

# 青年服務

Youth Services



## 服務方向 Service Orientation

青年是社會的未來，也是我們的主要服務群體之一。本年度青年服務的兩項重點為「提升青年的抗逆能力」及「增強青少年的自信心」。我們的賽馬會跳躍青年坊（綜合兒童及青少年服務中心）、臻善軒、學校社會工作服務及YOU CAN—潛能發展中心以「社區為本」、「學校為本」及「項目為本」的策略服務兒童及青少年。賽馬會跳躍青年坊和臻善軒繼續在地區與不同團體建立合作網絡，以廣泛接觸區內的青少年；學校社會工作服務則配合學生的成長需要，提供輔導及支援服務；而YOU CAN—潛能發展中心亦開展藝術和體驗性的服務計劃，以發展創新的工作手法。

The youth is the future of our community. They are also one of the primary target groups of our agency. This year, we focused on two main aspects of youth services: "enhancing youth resilience" and "promoting positive youth development". Our Jockey Club Youth Leap (Integrated Children and Youth Services Centre), Cherish House, School Social Work Service, and YOU CAN - potential exploration unit have adopted community-based, school-based, and project-based strategies as their respective service positions. Jockey Club Youth Leap and Cherish House have continued to build a cooperative network with local stakeholders so as to reach a wider range of young people. Meanwhile, the School Social Work Service continued to run dedicated counselling and support programmes in order to address the students' social and emotional needs. Last but not least, YOU CAN - potential exploration unit created numerous art and adventure-based projects aimed at further energising our youth work intervention efforts.



### 創新服務計劃—提升青年的抗逆能力

YOU CAN—潛能發展中心分別獲優質教育基金及凱瑟克基金贊助，舉辦一系列有關預防青少年自殺，提升青年抗逆能力的計劃。

獲優質教育基金贊助的「築『喜』快樂空間」好心情@學校計劃，於8間中學運用正向心理學及經驗學習法，引導學生肯定自己的強項，並為身邊良好的關係而感恩。本計劃更於學校課堂以外時間舉行不同的藝術活動，讓學生自由參與，與學生一同建立愉快的校園經驗。

得到凱瑟克基金贊助，我們於兩所中學開設「開放藝術工作室」。在表達式藝術治療師及社工的引導下，學生在藝術創作活動中探索自己，並與他人分享創作的過程及成果，與人建立聯繫。參與的學校十分欣賞這些創意的手法。



### 觀塘區青少年服務聯合活動Project APPS III

賽馬會跳躍青年坊與社會福利署觀塘區青少年服務地方委員會及觀塘區13間綜合青少年服務中心獲觀塘區議會撥款，合辦大型社區活動—「Project APPS III」計劃，為觀塘區的兒童及

### Innovative Projects to Enhance Youth Resiliency

YOU CAN - potential exploration unit was given grants by the Quality Education Fund (QEF) and Keswick Foundation Limited respectively, to organise programmes on youth suicide prevention and enhancing youth resiliency.

In the QEF funded projects, we cooperated with 8 secondary schools to use positive psychology and experiential learning to highlight the students' positive traits and create a supportive school environment. Art activities under the theme of "Joyful@School" were introduced to the students outside their school hours.

Awarded by Keswick Foundation Limited under the "Champion for Change Award", YOU CAN also ran "Open Studio at School" in 2 schools. With the guidance of art therapists and social workers, students participated in art creation activities. The Open Studio gave them the space to explore their identities, and build connections through genuine exchanges. Services users and schools personnel appreciated how creative approaches we adopted can engage young people so well.



◀ 透過「開放藝術工作室」，讓學生於藝術創作中表達自己的感想。  
Through the "Open Studio at School", students could express their emotions by participating in art creation activities.

### Joint Youth Services Programme in Kwun Tong District - Project APPS III

This year, funded by the Kwun Tong District Council, our Jockey Club Youth Leap collaborated with the Social Welfare Department Kwun Tong District Local Committee on Services for Young People and 13 Integrated Children



青少年提供情緒管理訓練及教育活動，促進他們的精神健康。本年度的計劃，本中心邀請到寧波第二中學中一學生參與，於學校推行有助學生身心健康的活動，藉此提升學生的抗逆力，協助學生建立朋輩互助網絡，及早識別及跟進有潛在高危需要的學生。計劃由2018年8月28日至2019年1月5日推行，共有379人次參與計劃。

and Youth Services Centres to organise "Project APPS III". The project aimed at providing emotional management training and education activities for children and youth in Kwun Tong District and to promote their mental health. Having invited Secondary One students from Ning Po No. 2 College to take part this year, "Project APPS III" promoted students' physical and mental health, enhanced their resilience, and helped them to establish mutual peer support networks. The project also enabled early identification and follow-up of potentially high-risk students. Running from 8<sup>th</sup> August, 2018 to 5<sup>th</sup> January, 2019, 379 people took part.



◀ 團隊訓練日—提升學生面對困難的能力及抗逆力，協助學生建立朋輩互助網絡。

Team Building Training Day: Enhancing students' resilience and their ability to face difficulties, as well as helping them to build mutual peer support networks.



### 「學生情緒解困，有您、有理」聯校教師工作坊

青春期是一個變化和不確定的時期，生理、心理、情感和行為都產生變化。青少年受情緒困擾的情況漸趨普遍，老師及社工在前線工作上亦面對不少求助個案。有見及此，我們特別邀請到明愛專上學院葉錦成教授、順德聯誼總會鄭裕彤中學蔡玉冰校長及其團隊分享協助有情緒困擾的學生的工作手法及心得。透過葉教授深入淺出的講解，參加的老師及社工更能了解青少年的內心世界，從而加強支援學生情緒問題的信心。

### Joint School Teachers' Training Workshop on Helping Students with Emotional Needs

Adolescence is a time of change and uncertainty - biologically, psychologically, emotionally, and behaviourally. Youth mental health problems are commonly found in Hong Kong. Teachers and social workers received referral cases which suffering from emotional and mental health problems. As such, we invited Professor Yip Kam-shing from Caritas Institute of Higher Education, as well as Principal Choi Yuk-ping and her colleagues from STFA Cheng Yu Tung Secondary School to share their wisdom and experiences in handling students with emotional problem. Professor Yip used case studies to present various handling methods, helping the participating teachers and social workers to better understand the inner world of the youth and the way to support them.



## 「學生情緒解困，有您、有理」 工作坊



- ◀ 老師及社工參與工作坊了解處理青少年情緒的心得。  
Teachers and social workers learning how to handle the emotional problems of adolescents in one of the workshops.

## 「Y-Concept獨立起義」計劃— 「KONNECT INDIES」2018

青少年縱然擁有獨特的潛能和理想，仍需要很多機會才可令夢想實現。「Y-Concept」獨立起義計劃成立之目的，就是鼓勵並提供機會及資助予有志發展音樂的青年，讓他們將理想付諸行動。計劃每年為青年樂隊完成「灌碟」夢。今年我們以「KONNECT INDIES」為題，連結獨立音樂圈不同團體的力量，包括唱片公司INFREE RECORDS及錄音室F House贊助推行。而受惠的樂隊亦可以透過「師友」計劃，指導5隊中學生樂隊參與技術改良之課程，藉以傳承經驗，回饋社區。

- ▼ 參與樂隊於唱片發佈會合照。  
A group photo after the CD release event.



## “Y-Concept INDIERISES” - “KONNECT INDIES” 2018

While youngsters have unique potential and aspirations, they still need many opportunities to realise their dreams. “Y-Concept INDIERISES” Project encourages and provides opportunities and subsidies to aspiring youths to put their ideas into action and help them fulfil their ambitions. In this case, “Y-Concept INDIERISES” helps young indie bands realise their dream of recording an album. This year, with the theme: “KONNECT INDIES”, we connected various parties in the indie industry and received sponsorship from INFREE RECORDS and F House Studio covered the recording costs. “Y-Concept INDIERISES” provided opportunities for youngsters to serve the community. Participating bands served as mentors to 5 secondary students’ bands. They shared their experiences, exchanged knowledge and mutually learned to improve their musical technique.



- ◀ 唱片公司INFREE Records贊助本年度獨立起義錄音部分。  
INFREE Records were one of the sponsors of the recording costs for INDIERISES 2018.





## 就業支援服務

很多青年人面對就業問題。有見及此，賽馬會跳躍青年坊已持續多年參與勞工處推行「展翅·青見」計劃。我們透過一系列與就業有關的培訓及活動，為15至24歲青年提供有系統的擇業輔導和就業支援服務。今年我們與不同的企業及機構保持合作，已跟進約80個青見計劃個案及提供相關見習或就業的工作機會。

## Employment Support Services

Many youngsters are facing employment problem. Hence, our Jockey Club Youth Leap has been all along actively participating in the Labour Department's "Youth Pre-Employment Training Programme", with the aim of helping young adults aged 15-24 through employment-related training, activities, systematic career counselling, and employment support. This year, we continued to work closely with various corporations to support over 80 individuals and provide relative internships or job opportunities.



◀ 邀請不同界別的公司參與招聘會，為青年提供就業機會。  
We have invited different companies to join our Recruitment Day to provide more job opportunities for young people.



## 特別服務計劃—「隔代同行計劃」

臻善軒獲「香港賽馬會社區資助計劃」贊助，推行第二年的「隔代同行計劃」。此計劃為「隔代照顧家庭」及「特殊需要家庭」提供全面及多元化的支援服務，接受服務的家庭來自觀塘區寶達邨、秀茂坪邨、安達邨及安泰邨。計劃為參加者提供學習及情緒支援、提升照顧者的管教及照顧能力；同時增強隔代溝通，促進彼此的親密關係。計劃日漸得到參加者的認同，報名情況踴躍，本年度共有93位中、小學生在新一期計劃開始前已留名參加。今年參加者於計劃各方面包括：行為指標、態度指標、關係指標、知識指標上均有所改善及提升，而對計劃的整體滿意度為89%。

## Special Service Project - Grand Generations Bridging Project

Sponsored by the "Hong Kong Jockey Club Community Project Grant", Cherish House "Grand Generations Bridging Project" was run for the second consecutive year. The project offered comprehensive services to multi-generational and special needs families from Po Tat Estate, Sau Mau Ping Estate, On Tat Estate, and On Tai Estate in Kwun Tong District. The project also provided learning and emotional support, strengthened child care capabilities, and enhanced the quality of communication among multi-generational families. The project followed an overwhelming response this year. A total of 93 secondary and primary school students pre-registered before the enrollment began. Participants showed significant improvements in behaviour, attitude, condition, and knowledge indicators, while the overall satisfaction indicator was 89%.



圓圈繪畫日—親子參與體驗活動，體驗彼此合作和互動的重要性。

Circle Painting Day: A parent-children experiential activity, designed to promote the importance of cooperation and interaction.



## 未來發展 Outlook

為了應對迅速的社會變化和青少年的需求，我們的青年服務會繼續致力於培養青少年的整體發展。來年，我們青年服務的核心重點包括：

- 1 幫助青少年充分發揮潛能，實現個人健康成長；
- 2 幫助青少年建立和諧的人際關係；
- 3 加強青年人和社區之間的聯繫，引起他們對社會的關注。

In response to the rapid social changes and needs of young people, our youth services are committed to nurturing the holistic development of adolescents. The core focus of our youth services for the coming year will be:

- 1 Helping adolescents reach their full potential and achieve healthy personal growth;
- 2 Helping adolescents to develop harmonious human relationships;
- 3 Strengthening the ties between adolescents and the community to encourage their concern for society.

## 2018-2019 服務統計 (截至2019年3月31日) Service Statistics (as at 31<sup>st</sup> March, 2019)

