



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



Issue 2021 September

# 分曉

*Light up*

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*Message from the Director*

# Light Up

**The COVID-19 pandemic has greatly affected countries all over the world.**

The COVID-19 pandemic has greatly affected countries all over the world. Separation from loved ones arising from the increase in migration, the uncertainty in the job market and the rapid change in the social and political landscape, all these changes are subtle and could gradually have become too much for some. This period has directly affected people's livelihood and mental wellness. As the need to strengthen their resilience to confront these challenges continue to grow, we are concerned that there will be an increase in incidences of suicide. Feelings of anxiety and helplessness are very prevalent in the community.

In the current newsletter, our Centre shows its steadfast commitment to caring for the mental health of Hong Kong people, reforming and innovating, and continuously developing different projects to improve the mental health of Hong Kong's different groups. We have carried out projects such as the positive education "Promoting Wellness in Schools" thematic network project that is constantly implemented in kindergartens, primary schools and secondary schools, and "Open Up"- the Jockey Club Online Youth Emotional Support service jointly developed with five non-profit organizations and the HKJC supported Elderly Mental Wellness Enhancement Project held in the Wong Tai Sin District.

The social distancing and quarantine measures imposed by the Government to contain the spread of COVID-19 have had some unintended consequence. The 14- or 21-days quarantine has been too much for some. Our Centre with the Centre on Behavioral Health have compiled a Quarantine Wellness Kit, "Wellcation" in such a short period of time to provide people in need with short stories about different character strengths, daily mood checks, simple tasks, health tips, positive psychology exercises, and sports videos shared by the Centre of Sports and Exercise of the University of Hong Kong. Wellcation aims to help them regain a sense of meaning and balance during quarantine, and prepare for their return to

society after completing quarantine. It has been widely used in government quarantine centres and designated quarantine hotels and the users' experiences are mostly positive. The recovery journey from Covid-19 is long and hard. We need to work hard to prepare to face the mental wellness challenge under the new normal.

We are congratulating the outstanding and phenomenal success of the Hong Kong athletes in the Tokyo Olympics who have inspired much hope and happiness in the community. The hard work of Hong Kong athletes surely makes people proud and excited. People in front of the TV or in shopping malls are uniting together because of the Olympics and the courage displayed by the Hong Kong athletes. That spirit is enough to make me believe that Hong Kong can definitely overcome hardships, emerge victorious, and rise to new heights! Just like the theme of this year's issue "Light Up", although we may not see the bright light now and we might be anxious and worried, with the perseverance and unyielding spirit of the people of Hong Kong, together, we can encourage and help one another to overcome uncertain challenges in the future. We all can be the guardian angels for the vulnerable and underserved in the community. We will manage to build up a stronger and more caring society in the future as long as we don't give up hope.

**Paul Yip**



# 分曉

就業市場不確定性和社會和政治環境的急劇轉變都直接影響到民生及其精神健康。市民面對焦慮和無助感，我們擔心自殺行為會否有上升的跡象。我們需要提升抗逆能力來應付面前和未來的挑戰。

在今期的期刊裏，中心團隊對香港市民的精神健康展露出持續的關心，努力改革創新，並不斷研發出不同的項目來提升不同族群的精神健康，就如恆常在幼稚園、小學和中學推行的正向教育《共建卓悅校園》主題網絡計劃、聯同五間非牟利服務機構共同開發的賽馬會青少年情緒健康網上支援平台-Open喻，以及於黃大仙區舉辦的賽馬會耆樂「友」心社區計劃等的大型項目等。

政府為抗疫而實施的社交距離和強制檢疫都對防疫有一定的成效，但也同時產生一些沒有預期的效應，增添了受影響的市民不少精神壓力，特別是14或21天的強制隔離檢疫。本中心聯同香港大學行為健康教研中心在年初全心和極速下編制出以正向心理學為主軸的「Wellcation」，一本為提升強制檢疫人士的精神健康的線上刊物，內容包括了以不同的品格強項為主題的每天小故事、日常心情檢查、簡單任務、健康小貼士、正向練習、以及由香港大學運動中心分享的運動影片，好讓他們在獨處時重拾意義及存在感，為完成隔離檢疫後重投社會作準備。Wellcation 已於各政府隔離中心及指定隔離酒店廣泛應用，並得到正面的回饋。抗疫路既艱辛又漫長，在新常態下我們應加把勁去預備會影響精神健康的挑戰。

新冠肺炎肆虐全球，  
摯親因移民而分隔異地



最近，我們一同慶賀香港運動員在東京奧運所取得傑出和非凡的成功時，亦欣然感受到他們為社會帶來了許多希望和幸福。他們的堅毅和努力無疑令人感到驕傲和振奮，就是電視機前或商場上的市民因著奧運，因著香港運動員再一次團結起來，那份精神足以使我相信香港絕對能夠面對現今的困難，再創高峰！本年的期刊以「分曉」為主題一樣，雖然現在未必確實看到曙光，有時我們亦會被焦慮和擔憂所困，但只要大家攜手團結一致，必定能再次高飛，讓香港在世界各地再次閃耀。憑藉香港人的堅毅和不放棄的精神，我們都可以成為社會上弱勢社群的守護天使，共同建構出一個更強大，更有愛的社會。

葉兆輝

# Cover Story

# Wellcation

For most of us, to stay for several weeks in a five-star luxury Hong Kong hotel is something we can only dream of.

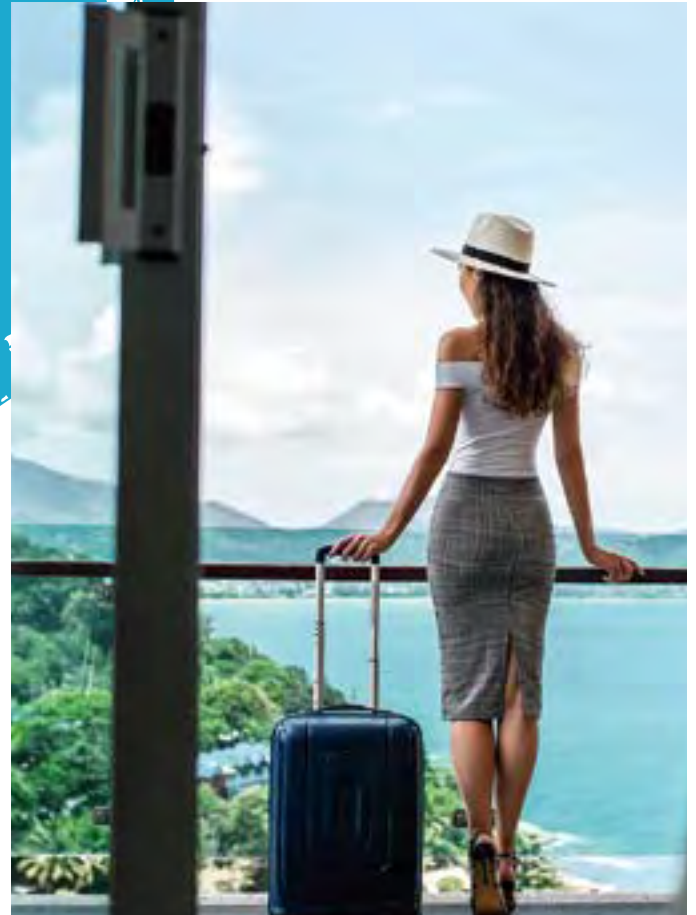
Yet for some, such arrangements during 2020 and 2021 have been more of a nightmare than a dream come true.

COVID-19 restrictions and the resulting extended hotel quarantines have meant isolation, confinement, and claustrophobia. As some friends of the Centre have attested to, even luxury hotel rooms have at times felt more like prison cells than sanctuaries.

In response to quarantine mandates, the Centre set out to tackle the unpleasantness of this forced 14-day or 21-day isolation through providing a wellness pack that would help reframe the experience, provide practical guidance, and give it a sense of meaning and focus. Like a butterfly emerging with new-found wings from its chrysalis after a period of being cocooned, our aim was for guests to feel energized and hopeful upon departing compulsory quarantine.

The Austrian psychiatrist Victor Frankl, who survived the Nazi Holocaust, said that “He who has a why to live for can bear with almost any how.” While this may seem to be a dramatic statement for the quarantine experience, there is no question that the anxiety associated with a period of forced isolation -- which may be the longest alone-time experienced by many in their entire lives -- can be harmful if not managed well. As such, the Wellcation team took this seriously and dug through psychological literature to find ways to make the experience more manageable.

Settling on the themes provided by positive psychology character strengths, the 21-day guide offers meaningful stories, daily tasks,



and healthy tips and sharings provided by quarantine veterans and wellness experts from across the University. This was most certainly a team effort, with the entire Centre contributing experiences, creative stories, and recording videos.

To date, the Wellcation guide has received over 350,000 page views and 18,000 unique users from around the world. With support from the Department of Health (<https://www.coronavirus.gov.hk/eng/designated-hotel-returnees.html>), besides Chinese and English, it has been translated into 9 languages, including Bahasa Indonesia, Bengali, Hindi, Nepali, Sinhala, Thai, Tagalog, Urdu and Vietnamese. The Wellcation guide is circulated throughout quarantine hotels and facilities, and has received overwhelmingly positive feedback.

As we look ahead to the prospect of a post-quarantine phase, the team are excited about the potential for adapting the Wellcation guide into something that can be useful in broader settings. We are also exploring how we may use more advanced technological delivery methods to provide a more customised experience whilst also collecting data for research purposes. Ultimately, we hope to be able to inform psychological literature and also global good practice for quarantines in the event of future outbreaks.

After a challenging two years, the Wellcation project is another example of the Centre's capacity for coming together to figure out creative solutions to social challenges. No doubt there will be more dark moments ahead in Hong Kong but, as suggested by the theme for this newsletter, if we work together to confront the challenges, we will always find a way to create glimmers of light.





# 身心靈之旅

對很多人來說在五星級酒店中度過數星期是一件夢寐以求的事。然而，在2020至2021年間，這樣的安排卻是一部分人的噩夢。



為預防冠狀病毒擴散，香港政府制定了不同的社交隔離措施，特別是為回港人士在指定的酒店進行的檢疫令。對有些人來說，隔離可能等同孤立、束縛或有機會引發幽閉恐懼症。亦有人亦表示，即使在隔離期間身處奢華的酒店房內，面對着無敵的大海景，有時都會感覺自己跟身處避難所，甚至監房中無異，情況令人擔憂。

經歷過納粹大屠殺的奧地利精神科醫生Victor Frankl曾說過：「若一個人能找到自己生存的目標和意義，他就幾乎可以承受生命中的一切 (He who has a why to live for can bear with almost any how)」，或許用這句話來形容隔離人士的經歷實在有點誇張，但毫無疑問的是，強制隔離可能是一生中最長的獨處時間，倘若無法管理好在這段時間的精神健康，而導致強烈的焦慮和不安感，後果可以變得很嚴重，甚至有機會影響到日後的生活。故此，在本年初，中心團隊留意到被強制隔離人士的精神健康需要，為紓緩他們的不安或負面情緒制定了一套為期14或21天的提升精神健康冊子《Wellcation》，以正向心理學為軸心編寫，提供每日一則小故事、簡單任務、每天的心情檢查、健康小貼士、正向練習、以及由香港大學運動中心分享的運動影片，好讓被隔離的人士在獨處時賦予新的啟發及方向，就如蝴蝶破繭後能再次展翅飛翔一樣，在隔離期間都可以為自己的精神健康充充電，當完成隔離後能重新得力和對未來充滿期盼。

到目前為止，Wellcation已有來自世界各地超過350,000次瀏覽次數，接觸超過18,000位獨立用戶，更在香港衛生署(<https://www.coronavirus.gov.hk/eng/designated-hotel-returnees.html>)的支持下被翻譯成9種不同的語言，包括印度尼西亞語、孟加拉語、印度語、尼泊爾語、僧伽羅語、泰語、他加祿語、烏爾都語和越南語。除此以外，Wellcation亦在多家隔離酒店以及政府隔離中心內廣泛傳閱，得到了正面和積極的回饋。

雖然這兩年病毒肆虐，全球的經濟和民生都大受影響，Wellcation項目的出現都是再次印證本中心對市民的精神健康的重視，希望藉着創意，能積極抵抗社會當前所面對的挑戰。相信只要香港人能團結起來，一起對抗面前的挑戰，一定能看到黑暗過後的曙光。







# *Well-being First School*

卓悅校園

*Issue 2021 September*

# *Schools*

校園篇



# QEF: Promoting Wellness in School

The QEF Thematic Network on Promoting Wellness in School aimed to transform participating schools into “Well-being First Schools.”

Apart from working on curriculum development, our team also organized workshops covering a wide range of themes for teachers. The workshops introduced teachers to various interventions, including horticultural therapy, music therapy and expressive arts therapy. They were encouraged to apply the fundamental knowledge gained at schools to serve students with diverse needs. At the same time, the team noticed the challenges encountered by teachers during online teaching. Hence, an online teaching skills workshop was organized to enhance their soft skills for effective online teaching. Stress release workshops, such as hand-drip coffee brewing workshop and self-care mindfulness workshop, were also conducted for teachers to relax and learn to care for their physical and psychological needs. Over 95% of collected feedback agreed that “the session was useful to me.” In addition, parent-child workshops on topics such as positive education and parent-child reading were organized for kindergarten parents. The collected feedback showed 100% of the participants agreed on the statement “I will apply the learned skills in my life, where appropriate.”



KG-workshop幼稚園工作坊



PRI-workshop小學工作坊



SEC-workshop中學工作坊

## 優質教育基金 《共建卓悅校園》

優質教育基金《共建卓悅校園》主題網絡計劃旨在與參與的學校同行，助其轉化為「以幸福感為首」的「卓悅校園」

除了設計校本課程外，我們亦定期舉辦教師發展工作坊，本年度超過95%受訪參與者認同「本次課堂對我有用」。工作坊涵蓋不同主題，當中包括一些介入手法的初步介紹和體驗活動，如園藝治療、音樂治療、表達藝術治療等，鼓勵同工將相關基礎知識帶回校園，適切地支援學生的需要。同時，考慮到教師在網上教學所遇到的挑戰，我們舉辦了網上開組技巧工作坊，提升教師的軟性技巧，幫助他們更有效地進行網課。計劃亦有舉辦減壓工作坊，以照顧教師的精神健康需要，如手沖咖啡體驗班、自我關懷靜觀體驗班等，讓同工紓緩壓力，學會照顧自己的身心。除此以外，計劃亦為幼稚園家長舉辦親子工作坊，主題包括正向教育及親子閱讀，100%受訪參加者認同「我會在生活上適當的時候運用我所學的技能」。



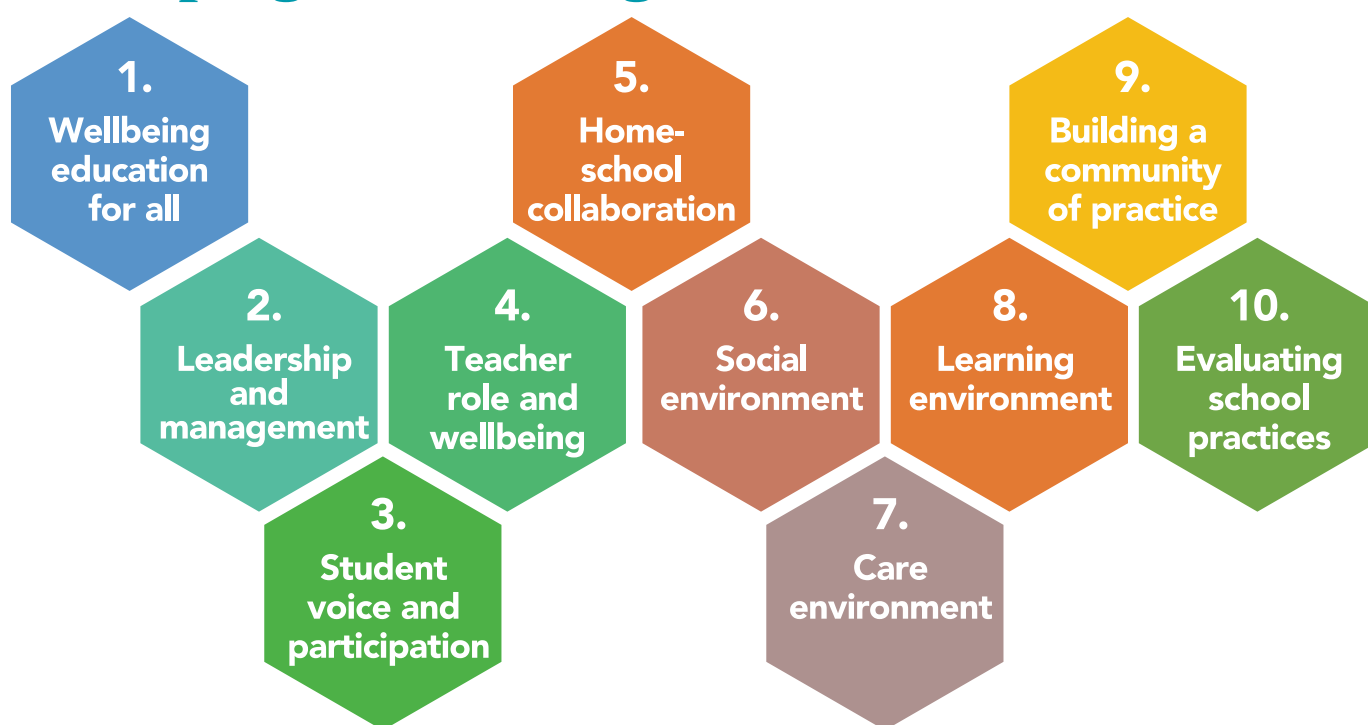
# Well-being First School Guidelines

## 卓悅校園指南

In 2020-21, the QTN team conducted over twenty in-depth interviews with school teachers and discussed with advisory committee members to refine the initial draft of the ten guiding principles of Wellbeing First School. This draft will then form the core part of the Wellbeing First School Guidelines to be published in 2022. School principals and students will be interviewed in 2021-22 to gather their views and suggestions on transforming schools to make student wellbeing their top priority, in order to enrich the Guidelines and increase its applicability in the local context.

《卓悅校園指南》將於2022年發布。在2020-21年度，QTN團隊與多間學校教師進行了二十多次深度訪談，並就著卓悅校園十項指導原則的初稿，與諮詢委員會成員進行了討論。接下來，QTN團隊將會訪問校長和學生，以收集他們對學校轉化為《卓悅校園》的看法和建議，令《卓悅校園指南》的內容更豐富及適切本地學校。

## Developing a Wellbeing First School...



# ECE Curriculum Development

Since the launch of the “QEF Thematic Network on Promoting Wellness in School” in 2014, we have been committed to promoting students’ bio-psycho-social health and assisting schools to be transformed into “Wellbeing First Schools.”

Over the past year, we have actively promoted character education in kindergartens. We hope to build resilience in children by nurturing their character strengths from an early age. Therefore, in addition to enriching the K2 curriculum, our efforts were also devoted to developing the K3 character education stories and activities. In the newly developed kindergarten program, 6 character strengths such as bravery and gratitude are selected as the bases of the K3 curriculum. According to children’s interests, abilities and needs, a series of character education activities were designed. Relevant teaching materials and picture books, namely “Climb Up! Go Go Go!” and “Let’s Say Thank You,” were also created in line with children’s daily

life experiences. We believe that success in implementing the K2 and K3 curriculum will pave the way for smooth development of the K1 curriculum in the future.

In addition, various public workshops were organized for teachers and parents to further enhance their awareness of integrating character strengths into early childhood education. The “Character Strengths Sticker Design Competition” was also held amongst kindergartens in Hong Kong. The competition received an overwhelming response with a large number of outstanding entries. The winning works were finally printed as stickers for the character strengths education activities in kindergartens.

## 幼稚園課程發展

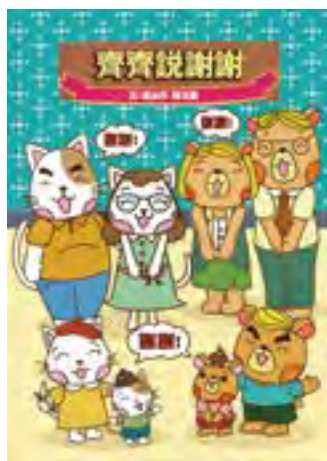
自2014年以來，《共建卓悅校園》主題網絡計劃一直致力於促進學童的身心社健康，協助學校發展成為以「幸福感為首」的「卓悅校園」。

在過去一年，我們積極推動幼稚園的品格教育，透過培養幼兒的品格優點，從小建立他們的抗逆力。為此，我們在優化低班的品格課程之餘，同時重點發展高班的品格故事及活動，並為幼兒班的課程發展作好準備。在現階段的高班課程中，我們選取了勇敢、感恩等六大品格優點作為基礎，按照幼兒的興趣、能力及需要，設計了一系列的品格活動，同時配合幼兒的生活經驗製作了相關的教材及繪本，故事包括《向上爬高高》以及《齊來說謝謝》。

此外，為了進一步提升學前教育界對品格優點的認識及培育，我們除了舉辦各種公開形式的教師及家長工作坊外，更策劃了一個「全港幼稚園品格貼紙親子設計比賽」。是次的比賽反應相當熱烈，參賽作品眾多，而且意義深遠。得獎作品更被印製成貼紙，並作幼稚園的品格教育活動之用。



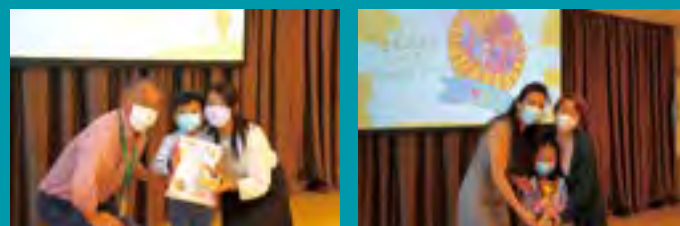
高班故事《向上爬高高》  
K3 Story “Climb Up! Go Go Go!”



高班故事《齊來說謝謝》  
K3 Story “Let’s Say Thank You”



全港幼稚園品格貼紙親子設計比賽  
Hong Kong Kindergarten Character Strengths Sticker Design Competition



「全港幼稚園品格貼紙親子設計比賽」頒獎禮  
“Hong Kong Kindergarten Character Strengths Sticker Design Competition”  
Award Presentation Ceremony



### Best Expression Award 「最傳情達意」大獎

設計者：蔡好彤同學（5歲）、劉玉女士  
就讀學校：聖公會聖巴拿拿堂幼稚園

品格優點：團體精神

題目：同心抗疫

作品意念：面對疫情，大家同心協力，  
保持積極正面的態度對抗病毒。



# Out of the Dark

**“Out of the dark” is a school based mental health learning program that consists of a 3-level curriculum which promotes wellness in secondary school.**

The main objective of this program is for students to be more self-aware, develop good emotional management, and learn effective communication skills. These are all essential building blocks in maintaining and improving mental health, and ultimately building resilience within students. In the upcoming academic year, QTN is entering its third year of Phase II. We are in the process of reviewing and updating the Level 2 curriculum content to better align with the biopsychosocial model.

A biopsychosocial model is an interdisciplinary model that looks at the interconnection between biology, psychology, and social factors. Fourteen factors have been selected to become topics in the level 2 curriculum, including conflict resolution, giving an apology, forgiveness, stress and eustress, healthy living, self-compassion, and embracing diversity. These are important elements in building resilience and establishes the foundation for wellbeing. The curriculum design is based on feedback and suggestions from teachers and students of participating schools, mental health specialists, and our research team.

As revealed by our qualitative data, the general consensus amongst teachers is that the program provides ample resources

and guidelines for teachers to successfully convey the main objectives of the QTN program. The program carries age-appropriate content and explains complicated concepts in simple terms to foster deeper understanding of the topics. On the other hand, teachers have reflected that more auditory and visual aids, such as educational videos, in the program would enhance engagement and increase students' interest. From the students' perspective, the program serves as a reminder to be empathetic and show gratitude. Students would also like to see more experiential activities, discussions, and interactive materials being put into the program to further encourage interaction and participation.

Our team has recently revamped the Level 2 curriculum to fit the wants and needs of teachers and students in order to increase the program's effectiveness. The new curriculum, completed with 8 new videos and a wide range of learning activities to lead students on an experiential and joyful journey to learn about mental health, will be piloted in the academic year of 2021-2022.

## 突破黑暗

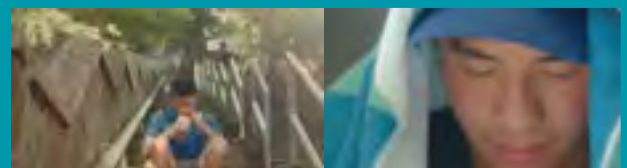
「突破黑暗」為中學校本心理健康學習項目，

包含三個階段的課程，計劃的目標是讓學生懂得更能自我覺察，發展情緒管理能力和學習有效的溝通技巧。這些都是維持及改善心理健康的重要部分，目標是建立學生的抗逆能力。於下學年，優質教育基金主題網絡將進入第二階段的第三年，我們正在審視及優化第二階段課程的內容，令它更全面和貼近「生理心理社會模式」。

「生理心理社會模式」是跨學科的模式，它著眼於生理、心理和社會因素之間的相互關係。第二階段的課程選取其中十四個元素作為課題，例如衝突處理、道歉、原諒、壓力與良性壓力、健康生活、自我愛惜和擁抱多樣性等。這些都是建立抗逆力的重要元素，亦是幸福感的基礎。課程設計源自參與學校的老師及學生所提供的意見及建議，結合心理健康專家及我們研究團隊的參與。

我們的質性數據顯示，老師普遍認同計劃提供足夠資源及指引，令他們成功帶出優質教育基金主題網絡計劃的主要目標，計劃內容亦適合學生年齡，能使用簡單術語解釋複雜概念，促進學生對課題的理解。另一方面，老師則反映需要更多視聽資源，例如教育短片，以提升同學的興趣及投入感。從學生的角度而言，計劃令他們緊記要有同理心及感恩。學生希望計劃有更多體驗性活動、討論及互動材料，以增加交流及參與。

為提升計劃成效，團隊最近已優化了第二階段的課程，更配合老師及學生的期望和需要。新課程將於2021-2022學年試行，當中有八段全新的影片及一系列的學習活動，讓學生踏上愉快的體驗學習旅程，以了解更多心理健康知識。



壓力與良性壓力 stress and eustress



自我愛惜 self-compassion



擁抱多樣性 embrace diversity



道歉 giving apology



原諒 forgiveness



健康生活 healthy living



# Early Identification and Intervention of Youth Suicide Clusters in Hong Kong

Supported by the Quality Education Fund (QEF), CSRP has initiated the "Early Identification and Intervention of Youth Suicide Clusters in Hong Kong" project since 2018. By applying machine learning, we are able to estimate the number of suicide cases, identify groups with high suicide risks, and establish a surveillance and early warning system that can ultimately raise the public's and schools' awareness of suicide. In addition, schools can be an effective platform when it comes to preventing youth suicide as youth mental health literacy can be enhanced by providing training to students, parents, teachers, and schools workers. With such training, they would be able to identify warning signs in time and offer help to students suffering from emotional distress.

The reporting process for unnatural deaths in Hong Kong typically takes time ranging from 6 to 12 months; it involves police investigations and inquests (if necessary). It then requires the Coroner's Court to determine whether suicide is the cause of death before being finally approved and reported by the Births and Deaths Registry and the Census and Statistics Department. Since it takes such long time to officially determine suicide cases and generate statistical data, conventional suicide monitoring systems usually suffer from a time lag of half to three years. To overcome this, CSRP estimates the number of suicide cases based on suicide-related news reported by the media every day, giving insight into the current situation of suicide in Hong Kong. This helps establish a warning system for suicide prevention so that society can adopt effective and targeted interventions in a timely manner.



Figure 1. Suicide Trend Control Chart 圖1. 自殺趨勢管制圖

## 青少年精神健康預報系統及早期介入

中心獲得《優質教育基金》的支持，自2018年開展「青少年精神健康預報系統及早期介入」計劃，嘗試運用機器學習技術，估計當下的自殺個案數字及識別自殺高危群組，建立防止自殺的預警系統，提升公眾與學校對自殺的危機意識。另外藉學校為有效平台，培訓學生、家長、教師、學校同工等，加強對青少年精神健康和自殺的認知，及識別警號，對受情緒困擾的學生伸出援手。

本港非自然死亡個案的報告流程是先由警方作出調查，繼而審訊(如有需要)，然後死因庭才會判決個案屬自殺與否，最終生死註冊處和政府統計處批核和發表報告，全程約需6-12個月。限於官方確定自殺個案和統計數據需時，傳統的自殺監察系統通常會延遲半年至三年。為解決這個問題，本中心根據媒體每日報道與自殺相關的新聞來估計當下的自殺數字(圖1)，並建立「防止自殺早期預警系統」(圖2)，讓社會各界及時作出有效和針對性的應對措施。



Figure 2. Early Warning System for Suicide Prevention 圖2. 防止自殺早期預警系統



# Suicide Trend and Nowcasting of Suicide in Hong Kong

We matched all suicide cases reported by the media in 2019 with confirmed suicide cases recorded in the Coroner's Court in the same year. According to gender, age, nature of the location, and suicide method of the cases, machine learning techniques, for instance logistics regression and elastic net, were used to estimate the probability and weight of each reported case in 2020 and 2021. By doing so, an estimation of the total number of suicide cases per day could be obtained.

The number of suicide cases could be extremely low at times; to minimise its effect on estimation, the average of past 7 days' estimates was used to work out the estimate of the present day.

## 本港自殺趨勢與實時估值

團隊把2019年所有自殺新聞報導，與死因庭同年所確定的自殺個案進行配對。根據自殺死者的性別和年齡，以及案發地點性質和自殺方法，運用羅吉斯迴歸分析和彈性網絡等機器學習技術，估算2020和2021年度每宗個案被報導的概率和權重，從而得出當下自殺個案數的估值。

為了減低有時個案數量過少對估算的影響，團隊運用本港過往7天自殺估值的平均數，來計算出當下的自殺估值。圖1中的

The blue line shown in Figure 1 indicates the suicide trend in Hong Kong and the daily estimate of suicide cases (i.e., the "Suicide Index" as stated in Figure 2).

On the other hand, three levels of upper control limits were calculated by adding 1, 2, and 3 standard deviations to the average value of the past 365 days' estimates (Figure 1, green, yellow, and orange lines respectively). When the blue line sits above the orange/yellow/green line, it represents, respectively, an extremely high/high/medium level of suicide risks in the past 7 days; and the risk level is low when the blue line lies below the green one.

藍色線正顯示本港自殺趨勢，以及每天自殺估值（即圖2中提及的「自殺指數」）。

另外，利用本港過往365天的自殺個案平均估值，加上1個、2個、和3個標準差數值，計算出三個管制上限級別（分別為圖1內的綠色、黃色、和橙色線）。藍色線若高於橙色、黃色、綠色管制上限時，分別代表過往7天的自殺風險屬「極高」、「高」、「中」，而低於綠色線則為「低」風險。

## Early Warning System for Suicide Prevention

The "Suicide Index" calculated by machine learning reflects the current situation of suicide in Hong Kong and allows us to issue a series of warning signals ranging from 'low', 'medium' and 'high' to 'extremely high' through the "Early Warning System for Suicide Prevention" (Figure 2). Based on news reports, we also analysed the regional distribution of suicide cases during different time periods. The system compared the current number of suicide cases to that of the

same period last year. In addition, we attempted to identify recent high-risk group(s) for suicide and any underlying causes so as to enhance suicide alertness and responses of the public and stakeholders in schools. Suicide prevention information and affirming messages can also be found from the early warning system. We hope to raise public's awareness about suicide so that each one of us can become more compassionate, understanding and be each other's guardian angel.

## 防止自殺早期預警系統

通過機器學習技術計算出來的當下「自殺指數」（圖1），我們就能透過「防止自殺的早期預警系統」發佈當下的自殺風險「極高」、「高」、「中」、「低」的警號（圖2）。同時，團隊亦根據新聞報導來分析不同時期自殺個案的地區分佈，並比較去年同時期的自殺個案數目。

另外，我們嘗試識別近日自殺的「高危群組」及導致自殺的因由，從而提升公眾及校內相關人士對自殺議題的警覺性和回應。透過這預警系統，能提供防止自殺的相關資訊及正面訊息，凝聚社會大眾對身邊的人多加關愛和諒解，發揮彼此守護的重要！



# Music Therapy in School for Students at Risk

In primary school, P.5-6 students are at increased risk of psychological distress. During the pandemic, their coping resources were further impaired by prolonged school suspension. Using our QTN Student Wellbeing Survey, we identified the most at-risk students and collaborated with a registered music therapist to pilot a therapeutic music group designed to:

✓ **Facilitate relaxation, self-awareness, self-expression, socio-emotional connection**

✓ **Increase students' resilience to cope with daily life stresses**

We used a face scale (See below figure) to assess 17 students' mood before and after each of the ten one-hour sessions. The music therapy group's effectiveness was evidenced by a mean reduction in students' negative mood. There was also a significant increase in students' self-compassion after completing the program.

Through observations and student interviews, we also learnt that Music Therapy in schools enabled students to discover a third space for themselves not dominated by usual expectations of the school and their families. Within the boundaries of a safe and respectful environment, students can have:

- a time to take deep breaths and rest
- freedom to play
- a place to explore and express oneself without judgement
- a place to be listened to and experience companionship
- a place to learn to listen to others  
(instrument and vocals, words, silence/inaction)
- a time for self-care

Future research studies will continue to document the therapeutic process and demonstrate how music therapy can be used in additional school settings and with parents and teachers to promote better wellbeing among students.



## 為高危學生提供校內音樂治療

一般而言，小學五、六年級學生屬於心理困擾較高的一個組群。在疫情期間，由於學校停課，隨之削弱了他們處理壓力的能力和資源。透過QTN學生幸福感調查報告，我們識辨了全級最高危的學生，並與註冊音樂治療師合作試行了一個音樂治療小組，旨在：

✓ **幫助學生放鬆，提升他們對自身感受的知覺和表達，以及社交和情感的聯繫**

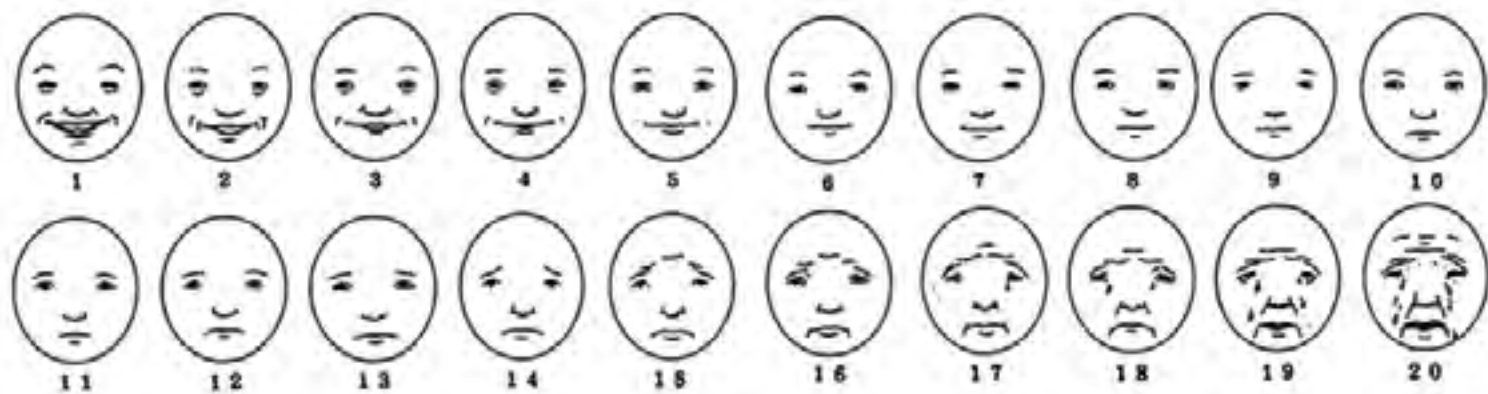
✓ **提升學生面對日常生活壓力的能力**

音樂治療小組一共十節，每節一小時。我們使用表情量表（見下圖）來記錄17名學生在每次小組之前和之後的情緒。總括而言，每位學生的消極情緒平均都下降了，顯示出小組有效改善他們的情緒。在完成整個小組後，學生的自我關懷也有顯著的提升。

透過觀察和學生訪談，我們還了解到，學校的音樂治療小組為學生提供了第三空間，當中不受學校和家庭的期望所支配。在安全和互相尊重的環境內，學生可以享有：

- 深呼吸和休息的時間
- 自由玩樂
- 一個無需被評判、可探索和表達自己的空間
- 一個有人聆聽和陪伴他們的地方
- 一個讓他們學習聆聽他人的地方（透過樂器和人聲、語言、沉默）
- 自我關顧的時間

下一步的研究將繼續記錄音樂治療的過程，並研究如何在學校其他情境下，以及與家長和老師一起使用音樂治療來提升學生的健康和幸福感。





# Pocket Jelle

With the support of the Keswick Foundation, HKUCSRP developed a mental health mobile application that incorporates gaming and mental health knowledge elements for youths.

Through using the mobile application, youths are able to take care of their emotional needs and enhance their mental health knowledge anytime and anywhere they want. The mobile application has been launched in both iOS and Android App stores and the current download rate has exceeded 2,400 downloads. The team has also promoted the mobile application to over 1,000 students (which involved promotion events in 10 schools). We warmly welcome those who have not downloaded the app to join the Pocket Jelle family.

Remember to follow our IG for more details of the mobile application, don't make Jelle wait!



## 手機應用程式：啫喱仔

承蒙凱瑟克基金贊助，讓青少年能隨時隨地掌握到自己的情緒需要及身心健康知識，本中心研發了結合遊戲與身心健康資訊的Pocket Jelle手機應用程式。

Pocket Jelle現時於兩大手機應用平台推出，反應熱烈，下載的次數亦逾2,400人。中心團隊更於六月至七月期間，走訪十間學校，向過千名同學們介紹我們的身心健康大使啫喱仔以及Pocket Jelle。歡迎還未下載的你加入我們啫喱星球的大家庭，與專屬於你的啫喱仔一起暢遊太空！



Pocket Jelle 的最新消息以及身心健康資訊每星期於啫喱頻道發放，記得追隨我們的IG (Pocket Jelle)。



## 啫喱仔等緊你！

# The Robert H. N. Ho Family Foundation: Family Harmonization Project: Empowering Parents and Training Helping Professionals in Secondary schools

Youth family conflict has been a growing concern exacerbated by the challenges Hong Kong has faced over the past two years.

To alleviate this problem, the Robert H.N. Ho Family Foundation has sponsored the Family Harmonization Project, which is based on Narrative Therapy. The project consists of 5-session workshops designed for parents, equipping them with knowledge, reflections and concrete skills to help them navigate the changes and conflicts that may occur during their child's adolescence. It revolves around the theme of 'Connecting over a Meal', where at the end of the workshop, each family receives an \$800 meal delivery coupon, and is encouraged to submit a photo of them sharing a family meal. In our culture, we believe that conflicts can be eased through the powerful act of sharing a meal together.



Under COVID-19 restrictions, the workshop was held in two schools in the 2020-21 academic year serving 15 families, and was very well-received. Throughout the sessions, there were visible changes in the family dynamics that the parents described, from being fixated on all their child's problems to recognising their strengths and finding positive ways to communicate. Touching stories were described in more detail in the April 20th 2021 Ming Pao article (<https://tinyurl.com/2asha54p>)

In order to scale the project and support more families in need, two rounds of an online Train-the-Trainer course were held from June to July, attracting over 140 participants including social workers, teachers, counsellors, and community leaders. Four schools will be sponsored to hold the workshop in the 2021-22 semester led by trained trainers, with \$800 coupons for each parent and consultation support from our Centre.

We have launched the project website (<http://youthlocker-csrp.hku.hk/>), which includes parent-child relationship resources as well as a platform for booking parent workshops and promoting future train-the-trainer opportunities, to further disseminate our tools and knowledge for promoting family harmony and wellbeing.



# 何鴻毅家族基金

## 《家庭和諧計劃： 提升家長親職效能及專業培訓》

在過去兩年，不論是政治，還是社會上的挑戰，都加劇了青少年與父母之間的衝突。

為了緩解這個重要的議題，何鴻毅家族基金贊助了《家庭和諧計劃：提升家長親職效能及專業培訓》的項目。

此項目以敘事治療為基礎，專為家長而設的五節工作坊，讓他們了解青少年的身心需要，並透過敘事治療的技巧提問，令家長們進行反思，並啟發他們的潛能及資源，以嶄新的眼界去看待家庭的衝突。同時，由於中國人社會看重「同枱吃飯」，不少衝突和嫌隙都能在桌上解決，因此，何鴻毅家族基金為參加的家庭捐助價值港幣800元的餐券，以鼓勵他們一家同枱吃飯，共享家庭樂。

受到疫情的影響，先導計劃在2020-21學年，分別在兩所中學舉辦，合共15個家庭受惠。在工作坊中，有家長表示其家庭有著明顯的改變，親子關係亦得以改善。同時，參加工作坊的父母也成立了支援小組，互相提醒要正面看待與子女的關係。當中一些動人的家庭故事改變也記載在2021年4月20日的明報《讓大家重寫具盼望的家庭故事》<https://tinyurl.com/2asha54p>。



除了工作坊外，計劃為擴大其影響力，支援更多有需要的家庭，於本年度 6 月至 7 月期間舉辦了兩輪的線上培訓導師課程，吸引了超過140多名社工、教師、輔導員等的參與。有四間參加的學校或非牟利服務機構亦會被挑選合作於2021-22年度舉辦家長工作坊，每個參與的家庭同樣會獲贊助港幣800元的餐券和得到我們中心的諮詢服務。

中心團隊將推出網站

<http://youthlocker-csrp.hku.hk/>

當中包括父母與青春期子女相處的貼士、家長工作坊的內容和導師培訓的資訊，以進一步推廣家庭和諧的重要性。

# WeCare Fund for Student-Initiated Youth Suicide Prevention Projects 2019

With generous support from the Community Partner Foundation founded by Ms Beatrice Mok, the WeCare Fund for Student-Initiated Youth Suicide Prevention Project has been launched since 2017. Through student-led projects in tertiary institutions, the project aims to facilitate students to initiate and deliver mental health related projects on campus targeting young people and enhancing public awareness on mental health issues. Four selected projects from four tertiary institutions were successfully funded in 2019 – 2021. The total number of beneficiaries, including staff members and students, was over 7,000. All activities had been completed by February 2021.

## 《與你同行》資助計劃 學生主導的防止青年自殺計劃 2019

承蒙社聯伙伴基金創辦人莫綺文女士的慷慨贊助，本中心自2017年起推行《與你同行》資助計劃學生主導的防止青年自殺計劃，目的在於協助學生在校園內發起及組織促進朋輩精神健康的活動及加強青年大眾對精神健康的關注。於2019 - 2021學年，受資助的計劃共有四個，分別來自四間大學及大專院校，受惠教職員及學生總人次超過7,000人，所有活動已於2021年2月完滿結束。



The project “Survival Challenge” from the HKUST created a series of leaflets to enhance public awareness and understanding of different mental disorders.

來自香港科技大學《Survival Challenge》計劃的學生，製作介紹不同類型精神病的小冊子，目的是希望加深大眾對精神病的了解，從而消除歧視。

The project “Hands in Hang” from the HSUHK organized various stress release workshops for students.

香港恆生大學的《助恆》計劃舉辦了各項工作坊，為同學減壓。





*Issue 2021 September*

# *Community*

社區篇



## Open Up - 24/7 free emotional support online

Jockey Club Online Youth Emotional Support – Open Up is co-convened by Prof Paul Yip, the director of CSRP, sponsored by Hong Kong Jockey Club, and co-organized by CSRP, Caritas Hong Kong, The Hong Kong Federation of Youth Groups, The Boys’ and Girls’ Clubs Association of Hong Kong, Hong Kong Children and Youth Services, and St. James’ Settlement.

Open Up is a text-based online platform providing emotional support and crisis intervention service to Hong Kong youth aged 11-35 for free. Young people can chat with counsellors/trained volunteers anonymously via popular social media platforms including WhatsApp, Facebook Messengers, SMS, and the official web portal whenever and wherever they need.

Open Up has been serving young people 24/7 since October 2018 and has served more than 80,000 cases by June 2021.



賽馬會青少年情緒健康  
網上支援平台 - Open 喻

賽馬會青少年情緒健康網上支援平台 - Open 喻是由本中心總監葉兆輝教授共同發起，由香港賽馬會贊助，由本中心和香港明愛、香港青年協會、香港小童群益會、香港青少年服務處、以及聖雅各福群會共同主辦的。

Open 嘢專門為11至35歲的香港青少年免費提供短信形式的情緒支援和危機干預服務。有需要的年輕人可以隨時隨地以匿名的方式，通過WhatsApp, Facebook Messengers, SMS, 或官方網頁等渠道與社工、輔導員或受過培訓的義工以短信聊天。

自2018年10月投入服務以來，Open喻一直為青少年提供24小時7天無休的服務，截至2021年6月已經服務了超過8萬個個案。

# The Holistic Model of Open Up

To create a warm environment where the general youth population is more aware of suicide prevention, more willing to seek help when needed and develop more positive connections, Open Up has nurtured more than 450 dedicated volunteers who have trained skills and competence in online crisis intervention and emotional support, trained more than 800 suicide prevention gatekeepers from parents, teachers, and peers to provide immediate emotional support to vulnerable youth, and engaged local and global mental health professionals through more than 50 sharing sessions on the practice model and experience.

# Open 喻的 全方位服務模式

為了創造一個溫暖的社會環境，提高年輕人預防自殺和善於求助的意識，以及創造更多積極的聯繫，Open喻培養了超過450名既有能力又樂於奉獻的義工，以及超過800名由父母、老師、和同輩年輕人組成的防止自殺守門人，並通過50多場經驗分享團結了本地和國際的專業人士共同為青少年精神健康出一份力。





# Smart Modules to Empower Service

Text messaging opens up opportunities for machine to read the messages and assist human counsellors in the service.

To apply cutting-edge technologies to improve service efficiency, the Smart Modules have been developed and integrated in the Open Up system employing Artificial Intelligence technology and Natural Language Processing (NLP) techniques.

Six modules have been rolled out covering fields including topic classification, risk assessment, practices recommendation, stage reminder, help-seeker segmentation, and big data analytics platform.

## 智能模組 提升服務性能

短信的溝通方式使機器可以通過閱讀成千上萬的信息來協助輔導員和義工提供服務。

Open喻使用人工智能和自然語言處理技術，研發了智能模組。

目前，六個智能模組已經投入試用，涵蓋話題分類、風險評估、回覆建議、進展提醒、求助者分類、以及大數據分析等方面。



## Connected Care to Bridge the Online and Offline

To address the needs of the more-than-one-time users and better connect them to existing online and offline services, Open Up is developing an enhanced connected care ecosystem with help-seekers and community service providers

## 實現線上和線下的連接

为了更好地幫助那些需要多次服務的使用者，連接他們與現有的社區服務，Open喻正在建立一個由求助者和社區服務提供者組成的生態系統。

# Show your support – Join us and become an Open Up volunteer

We all have ups and downs. Understanding and support is much appreciated when we are distressed. With your company, young people no longer have to face difficulties alone.

Volunteering in Open Up is more than just spending time. It is a learning process full of joy and commitment. With your support, we can accomplish more.

## 伸出援手，報名 成為Open Up義工

每個人都會有經歷高山低谷的時候，覺得困擾時總希望身邊有人明白自己。您陪伴的力量，令年青人不需要孤單一人去面對困難。

義工付出的是時間，收穫的是學習和滿足，代表的是一份承諾。有您們的付出，我們能完成更多。



# WeCare Fund: “Cross-generational Love & Care” series

Thanks to the generous donation from the Community Partner Foundation (CPF)

“Cross-generational Love & Care” – Call for Short Video Clips was held successfully last year and the award ceremony was completed in November 2020. The campaign was well-received and supported by NGOs and schools. With the continuous support from the CPF, the centre organized a series of activities for “Cross-generational Love & Care” to send blessings and happiness to senior citizens and those who were in need in the community. The activities included: “Love in Ink” – students drawing cards for the elderly; “Melody of Christmas” – Christmas Carol singing recording; and “Blessings of Spring” – designing red packets for the elderly.

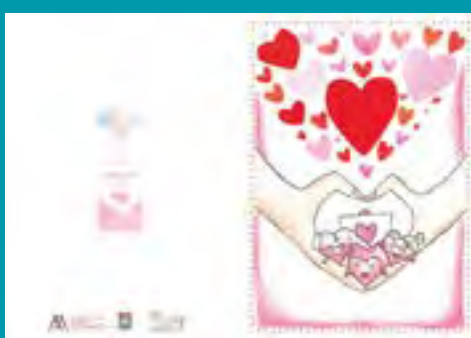
## 《與你同行》： 「跨代傳愛」系列：社區傳愛活動 再次衷心感謝社聯伙伴基金的慷慨贊助

本中心於去年舉辦了「跨代傳愛」短片徵集活動，並於2020年11月舉行線上頒獎典禮，活動受到社福機構和學校的熱烈支持和正面迴響，在社聯伙伴基金的繼續支持下，中心於本年度開展了一連串「跨代傳愛」系列活動，當中包括「心意傳信」——學生繪製心意卡關懷長者；「聖誕傳頌」——錄製聖誕歌曲歡度佳節；以及「迎春接福」——設計利是封贈予長者，為長者和社區上有需要的人士送上祝福和暖意。



The Award Ceremony of “Cross-generational Love & Care” — Call for Short Video Clips was successfully held on 14 November 2020

「跨代傳愛」短片徵集活動頒獎典禮於2020年11月14日完滿舉行



學生作品 Work of students



# Cheung Chau Standby You

The number of suicide cases in Cheung Chau has declined since 1998, due to the launch of the suicide prevention campaign at the time. Yet over the past decade, the number of suicide cases at the Island has increased markedly. Suicide individuals are not only those who travel from different districts to Cheung Chau, but also local residents on the island. Therefore, with support from the HKU Knowledge Exchange Fund, our centre launched a series of activities through different channels to enhance the mental health of residents in Cheung Chau. On 3rd July, our centre gave a talk about mental health during the COVID pandemic. On that day, 46 Cheung Chau residents and different stakeholders in Cheung Chau attended the talk. The atmosphere that day was great, especially after Professor Yip's vivid talk. A lot of the participants stayed behind to explore more about mental health and how to support those who are struggling emotionally with the team. On that day, a dedicated website tailored for Cheung Chau residents was launched. It is expected that those who surf the website can have more information about mental health and how to seek help when individuals are struggling emotionally.



## 長洲。留住你

自1998年在長洲推行防止自殺先導計劃後，自殺個案有所回落。但近十年間，島上的自殺數字較前有明顯上升之勢。而對象也不只限於旅客，更擴展至本地居民。因此，承蒙香港大學知識交流基金撥款支持，本中心積極透過不同渠道籌辦了針對提升長洲居民精神健康的活動。於7月3日，本中心聯同在長洲舉辦了名為『戒「炎」•解「困」』精神健康講座。當日，有46名欲深入了解精神健康的當地居民，宗教團體人士以及該區持份者出席講座。透過中心總監葉兆輝教授的生動講解，提升參加者對精神健康的認識。當日互動氣氛甚高，在講座完結後，不少參加者也留下與講者們討論如何支援受情緒困難的居民。當天我們更首次對外發佈了一個專為長洲居民而設的身心健康網站——長洲。留住你，希望瀏覽人士能從中了解有關精神健康以及尋求情緒支援的資訊。



# JC Community Elderly Mental Wellness Enhancement Project

The elderly at Wong Tai Sin has been affected negatively and restricted to different extents since the COVID epidemic.

Other than experiencing loneliness, their mental health has also been significantly affected. In order to positively enhance the mental wellbeing of elderlies and intergenerational relationship within the district, our centre collaborated with The Salvation Army Chuk Yuen Integrated Service to organise a programme called "MIND - Me In a New Day (1st round)" from March to July. Through training volunteers to interview elderlies with oral history techniques, elderlies were able to talk about their life stories and restructure the meaning of their own lives. Such home visit interviews were also able to increase the interactions between elderlies and youths as well as decrease loneliness among elderlies. It was also a new experience for youth volunteers in participating in this type of volunteer work. Some

of them encountered difficulties in developing a trustful relationship with the elderlies. However, they tried different methods to engage with elderlies, and at the end, elderlies were willing to share their life stories. The training for second round of the program has also started in July.

During the COVID-19 epidemic, Hong Kong residents stayed at home due to quarantine and health safety concerns. The team has therefore started the development of an e-platform, a Facebook Page and an IG page for the project. It is expected that elderlies and youths can understand more about intergenerational integration and mental health.



## 賽馬會耆樂「友」心社區計劃

受疫情影響下，黃大仙的長者亦受到不同程度的限制，除了感到孤單之餘，身心健康亦大受影響。

為了促進長者的正面的心理質素，以及兩代人的交流，本中心聯同救世軍竹園綜合服中心於三月至七月期間舉辦了「細說人生歲月—跨代同行計劃 (第一期)」，藉著青年義工的訪問，由長者親述自己的人生故事，重整長者人生，提升他們的價值和自信。同時增進了彼此的互動，減少孤獨感。第一次參與這類義工服務的青年人沒有太多經驗，碰了不少壁，但最後都能打動長者，讓其慢慢分享自己的故事。亦有義工與長者一同下廚，製作家鄉小食。而第二期「細說人生歲月—跨代同行計劃」的口述歷史義工培訓亦於7月開始。

在疫情期間，不少香港市民為保持社交距離，足不出戶，為抗疫出一分力。本中心亦藉此推出了不同網絡平台藉以提升長者以及青少年對身心健康的認識。我們正開發一個專屬黃大仙區居民的網站 (<https://wts.wellbeing.hku.hk/>)。我們亦透過開設Facebook以及IG專頁 (wts.wellbeing) 提供有關精神健康的資訊，希望長者以及青少年都能透過這些平台更深入了解有關精神健康以及長幼共融的資訊。期後更不定時透過IG 平台，舉辦不同跨代交流的活動。萬勿錯過。



Our centre is currently recruiting different volunteers for these programs. If you are interested in joining the programs, please don't hesitate to contact the project team through [wts.wellbeing@csrp.hku.hk](mailto:wts.wellbeing@csrp.hku.hk).

本中心目前亦正招募有興趣參加義工活動的青少年，如對以上活動有興趣，或想查詢更多資訊，請電郵至 [wts.wellbeing@csrp.hku.hk](mailto:wts.wellbeing@csrp.hku.hk) 與負責職員聯絡。



# A study on the Recovery Process of Inmates with History of Drug Abuse: Challenges and Opportunities

A significant number of people are admitted to institutions operated by Correctional Services Department (CSD) each year, and these inmates commonly share histories of drug abuse.

It is reported that a high proportion of recall orders issued by the Drug Addiction Treatment Centres (DATC) to discharged inmates were due to drug relapse during the supervision period. Inmates who are recurrently admitted back to correctional institutions due to relapse place substantial economic burden on related systems and wider society. This study is funded by the Beat Drugs Fund (BDF) of the Narcotics Division (ND) of the Security Bureau to explore the effectiveness of drug treatment and rehabilitation services for inmates with drug use behaviours.

In order to have a better understanding on the drug rehabilitation process of inmates and the views of services users and operators on drug rehabilitation services for inmates, the team conducted over 100 interviews with different stakeholders over the past year. The list of interviewees includes ex-inmates, NGOs' service operators, correctional officers, a retired judge and a psychiatrist. The team also visited a detention centre at Sau Mau Ping where arrested drug users are detained. Through interviews with various stakeholders, the team identified that one of the critical protective factors that supports drug abstinence is family support.



## 在囚人士的戒毒治療 和康復服務研究： 挑戰與機會

每年都有不少人因犯罪而被判入懲教院所，而這些在囚人士普遍都有吸毒史。有數據指出，被召回的戒毒所釋囚裏面大部分是由監管期間毒癮復發而被召回的。這些因反覆毒癮復發而被判入懲教所的釋囚會為相關部門及社會帶來無形的經濟負擔。本研究由禁毒基金撥款支持，以研究在囚人士所提供的戒毒治療及復康服務的成效。

為更了解在囚人士的戒毒康復過程及各持份者對於戒毒復康服務的看法，研究團隊在過去一年期間訪問超過100位持份者，當中包括釋囚、非政府戒毒機構，懲教人員，退休法官及精神科醫生。研究團隊亦參觀了位於秀茂平用於羈留被捕人士的羈留中心。透過訪問不同持份者，研究團隊發現家庭支持對於藥物濫用者戒毒復康存在着深刻及正面的影響。

## Food Assistance Programme:

# Innovation and achieving multiple objectives

**In Hong Kong, food assistance programmes have had a long history.**

Under rapid economic development and demographic changes, food bank services in Hong Kong have been improving continuously. They provide direct financial assistance, job training, and career development through empowerment, as well as strengthen social ties and mutual-aid relations. This helps to achieve poverty alleviation, poverty eradication, and anti-poverty.

From the distribution of baby formula in churches and schools in the 1960s, to food bank platforms and discounts for daily necessities in recent years, many grassroots citizens have benefited from these food assistance programmes. However, since the outbreak of COVID-19, which affected many industries negatively, the demand for food support has been rising continuously among the less privileged in society. The Hong Kong labour markets unemployment rate reached its highest peak in 16 years, causing the lack of stable active income in food assistance programme users.

According to the document from the legislative council last year, the number of users living to a hand-to-mouth existence under the food assistance programme increased by 50%. In the path of combating

poverty, apart from the Social Welfare Department, voluntary organizations also play an indispensable role.

As a result, the Hong Kong Jockey Club Charities Trust and six NGOs jointly launched the “Jockey Club Food Assistance Programme”. The Research Team of the University of Hong Kong has also been invited to identify the diverse and innovative ways for food support and how the methods meet the demand from different groups. The purpose of this research is to (i) understand the uniqueness and innovation of the programme, and its impacts on the underprivileged; (ii) understand the preferences of the underprivileged and their socio-economic demographic profile; (iii) find the definition and standard of relative and absolute food insecurity in Hong Kong; and (iv) advise on the future development of food assistance in terms of policies and services provided.

The above study is led by Prof. Paul Yip (Chair Professor, Department of Social Work and Social Administration, The University of Hong Kong) and Dr. Chee Hon Chan (Assistant Professor (Research), Faculty of Social Sciences, The University of Hong Kong).





# 食物援助計劃： 創新與多元目標

在香港，民間推動的食物援助計劃已有悠久歷史。

隨著經濟發展和人口結構轉變，香港食物銀行服務亦不斷發展創新，透過提供經濟援助、以賦權增能為主的就業機會及發展社區互助的同儕關係，發揮扶貧、減貧及防貧三大功能。

從六十年代教會和學校派發奶粉，到近年不同志願機構提供食物包及食物轉贈平台，或以較優惠價錢讓草根階層選購日常用品的援助服務，均讓無數基層人士深受惠。然而，自2019年新型冠狀病毒疫情爆發，各行各業深受影響，弱勢社群對食物支援需求亦持續攀升。香港勞工市場錄得16年新高的失業率，讓服務受惠者大部分缺乏穩定工作收入。

根據去年的立法會文件，面對三餐不繼，短期食物援助的服務使用人數出現近五成的增幅。在有效長遠紓

援貧窮的路上，除了社會福利署，非牟利機構亦扮演著不可或缺的角色。

為此，香港賽馬會慈善信託基金聯同六間非牟利機構推動「賽馬會逆境同行食物援助計劃」。香港大學研究團隊亦接受委託作研究顧問，探索計劃中多樣化及創新的食物援助方式，如何迎合不同類型人士的需要。研究目標旨指在：(i) 了解計劃的獨特與創新性，及其對不同貧困人士的影響；(ii) 了解不同貧困人士的受助偏好，及其社會經濟人口概況 (iii) 探討香港相對及絕對食物貧窮的定義和標準；及 (iv) 在政策與服務層面為食物援助的未來發展給予建議。

上述研究由香港大學社會工作及社會行政學系講座教授葉兆輝及香港大學社會科學學院助理教授陳之瀚博士共同領導。



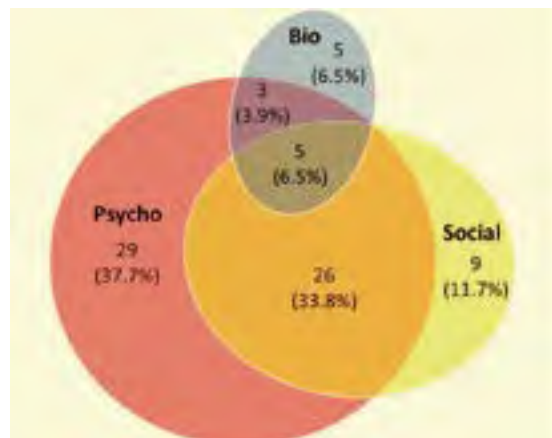
# The Newest Research Highlights 最新研究

## 1 A local review on the use of bio-psycho-social model in school-based mental health promotion

About this Study: A review was conducted on 77 school-based wellbeing programs implemented in Hong Kong in 2000-2009 as part of the HKSAR Education Bureau's territory-wide initiative on school mental health promotion. The review examined the programs' inclusion of biological, psychological and social components and explored reasons for the relative neglect of the bio-psycho-social approach.

### 作為教育局促進學校心理健康的全港計劃的一部分

本中心對 2000-2009 年在香港實施的 77 個校本計劃進行了研究。當中審查了計劃包含的生理、心理和社會成分，並探討了生理—心理—社會模式相對被忽視的原因。



“The review has reflected a need to increase program providers' theoretical understanding of the bio-psycho-social model and the importance of addressing all three in an integrated manner as a key part of improving school mental health interventions for suicide prevention.”

#### This research has been published as below:

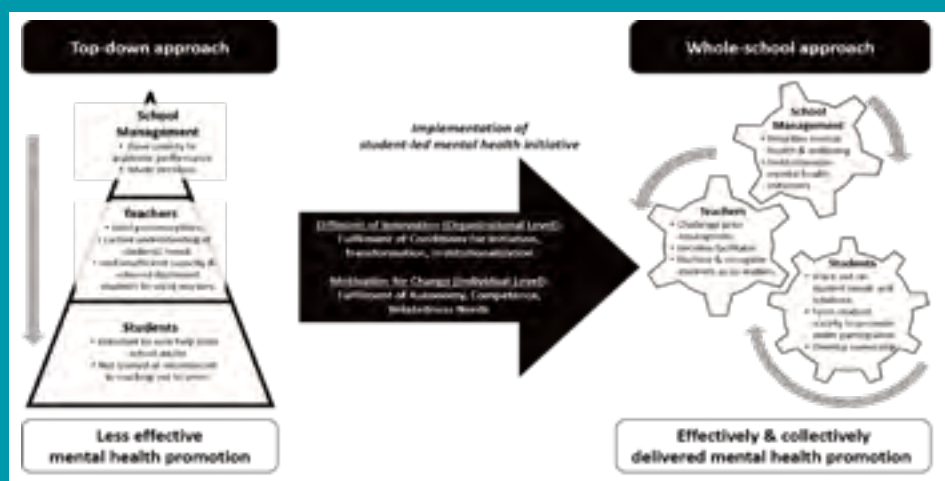
Wong, A., Chan, I., Tsang, C. H. C., Chan, A. Y. F., Shum, A. K. Y., Lai, E. S. Y. & Yip, P.S.F. (2021). A local review on the use of bio-psycho-social model in school-based mental health promotion. *Frontiers in Psychiatry*.12:691815.

## 2 Diffusing Innovation and Motivating Change: Adopting a Student-Led and Whole-School Approach to Mental Health Promotion

About this study: A case study was conducted to demonstrate how a student-led intervention came about, inspired changes in the school organization and members, and transformed the school's approach to mental health promotion.

本中心進行了一項案例研究，以展示學生主導的心理健康計劃的實踐過程，如何激發學校結構和成員的變化，並改變學校促進心理健康的模式。

“Engaging the student voice to better understand and meet their needs seems an obvious move. Yet, students are not always consulted for that purpose, if at all”



#### This research has been published as below:

Wong, A., Szeto, S., Lung, D.W.M., Yip, P.S.F. (Accepted). Diffusing Innovation and Motivating Change: Adopting a Student-Led and Whole-School Approach to Mental Health Promotion. *Journal of School Health*.



Detecting users at risk of suicide in text-based counselling services is essential to ensure that at-risk individuals are flagged and prioritised. The objective of this study is to develop a domain knowledge-aware risk assessment (KARA) model to improve our ability of suicide detection in online counselling systems.

We obtained the largest known de-identified dataset from Open Up, an emotional support system established in Hong Kong, which was comprised of 5,682 Cantonese conversations between help-seekers

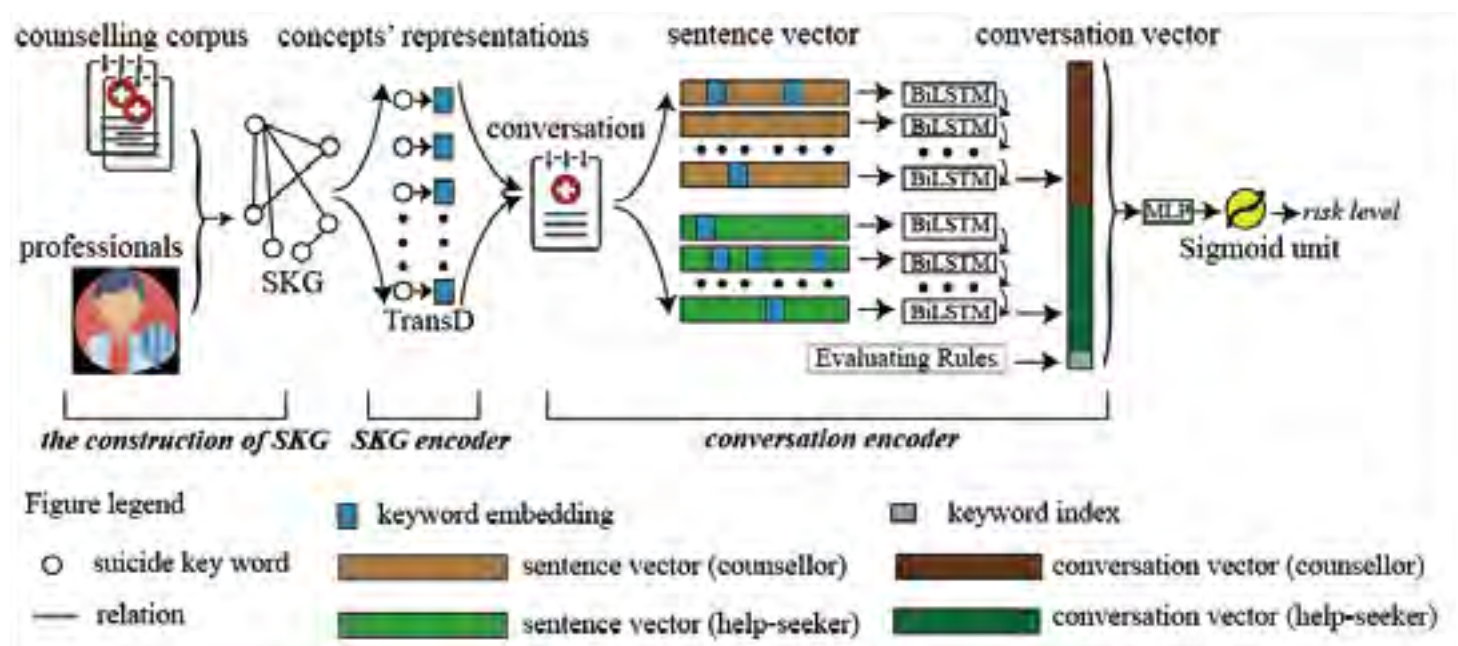
and counsellors. Of those, 682 conversations disclosed high risks for suicide. We constructed a suicide-knowledge graph, representing suicide-related domain knowledge as a computer-processable graph. Such knowledge graph was embedded into a deep learning model to improve its ability of identifying help-seekers in crisis. The proposed model significantly outperformed standard NLP models, demonstrating good translational value and clinical relevance.

## 面向青少年線上輔導平台的自殺風險偵測系統——基於知識增強的自然語言處理技術

在青少年線上輔導平台中及時發現自殺風險較高的青少年群體，並進行預警和適時干預都是十分重要的。這項研究開發了基於知識增強的自然語言處理技術的面向青少年線上輔導平台的自殺風險偵測系統。

研究人員與香港青少年線上輔導平台Open Up合作，獲取了5682份匿名脫敏的基於文字的線上輔導數據。在這些對話數據中，682份

被標記為具有較高的自殺風險。我們的目標便是準確的將這682份高風險對話自動偵測出來（二分類問題）。和傳統方法不同，我們邀請了心理學家和心理諮詢師，建立了一個基於專家專業領域知識的自殺關鍵詞知識圖譜。我們建立了融合知識圖譜的自然語言處理深度學習模型。結果表明，相比傳統模型，我們新提出的模型在自殺風險偵測上的準確率有顯著的提升。



The architecture of the newly developed model. The model is constructed by two components: a knowledge graph encoder and a conversation encoder. The knowledge graph encoder takes the knowledge graph as the input, and outputs the embedding of each concept (blue box) in the graph. The conversation encoder takes a conversation as the input, and outputs a conversation vector. The conversation-level feature vector is then fed into a Multi-Layer Perceptron (MLP) module to generate the final risk assessment. 本研究提出的新模型的框架結構模型由兩部分組成：知識圖譜編碼器和對話編碼器。知識圖譜編碼器將知識圖譜中的知識實體轉換成可供計算機處理的詞向量。對話編碼器負責將對話文字轉變成對話向量。

### This research has been published as below:

Xu, Z., Xu, Y., Cheung, F., Cheng, M., Lung, D., Law, Y. W., Chiang, B., Zhang, Q., & Yip, P. S. F. (2021). Detecting suicide risk using knowledge-aware natural language processing and counseling service data. *Social science & medicine* (1982), 283, 114176-114176. <https://doi.org/10.1016/j.socscimed.2021.114176>

Issue 2021 September

# Knowledge Exchange

知識交流



1. Professor William Hayward, Dean of Social Science shared in a seminar, "The role of AI in Promoting Mental Wellness" on 24 August, 2021.

2. Dr. Francis JIN, Dr. Tin-Kam HO, Prof. Paul YIP and Dr. Christian CHAN (from left to right) held an open discussion about using AI in Mental Wellness.





Co-sponsored by 

## World Mental Health Day

# Promoting Mental Wellness in the time of COVID-19 — International Perspectives

**Date:** 19 Oct 2020 (Friday)  
**Time:** 15:00 - 16:00  
**Venue:** 11/F Social Sciences Chamber, The Journey Club Tower, HKU Centennial Campus

**Abstract**  
 Every month, CIT Group has pulled together experts and professionals of COVID-19 and the impact on humanity. We have held a healthy and well-being in Hong Kong, the UK, US and Australia. In all markets, expectations of a return to normal working life have continually heightened, but a growing number of respondents believe that western lifestyle values to return and that they themselves would find it hard to return to the office. The group is a general feeling that we need to live with the virus and use technology when necessary. CIT Group is a global research and consulting firm, with more than 100 offices in 15 countries. In the past 12 months, CIT Group has followed by numerous firms globally, health and social science, and has been able to provide international insights on COVID-19.

**About the speakers**

**CIT Group**  
 CIT Group is the leading global research and consulting company that combines cutting-edge diagnostic, research, high-level strategy, advice and the world-class in strategic engineering. With decades of experience, CIT Group has a proven track record across Europe, Asia Pacific and North America. The CIT Group knows the importance of clear information to achieve results. CIT Group's unrivalled market research and consulting heritage (plus client) is a unique understanding not only what people think, but why they hold these beliefs and what specifically motivates and influences thinking and behaviour.

**Chairman**  
 Benjamin Cowling, Professor and Division Head, Division of Epidemiology and Biostatistics, School of Public Health, HKU  
 Professor Cowling is responsible for leading the Divisional module in epidemiology at the HKU curriculum, and is the Chairman of the Departmental Research Postgraduate Committee. Prof. Cowling is a co-leader of the WHO Collaborating Centre for Infectious Disease Epidemiology and Control at HKU.

**Moderator**  
 Professor Paul S.F. Yip, Chair Professor (Population Health), Social Work and Social Administration Director, HKJC Centre for Social Research and Prevention, Associate Dean (Research), Faculty of Social Sciences

**Registration:**  
<https://bit.ly/3n1d80B>  
 Enquiries: Please contact Katy Cheung at [carp@hku.hk](mailto:carp@hku.hk) or 28311233

 **The Role of AI in Promoting Mental Wellness**  
 Tuesday 24<sup>th</sup> August | 2:30pm – 4:00pm (HKT)  
 Hybrid Mode

Mental wellness means attaining and maintaining a healthy state of mind throughout the course of daily life. Understanding mental states and how they evolve under the influence of various intrinsic and external forces is essential for promoting mental wellness. We also analyze various methods for representing and learning about mental states and those for analyzing states of machines and complex systems. Advances in artificial intelligence offered new tools in natural language understanding that can be used to parse mental states communicated through language. Advances have been made in the analysis of human dialogues during training sessions, human-machine (chatbot) dialogues, and other textual expressions like emails and diaries. We will explore the opportunities and challenges in this in an exchange between researchers in computer science and clinical psychology.

The Journey Club Online Youth Emotional Support - Open Up offers 24/7 and 8-week online counselling service to youth for free. Open Up is also taking this chance to explore the opportunities in AI to improve service efficiency and better understand the users.

We structure the meeting as a panel session led by brief presentations followed by question-driven discussions. Participants are strongly encouraged to bring their perspectives and questions.

**About the Speakers**

**Guest Speaker**  
  
**Dr. Tin Kam Ho**  
 Senior AI scientist  
 IBM Research, Toronto

**Moderator**  
  
**Prof. Paul Yip**  
 Director, The Hong Kong Journey Club Centre for Suicide Research and Prevention, The University of Hong Kong

**Panelist**  
  
**Dr. Christine Chan**  
 Associate Professor  
 Department of Psychiatry, The University of Hong Kong

**Panelist**  
  
**Dr. Frances Lin**  
 Assistant Professor  
 Department of Psychiatry, The University of Hong Kong

**Via Zoom**  
 Join by clicking on the link below  
 Meeting ID: 957 8862 1825  
 Password: 209222

**In Person Participation**  
 Social Sciences Chamber, 11/F, The Journey Club Tower, Centennial Campus, The University of Hong Kong  
 Registration: <https://bit.ly/3n1d80B>

Ms Florence Cheung gave a talk to HKU medical students in March, 2021.



# Published Journal Articles from August 2020 to July 2021

## 2020年8月至2021年7月出版的國際學術文獻

- Cai, Z., Chang, Q., & Yip, P. S. F. (2020). A scientometric analysis of suicide research: 1990–2018. *Journal of Affective Disorders*, 266, 356–365. <https://doi.org/10.1016/j.jad.2020.01.121>
- Cai, Z., Canetto, S. S., Chang, Q., & Yip, P. S. F. (2021). Women's suicide in low-, middle-, and high-income countries: Do laws discriminating against women matter? *Social Science & Medicine*, 114035. <https://doi.org/10.1016/j.socscimed.2021.114035>
- Chai, Y., Luo, H., & Yip, P. S. F. (2020). Prevalence and risk factors for repetition of non-fatal self-harm in Hong Kong, 2002–2016: A population-based cohort study. *The Lancet Regional Health - Western Pacific*, 2, 100027. <https://doi.org/10.1016/j.lanwpc.2020.100027>
- Chai, Y., Luo, H., Wong, G. H. Y., Tang, J. Y. M., Lam, T.-C., Wong, I. C. K., & Yip, P. S. F. (2020). Risk of self-harm after the diagnosis of psychiatric disorders in Hong Kong, 2000–10: a nested case-control study. *The Lancet Psychiatry*, 7(2), 135–147. [https://doi.org/10.1016/S2215-0366\(20\)30004-3](https://doi.org/10.1016/S2215-0366(20)30004-3)
- Chang, Q., Peng, C., Guo, Y., Cai, Z., & Yip, P. S. F. (2020). Mechanisms Connecting Objective and Subjective Poverty to Mental Health: Serial Mediation Roles of Negative Life Events and Social Support. *Social Science & Medicine*, 113308. <https://doi.org/10.1016/j.socscimed.2020.113308>
- Chen, M., Rizzi, E. L., & Yip, P. S. F. (2020). Divorce trends in China across time and space: an update. *Asian Population Studies*, 1–27. <https://doi.org/10.1080/17441730.2020.1858571>
- Fong, T. C. T., Yip, P. S. F., Chan, M. Y. H., & Ho, R. T. H. (2020). Factor Structure and Measurement Invariance of the Stigma of Suicide Scale–Short Form Among Adolescents and Early Adults in Hong Kong. *SAGE Journals*, 11.
- Guo, Y., Chan, K. S. T., Chan, C. H., Chang, Q., Lee, R. S., & Yip, P. S. F. (2021). Combined effects of individual and neighbourhood socioeconomic status on older adults' mortality: a retrospective follow-up study in Hong Kong. *BMJ Open*, 11(4), e043192. <https://doi.org/10.1136/bmjopen-2020-043192>
- Leung, M., Chow, C. B., Ip, P.-K. P., & Yip, S.-F., Paul. (2020). Geographical accessibility of community social services and incidence of self-harm. *Spatial and Spatio-Temporal Epidemiology*, 33, 100334. <https://doi.org/10.1016/j.sste.2020.100334>
- Lew, B., Kølves, K., Zhang, J., Zhizhong, W., Koenig, H. G., Yip, P. S. F., Talib, M. A., Osman, A., Siau, C. S., & Chan, C. M. H. (2021). Religious affiliation and suicidality among college students in China: A cross-sectional study across six provinces. *PLOS ONE*, 16(5), e0251698. <https://doi.org/10.1371/journal.pone.0251698>
- Li, F., Jia, H., Cai, Z., Liu, S., Lu, X., Zeng, X., & Yip, P. S. F. (2020). Putting the blame on others in suicide notes from Shanghai and Wuhan, China. *Crisis: The Journal of Crisis Intervention and Suicide Prevention*, 41(6), 469–474. <https://doi.org/http://dx.doi.org.eproxy.lib.hku.hk/10.1027/0227-5910/a000677>
- Men, V. Y., Emery, C. R., Lam, T.-C., & Yip, P. S. F. (2020). Suicidal/self-harm behaviors among cancer patients: a population-based competing risk analysis. *Psychological Medicine*, 1–10. <https://doi.org/10.1017/S0033291720004250>
- Niederkrotenthaler, T., Braun, M., Pirkis, J., Till, B., Stack, S., Sinyor, M., Tran, U. S., Voracek, M., Cheng, Q., Arendt, F., Scherr, S., Yip, P. S. F., & Spittal, M. J. (2020). Association between suicide reporting in the media and suicide: systematic review and meta-analysis. *BMJ*, 368. <https://doi.org/10.1136/bmj.m575>
- Pirkis, J., Amadeo, S., Beautrais, A., Phillips, M., & Yip, P. S. F. (2020). Suicide Prevention in the Western Pacific Region. *Crisis*, 41(Supplement 1), S80–S98. <https://doi.org/10.1027/0227-5910/a000670>
- Wong, A., Chan, I., Tsang, C. H. C., Chan, A. Y. F., Shum, A. K. Y., Lai, E. S. Y., & Yip, P. (2021). A Local Review on the Use of Bio-Psycho-Social Model in School-Based Mental Health Promotion. *Frontiers in Psychiatry*, 12:691815. <https://doi.org/10.3389/fpsy.2021.691815>
- Wong, K., Chan, C. S., Chan, M., Wong, C., Cheng, Q., Xiong, C., & Yip, P. (2021). Who seeks help online? Comparing online and offline help-seeking preferences amongst youths with suicidal ideation. *Journal of Affective Disorders*, 292, 21–29. <https://doi.org/10.1016/j.jad.2021.05.056>
- Xiao, Y., Wong, K., Cheng, Q., & Yip, P. S. F. (2021). Understanding the Better Than Average Effect on Altruism. *Frontiers in Psychology*, 11, 562846. <https://doi.org/10.3389/fpsyg.2020.562846>
- Xu, Z., Zhang, Q., & Yip, P. S. F. (2020). Predicting Post-discharge Self-harm Incidents using Disease Comorbidity Network: A Retrospective Machine Learning Study. *Journal of Affective Disorders*, S0165032720326501. <https://doi.org/10.1016/j.jad.2020.08.044>



Xu, Z., Xu, Y., Cheung, F., Cheng, M., Lung, D., Law, Y. W., Chiang, B., Zhang, Q., & Yip, P. S. F. (2021). Detecting suicide risk using knowledge-aware natural language processing and counseling service data. *Social Science & Medicine*, 283, 114176. <https://doi.org/10.1016/j.socscimed.2021.114176>

Yang, C.-T., & Yip, P. S. F. (2021). Changes in the epidemiological profile of suicide in Hong Kong: a 40-year retrospective decomposition analysis. *China Population and Development Studies*. <https://doi.org/10.1007/s42379-021-00087-5>

Yip, P. S. F., & Chau, P. H. (2020). Physical Distancing and Emotional Closeness Amidst COVID-19. *Crisis*, 1–3. <https://doi.org/10.1027/0227-5910/a000710>

Yip, P., Chan, M., So, B. K., Wat, K. P., & Lam, K. F. (2020). A decomposition analysis to examine the change in the number of recipients in the comprehensive social security assistance (CSSA) system. *China Population and Development Studies*. <https://doi.org/10.1007/s42379-020-00069-z>

Yip, P., Chen, M., So, B. K., Lam, K. F., & Wat, K. P. (2020). Optimal Strategies for Reducing Number of People in the Social Security System. *International Journal of Environmental Research and Public Health*, 17(4):1305. <https://www.mdpi.com/1660-4601/17/4/1305>

Yip, P. S. F., Yeung, C. Y., Chen, Y.-C., Lai, C. C. S., & Wong, C. L. H. (2021). An evaluation of the long-term sustainability of suicide prevention programs in an offshore Island. *Suicide Life Threat Behav.* <https://doi.org/10.1111/sltb.12764>

Zwickl, S., Wong, A. F. Q., Dowers, E., Leemaqz, S. Y.-L., Bretherton, I., Cook, T., Zajac, J. D., Yip, P. S. F., & Cheung, A. S. (2021). Factors associated with suicide attempts among Australian transgender adults. *BMC Psychiatry*, 21(1), 81. <https://doi.org/10.1186/s12888-021-03084-7>

## Newspaper Articles

### 本地報章撰文及媒體採訪



Prof Paul Yip was invited to share at RTHK on 22 August 2020



Prof Paul Yip & Dr. Sunny Liu were interviewed by Commercial Radio 881 on 27 June 2021



Prof Yip and Ms. Florence Cheung were invited to give a public online talk on 30 Mar 2021

Date	Author	Title	Publication
9/7/2021	門好、楊卓觀、 林泰忠、葉兆輝	疫症下支援癌症病人：與癌共存和共舞	明報
28/5/2021	張鳳儀、葉兆輝	從「源頭減廢」建構出保護學童的保護網	明報
13/5/2021	成鈺琳、葉兆輝	自閉人士有話說：了解、包容和共處	明報
6/5/2021	Paul Yip, Christy Tsang and Florence Cheung	Turmoil might be a golden chance to resolve parent-child conflict	China Daily
20/4/2021	張鳳儀、徐雨燦、 葉兆輝	讓大家重寫具盼望的家庭故事	明報
12/4/2021	葉兆輝、陳韻仔、 陳玉鳳、王靈宇	讓學校成為學生精神健康的堅實堡壘	信報
5/1/2021	Paul Yip, Anna Chan	Hong Kong students, parents and teachers in dire need of mental health support to prevent tragic outcomes	South China Morning Post
5/1/2021	Paul Yip, Edward Pinkney	Mental well-being deserves greater attention in challenging times	China Daily
31/12/2020	Paul Yip, Edward Pinkney	For Hong Kong and the US to escape the low-fertility trap, the old must help the young	South China Morning Post
23/12/2020	葉兆輝、 Edward Pinkney、 王鈺晶	尋求問題根源 優化大眾身心福祉	經濟日報
17/12/2020	程綺瑾、葉兆輝	程綺瑾、葉兆輝：疫情反覆 自殺風險增 自殺新聞報道需慎重	明報
19/11/2020	張鳳儀、葉兆輝	張鳳儀、葉兆輝：家庭衝突成了新冠肺炎的副產品	明報
10/9/2020	葉兆輝	全球攜手 共同預防自殺	明報
27/8/2020	葉兆輝、陳恩瀚、 張鳳儀	欺凌與被欺凌者 同樣需被關顧	明報
6/8/2020	張鳳儀、葉兆輝	以同理心一起抗疫	信報



# The Newest Update 最新消息

於2022年，為慶祝中心成立20周年

## 「願陪著你： 從真實個案中尋找 預防自殺的啟示」

葉兆輝、張鳳儀編

將於下年度出版，敬請大家密切留意！



# New Staff Introduction

## 新人職員工簡介



“How satisfied am I with my new job?  
Very satisfied.”

**Isaac Wong,**  
Research Assistant, SIE



“I live on the most densely populated island  
in the world. Guess where it is?”

**Louis Huang,**  
School Development Officer, QTN



“I love dogs and movies, but I don't watch  
movies about dogs.”

**Jerry Fung,**  
Registered Social Worker,  
Senior Research Assistant, Open UP



“I published my first article in a newspaper at  
the age of 13.”

**Judy HE,**  
Project Manager, Open Up



“To lunch at Bayview or K-Town, that is the  
question.”

**Isabelle Kwan,**  
Research Assistant



“Challenges make us stronger.”

**James Chow,**  
IT/Data



“It is my first job after getting my doctoral  
degree. Thanks to Dr Chan's patient  
guidance, and I have learned a lot about the  
research method and project management  
of social welfare studies.”

**Frankie Leung,**  
Senior Research Assistant, Food support  
service & St. James' Settlement Jockey  
Club Food Assistance Programme



“A wise man always asks us,  
‘what is the added value in what you're doing?’”

**Christy Tsang,**  
Research Assistant



“My work focuses on data analytics, text  
mining, network science and social  
computing. I always have enthusiasm  
for research and basketball!”

**ZhongZhi Xu,**  
Post-doctoral Fellow



“Hi all! I am June. I am studying MSW in  
HKU, and interested in painting. Wish to  
know you more!”

**June Lee,**  
Research Assistant, WTS Project



KEEP CALM  
AND  
ENJOY EVERY MEAL  
(and vice versa)

**Iris Chan,**  
Project Officer, QTN Project



# Acknowledgement

## 鳴謝



Ms. Winnie Kwok   Ms. Annie Tong   Mr. Ricky Wong   Mr. Gilbert Wong   Stephen Wong   Audrey Hsin

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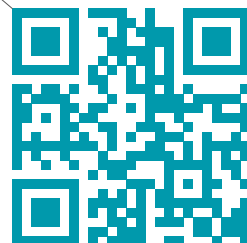
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