



*Overcoming the Stigma of Mental Illness  
Focusing on the youth of Cayman*

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### **Application for Alex Panton Foundation to be considered for charity donation**

The Alex Panton Foundation ("APF") would greatly appreciate your kind consideration of our organization for a donation from your company. We have included below some background on our Foundation, along with some of our upcoming initiatives that require funding.

APF has been registered as a Cayman Islands' Non-Profit Organisation since 28 June 2018. APF's primary objective is raising awareness of mental illnesses affecting children and young adults in the Cayman Islands. Since APF's initial launch with its first Mental Health Symposium in February 2018, APF has been working on various initiatives to raise awareness of mental health issues in the Cayman Islands. Most notably the projects presented by the APF's Clinical and Education Committee. APF have partnered with the Ministry of Community Affairs in 2018 and have rolled out a series of psychoeducational community workshops on the topic of management of Suicide and self-harm. APF have also provided tailored workshops for professionals and leaders working with young people, as well as psychoeducational material to young people in our community. The series of workshops aimed to one day eliminate the stigma of mental health whilst raising awareness of the impact of mental health difficulties. APF has been able to address the needs of the community mental health with a limited budget because of a strong clinical team within its Clinical and Education Committee willing to volunteer time to provide these services.

APF also consults with other charities regarding their mental health pathway and management of mental health difficulties, namely YMCA, Special Needs Foundations, TAYA lounge, Professional Business Women, local churches.

In 2018, APF partnered with the National Drug Council ("NDC") in data collection and expanded on their Cayman Island Students Drugs Use Survey (CISDUS) 2018; in particular, the section on youth mental health. The data was gathered, analyzed and peer reviewed. The findings were used to support police regarding youth mental health and provide evidence for service providers to develop their clinical services in order to meet the needs of our youth in the Cayman Islands effectively. This is one of the pioneer projects in gathering comprehensive mental health data on our youth, because collecting evidence-based data is the core of reforming mental health provision. APF hopes to continue with this collaboration in the future. APF is also working with its partners on various clinical initiatives that will address the emotional development of our youth and management of mental health crisis in the Cayman Islands. The 2018 NDC survey and clinical initiatives



to address the issues highlighted from this survey were presented to the community at the second annual Mental Health Symposium held in February 2019. However, none of these initiatives can be started unless private funding can be obtained.

Details of the initiatives that now require funding are outlined in the paragraphs that follow.

### **Emotional Literacy Programmes**

Cost: US\$40,000 per annum.

It is more cost effective in the long term to build a strong and resilient child than to repair a broken adult. APF is working with an internationally recognized body to obtain copyright-evidence-based programme in order to make available an emotional literacy programme to the Cayman Islands. US\$40,000 is required to run the full programme for 1 year. This amount will cover all licensing fees, training for 20 presenters including 5 trainers, support visits, royalties and supporting materials. There may be options to run the programme on a smaller scale if this cannot be achieved.

The programmes teach children skills for life, namely: how to cope with everyday difficulties, how to communicate with and get on with other people and build self-awareness and emotional resilience. The programmes will cover children aged from 5 to 9 years, as well as children with additional/special needs. The programmes are evidence-based, widely used both in the UK and in over 30 countries around the world and recognized by the World Health organization, European Portal for Investing in Children (EPIC), Canadian Best Practices Portal, National Registry of Evidence-based Programs and Practices (NREPP), Early Intervention Foundation, European Commission for Good Practices in Mental Health and Wellbeing.

APF already has the support of the Ministry of Community Affairs and YMCA to roll out and promote these programmes. Various schools have also indicated interest in the programmes. These programmes will be led by qualified Clinical Psychologists who specialise in child and adolescent mental health. This program is based on a training scheme, the idea is that the more trained presenters there are, the more children that can be reached. So for example, on the full sponsorship amount, we could train 20 new presenters each year (including 5 master trainers who can train new presenters in subsequent years). These 20 trainers could present to at least 20 children each. This would guarantee that a minimum of 400 new children can be targeted each year. Our aim is to change one generation at a time and build healthier and emotionally resilience children.

### **Mental health crisis management service for youth**

Cost: US\$1.5million per annum (a limited service might be possible from US\$450,000).

The Chair of the Mental Health Commission, Dr Marc Lockhart has proposed that we fundraise for the initial start-up costs with a view to handing over to the Cayman Islands Government to fund via the Health Services Authority after the first year of full operation. A summary of the proposal is outlined below and a full version can be provided upon request.

The statistics in the NDC survey highlighted the fact that only about 5 per cent of children and young people presenting critical symptoms were receiving treatment. Several barriers to receiving treatment have been identified including the lack of public service resource (there being only one dedicated children and young person psychiatrist in the public health service) and the lack of a dedicated facility for children to seek help when they are in crisis.

APF is working closely with the Health Service Authority (HSA) and Mental Health Commission to develop an integrated service.

For these reasons the Alex Panton Foundation is proposing a comprehensive and integrated children and adolescent mental health service (CAMHS). CAMHS will provide the following services -

- Crisis response center- to provide a child friendly environment to conduct mental health assessment and provide crisis management for young people
- A textline/extension to helpline for young people to access mental health support directly
- Outreach community services for schools and the community

The CAMHS team will consist of specialist child and adolescent health workers, including a Psychiatrist, a Clinical Psychologist, Community Psychiatric Nurses, a Mental Health Social Worker and an Occupational Therapist. APF considers that the proposed service model will make it easier for children and adolescents to seek and receive help in a professionally supported environment where they can feel safe.

A 6-stage process has been identified to implement and develop these services due to anticipated funding and practical constraints. APF would like a basic CAMHS crisis response service to be established by the end of 2019.

### **Sponsorship of private treatment**

Cost: approximately US\$5000 per person treated

As noted above, public health resources are limited and oversubscribed, and this acts as a barrier to treatment. From time to time APF is approached by persons seeking monetary assistance for young persons seeking professional mental treatment. We look for private donations and fundraising to assist these young persons. Currently we have three young persons who have requested funding for their treatment.

### **Support Groups**

Cost: to be determined

APF is working with Loud Silent Voices on their carer support group which provides community and peer-based support for care/family of those who live with mental health difficulties. APF aims to expand the support group services by introducing a support group for young adult who live with depression and anxiety. We also aim to provide a bereavement support group for those who have lost someone due to mental health difficulties.

### **Administrative Coordinator**

Cost: C1\$15,000 per annum

This is a part-time position and is currently the only paid position at APF. It came about as the board, who are all volunteers also working full time paid jobs, were struggling to keep up with the growing demands of the organization and, in particular, responsiveness was becoming an issue given the ever-increasing requests. The administrator now responds to requests on social media and through the website, forwards tasks to relevant volunteers, updates the board, organizes volunteers to attend events and presentations, arranges meetings and assists with events and various other APF projects.

### **Outreach- psychoeducational Community workshops**

Cost: see below



Currently, APF only needs to meet a small cost required for printing brochures on the topic of the presentation. These cost C\$168 for every batch of 100 brochures. As noted in the introduction the presentations are prepared and presented on a volunteer basis by our clinical consultant. However, as the outreach team expands and the number of community workshop increases, we would need to hire clinician for their expertise and knowledge in content writing, presentation, and consultation. The collaboration with the Ministry of Community Affairs has meant APF has not needed to meet ancillary costs such as for venues and catering.

In addition, we provide skills-based workshops for community leaders in management of mental health difficulties in particular self-harm and suicide, namely YMCA, churches, education providers. We also provide mental health awareness talks in schools.

If you are interested in assisting us with sponsorship or fund raising towards any of these initiatives or have any further queries, please contact Shane Purcell at [spurcell@holdun.com](mailto:spurcell@holdun.com) or on +1 345 324 4455.

Yours sincerely

**Shane Purcell**  
Head of the Fundraising Committee



**Jasmine Brown**  
Secretary to the Board