

Against Child Abuse Ltd.

防止虐待兒童會有限公司

**HKEC Symposium on Community Engagement IV
“Healthy Community: We Can Make a Difference”**

**“Healthy Start” Volunteer Home
Visitation Project**

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Content

About the project

Project Flow

Monitoring

Methods

Findings

Recommendations

Next Step

About the project

Purpose

- To provide support and to reduce stress and anxiety of target family
- To acquire positive parenting knowledge and skills
- To prevent child abuse and neglect at an earliest stage

About the project

Components

VISITATION

- ➡ Home visitation
- ➡ Telephone contact

RESOURCES

- Resource Library
- Newsletter
- Recycling use of baby essential items



ACTIVITIES

- Parents Education
- Program
- Healthy Start Workshop
- Community Participation

● Advocacy

About the project

Families & Volunteers

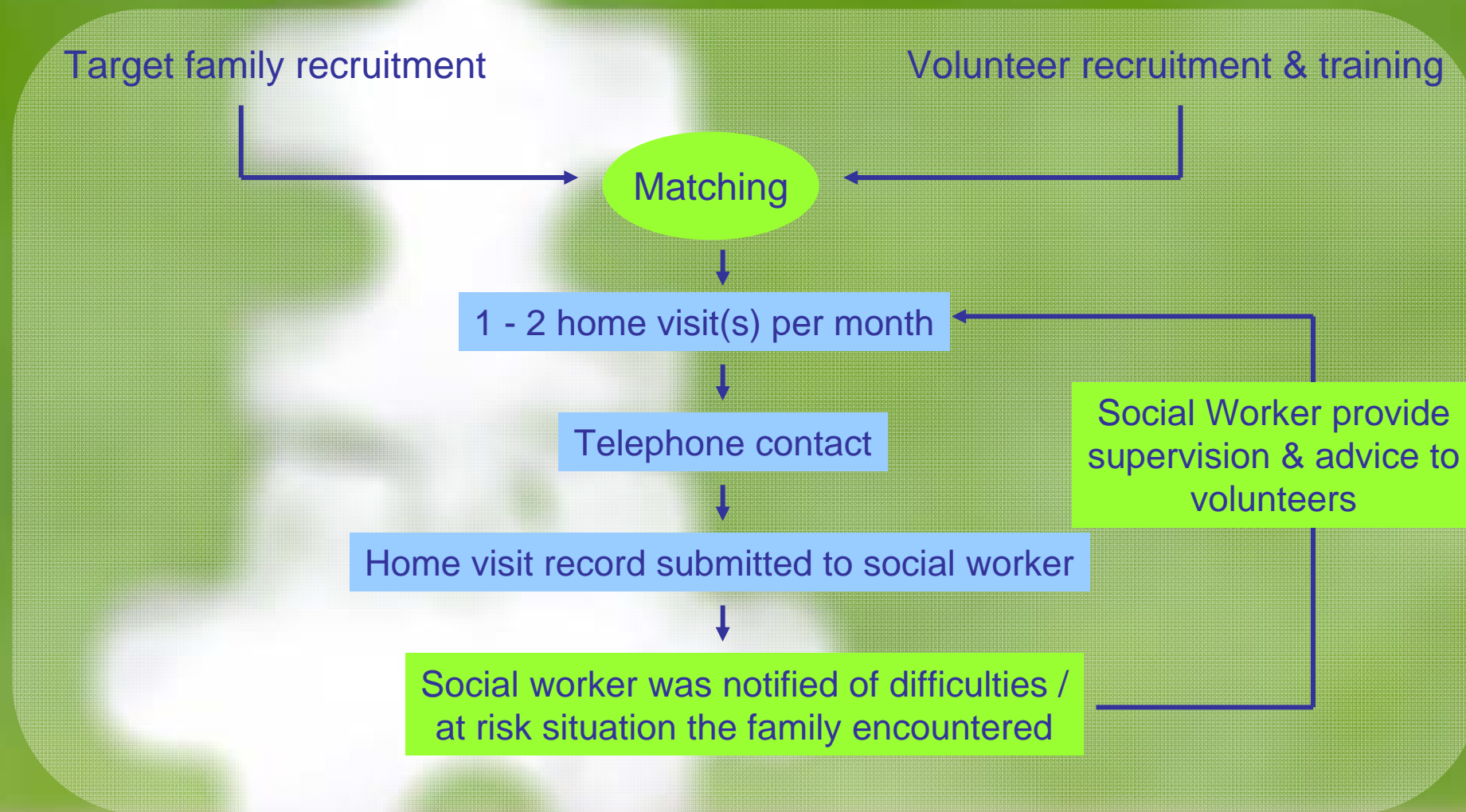
Family Intake

- ❖ Recruit families at MCHC and referred by IFSC and NGO in TM, YL and TSW
- ❖ In take by social worker: conduct home visit to assess family 's needs and concerns
- ❖ Assessment areas: stress management, marital relationship, health issue

Volunteer Requirement

- ❖ Most of them are housewives with child rearing experience
- ❖ Willing to provide home visitation at least one year
- ❖ Attend 10 sessions training course

Project Flow



Monitoring

- Matching with agreement
- On going training
- Reports and supervision

Methods

Two Studies on Healthy Start Project

1. 1997-2000
2. 2000-2002

Both studies were conducted by
Dr. Chan Yuk Chung & Dr. Gladys Lam,
Associate Professors of HKPU

1st Study

Tools

- ❖ UCLA-Loneliness Scale, Chinese Depressive Symptom Scale, Index of Marital Satisfaction, Index of Parent Attitude

Findings

- ❖ effective in alleviating lonely feeling and depressive symptom among 51 mothers receiving the services
- ❖ Mothers with special needs did have greater need for home visitation service
 - ➔ single parent families
 - ➔ new immigrants
 - ➔ experienced post-natal depression,
 - ➔ were neglected and/or abused in their childhood
 - ➔ husbands were absent from the family

Findings

- ❁ Marital satisfaction and availability of spousal support were crucial factors affecting the mothers' emotions and well-being during pregnancy and child birth. Mothers revealed that they felt particularly lonely and depressed when their husbands were away from home. Efforts should therefore be made to involve the fathers in the program.

Findings

❁ The mothers were satisfied with the service and the volunteers found themselves helpful to the mothers.

➡ Both the mothers and the volunteers reckoned that the role of the volunteers was “friend” or “friendly advisor” who would share child care knowledge and experiences with them.







Recommendations

- ❁ Home visiting service be available to all pregnant mothers as a primary preventive strategy of the child abuse problem.
- ❁ Fathers should be encouraged to provide support and help to their wives as much as they can.
- ❁ Mixed professional-volunteer model of home visitation should be promoted in Hong Kong.

2nd Study

Tools

Child Abuse Potential (CAP) Inventory:

-  Distress (36 items)
-  Rigidity (14 items)
-  Unhappiness(11 items)
-  Problems with child and self (6 items)
-  Problem with family (4 items) and
-  Problem with others (6 items)

Findings

- ❁ This study shows that the child abuse potential of the 174 respondents has been significantly reduced after joining the home visiting program.

Recommendations

- ❖ Home visitation should be promoted as it is an effective primary preventive strategy to reduce child abuse.
- ❖ Volunteers need on-going training on knowledge and skills to maintain high quality volunteer home visitation service.
- ❖ Mixed model incorporating professional and volunteer is recommended as it is a non-stigmatizing service appreciated by families. Families are ready to share their difficulties with volunteers and willing to receive services or referral with the support of social workers.

Next Step



“Good Parenting Project” (2007-2010)



cooperate with UCH



provide volunteer home visitation service
to cross border families with new borns



“Joy at Home” Home Visitation Project (2008-2010)



cooperate with CMC



provide volunteer home visitation service to at risk
families in Shum Shui Po



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