

# **WeCare Fund for Student-Initiated Youth Suicide Prevention**

## **Projects:**

### **Application guidelines**

#### **1. Background**

- Students are the epicenter of recent student suicide incidents. To empower them and facilitate them to organize self-help and/or mutual help projects would not only contribute to controlling this crisis, but also be beneficial for identifying good practices for youth suicide prevention.

#### **2. Objectives**

- To facilitate students to initiate and deliver mental health related projects on campus targeting young people;
- **To guide student-initiated projects with professional advices (e.g. clinical psychologist, psychiatrist, counsellor, school social worker, or other relevant disciplines);**
- To foster positive emotions amongst the Universities/Institutions; and
- To enhance public awareness on mental health issues.

#### **3. Intended Learning Outcomes**

- Enhance understanding of mental health and suicide prevention;
- Acquire generic skills, especially social communication skills and self-reflection ability;
- Enhance students' knowledge on mental health issue and suicide prevention; and
- Cultivate Empathy for others.

#### **4. Quota**

- 15 projects (no more than 1 project will be selected from each Institution)

#### **5. Eligibility**

- All full-time post-secondary students studying in the list of Universities/Institutions in Appendix 1
- **Project must undergo with professional advices (e.g. clinical psychologist, psychiatrist, counsellor, school social worker, or other relevant disciplines)**

#### **6. Themes of Project Proposal**

- A project proposal should meet at least one of the following themes:
  - i. Reaching out to peers with suicidal risk
  - ii. Encourage help-seeking among students when having emotional distress or feeling suicidal
  - iii. Mental health promotion among students

#### **7. Funding Available**

- In principle, each approved project will receive up to HK\$50,000. The actual amount of fund approved will reflect the merits of the proposed project.
- Funding decisions are normally announced within half month after the application deadline (Mid of July).
- The Fund may be used to support research, direct services, community events, exhibitions, social entrepreneurship, documentary making, art, cultural promotion and presentations, and all activities that contribute to the goals of this project.

- The first 60% of the Fund will be paid for the project leader as startup of the project. The outstanding amount will be paid in the form of reimbursement upon successful completion of the project, presentation of original receipts and evaluation report.
- The Fund is a token subsidy and does not mean to assist any student body/group to generate income or profit.
- Applicants are required to declare and report on details of any financial support already received at the time of application or as soon as they are awarded for the project. CSRP reserves the right to reduce its financial support to the project upon receiving such information.
- In any event, the total financial support from CSRP should NOT exceed the proposed budget.
- Upon completion of the projects, the grantee is required to submit a project report on or before **30 Nov 2016**.
- Based on the final evaluation of the 15 projects, 3 Best Practice Awards will be identified, which will be awarded another HK\$50,000, HK\$30,000 and HK\$20,000 for the champion, first-runner up and second-runner up respectively to sustain or extend their projects. The use of award funding will be limited to youth suicide prevention only.

#### **8. Duration of the Project**

- Each approved project should be completed before **31 Oct 2016**.

## 9. Selection Procedure

- A review committee will be organized by CSRP to select 15 projects from the applications. To ensure more institutions can be benefitted from the Project, we will prefer no more than one project being funded in one institution.
- All selected project members must attend **Training Workshop on 29 July 2016 2:30-5:30 pm in HKU.**
- Upon completion of the first round of the project, the funded project is required to submit a project report and the committee will evaluate the projects' effectiveness.
- Based on the final evaluation, 3 Best Practice Awards will be identified, which will be awarded another HK\$50,000, HK\$30,000 and HK\$20,000 for the champion, first-runner up and second-runner up respectively to sustain or extend their projects. The use of award funding will be limited to youth suicide prevention only.

## 10. Assessment Criteria

Assessment will be conducted by CSRP on the basis of:

- Relevance to the objectives and themes of the Fund;
- Originality and innovativeness of the Project;
- Help address a challenge related to mental health faced by the society, with clear potential benefits;
- Be based on empirical research in the relevant field;
- Conduct pre and post assessment in order to evaluate project effectiveness;
- Partnership with professionals (e.g. clinical psychologist, psychiatrist, counsellor, school social worker, or other relevant areas);
- Feasibility and sustainability of the project; and
- The impact of the Project to the students.

## 11. Application Procedure

- Applicants fill up an online application form (to clearly state project objectives, procedures, measurable indicators of its effectiveness, and justifiable budget.
- Applicants should submit applications and proposals online on or before **18 July 2016.**
- Successful applicants have to attend the briefing and training session on 29 July 2016 at The University of Hong Kong.
- Submission of incorrect/incomplete information may cause delay/disqualification. A successful applicant will be disqualified and/or, where appropriate, be required to refund the grant if he/she provides any false or misleading information to CSRP.

<b>Date</b>	<b>Content</b>
22/6 - 18/7/2016	Application period
Mid of July	Selection of 15 Projects
29/7/2016	Briefing and Training Session
1/8 - 31/10/2016	(First Round) Start the Project
30/11/2016	Submission of Project Report
Mid of Dec	Selection of the Best Practice Award (the champion, first-runner up and second-runner up)
9/1 - 30/4/2017	(Second Round) Start the Project

**12. Contact Person:**

Miss Phoebe Hui

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## 《與你同行》資助計劃 - 由學生主導的防止青年自殺計劃：申請指引

### 1. 背景

- 最近接連發生的學生自殺事件讓學生成為大眾焦點。促進學生自救及互助能力的計劃不僅有助控制自殺危機，而且有助發掘有效的防止青年自殺措施。

### 2. 目的

- 協助學生在校園內發起及組織促進朋輩精神健康的活動；
- 讓學生主導的計劃獲得專業人員指導（如臨床心理學家、精神科醫生、輔導員、學校社工、以及其他相關方面的專家）；
- 培養校園內的積極情緒；及
- 加強青年大眾對精神健康的關注

### 3. 參加者學習成效

- 增強對精神健康及防止自殺的認識；
- 學習共通能力，特別是針對情緒危機的溝通能力和自我反思能力等技巧；
- 提升同學對精神健康與防止自殺的認識；及
- 增強同理心

### 4. 資助名額

- 十五個計劃（每間大專院校選出不多於一個計劃）

### 5. 參加資格

- 所有在<附錄一>名單上的大專院校就讀之全日制學生
- 計劃須獲得專業人員指導（如臨床心理學家、精神科醫生、輔導員、學校社工、以及其他相關方面的專家）

### 6. 計劃主題

- 每份計劃申請需至少符合下列一項主題：
  - i. 支援有自殺風險的朋輩
  - ii. 鼓勵朋輩在情緒困擾或有自殺念頭時尋求協助
  - iii. 推動朋輩關注精神健康

### 7. 基金贊助

- 每個選出的計劃將會獲取不多於港幣 50,000 元的資助。實際資助金額將根據計劃的優異程度來決定。

- 申請結果將於申請截止日期後半個月內公佈 (七月中)。
- 資金可用於支持研究、提供直接服務與幫助、社區活動、展覽、社會企業、紀錄片製作、藝術、文化宣傳和展示、以及所有能達到計劃宗旨的活動。
- 獲批資助金額的首 60%將先支付予計劃負責人作為開始計劃的成本。餘下的 40%金額需要在計劃完成階段，向本中心提供正式收據及提交報告後，本中心會發回資金給同學。
- 資金屬於補助性質，並不能用於協助學生組織或團體增加收入或利潤。
- 申請者需列明計劃有否接受其他資金支持，而且在申請時或盡快於獲得其他資金時須彙報該資金的細節。本中心保留調整資助金額的權利。
- 在任何情況下，計劃支出不能超過所建議的金額。
- 計劃完成後，申請者必須於 2016 年 11 月 30 日或之前提交計劃報告。
- 評審委員會會根據計劃報告選出「卓越計劃獎」的冠軍、亞軍及季軍，得獎計劃分別會額外獲得港幣 50,000 元、30,000 元及 20,000 元的資金，以維持及擴展其計劃。此額外資金僅限用於防止青年自殺計劃。

## 8 · 計劃推行時段

- 每個選出的計劃必須於 2016 年 10 月 31 日前完成。

## 9 · 甄選程序

- 香港大學香港賽馬會防止自殺研究中心（本中心）將會成立評審委員會甄選出十五個計劃。為了增加受惠的大專院校數目，本中心期望每間大專院校選出不多於一個計劃。
- 被選出十五個計劃的成員必須出席於 2016 年 7 月 29 日下午 2 時 30 分至 5 時 30 分 在香港大學舉行的工作坊。
- 第一輪計劃完成後，申請者需提交報告給評審委員會檢查及評估計劃成效。
- 評審委員會會根據計劃報告選出「卓越計劃獎」的冠軍、亞軍及季軍，得獎計劃分別會額外獲得港幣 50,000 元、30,000 元及 20,000 元的資金，以維持及擴展其計劃。此額外資金僅限用於防止青年自殺計劃。

## 10 · 評審標準

本中心會根據以下標準評審計劃申請：

- 計劃與本計劃的目的及主題之相關性；
- 計劃的原創性及創新性；
- 計劃有助處理社會現時面對的精神健康問題，並列出明確的潛在益處；
- 計劃根據及引用有關領域的研究；



- 計劃前後會進行評估，以準確地評估計劃之成效；
- 與專業人士合作（如臨床心理學家、精神科醫生、輔導員、學校社工、以及其他相關方面的專家）；
- 計劃的可行性及可持續性；及
- 計劃對學生的影響

#### 11 · 申請程序

- 申請者填妥網上報名表格，清楚列出計劃宗旨、過程、可量度的計劃成果和合理預算。
- 申請者須於 2016 年 7 月 18 日前提交報名表。
- 成功申請者必須於 2016 年 7 月 29 日出席在香港大學舉行之簡介會及培訓工作坊。
- 提交不正確或不完整資料的申請人可能導致延誤或取消資格。成功申請者如被發現提交虛假或誤導資料，將會被要求退還資金給本中心。

日期	內容
22/6 - 18/7/2016	接受申請
7 月中	挑選十五個計劃
29/7/2016	簡介及培訓工作坊
1/8 - 31/10/2016	(第一輪)開始計劃
30/11/2016	提交計劃評估
12 月中	選出「卓越實踐計劃獎」的冠軍、亞軍及季軍
9/1 - 30/4/2017	(第二輪)開始計劃

11 · 聯絡人：許小姐

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