



*A project by*  
**Thye Hua Kwan Moral Society**  
**Singapore**

**2010 Asian Award for Advancing Family Well-Being (3A Project)**  
**ASIA - Aspiration for Sustainability, Innovation & Applicability**

# CONTENTS

- Objectives of the Project
- Theoretical Framework for the Project
- Desired Outcomes & Methodology of the Project
- Preliminary Evaluation Results of the Project
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- Future Directions





# OBJECTIVES

To support families' capacity to develop into stronger, higher functioning and resilient family units.

**STRENGTHS**

**RESILIENCE**

**HOPE**



# OBJECTIVES

*In line with government social policy philosophy:*

“My Ministry believes that children do better when their families are strong, and families do better when they live in communities that help them succeed. We need the continued support from everyone - individuals, corporations, community organisations and religious groups to help make Singapore the best place for families and children.”



Dr Vivian Balakrishnan  
Minister for Community Development, Youth and Sports

At the NFC'09 Appreciation & NFC'2010 Welcome Brunch  
Held on 1 October 2009



# OBJECTIVES

*Complements Casework & Counselling Objectives:*

Clients achieved enhanced problem-solving/ coping skills

Clients achieved enhanced relationship/ network that improve their situation

Clients achieved improved ability to manage on his or own financially



# THEORETICAL FRAMEWORK

- Clients have untapped resources
- Environment is full of resources
- Collaborative approach

**Strengths  
Perspective**

- Use of positive reinforcements to shape and sustain desired behaviours

**Behavioural  
Model**

- Cohesion, flexibility & communication as central dimensions of family systems
- 'Balanced' family systems allow for optimal family functioning

**Circumplex  
Model**  
(Olson, 1999)



# METHODOLOGY

- Participants join the programme
- Participants participate in activities as per the 6 programme components

## PARTICIPATION

## TRACKING

- Participants track activities and skill applications in the log book provided

- Point system
- Gold, Silver & Bronze awards

## AWARD

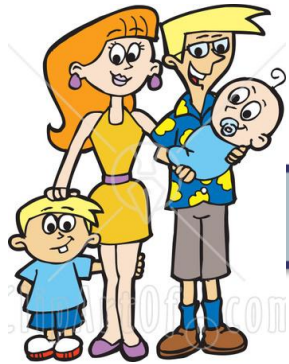
## EVALUATION

- Pre & Post questionnaire
- Logbook inputs

**COLLABORATION with external agencies**



# METHODOLOGY: Award



**6 - 12 months 500 points**



**12 - 18 months 1000 points**



**18 - 30 months 2000 points**



\* Need to score at least 60 points for each competency





# DESIRED OUTCOMES

- Able to manage short and long term finances

**FINANCIAL**



- Equipped with knowledge and skills in the upbringing of children

**PARENTING**



- Has strong family cohesion & well-being

**FAMILY BONDING**



- Increased employability & lifelong learning

**EMPLOYMENT**



- Increased academic performance & being all-rounded

**ACADEMIC**



- Contribute to community via community service

**COMMUNITY SERVICE**





# METHODOLOGY: Activities



## Financial

- Participation in talks/ workshops
- Increased savings
- Increased income
- Reduced debts or arrears
- Reduced expenses
- Budget tracking
- Savings tracking



## Parenting

- Participation in talks/ workshops/ activities/ support groups



## Family

- Participation in talks/ workshops/ activities
- Family gathering/ outing once a month
- Family having meals together at least once a week



# METHODOLOGY: Activities



## Education

- Participation in talks/ workshops/ activities outside of school curriculum
- Improvement in academic performance
- At least 95% school attendance
- At least 90% attendance in study group/ tuition



## Employment

- Participation in skills training/ workshops/ talks/ activities
- Sustained employment
- Obtained promotion
- Re-employed in a higher paying job
- Gained employment



## Service

- Completion of at least 20 hours of community service by at least 2 family members



# METHODOLOGY: Pre-Post Questionnaire



Competency	Contents
<b>Financial</b>	<ul style="list-style-type: none"> <li>• Income, Savings, Expenses and Arrears record</li> <li>• Budgeting Skills Questionnaire</li> </ul>
<b>Parenting</b>	<ul style="list-style-type: none"> <li>• Parenting Competence in Upbringing of Children &amp; Youth Questionnaire (Kumpfer, 1989)</li> </ul>
<b>Family</b>	<ul style="list-style-type: none"> <li>• Family Competence in Cohesion &amp; Wellbeing Questionnaire (Dunst, Trivette &amp; Deal, 1988)</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>• Academic Attendance record</li> <li>• Academic Performance record</li> <li>• Self-esteem Scale (Rosenberg, 1965) – Silver &amp; Gold Awards</li> <li>• Resiliency Scale (Jew et al, 1999) – Gold Award</li> </ul>
<b>Employment</b>	<ul style="list-style-type: none"> <li>• Employment History record</li> </ul>
<b>Service</b>	<ul style="list-style-type: none"> <li>• Charity &amp; Volunteering Involvement (Formal Networks) record</li> <li>• Informal Networks Support record</li> </ul>





# METHODOLOGY: Logbook Contents

Competency	Contents
<b>Financial</b>	<ul style="list-style-type: none"> <li>• Trainings/ Workshops Recording sheets</li> <li>• Budget Recording sheets</li> </ul>
<b>Parenting</b>	<ul style="list-style-type: none"> <li>• Trainings/ Workshops Recording sheets</li> </ul>
<b>Family</b>	<ul style="list-style-type: none"> <li>• Talks/ Workshops/ Activities Recording sheets</li> <li>• Family Dinning Log Sheets</li> <li>• Family Photo Logs</li> </ul>
<b>Education</b>	<ul style="list-style-type: none"> <li>• Talks/ Workshops/ Activities Recording sheets</li> <li>• Results Recording sheet</li> <li>• Attendance Recording sheet</li> </ul>
<b>Employment</b>	<ul style="list-style-type: none"> <li>• Job Skills Training/ Talks/ Activities Recording sheets</li> </ul>
<b>Service</b>	<ul style="list-style-type: none"> <li>• Community Service Recording sheet</li> </ul>





## PRELIMINARY EVALUATION: Purpose(s)

1. To track progress of participants
2. To motivate participants
3. To find out participants' concerns



## PRELIMINARY EVALUATION: Components

1. Pre-Post Questionnaire interview
2. Logbook tabulation
3. Structured interview



# PRELIMINARY EVALUATION RESULTS

## Logbook Scores

	0 – 20	21 – 30	31 – 40	41 – 50	51 – 60	> 60
<b>Financial</b>	41%	6%	0%	0%	24%	29%
<b>Parenting</b>	88%	0%	12%	0%	0%	0%
<b>Family Bonding</b>	6%	12%	6%	12%	18%	47%
<b>Employment</b>	59%	12%	18%	12%	0%	0%
<b>Academic</b>	71%	6%	0%	6%	0%	18%
<b>Service</b>	71%	0%	6%	0	6%	18%





# PRELIMINARY EVALUATION RESULTS

## Logbook Scores (Total)

0 – 100	101 – 200	201 – 300	301 – 400	401 - 500	> 500
24%	47%	6%	6%	6%	12%



# PRELIMINARY EVALUATION RESULTS

## Activities Participated

Chinese Orchestra Concert

Talking Dollars & Cents

Kite Flying at Marina Barrage

Marine Life Conservation & Environmental Awareness Programme

Outing to Newater Plant

Istana Art Competition

Movie Outing: Love Cuts



2010 Asian Award for Advancing Family Well-Being (3A Project)





# PRELIMINARY EVALUATION RESULTS

## Activities Participated

Fishing Trip at Bottle Tree Park

Multi Racial Block Party

Family Day “Be My Super Hero” at  
Pasir Ris Park

Basic Internet Course

Children’s Day Party at Singapore Zoo

Family Picnic at Labrador Park





# PRELIMINARY EVALUATION RESULTS

## Pre-Post Test Scores

	<b>% of Participants Increased in Points</b>	<b>Examples</b>
<b>Budgeting Skills Questionnaire</b>	67%	<ul style="list-style-type: none"> <li>• Compare prices and qualities</li> <li>• Use 2<sup>nd</sup> hand items</li> <li>• Set budget for monthly expenses</li> <li>• Set aside money for savings</li> </ul>
<b>Parenting Competency Questionnaire</b>	60%	<ul style="list-style-type: none"> <li>• I praise my child when s/he has behaved well</li> <li>• I use clear directions with my child</li> <li>• I follow through with reasonable consequences when rules are broken</li> <li>• I talk to my child about his/ her feelings</li> </ul>
<b>Family Competency Questionnaire</b>	67%	<ul style="list-style-type: none"> <li>• We believe that something good comes out of the worst situations</li> <li>• We are able to share our concerns and feelings in productive ways</li> <li>• We take pride even in the smallest accomplishments of family members</li> <li>• In our family, we try not to take one another for granted</li> </ul>



# PRELIMINARY EVALUATION RESULTS

## Pre-Post Test Scores

	<b>% of Families Achieved at least one of the following:</b> <ul style="list-style-type: none"><li>• Increased household income by 10%</li><li>• Increased household savings by 10%</li><li>• Reduced household expenses by 10%</li><li>• Reduced arrears/ debts by 10%</li></ul>
<b>Financial Competency</b>	<b>77%</b>



# PRELIMINARY EVALUATION RESULTS

## Pre-Post Test Scores

	% of Families Found Employment	% of Families Sustained Employment for at least 6 Months
Employment Competency	43%	100%





## PRELIMINARY EVALUATION RESULTS

### *Motivations for joining the Programme*

“I want to seek the meaning of family, and to define better the role of a parent.”

“I join this programme as I desire to improve my family’s finances and to upgrade myself.”

“Can learn something rather than doing nothing.”

“Programme is what we are already doing so it seems practical and relevant to me.”

“I like the idea of spending time with family...to share feelings with family members, get to learn to bond and express ideas, enhance communication...get family to do things together...in activities.”



# PRELIMINARY EVALUATION RESULTS

## *Motivations for joining the Programme*

- Improve family situation
- Enhance family functioning
- Learn new skills
- Practical
- Relevant





# PRELIMINARY EVALUATION RESULTS

## Structured Interview

### WHAT PARTICIPANTS LIKE/ FOUND USEFUL ABOUT THE PROGRAMME

- Financial & Budgeting competency
- Family bonding activities
- Improvement in family relations
- Fulfillment from community service (informal networks)



# PRELIMINARY EVALUATION RESULTS

## *Benefits of the Programme*

*“I’m more equipped to know {the} importance of family bonding, budgeting.”*



*“Learnt about love, family relationship from programme.”*

*“Like family bonding because it helps me feel closer to my children.”*

*“My children are studying very hard...”*



# PRELIMINARY EVALUATION RESULTS

## *Benefits of the Programme*



“Interact with community more.”

“Helping our neighbours made us feel good about ourselves.”

“Helps build family bonding and keeps track of financial situation”.





# PRELIMINARY EVALUATION RESULTS

## *Benefits of the Programme*



“We had a really fun time...a fun night out watching fireworks and the NDP... We really treasure the time we had together and we will try to get together more often for family bonding”.





# PRELIMINARY EVALUATION RESULTS

## *Benefits of the Programme*



“There are 16 people in this family... It was my grandfather’s birthday... We all are happy family!”



# PRELIMINARY EVALUATION RESULTS

## Structured Interview

### WHAT PARTICIPANTS FOUND **CHALLENGING** ABOUT THE PROGRAMME

- Comprehension of the programme
- Logbook completion
- Lack of follow up
- Situational factors (time/ location/ health & mobility)



# PRELIMINARY EVALUATION RESULTS

## *Suggestions for the Programme*

“To allow fellow participants to meet each other {regularly} to exchange information and know more friends.”

“Would appreciate closer and more frequent reviews with case worker such that we are more aware of their progress and know which area to improve on.”

“To have more variety in programmes so that client can choose.”



# LEARNING POINTS

- FAA team to work closer with the caseworkers
- FAA team to increase contact with the participants
- To increase collaboration with external agencies





# FUTURE DIRECTIONS



- To set up FAA

The Facebook logo, consisting of the word "facebook" in white, lowercase letters on a blue rectangular background.

facebook®

account





# FUTURE DIRECTIONS

- To have FAA participants contribute to the FAA newsletter



## Newsletter

ISSUE 4 (OCTOBER 2010)



JOINTLY ORGANIZED  
SERANGOON MDT  
FAMILY SERVICE CENTRE  
&  
TANJONG PAGAR  
FAMILY SERVICE CENTRE

Employment  
Opportunities

Kitchen Station  
Recipe

Family Fishing Trip  
at Bottle Park  
on 3 October 2010

**Family Recipe :**  
**Make Dessert Together**

### Ingredients

1 (10 inch) sponge food cake ,  
100 g softened cream cheese,



## 10 Tips

to get cooperation from  
your kids at home

1. *Get their Attention*





# FUTURE DIRECTIONS

- To extend recruitment to non-centre based clients



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# FUTURE DIRECTIONS

- To introduce the programme to other Asian regions





# Video Presentation

**Let's hear what our participants have to say...**







Being a holistic programme, FAA seeks to empower families to have **ASPIRATIONS**, to be equipped with **APPLICABLE** skills so that they can be **INNOVATIVE** in their attempts to **SUSTAIN** an optimal functioning family