

Department of Applied Social Sciences
The Hong Kong Polytechnic University

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Project Title : Promoting Family Resilience

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Abstract : Families in Hong Kong have become more vulnerable to stress and adversity due to the schisms within families arising from the social unrest, anxieties caused by the COVID-19 outbreak and accompanying economic downturn. Funded by The Hong Kong Jockey Club Charities Trust, the "Promoting Family Resilience" Project aims to enhance positive coping strategies of families and promote their positive family beliefs system, mutuality and strengths in protecting family members from threats and vulnerabilities. The project's key components include a website, online educational programmes and family activities, community-based professional intervention programmes, capacity-building workshops for professionals, needs based assessment and evidence-based evaluation studies.

Social Impact : In face of the social, political and economic threats that happened in 2019 and early 2020, it is anticipated that many Hong Kong families will face different levels of stresses and disruptions. Hence, the Project is a timely response in developing and validating a new family intervention approach that focuses on enhancing family positive coping against adversities. Furthermore, the needs assessment on coping capabilities of families may provide important insights on how families in Hong Kong can overcome the challenges and adversities ahead, which is essential for social welfare service design and policy formulation.