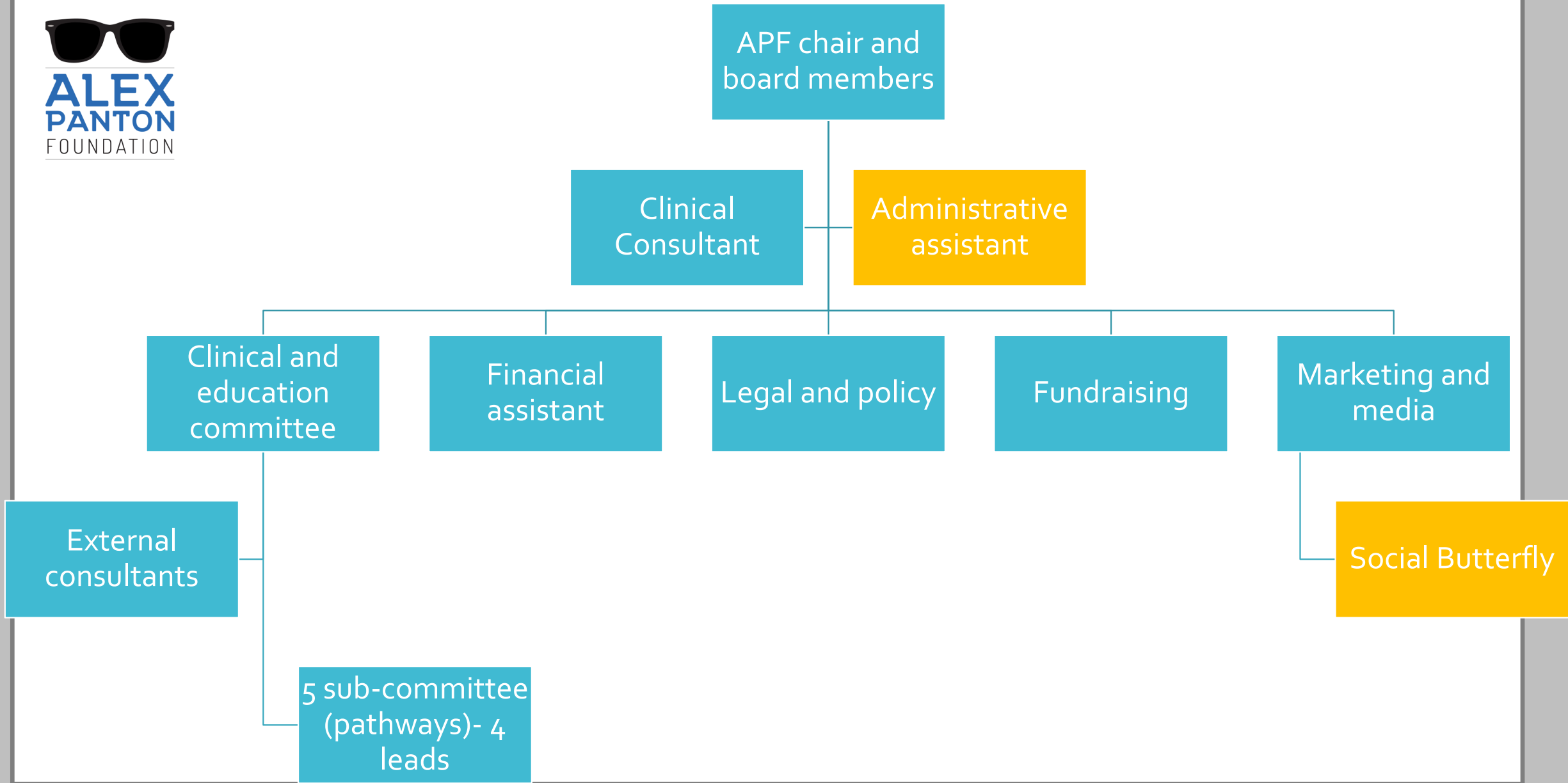


Alex Panton Foundation

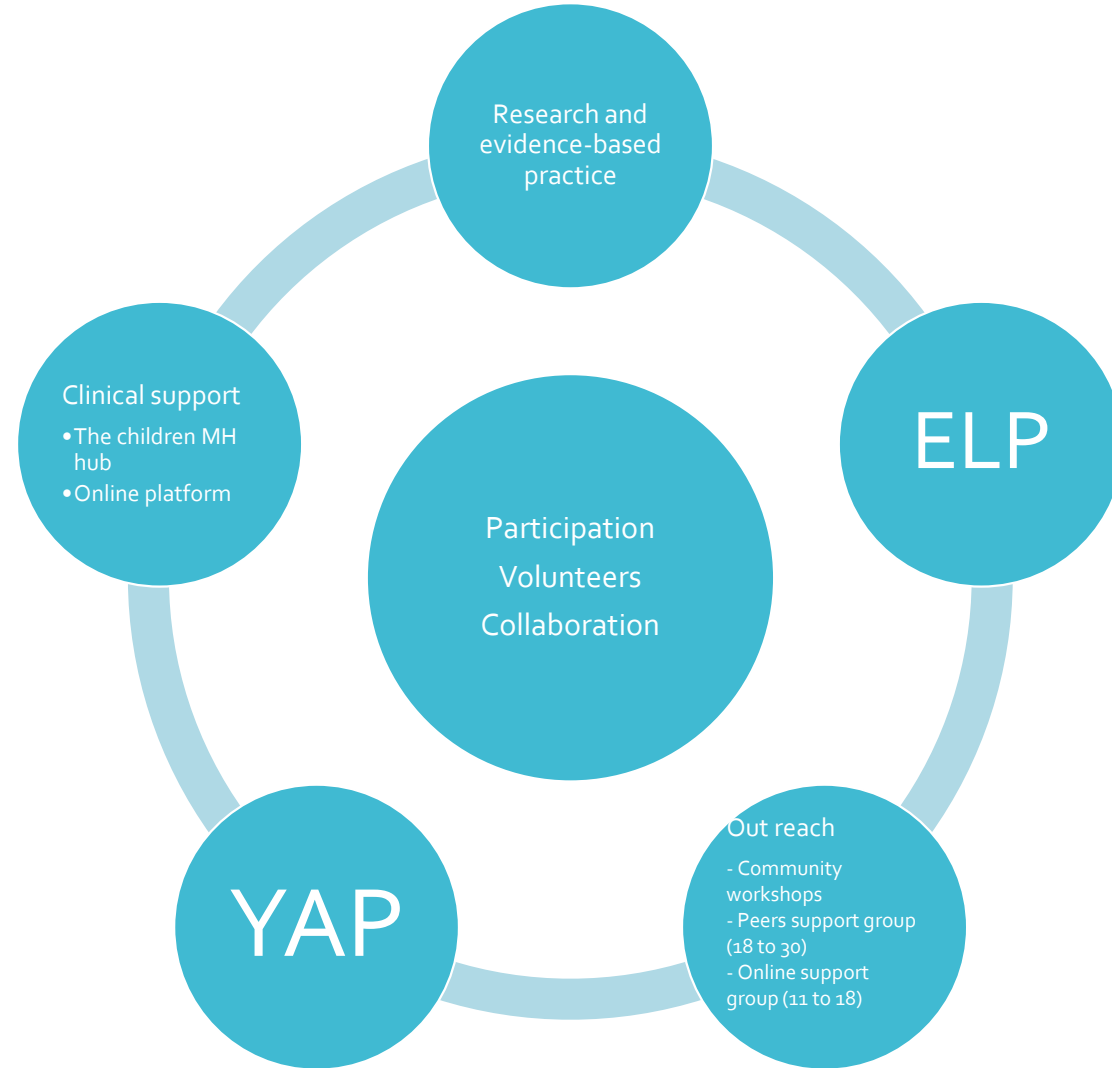
Dr Erica Lam, Clinical Consultant
Clinical and education committee

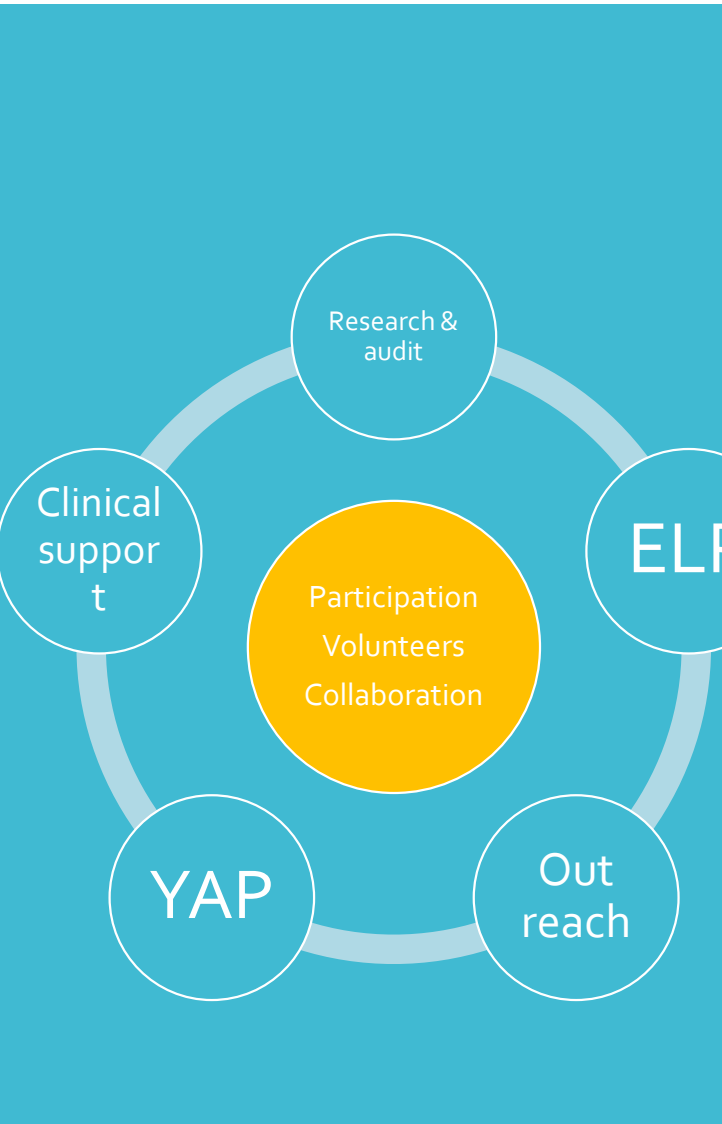


ALEX
PANTON
FOUNDATION



Clinical and educational committee





Participation and volunteer

- All of our committee member are volunteer
- The only paid position is our admin
- Collaborate with local and international NGO, ministry, and private provider....





Research and evidence-based practice

1. Collect data on local MH and youth
 - a) Bi-annual collaborate with National Drug Council on student mental health
 - b) Data analysis and interpretation
 - c) Clinical implementation
2. Audit data-
 1. Collect feedback on every workshop, training, ELP
 2. Use feedback to improve services
 3. Report goes back to commissioner and newsletter
3. LGBTQ focus group-
 1. Gather data around the issue of mental health in the LGBTQ population
 2. Data to be release in summer 2021



Emotional literacy programme

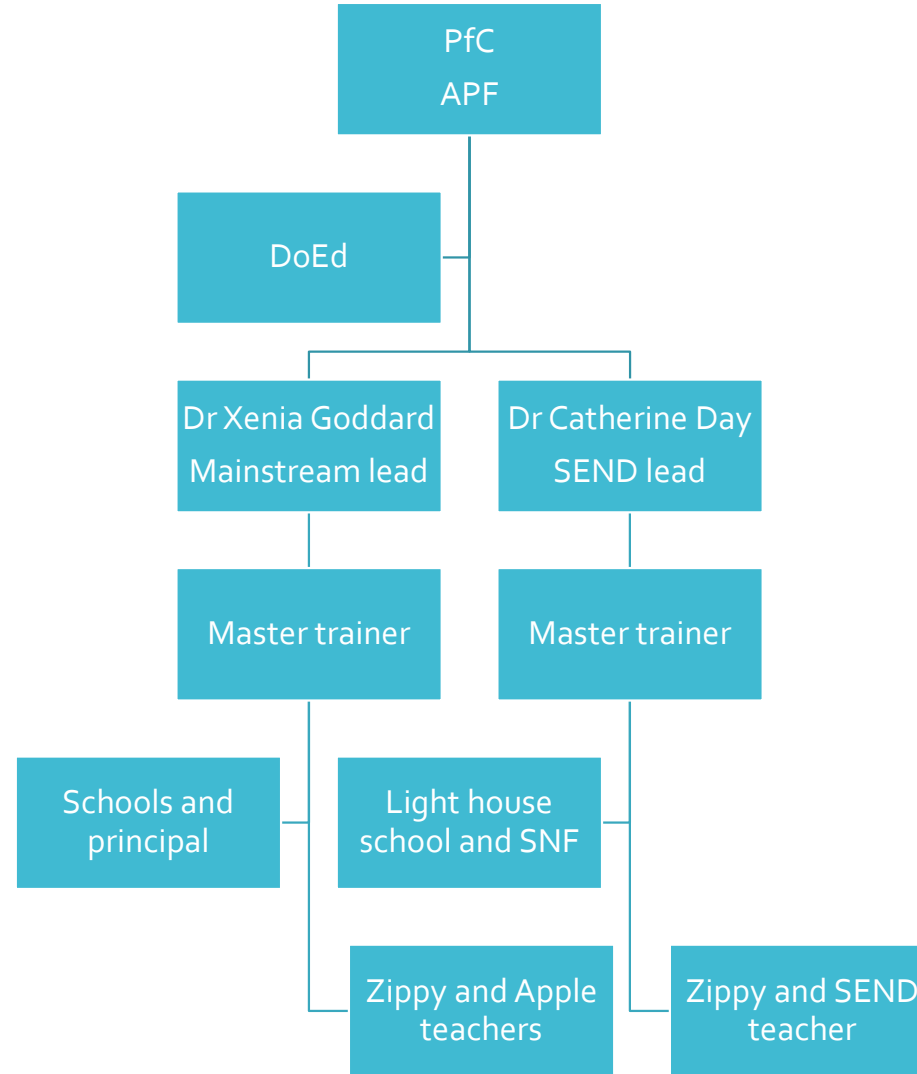
Zippy's and Apple's friend

https://www.youtube.com/watch?v=fEH_3oxkE_k&feature=youtu.be

- school based social emotional learning programme for 5-7 year olds
- 'Cheaper to build emotional resilience children then to repair adult with mental health difficulties'
- ELP found to improve children's:
 - coping skills,
 - social skills,
 - emotional literacy,
 - improve the class climate
 - reduce bullying
- Local data prove that ELP show signature changes in:
 - social/ communication skills
 - self-awareness
 - coping skills
- 5 years roll out programme- by 2024, in every classroom and school



Zippy's and Apple's friend





Community workshop

- Professional
 - Mental health awareness training
- Parents
 - Management of mental health
- Community workshops and leaflets
- Suicidal ideation and self harm
- Depression
- Anxiety
- Bullying
- Developmental difficulties in children
- ACEs and trauma

Symposium- annual

- Theme e.g. Trauma and mental health; bullying and mental health etc

Newsletter – monthly

Media posts – resource and self help

Peers support group

- for young people from 18 to 30 yrs old
- Anxiety and depression
- UCCI
- Oversee by Dr Bodden, facilitated by Shane

Online support group

- For school age children
- Run by Dr Smith, focus on anxiety and stress management
- Via zoom



DEPARTMENT OF
CHILDREN & FAMILY SERVICES
CAYMAN ISLANDS GOVERNMENT



DEPARTMENT OF
EDUCATION SERVICES
CAYMAN ISLANDS GOVERNMENT

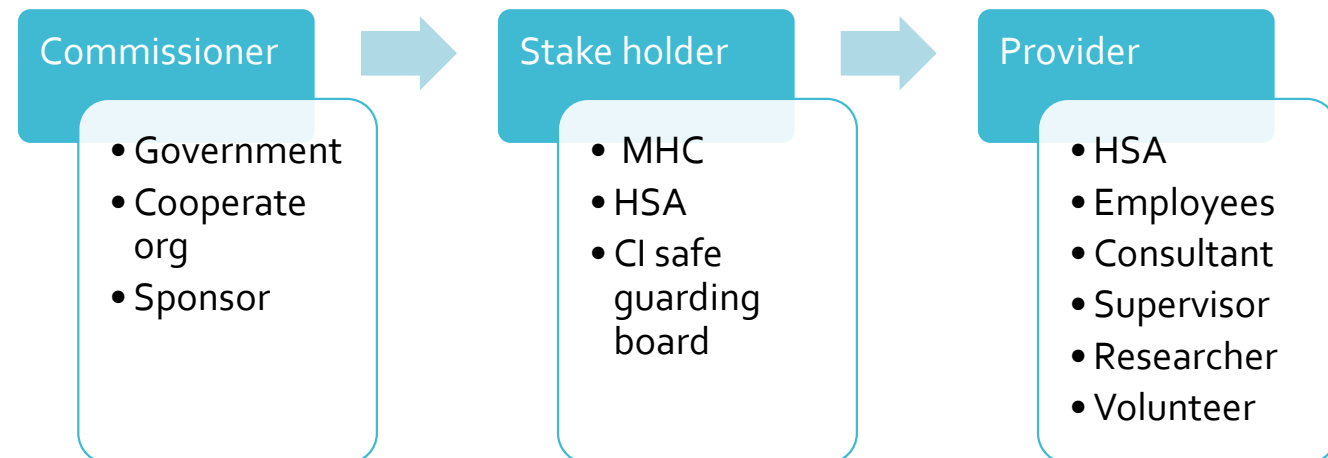




Clinical support

MH hub for children and adolescent mental health

- Risk assessment, crisis management
- Mental health support
- **Online platform** including textline and phone line along with many resources- in collaboration with CICC





YAP- Bill and Cristine

- Lead by young people
- Coordinated by Mr Bill and adult volunteers
- Community engagement with young people