

Jockey Club Shining Together with Cross-Cultural Youth Project

Empowering Non-Chinese Youth in Mental Health Leadership

Quarterly Newsletter
June – August 2025



Organised by

Funded by

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Notes from the Project Team

This quarter has been an exciting chapter! From launching our flagship Train-the-Trainer programme, to rolling out animated videos and a new project website, we have continued building momentum in empowering non-Chinese youth as leaders and peer supporters of mental health in their communities.

We are inspired by the stories of young people who are already applying what they have learned — from leading peer-support circles, to designing school campaigns that promote inclusion and wellbeing. Their voices remind us why this project matters.

We are deeply grateful to the Hong Kong Jockey Club Charities Trust for their continued support, and to our partners across schools and NGOs who make this work possible. Together, we are creating safe, inclusive, and lasting change for Hong Kong's diverse youth communities.

*Jockey Club Shining Together with Cross-Cultural Youth Project Team,
September 2025*

IMPACT AT A GLANCE



13

Capacity- building workshops delivered across schools and NGOs



368⁺

Non-Chinese youth reached
(secondary, international, and university cohorts)



94%

Participants reported stronger confidence in communication, self-management, and peer support



800

Non-Chinese youth and relevant stakeholders engaged through outreach activities (booths, awareness events)

Train-the-Trainer Pro

Training the Next Generation of Peer Leaders

A Sequential Learning Ladder

The curriculum was structured as a progressive ladder, guiding participants from awareness to leadership:

1 FOUNDATION Knowledge and Resilience Building

Lectures and interactive sessions deepened participants' understanding of mental health, and stigma reduction. By combining evidence-based content with discussions and reflection, the sessions equipped youth with knowledge and practical strategies to talk about mental health with confidence. Importantly, the activities also built personal resilience — helping participants adopt healthy coping practices, and develop a stronger sense of self-awareness.



2 APPLICATION Peer Support Training

Building on this foundation, participants advanced into practical peer support training. Through role-plays, case studies, and scenario-based exercises, they learned how to apply active listening, empathy, and safe referral practices in real-life situations. This stage emphasised a stepped-care model, and safeguarding, preparing youth to take on the role of peer supporters in schools, universities, and community settings.

Expert-Led, Cross-Disciplinary Training



Faculty member and academic staff at HKUST



Mental health professionals and registered social workers with extensive frontline experience serving non-Chinese communities



An organisational psychologist, offering insights into youth leadership and group dynamics

This cross-disciplinary approach ensured a **comprehensive learning experience** that combined academic expertise, professional practice, and youth-friendly pedagogy.

Evidence-Based and



Skills:

Active listening, boundary-setting, basic safety planning, and referral readiness



Practice methods:

Simulated scenarios, peer feedback, facilitator observation rubrics, and knowledge checks



Safeguarding:

Clear escalation pathways, do-no-harm emphasis, and “know your role” guidance for non-clinical supporters

gramme Kickoff

This August, we proudly hosted our flagship 5-day Train-the-Trainer programme, a first-of-its-kind programme designed to equip non-Chinese youth (aged 15–24) with the skills and confidence to strengthen their own resilience and supplying them with the knowledge and skills to serve as peer supporters and community advocates.

3 LEADERSHIP Advocacy and Community Action

Participants learned to identify context-specific barriers based on their own experiences, and began developing feasible campaigns and advocacy plans to make real-world impact in their schools, neighbourhoods, and community organisations.

Each day was anchored in **reflection and journaling exercises**, enabling participants to consolidate learning, monitor personal growth, and set actionable goals for their practicum projects.



About the Train-the-Trainer Programme

This is the Project's flagship leadership programme, comprising a 5-day intensive training, a peer support practicum, and youth-led advocacy events. Together, these components provide a step-by-step pathway from mental health awareness to practical peer support and community leadership.

Graduates emerge as peer supporters and youth advocates, ready to apply their skills in schools, NGOs, and community settings — creating ripple effects that extends far beyond the classroom.

Impactful by Design



Peer support practice:

Individual peer case support practices during the practicum, applying skills directly with peers under guidance



Advocacy in action:

Design solutions to identified community challenges and practise advocacy by planning and disseminating events and campaigns



Monitoring:

Knowledge checks and programme evaluations with surveys and interviews to capture both quantitative and qualitative outcomes

Culturally-Adaptive & Inclusion-Minded



Language & access:

Materials delivered in plain English, with bilingual support where needed and flexibility for code-switching to ensure inclusivity



Representation:

Diverse facilitators; case studies and visuals reflecting lived experiences, avoiding stereotypes



Belonging cues:

Inclusive scheduling, prayer/time-out options, dietary awareness, and gender-sensitive activity design

Highlights from Batch 1

Our first cohort brought together a **diverse group of youth leaders** — from secondary school students to undergraduates — representing multiple cultural and linguistic communities across Hong Kong.

Knowledge Gains

86% average rating showed participants gained a **stronger understanding of mental health**

89% participants strengthened their **ability to recognise mental health issues and guide peers on appropriate help-seeking**

Skill Gains

88% average rating showed participants felt able to **apply peer-support steps**

91% participants reported **greater confidence** in using communication skills in real-life contexts

Behavioural Change

92% committed to engaging in **mental health advocacy** in the future.

Equity of Reach

Participation across secondary, tertiary, and university levels; **broad representation** across non-Chinese groups

Youth Voices

I loved how students were willing to speak up about the taboos and misunderstandings our cultures have regarding mental health...

I'd definitely recommend participating. We often wonder, 'where do I even start'. Well, this is your calling. After all change starts with us- right here, right now. Many people struggle in silence, and its up to us to be their voice.

Asmaa
UOW College Hong Kong



The program not only enhanced my awareness about the stigma on mental health. ... I now, hold a much more positive outlook on mental health difficulties rather than just dismissing them as trivial thoughts. This is all thanks to the summer school team and guest speakers! ... It's absolutely worth your time.

Khushleen
Delia Memorial School (Broadway)

Why It Matters

The is more than a training programme — it is an incubator for a youth-driven movement. By combining academic rigour, professional expertise, and lived experience, it provides non-Chinese youth with the tools to transform awareness into action.

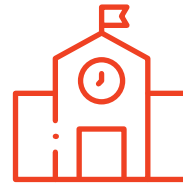


For Youth
Participants

Interested in making a difference?



Register now and start your journey as a peer supporter and youth advocate!



For Schools &
Service Providers

Would you like your students or service users to participate?

Contact us to discuss nomination opportunities!

The program provided incredible resources within a wonderfully supportive community. It was deeply inspiring; it boosted my confidence and gave me invaluable knowledge of mental health advocacy.

Alina
The Hong Kong University of Science and Technology

I really enjoyed hearing the stories and perspectives from other students in Hong Kong schools and how attitudes of wellbeing are approached. It opened my outlook as in some parts of the community it was not being widely addressed which was even more of a motivator to continue to advocate for mental health. ... Just give it a go you can only gain from attending and you can make a real difference in your community.

Jericko
Kellett School



The experience was engaging and interactive, as we had the opportunity to learn from each other through role-plays, group discussions, and even case presentations.

Overall, the program helped me build the knowledge and skills required to become a peer mental health advocate in my community. Even as the program ended, the fight continues. With that, my team and I aim to destigmatize mental health among non-Chinese youths by addressing the cultural stigma associated with mental health.

As Asians, particularly from Southeast and South Asian backgrounds, we often experience a cultural phenomenon I like to term "toxic resilience." This concept reflects the expectation to suppress our emotional needs and avoid seeking help.

Alysha
Hong Kong Adventist College



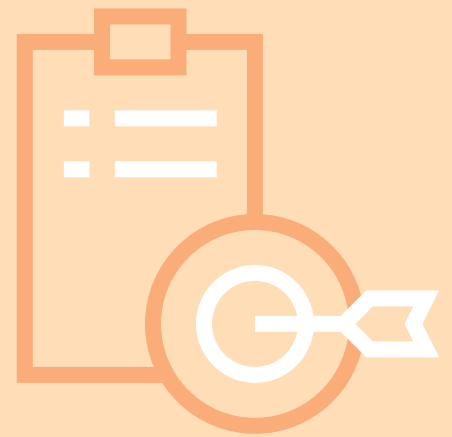
Strengthening Youth Skills Across Communities

This summer, our team brought learning beyond the classroom.

Between June and August 2025, our team delivered 13 interactive workshops, reaching non-Chinese youth across secondary schools, international schools, and universities. The workshops were designed to meet participants where they are — from post-exam students seeking stress relief to university youth preparing for internships — ensuring each group gained relevant and practical benefits.

Goal Setting & Life Planning

- For secondary schools (post-exam): A timely space for reflection, helping students reset after exams, explore their strengths, and set new goals for the coming year.
- For internship-ready youth: Framed as career readiness, guiding participants to align personal values with future academic and professional pathways.



"For the first time, I can picture a clear path forward after graduation."

Secondary student

Conflict Management & Interpersonal Relationships

- For internship-ready youth: Focused on setting boundaries and navigating workplace challenges with confidence.
- For international school students: A chance to strengthen cross-cultural communication, teamwork, and respect in peer relationships.



"I finally felt able to stand up for myself without creating arguments."

University student

Interested?

Mindfulness & Stress Management

- For secondary school students: Introduced simple breathing and grounding techniques to reduce exam stress and improve daily focus.

"Mindfulness helped me relax after exams — I even showed my younger sister how to do it."

Secondary student



Social and Emotional Learning

- For secondary school youth: Focused on self-awareness, empathy, and communication — foundational skills for both wellbeing and peer support.

"I realised I can share my feelings and support my friends too."

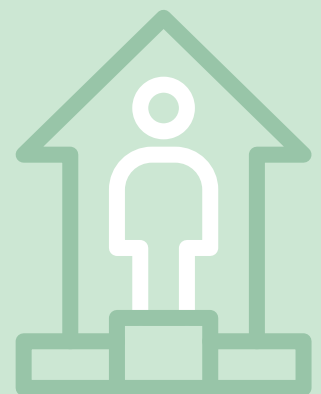
University student

Personal Development & Workplace Readiness

- For internship-ready youth: Covered teamwork, professional communication, and interview preparation, equipping students for real-world expectations.

"Our students walked away more polished and ready to face interviews."

Teacher Partner



*All feedback was collected anonymously

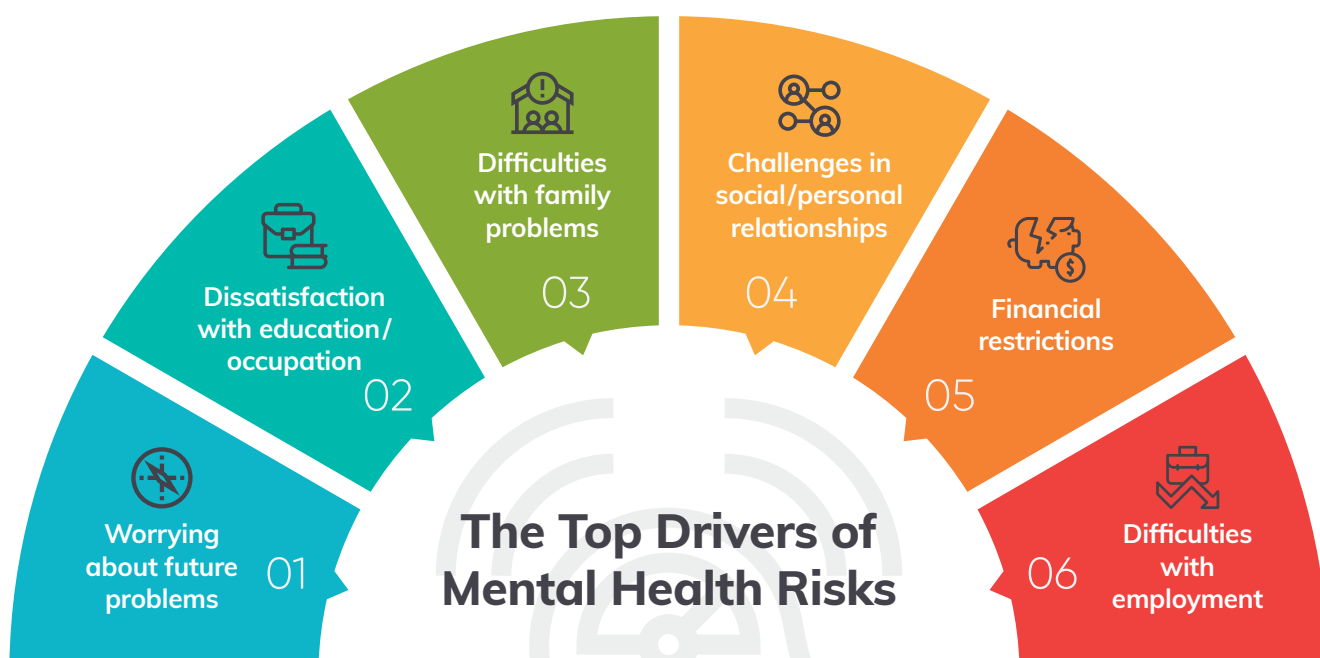
Bring our workshops to your community – book today!

Research Insights

Between June and August 2025, the team continued to strengthen the Project's evidence base through surveys, reflections from workshops, and international knowledge-sharing.

Baseline Survey Findings

A total of 62 non-Chinese youth participants completed the 20-minute baseline survey (via voluntary and snowball sampling). Using the General Health Questionnaire-12 (GHQ-12), participants reported an average score of 3.3 (SD = 3.4), suggesting potential mental health risks within this population.

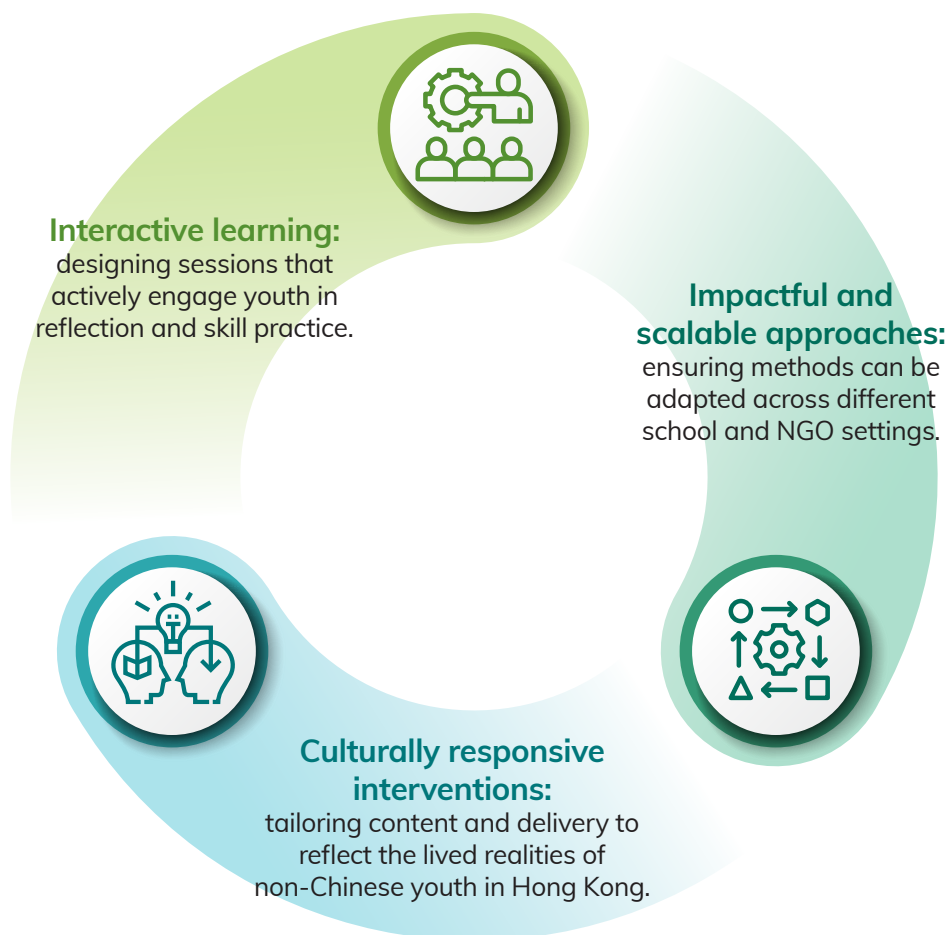


These findings underscore the urgent need for targeted support that addresses both academic and life-course challenges faced by non-Chinese youth in Hong Kong, and we will continue to translate these insights into tailored workshops, youth leadership programmes, and advocacy initiatives that directly respond to these needs.

From Research to Practice: Turning Evidence into Action

This quarter, the Project established a strong feedback loop between the outreach and research teams, ensuring that insights from the field directly inform programme design. Through this process, the team has been able to review workshop implementation and identify actionable recommendations.

Key priorities emerging from this cycle include:



These recommendations strengthen the Project's ability to deliver training that is evidence-informed, practical, and responsive to community needs.

Research Outputs & Dissemination

- A draft paper, "Life as an Ethnic Minority University Student: Mental Health Challenges that International and Local Non-Chinese Students Face in Hong Kong," has been submitted to a high-impact, peer-reviewed international journal.
- Preliminary findings from "Mental Health, Intergenerational Gap, and Cultural Stress among Ethnic Minority Youth in Hong Kong: A Qualitative Study" were presented at the 5th Forum of the International Sociological Association (ISA) Conference in July 2025.

The team continues to rigorously analyse findings to inform programme refinement and contribute to the global knowledge base on youth mental health.

Digital Milestones

Project Website Launched!

Our official project website is now live, serving as a central hub for non-Chinese youth, educators, and community partners. Visitors can explore upcoming activities, register for workshops, access learning resources, and stay updated on project news.

Coming soon: A dedicated Learning Portal will soon be introduced, enabling participants to access self-guided mental health modules and strengthen their knowledge at their own pace.



Search



Contact Us

Learning Portal ↗

About ▾ Services ▾

Shining Together Towards a Brighter Future

Empowering diverse youth to connect, grow and lead for a mentally healthy future

Know More

Register for Free ↗



Visit Our Website Here:

<https://jcst.ust.hk/>

Animated Video Series – Module 1 Released!

We are excited to share the launch of Module 1 of our animated video series, which introduces key mental health concepts in an engaging and culturally relevant way, co-created with youth input.

Coming Next: The series will expand to four modules in total, covering a wide range of topics that support personal development and build holistic resilience, including emotions, social skills, empathy, self-actualization, and healthy relationships.



Joy



Trust



Anticipation



Sadness



Disgust



Anger



Fear



Surprise



Visit Our YouTube Here:

<https://www.youtube.com/@jcst-hkust>

What's Next?

Looking ahead, we will:

- Host Batch 2 & 3 Train-the-Trainer programmes, expanding our youth leader cohorts
- Release additional animated video modules
- Support youth-led advocacy events in schools and NGOs, co-designed with teachers and community partners



Team Members

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