

## ***K&K Charity Limited***

### **'Dare to DREAM' K&K Charity Funding Scheme Application Form**

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**Agency Name**

Christian Family Service Centre - Centre for Adolescent Mental Health Promotion and Prevention

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**Project Name**

(English) Future Me - Community Capacity building for promotion of children' mental wellness

(Chinese) 敢想 - 社區特工隊

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**Project-in-charge / Contact Person**

Name (English) Chow Sin Yee

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**Agency Background**

- ☒ Registered as charitable institutions or trusts under Section 88 of the Inland Revenue Ordinance
- ☐ Established under other Ordinance (Please specify: )
- ☐ Member of The Hong Kong Council of Social Service
- ☐ Member of WiseGiving

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**Project Summary**

Young people play an important role in our community. In response to the increasingly complex social challenges such as mental health issues, university students becomes valuable asset for community development. This one-year initiative project aims at nurturing and empowering university students and is designed with three main components, namely building capacity for university students, creating shared mission for community service for promotion of mental wellness to children and establishing community network to build enabling community for promotion of mental wellness to our children.

This project offers university students the much-needed resources, learning opportunities, and exposure. Most importantly, they co-create support and opportunities for their community to serve the children for enhancing their mental wellness.

In this project, 80 university students will receive the 30 hours structural training to build up their capacity to contribute to the promotion of children' mental wellness in school and community. By the end of project, 7,500 beneficiaries (6,000 children and 1,500 public ) will be served.

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## **A Overall Project Descriptions**

### **■ Rationale**

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Mental wellness lies at the heart of a child's personal and social development. As stated by the World Health Organization (WHO), there is "no health without mental health" (WHO, 2010). However, WHO (2017) indicated that worldwide 10-20% of children and adolescents experience mental health problems. In Hong Kong, the high prevalence of mental health issues (15-25%) among children and adolescents were recorded (Cityu, 2016, IED, 2015; Mak et al, 2015).

At any given time, an estimated 14% of children and adolescent suffered from alarming mental health problems. Between 50% and 74% of mental health problems start in childhood and then persist in adulthood. Late detection and untreated mental health problems is likely to affect their productivity and functioning over the life span (Cook, Peterson, & Sheldon, 2009), with the most devastating consequences being suicided (Patel et al., 2010). Therefore, it is very crucial for providing children and adolescent with mental health promotion addressing on raising their awareness toward mental wellness and early identification.

Research and best practice literature that demonstrates that mental and emotional well-being can be developed, nurtured and supported through promotion and prevention efforts. Therefore, project "FUTURE ME - Community Capacity Building for Promotion of Children' Mental Wellness" should develop university students' ability and talents to develop and support their community through community capacity building process.

Community capacity building as the approach to community development that raises people's knowledge, awareness and skills to use their own capacity and that from available support systems, to resolve the more underlying causes of maldevelopment. In facing the most challenging mental health issues by our children, university students are able to cultivate their individual strengths and resources to contribute to the promotion of children' wellness in school and community. By collaborative efforts of university students, our children can effectively raise their awareness toward mental wellness and enhance their resilience to face the challenging issues in life.

### **■ Target Service Users**

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1. 80 university students who will receive the structural training to build up their capacity and then design, plan and implement the promotion programme to children in school and community;
2. 6,000 children who will raise their awareness toward mental wellness and will enhance their resilience to face the challenge in life.
3. 1,500 public who can raise their their awareness toward mental wellness.

## ■ Approach

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In this project, the community capacity building approach will be adopted in which university students are drawn into forming a community helping group to promote the children' mental wellness in community. It aims to transform individuals from passive recipients of services to active participants in a process of community change. Its ultimate goal is to help build a caring community to support our children.

The capacity building framework reflects an integrated and reinforcing set of capacity building activities that address university students to further host community leadership in addressing promotion of children' mental wellness. It contains several processes for such framework as follows:

Process of capacity building framework:

1. Capacity building strategy: the project will establish community networks and partnership to join hands to deliver the service. For example, the networks with schools will be established to ensure the delivery of the program to students; to invite community parties such as district housing office as a collaborative partner to provide the venue and support to deliver the events.
2. Capacity building inputs: 30 hours structural training will be given to the university students to equip them with the knowledge of children' mental health, skills and techniques of engagement to children, and event planning etc...
3. Capacity building activity: Trained university students should plan and implement the programs to children in school and community.
4. Capacity building outcome: University students will attain sets of knowledge, skills and techniques in the promotion of children' mental wellness. They should have more competent and efficient to deliver the programs to children.
5. Social impact for children' mental wellness: By the end of project, the participating children should raise the awareness toward mental wellness and enhance their confidence in dealing with challenges in life.

## ■ Contents

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This one-year project designs with three main components, including building capacity for university students, creating shared mission for community service for promotion of mental wellness to children and establishing community network to build enabling community for promotion of mental wellness to our children.

### 1. Capacity building for university students

Capacity with the university students are built and maintained by their participation in a 30 hours orientation and training covering topics such as children' development, recognizing and addressing children' mental health issues, mental health first aid, skills and techniques in promotion of mental wellness, and program and events planning and implementation skills. Participants will be provided the opportunity to have dialogue with some peer counselors who have suffered from mental illness previously to sharp their understanding.

### 2. Creating shared mission for community service for promotion of children' mental wellness

After receiving the orientation and training, university students should initiate, plan and implement the programme to promote children' mental wellness. For school programs, university students will adopt activity based intervention for promotion of mental wellness to children, such as using AR technology in activity, arts means and experiencing activity. For community programs, university students will use several booths with interactive games to engage children and their family. Through the devoted community services, university students should create shared mission to their community served.

### 3. Establishing community network to build enabling community

A platform will be established to university students to communicate their understanding toward children' mental wellness in community and their experiences on programs' planning and implementation. Regular meetings should be held for university students to attain the objectives. Through the community service, the networks as community capacity building should be established to sustain the caring for their community.

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**B** Evaluation Methods

The evaluation on the project is as follows:

1) Performance indicators:

For university students: greater strengths perceived; improved attitudes towards children with mental health issues (reduce discrimination); and greater confidence in promoting children' mental wellness.

For Children: greater mental health knowledge; improved attitudes towards people with mental health problems; and greater seeking help behaviors in relation to mental health issues.

2) Outcome measurements

For university students: a pre and post questionnaire covering the theme with capacity building, knowledge and attitudes toward the mental health and confidence in helping others, will be designed to measure the improvement of university students who have participated the project.

For children: a feedback form covering with knowledge and attitudes toward the mental health and help seeking behavior will be designed for their self-administration.

## C

## Income

**Total Income (i)      \$            0**

## Expense (please break down into details)

1. Certificated instructor for the training course for university students (80 students with 4 separated course) (80 hours for 4 courses)	\$	80,000
2. course manual (80 pieces)	\$	6,400
3. Training materials (4 courses)	\$	10,000
4. volunteer fees (meals, transportation and drink etc) (80 volunteers x 3 days service)	\$	19,200
5. School programs ( 5 program /events) ( plan, design and implement by university students)	\$	20,000
6. Community Programs(5 program /events) ( plan, design and implement by university students)	\$	20,000
7. Project promotion (project leaflet, poster, social media promotion etc)	\$	15,000
8. Sundries	\$	5,000

<b>Total Expense (ii)</b>	<b>\$</b>	<b>175600</b>
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<b>Funding Amount Requested (ii - i)</b>	<b>\$</b>	<b>175600</b>
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**D Declaration**

On behalf of the Executive Board of our Agency, I confirm that all information provided in this application form and other related documents (if any) are, to the best of my knowledge, accurate and complete.

**Signature**



Name: Chan Kwok Kai  
Post Title: Service Development Manager  
Date: 18/7/12

**Agency Stamp**

