



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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# MOVING FORWARD TOGETHER

攜手 · 前行



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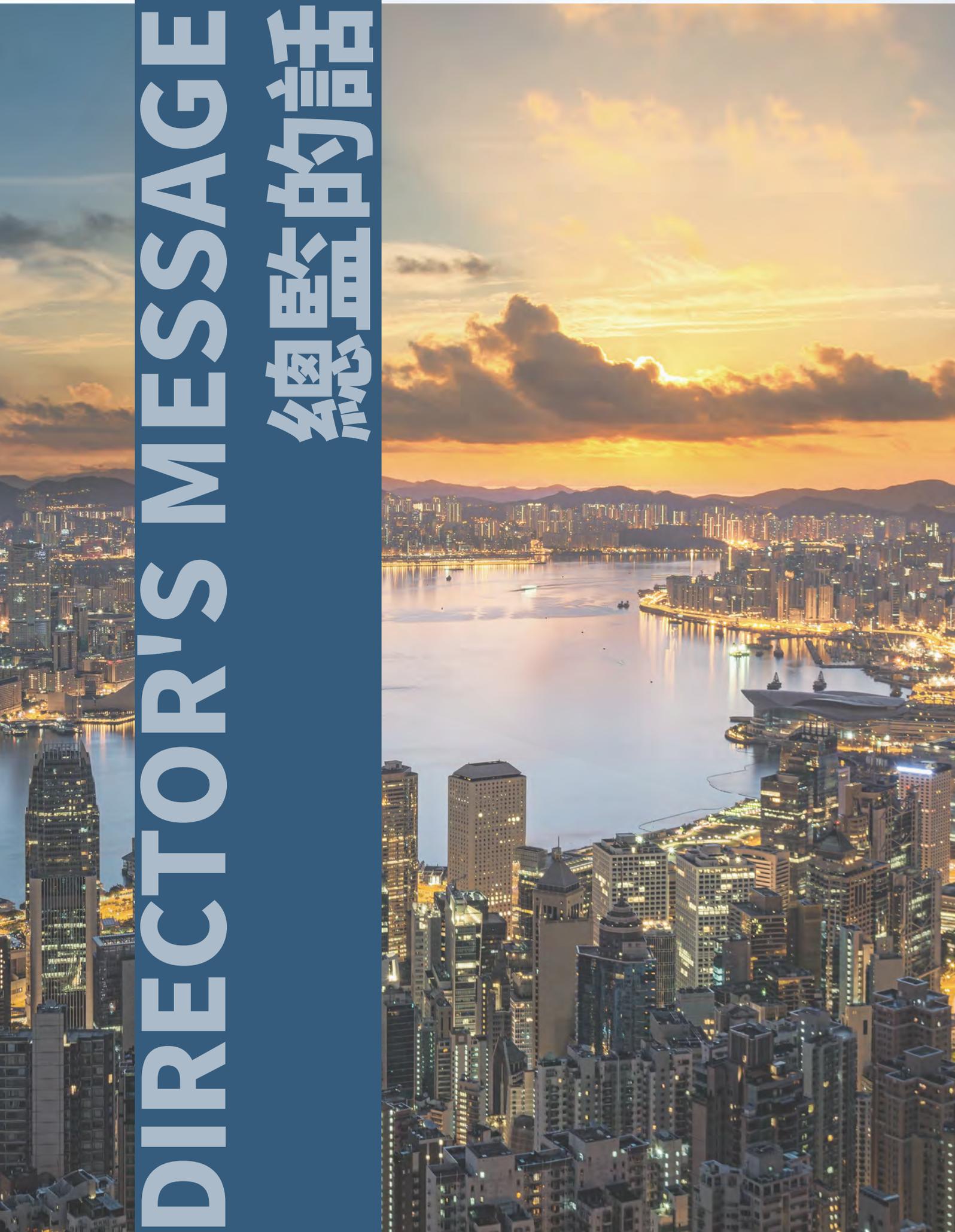
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DIRECTOR'S MESSAGE

總監的話



# 20TH ANNIVERSARY

## DIRECTOR'S MESSAGE

### MOVING FORWARD TOGETHER

Over the past twenty years, we have sadly seen around twenty thousand precious lives come to an end through suicide, with the number of affected family members possibly surpassing a hundred thousand. Losing those closest to you creates a wound that will not easily heal, but with the mindset of “the dead are gone, while the living remains”, one must remember that carrying on and living a good and meaningful life is the best way to honour those who have passed. This year marks the 20th anniversary of our Centre, and throughout this time, we have not wavered in our mission, the mission into which we have committed and discharged with sweat and tears, sometimes.

As that well-told starfish story teaches, we might not save all but at least we can change the one we get. We all try to follow the principle of valuing life highly, and that one person with suicidal ideations is one too many. Using the public health approach, we adopt a multidisciplinary and multidimensional perspective to fulfil our duty of preventing suicide.

We want to express our gratitude to the Hong Kong Jockey Club Charities Trust, the Quality Education Fund, the Hong Kong SAR Government and the University of Hong Kong, and the many good-hearted people that support this Centre – thanks to their contributions, we are able to provide a platform for knowledge, where we can develop effective suicide prevention methods together with different stakeholders. As Director of the Centre, these past years have taught me gratitude and humility, and how to walk along with other people. This year's theme is “Moving Forward Together” – the people of this centre are holding onto hope, and are willing to join hands to walk forward with people in need. We promise to look out for each other, to bravely face life's challenges together, and hand in hand, create a better Hong Kong.

**Paul Yip**



# 攜手 · 前行

## 總監的話

在過去二十年，本地不幸地有約二萬人因為自殺而結束了寶貴生命，受影響的遺屬可能就超過十數萬人。失去摯愛是一個不易癒合的傷口，但願「逝者已矣，生者如斯」，相信好好地生活下去才是記念他們最好的方法。適逢今年香港大學賽馬會防止自殺研究中心踏入二十年，我們對於這個有血有淚的使命並沒有隨着歲月而動搖。

正如耳熟能詳的海星故事所述，我們都是盡己所能，堅守着「尊重生命，自殺輕生者一個都嫌多」（ONE IS TOO MANY）的信念，透過採用公共衛生的導向，以多角度，多種類去探索不同的方法，為的只是做好防止自殺的工作。感謝香港賽馬會慈善信託基金、優質教育基金和香港大學，還有很多支持中心的有心人士，使本中心得以提供一個知識的平台，與不同的持份者共同研發有效的防止自殺工作。

作為中心總監，這些年讓我學習感恩和謙卑，與別人同行。今年的主題為「攜手前行」，本中心同仁擁抱著希望，願意與有心的人士「攜手」，與有需要的人士「前行」，承諾成為彼此的守護者，一同勇闖挑戰，創造更美好的香港。

葉兆輝



COVER STORY

封面故事

## NEW BOOK LAUNCH FROM CSRP

### CSRP新書發布



Meeting with Suicide Prevention Service members during the Hong Kong Book Fair 2022

On 24 July this year, Prof Paul Yip and Ms Florence Cheung were invited to the Hong Kong Book Fair to give a sharing on "The Hong Kong Story – Hong Kong Suicide Prevention Project".

Many book fans, friends, and stakeholders participated and responded warmly on that day. Prof Yip not only explained the suicide rate, suicide tools and different suicide selection of each age group in Hong Kong in the past two decades but, most importantly, shared the long-term achievements of CSRP projects, which are apparent to all in Cheung Chau, North District, MTR Gate etc. At the same time, he encouraged the public to "move forward together" and melt the cold city with love.

Ms. Cheung also took the opportunity to introduce the new book "Be There With You: Stories of Suicide Prevention Studies in Hong Kong", published by CSRP to celebrate the 20th anniversary. Although the number of suicides is cold, the bonding between people are warm. Through touching stories in the family, school, community, and our souls, the book gives us tips to prevent suicide as well as ideas to improve mental health. It is definitely a practical book for you and I.

今年7月24日，葉兆輝教授和張鳳儀女士被邀請到香港書展發表了有關「香港故事—香港防止自殺工程」的分享。

當天有不少書迷、朋友、業界同工都一同參與，反應熱烈。葉教授不單講解了過去二十年香港的自殺率、常用的自殺工具、每個年齡組群的自殺選取外，最重要是分享了這項工程任重而道遠的成果，不論在長洲、北區、港鐵幕門等項目都有目共睹，同時，他鼓勵大眾「攜手前行」，以愛心溶化冰冷的城市。

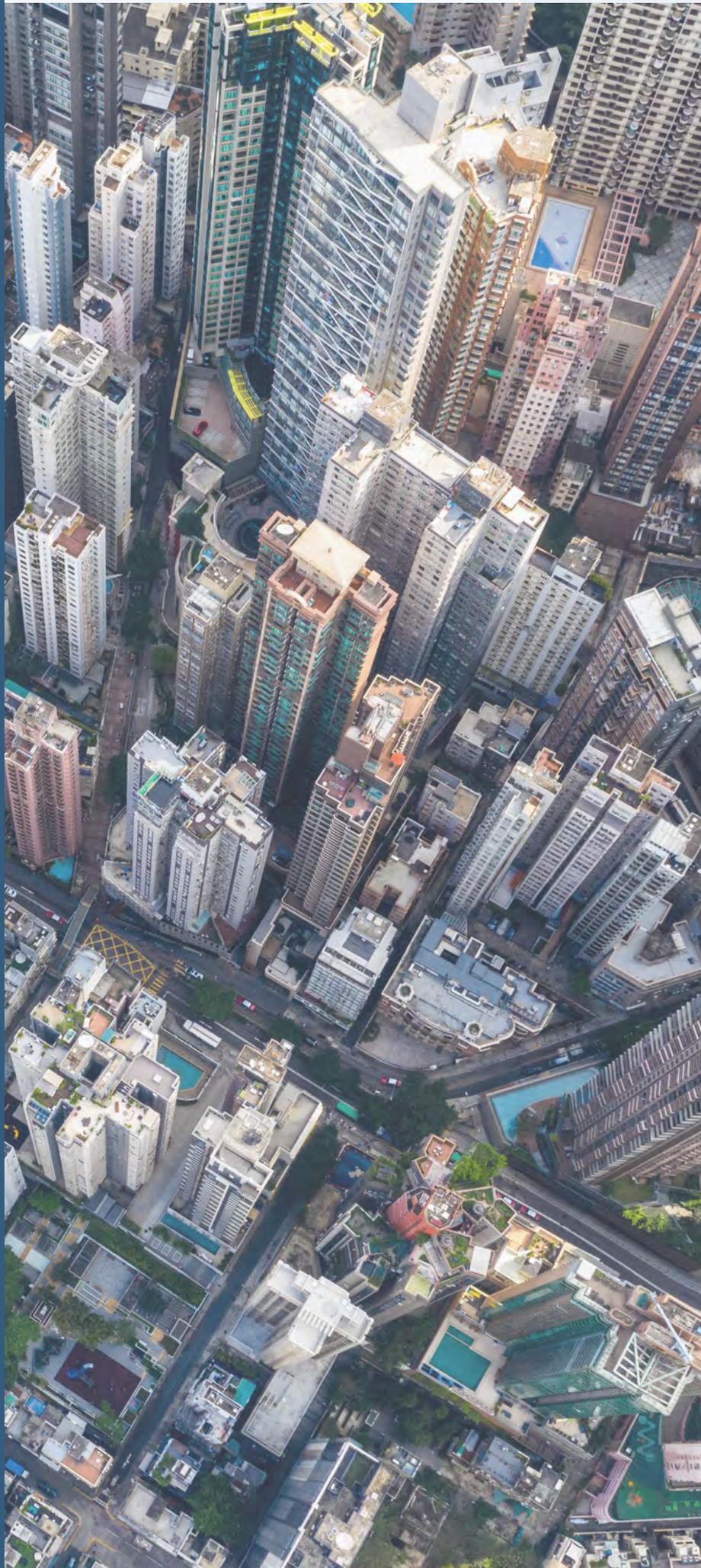
張女士亦趁機介紹本中心為慶祝成立二十周年出版的新書「願陪着你—從遺書中尋找預防自殺的啟示」。雖然自殺數字是冰冷，但是人與人之間的情懷卻是溫暖的。書中透過在家庭、學校、社區、以及自己心靈的觸動人心故事，闡述出可以預防自殺的契機，並提供了有助提升精神健康的點子，確實是一本助人自助的務實書籍。





COMMUNITY

社區篇



# HKJC ONLINE YOUTH EMOTIONAL SUPPORT "OPEN UP": A ROUND-THE-CLOCK 24/7 SUPPORT SERVICE

## 香港賽馬會青少年情緒健康網上支援平台 - Open Up

### MILESTONES

#### 里程碑

#### Open Up 1.0

Oct  
2018

Officially launched; co-organized by Caritas Hong Kong, The Hong Kong Federation of Youth Groups, The Boys' and Girls' Clubs Association of Hong Kong, & The HKJC CSRP  
正式成立；由香港明愛、香港青年協會、香港小童群益會和香港大學香港賽馬會防止自殺研究中心共同主辦

#### Open Up 2.0

Dec  
2020

Phase 2 began; Hong Kong Children and Youth Services and St. James' Settlement joined  
第二階段開始；香港青少年服務處及聖雅各福群會加入

June  
2022

Served over 100,000 cases up to June 2022.  
截至2022年6月，已服務了超過10萬個個案

### FEATURES

#### 特點



Co-created: service providers, suicide prevention researchers, IT experts, funder  
由非政府組織機構、防止自殺研究中心、資訊科技專家、賽馬會慈善信託基金



Anonymous  
匿名



Accessibility: Free, 24/7  
便捷、免費、隨時使用



Multi-platform  
跨平台進入



For youth aged 11 to 35  
服務11至35歲之青少年



Integrated: 5 agencies in 1 service  
五間機構結合成一項服務

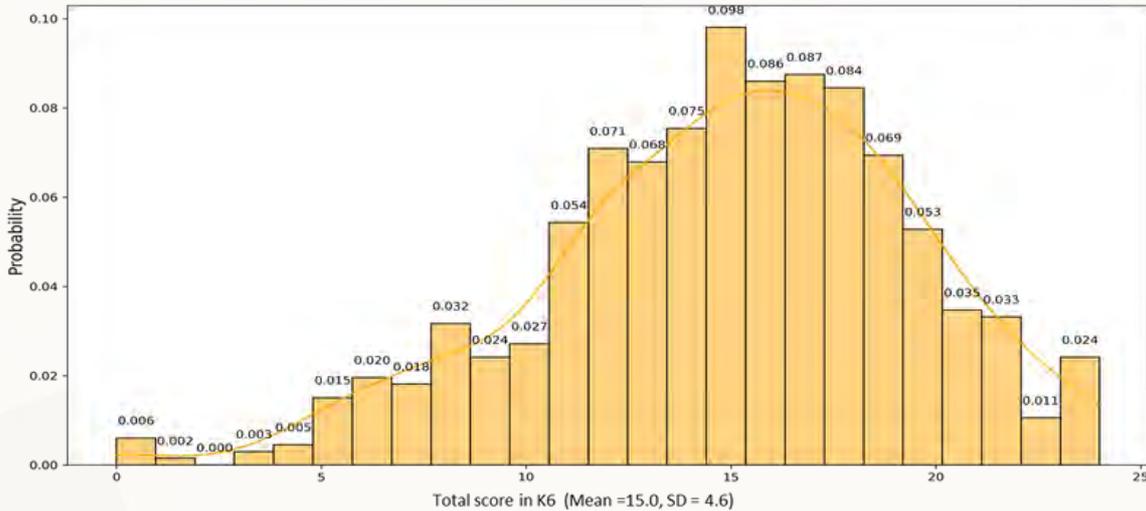


Evidence-based  
實證為本

# HELP-SEEKER PROFILE FROM HELP-SEEKER PRE-CHAT SURVEY

## 求助者的困擾程度與特徵

Distribution of K6 score (new users, N = 663)



Over one-third of help-seekers reported presence of ideation of suicide or self-harm in past two weeks.  
超過三分一的求助者透露，近兩星期出現過自殺或自殘的想法。



Over 90% of help-seekers were moderately or severely distressed  
透過Kessler六項精神困擾級別量表，發現有超過九成的求助者出現中度或嚴重程度的困擾。

# SERVICE OUTCOME FROM HELP-SEEKER POST-CHAT SURVEY

## 求助者眼中的服務成效



feel better after the chat  
表示感覺比起對話前更好



find the chat service helpful  
認為對話服務有幫助



would recommend the service to a friend in need  
會向有需要的朋友推薦此服務



did not seek help from anyone for the problems mentioned in the session  
是次傾談的問題從未向任何人求助



find info about other services or community resources provided useful  
認為輔導員所轉介的服務或社區資源有用

# SHOW YOUR SUPPORT – JOIN US AND BECOME AN OPEN UP VOLUNTEER

Our dedicated team at Open Up believe that everyone who experiences adversity yearns for support and understanding of their distress. Here at Open Up, it is our mission and duty to listen to the aspirations of youngsters and accompany them through every trough.

As a volunteer, your power of togetherness and companionship keeps youngsters from facing difficulties alone; beyond investing your time and effort, this is also a self-discovering process and a promise. With your participation and contribution, we will be able to achieve more.

## 伸出援手，報名成為Open Up 義工

我們相信每個人都會經歷高山低谷的時候，感到困擾時總希望身邊有人明白自己。同行和陪伴的力量能使青年人不用孤單一人去面對困難。義工不只是付出時間，也是一種學習，更是一種承諾。有您們的付出和協助，我們才能成就更多。



我好辛苦 12:11AM  
我可以點算好? 12:12AM  
我唔知可以搵邊個傾? 12:14AM

伸出援手

OPEN 嘢 義工 招募

人生嘅高山低谷，或許你我都經歷過，歡迎你加入我哋，聆聽年青人嘅心聲，陪伴他們走過每一段路。

91 012 012 www.openup.hk hkopenup

掃描QR Code了解詳情

open up

hkopenup



Open Up Website



Become A Volunteer

Project Officer: Joyce Liu

# JOCKEY CLUB COMMUNITY ELDERLY MENTAL WELLNESS ENHANCEMENT PROJECT

## Me In a New Day: Oral History Programme in Wong Tai Sin

“Me In a New Day: Oral History programme in Wong Tai Sin” is a programme designed to serve the community in Wong Tai Sin. The programme aims to bring the elderly on a self-discovery journey through sharing their precious life stories with young people. Both youths and the elderly reported benefits in terms of being able to understand each other better and acquire insights from the programme. Through the engagement and home visits, elderlies have reported feeling happier when talking to young people, and they felt like they were being heard and appreciated by the youths while being interviewed by them. Meanwhile, youths have reported that they were able to talk to elderlies more empathetically.



童心未泯 - 「挑竹籤」  
Remaining a childlike heart – “pick-up sticks”



尋根之旅- 尋找兒時生活痕跡  
A Journey to find one's roots- searching for traces of childhood life



Rummikub 的魔力 – 挑戰兩代的腦力和反應  
The Wonder of Rummikub- “brings people together”  
through challenges in cognition and reaction

## 賽馬會耆樂友心社區計劃

### 「細說人生歲月 跨代同行計劃」

「細說人生歲月 跨代同行計劃」是一項旨在服務黃大仙長者的口述歷史活動。顧名思義就是希望長者在與年青人分享他們寶貴的人生故事後，也能加深認識自己，肯定自己的貢獻和價值。青年和長者均表示從計劃中能夠加深對彼此的了解。通過接觸與家訪，長者們表示與年青人交談時感覺快樂，在採訪期間，感覺自己的心聲被年青人聆聽到並理解。與此同時，年青人則表示在計劃中他們能更具同理心與長者交談。

Project Officer: Carmen Lai

# SURVEILLANCE & EARLY WARNING SYSTEM FOR SUICIDE PREVENTION

## 防止自殺監察預警系統

### BUILDING A COMMUNITY TOWARDS “ZERO SUICIDE”

With the support from the Quality Education Fund (QEF), CSRP has developed the “Surveillance & Early Warning System for Suicide Prevention”, a machine-learning application capable of estimating the number of suicide cases and identifying groups with high suicide risks. The System presents key data related to suicide in an accessible manner for education professionals, social workers, academics, local government, as well as those who value lives and desire to build a community towards “zero suicide”.

### 期盼社會趨向「零自殺」

本中心獲得《優質教育基金》支持，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「防止自殺監察預警系統」；旨在讓各持份者，包括教育、社福、政府等，以及每位重視生命和期盼社會趨向「零自殺」的人士，能夠掌握自殺相關的重要數據，及時回應，守護生命。

不要因防疫措施阻礙對老友記的關懷！



長者需要的不僅是有效的疫苗，還有適切的支援網絡；與親友街坊見面傾談、到酒樓品茗、到公園運動、去長者中心活動等；這些日常支援都能為他們舒緩情緒，維持身心社健康。

在現今第五波疫情中，請大家重視長者的精神健康，不要吝嗇自己的時間，在不增加傳播的風險下，請用不同方式向長者表示關心和支援，例如每天打電話跟長輩問好，或與他們一起在家烹調營養美食和做簡單運動。

「防止自殺早期預警系統」目的是提升公眾對自殺議題的警覺性和反應，讓我們齊心做好彼此守護者的角色！

成為守護者  
Become a Gatekeeper



防止自殺預警系統  
Suicide Early Warning System

關於預警系統 防止自殺預警 近期風險指數 新聞資料庫 社交媒體情誼 危機因素與警號 成為守護者 求助支援 愛護自己 CHI ENG

## 防止自殺監察預警系統

3.40

低度風險

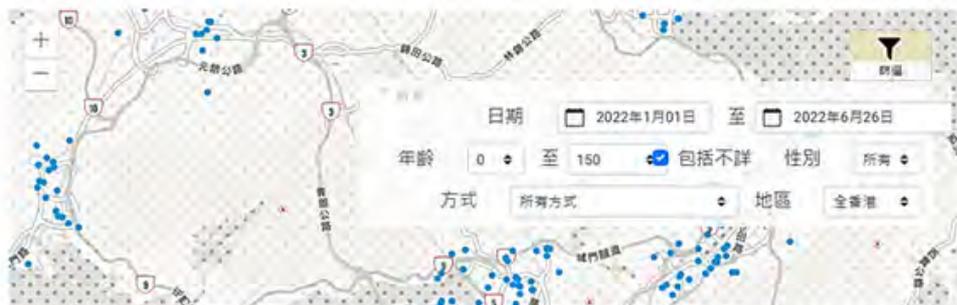
自殺風險指數\*

### 本港自殺報導個案 (地區分佈)

利用地圖上的自訂篩選功能，了解不同時段\*\*、年齡、地區等新聞媒體報導的自殺案件總數，以及相比去年同期的百分比變化（見右邊儀表板）。儀表板反映的統計數據，僅是新聞媒體報導的個案；由於並非所有案件都會被報導，故此實際個案可能高於儀表板所顯示的數字。

\*有關香港自殺的最近預報(當下估價)及「自殺風險指數」，請瀏覽 [近期風險指數](#) 網頁。

\*\*自殺報導個案更新至隔天前。



343

總報導案件

+4%

與去年同期  
比較

# EARLY WARNING SIGNAL: SUICIDE RISK LEVEL REACHING CRISIS LEVEL

On 21st Mar 2022, our Surveillance & Early Warning System for Suicide Prevention Dashboard detected a 'crisis level' Suicide Risk Index of '5.81', at the height of the fifth wave of Covid-19 cases. It was the first time a 'black' (crisis) warning signal was issued since the analysis was first conducted in March 2021, to track suicide trends based on reports in the press. Alarmingly, a second black warning signal was issued on 23rd Mar 2022. In hope of raising the public's awareness about suicide, an online press conference was thus held in response on 29th Mar 2022 to call on the community to act as "gatekeepers" and look out for vulnerable people, elderly in particular, who are at risks of isolation and emotional distress. Leveraging on the Early Warning System platform, we hope to encourage others to engage in the "gatekeeper" approach, identify at-risk groups, and develop effective interventions.

## 防止自殺預警訊號: 自殺風險達至危急級別

正值第五波疫情高峰的時候，自殺風險指數於2022年3月21日為'5.81'，高於「危急」水平。我們研發的防止自殺監察預警系統首次發出「黑色」(危急)的預警訊號。禍不單行，另一個危急訊號於3月23日再次發出。有見及此，我們於3月29日舉辦網上新聞發布會，呼籲大眾關注因疫情而受孤立和情緒困擾的弱勢群體，尤其是長者。我們期望預警系統能提高公眾對自殺的認識和警覺性，識別高風險群組，認識「守護者」的重要性，共建有效的防禦措施。



Project Officers: Clifford Wong & Farren Lam

# SCHOOLS

## 校園篇



# QUALITY EDUCATION FUND THEMATIC NETWORK (QTN) ON PROMOTING WELLNESS IN SCHOOL



## PROMOTE CHARACTER DEVELOPMENT OF PRESCHOOLERS

Based on the Bio-Psycho-Social model and elements of positive psychology, we have developed a character education programme to promote holistic wellness in preschoolers. In addition to the K2 and K3 curricula, the K1 curriculum will soon be completed in the school year 2021/22. Two stories "Never Be Late Again!" and "A Magical Hanky" are being developed based on four character strengths. The focus of the K1 curriculum is to stimulate the learning potential of the preschoolers and simultaneously help them develop the attitude of self-discipline.

To raise public awareness of positive characters and encourage positive parent-child relationships, we have created an Instagram account for the family of 'Hong Gorgor' (Bear Brother) who is the main character of our programme stories. A puppet giveaway campaign was also organised and 100 sets of puppets were given to families of kindergarten students. The parents were encouraged to make good use of the puppets for communicating and interacting with their children. The campaign ended successfully with several good practices for enhancing the parent-child relationship.

## 致力推動幼稚園學童的品格發展

我們以「生理-心理-社會」模型為框架，結合正向心理學元素，發展一套促進學童全人健康的品格教育課程。除高班及低班的課程外，幼兒班的課程也將於2021/22學年完成。最新的課程以自我約束、好奇心、創造力和愛好學習四大品格優點為基礎，創作了《神奇的小手帕》及《再也不會遲到了》兩個繪本故事，旨在激發學童的學習潛能，同時培養他們的自律態度。

為促進公眾對正向品格的認識，鼓勵正面的親子關係，我們建立「熊兄妹·軼記」INSTAGRAM賬戶，同時舉辦「熊出沒傳意！」親親你大行動，送出100套熊家族手偶，作為親子互動和交流時傳達心意的媒介。是次活動反應熱烈，家長們都積極發揮創意，善用手偶以進行不同的親子活動。



Project Officer: Wing Wong

# BOOST RESILIENCE & SELF-COMPASSION OF YOUTH

“Out of the Dark” is a “universal” school-based mental health promotion programme designed for secondary school students (mainly junior students). The programme has three curriculum levels and aims to promote students’ physical and mental well-being. The curriculum covers topics, such as communication skills, emotion management, empathy, stress management and self-care.

To enhance the program’s effectiveness, we have revamped and piloted the Level 2 curriculum in the 2021/22 school year. The new curriculum includes eight new videos and a series of experiential learning activities to enable students to embark on a pleasant learning journey and learn more about mental health and how to put it into practice. Even though it was affected by the epidemic, the trial was generally completed smoothly and well received. The Level 2 curriculum will be officially launched in the 2022/23 school year.

In addition, we are currently reviewing the Level 3 curriculum and updating the content. Based on suggestions from teachers and students, the lesson plans will incorporate new themes of interest, such as cyberbullying and peer support. The new Level 3 curriculum will be piloted in the 2022/23 academic year.



## 讓青少年提升心理韌性及自我關懷

《突破黑暗》是我們為中學學生（初中為主）設計的一套「普及性」校本精神健康課程，分為三個階段，旨在促進學生的社交能力、心理韌性、精神健康知識和整體身心健康。課程以「生理-心理-社會」為框架和正向心理學為根底，涵蓋了溝通技巧、情緒管理、同理心、壓力管理及自我關懷等主題。

為提升計劃成效，我們早前改良階段二課程，並已於2021/22學年試行。新課程包含八段全新影片及一系列體驗式學習活動，務求讓學生踏上愉快的學習旅程，在了解心理健康知識時，亦懂得學習實踐。縱使途中受疫情影響，試行大致順暢完成，師生反應不俗。階段二課程的教師及學生手冊已經完成修訂和出版，並會在2022/23學年正式推行時分發到各參與學校。

另外，我們正審視階段三課程及內容。根據師生在小組訪談的建議，新教案加入了不同的熱門主題，如網絡欺凌和朋輩關顧等。新階段三課程將會在2022/23學年試行。

# CARE FOR WELLBEING OF TEACHERS & PARENTS

Apart from curriculum development, we also organized training and workshops covering a wide range of themes for teachers and parents in order to enhance their wellbeing. The workshops introduced teachers and parents to various interventions, including Mental Health First Aid (MHFA) Certificate Course, horticultural therapy, music therapy, expressive arts therapy, relaxation techniques and speech training. They were encouraged to apply the fundamental knowledge gained at the workshops to serve students/ children with diverse needs.

## 關注教師和家長的身心靈健康

除了學生課程外，我們亦注重教師和家長的身心靈健康。因此，提升教師和家長的能力感、製造空間容讓他們放鬆也是我們計劃的焦點之一。本年度工作坊涵蓋了不同的主題，當中包括一些專業的治療介入手法和體驗活動，如精神健康急救證書課程、聲音演說訓練、園藝治療、音樂治療、表達藝術治療、親子「悅」讀及遊戲、「放鬆指令」工作坊等等，鼓勵老師和家長照顧自己、並將相關技巧帶回校園或家庭。

教材容易用，學生容易 PICK UP。老師分享部分亦容易處理。同學步入青春期，課程的 TOPIC 和技巧很實用。影片和 POWERPOINT 的教材分享可以令我們（老師）的教導好順暢。

The teaching materials are well-prepared and ready-made. The topics of the the curriculum are age appropriate and very practical

Project Officers: Kenus Leung & Iris Chan



# CREATING A MUSICAL THIRD SPACE FOR WELLBEING IN SCHOOL

## 以音樂創作第三空間

Funded by the Knowledge Exchange Fund of HKU, the Centre for Suicide Research and Prevention partnered with seven secondary and primary schools with the goal of using therapeutic and non-therapeutic music activities to create a “third space” for students to relieve their stress in school. We invited Dr. Paulina Wong, an esteemed music educator, Hugo Wong and Michelle Tsang, both registered music therapists, to conduct training workshops for school staff to integrate music for wellbeing into school to improve student mental health.

本中心獲香港大學Knowledge Exchange Fund資助於2021-22學年和七間中小學合作，透過治療性和非治療性的音樂活動，為學生創造一個「第三空間」來緩解在學所受的壓力。期間，資深音樂教育家黃慧英博士、註冊音樂治療師黃愷弘先生及曾如恩小姐提供培訓工作坊予教職員，學習如何把音樂與健康的概念融入學校，為學生提供可培養精神健康的方法和空間。



## MUSIC CURRICULUM FOR WELLBEING

School staff were encouraged to design their music for wellbeing activities in school. Examples included deep breathing while listening to their examination piece, writing letters of self-love and encouragement, to be mailed with a supportive message from the teacher to the students during the exam period, and creating a music corner for students to play instruments and relax. Students were very engaged with the activities, fully immersing their mind and body to the music. Post event interview showed the students appreciated the new music lessons style and felt relaxed afterwards while still studying relevant class material. They have expressed wanting more of these lessons in the future.

## 精神健康音樂課程

我們邀請了音樂教師在課堂中實踐能提升精神健康的音樂活動，包括在音樂考試時做深呼吸練習、給自己寫自愛和鼓勵的信，以及在校內建立音樂小天地，使學生能自由地玩樂器和放鬆心情。學生閉上眼睛全心投入活動，隨著音樂自由擺動身體和練習深呼吸。學生在訪問中亦提及他們喜歡課堂上的新鮮感。同時，在學習有關考試內容時，亦能放鬆身心，並期待將來有更多類似的課程。

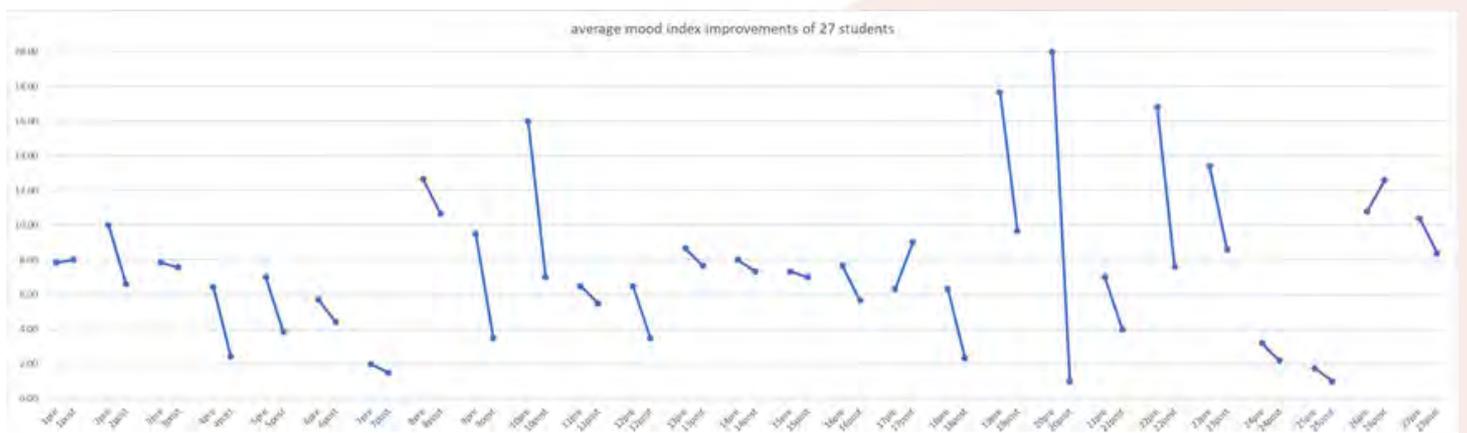
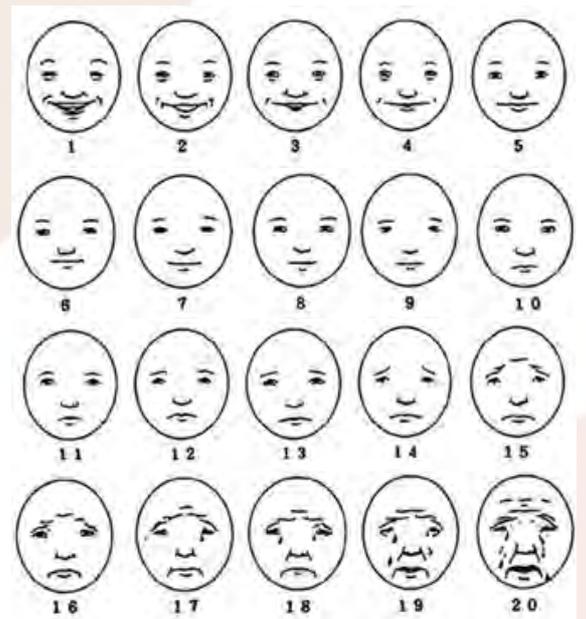
# MUSIC THERAPY FOR HIGH-RISK STUDENTS

Group music therapy sessions were provided for at-risk students identified by a wellbeing assessment, which was particularly effective for identifying those who struggled with negative thoughts and emotions, social interaction, and self-esteem. Using the face scale, we discovered students' overall mood has improved after each session. Based on the music therapist reports, observer notes, surveys and interviews, students have shown positive changes as a result of therapy sessions, such as increased self-compassion, coping and social skills, and self-awareness. Moreover, through the mechanisms of having a safe and non-judgmental space to use music for relaxation, students are able to explore their physical and emotional status, and express themselves through non-verbal means, while connecting with others in the group simultaneously. Social workers and teachers who joined the group to observe also discovered a different side to their students and felt they had developed new and meaningful understanding about them.



## 為高風險學生提供音樂治療

學生完成精神健康問卷後，研究團隊利用數據分析，識別了受情緒困擾及自尊心低的高風險學生，再由校方推薦加入音樂治療小組。透過臉譜量表，我們觀察到學生的情緒於每節小組治療後有所改善。另外，音樂治療師報告、觀察者記錄、前後測問卷及訪問都顯示，音樂治療小組有效提升學生的自我關顧、抗壓能力、自我表達能力及社交技巧。我們發現，校內進行的音樂治療小組為學生提供了一個安全、非判斷性的「第三空間」讓他們放鬆，探索自己的身心狀態，以非語言方式表達自己，並與小組的朋輩建立關係。透過參與其中，教職員看到學生的另一面，亦加深了對他們的了解。



# PROJECT S.H.I.E.L.D.S.:

## Training Students to Become Leaders in Mental Health Promotion and Suicide Prevention

Suicide Help Intervention through Education & Leadership Development for Students (S.H.I.E.L.D.S.) is a leadership training programme that aims to strengthen peer support for students in distress or crisis through empowering selected students to become proactive gatekeepers and nurture leaders in mental health promotion and suicide prevention in the school community, under the support of the Mental Health Initiatives Funding Scheme. Under the guidance of the CSRP team and assistance of university student mentors, an inter-school student workshop and day camp were successfully held on 6th June and 27th July. Students were engaged in an interactive seminar and activities that covered mental health issues, recognizing signs of distress, the do's and don'ts about peer supporting, crisis assessment and referral protocols. Before participating in the workshop and day camp, students were worried about their ability to provide helpful responses to peers in distress and they wished to learn more about mental health in order to be a competent gatekeeper.

According to our feedback, almost 90% of students found that the workshop and day camp enhanced their abilities to give appropriate assessment and response to peers in distress, proving that the programme had been a great learning experience.

“

I learnt a lot about handling and responding to the emotion of others and myself from the activities!

The thing I received most clarity and enlightenment about is to care for myself before helping others and not to put the burden of helping others onto me and myself only!



## S.H.I.E.L.D.S. 計劃

### 培訓學生在推廣精神健康及防止 自殺上成為朋輩領袖

《S.H.I.E.L.D.S. 防止自殺學生領導培訓計劃》旨在給予甄選出來的一群學生提供教育和培訓，以增強他們的自信和領導能力，成為校園裏能促進精神健康和預防自殺的學生領袖，繼而加強對有情緒困擾或危機同學的「同輩支援」。

在香港賽馬會防止自殺研究中心團隊和大學生友師的指導及協助下，S.H.I.E.L.D.S. 跨校學生工作坊及日營分別於6月6日及7月27日順利舉行。是次工作坊及日營的主題包括認識學生的精神健康，辨識情緒困擾及徵兆，恰當及不恰當的朋輩支援方式，以及危機評估和轉介方法。

在參與活動前，學生們都表示擔心自己沒有能力回應及幫助受情緒困擾的同學，亦期望能學習成為精神健康守門人。而在活動後，有接近九成的學生都認為是次活動讓他們更懂得如何恰當地評估及回應受情緒困擾的同學，可見此計劃為他們帶來了珍貴的學習體驗。



Project Officer: Anna Wong

# WELLBEING GUARDIANS @6WEEKCHALLENGE

In early March, Hong Kong was ravaged by the fifth wave of the epidemic. The government suddenly announced an early summer vacation. Teachers, students and parents were at a loss for what to do with the sudden vacation. We immediately adopted positive psychology and Bio-Psycho-Social model to develop Wellbeing Guardians @6weekchallenge for the Primary students. The students and their parents can stay at home to maintain their physical and mental health, and enhance their parent-child relationships. In the past 6 weeks, with the support of the principals and teachers of many primary schools, the number of website visitors reached 34,747, and we received a total of over 100 completed works from 19 primary schools. Many thanks to Ms. Beatrice Mok, the founder of the Community Partner Foundation Fund showed support to this project. In the ceremony held on 18 Jun, there were representatives from 4 primary schools, namely Holy Family School, Methodist School, Cheung Sha Wan Catholic Primary School, Baptist (Sha Tin Wai) Lui Ming Choi Primary School as well as the senior social workers of the H.K.S.K.H. Primary School Counselling Service also attended. A total of 54 awards were presented, including the Complete Challenge Award, the Parent-Child Challenge Award, the Online Popularity Award and the School Participation Award. The winners can receive food and beverage cash coupons and book coupons. Seeing the smiles on the faces of the participating students and parents gave us great joy and affirmation.



Ms. Beatrice Mok, founder of the CPF Fund



Winners of the Successful Challenge Award

## 身心守護隊 @6WEEKCHALLENGE

在三月上旬，香港受第五波疫情肆虐，政府突然宣布提早放暑假，老師、學生和家長對於突如其來的假期都束手無策，有見及此，本中心團隊隨即以正向心理學及身、心、社模型作骨幹，設計了身心守護隊@6weekchallenge，讓小學生和家長都可以安坐家中保持身心健康，促進家人和子女的關係。在過去的6星期活動中，得到多間小學校長、老師的支持，網站瀏覽人數達34,747人，我們合共收到來自19所小學，過百份完成的作品。多謝社聯伙伴基金的創辦人莫綺文女士的支持，並有四間小學代表，分別是聖家學校、循道學校、長沙灣天主教小學、浸信會沙田圍呂明才小學的校長、副校長、主任、社工等，聖公會小學輔導服務處的代表社工也有出席頒獎典禮。當天合共頒發了54個獎項，分別來自圓滿挑戰獎、親子齊心挑戰獎、網上人氣大獎和學校參與獎，得獎者可以獲得餐飲現金券及書券。看到參與學童與家長臉上的歡笑給了我們莫大的喜悅和肯定。

Project Officer: Florence Cheung



LATEST RESEARCH

最新研究

# AN EVALUATION STUDY ON RISKS ASSESSMENT FOR INMATES

Hong Kong Correctional Services Department (CSD) is committed to improving the rehabilitation of inmates such that they can fully assimilate into society. One of the key statistics monitored by CSD is the rate of recidivism, defined as the reoffending and re-admission rate within two years of discharge. In recent years, Hong Kong's recidivism rate has shown signs of improvement, declining from the peak of 27.1% in 2015 to 22.5% in 2018.

To assess the reoffending risk of inmates, CSD adopts prediction tables that comprise risk factors including personal particulars, gang/triad background, drug abuse history, details of current and previous offences, and activities during incarcerations (e.g., family/friend visitations, disciplinary actions).

Although these tables are supported by academic literature, they were developed more than 20 years ago and may no longer be relevant to today's standards. Hence, there is a necessity to improve existing tables by evaluating the latest data with current methods and knowledge. Accordingly, the present study conducts quantitative analyses for validation of the prediction tables.

Using data from the past ten years, the tables are evaluated based on records of 17,956 inmates. In addition, to better understand the operation of the risk assessment system, semi-structured interviews will be conducted with senior correctional officers, clinical psychologists, and inmates who have reoffending histories.



## 在囚人士的再犯風險評估研究

香港懲教署一直致力完善在囚人士的更生事務，促使他們能夠重新融入社會。其中一項受到懲教署監測的主要數據是再犯率。再犯指本地更生人士在獲釋後兩年內因干犯新的罪行而被再次判入懲教院所服刑。近年來，香港的再犯率有下降的趨勢，從2015年的27.1%下降至2018年的22.5%。與此同時，懲教署一直以來有為在囚人士提供再犯之風險評估。一般而言，預測表包括各類再犯的危險因素，例如在囚人士的個人資料、幫派/三合會背景、藥物濫用史、犯罪史，以及監禁期間之活動（家人/朋友探訪、紀律處分）。

由於預測表是在二十年前參照學術文獻制定而成，當中的內容可能已不合時宜。因此，懲教署認為有必要透過最新的數據和最近的研究方法去改善現存的預測表。有見及此，研究團隊會根據過去十年合共17,956名在囚人士的資料記錄去進行數據分析，以定量分析去驗證預測表的有效性。同時，為更了解風險評估系統的運作，研究團隊亦會與高級懲教人員、臨床心理學家和有再犯史的在囚人士進行訪談。



Project Officers: Wendy So & Bowie Woo



# SHIFTS IN PATTERNS OF HELP-SEEKING DURING THE COVID-19 PANDEMIC: THE CASE OF HONG KONG'S YOUNGER GENERATION

Help-seeking can convert an individual's bonding social capital into social support, which has been shown to buffer the impact of psychological distress. Traditionally, the younger generation (individuals aged 15-35 years) are the least likely group to actively seek help on coping with distress. COVID-19 pandemic restrictions may have altered their help-seeking behaviours, leaving them more vulnerable to mental health problems. However, the extent of such shift remains perplexed, particularly in the Asian contexts.

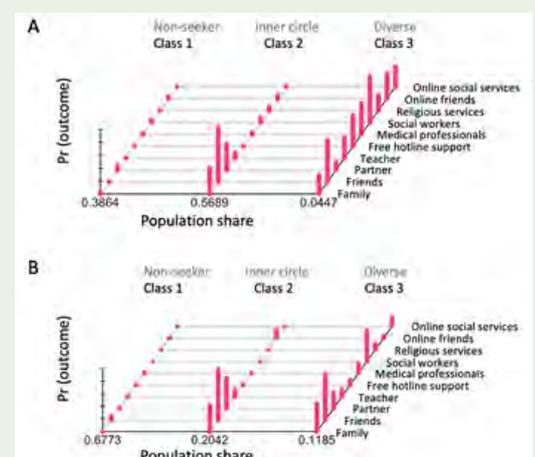
In this study, we sought to understand how the younger generation's patterns of help-seeking (activation of different combinations of support sources) have shifted in the pandemic times, who has experienced behavioural shift, and what explanatory factors are involved.

Based on the 2019 and 2020 wave data obtained from the online survey responses by 438 community-dwelling younger generation in Hong Kong (recruited through CSRP, HKU, and major community outreach organizations in Hong Kong (Caritas, HKFYG, and BGCA)), latent class analysis was conducted on participants' self-reported help-seeking behaviors. Constituents' characteristics in each latent class were examined, and between-wave changes in individuals' class membership were identified. Logistic regressions identified explanatory factors that significantly explained the changes.

Three consistent patterns of help-seeking were identified in both survey waves. A major shift was observed for individuals with poorer mental health histories who faced moderate distress. Their pre-pandemic reliance on family, friends, and partners' support were no longer activated during the pandemic. Posting status updates on social media, along with additional communication habits and sociodemographic factors that differed by age group, were also associated with this shift.

Changes in the younger generation's help-seeking behaviours during the pandemic may be an early warning signal to redouble efforts to preserve and strengthen help-seeking, particularly among at-risk groups. Findings are also a reminder that public health restrictions may have inadvertent mental health implications that should be considered in future scenarios.

Optimal model (based on model-fit parameters and interpretability) for patterns of help-seeking behaviors among the study population in (A) 2019 and (B) 2020. Horizontal axes show each class' estimated proportion within the total study population, while vertical axes denote the estimated probability of an individual seeking support from a corresponding channel.



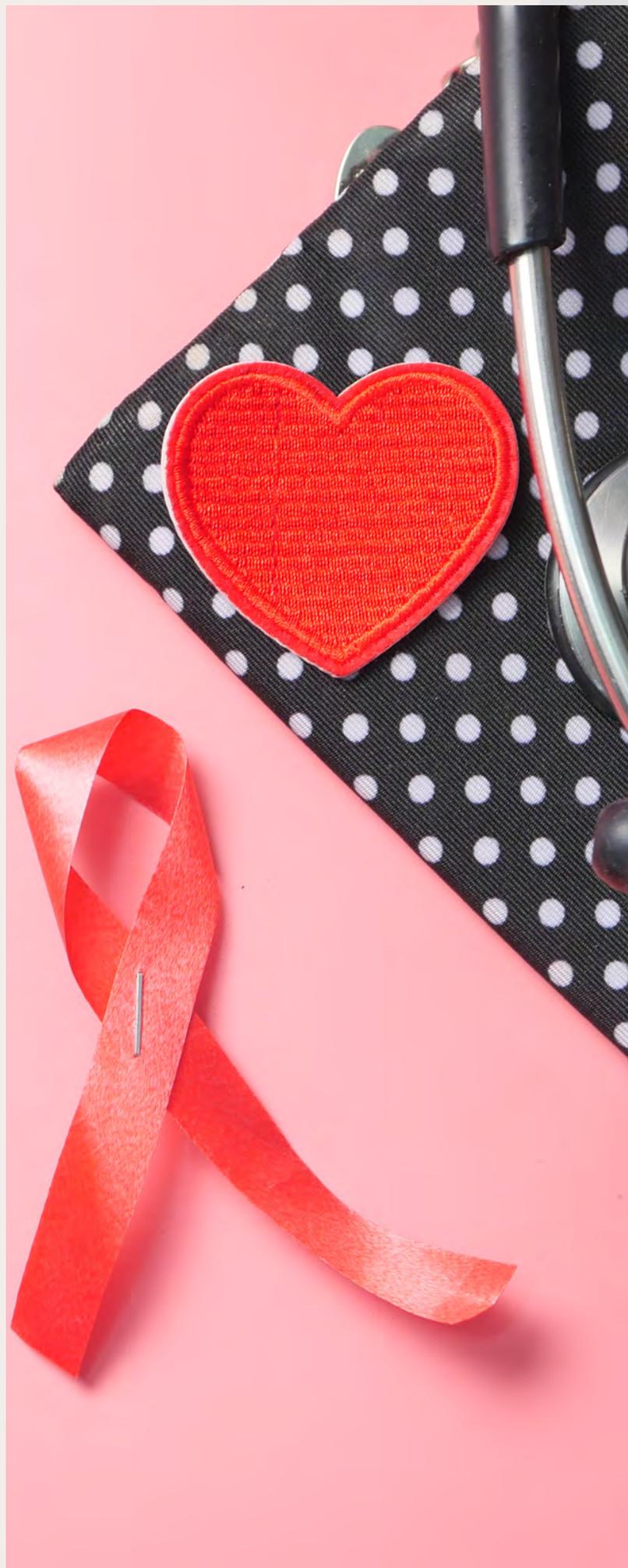
# SUICIDE PREVENTION AMONG CANCER SUFFERERS IN HONG KONG

Cancer is one of the leading causes of deaths in Hong Kong. Results indicated that cancer sufferers in Hong Kong are at a higher risk of killing themselves compared to the general population. Our studies result further revealed that cancer sufferers who died of suicide had a unique profile when compared to suicide cases without cancer but were suffering from other physical conditions. Some contributing factors for suicide among cancer sufferers included cancer metastasis status, lower survival rate, history of self-harm, frequent visits of inpatient and A&E departments, etc. These results provide valuable insights on preventing suicide among cancer sufferers and enhancing their physical and mental wellbeing.

## 香港癌症病人的自殺防治

癌症患者的自殺防治需要醫護，家人及社會各持份者的共同努力和全力支持。在治療過程中，醫生也應密切關注患者的行為及情緒變化，和一些自殺的風險因素，就如病情惡化、需經常使用急症或住院等醫療服務等。在適當的時候，醫護人員可以邀請社工或心理學家介入，為患者提供專業的心理輔導服務。治療癌症的過程既漫長又艱辛。若能有親朋好友的陪伴，對病人的身心健康是非常重要的。對於有輕生念頭的癌症病人，親友應讓他們有機會抒發負面情緒，嘗試傾聽和理解其厭世的原因，了解他們的訴求，盡可能疏導其悲觀的情緒，並給予陪伴。與此同時，親友應確保病人不會接觸到任何有可能對生命造成威脅的物品或地點，例如利器，繩索或天台等。若然能夠有效地整合及運用社會上的資源，我們相信可以為癌症患者提供更好的支援，改善他們的生活質素，以降低他們的自殺風險。

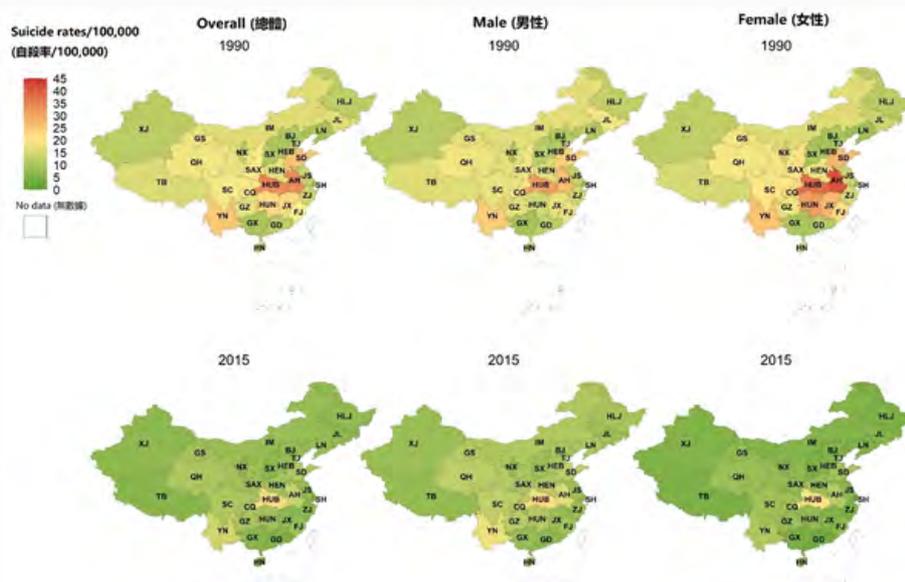
Reference: Men, Y. V., Lam, T.-C., Yeung, C. Y., & Yip, P. S. F. (2021). Understanding the impact of clinical characteristics and healthcare utilizations on suicide among cancer sufferers: a case-control study in Hong Kong. *The Lancet Regional Health – Western Pacific*, 17, 100298.  
<https://doi.org/10.1016/j.lanwpc.2021.100298>



# THE DIMINISHING PROTECTIVE EFFECTS OF ECONOMIC DEVELOPMENT ON SUICIDE IN CHINA

In the past three decades, suicide rates in China have decreased remarkably. We conducted a study that examined the suicide rates in 31 provinces in Mainland China from 1990 to 2015 to investigate how the socio-economic factors influenced the provincial suicide rates in China. The results showed that in 1990, there was considerable heterogeneity in suicide rates across provinces. Hubei and Anhui provinces had the highest suicide rates in 1990, with 34.4/100,000 and 33.6/100,000, respectively. In 2015, suicide rates in all provinces decreased significantly, but the magnitude of decrease was larger in females than in males. We also found that from 1990 to 2015, economic development and urbanisation have contributed to a substantial decline in suicide rates, but their beneficial effects were decreasing over time. By contrast, the protective effects of employment and family integration on suicide were becoming stronger in recent years. Internal migration has been a significant risk factor for suicide over the study period. These research findings have been published in the international peer-review journal "The Lancet regional health – Western Pacific".

This study revealed that the effects of economic prosperity on reducing suicide rates might be limited to the early stages of development - Once people's living standards have reached a subsistence level, further improvements in materialistic and economic conditions may have a smaller impact on protecting people from suicide. Future suicide prevention strategies should be based on improving people's well-being not only economically but also mentally. Efforts to improve overall well-being among the population deserve more attention.



## 中國經濟發展對自殺的保護作用逐漸減弱

中國大陸的自殺率在過去三十年有大幅下降。我們的研究團隊對1995-2015年間中國內地31個省份的自殺率進行回顧，並採用空間自回歸——固定效應模型分析了六個方面的社會變化對自殺率的影響。結果顯示，在上世紀九十年代初，各省份的自殺率存在顯著的地區差異。其中，湖北、安徽兩省的自殺率最高，分別達到了34.2/10萬和33.6/10萬。到了2015，各省份的自殺率均有下降，但女性自殺率下降的幅度大於男性。我們還發現，從1990年到2015年，中國的經濟發展和城市化進程對中國自殺率的下降起著重要的作用，然而，它們的保護作用逐年減弱，出現了邊際遞減效應。相反，就業及家庭融合對自殺的保護作用則在近幾年逐漸加強。省份間的人口流動在過去30年一直都是自殺的風險因素。該研究結果已在國際學術期刊《柳葉刀地區健康-亞太地區》上發表。

此項研究對於未來內地如何進一步開展自殺干預項目、制定自殺防治措施，都具有重大的指導意義。該研究揭示了經濟發展對自殺的防預可能是階段性的。當人民群眾的基本生活水平得到了滿足，繼續發展經濟對自殺的降低可能起不了更大的作用。未來的自殺預防項目不僅聚焦在物質層面上，更應在精神層面上提升國民的幸福感。在發展經濟的同時，政府亦應投放更多資源關注國民的心理健康服務，加強社會福利保障體系等。

Reference: Cai, Z., Chen, M., Ye, P., & Yip, P. S. F. (2022). Socio-economic determinants of suicide rates in transforming China: A spatial-temporal analysis from 1990 to 2015. *The Lancet regional health. Western Pacific*, 19, 100341. <https://doi.org/10.1016/j.lanwpc.2021.100341>

# VARIABILITY IN THE PSYCHOLOGICAL IMPACT OF FOUR WAVES OF COVID-19

This study examined the variation in its psychological impact across the first four waves of COVID-19 in Hong Kong. Transcripts from Open Up between January 2019 and January 2021 were analyzed (N = 60,775). We identified COVID-19 mentioned sessions using keywords and further categorized them into those that also mentioned symptoms of common mental disorders (CMDs) and those that did not. Autoregressive integrated moving average models were used to analyze the associations between the severity of the outbreak and the mention of COVID-19 and CMDs.

Results revealed that the pandemic led to increased psychological distress. When compared to prior to its advent, more people sought help in the initial months of the outbreak. Furthermore, associations were found between the severity of the outbreak and the number of help-seekers mentioning the pandemic, as well as between the outbreak severity and the number of help-seekers disclosing psychological distress. However, these relationships were not uniform across the four waves of outbreaks; a dissociation between outbreak severity and help-seekers' concern was found in the fourth wave.

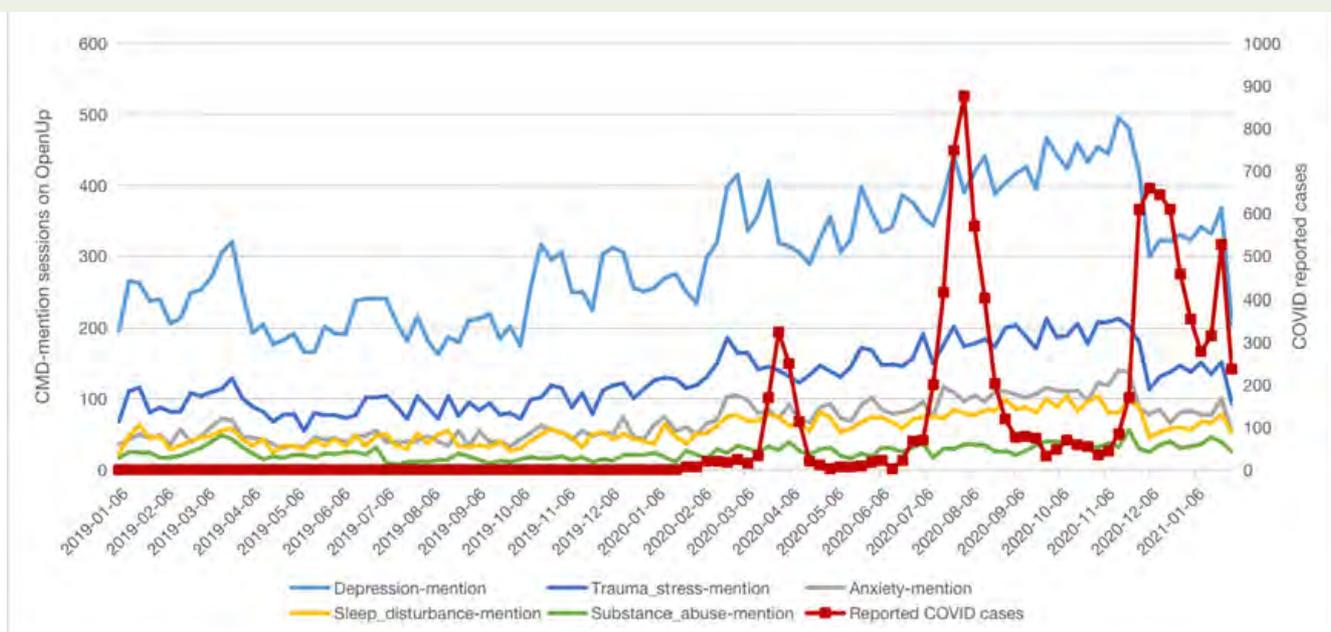
As the pandemic waxes and wanes, people may become habituated to its psychological toll. This may be interpreted as a form of resilience. Instead of worsening with time, the psychological impact of COVID-19 may reduce with repeated exposure.

## 依時序分析網上輔導平台用戶在首四波新冠肺炎的心理影響

本研究檢視香港在首四波新冠肺炎影響下的心理狀況。研究分析2019年1月至2021年1月期間之OpenUp對話紀錄，利用關鍵字辨識所有提及新冠肺炎之對話，進而歸類為「有提及一般精神病」與「未有提及」，透過整合移動平均自我迴歸模型，分析疫情爆發的嚴重程度與提及新冠肺炎及一般精神病的對話關聯。

結果顯示，新冠肺炎加劇了心理困擾。相比疫情爆發前，更多人於爆發後首數月內求助。研究亦發現疫情嚴重程度與提及新冠肺炎的人數，以及提及心理困擾之人數有所關聯。然而，這些關聯在四波疫情並不一致，研究發現在第四波疫情下，疫情嚴重程度與求助者所關注事項的關聯有所轉弱。

隨著疫情的變化，心理影響可能因心理韌性而得到適應。因此，新冠肺炎帶來的心理影響可能會隨反覆的疫情而減少，而非惡化。



Reference: Chan, Christian & Yang, Chi-Ting & Yucan, Xu & He, Lihong & Yip, Paul. (2022). Variability in the psychological impact of four waves of COVID-19: A time-series study of 60,000 text-based counseling sessions. *Psychological Medicine*. 1-37. DOI: 10.1017/S0033291722000587

KNOWLEDGE EXCHANGE

知識交流



# SYMPOSIUM ON ONLINE TEXT-BASED EMOTIONAL SUPPORT SERVICES IN HONG KONG



Dr. Christian Chan, Ms. Sharon Choi, Ms. Rachel Kwok, Ms. Sandy Ku and Ms. Natalie Lai (from left to right) held an open discussion about risk assessment in the online context.

The Symposium on Online Text-based Emotional Support Services in Hong Kong was held on 6 July 2022. For the first time, the symposium brought together different text-based emotional support services for a valuable knowledge exchange. Representatives from four services, Jockey Club Online Youth Emotional Support “Open Up”, “ChatPoint” of the Samaritan Befrienders Hong Kong, “Say Something Web Chat” of Suicide Prevention Services, and “Territory-wide All-night Outreaching Services” from Youth Outreach discussed the lesson they have learned as well as the challenges they face. Over 100 in-person and zoom participants attended the event.

Representatives from different services formed the discussion panel, and exchanged their unique approaches in dividing users into different suicide risk level categories, along with different counselling strategies catering to their specific needs. They also emphasized the importance of volunteers in service delivery and enhancement. The panel also shared their expertise and know-hows on volunteer retention, with a wide range of strategies including different bonding activities, training, shift arrangements, transport subsidy and promotion systems.

## LIFE IS A DYNAMIC GAME: A NON-TECHNICAL EXPOSITION OF DYNAMIC GAME THEORY



“Life is a Dynamic Game: A Non-technical Exposition of Dynamic Game Theory” was successfully held on 17 August 2022. During the talk, Prof. David Yeung explained to the audience engagingly and interactively how dynamic game theory affects the human decision-making process over time, and how it is implemented in different real-life scenarios.

He emphasized why it is imperative to consider and accommodate the interdependencies and interactions of human decisions from a practical point of view, as it is the foundation of how complex systems of human relationships and emergent properties are built. Furthermore, he demonstrated how game theory model building can be used to explain interactions between different decision-makers in building complex situations.



Prof. Yeung elaborated further on the effectiveness of game theory in clarifying human behaviour and social institutions using an example of dynamic cooperation to explain the global environmental degradation problem, and explained how recent rapid technological advancement and economic growth have led to an unprecedented level of increment in environmental damages brought about by human deeds.

# PROTECT OUR CHILDREN - A HOME-SCHOOL COLLABORATION SYMPOSIUM

On 18 August 2022, the “Protect Our Children - a Home-School Collaboration” symposium was held successfully, with over 200 live and online audiences joining the talk. Florence Cheung (Training Consultant of CSRP), Kenus Leung (Educational Psychologist of CSRP), Angela Wong (Educational Psychologist of Catholic Diocese of Hong Kong), and members of the Hong Kong Police Negotiation Cadre (PNC), delivered insightful talks on the challenges faced by students, technique and preventive measures for the high-risk individuals, and crisis management strategies.

The symposium highlighted the challenges students and educators faced in academic, social, emotional, physical aspect, and examined the coping strategies of individuals with conflict resolution skills to instill hope and happiness. To enhance the audiences’ understanding and abilities on helping those who are under mental distress, PNC’s role-playing in real-life scenarios demonstrated the effectiveness of active listening and a non-judgmental attitude could prevent further escalation of the situation.

The talk concluded with speakers encouraging the community and schools to promote educational equity and inclusion for vulnerable individuals in the education system, and developing various strategies to promote wellbeing in the resumption of the new school year.



## INTERVIEW BY MEDIA



Prof. Yip was interviewed by Sally Wu of Phoenix New Media on 15 Aug 2022 to share his views on the negative impacts of COVID-19 on people’s mental well-being, relationships and additional challenges.



Watch the full interview

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Zheng, Y., Molassiotis, A., Tyrovolas, S., & Yip, P. S. (2022). Epidemiological changes, demographic drivers, and global years of life lost from suicide over the period 1990–2019. *Suicide and Life-Threatening Behavior*.

Chang, S. S., Lin, C. Y., Liang, Y. L., Chang, Y. H., Hsu, C. Y., & Yip, P. S. F. (2022). The impact of 2003 SARS epidemic on suicide in Taiwan and Hong Kong. *Psychiatry and clinical neurosciences*, 76(5), 202–203.

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Yip, P. S. F., & Pinkney, E. (2022). Social media and suicide in social movements: a case study in Hong Kong. *Journal of computational social science*, 5(1), 1023–1040.

Cai, Z., Chen, M., Ye, P., & Yip, P. S. F. (2022). Socio-economic determinants of suicide rates in transforming China: A spatial-temporal analysis from 1990 to 2015. *The Lancet regional health. Western Pacific*, 19, 100341.

Men, Y. V., Yeung, C. Y., & Yip, P. S. F. (2022). The association between unemployment and suicide among employed and unemployed people in Hong Kong: A time-series analysis. *Journal of Affective Disorders*, 305, 240–243.

Jovanović, V., Rudnev, M., Arslan, G., Buzea, C., Dimitrova, R., Góngora, V., Guse, T., Ho, R., Iqbal, N., Jámbori, S., Jhang, F. H., Kaniušonytė, G., Li, J., Lim, Y. J., Lodi, E., Mannerström, R., Marcionetti, J., Neto, F., Osin, E., Park, J., ... Žukauskienė, R. (2022). The Satisfaction with Life Scale in Adolescent Samples: Measurement Invariance across 24 Countries and Regions, Age, and Gender. *Applied research in quality of life*, 1–23.

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# PUBLISHED ARTICLE IN MEDIA

## 本地報章撰文

Date	Author	Title	Publisher
06/08/2022	葉兆輝、梁佩宜	精神健康課程 促進學生共通能力	香港經濟日報
05/08/2022	Paul Yip and Sunny Liu Kwong-sun	Effective solutions needed to curb young people's overborrowing	China Daily
03/08/2022	葉兆輝、張鳳儀	倡議把精神健康加入常規課程	信報
08/07/2022	葉兆輝、黃朗軒、林子美	香港貧窮困境的反思和出路	明報
05/07/2022	葉兆輝	青年有未來 則香港有未來	信報
28/06/2022	張鳳儀、葉兆輝	探索正向家長的重要性	信報
14/06/2022	葉兆輝、梁佩宜	學習面對不如意事 助孩子增強抗逆力	明報
17/05/2022	張鳳儀、葉兆輝	學習怎樣與「手機」共存	信報
10/05/2022	肖雲鈺、葉兆輝	疫情中怎樣保持心理健康	信報
29/04/2022	梁佩宜、葉兆輝	從兒童自殺個案報告說起——精神健康教育 3層支援須齊備	明報
22/04/2022	梁佩宜、葉兆輝	開學，我們準備好未？	信報
05/04/2022	葉兆輝、鍾沅穎	反思怎樣在零人口增長下發展	信報
30/03/2022	葉兆輝、畢楷文	保積極心態 迎疫情曙光	香港經濟日報
28/03/2022	葉兆輝、張鳳儀、黃朗軒	自殺警號響起 擻起袖子加油幹	信報
18/03/2022	張筱蘭、劉喜寶、葉兆輝	百歲人口破萬 高齡危機未減	明報
15/03/2022	張鳳儀、蘇穎欣、葉兆輝	齊心抗疫 不需要孤單作戰	信報



## DR. GILLBERT WONG

### A Newly Appointed Fellow of CSRP



As the commanding officer of the Police Negotiation Cadre and Carelinks Cadre, I have been devoted to saving lives on the frontline, persuading individuals on the rooftop to change their minds, and giving them a second chance in their life. I share similar visions with CSRP, which is to raise the public's awareness of mental health, aiming to prevent suicide at the individual and community level. It is my pleasure and privilege to be appointed as an honorary fellow in the leading research centre on the causes and prevention of self-harm and suicide in Hong Kong.

I am grateful to be a part of this growing organisation. Recognising the importance of continuous research to understand suicidal behaviour, I have been collaborating closely with CSRP on various research projects in the past decade. With the new findings, the team has reached out to the community and established several programs for the general public as well as targeting various high-risk groups, as a result making a significant impact on society. I look forward to meeting the rest of the team, together to reduce the suicide rate, and make Hong Kong a pleasant city to live in.



## MS. KENUS LEUNG

### A Newly Appointed Educational Psychologist of CSRP



I worked as a school-based educational psychologist for eight years and started at CSRP as a training consultant in March 2022 because I yearned for a purpose. I wanted to take action and give back to the community. After learning CSRP's mission and vision, I could bring the most current research they can into their schools. It has always been my mission to provide the best possible education I could to students I work with. With CSRP and a life-long learning mentality, I am able to stay in touch with the research that allows me to bring best-practices back to the school system.

At CSRP, I was given the responsibility for the development and implementation of a mental health curriculum, and such duty encompasses my passion. It is this mission to help others re-frame and better understand the ways students are different and unique and to equip them with knowledge and skills in order to better connect with others. We all deserve to be respected and understood as unique and capable individuals. Because this is such a vital piece of what children and adolescents need while in schools.



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