



香港家庭福利會
Hong Kong Family Welfare Society

男士家友站之『再展男圖』計劃-婚姻危機男士支援服務

Healthy Divorced Men Project

(7/2011 – 6/2014)

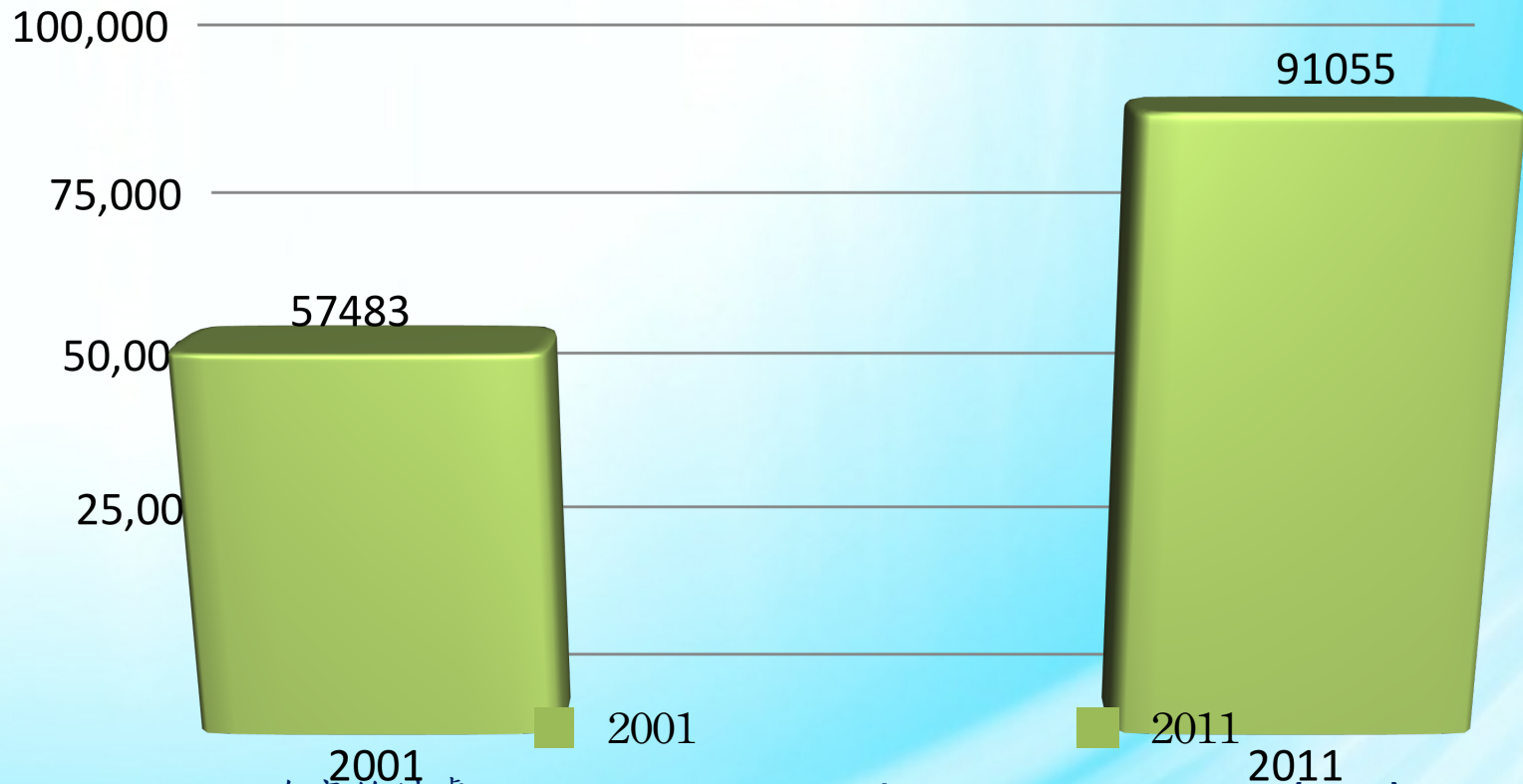
匯報：

Presenter:

李淑儀女士 (高級經理) Ms Charrix LEE (Senior Manager)

吳靄森先生 (計劃主任) Mr NG Chim-sum (Project Leader)

屈佩蓮女士 (資深社工) Ms Phoebe WUT (Senior Social Worker)





單親爸爸人數 Male Single Parents

政府統計處 Hong Kong Census and Statistics Department (2011)



一般求助男士的特質

Help seeking behavior of Men

- 強悍和獨立形象

“Strong, Tough and Independent” image

- 不擅表達情緒

Not easy to express emotions

- 中國社會受傳統父權制度文化影響，重視父親及丈夫的角色

Hong Kong Chinese Society as a traditional patriarchal hierarchy emphasized the important role of father and husband



男士面臨婚姻危機及離婚時的心理反應

Men's psychological response in marital conflict and divorce

- 憤怒、怨恨、苦惱、自我隔離 → 不輕易接受外界支援服務
Anger, resentment, bitterness, withdrawal →
Difficulty in connecting to services



報章報導 Newspaper cutting

「男士之苦」接逾百個案
社會對男性支援不足

小男人投訴社會支援少
平機會近年多接求助個案

LOCAL NEWS LOCAL NEWS 港聞

男女平等要探新方向

來論

男性身分危機和「男人之苦」

失子女撫養權
最困擾離婚漢

婚姻失敗 女愛大罵男沉默

女性職場抬頭 易爆家庭糾紛

港男怨 Call 熱線

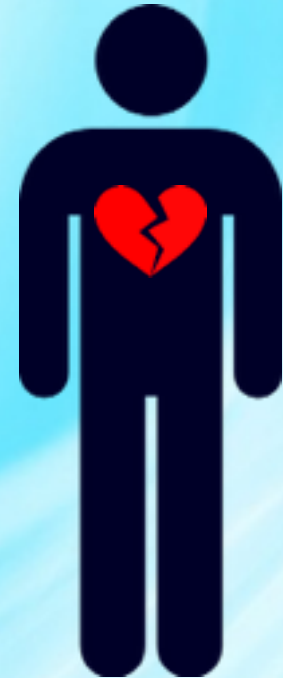
經濟地位降 男人唔易做

男人有苦自己知 熱綫紓壓

離婚漢患抑鬱
廿載後仍落淚



- **男士表現堅強，但面對離婚時會感到脆弱**
Men still have strong image but also feel vulnerable when facing marital broke up





計劃目標 *Project Objectives*

- 促推面臨婚姻危機/離婚男士重建與個人、家庭、朋輩和社區的聯繫

Facilitate divorce men to rebuild their connection with self; family; peer and community

→ 充權過程

→ **A process of empowerment**

S.P.A.C.E. Model

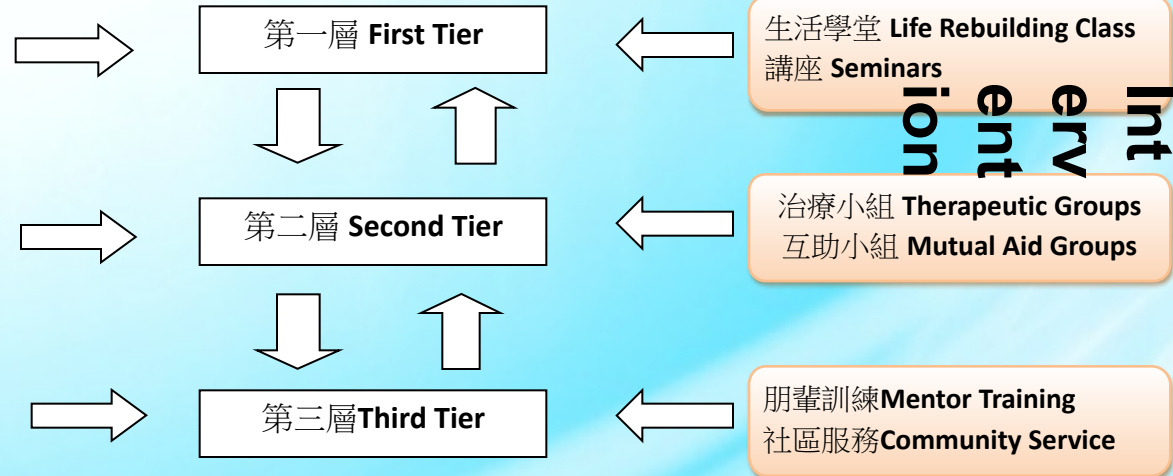


Healthy Divorced Men Project

由抗拒至聯繫
Reluctance to Connection

個人**Self**
 朋輩**Peers**
 家庭**Family**

社區**Community**



充權 Empowerment

Intervention 方法



- **S** = 個人 **Self**
- **P** = 朋輩 **Peers**
- **A** = 家庭 **FA**mily
- **C** = 社區 **Co**munity
- **E** = 充權 **Emp**owerment



服務要素 *Service Components*

第一層

First Tier

從抗拒至聯繫

From reluctance to connection

- 專題講座
Seminar
- 生活學堂
Life-rebuilding class



第二層

Second Tier

聯繫個人、朋輩和家

Connection with Self/Peers/
Family

- 治療小組
Therapeutic Group
- 互助小組
Mutual Help Group



第三層

Third Tier

面與社區聯繫

Connection with
Community

- 朋輩訓練和義工
服務
Mentor Training
and Service
- 社區推廣活動
Community



第一層服務 *First Tier of Service* :
從抗拒至聯繫 *From Reluctance to Connection*

方法 **Means** :

- 由男性義工接觸服務對象
Men engage men
- 外展手法/社區推廣
Reach out in community
- 專題講座
Seminar
- 生活學堂
Life Rebuilding Class



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Hong Kong Family Welfare Society

從抗拒至聯繫

From Reluctance to connection



由男性義工接觸服務對象
Men engage men



外展手法/社區推廣
Reach out to the men
in the community





專題講座 *Seminar*

- 與男士相關的專題
Men-related topics
- 吸引為數不少的參加者
Attract large number of participants
- 減少參加者自我表達的機會
Minimize opportunity in self-disclosure





生活學堂 *Life Rebuilding Class*

- 小組學習
Group learning
- 行動導向
Action-oriented
- 獲取新知識/技能 → 促進個人能力
Acquire new knowledge / skills → competence





生活學堂 *Life Rebuilding Class*

- 實 務 技 能

Practical Skills

- 情緒表達

Emotion expression





第二層服務 *Second Tier of Service* :

聯繫個人、朋輩和家庭 *Connection with Self, Peer and Family*

方法：治療小組 *Means : Therapeutic Groups*

- 在安全環境下分享個人經歷 **More comfortable in sharing personal issues**
- 減少因性別差異帶來的緊張情緒 **Reduce gender-related anxiety**
- 認知技巧的提升及建立正面的生活態度 **Enhancement of cognitive skills and adopt positive attitude in life**





治療小組 *Therapeutic Group*

內容 Content :

- 男士因面臨婚姻危機/離婚所帶來的負面情緒
Emotional impact on Divorced male
- 親子關係
Father-child relationship
- 自我觀感及認知思維
Self-perceptions / cognitive thinking



第二層服務 *Second Tier of Service* :

朋輩聯繫 *Connection with Peers*

方法：互助小組 *Means : Mutual Help Groups*

- 組員凝聚力
Cohesiveness among members
- 組員間「兄弟」之情
Sense of brotherhood





6區的男士互助小組 *Mutual Aid Group in 6 Districts*

核心元素 Key elements :

- 定期形式聚會
Regular and Constant gathering
- 仿家居式的中心佈置及活動
Home like setting and activities
- 自助及互助性質
Self-help & Mutual Help
- 建立互相分享的溝通平台
A platform for mutual sharing



對參加者的人際關係、社區網絡和個人發展帶來正面的影響

Positive changes in interpersonal relationship, social networking and personal development



第三層服務 *Third Tier of Service* :
聯繫社區 *Connection with Community*

方法：朋輩訓練及社區服務

Means : Mentor service & Community Service

- 社區參與
Community participation
- 實踐技能
Demonstrate competence
- 獲取成就感
Gain sense of accomplishment
- 社會認同
Form social identity
- 充權
Empowerment





朋輩訓練及社區服務

- 透過關懷電話及探訪男士宿舍推動朋輩輔導，發揮互助精神
Peer counselling and mutual support through concern visits to male hostels and concern calls to male service users

Mentor Training at





社區推廣活動 *Community Program*

- 將生活學堂的技巧「學以致用」
Use the skills learnt from Life-rebuilding Class
- 為社區帶來貢獻 → 充權、社區聯繫
Contribution → Empowerment, Social connection

例如：探訪獨居長者、為基層家庭提供簡單家居維修、非洲鼓、雜耍、夏威夷小結他社區表演等

e.g. **concern visit to elderly/deprived families for home repairment, African Drum/ juggling/ Ukulele performance in district programs**





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性別 Gender

心理
Psychological

文化
Cultural

S.P.A.C.E. Model

面臨婚姻危機/離婚的男士
Men facing separation/divorce

Healthy Divorced Men Project

由抗拒至聯繫
Reluctance to
Connection

個人 Self
朋輩 Peers
家庭 Family

社區 Community

第一層 First Tier

生活學堂 Life Rebuilding Class
講座 Seminars

第二層 Second Tier

治療小組 Therapeutic Groups
互助小組 Mutual Aid Groups

第三層 Third Tier

朋輩訓練 Mentor Training
社區服務 Community Service

充權 Empowerment

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成果 *Achievements* :

整全男士服務 *Comprehensive service for men*

- **632 個服務使用者**
service users
- **173 個活動**
programs
- **9991 出席人次(三年內)**
attendance in 3 years



滿意程度 *High satisfaction rate*

- 97% 提升個人能力和社區支援
“enhanced competence and social support”
- 83% 改善精神健康
“improved mental health”
- 99% 整體上滿意活動內容
“overall satisfied with the program”



正面的量性研究

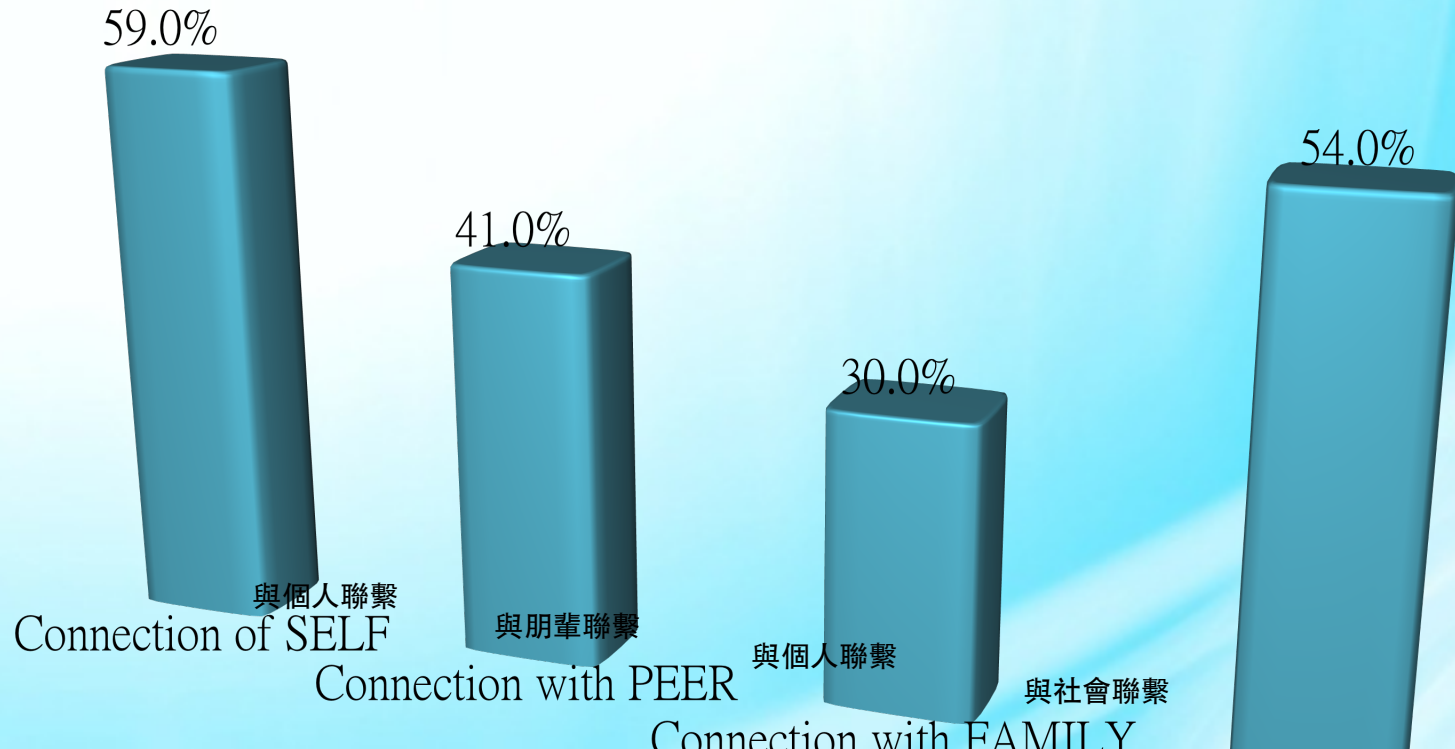
Positive results from Quantitative Research

- 參加者參與前後測研究
Pre and Post test of participants
- 收回27份 有效問卷 (所有回應者均曾參與治療小組及其他活動)
27 questionnaires received are valid (All joined therapeutic groups with other programs)
- 問卷共有11題問題
Total 11 questions
- 4條問題回應計劃目標
4 questions responding to the objectives of the project
- 7條問題回應參與者壓力水平(DASS)
7 questions cited from “Stress level” of Depression Anxiety Stress Scales (DASS)



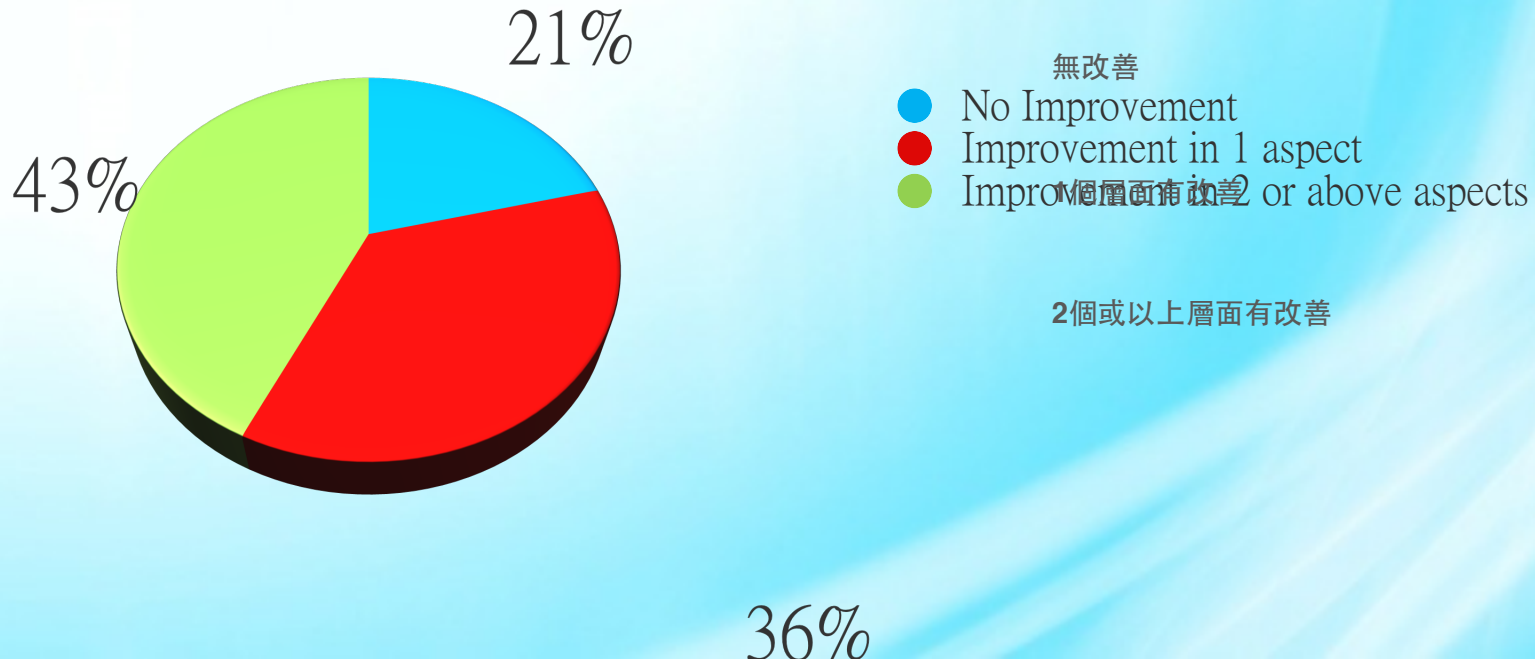
參加者在改善與個人、朋輩、家庭及社區聯繫的情況 (圖 1)

Improvements made in connection with SELF; PEER; FAMILY and COMMUNITY (Figure 1):



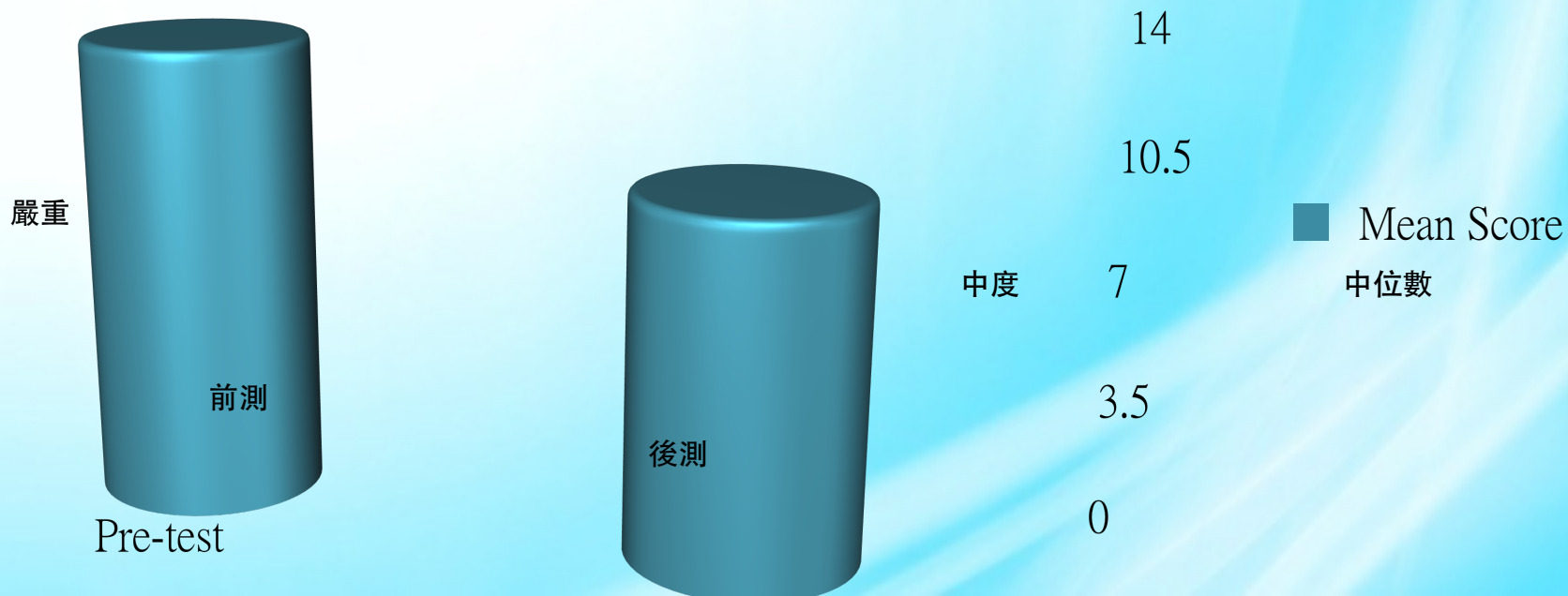


參加者於個人、朋輩、家庭及社區等四方面的改善狀況 (圖 2)
Number of participants showed improvement in 4 given aspects (Self, Peer, Family and Community) (Figure 2)



參加者於前測及後測的壓力水平中位數 (圖 3)

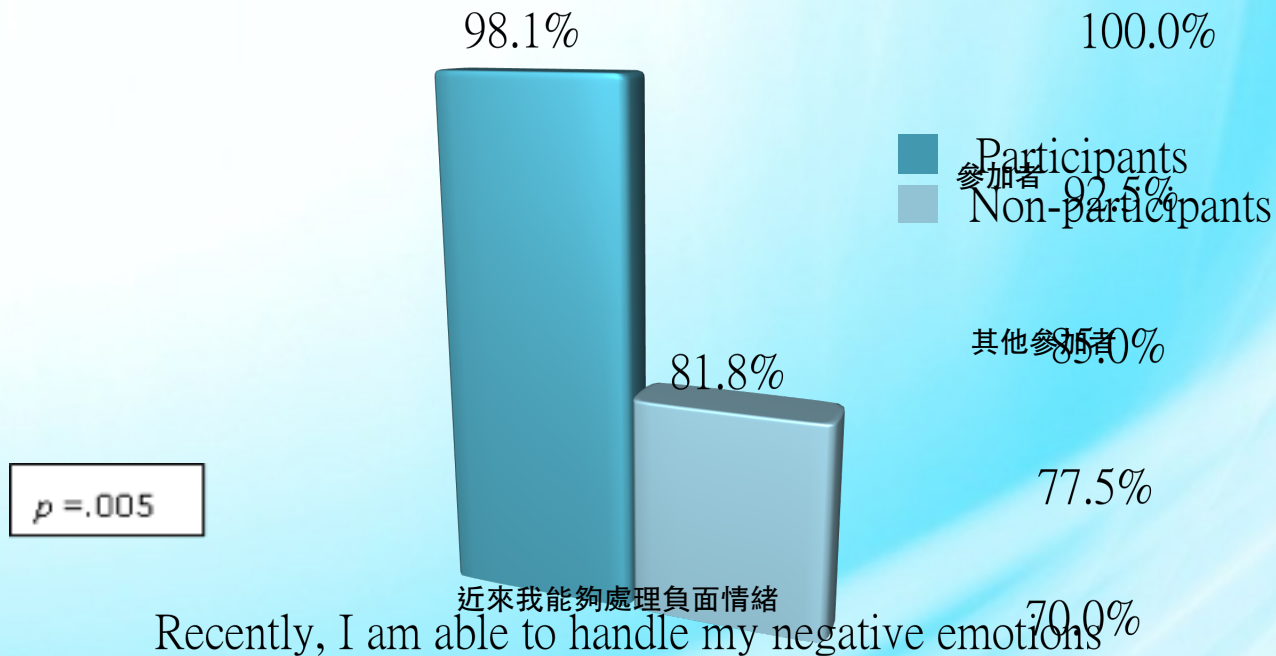
DASS Mean Score of participants before and after the programs (Figure 3)





完成朋輩訓練的參加者與其他參加者於處理負面情緒上的比較 結果 (圖4)

Comparison between participants and non-participants after completed the mentor training in handling their negative emotions (Figure 4)





正面的質性研究結果 *feedback from Qualitative studies*

Positive

意見 Comments :

- 提供學習新技能和培養新興趣的機會
Opportunity to learn new skills and cultivate new interests
- 促進朋輩間的支援及友誼 → 增加對小組的歸屬感
Male only group facilitate peer support and sense of brotherhood → sense of belonging to the group
- 無拘束討論男性議題
Free to discuss male related issues
- 改善親子關係及溝通模式
Improved their father-child relationship and communication
- 接收有效和實用的資訊
Information received is helpful and practical
- 在安全的環境下分享個人感受
Safe and secured environment for sharing
- 感到受尊重和理解
Feeling of respect and understanding



喚醒公眾對男士需要的關注
Men's needs

Arouse public awareness on

- **電視節目**
Television documentary made by
 - **有線電視 2012**
i-Cable in 2012
 - **無線電視 2013**
TVB in 2013
 - **香港電台 2014**
RTHK television in 2014
- **2 電台節目及2篇有關「男士家友站」的報章報導**
2 radio programs and 2 newspaper featured articles were published



建立穩健的夥伴關係促進未來合作機會 *Strong partnership for future collaboration*

- 機構內6間綜合家庭服務中心緊密合作
Intra-partnership within organization our 6 Integrated Family Services Centers
- 與不同專業培訓人員建立合作關係
Partnership with different trainers
- 與不同非牟利機構建立夥伴關係
Partnership with other Non-governmental agencies



計劃可持續性 *Sustainability of the Project*

- 促進婚姻危機/離婚男士表達他們的需要
Facilitate divorced men to voice out their own needs
- 無標籤的服務環境
Non-stigmatizing service setting
- 多元化的介入手法
A variety of intervention approaches
- 提供創新性和創意性的活動
Creativity and innovation of the programs
- 進行更多與婚姻危機/離婚男士服務有關的研究
Research on divorced men services
- 以整全性及全人發展方向為服務使用者提供服務
Comprehensive and holistic approach in provision of services



社區

Community

朋輩 Peers

家庭 Family

個人 Self



充權進程 *Process of Empowerment*

由抗拒到尋
求協助
Reluctant
to seek help

接受服務
Being
helped

自助和互助
Self Help
& Mutual
Help

幫助他人
Help
others

倡議
Advocacy



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謝謝 THANK YOU 😊

此計劃由

HSBC  滙豐

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香港公益金
THE COMMUNITY CHEST

撥款資助

This project is supported by

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