



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

Alex Panton Foundation (APF)  
Box 326, Grand Cayman, KY1- 1501  
[info@alexpantonfoundation.ky](mailto:info@alexpantonfoundation.ky)

Insert Date

Insert Company

Insert Contact

Attention: Insert contact person name

Dear ,

### **Alex Panton Foundation Fundraising Initiatives**

The Alex Panton Foundation ("APF") was established in the memory of Alex Panton, who succumbed to the effects of severe depression at the age of 16. It is therefore the APF's mission to improve the mental health of the children and young adults of the Cayman Islands like Alex, through advocacy, education, and unwavering support. Enclosed in this letter is the executive summary of the APF, which includes a brief history and its mission and goals. Further information can be found on the APF website: [www.alexpantonfoundation.ky](http://www.alexpantonfoundation.ky).

The APF has been ardently working to raise awareness of the effects of mental illnesses on the youth population since our launch in February 2018 and subsequent registration as a Cayman Islands Non-Profit Organisation in June 2018. That same year, our Clinical and Education Committee ("C&E Committee") partnered with the National Drug Council ("NDC") to obtain comprehensive mental health statistics from children across all high schools in the Cayman Islands. The resulting data collected informed the C&E Committee to make several recommendations for programmes and initiatives that would best support the mental health needs of the local youth, all of which are outlined in this letter. Some of our programmes are run in partnership with other charities and community organisations, such as: YMCA, Cayman Islands Crisis Centre, Inclusion Cayman, the Family Resource Centre, LOUD Silent Voices, and the National Drugs Council.

The APF is proudly equipped with a highly qualified clinical team who volunteer their time to provide clinical consultation and educational services; other professional leads who volunteer their time to provide legal, outreach, and creative services; and other dedicated, inspiring community volunteers. Without all their unwavering support, our ability to grow and have a meaningful impact would be impossible. It is with your help, however, that we will be able to implement and sustain our intensive clinical and evidence-based programmes, for the APF to fully realise our mission of creating a safer, more compassionate community within the Cayman Islands.

Presently, we are looking to fund the programmes outlined below.

## **The Emergency Children and Adolescent Mental Health Hub (the “Hub”)**

Furniture cost: CI\$50,000

The 2020 Cayman Islands Student Drug Use Survey (CISDUS) determined that 27 per cent of all students surveyed reported in engaging in self-harming behaviours; that 17 per cent of all students surveyed reported experiencing suicidal ideation; and that 8.9 per cent of all students surveyed reported attempting suicide. However, only about 5 per cent of young people who have reported attempted suicide sought help. The barriers to receiving treatment were identified as a lack of public service resources and a lack of a dedicated emergency facility for young people to seek help when they are in crisis.

The APF has been working with the Health Services Authority (“HSA”) and Ministry of Health (“MoH”) to develop the Emergency 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 expenses for this project is supported by the Ministry of Health, but ongoing funding is needed to launch important elements of the project. A full version of the proposal can be provided upon request.

While the HSA is supporting the refurbishment of the Hub, the APF is seeking funding to assist the HSA with the costs for furnishing the rooms allocated to the Hub. As announced at our 2022 Symposium, we hope to deliver these services by end of Q2.

With your support, the APF believes that the proposed service model will make it easier for youth to seek and access help in a professionally supported environment where they can feel safe.

## **Emotional Literacy Programme (“ELP”)**

Cost: CI\$40,000 per annum

- Zippy’s Friends – CI\$11,000
- Apple’s Friends – CI\$10,000
- Zippy’s Friends SEND – CI\$10,000
- Passport – CI\$9,000

The APF has purchased a copyright license to an internationally recognised evidence-based programme to develop the emotional literacy of children aged 5 to 9 years old. These programmes are designed to help children develop skills to communicate effectively and cope with everyday emotional events.

Founded by the UK’s Partnership for Children (“PfC”), these programmes are widely used in over 30 countries around the world and recognised by the World Health Organization (“WHO”). These programmes teach life skills at a young age when children are developing emotionally and physically, with the goal of producing healthier and emotionally resilient adults, as the building blocks for an accepting and compassionate society.

The three programmes currently being offered are Zippy’s Friends (ages 5-7), Apple’s Friends (ages 7-9), and Zippy’s Friends for Special Education Needs and Disability (“SEND”). All three programmes commenced under the ELP in November 2019. The Zippy’s Friends Special education needs and disability (“SEND”) programme is an adaption specific to children with moderate to severe intellectual disabilities. The Cayman Islands was the first country in the world to establish a fully inclusive programme by introducing children with special needs from its implementation.

The APF is looking forward to our next cycle (2022 - 2023) of the Emotional Literacy Programme (“ELP”). As of December 2021, 22 schools across Grand Cayman and Cayman Brac have signed up for the ELP, including over 200 teachers, who are responsible for over 3,000 students.

Presently, our C&E Committee is seeking to introduce the next chapter of PfC’s Skills for Life programmes, known as Passport, for children ages 9 - 11. The Passport programme is a continuation of Zippy’s and Apple’s

Friends and follows similar story-based methodologies and techniques for teaching slightly older children to cope with emotional challenges specific to their age. PfC is expecting to roll out the Passport programme in the upcoming academic year (2022 - 2023).

With your help, APF will be better equipped to manage the extensive costs of the 4 licensed programmes delivered through the ELP, including licensing fees, training for teachers and Master Trainers (volunteers who supervise the ELP), observations and support visits, royalty fees, printed and online resources, implementation, and data collection and analysis.

*A complete breakdown can be provided upon request.*

### **Youth Ambassador Programme (“YAP”)**

Cost: CI\$4,800 per annum

The Youth Ambassador Programme (“YAP”) is an advocacy and support group created by the APF to encourage and guide young people who experience mental health challenges. YAP teaches young people to build resilience, inspires hope through the very young people developing their own path forward within the programme, offers peer support through empathy, understanding, and active listening.

YAP allows adolescents the opportunity to earn the title of “Youth Ambassador” through fun activities designed to challenge specific skills and provoke discussion on enacting the necessary social changes for a consciously intersectional and inclusive society.

YAP’s Youth Ambassadors are provided with exceptional opportunities to represent Cayman’s youth, such as: presenting testimonials at public events, hosting youth visual arts competitions, engaging in policy discussions, and participating in focus groups to discern how the youth can be best supported.

In 2021, YAP’s campaigns focused on topics of: inclusion and accessibility, dis/ability rights, and environmental and mental health. Our Youth Ambassadors are provided with the necessary resources and materials to connect with their peers and to recruit more Youth Ambassadors. We hope to further develop this initiative to function as a club or an extracurricular activity in all secondary schools.

YAP is designed to validate what young people are experiencing, recognise their strengths, and inform and/or connect them with other resources if needed. With your support, we can continue to assist these gifted and emotionally intelligent young persons in teaching their peers how to support themselves as well as how to ask for help.

### **Support Groups**

Cost: CI\$ 3,600 per annum

The APF offers two free support groups for young people.

“Breaking Barriers” is a peer-led support group for young adults ages 18 - 30, which functions as a safe space for those suffering in silence to share their thoughts, feelings, and stories in a welcoming environment. The group is entirely confidential, and the goal is to create a community where young people can offer peer support and guidance over the shared and complicated experiences of struggling with one’s mental health.

“Teen Talk” is a virtual peer support group for teenagers 13 - 17. This online group is led by a local Clinical Psychologist and Life Coach. Teen Talk acts as an educational and safe space for teenagers to learn about mental health and relate to the experiences of people their age. The Facilitator structures each session with

a brief presentation focused on a relatable topic, for participants to later discuss the everyday challenges that may affect their mental health. This group meets twice a month and is designed to reach adolescents with especially limited access to mental health services.

The funding of these support groups will offer greater access for young persons to have a safe space to consult a professional on their mental health amongst like-minded peers.

### **Outreach – Psychoeducational Community Workshops**

Cost: C\$2,200 per annum

The APF's presentations are prepared and presented on a volunteer basis by our C&E Committee volunteers. These presentations include talks designed for schools and local organisations which focus on anxiety, depression, and other topics in mental health and illnesses; as well as skills-based workshops focused on self-harm and suicide, developed in collaboration with the Ministry of Community Affairs for community leaders in mental health management, in tandem with organisations such as the YMCA, churches, and educational providers.

The APF only requires support to meet the small costs for printing brochures for our presentation topics. These presentations are vital to our outreach in supporting and educating the public on mental health disorders at an accessible, personable level, in an environment that invites curiosity or uncertainty to evolve into compassion and understanding.

### **In closing**

For each of our initiatives, there is an option to align your company's name with the programme or service for the term of your commitment as the sole sponsor for the full amount required. Outside of the fundraising items listed above, there are annual events and third-party fundraisers that require sponsorship. The APF's Annual Youth Mental Health Symposium, for example, invites local service providers and corporations to support the event as an official sponsor and showcase their services and resources as exhibitors.

If you are interested in assisting us with sponsorship toward any of these initiatives or would like to discuss our initiatives further, please contact Shane Purcell.

Yours sincerely,

**Shane Purcell**

Executive Member, Fundraising Chair, and "Breaking Barriers" Facilitator

Alex Panton Foundation ("APF")

[shanehpurcell@gmail.com](mailto:shanehpurcell@gmail.com)

+1 (345) 324 4455

**CONTACT US**

Alex Panton Foundation ("APF")  
Box 326, Grand Cayman, KY1-1105  
CAYMAN ISLANDS

Sarah Pierson  
Administrative Coordinator  
Alex Panton Foundation ("APF")  
[info@alexpantonfoundation.ky](mailto:info@alexpantonfoundation.ky)  
+1 (345) 927 0201