策及其定位，以及相關的服務供應，已經成為一個逼切的社會議題。

基於上述背景，社會福利署委託葉兆輝教授領導的研究團隊進行研究。此研究得到來自六個國家（南韓、澳洲、新加坡、芬蘭、瑞典和日本）的專家支援，旨在為香港幼兒照顧服務的長遠發展提供意見。研究於2016年開始，以混合研究的方法進行，同時利用了質性和量性的分析。研究團隊從委託國家的報告、文獻、人口普查、訪問和問卷調查收集了重要的資訊，得知幼兒照顧服務的發展，變得更以「教顧」為導向。



此研究對社會帶來莫大影響，為了知會持份者有關研究結果，因而舉辦了數場諮詢會。其中一項研究結果顯示幼兒照顧名額於全港十八區的分佈並不平均，這亦代表幼兒照顧服務的供應狀況、方便程度和可負擔性在香港並不一致，需要考慮改善服務。而根據預測模型，研究團隊建議的規劃比率，為每20,000名人口提供103個服務名額。團隊針對幼兒照顧服務的改善、設計、計劃、資助模式和檢討方法提出了不同的建議。報告詳情可到社會福利署的網站查看：

https://www.swd.gov.hk/en/index/site_pubsvc/page_family/sub_listofserv/id_childcares/

如只以單一的方法來改善幼兒照顧服務，必會事倍功半；要真正令幼兒服務質素得以提升，需要社會上的所有持份者，共同建立一個家庭友善的環境，好讓孩子成長。

An engagement session was held on 19 December 2018 to brief stakeholders about the findings of the report.

(left to right) Ms. PANG Kit-ling (Assistant Director of SWD), Mr. LAM Ka-tai (Deputy Director of SWD), Miss Leonia TAI (Deputy Secretary for Labour and Welfare Bureau), Prof. Paul Yip (HKU), Dr. Frances LAW (HKU)

於2018年12月19日舉行了諮詢會，向有關持份者簡述報告所得的結果。

從左至右：彭潔玲女士（社會福利署助理署長）、林嘉泰先生（社會福利署副署長）、戴淑嫻女士（勞工及福利局副秘書長）、葉兆輝教授（香港大學）、羅亦華博士（香港大學）

The Newest Research Highlights 最新研究

Using big data to develop an early warning system for suicide

The Centre has made significant progress in improving the surveillance and monitoring of suicide incidence. Conventional surveillance systems for suicides typically suffer from a substantial time lag of six months to two years. We have proposed two innovative methods to develop an early warning system for possible suicide outbreaks using Google Trends and suicide-related media reporting.

利用大數據建立自殺早期預警系統

本中心在改善自殺個案的監察上取得重大進展。傳統的自殺監控系統通常會有半年至兩年的延遲。為了針對以上問題，本中心提出了兩項創新的方法進行了兩項研究，利用谷歌趨勢和根據自殺相關的媒體報道估計自殺個案的數字，發展建立出能及早了解香港自殺情況的早期預警系統。

●●●●●●●● Developing an early warning system of suicide using Google Trends and media reporting 利用谷歌趨勢和媒體報道的自殺早期預警系統

in this study, data on 3,534 suicides from 2011 to 2015 were obtained from Hong Kong Census and Statistics Department, and the Coroner's Court. Using data from Google Trends and media reporting on suicide, we fitted Poisson regression models to predict the number and estimate the intensity of suicides on a weekly basis, for six subgroups, defined by gender and age. We adopted the cumulative sum (CUSUM) control chart-based method to identify outbreaks of suicide.

The proposed model was able to predict the number of suicides with reasonably low normalized root mean squared errors, ranging from 15.6% for young females to 24.16% for old females. The suicide intensity curves were well captured by the proposed models for young males and females. The Sensitivity, Precision and F1 Score of the CUSUM-based method were 50%, 100% and 67% for young females, and 93%, 54% and 68% for young males.

在這個研究中，我們從香港政府統計處及死因裁判法庭獲取了2011至2015年間共3,534宗自殺案例。我們利用谷歌趨勢和自殺新聞數據建立泊松回歸模型，對由性別和年齡劃定的六個群體進行每週自殺人數及強度的預測。我們採用累積和控制圖的方法來識別可能的自殺爆發。

自殺人數預測模型具有相當低的歸一化均方根誤差，誤差範圍從年輕女性的15.6%到老年女性的24.16%。自殺強度預測模型對年輕男性和年輕女性有很好的預測效果。累積和控制圖方法的敏感度，精確度和F1分數對於年輕女性為50%，100%和76%，對於年輕男性為93%，54%和68%。

Our results indicate that Google Trends search terms and media reporting data may be valuable data sources for predicting possible outbreak of suicides in Hong Kong. The proposed system could support effective and targeted interventions.

我們的結果顯示，谷歌趨勢和媒體報道數據可能是預測香港可能的自殺爆發的寶貴數據來源。擬議的系統可以支持有效和有針對性的干預措施。

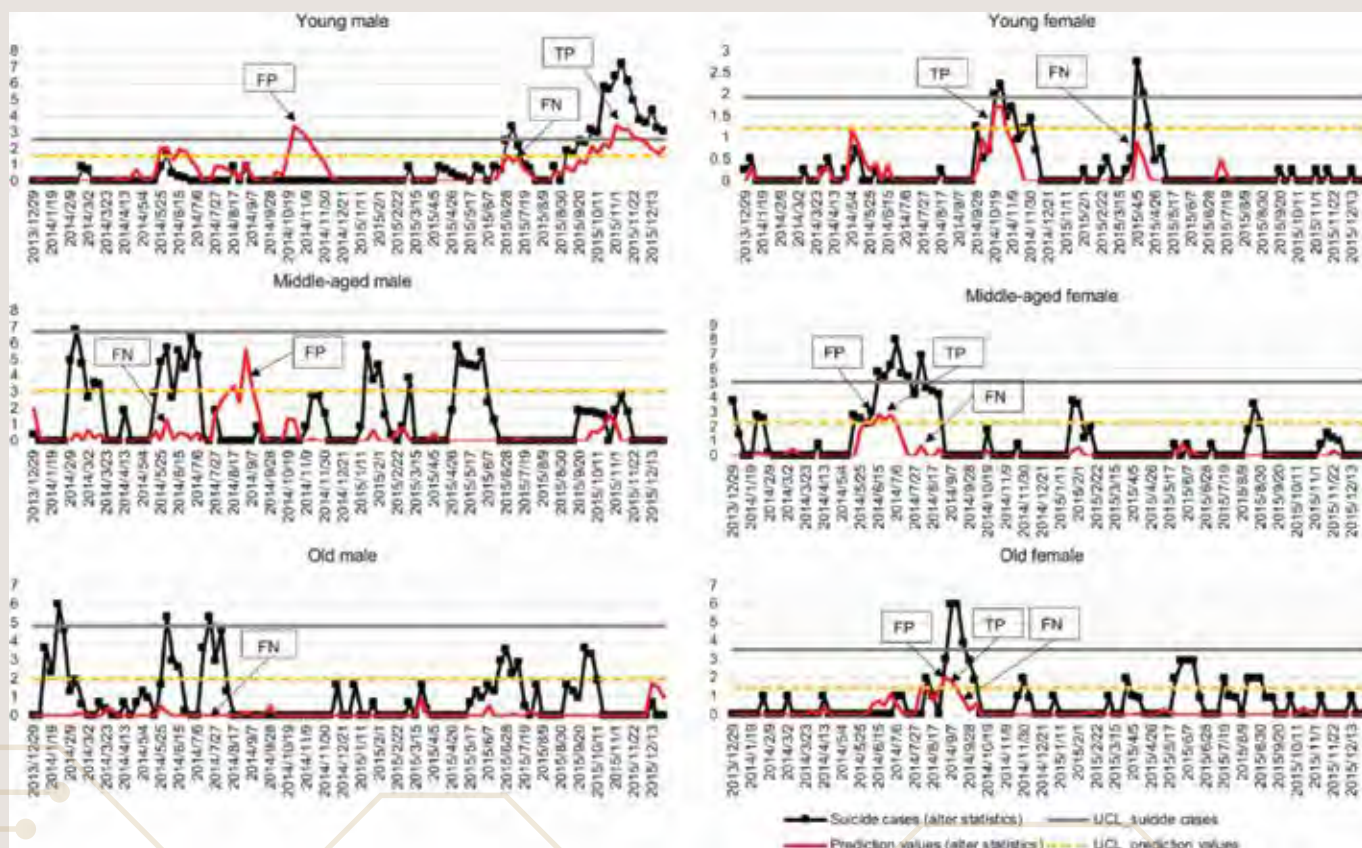


Figure 1. Monitoring of suicide clusters for different demographic groups. The black curve with squares represents the alert statistics of actual number of suicides. The red curve represents the alter statistics of prediction values. The solid grey line represents the upper control limit (UCL) of actual number of suicides. The yellow dotted line represents the model implied UCL. (TP refers to True Positive case; FN refers to False Negative case; FP refers to False Positive case.)

圖1. 監測不同群體的自殺。帶有方塊的黑色曲線表示實際自殺人數的警報統計數據。紅色曲線表示預測值的警報統計數據。灰色實線表示實際自殺人數的控制上限。黃色虛線表示預測值的控制上限。(TP表示真陽性事例；FN指假陰性事例；FP指假陽性事例)

This research result has been published as below:

Chai, Y., Luo, H., Zhang, Q., Cheng, Q., Lui, C. S. M., & Yip, P. S. F. (2019). Developing an early warning system of suicide using Google Trends and media reporting.

Journal of Affective Disorders, 255, 41-49.

doi:<https://doi.org/10.1016/j.jad.2019.05.030>

The Newest Research Highlights 最新研究

..... Improving Suicide Surveillance by Estimating the Incidence from the News Reporting 運用傳媒報導以改善自殺情況監測

There is always a reporting delay in suicide statistics due to time taken in ascertaining the cause of death. The latest suicide statistics in WHO and many other countries are at least one or two year delayed. Our research overcomes this challenge by utilizing information generated by daily news reports on suicide to estimate daily suicide incidence.

The study shows that age group, suicide methods and the districts of the deceased were significantly associated with the probability of a suicide case being reported by the newspapers. By incorporating this information from daily suicide news reports, the probability of the suicide cases being reported by the newspapers, and hence, the daily number of suicide cases can be estimated. The proposed daily suicide incidence estimation method can provide timely and accurate estimations with only a one-day lag. This study provides new evidence that real-time monitoring and surveillance of suicide can be enhanced with the use of media data.

以往的研究曾嘗試根據官方死亡統計數據以解決自殺死亡報告延遲的問題。即使是世界衛生組織及其他國家的數字，亦會出現至少一至兩年的延遲。但是，那些研究始終無法克服官方統計數據的延遲報告問題。最近，香港大學香港賽馬會防止自殺研究中心透過運用每日有關自殺的新聞資料來估計每日自殺率，克服了這挑戰。

該研究表示年齡組、自殺方法和死者地區與傳媒報導自殺事件的機會率有顯著的關連。通過納入每日有關自殺的傳媒報導中的這些資訊，可以統計傳媒報導自殺案件的機會率，從而估計每日自殺死亡的個案數目。此方法可以提供及時和準確的每日自殺率估計，而且只有一天的延遲。該研究揭示了運用媒體數據可以增強對自殺情況的實時監測。

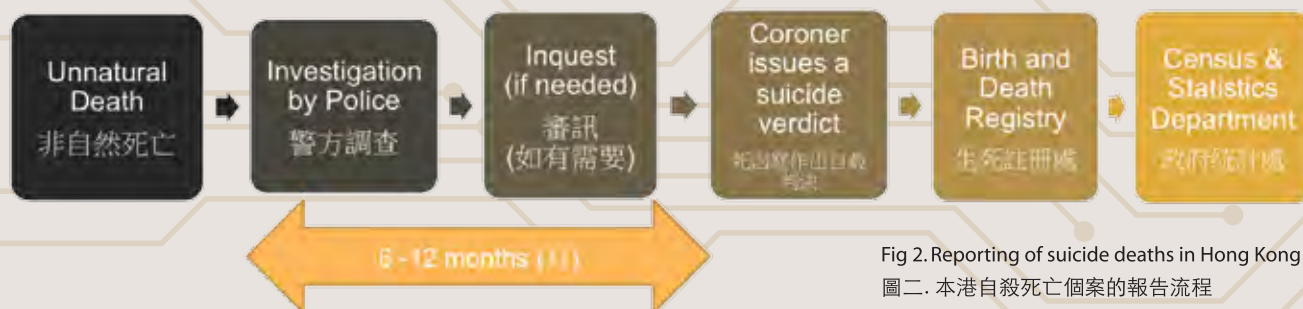


Fig 2. Reporting of suicide deaths in Hong Kong
圖二. 本港自殺死亡個案的報告流程

This research result has been published as below:

Zeng, X. Y., Chau, P. H., & Yip, P. S. F. (2019). Improving the monitoring of suicide incidence by estimating the probability of news reporting. *Statistics in Medicine*. 2019:1–10. <https://doi.org/10.1002/sim.8353>



A Study on Household Headship, Living Arrangement, and Receipt of Pension among the Older Adults in Association with Suicidal Risks

戶主地位、居住安排、養老公保障與長者自殺的關聯性研究

Ageing is one of the largest challenges today and older adults have a much higher suicide rate than that of the general population. We used the data from the Global Burden of Disease Study and examined whether lower socioeconomic status in later life such as losing household headship, having no independent residence and receiving no pension are associated with suicidal risks among the older adults aged 60 years and above. We computed the suicide age ratios (i.e., suicide rate ratios between older adults aged ≥ 60 years versus the younger groups aged < 60 years) for the 173 regions were computed and compared. The meta-analysis showed that higher suicide age ratios were significantly found in regions with lower percentages of the elderly being heads of households (ratios=1.69 vs 2.73, $P < 0.01$), higher percentages of co-residence of the elderly with their descendants (ratios=2.72 vs 1.39, $P < 0.01$), and lower percentages of the elderly receiving a pension (ratios=1.42 vs 2.76, $P < 0.01$). The regression results also showed that relatively higher suicidal risks in later life were significantly linked to losing household headship, having no independent residence, and receiving no pension. Our findings suggested that strategies to enhance the socioeconomic status of older adults may be important to prevent suicides in later life both within and across regions.

人口老化是現今社會最大的挑戰之一。而長者的自殺率亦較整體人口的自殺率為高。在2019年6月，我們發表了一項跨國研究，以檢驗晚年較低的社會經濟地位（譬如，老年人失去家庭戶主地位，喪失獨立居所和無養老金保障等）是否與60歲及以上的老年人的自殺風險相關。本研究使用2015年全球疾病負擔研究的數據，計算並比較了173個地區的自殺年齡比率（即年齡大於且等於60歲的老年人的自殺率與年齡小於60歲的非老年人的自殺率之間的比率）。薈萃分析的結果顯示，在老年戶主率較低的地區，自殺年齡比較高（比率= 1.69 vs 2.73, $P < 0.01$ ）；在老年人與其後代共同居住的百分比較高的地區，自殺年齡比較高（比率= 2.72 vs 1.39, $P < 0.01$ ），在養老金覆蓋率較低的地區，自殺年齡比較高（比率= 1.42 vs 2.76, $P < 0.01$ ）。回歸結果同時指出，晚年相對較高的自殺風險與失去家庭內的戶主地位，喪失獨立居所，以及沒有養老金保障都有密切的關聯。我們的研究發現表明，提高老年人的社會經濟地位對於降低地區內部，以及跨地區的老年自殺風險尤為重要。

This research result has been published as below:

Chang, Q., Conwell, Y., Wu, D., Guo, Y. & Yip, P. S. F. (2019). A study on household headship, living arrangement, and receipt of pension among the older adults in association with suicidal risks. *Journal of Affective Disorders*, 256, 618-626, doi.org/10.1016/j.jad.2019.06.033.

The Newest Update | 最新消息

An App for Promoting Adolescent Mental Health



Mrs. Alice Keswick & Mr. Neil McNamara
(Governors and Executive Committee
Members), Keswick team members,
team of Share Innovation and CSRP
team members

With advances in contemporary mobile apps technology, developing an application with programmed-caring features may be a feasible intervention tool for engaging young people in emotional distress. A project to enhance youngsters' wellness and raise their mental health literacy has been developing and funded by Keswick Foundation. A proposed app will be developed for the youth aged 12 to 18, with the specific in-app functions, such as mental health library and community resources, and the app is planned to be released in the first quarter of 2020. We hope it will further enhance efforts to nurture the mental wellbeing of our younger generation, anytime, anywhere.

Pilot Scheme of Mental Health Awareness Promotion



The Low Mays

The Low Mays, a band formed by six Hong Kong youths, gave a donation to CSRP to run a scheme to raise the mental health awareness of parents and teachers. Theatre-based training workshops are planned to be held in 2020 to enable participants to understand students with mental health problems. The group has made a video on the rationale behind this donation. Please see the link:

<https://www.youtube.com/watch?v=4ebpUQnKfiY>

Knowledge Exchange | 知識交流

Knowledge exchange with stakeholders in the community is also a duty of CSRP, for the promotion of mental wellness and prevention suicide. The followings are some highlights of the events and activities we have engaged in the past year.

Across Sectors Meeting on Promoting Mental Health Literacy

CSR Asia arranged a shared value site visit focused on promoting mental health literacy in Hong Kong on 19 November 2018 at The University of Hong Kong. Prof. Yip was invited to share the latest research on suicide and the evidence-based suicide prevention works with enterprises.

Visit by the Commissioner of the Census and Statistics Department (C&SD)



Ms. Marion Chan, the newly appointed commissioner of the C&SD, visited CSRP on 9 August 2019. We share with Ms. Chan about our recent research works and how our centre made use of the official data in our work.

Swire Placemaking Academy



Invited by Swire Properties, Prof. Yip commented on students' proposals of Placemaking Academy and shared his valuable insights on placemaking and social innovation ecosystem.

Knowledge Exchange | 知識交流

Knowledge exchange with stakeholders in the community is also a duty of CSRP, for the promotion of mental wellness and prevention suicide. The followings are some highlights of the events and activities we have engaged in the past year.

FCC Breakfast Briefing



Prof. Yip was invited by the Foreign Correspondents' Club (FCC) to advise journalists about media's role and its responsibilities in reporting suicide and mental health issues during a breakfast briefing on 27 August 2019.

Seminars organized by CSRP

The Centre has organized a number of seminars for disseminating message about mental wellness

Date	Topic	Speaker
30/10/2018	Suicide Prevention in the UK, How We Learn and Grow	Dr. Sarah Bates <i>Winston Churchill Fellow</i>
24/04/2019	Application of Artificial Intelligence (AI) on Social Science research	Prof. Shu-Ping Lin <i>Professor and Chairperson, Department of Banking & Finance, CTB Business School</i>
17/06/2019	Existential Well-being as a Protective Factor for Suicidality in Youth	Dr. Dorian A. Lamis <i>Assistant Professor, Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine</i>
30/07/2019	Health Lifestyles and Suicidality	Ms. Yunyn Xiao <i>PhD Candidate at NYU Social Work School</i>

基督徒經濟學者論壇2019



葉兆輝教授獲香港大學香港經濟及商業策略研究所邀請於「內地來人士的經濟及會共融和教會的角色」為題的論壇上發表演說。葉教授的講題為「社會共融：貧窮及精神狀況」。在會上，葉教授與觀眾分享了香港現今的貧窮概況，並分析了新來港人士在經濟和精神健康上的困難。

教關友師工作坊



葉兆輝教授應「教會關懷貧窮網絡」邀請，在2019年8月18於題目為「在創傷同行」的友師工作坊分享。

「愛·喜·行」



本中心的職員於2019年3月2日參加由生命熱線主辦的「愛·喜·行」慈善步行籌款暨園遊會。

培訓工作



培訓顧問張鳳儀小姐應香港中華基督教青年會邀請，於2019年7月12日，向前線社工提供《如何疏導青年自殺的情況》的培訓。

Knowledge Exchange | 知識交流

Interviews by Media 媒體專訪



中心培訓顧問張鳳儀小姐於7月1日在鳳凰衛視電視節目《時事大破解》中講解《打機成癮問題》



中心副總監廖廣申精神科醫生於6月27日在新城電台接受訪問



葉兆輝教授於2018年9月15日在香港家書分享 – 讓學校恢復預防自殺的屏障功能

<https://www.rthk.hk/radio/radio1/programme/hkletter/episode/526644?lang=en>



葉兆輝教授於2018年12月25日於左右紅藍綠分享 – 成為「任何人」的心靈守護者

<https://www.rthk.hk/tv/dtt31/programme/pentaprismII/episode/535251>

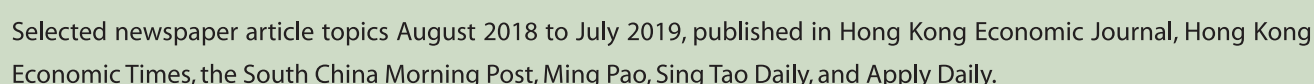


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- ## Newspaper Articles | 本地報章撰文



Invited by the Ming Pao Education Publications Limited, CSRP has joined in publishing a book titled 《生命教育手冊》 (translated as "Life Education Handbook"). With the financial support of Fung Yiu King Charitable Foundation Limited, each secondary school in Hong Kong was gifted with a copy of this handbook in the 2018/19 school year. We hope this handbook can help teachers to promote life education in school.

本研究中心獲明報教育出版有限公司的邀請，參與製作《生命教育手冊》。蒙馮堯敬慈善基金會贊助，在2018-19學年，將此手冊免費贈送給全港中學。祈盼此手冊能成為老師在學校推動生命教育時的幫助。

書 名：生命教育手冊

編 著：膳明會、香港大學香港賽馬會防止自殺研究中心、
明報教育出版有限公司編委會

出 版：明報教育出版有限公司

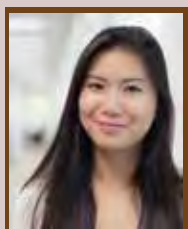
國際書號：978-988-8557-03-5



Staff Movement | 職員動向



Dr. Lynn Tang, Assistant Professor (Research) started her new career at Lingnan University as Assistant Professor in the Department of Sociology and Social Policy this August. Dr. Tang will carry on collaborating with our Centre in research endeavor.



In this September, Miss Michelle Leung (left), our Programme Development Officer of QTN project will start her journey towards studying a Doctorate in Clinical Psychology in the UK, and Miss Flora Ip (right), our project coordinator, will also begin her postgraduate study of Educational Psychology at The Chinese University of Hong Kong.



We wish them all the best in their careers and academic pursuits.

Acknowledgements | 鳴謝



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同心同步同進 RIDING HIGH TOGETHER



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The Low Mays

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