



**ALEX
PANTON
FOUNDATION**

ANNUAL REPORT

2018-2019
FOR THE YEAR ENDED 30 JUNE 2019

OVERCOMING THE STIGMA OF MENTAL ILLNESS
FOCUSING ON THE YOUTH OF CAYMAN



DESIGNED BY



The Alex Panton Foundation (“APF”) is a registered not-for-profit company with the primary objective of raising awareness of mental illnesses affecting children and young adults in the Cayman Islands with a particular focus on anxiety and depression.

APF was established in memory of Alex Panton, who succumbed to the effects of severe depression at the age of 16 in October 2010. Jane and Wayne Panton, the parents of Alex Panton, founded APF along with some of Alex’s high school friends and some of their mothers who were like mothers to Alex. All of them had a common goal of educating the public about mental illness in children and young people. The group quickly learned that to get to the heart of the matter of mental illness they would have to first address reducing the stigma surrounding mental illness. Reducing the stigma would mean educating the public on what mental illness really is and that it is as treatable as a physical illness. The vision was to form an association that would provide a central repository of information and sharing of ideas within the Cayman community to establish pathways for treatment for children and young people suffering from mental illnesses.

In July 2017 the first meeting of the minds between Charmaine McGowan, Hailee Robinson and Jane Panton occurred. This meeting was the impetus for what is now the Alex Panton Foundation.

On 20 February 2018, Walkers Global incorporated APF as the first Ordinary Foundation Company in the Cayman Islands to be established under the Foundations Companies Law, 2017. This vehicle was chosen for APF because it can operate for charitable and philanthropic purposes indefinitely thereby allowing the objectives of APF to continue to operate into the future. APF was registered as a Non-Profit Organisation (NPO) in the Cayman Islands on 12 June 2018, in accordance with the Non-Profit Organisation Law, 2017.



**ALEX PANTON
FOUNDATION**

Certificate of Incorporation No. 333845

Certificate of Non-Profit Registration No. 149

OUR MISSION

To improve the mental health of children and young adults in the Cayman Islands through advocacy, awareness and support

OUR GOALS



To address the stigma surrounding mental illness through providing and promoting educational resources to the Cayman community;



To educate friends, family, teachers, classmates, carers and the wider population on how to identify and successfully interact with young people with mental illness;



To influence the development of public and private policies to ensure adequate access to tools and resources to those dealing with mental illness, including ensuring adequate health insurance coverage;



To provide hope and resources to help improve the lives of children and young adults affected by mental illness;



To seek to address discrimination against young people affected by mental illness;



To provide resources to friends, family, teachers, classmates, carers to help them support those young people with mental illness.



To raise awareness of mental illnesses affecting children and young adults of the Cayman Islands with a particular focus on anxiety and depression.

MESSAGE FROM THE FOUNDERS

Since that first meeting between 3 people who were stricken from grief of losing Alex, APF has run a successful campaign to mitigate the stigma associated with mental health issues in the Cayman Islands through its annual Youth Mental Health Symposium, community and school workshops, social media presence in the community and partnerships with mental health service providers and those concerned with mental health.

APF could not have achieved so much without a group of dedicated volunteers who work incredibly hard to organise, plan and execute events, support groups and initiatives. APF has a strong Clinical and Education Committee (“C&E Committee”) led by Dr Erica Lam who have devised and operate APF’s clinical and education programmes from evidence-based recommendations.

APF is grateful for the amount of support we have had from the community of the Cayman Islands over the past few years that has encouraged and accepted APF with open arms. We would like to extend a special thank you to our generous donors whom have helped tremendously by funding our events, support groups and projects which further its goals and initiatives. The endeavours undertaken so far and our plans for the coming year will be detailed in this report.



WHY CHILDREN AND ADOLESCENT MENTAL HEALTH MATTERS



CHILD AND ADOLESCENT MENTAL HEALTH REALLY MATTERS



According to mentalhealth.org.uk, mental health problems affect approximately 1 in 10 children and adolescents in the UK. This statistic is also relevant in the Cayman Islands and is supported by the 2018 National Drug Council Survey results for which APF collaborated with on questions concerning the mental health of the youth being surveyed. The mental health issues faced by the youth of today include depression, anxiety, and conduct disorder stemming from a myriad of various causes but is usually a direct response to what is happening in their lives. Nearly 10% of the students surveyed indicated that they have been diagnosed with a mental illness. An alarming 34% of the students surveyed reported that they had seriously considered suicide. Although our C&E Committee were aware that mental illnesses and suicide ideation and self-harm were on the rise, the results of the survey indicates an immediate need for the community as a whole to take action to stem this rise in mental illnesses in our youth, our future.

APF has stepped into high gear to educate the public on the results of the survey and to understand the root causes of the results in order to respond to and reduce these alarming statistics in the next survey to be conducted in 2020. One of the main messages underpinning the various different modes of educating the Cayman public on mental health by APF is that the emotional wellbeing of children and adolescents is just as important as their physical health.



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**MENTAL HEALTH ISSUES
ARE PREVALENT IN
CHILDREN AND
ADOLESCENTS IN THE
CAYMAN ISLANDS**

APF members, as a group of persons concerned with youth mental wellbeing, want an integrated child, adolescent and family friendly approach that recognises their particular needs, makes them feel supported, emphasises the positives and helps them to cope with every day challenges of life that may get overwhelming. Over half of all mental illness starts before the age of fourteen, and 75% has developed by the age of eighteen (Green, McGinnity, Meltzer, Ford, Goodman, 2005). These individuals are likely to be impacted negatively in regard to their physical health, and educational and work prospects. The chance of these individuals committing a crime is also increased.

Overall, statistics have shown that mental health issues are prevalent in children and adolescents in the Cayman Islands, yet we had no coordinated specialist services to meet their needs, especially for those with significant mental health distress. The most ambitious of APF's initiatives, the Youth Mental Health Services Hub, seeks to address the need for a coordinated specialist adolescent service center. In partnership with the Health Service Authority (HSA), the Mental Health Commission, and the financial aid of donors, APF plans for this project to be in service before the end of 2020.



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28%

OF STUDENTS REPORTED
THAT THEY HAVE ENGAGED IN SELF HARMING
BEHAVIOUR. (N=>500)

1 OUT OF 3

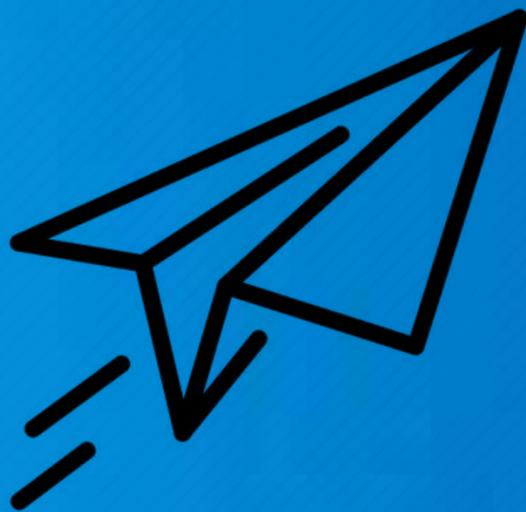
ABOUT ONE IN THREE STUDENTS (34%) REPORTED THAT
THEY HAD
SERIOUSLY CONSIDERED ATTEMPTING SUICIDE
(N=664)

54%

MORE THAN HALF OF THE STUDENTS REPORTED BEING
BULLIED AT SOME TIME

5.6 TIMES MORE
LIKELY

STUDENTS WHO WERE BULLIED WERE 5.6 TIMES MORE LIKELY
TO HAVE ATTEMPTED SUICIDE COMPARED TO THOSE WHO
WERE NOT BULLIED (21% VERSUS 4%)



*INITIATIVES LAUNCHED IN
THE FIRST FINANCIAL YEAR*



YOUTH MENTAL HEALTH SURVEY

In 2018, the National Drug Council Student Drug Use Survey (CISDUS) was conducted in collaboration with APF, producing national statistics on mental health amongst adolescents in the Cayman Islands. The survey results were detailed and discussed at the 2nd annual Youth Mental Health Symposium on 23 February 2019 as discussed further in this report. The expanded mental health component will continue to be integrated in the biannual CISDUS going forward. The next survey is to be conducted in 2020 and the development of this survey and new questions are already underway by the C&E Committee of APF.



SUPPORT GROUPS



APF has held and continues to hold free support groups, made possible by our sponsor, Cayman National Bank, for members of the community such as Living with Anxiety and Depression (for 18-25 year olds) and the Suicide Bereavement Support Group in conjunction with the Bethesda Counselling Centre.

APF also recommends the monthly support group Loud Silent Voices, for friends, family members for carers of persons of all ages with varying diagnosed mental health illnesses, not limited to anxiety and depression.

COMMUNITY WORKSHOPS + EDUCATIONAL TALKS AT SCHOOLS

APF has held free community workshops throughout Grand Cayman and Cayman Brac in collaboration with Ministry of Community Affairs on topics such as Young Men at Risk, Bullying & Mental Health and Suicide and Self Harm Prevention. APF has sought to ensure that every district in the country is reached to try to ensure the wider Cayman community is engaged and on board and working together to improve the mental health of our children and young people.

The C&E Committee of APF has also conducted many mental health talks at various schools across the islands at the request of PTAs, school counsellors and principals. These talks have been developed and tailored to each audience to ensure that each audience is engaged and are able to grasp the concepts presented.





INITIATIVES BEING LAUNCHED IN THE NEXT FINANCIAL YEAR



*(Some of these initiatives have been launched as at the date of
this report. These will be covered more comprehensively in
the next annual report)*

YOUTH AMBASSADOR PROGRAM



APF's C&E Committee working together with some community spirited and ambitious teenagers launched the Youth Ambassador Program (YAP) in August 2019. YAP is for young people between the ages of 12 and 16 is run by youth and overseen by Bill LaMonte of Cayman International School and supported by the C&E Committee. YAP aims to help build resilience and inspire hope by assisting young people in developing their own path forward. YAP offers teens and adolescents the opportunity to earn the title of "Youth Ambassador" through fun activities designed to challenge specific skills and provoke discussion that brings about necessary social change for a society where all can feel accepted for being who they are. YAP is designed to validate what young people are experiencing, recognise their strengths and inform and connect them with other resources if needed.

YOUTH MENTAL HEALTH SERVICES HUB

APF along with the HSA and Mental Health Commission have been working together to develop a children and adolescent mental health hub (“The Hub”). The Hub 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. The staffing expense for this project is supported by the Ministry of Health in its 2020-21 approved budgets, but ongoing funding is needed to launch important elements and the framework of the project. APF will be seeking funding for ancillary services and projects to support the Hub, including the fit-out and operation, a mobile service unit, helpline and textline.



EMOTIONAL LITERACY PROGRAMS

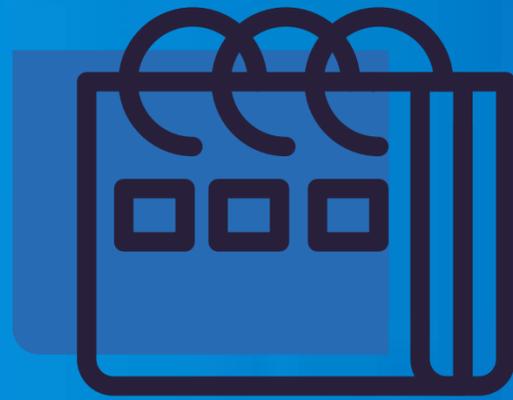


ZIPPY'S FRIENDS (AGES 5-7) & APPLE'S FRIENDS (AGES 8-9)

APF has partnered with Partnership for Children and purchased the licence to an internationally recognised evidence-based programme to make emotional literacy learning available to children aged 5 to 9 years olds. This will be available for the first time in the history of the Cayman Islands. The two programmes currently being offered are Zippy's friends (5-7 years old) and Apple's Friends (8-9 years old) which commenced in November 2019. APF is proud to have secured licenses for these programmes which have been used in over 30 countries worldwide and recognised by the World Health Organisation.

The Cayman Islands will also be the first country in the world to launch the Apple and Zippy programmes to be inclusive of children with special needs. The programmes teach life skills at a young age when children are developing emotionally and physically with the goal of building healthier and emotionally resilient adults.





EVENTS



YOUTH MENTAL HEALTH SYMPOSIUM 23 FEBRUARY 2019

CAYMAN ISLANDS STUDENT DRUG USE SURVEY RESULTS

APF has had two mental health symposiums bringing together clinicians and the community to shed a light on services available to those suffering with mental health issues and to discuss issues affecting youth mental health. The 2019 Symposium which was themed 'Addressing Our Past, Supporting Our Future' yielded the sobering results of the first ever scientifically based Youth Mental Health Survey. This survey was the newly added mental health component of the 2018 Cayman Islands Student Drug Use (CISDUS) biennial survey conducted in collaboration with the National Drug Council. The questions in that component of the CISDUS were submitted by the C&E Committee of APF. Speaking on the importance of the recent findings, Dr Erica Lam, C&E Committee member of APF said:

“ HISTORICALLY, WE HAVE BEEN LOOKING ON INTERNATIONAL DATA TO KEEP US INFORMED ON MENTAL HEALTH ISSUES. WHILE THE INTERNATIONAL DATA IS VALUABLE, WE NOW HAVE NEW LOCALISED DATA WHICH ALLOWS US A MORE INSIGHTFUL ANALYSIS OF ISSUES AFFECTING OUR YOUTH. THIS NEW DATA WILL ALSO ASSIST IN PLANNING BETTER YOUTH MENTAL HEALTH SERVICES IN THE FUTURE THAT IS TAILORED TO THE NEEDS OF OUR YOUNG PEOPLE



These results will assist the C&E Committee in developing initiatives to respond to the needs reflected in the survey.



YOUTH MENTAL HEALTH SYMPOSIUM

23 FEBRUARY 2019



There were various speakers from varied backgrounds all bound by the common cause “to address our past and support our future”. Beauty Queen Jada Ramoon spoke on how she battled anxiety in her final years of high school and how it took some time to understand what was happening to her. She expressed gratitude to APF for shedding light on these issues being faced by young people which were up until now ‘swept under the rug’ or responded to with “get over it”. She appealed to the audience to understand that mental illness is a legitimate and treatable illness just like many other illnesses.



There was a panel moderated by HSA CEO and APF Executive Committee Member, Lizzette Yearwood and included Dr Gerardo Ochoa, St. Matthew’s University, Paulinda Mendoza-Williams, the Department of Children and Family Services, Shannon Seymour, the Wellness Centre, Natalie Baldwin, Taya Lounge and Terry Delaney, Private Practice Counsellor. Each spoke on the youth mental health issues from their various perspectives and offered solutions on addressing them. Other speakers on the day include Kevin Ashworth, Police Inspector, RCIPS Family Support Unit who be addressed ‘Delinquency and Mental Health’ and Dr Colleen Brown, On Course Cayman, who addressed ‘Childhood Trauma and Mental Health’.

Dr Marc Lockhart, as the keynote speaker and Chairman of the Mental Commission concluded the day with a presentation on ‘Child and Adolescent Urgent Medical Health Services’ and outlined how the Mental Health Commission is supporting the youth of Cayman.

Health Practitioners were able to obtain continuing professional development credits for attendance at the symposium. APF plans to have its third annual symposium on in February 22nd, 2020.

ISLAND HERITAGE CHARITY DRIVE



APF was honoured to be named as one of the three beneficiaries of Island Heritage's Annual Charity Drive on 8th May 2019. Island Heritage Insurance Company holds this fun event every year where volunteers for the charity will stand in the Island Heritage Roundabout with signs promoting the charity as well as fun signs to uplift drivers. Island heritage will donate up to \$15,000 to one of the 3 charities with the other two receiving at least \$10,000. This year APF won the most social media likes and won the top donation of \$15,000. All of APF volunteers reported that this was a fun event which made them come away feeling very touched by community spirit of everyone driving by.



ST PATRICK'S DAY FUN RUN



APF was honoured to be named as the beneficiary of the proceeds of the entry fee of the 27th Annual St. Patrick's Day 5K Irish Jog which took place on Friday, 15 March 2019.

The Jog, co-sponsored by Butterfield and Dart, is Grand Cayman's most anticipated fun run/walk, attracting hundreds of local and overseas participants from the serious runners to the walkers pushing baby strollers.





INSTYLE FASHION SHOW



On 29 June 2019, a fashion show was held to showcase local and international designers and artists and adopted APF as its platform to help raise awareness of the importance of mental health. The event, held at the Ritz Carlton Grand Cayman, was well supported by local fashion conscious persons and was successful in raising awareness of mental health issues and helping to break the stigma to make it easier for those needing to access help. The message of the evening was “you are not alone with your internal struggles: address them as you would a physical illness. The sky is the limit – follow your dreams.”

PARTNERSHIPS

APF's programs are run in partnership with other charities and community organisations such as the YMCA, Special Needs Foundations, TAYA lounge, Family Resource Centre, Loud Silent Voices, Department of Education, Ministry of Community Affairs, local churches, private and government schools. APF's volunteer mental health doctors and psychologists have been delivering many talks over the past year in partnership with these organisations that are concerned with healthy mind and body development of our youth.



A Family Mental Health Support Group



CAYMAN ISLANDS



CLINICAL + EDUCATION PATHWAY



ALEX PANTON FOUNDATION

FINANCIAL OVERVIEW FOR YEAR ENDING 30 JUNE 2019

Stated in Cayman Islands dollars

FUNDRAISING ACTIVITIES

| | |
|-------------------------------|--------|
| Dress Up Days | 3,832 |
| Tricky Tray | 4,230 |
| 7 Mile Fitness Rowing Event | 2,936 |
| Island Heritage Charity Drive | 15,000 |
| Butterfield Irish Jog | 10,842 |

DONATIONS

| | |
|---|--------|
| Corporations | 11,460 |
| Individuals | 11,187 |
| Other Charitable Entities | 1,600 |
| Cayman Billfish Rundown winners; Ecks- change, Uno Mas, Reel Addiction Cayman | 20,360 |
| International Fishing Tournament Winner – Hottarass | 12,300 |
| Sponsorship of Support Groups (CNB) | 3,000 |

TOTAL DONATIONS & FUNDRAISING

96,746

ALEX PANTON FOUNDATION

FINANCIAL OVERVIEW FOR YEAR ENDING 30 JUNE 2019

Stated in Cayman Islands dollars

OTHER RECEIPTS

Net Bank Interest

2

YOUTH MENTAL HEALTH SYMPOSIUM 2019

Receipts 24,325

Expenses (20,874)

Net Symposium Donations 3,451

TOTAL (NET) RECEIPTS

100,199

TOTAL EXPENSES PAID THROUGH BANK ACCOUNT

Draft to NDC for Survey Analysis (750)

Bank Draft Fees (10)

Website and Social Media (2,600)

Administration

Partnership for Children's license (4,460)

(Zippy's & Apple's friends)

TOTAL PAYMENTS FROM BANK ACCOUNT (7,820)

NET INCOME (FUND BALANCE)

92,379

ALEX PANTON FOUNDATION

FINANCIAL OVERVIEW FOR YEAR ENDING 30 JUNE 2019

Stated in Cayman Islands dollars

CASH AT BANK AT 30 JUNE 2019

92,379

FUND BALANCES

| | |
|-----------------------------------|---------------|
| Support Groups | 2,650 |
| Emotional Literacy Programme | 35,540 |
| Youth Ambassador Programme | 4,000 |
| Symposium 2019 | 3,451 |
| Financial Assistance Programme | 7,000 |
| Emergency Youth Mental Health Hub | 20,000 |
| General Fund | 19,738 |
| TOTAL FUND BALANCE | 92,379 |

SPONSOR + DONORS



APF received sponsorship and donations from the following entities in the financial year ended 30 June 2019:

- FFP
- Butterfield
- Island Heritage (Charity Drive)
- Heritage Holdings
- ACE hardware/Parker's (donation of percentage of sales)
 - Sponsored Mariah Tibbetts for Miss Cayman Universe who voluntarily did mental health public service announcements on behalf of the APF leading up to the contest
- Dart Grant
- Winners of Cayman Billfish Rundown (Uno Mas, Reel Addiction, Ecks - change)
- Winner of Cayman Islands International Fishing Tournament - Billfish Releases (Hottarass)



2019 SYMPOSIUM SPONSORS

Ironshore Pharmaceutical Inc.

Ministry of Community Affairs

Maples

Appleby

Walkers

Ogier

Ministry of Health

Logic Wifi

PwC

OnCourse Cayman

Infinite Mindcare - Exhibitor

Vistra

Hope Academy

Cayman ABA

The Wellness Centre

NCB Cayman

Cayman Prep and High School





**EXECUTIVE COMMITTEE
MEMBERS:**

APF'S STRUCTURE & MANAGEMENT



Jane Panton and Wayne Panton are the Founders of APF and are currently the only Directors and controllers of APF. They also co-chair an Executive Committee that assists with the conduct of the business and works of APF. In addition to the Co-Chairpersons, APF has a number of key volunteers which form the Executive Committee and make recommendations to the Founders.

HAILEE ROBINSON

DEPUTY CHAIRPERSON

LIZZETTE YEARWOOD

ALTERNATE DEPUTY CHAIRPERSON, MEMBER OF
CLINICAL & EDUCATIONAL COMMITTEE

DR ERICA LAM

HEAD CLINICAL & EDUCATIONAL COMMITTEE

JASMINE BROWN

SECRETARY

SHANE PURCELL

HEAD OF FUNDRAISING

GHISLAINE JACKSON

TREASURER

CHARMAINE MCGOWAN

MEMBER

CARLA REID

MEMBER

CODY PANTON

MEMBER

HAYLEY REID

MEMBER

KELSEY DIXON

MEMBER

MEMBERS



APF'S STRUCTURE + MANAGEMENT



APF has one paid part time administrator to keep up with the demands of the growing organisation, in particular, the organisation of volunteers for event, data collection, preparing budgets and other administrative tasks. The payments for this administrator during this reporting year were donated by the Founders, Jane and Wayne Panton and are not reflected in this report, to comply with data protection obligations

APF has retained the services of Social Butterflies to maintain the website www.alexpantonfoundation.ky and to promote the works of APF through various media, including FaceBook and Instagram. The payments for these services for the year ending 30 June 2019 are reflected in this report.



QUOTES



**"WE ARE PARTNERING WITH THE
HSA AND MINISTRY OF HEALTH
TO OPEN AN EMERGENCY MENTAL
HEALTH HUB FOR CHILDREN AND
ADOLESCENTS AT THE HOSPITAL."**

**HAILEE ROBINSON, DEPUTY CHAIRPERSON OF
THE ALEX PANTON FOUNDATION**



QUOTES

"APF WAS FORMED TO ADDRESS THE RISE IN THE MISUNDERSTOOD MENTAL ILLNESS AMONG OUR YOUTH. WE WANT THEM TO KNOW THAT THEY ARE NOT ALONE WITH THEIR UNSEEN PAIN. WE ARE ADDRESSING THE STIGMA SURROUNDING MENTAL HEALTH ISSUES TO MAKE OUR YOUNG PEOPLE FEEL COMFORTABLE SPEAKING OUT ABOUT WHAT THEY ARE FEELING INSIDE. I BELIEVE THE FIRST STEP TO HEALING YOUR INTERNAL PAIN IS TO TALK ABOUT IT."

JANE PANTON, CHAIR OF THE ALEX PANTON FOUNDATION





QUOTES



"APF WORKS AS A COLLABORATIVE GROUP WITHIN THE COMMUNITY. OUR INTERVENTION PATHWAYS, INCLUDING PREVENTATIVE AND OUT-REACH PROGRAMMES, ARE DEVELOPED BY THE DATA GENERATED FROM OUR LOCAL RESEARCH. WE WORK DILIGENTLY WITH LOCAL MENTAL HEALTH STAKEHOLDERS TO BUILD A MORE RESILIENT GENERATION WHILE MEETING THE ACUTE NEEDS OF OUR YOUNG PEOPLE."

DR. ERICA LAM, HEAD CLINICAL & EDUCATIONAL COMMITTEE OF THE ALEX PANTON FOUNDATION





QUOTES

ON THE EMOTIONAL LITERACY PROGRAMME:

"CAYMAN WILL BE ONLY THE FIFTH COUNTRY IN THE WORLD TO IMPLEMENT THE SEND PROGRAMME, IN LINE WITH THE CAYMAN ISLANDS DISABILITY POLICY, WHICH AIMS TO IMPROVE INCLUSION AND EQUAL ACCESS TO HEALTH CARE, INCLUDING MENTAL HEALTH CARE."

DR. CATHERINE DAY, CONSULTANT CLINICAL PSYCHOLOGIST AND ONE OF THE TWO LEADS FOR THE EMOTIONAL LITERACY PROGRAMME



THE YEAR IN REVIEW



OUR YOUTH AMBASSADORS

THE YEAR IN REVIEW



THE YEAR IN REVIEW



THE YEAR IN REVIEW



THE YEAR IN REVIEW



ROWING FUNDRAISER

Marathon row in teams of 4-6 people

| | | | |
|--------------|--|-------------|--|
| WHEN | Saturday, Sept. 15th, 2018 Registration: 6:30am Rowing start: 7:00am | COST | \$50 donation to Alex Panton Foundation |
| WHERE | 7 Mile Strength & Fitness at Cannon Place | RSVP | angela@crossfit7mile.com or stop by the gym before Thurs, Sept. 13th |





CONTACT US

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Grand Cayman KY1-1501

FURTHER INFORMATION

For more information on the Alex Panton Foundation visit:

Website: www.alexpantonfoundation.ky

Our Facebook Page: [Alex Panton Foundation](#)

Our Instagram: [@alexpantonfoundation](#)