



青年發展基金通訊

June 2012 2nd Quarterly

The Youth Foundation



3/F, Breakthrough Centre, 191 Woo Sung Street, Jordan, Kowloon, Hong Kong

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Your Support

We cordially invite you to join us to create opportunities for all youth from Hong Kong, Mainland China, or anywhere around the world to grow to their fullest potential. I would like to :

- Become a supporter, receiving newsletters from The Youth Foundation periodically
- Donate to The Youth Foundation's programs (you may select one or more of the following) :
 - (1) Sichuan Holistic Health in Community and School Project
 - (2) Beijing Migrant Children Holistic Development Project
 - (3) Leadership Academy (LA Camp)
 - (4) Train-the-Trainers Program
 - (5) Other training and operating expenses

Name : (Chinese) _____ (English) _____

Gender : _____ Occupation : _____

Name of Organization* : _____

Date of Birth : _____ (mm/yy) HKID # (First 4 digit) : _____

Mailing Address : _____

Tel : _____ E-mail : _____

*Please indicate both company name and contact person.
(Please notify us immediately for any changes to the above information.)

Donation: Tax deduction receipt may be obtained for amount exceeding HK\$100.

1. Crossed cheque made payable to "The Youth Foundation Limited"
2. Direct transfer to The Youth Foundation's one of the following bank accounts:
 - (a) Standard Chartered Bank #337-1-027522-8
 - (b) Hang Seng Bank #787-047919-001
 - (c) Bank of China #565-1-025834-4

Please send crossed cheque or direct transfer receipt along with this form to:

The Youth Foundation, 3/F, Breakthrough Centre, 191 Woo Sung Street, Jordan, Kowloon, Hong Kong

- * For efficiency, electronic form of quarterly is recommended. If interested, please e-mail to enquiry@yf.org.hk
- * If you do not wish to receive any correspondence from us, please notify us by phone or e-mail





Train the Trainers Nurturing Youth Trainers

Dr. CHOI Yuen Wan



Many youth workers are eager to have more in-depth training in meeting the challenges of nurturing the new generation.

The Youth Foundation has always been able to recruit the most experienced interdisciplinary trainers (psychology, mentoring, social work, psychiatry, clinical psychology, youth culture, media, and many others) from Hong Kong, Mainland China, as well as all over the world, to take part in our training program, Train the Trainers (TTT):

We provide training in different levels, which all combine theory with practice, viability with skill. Here we will summarize the target participants and the goals of our programs.

1. Frontline Youth Workers:

These workers interact with youth on a daily basis – they are the ones guiding and nurturing today's youth into tomorrow's leaders. This category includes: teachers, social workers, mentors, and media professionals. The environment for growth, cultural context, educational opportunities and employment prospects for today's youth are constantly changing. Therefore, professionals who work with these youth need to always be prepared to address these changes in order to better guide the youth. Providing this kind of training is one of the priorities of The Youth Foundation.

2. Trainers for Youth Workers:

The more experienced youth workers will become the mentors, supervisors, and trainers of those who may have less experience in the field. We provide training platforms, such as camps, seminars, or workshops on a regular basis, both in Hong Kong and the mainland for these workers to come together and share their insights.

3. Trainers for Youth Ministries:

Every city needs trainers for youth ministries in order to properly execute the aforementioned two types of trainings. These trainers need to receive even more comprehensive and in-depth preparation: they have to experience the life mentorship and mentors' companion; they also need to learn how to become the youth's close mentors; they need to always comprehend the latest theories about youth development and master the skill set to properly apply the theories to real life situations; they need to be aware of the changing youth culture and be able to transform themselves and respond to it; moreover, they need to have practical experience in helping youth to search for and eventually accomplish their vocations in the 21st century. We will partner with universities and other professional establishments to launch the Master's Degree in Training of Youth Ministry; we invite those who wish to become a qualified trainer to enroll.

While identifying the target audience of our training programs, we cannot ignore the influence that parents have on today's youth. Therefore, we also initiate discussions on ways to provide training that can consolidate the educational values that parents deliver in the family setting.

What our youth turn out to be in life has undeniable bearings on the future of our city and country; in order to persist in properly guiding our youth, allowing them to flourish in a creative and healthy environment, we need to consolidate the trainings that we offer to our youth professionals and their trainers. 🙏



3 Years of Working Together

KO Kam Ying, Program Coordinator



The Sichuan Yulin Community Service Program would not exist without the selfless dedication of these professionals and volunteers.

During the three years since the launch of our Sichuan program, not one day was spent without uncertainty and unknown, like portrayed in one famous Chinese expression, “we crossed the river by blindly feeling the rocks” everyday. But we love them, and we want to accompany them, and eventually we found the path – by “walking on the rocks”. Seeing their tears-filled with smile, one that is now full of life, we are grateful! We are touched!

Our work at five different disaster zones will come to an end in June. Looking back on the past three years, we have provided services to 102,105 people in the community, and handled 21,816 individual cases, family interviews and related evaluations. In schools, we have also organized intervention activities for those suffering from P.T.S.D., resilience courses from “Understanding Adolescent Project” (U.A.P.) and summer camps. A total of 3,727 people participated in 22 of these activities. We would like to thank the professionals from Hong Kong and the U.S. for providing training on 33 different occasions, preparing the local volunteers and social workers to be able to face and competently deal with a variety of different situations. Recently, we shared our work at a health bureau conference, showcasing our program concepts and frameworks, with the hope of providing a preliminary service model as a reference for our colleagues.

Our work from the past six months revolved around transforming “service for crisis” into “service for sustainability”. Professor LAM Chow (Laureate Professor of Rehabilitation Psychology, Institute of Psychology, Illinois Institute of Technology; Former Consultant in Rehabilitation for Macau Government) now joined our team. Professor Lam was in charge of training personnel working for community psychological rehabilitation, and establishing the very first community psychological rehabilitation center in Sichuan in partnership with West China Psychological Health Centre and Yulin Community Health Center. The Youth Foundation not only provided extensive training for proper functioning of this initiative, but also used this center as an unique on-site training platform for

trainees, all while delivering the critically needed help to patients suffering from psychological issues.

What kind of changes can one undergo in six weeks? We witnessed the journey of 75 patients in such a short amount of time: some went from being pessimistic to being proactive, some from being immersed in silence to being willing to communicate, from a school drop-out to once again a student. Starting from February 2012, our center has offered services ranging from case management, stress management, social skills, to drug management to our target population. Interest groups are formed for patients to receive supportive recovery. Many cases of schizophrenia arise in adolescence – most of the participants in our program are in their 20s. Most of them, however, have already been hospitalized two to three times. If we can initiate early intervention, delivering psychological counseling to at-risk populations in schools, and devise early examination and evaluation, we might be able to minimize the incidence rate of youth suffering from such psychological conditions, and induce their rehabilitation.

Although our post-disaster program will come to an end in September, our work in Sichuan will continue. We want to use our post-disaster program experience to develop a framework that primarily focuses on training local trainers. In addition to training P.T.S.D. intervention personnel, we would also train school psychologists. We want to introduce U.A.P. and Path-finding courses to suitable pilot schools, and coordinate with the school system to identify the most impactful way to deliver psychological counseling services.

The framework of Yulin Community Psychological Rehabilitation has already received recognition and support from two hospitals. They also want our program to be extended into a sustainable, long-term service. In September, we will support another 75 patients to benefit from this service, while training and mentoring more community social workers and psychological service personnel. ♣



Beijing

Developing a model for migrant students to settle and grow in the cities where they live

Together with Love and Endurance

SUN Hong Cheng, Beijing Program Trainer



The author (left) cherishes every opportunity that he gets to spend with his students.

Editorial note: Before joining *The Youth Foundation*, the author taught at a migrant children school and served as a full-time staff at other service organizations.

From being a part-time staff in 2010 to becoming a full-time trainer in 2011, I have been with *The Youth Foundation* for two years. I learnt a lot in this love-filled team. Here I would like to share some insights from the past year.

Finding the teaching moment. Before a student realizes that you are actually caring for the children, they will not care about what you are saying. Managing the classroom discipline in a migrant children school is a rather daunting task. Underneath their non-cooperative behaviors often lie these children's desire of attention seeking, their freedom from depression after tasting the benefits of the safe environment, and their unfulfilled expectations and urge for love. Therefore, I have stopped to expect and require that they are prepared for every single school activity: such expectations would not be fair for them – it would also impose upon them unnecessary pressure and upon myself unavoidable failure. Listening to their stories is a prerequisite to establishing relationship and communication channel with these children.

Creating a supportive environment with peers. During the year that I served on the volunteer team, I often asked myself, "What kind of expectations is appropriate? How can we create meaningful and valuable opportunities for volunteers? How can we encourage these children to explore and develop their qualities?" Of course, service of "The Blessing Bat of the City" Program is very challenging with respect to the requirements of time control and content of our program. Therefore, highly relevant support is a necessity. We need to design more systematic volunteer training and support networks. Moreover, as a staff, I think my responsibility is to grasp the right timing and appropriate methods in order to provide support in a timely manner.

Hope and strength from surprises. Upon finishing our last class at Hua Ao, the students, out of their own initiative, neatly lined up outside of the classroom, clapped and bowed to thank us. This is exactly the way that we congratulate them at the conclusion of each day camp. After we exited from the classroom, the boys of this class even threw a volunteer and me up in the air. This was the first time that I experienced this. I was a little nervous, but rather extremely flattered. This very simple act really touched me: it gave me full of hope and strength.

We love because we are loved. In concluding what I have learnt and gained in this past year, I would like to say, besides substantial improvement of my training skills, I have discovered and understood myself a lot. I learnt how to accept my students and fellow volunteers more with less personal expectation and condition. These changes originated from acceptance and recognition of other people towards me. In such genuine atmosphere, my life transforms with the growth of these students. Relieved from constraints from the past, I am now clear about my vocation in such transformation.

I am grateful for having all my companion throughout my life. 🙏

Picture below: The author (left) is passionately leading his students, whom are so enjoyed, in the group activity.





Thinking Put in Action

POON Yui Sum, LA2011 Hong Kong Participant

Aspiring is easy. Sharing them is not difficult either. Putting them in action, however, requires courage.

Just ask ourselves anything we really want to do? Let me tell you: I do!

Not only that, I am now realizing them one by one. In this long summer after the open examination, I will fulfill two of them: being a volunteering intern at Breakthrough for 1 month and going on short mission trip to Northern Thailand for 41 days.

For me, in order to transform a mere thought into reality, the following critical factors are indispensable: (1) motivation; (3) deliberation; and (3) community support.

Motivation is very crucial. Without it, a thought will remain impalpable in one's head. LA11 is my motivation. During the seven day camp, I witnessed so many soulful lives. They had been living to the fullest to serve their communities. I discovered that they have valiantly made the first step because they had love, and with love, they found their calling. After seeing all these living examples, how could I continue to carry on as an ordinary student, without at least attempting to do what I really want to do, doing something that I am really passionate about?

Nevertheless, simply being touched by that kind of inspiration is not enough. Putting in action requires repeated deliberation in order to ascertain of one's thought. One adage states that "Resting is preparing one to embark on a longer journey". I want to say that "Resting is allowing one to think about one's journey". When the decision time comes, of course, one will hear so much advice, including those necessarily supporting one's plan of action. When faced with different opinions, I would choose to calm myself first, and think clearly about what I want. For example, this summer, many of my friends would choose to travel or to make money. However I sincerely asked myself whether I should follow the crowd and partake in these activities; or choose to be a volunteering intern and go on a mission trip? Here I am not saying that what everyone else would be doing is not right, and I am in no way trying to stand out from them. I simply wanted to be true to myself, instead of following the crowd.

Finally, getting support and receiving encouragement cannot be missing. Human beings are not meant to exist in isolation because we are connected with others in this world. We all need people who share our goals, interests, and passions with whom to form communities, to encourage each other in our journey. I am very grateful to have such a group of supportive church mates already. In LA2011, I find yet another one of such community of people, who not only are sincere but also come with a lot of stories. In these communities, we are all willing to share our experiences, our

weaknesses, and our dreams. We serenely continuously support and motivate each other.

With these three "treasures", I have become the person that I am today – doing what I want to do, and living the life that I am dreaming of.

During my one-month volunteering at Breakthrough, I had the opportunity to read the LA 10th anniversary publication, issued in 2006, which mentioned every LA Camp has the same core elements: "The Whole Person: Love. Think, Act". Let us all work together to fully live out the spirit of LA, to be a person who truly possesses "soulful excellence"! 🙌



The author spent the month of June at a youth center in Northern Thailand teaching children English.



Volunteering at Breakthrough was like becoming part of a large family – experiencing strength and love of a community through their services .



Workshops: “Excellence in Learning” and “Life Values”



More than 40 mainland youth workers gained invaluable insights on leading group activities during the 2-day workshops

On May 5 and 6, 2012, Ms Jackie Tang, our Training Consultant, was invited by ECNU Research and Training Center, hosting 2-day public service workshops. The themes were “Excellence in Learning Experience” and “Helping the Youth in Development of Life Values”. More than 30 participants from Training of Excellent Adolescent Mentors (TEAM) Program and more than 10 trainers from Train-the-Trainers (TTT) Program attended.

Through lectures, games, small-group discussion, activities, music

MA Dong, East China Normal University’s Research and Training Center For Youth Education in Mental Health (ECNU Research and Training Center)

playing and singing, Ms Tang explained and demonstrated to the participants how to seize the moments before, during and after a particular activity effectively, so called “Teachable Moment”. Ms Tang expounded, through experiential learning, how to conduct high-quality reflection on learning, in order to generate “excellent learning experience”. She also discussed with the youth workers how to foster a trustful, enjoyable and interactive atmosphere for youth sharing their values yet without imposing any youth workers’ own values on youth. Furthermore they explored different education models, activities and experience on values.

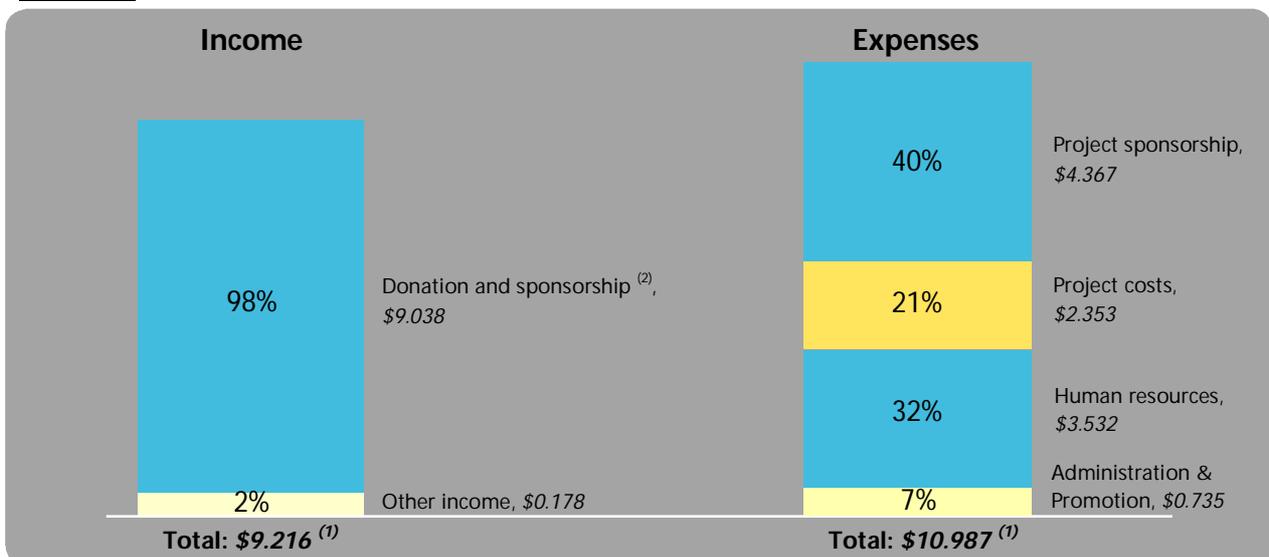
Ms Tang’s valuable youth working experience, her passion and her sincerity deeply inspired those youth workers at the workshops. The participants learnt many new theories and skills about youth work, which strengthened their self-exploration and development, and reinforced their confidence in youth work. 🙏



Balance of Accounts July 2011 to March 2012

(Financial Year: from July 1 to June 30 of the following year)

HK\$ in million



Note:

(1) For the financial period between July 2011 and March 2012, the deficit was HK\$1.771 million; as at March 2012, the total of all funding balance was \$8.56 million.

(2) Donation and sponsorship included HK\$3.548 million of sponsorship income specifically based on project expenses calculation in which HK\$1.362 million and HK\$2.186 million were for “Sichuan Teachers’ Quarters” and “Sichuan Post-Disaster Support Program”, respectively.