

Project Change: Reflection on Serving Young People in Difficult Times

keynotes: Dr. Pauline Sung, Prof. Yun Wing Sung, Mr. John Mak

response: Dr. Alex Chan

We are a multi-disciplinary team financially independent from the government; and we seek to provide comprehensive psychological counseling and legal support to arrested youths in Hong Kong's anti-extradition movement.

Our vision is a Hong Kong where each and every arrested youth is provided with timely psychological counseling, adequate information about the alternatives to conviction or imprisonment, and have their circumstances, backgrounds, and motivations duly taken into account in sentencing, such that they can receive the best and most appropriate final case disposals.

Our mission is to provide comprehensive and de-politicized support and counseling for arrested youths and their families so as to aid them in overcoming and weathering the predicaments wrought upon them by the social movement.

The presentation aims to reflect on our learning gained from implementing the Project Change since June 15, 2020. As of today, we have served more than 200 cases of which 90 young people and over 120 family members/social networks.

Prof. Pauline Sung received her Doctor of Philosophy from University of Nottingham, England. Currently, she is the founding director of the Citizen Action Design Limited (a policy think tank). Since February 2020, she has served as an honorary associate professor of the Hong Kong Institute of Economics and Business Strategy. She is a research investigator at the Prevention Research Center of Washington University in St Louis, USA.

Prof Sung-Chan had served two years at the Institute for Public Policy of Hong Kong University of Science and Technology as an adjunct associate professor from 2017 to 2019. She had been a visiting Professor at the School of Medicine of Tongji University, Shanghai, China from 2015 to 2018. She had been an Associate Professor at Department of Applied Social Sciences of Hong Kong Polytechnic University from 1994 to 2015. Her other high-level appointments include: Deputy Director of the Hong Kong Polytechnic University -Peking University Social Work Research Center, Fulbright Senior Research Scholar of Washington University in St Louis (2011-2012), USA, and visiting scholar at Department of Urban Studies and Planning, Massachusetts Institute of Technology.

Prof. Sung-Chan has been actively involved in promoting social work development and social work education in mainland China since the early 1990. She had played a pivotal role in developing the first Master of Social Work program in mainland China in collaboration with the Department of Sociology at Peking University to offer a training of the trainer's program. She was appointed as the founding director for the MSW program from the cohort of 2002 to 2003.

Since 2012, Prof. Sung Chan has conducted several innovative public health research studies with cross discipline research team to promote and implement scientific research in Mainland China and Hong Kong. She has collaborated with various organizations including the Chinese Center for Disease Control and Prevention, Shanghai Municipal Education Commission, and Jockey Club School of Public Health of Hong Kong Chinese University. Her most recent groundbreaking research has been a cross-university and cross-discipline research on promoting social mobility through an evidence-based e-parenting program. This Early Childhood Investment Initiative (2017-2020) is first of its kind in Hong Kong and Mainland China.

Her research interest includes organisational learning and transformation, action research, social mobility, adolescent obesity, adolescent mental health, families in Transition in Mainland China, professional education effectiveness, and cross-country evidence-based research.

Dr. Yun-wing Sung (Ph.D. in Economics, University of Minnesota, 1979) was Chairman of the Economics Department of the Chinese University of Hong Kong (CUHK) for 17 years (1995 – 2012). He is currently adjunct Professor of the Department, Associate Director of the Joint Shanghai – Hong Kong Development Institute (CUHK and Fudan University), and Associate Director of the Economic Research Centre, Hong Kong Institute of Asia-Pacific Studies, CUHK. He received two prestigious awards in the field of economics in China, namely, Sun YeFang Award of Economic Science (2009-10), and Award of the Pekang Chang Research Foundation of Development Economics (2009).

He is Corresponding Editor of Asian Pacific Economic Literature, members of Editorial Boards of China Review: An Interdisciplinary Journal on Greater China, Asian-Pacific Journal of Business, and The Global Studies Journal, and also member of the Advisory Committee of China Economic Journal. In public service, he is member of Chinese Association of Hong Kong and Macau Studies (2013 – present), of Expert Advisory Committee of the Institute of Free Trade Areas of Sun Yat-Sen University (2015 – present), Honorary Senior Research Fellow of Hong Kong Policy Research Institute and of Bauhinia Institute, Academic Advisor of Hong Kong Cultural Development Institute, and member of Advisory Committee of Citizen Action Design Limited.

Mr. John Mak is currently Program Director at Project Change. He is passionate about public affairs in Hong Kong and abroad, and co-founded two social initiatives in Myanmar. Prior to that, he has also worked at a Hong Kong-based think tank and a global communications agency.

John sees himself as an effective bridge across different sectors, cultures, political affiliations and generations. He is a Forbes 30 Under 30 honouree, an Asia 21 Young Leader by Asia Society and an inaugural Obama Foundation Scholar. He is also a former TEDx speaker.

John holds a Master's degree in public policy and international development from The University of Chicago, and a Bachelor's degree in politics, philosophy and economics from the University of Durham.

Dr. Alex Chan is Associate Professor of Counseling & Psychology at Shue Yan University where he is also Director of University Research, Director of Positive Psychology Laboratory and Associate Director of Industrial Attachment. He received his B.A. in Sociology from HK Baptist University, M.A. & Ph.D. in Educational Psychology from University of Minnesota.

Innovative Evidence-based Interventions for Reducing Childhood Aggression & School Bullying **keynote – Dr. Annis Fung** **response – Dr. Anna Hui**

“Children with Aggressive Behaviour” was the research focus of my Ph.D. studies at HKU. As Principal Investigator at the City University of Hong Kong, different projects on reducing aggressive and bullying behaviour among children and youth led to the development of many innovative evidence-based interventions with diverse approaches: cognitive-behavioral approach, physio-moral approach (e.g. Chinese martial arts and ethics), neurobiological approach (e.g. omega-3 supplementation), social information-processing approach (e.g. storytelling), and the social learning approach (e.g. parenting efficacy and parental involvement). The total beneficiaries include 41,865 primary and secondary students and 3,817 students who are at high-risk of reactive and proactive aggression. The long-term impact of the proposed innovative intervention will include considerable financial and social benefits by reducing the educational, medical, legal,

and social costs resulting from childhood aggression, school bullying, and peer victimization.

Dr. Annis FUNG Lai Chu is Associate Professor in the Dept. of Social & Behavioral Sciences at City University of Hong Kong. She received her PhD from the Department of Social Work & Social Administration of the University of Hong Kong. To date, she has received eight awards and honors in recognition of her outstanding research and teaching performance. Annis enjoys teaching on counselling-related courses, and won the Teaching Excellence Award in 2008-09. She has served as a programme leader of the MSS in Counselling since 2015. She is passionate about researching different approaches for reducing aggressive behaviour and peer victimisation among school children and adolescents. Her enthusiasm for this kind of research stems from her strong Christian faith.

She has won five international and local research awards, namely, the Research Impact Award; Outstanding Project Award; Hero Award: School-University Leader; Excellence in Knowledge Transfer Award; and the Excellence in Knowledge Transfer Certificate of Merit. These honors and awards are a testament to the abundant benefits and blessings her research has brought to frontline educators, social workers, psychologists, counsellors, parents, children and adolescents in Hong Kong and across the world. Annis has been appointed as a long-term staff trainer at the Hong Kong Police Force, Education Bureau and Social Welfare Department, and is a member of the Child Fatality Review Panel.

Dr. Anna Hui is currently Associate Professor in the Dept. of Social & Behavioral Sciences at City University of Hong Kong. and also the coordinator of the BDSS First Year Experience at the Department of Social & Behavioural Sciences, City University of Hong Kong. Research interests include creativity and innovation; motivation and self-regulation, gifted and creativity education, lifespan development in creativity. She also served as the Chairperson of the Ad Hoc Committee of Reviewing the Curriculum Guide of Early Childhood Education, Curriculum Development Council of the Education Bureau, HKSAR.