

## College of Liberal Arts and Social Sciences - One Health Seminar

### Changes and Challenges: Mental Well-being of Hong Kong Young People

**Date:** 10 December 2021 (Friday)

**Time:** 4:00 pm – 6:00pm (HKT)

**Moderator:** Dr. Esther Chow, Associate Professor, Department of Social and Behavioural Sciences, City University of Hong Kong

<b>Topic</b>	<b>Speaker</b>
Resolving Parent-Adolescent Conflicts in times of Social Situations: Adolescents' voices on conflict resolution strategies and preferred parenting styles	Dr. Andrew Low, PhD, RSW, Assistant Professor, Department of Social & Behavioral Sciences, City University of Hong Kong
<b>Biography</b> <b>Dr. LOW Yiu Tsang Andrew (羅耀增博士)</b> Before moving into social work education in 2010, Dr. Low worked for Seventeen years as a registered social worker in a range of different settings in Hong Kong, including school social work, hot-line counselling service, children and youth centre service and being a centre-in-charge of an Integrated Children and youth Centre. He also worked four years as a private practice social worker mainly providing parenting programmes, leadership training programme and preventive programmes in various primary and secondary schools in Hong Kong. He also rendered family therapy, marital counseling and individual counseling to community.  His main research interests are in evaluation of preventive interventions. This includes areas like indigenous parenting programme in Chinese culture, positive youth development programme in school settings, suicide prevention programme in school settings etc. He has completed studies like evaluation of cognitive behavioral programme for teenagers and children in school setting to reduce their anxiety problem. He has also completed a qualitative study on the evaluation of positive development programme in school setting. Currently he is doing a study on the evaluation of suicidal prevention programme in school setting.	
<b>Topic</b>	<b>Speaker</b>
Adapting to Changes in times of Pandemic Crisis: Hong Kong Social Workers' Challenges	Dr. Ricky Kwan, PhD, RSW, Assistant Professor, Department of Social & Behavioral Sciences, City University of Hong Kong
<b>Biography</b> <b>Dr. KWAN Chi Kin (關志健博士)</b>	

Ricky Kwan, PhD, is currently Assistant Professor in the Department of Social and Behavioural Sciences at City University of Hong Kong. He received his PhD from The University of Hong Kong and served as Assistant Director of The Hong Kong Down Syndrome Association. He is a registered social worker with a professional background in mental health and counselling. His research interests lie primarily in the fields of mental health, workplace inclusion and mezzo-level social work practice.

Topic	Speaker
Inducing Hope and Healing with All-round Wellness Initiatives	Ms. Siuman Hsu, BSW (Hon), MSocSc (Counselling), RSW, Deputy Executive Director, Hong Kong Federation of Youth Groups

**Biography**

**Ms. HSU Siu-man (徐小曼女士)**

Ms. HSU joined the Federation since 1997 and has been served in youth counselling services for long years. She is now responsible for the strategic planning on student counselling and overseeing the Federation’s kindergartens, primary and secondary schools. Ms. HSU is regularly invited to deliver talks and trainings on areas such as youth emotional health, addictive problem and media education. She also published series of counselling related books and educational kits with her teams.

Other involvement of Ms. HSU includes Member, Dissemination and Promotion Sub-committee, Quality Education Fund, EDB; Member, Child Fatality Review Panel, Social Welfare Department; Member, Committee on Services for Youth at Risk, Social Welfare Department; Member, Human Organ Transplant Board, Department of Health; Member, Sub-committee on Information, Education and Communication, The Family Planning Association of HK and Council member, Hong Kong Social Workers Association.

Topic	Speaker
Enhancing Mental Well-being: Challenges in self-care	Ms. WONG Man Wing, MAppPsych (Clinical), RCP (DCPHKPS, HKICP, AHPRA)

**Biography**

**Ms. WONG Man Wing (黃雯穎女士)**

Ms. WONG Man Wing completed her Master’s degree in Clinical Psychology at Murdoch University in Australia. Upon return to Hong Kong, she joined the Corporate Clinical Psychological Services in the Hospital Authority (HA), a Department serving the staff in the organization. During her work in HA, she offered services to the staff influenced by critical incidents including the Lamma Ferry Collision, and facilitated the staff to foster self-care by providing individual and group interventions, and conducting talks in different hospitals. Her expertise is in trauma management, self-compassion and suicide prevention.

Her current role allows her to work with students. She observes that the common mental health issues in the working populations are also available in the young groups due to several reasons

such as stress and competition in our society, and a relatively low degree of self-awareness and self-care.