

CHANGE Lab

Psychological Service Section 2
Hong Kong Correctional Service Department



Objectives

- To facilitate young offenders in building resilience to deal with stress and challenges so as to achieve normative psychological growth and better supervision outcomes
- To strengthen family as a protective factor for healthy psychosocial development, rehabilitation and reintegration into the community

Target Participants

- Young offenders under supervision and their family members

Programme Content

Six main themes: **C H A N G E**

- **C – Connection**
 - To develop connection with family members
 - To improve family communication
- **H – Hope**
 - To embrace positive thoughts
 - To enhance sense of personal competence
- **A – Aspiration**
 - To establish personal goals
 - To rebuild a flourishing life
- **N – New Perspectives**
 - To explore balanced life style
 - To practice self-compassion
- **G – Gratitude**
 - To savour good experiences
 - To feel grateful
- **E – Endurance**
 - To build resilience
 - To foster wellness

Programme Features

- Apart from individual therapy, family therapy or couple therapy will be arranged as necessary.
- The programme would be implemented by the responsible clinical psychologist of the young offender so that intervention could be more individualized.
- Different programme activities matching young offenders' stages of intervention need and progress.
- Use a variety of activities to engage young offenders and their family members
 - Inmate-Parent Programme – HeartStart – Parenting talks in institutions:
 - i. Engagement before discharge
 - ii. Enhancing young offenders' motivation to change
 - iii. Improving parent-child communication to build trust
 - iv. Facilitating young offenders' reintegration after release
 - *Coupled with publication includes supporting children's institutional adjustment, communication and parenting, effective emotional handling etc.





- Youth CHANGE Programme – Individual counselling/psychotherapy in CHANGE Lab:

- Psycho-education continued with practice sessions
- Recapping PREP in life scenario & application
- Improving family communication in individual level
- Enhancing motivation in life planning

- Parent CHANGE Programme – Parent training groups in CHANGE Lab:

- Exploring different relaxation techniques
 - Developing stress management skills
 - Practicing self-compassion
 - Mindful Parenting Take Home Pack
- *Training includes Mindfulness-based Stress Reduction.



- Family CHANGE Programme – Family interest groups in CHANGE Lab:

- Bonding with your loved ones in newfound interest
 - Exploring new or common interests
 - Developing balanced life-style
 - Fostering positive relationship
- *Workshop includes mindful yoga and activity-based workshop

