

# Walking Together

**Clinical Psychology Service supporting the  
growth of children with Special Needs**

Central Psychological Support Service  
(Pre-school Service)

Clinical Psychological Service Branch  
Social Welfare Department



# Introduction

Being a parent/ caregiver to a child with special needs is undoubtedly challenging, but it can also be an incredibly rewarding experience. To better assist parents/ caregivers, clinical psychologists from the Central Psychological Support Service (Pre-school Service) of the Social Welfare Department offer a range of services and support for pre-school children with special needs and their families. To render more holistic support, our Service also aims to strengthen the skills of staff of pre-school rehabilitation units in supporting children's development.

## Objectives

1

To facilitate adjustment of children with special needs in rehabilitation units;

2

To strengthen parents/ caregivers' skills of parenting and stress management in taking care of children with special needs;

3

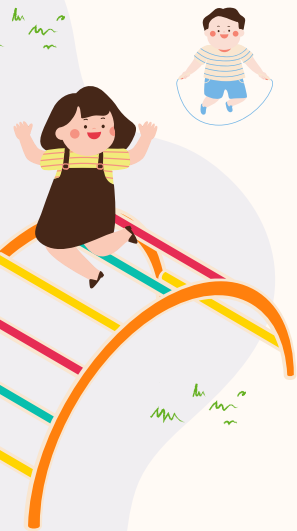
To work on emotional, marital and/or other family problems of parents;

4

To enrich knowledge and strengthen skills of rehabilitation units' staff in working with children with special needs and their families;

5


To give advice to rehabilitation units on improvement of service for children with special needs.





# Service Target



1. Pre-school children with special needs under the subvented sectors in:
    - Integrated Programme in Kindergarten-cum-Child Care Centre (ICCC)
    - Early Education and Training Centre without on-site clinical/ educational psychologists (EETC)
    - Special Child Care Centre without on-site clinical/ educational psychologists (SCCC)
  2. Parents and major caregivers of (1)
  3. Special Child Care Workers/ kindergarten teachers/ social workers of (1).
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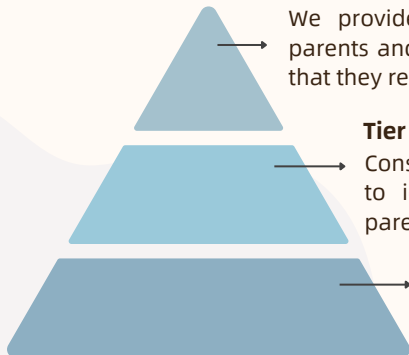
## Service Model

### Family-Centred Approach

Families are crucial to early childhood development. Family environments that are supportive and nurturing can facilitate children's overall development. With a family-centred approach, we aim to enhance collaboration among family members, thereby creating a more harmonious environment for children to grow and prosper.



### Three-Tier Support Model



#### **Tier 3: Indicated - In-Depth Psychological Support and Treatment**

We provide in-depth psychological support and treatment for parents and caregivers with emotional or family distress, to ensure that they receive timely psychological services.

#### **Tier 2: Identified - Psychological Consultation Services**

Consultations will be provided to facilitate parents and workers to identify the needs of the children, thereby improving parenting and educational effectiveness.

#### **Tier 1: General - Psychoeducation**

Our clinical psychologists regularly offer various psychoeducation to parents and different units to enhance their knowledge and capacities to support the children's emotional and developmental needs.

# Our Services

## Tier 1: General – Psychoeducation

Thematic talks for parents/ staff are conducted regularly to help parents and workers better understand the developmental needs of children. Preschool rehabilitation units may also invite psychologists to their units for talks on various topics.

A variety of booklets on children's emotions and behavioural problems produced by our clinical psychologists are available for parents' reference.

Parents/  
Staff  
Training

Parent  
Groups

Parenting  
Booklets



Parent groups are held by clinical psychologists to enhance parents' understanding of child development and handling of training and parenting issues. Specifically, orientation groups are organised for parents of children newly enrolled to pre-school rehabilitation services, to help them facilitate their children to adjust well to the new school environment.

## Tier 2: Identified – Psychological Consultation Services

### On-site consultations

Staff or social workers of the pre-school rehabilitation service units may refer cases of children with needs. Clinical psychologists will arrange visits to the units and provide consultations and follow-up services to workers and parents based on the circumstances of the cases.



## Tier 3: Indicated – In-Depth Psychological Support and Treatment

### Case Follow-up and Clinical Psychological Support Services

For clients who need psychological treatment after a consultation, clinical psychologists will invite parents to come to offices of Clinical Psychology Units in respective districts for further services.

### Emotional, Marital, Family Relationship Support

Clinical psychologists can provide support to parents/ caregivers regarding their emotions, marital and family relationships. Referrals could be made by staff and social workers of pre-school rehabilitation service units. Parents/ caregivers may also submit an application for an appointment with clinical psychologists, who will conduct a preliminary assessment of their need for psychological treatment.





# Training Topics



● Understanding Children's Special Needs

● Understanding and Supporting Child Development

● Parenting Skills  
(Management of emotional and behavioural problems of children)

● Managing Parental Stress/Psychological Health Education

● Parent-Child Relationship and other related issues

● Marital/Family Relationship



## Service Schedule

### September-November

- Newcomers Parent Talk
- Newcomers Parent Group

### January-May

- Thematic Talks

### Year-round

- Case Consultation (Referral through social workers/ integrated programme staff)
- Psychological intervention
- Assessment on emotions, behaviours, and school adjustment

### December

- Preparation for Primary School Parent Talk

### Flexible Schedule

- Parent/ Child Groups

# Service Application

Parents of children with special needs receiving service in the aforementioned rehabilitation units may contact the staff of the concerned units for further information and service arrangement.

Parents and primary caregivers of children in the specified service units, along with special childcare workers, childcare centre teachers, and childcare centre social workers, are all eligible to apply for the service. Generally, service users will withdraw from this service when the children leave the pre-school rehabilitation services. This service is provided free of charge.

For further inquiries, please contact:

Senior Clinical Psychologist (3)  
Coordinator of Central Psychological Support Service (Pre-school Service)  
Social Welfare Department

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