



**ALEX
PANTON**
FOUNDATION

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

ANNUAL REPORT

2019 - 2020

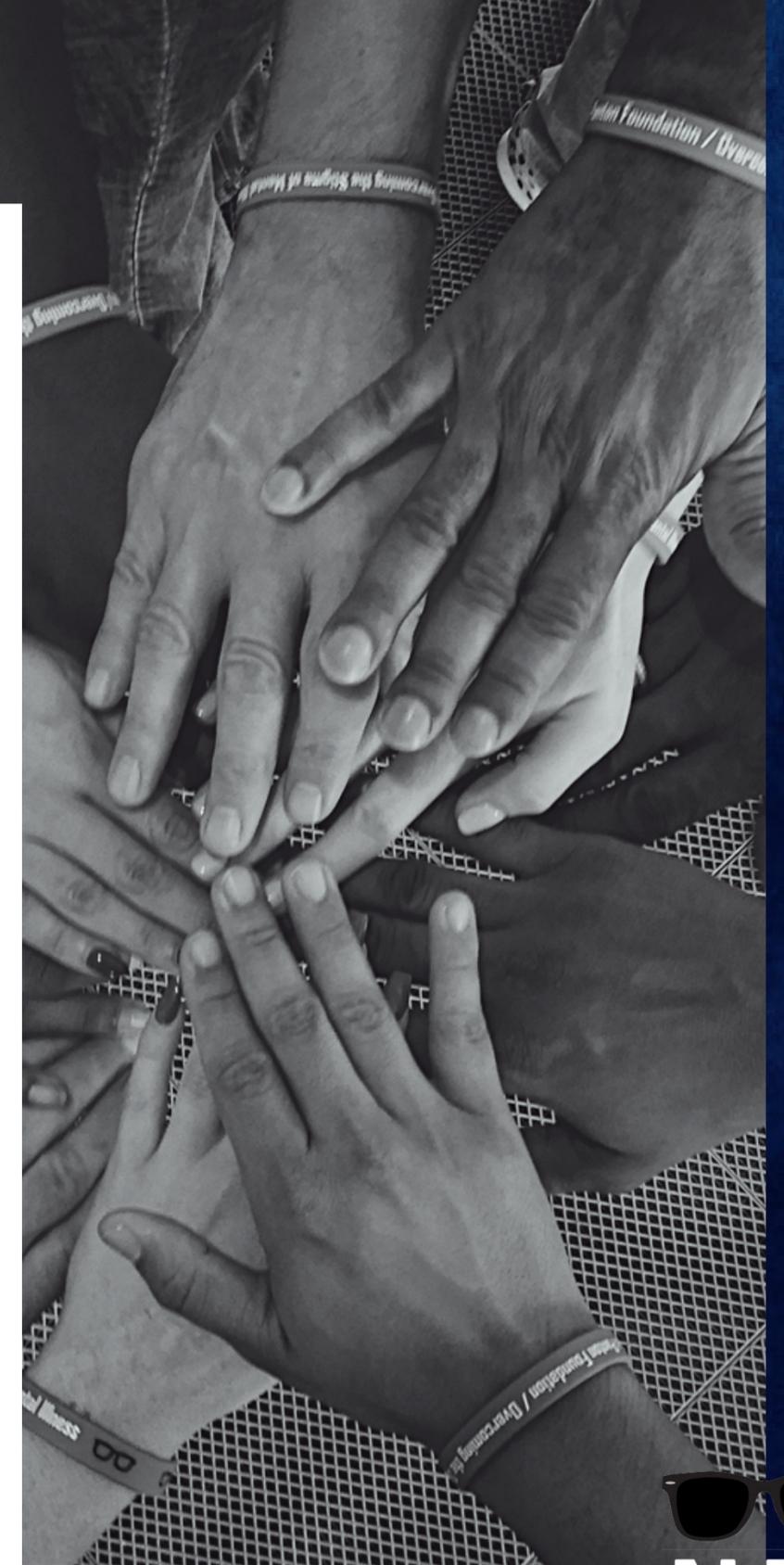
for the year ended 30 June 2020

MESSAGE FROM THE FOUNDERS

Although this financial year ended in the middle of an unusually challenging year, it started off with an exciting bang of promotion for the Alex Panton Foundation (“APF”). In our first full year of operation, July 2018 to June 2019, the APF and its supporters launched many different initiatives and events to raise awareness of our mission: “To improve the mental health of children and young adults in the Cayman Islands through advocacy, awareness and support”. The response from the community was tremendous and advocacy for the APF’s mission grew in all facets of society and enabled a strong start to the second year, July 2019 to June 2020.

One such event was the Pajama Party held in July 2019 at the Bâcaro restaurant. This was a fun adult party held by the management and staff of Bâcaro to not only raise funds for our various projects but also to raise awareness of the mental health issues that our children and young people are facing and to help break the stigma surrounding talking about our feelings and the need to access help. This was the beginning of our exciting year.

In August 2019, the Youth Ambassador Programme (“YAP”) was launched with 27 youths earning badges for courage, knowledge, communication and open mindedness to promote compassion and acceptance amongst their peers with a view to spreading goodwill throughout the community. The Youth Ambassadors (“YAs”) have been very active ever since and were instrumental in providing peer support during the islands’ period of “lockdown” due to COVID-19. A group of 40 new students were inducted into YA through a virtual Zoom meeting in June 2020. The role of these YAs in the community has been of paramount importance to the recovery of our youth falling into “darkness” during these uncertain times.



In October 2019, we launched our exciting, new initiative, the Emotional Literacy Programme (“ELP”) with the UK’s Partnership for Children. The Zippy’s and Apple’s Friends programmes teaches 5 to 9 year olds how to express themselves with whatever emotional situation they may be going through so that emotions are externalised in a positive way. Through such teachings, children learn how to be compassionate towards their peers and learn how to handle uncomfortable situations and resolve conflicts from a young age. The aim of the ELP is to teach children to become stronger, more resilient adults and spread the message of compassion and acceptance of differences throughout the community; to not be emotionally compromised by a bully and not be a bully.

2020 started off with much hope and promise for the children and young people of the Cayman Islands. The devastating pandemic we came to know as COVID-19 unfortunately put a major dent in that. Globally, mental health was easily the worst affected aspect of humanity. From worries of survival and the future, to grief and loss of family members and special routines, from the youngest to the oldest, all have been affected. The APF stepped up to the challenge and offered through the Clinical and Educational Committee virtual support programmes such as “Stay In and Chill” to young people in lockdown and quarantine.

We wish to thank our dedicated volunteers who have worked incredibly hard to organise, plan and execute events and initiatives. Our generous donors have allowed us to advance our programmes and reach more and more children and young people. With additional funding, we will extend more and better resources and initiatives for our community and future generations of children and young people in the Cayman Islands.



Founders Jane & Wayne Panton with His Excellency, the Governor Martin Roper, at the 2020 Youth Mental Health Symposium





ABOUT THE APF

Established in memory of Alex Panton, who succumbed to the effects of severe depression at the age of 16 in October 2010, the APF is a not-for-profit foundation company. Its primary objective is raising awareness of mental illnesses affecting children and young adults in the Cayman Islands, with a particular focus on anxiety and depression.

In July 2017, a group of Alex's friends and family came together with the common goal of educating the public about mental illness in children and young people and reducing the stigma toward mental illness in the Cayman Islands.

On 20 February 2018, Walkers Global incorporated the APF as a foundation company, with Alex's parents as founders and directors. The APF was registered as a non-profit organisation ("NPO") on 12 June 2018. Alex's parents are supported by Alex's friends and additional volunteers who have collectively formed an Executive Committee that runs the APF.





OUR MISSION

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





OUR GOALS & APPROACH

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

The APF wants an integrated and family-friendly approach. This approach recognises the needs of children and adolescents, makes them feel supported, emphasises positivity, and helps them to cope with everyday challenges of life that may otherwise be overwhelming.

OUR GOALS & APPROACH



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 illnesses.

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

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

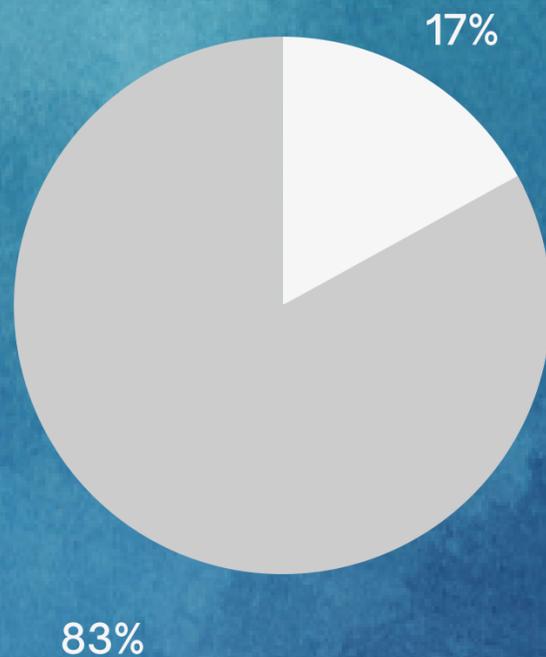
To seek to address discrimination against young people affected by mental illness.

To 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.

WHY CHILDREN & ADOLESCENT MENTAL HEALTH MATTERS

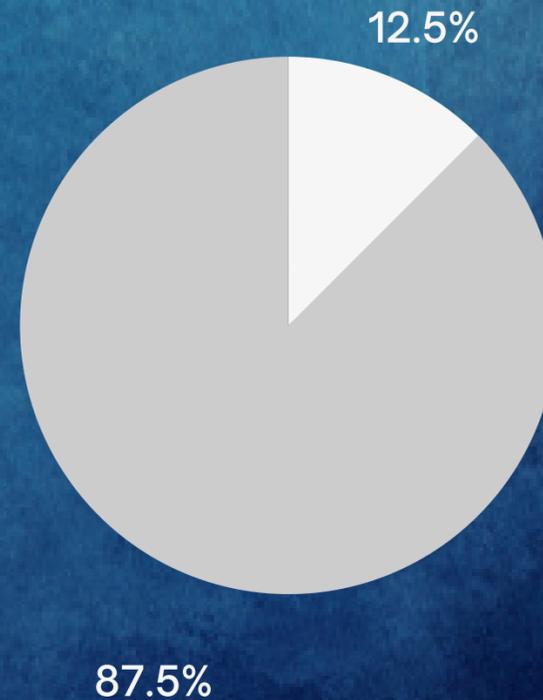
The emotional wellbeing of children and adolescents is just as important as their physical health.

According to the 2020 Cayman Islands Student Drug Use Survey ("CISDUS") results for which the APF collaborated, in relation to the participating students:



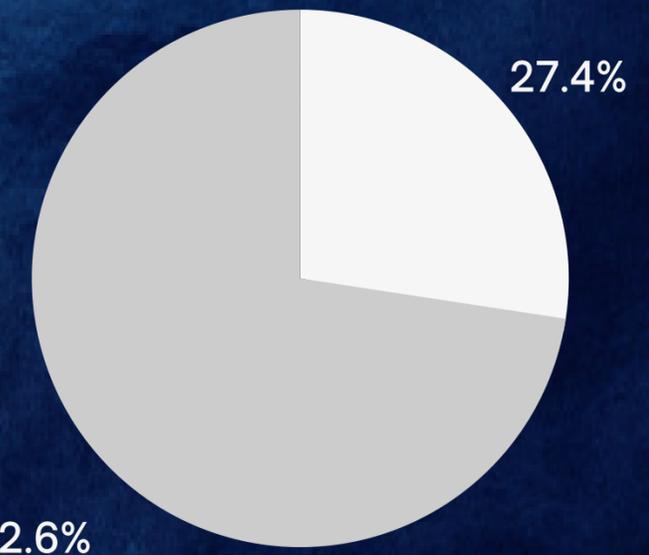
17%

reported that they had seriously considered suicide.



12.5%

indicated that they have been diagnosed with a mental illness.



27.4%

reported that they have engaged in self-harming behaviour.



1 IN 6

students reported that they had seriously considered attempting suicide.



84.9% OF STUDENTS

who were diagnosed sought help for their condition

The results from the 2020 CISDUS demonstrate that the greatest risk factors to adolescent mental health in predicting suicide attempts are: being gendered as female, developing a substance dependence on alcohol or cigarettes, being a survivor of physical abuse or a witness to violence, experiencing suicidal ideations, experiencing a life-threatening event, and/or having poor family attachment. Acknowledging that students may under-report on other factors, these survey results nevertheless indicate an immediate need for the Cayman Islands to work together to combat the rise in young people's mental illness. The APF suggests that the supporters and carers of young people in distress learn to be more active listeners rather than advisors, and to guide them to professionals for assistance.



YOUTH AMBASSADORS PROGRAMME LAUNCHED

YAP is a teen outreach and support programme launched in August 2019. YAP empowers young people to help break the stigma around mental health issues. The programme was created to provide support to the teens and adolescents of the Cayman Islands who experience mental health challenges. YAP builds resilience and inspires hope by encouraging young people to develop their own path forward. YAP aims to inspire young people to offer peer support with compassion, understanding and active listening.

YAP members have the opportunity to interact with other teens and collaborate on ideas beyond the programme. YAP provides YAs with various opportunities to represent Cayman's younger generations, such as providing testimonials at public events, hosting adolescent visual arts competitions, participating in policy discussions, as well as participating in focus groups to obtain more information on how our young people can be better supported. YAP meet on a weekly and biweekly basis. A total of 27 students from a variety of schools participated in its first year. In June 2020, YAP held their virtual induction ceremony to inaugurate new, young, eager participants into the programme where the YAs welcomed 40 new faces.





ABOUT YAP



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HOW YAP OPERATES

YAP earn badges and t-shirts through fun activities designed to challenge specific skills and provoke discussion to bring about necessary social change for a society where all can feel accepted for being who they are.

YAP AREAS OF FOCUS

- Social Media & Campaigns for peer support and positivity.
- Community Outreach Presentations.
- Policy for social change and inclusion.
- Support and Socials for positive engagement and interaction.

YAP ACOMPLISHMENTS

- YAP panel discussions including at the APF Mental Health Symposium 2020 and the Cayman Islands Healthcare conference.
- Lobbying to decriminalise suicide.
- Educating their peers through performances and community seminars.
- Radio interviews and podcast presentations.
- Leading successful socials and art events to provide a forum for teen interaction and validation.
- Zoom conference and videos on topics such as sleep, drugs, alcohol, managing stress, COVID-19 and more.
- Sister Islands Outreach.



ZIPPY'S AND APPLE'S FRIENDS LAUNCHED

In October 2019, the APF launched its ELP, Zippy's Friends (5-7 years olds) and Apple's Friends (7-9 years olds). This internationally recognised evidenced-based programme was designed to improve the communication skills and emotional intelligence of young children in order to foster a future of more empathetic and emotionally stable adults. Students of the ELP are introduced to coping mechanisms, conflict resolution strategies, and reflecting on great life changes such as death and loss through simple, interactive lessons tailored to their age range and capability. The ELP is intended to span a 5-year roll-out to properly engage with all students enrolled in the programmes.

IN THE FIRST YEAR (OCTOBER 2019 THROUGH JUNE 2020)

- ▶ Sir John A Cumber Primary School, Lighthouse School, Cayman Learning Centre, Footsteps School, St. Ignatius, Starfish Village Montessori, Special Needs Foundation and YMCA after-care programme participated.
- ▶ 6 Master Trainers and 21 teachers were initially trained.
- ▶ The programme reached 472 children across Grand Cayman and Cayman Brac.





ABOUT ZIPPY



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Analysis has shown strong evidence of success of the intervention in 36% of the behaviours measured, including:

- Follows the directions of the teacher and other adults at school.
- Apologises if they have done something wrong.
- Is good at resolving conflicts.
- Can calm themselves down when they feel angry or upset.
- Is considerate of other people's feelings.
- Initiates conversation with peers.
- Invites others to join activities.
- Argues frequently.
- Is easily upset.
- Often has temper tantrums or hot tempers.
- Often fights with other children or bullies them.
- Acts impulsively.
- Is nervous in a group of children.

Many other behaviours showed marked improvement but did not reach statistical significance.

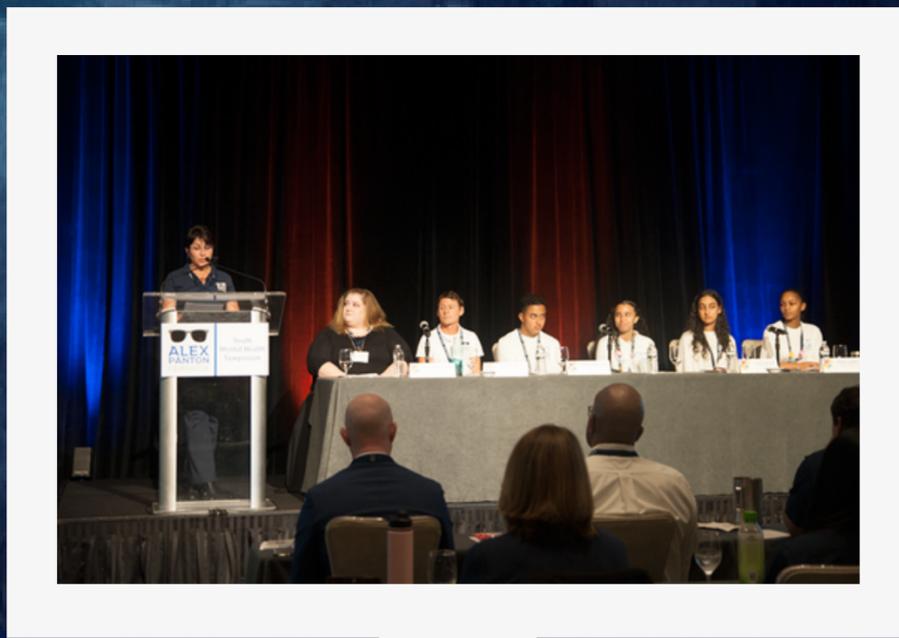
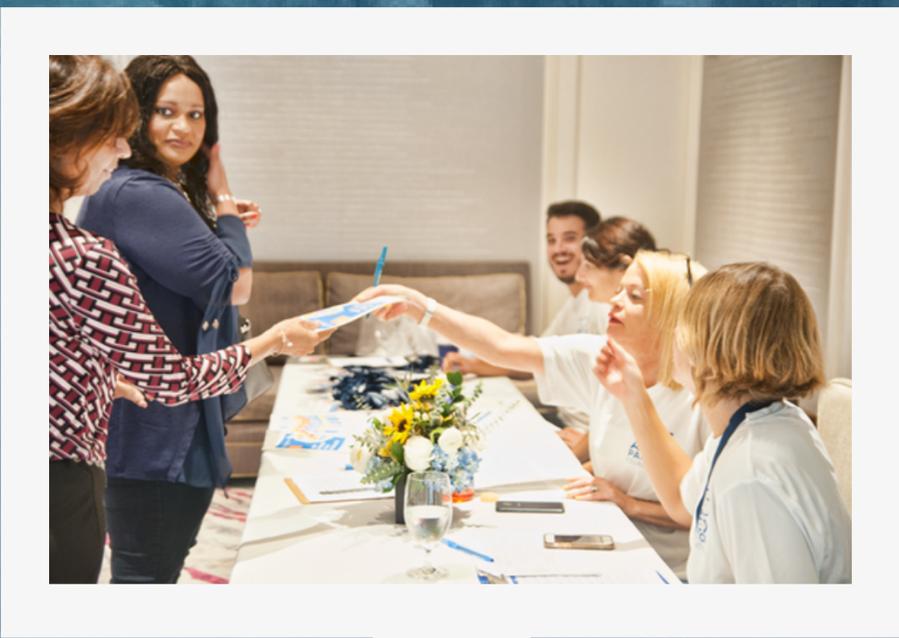
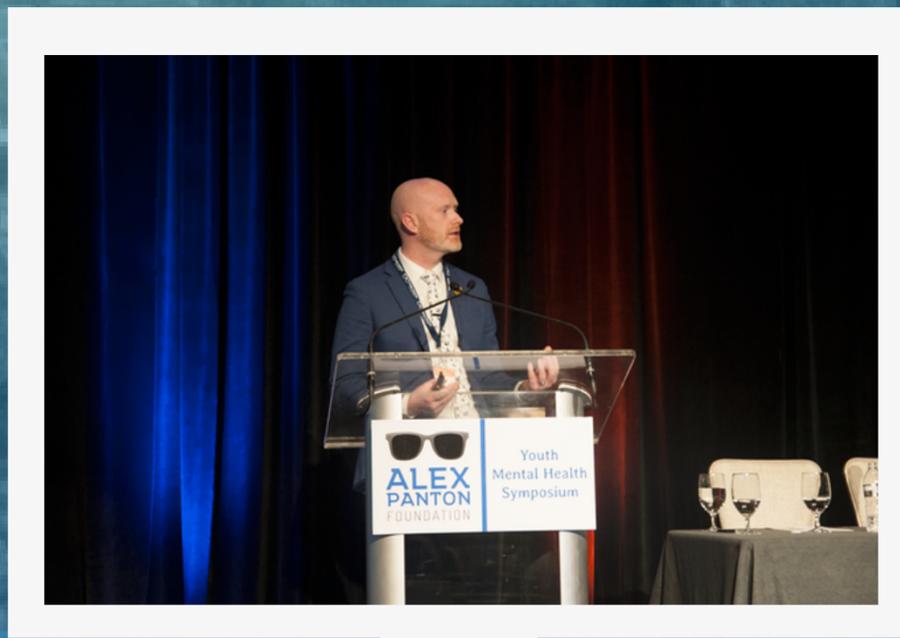
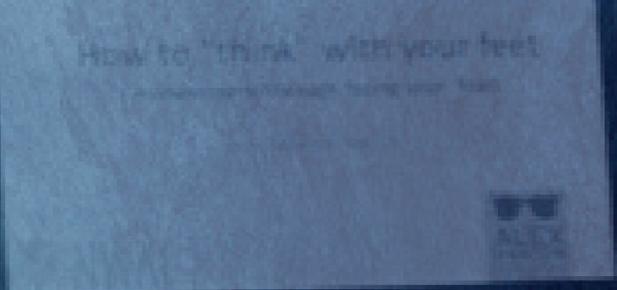
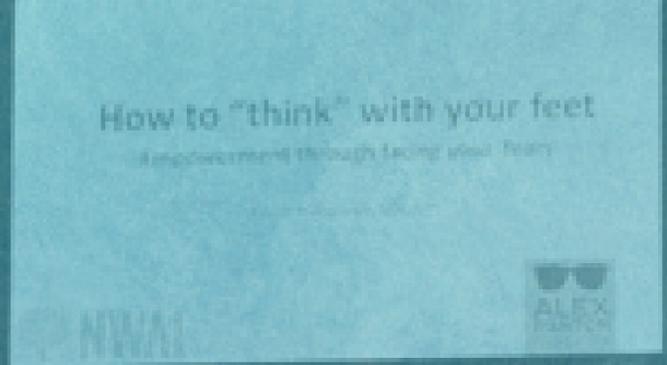
ZIPPY'S AND APPLE'S FRIENDS LOOKING FORWARD ▶

In preparation for the next year of the ELP, a further 28 Master Trainers and over 190 teachers have been trained, at all government primary schools and multiple private schools across Grand Cayman and Cayman Brac, with plans to implement in Little Cayman for the 2021-2022 school year.

The 2020-2021 cycle includes a national roll-out in collaboration with the Department of Educational Services. The programme has been selected as part of the School Recovery project to address social and emotional issues related to transition, change, and emotional difficulties created during the COVID-19 pandemic.

The 2020-2021 programme (Term 1) has been sponsored by the R3 Cayman Foundation.





2020 MENTAL HEALTH SYMPOSIUM

The APF's third annual symposium took place on 22 February 2020 at the Ritz-Carlton, Grand Cayman.

The theme was "Empowering Youth, Inspiring Hope", focusing on equipping the young people of the Cayman Islands with tools to recognise when peers are struggling with mental health issues and how to help, while building resilience and inspiring acceptance in the community through a better understanding of their needs.

This year showcased members of the YAP and the difference the ELP, Zippy's Friends and Apple's Friends, has made so far. The YAP panel featured 4 enthusiastic teenagers who all had a different perspective on how to improve mental health and access to care in our islands. They were joined by the YAP Coordinator, Mr. Bill La Monte and Moderator, Dr. Colleen Brown. The discussion brought tears of pride to every eye in the room.

Miss Cayman Islands World 2019, Jaci Patrick, spoke about her own experiences with depression and anxiety. International guest speaker, Kevin Ashworth, Co-Founder and Clinical Director of the NW Anxiety Institute spoke about the differences between mental illness and sadness and the benefits of exposure therapy. Dr Marc Lockhart returned to give an impactful presentation on the 5 Myths about Youth Mental Health.

The Symposium was attended by approximately 300 persons including special guests His Excellency Martyn Roper, OBE and Hon. Dwayne Seymour, JP, MLA. The 4th Annual Symposium is planned for February 2021 (13th or 20th).





OTHER CURRENT INITIATIVES

SUPPORT GROUPS

The APF continues to hold free community workshops throughout the Cayman Islands in collaboration with the Ministry of Community Affairs, and support groups for 18 to 30-year-olds sponsored by Cayman National Bank.



PROUDLY SPONSORED BY



**CAYMAN
NATIONAL**

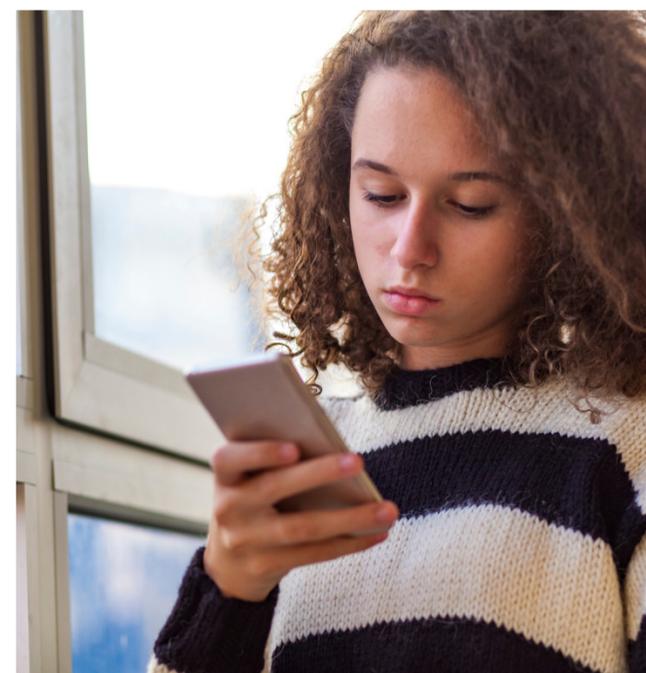
INITIATIVES IN THE PIPELINE



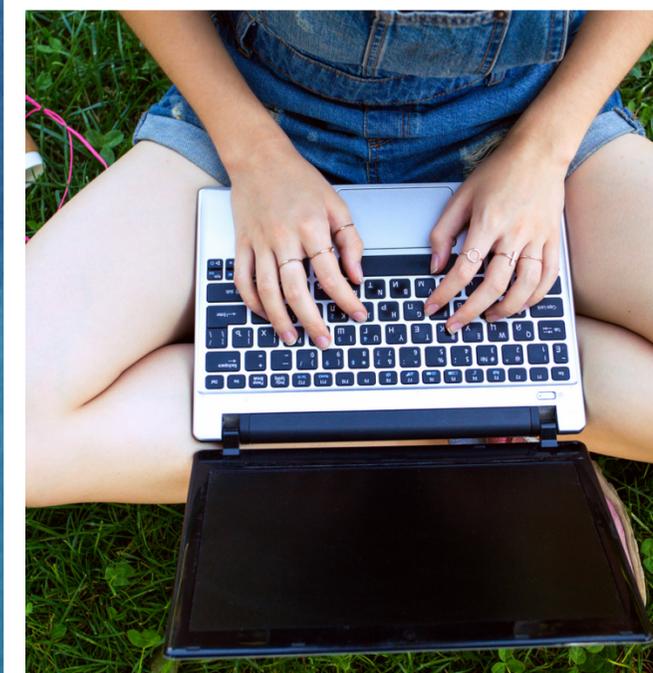
The Health Service Authority has secured government funding to launch a children and adolescent mental health hub (the “Hub”) on the basis of a proposal made in partnership with the APF and the Mental Health Commission.



Support services to work in partnership with the Hub are to include a text line, online chat room, and a mobile unit service.



An online support group for 13 - 17-year-olds will accommodate those teens that have limited access to mental health support.



APF is in collaboration with another local agency to develop a virtual support platform for our young people.



EVENTS



THE APF EVENTS



- In Style Cayman "Live For Art, Art to Live" Video.
- The APF Young Men at Risk Workshops.
- National Suicide Prevention Week 2019.
- September Mental Health Monday's.
- World Mental Health Day 2019.
- Santosha Open House Yoga Fundraiser.
- Intertrust Cayman Islands 2019 Marathon.
- DG5k Run.
- Rotary Behind the Mask Masquerade Ball.
- Bàcaro Pajama Party.
- Re/Max In This Together.
- COVID-19 Community Virtual Workshops Series.
- "Stay in & Chill" Facebook Group with daily polls, activities and videos for students in quarantine.
- The APF Anxiety and Depression Discussion Panel with Miss World Cayman and Dr Brown.
- The APF Resilience at time of stress workshop with Dr Lam.
- The APF Managing stress during COVID-19 workshop with Dr Lam and Dr Day.
- YAP Zoom Interactive Talks for Mental Health Awareness Month.
- The APF & Revel Unit "Give Back at Home".
- Miss Universe Cayman Mental Health Survey.
- YAP "Mind in Isolation" Art Competition.
- Bingo Night Fundraiser.





PARTNERSHIPS



YMCA



Special Needs
Foundation



TAYA lounge



Loud Silent
Voices



Family Resource
Centre

FINANCIAL SUMMARY FOR THE YEAR ENDING 30 JUNE 2020

Stated in Cayman Islands Dollars

Financial Highlights

Income and Expenditure

Income	CI\$216,957	Expenditure	CI\$93,516
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Net Income **CI\$123,441**

Balance Sheet

Assets

Cash	CI\$216,746
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Liabilities

Payable – Salary	CI\$925
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Net Assets **CI\$215,820**

FINANCIAL SUMMARY FOR THE YEAR ENDING 30 JUNE 2020

Stated in Cayman Islands Dollars

Income

Fundraising	CI\$77,111	Donations	CI\$139,821
DG 5K	27,225	Corporations	99,044
Rotary Club of Grand Cayman – Behind the Mask	24,300	Youth Mental Health Symposium 2020	36,185
Bàcaro Pajama Party	19,460	Individuals	4,592
Re/Max In this Together	6,000		
The Momma Effect Bingo	126	Other Income	CI\$25
		Bank Interest	25
Total Income	CI\$216,957		

Expenses

Emotional Literacy Programme	37,749	Symposium 2020 Costs	32,271
Fundraising and Promotion	12,817	Salary – ELP Coordinator	9,842
Youth Ambassador Programme	830	Bank charges	7
Total Expenses	CI\$93,516		

FINANCIAL SUMMARY FOR THE YEAR ENDING 30 JUNE 2020

Stated in Cayman Islands Dollars

Cash Reserves / Fund Balances

Total Cash Reserves	CI\$216,745
General Fund	147,993
Emergency Youth Mental Health Hub	20,000
Emotional Literacy Programme	14,397
Online Chat Room	10,000
Symposium	7,365
Youth Ambassador Programme	7,340
Financial Assistance Programme	7,000
Support Groups	2,650

SUPPORTERS/SPONSORS



WE'RE IN THIS TOGETHER

- Artex Risk Solutions, Inc
- Bàcaro Restaurant
- Butterfield Bank (Cayman) Limited
- Cayman National Corporation
- Dart Grants
- Harneys
- Human Rights Commission of the Cayman Islands
- Maples Group
- MUFG Fund Services (Cayman) Limited
- Nickolas DaCosta – Notary Public
- PwC
- Rotary Club of Grand Cayman
- Wheaton Precious Metals Corp



OUR 2020 ANNUAL SYMPOSIUM SPONSORS



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Burger King/Burger
Holdings, Ltd.
C3 Pure Fibre
Cayman National Bank
Cayman Compass and
Caymanian Times
CINICO
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Cayman Prep & High School
Foster's Supermarket
Generali Group
Health City Cayman Islands
HighWater
Hope Academy

Hurley's Marketplace
Infinity Health
Ironshore Pharmaceuticals &
Development Inc.
Logic Communications Ltd.
Maples Group
NCB Cayman Ltd.
Ogier
OnCourse Cayman
RBC Dominion Securities Inc.
SteppingStones Recruitment
Ltd.
Tower Marketing
Walkers Global
Water Authority Cayman
The Wellness Centre Ltd.



APF'S STRUCTURE AND MANAGEMENT



CORPORATE

FOUNDERS AND DIRECTORS

Jane Panton and Wayne Panton

Secretary – Walkers Corporate Limited

Registered Office – c/o Walkers Corporate Limited,
27 Hospital Road, Cayman Islands KY1-9008

Certificate of Incorporation No. 333845

Certificate of Non-Profit Registration No. 149

THE APF EXECUTIVE COMMITTEE MEMBERS



Chairperson

Jane Panton



Chairperson

Wayne Panton



Deputy Chairperson

Hailee Robsinson



Treasurer

Amanda Bako



Secretary to the Executive Committee

Jasmine Brown



Alternate Deputy Chairperson

Lizzette Yearwood



Head of Fundraising

Shane Purcell



Head of the Clinical & Education Committee

Dr Erica Lam



Member

Kelsey Dixon



Member

Charmaine McGowan



Member

Hayley Reid



Member

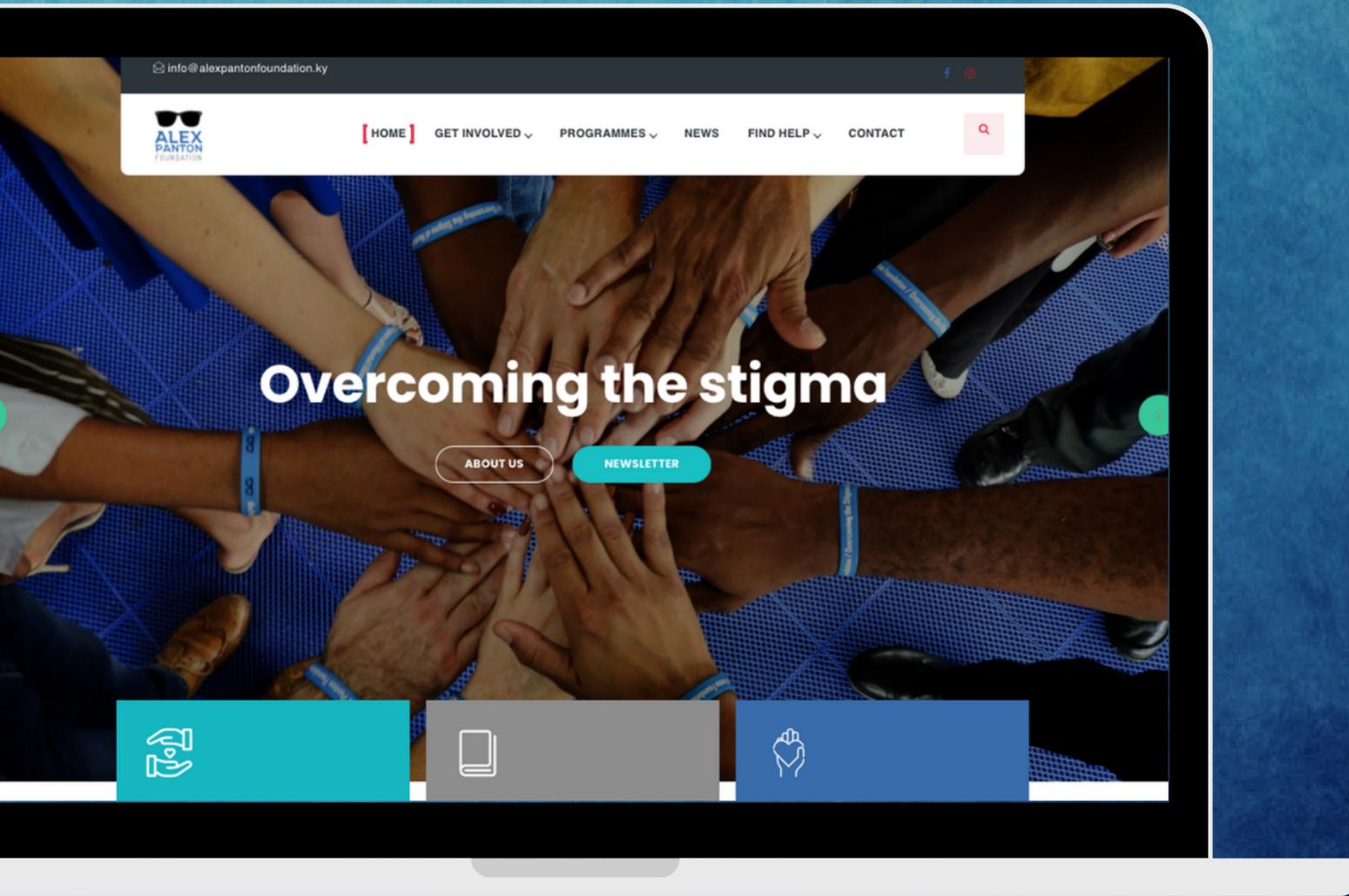
Carla Reid



Member

Cody Panton

CONTACT INFORMATION



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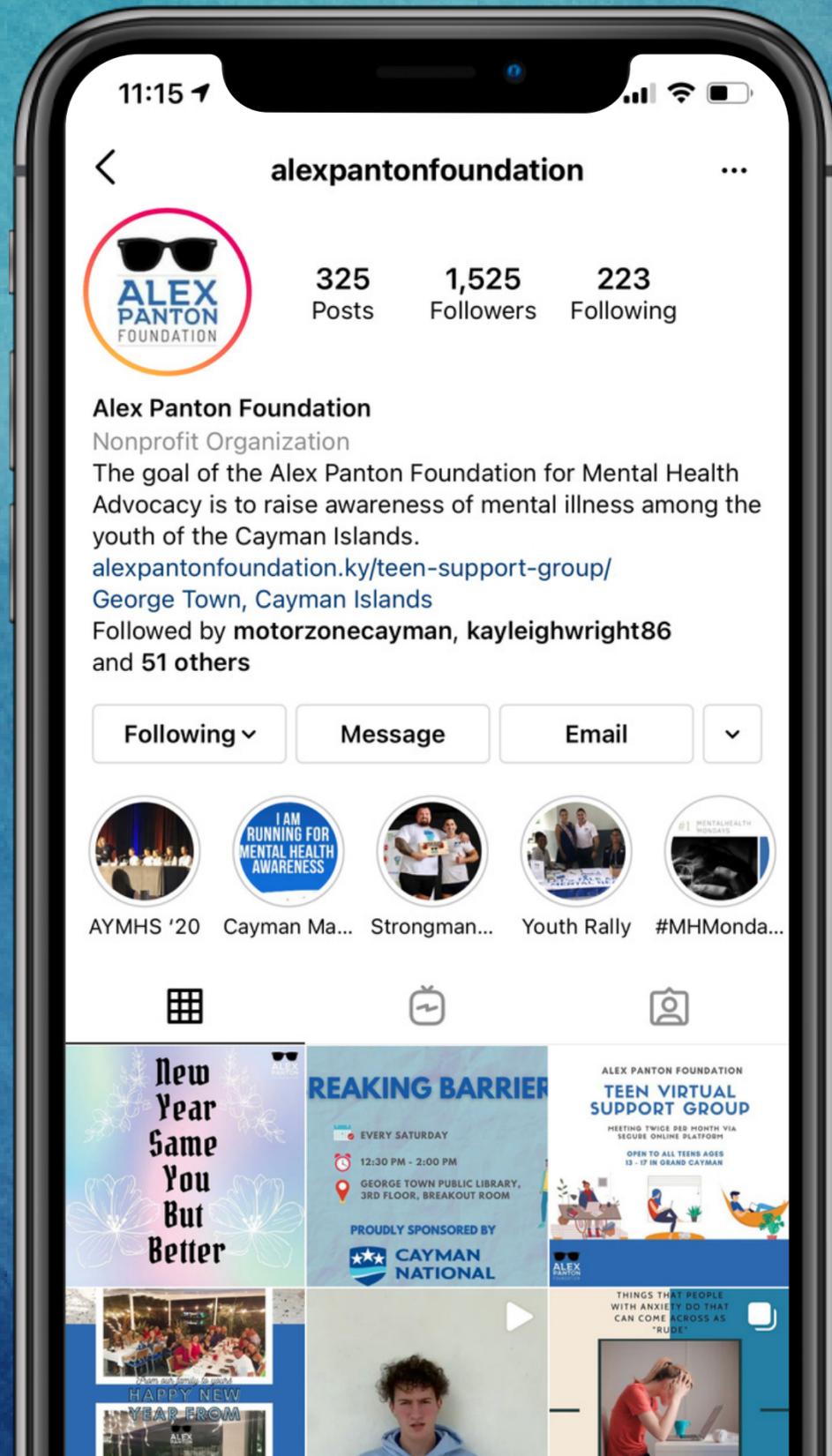
Email Address

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Phone Number

(345) 927-0201

FURTHER INFORMATION



For more information on the Alex Panton Foundation visit:

Website

www.alexpantonfoundation.ky

Our Facebook page

www.facebook.com/alexpantonfoundation

Our Instagram page

www.instagram.com/alexpantonfoundation



**AWARENESS
ADVOCACY
SUPPORT**