



ALEX
PANTON
FOUNDATION

ANNUAL REPORT



2021-2022 FOR THE YEAR ENDED 30 JUNE 2022



TOGETHER, WE CAN ERADICATE THE LONG-
STANDING STIGMA AROUND MENTAL ILLNESS IN
THE CAYMAN ISLANDS THROUGH THE POWER OF
EDUCATION AND AWARENESS.

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A message from the founders

When Cayman's borders reopened in September 2021 and the country began to recover from the COVID-19 pandemic, a general feeling of 'thriving through uncertain times' seemed to permeate the community and was ultimately adopted as the theme for this year's Youth Mental Health Symposium, held on 19 February 2022.

Over the last two years, Cayman residents demonstrated that we are indeed a resilient community, and it seems that people the world over could not wait to get to the Cayman Islands once our doors reopened to experience this strength for themselves. We slowly started removing masks when the restriction was lifted but everyone still proceeded with caution knowing that we were living in uncertain times and traversing uncharted territory.

The sector of the population most affected by the pandemic and subsequent lockdown of the country and the world was Cayman's youth. Socialising could only be done electronically which contradicted everything we as parents were previously trying very hard to discourage but a reliance on technology for human interaction was all they had in the face of forced isolation.

We are still trying to fully grasp the extent of the impact that the pandemic had on youth mental health, but it is certain that their paths were redirected.

Whether COVID-19 created new coping skills or great emotional setbacks, the Alex Panton Foundation's (APF) Board of Directors will continue our ambitious endeavours to strengthen our current programmes and implement new ones that support Cayman's youth on their personal mental health journeys.

We look forward to the opening of the Youth Emergency Mental Health Hub, Alex's Place, where young people can be directed when they are falling into a dark place and need intervention.

To complement the operations of the Hub, we are developing a Kids Helpline which will be an interactive support system with a phone line, a texting service and a website where young people and their support team can go for answers to their mental health questions and find support and a listening and responsive person on the other end.

The Financial Assistance Programme, which allows young people to access private mental health care which is not covered by insurance and is not an option financially, is growing and serving more individuals every day. In addition, the Youth Mental Health Symposium continues to be the only source of public mental health education and awareness which is offered to attendees at no cost to them and gives them access to important information as well as organisations and business which provide mental health services and support.

This year's event was open to persons who wanted to attend in person, but all sessions were also streamed live which attracted a viewership of over 800 at its peak. "Thriving Through Uncertain Times" proved to be a very relevant theme and attendees came away feeling hopeful that our community would continue to prosper post-pandemic.

I hope that this Annual Report will enlighten you about the work of the APF and inspire you to continue your involvement with this organisation as we strive to make our beloved community a harmonious and safe space for our young people.

With my very best regards,

Jane Panton

About the Alex Panton Foundation

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 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.

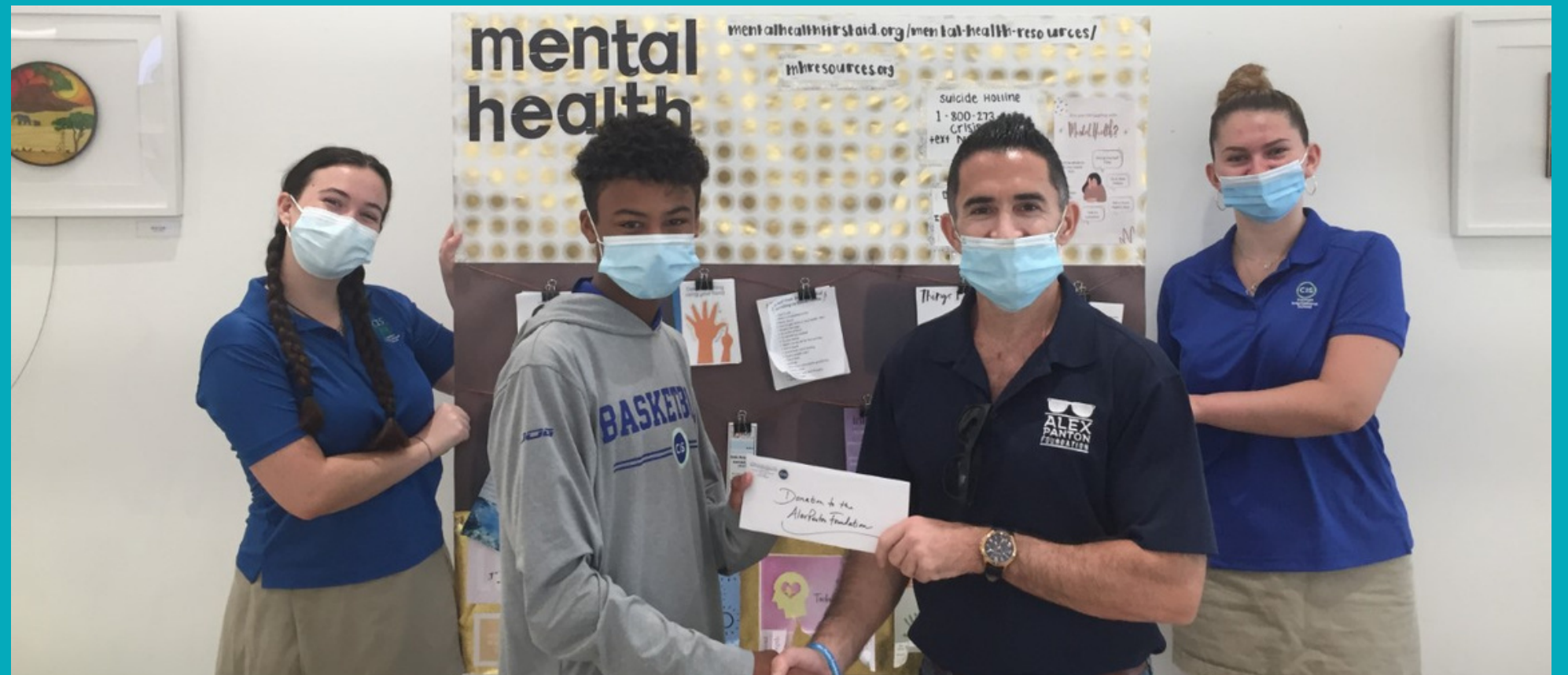
In July 2017, a group of Alex's friends and family came together with the common goal of educating the public about mental illness in children and young people and reducing the stigma surrounding mental illness in the Cayman Islands.

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.





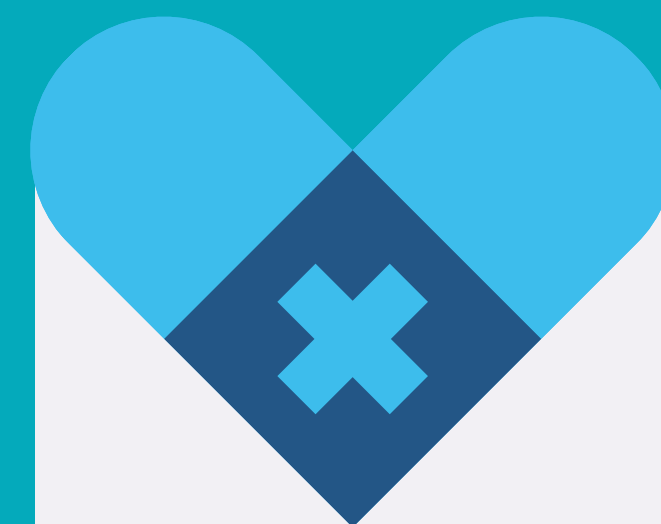
Our Goals

- 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 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, and carers to help them support young people with mental illnesses;
- To raise awareness of mental illnesses affecting children and young adults of the Cayman Islands with a particular focus on anxiety and depression.

Our Approach

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





**Alex's Place
A Youth
Mental
Health Hub**

Alex's Place – A Youth Mental Health Hub

APF has been working along with the Cayman Islands Health Services Authority (HSA) and Mental Health Commission to develop a children and adolescent mental health hub called Alex's Place.

Alex's Place will be officially opened in January 2023 although a psychologist and nurse are already providing associated services at HSA. It is anticipated that the team will eventually 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 underwritten by the Ministry of Health in its approved budgets. However, the APF has been assisting with funding for ancillary services and projects to support Alex's Place, including paying for the fit-out of the space, a mobile service unit, helpline and text line.

In 2022, the APF purchased a specially equipped vehicle through sponsorship funding received from Maples Group.

The vehicle has been purchased for use with Alex's Place and will improve accessibility to mental health services offered by the hub, particularly for the hard-to-reach population.

The APF will also be taking over the existing youth helpline that was built in collaboration with the Cayman Islands Crisis Centre ("CICC") and adding a youth mental health text line that will be launched in 2023. CICC felt that, after running the helpline for a couple of years, the community need was more aligned with youth mental health goals which is outside of the organisation's remit. The APF has secured some funding toward this project but, as it is no longer a joint project, will now need to source additional sponsorship.





Emotional Literacy Programme (ELP)

Emotional Literacy Programme (ELP)

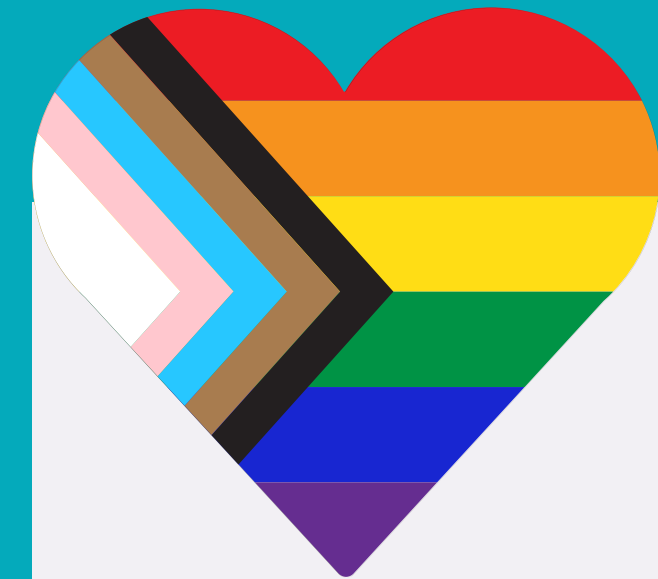
In November 2021, the APF partnered with Partnership for Children UK (“PfC”) and purchased the licence for PfC’s internationally recognised evidence-based programmes that make emotional literacy learning available to children and are designed to improve their communication skills. Initially two programmes were offered, namely Zippy’s Friends for 5 to 7-year-olds and Apple’s Friends for 8 to 9-year-olds. These continue to run successfully as evidenced in data collected at the end of the school term.

The Cayman Islands was also the first country in the world to launch Apple and Zippy programmes that are inclusive of children with special needs. In January 2022, the APF expanded its programme to include the Passport and Sparks resilience programmes for children aged 9 to 12-years-old.

The 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 APF now licences the use of these programmes from PfC with the support of the Department of Education Services in the Cayman Islands. ELPs are now offered in 19 schools across the Cayman Islands including all government schools and there are currently over 3,500 children benefiting from 39 master trainers and 250 teachers who are trained to provide the programmes in the Cayman Islands.

APF is proposing to launch a new emotional literacy programme – the Sunshine Circles - in the next financial year. Sunshine Circles are structured play-based groups that are provided for children with behavioural and mental health needs in school who require a more relational based approach to learning emotional literacy skills. The ELP facilitators are also looking to address other feedback on its current special needs programme to better improve its cultural appropriateness and relatability to students on the programme.



LGBTQ+ Focus Group Discussions & Data

LGBTQ+ Focus Group Discussions & Data

In partnership with the LGBTQ Foundation and sponsorship from the Pearinder Foundation, Cavelle Chai-Hong Delfosse and Dr. Chantelle Basson of the APF's Clinical & Education (C&E) Committee have been collecting data on the mental health needs of the young people in Cayman's LGBTQ+ community. Initially Ms. Delfosse held a number of focus groups and data was subsequently collected via survey which was analysed by Dr Basson.

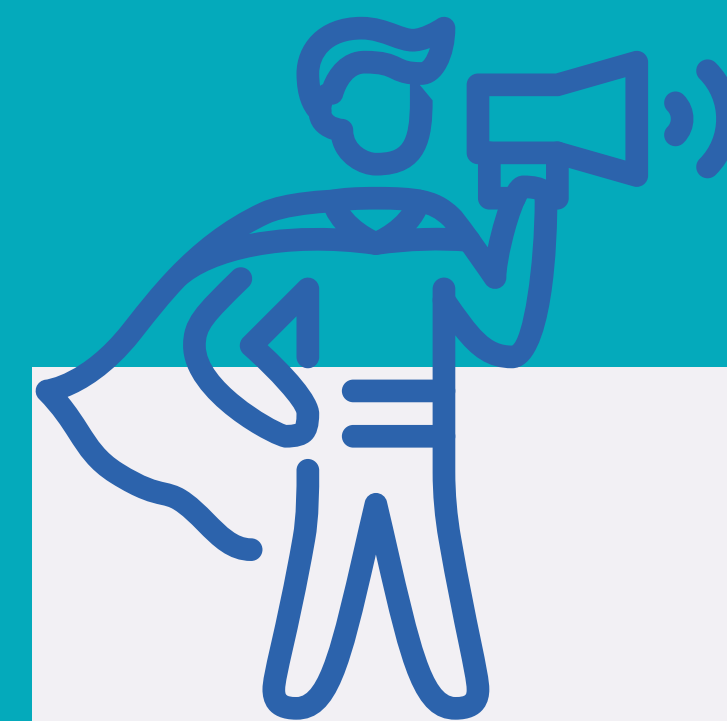
Coming out of this exercise, the APF is exploring a community-wide approach to improving the mental health and psychological wellbeing of the young people in the LGBTQ community.

The data confirms the need to actively encourage our LGBTQ+ youth through community groups and turn up to show support but at the same time to take a culturally sensitive approach as it relates to stakeholders in the community with an aim to building trust between both parties. The APF is now looking to partner with stakeholders to work on a comprehensive strategy that can be clinically supported by the C&E Committee.

Although action for change will be needed, it is felt that this initial soft approach will build better trust for LGBTQ+ youths and help them feel more confident that they can get the support they need.

As an initial step to strengthen the mental health and psychological wellbeing of young people who identify as LGBTQ, the APF partnered with the LGBTQ Foundation to participate in the 2022 Pride Parade. This opportunity also allowed Dr Basson to collect close to another 100 surveys from the community.





**Youth
Ambassadors
Programme
("YAP")
Update**

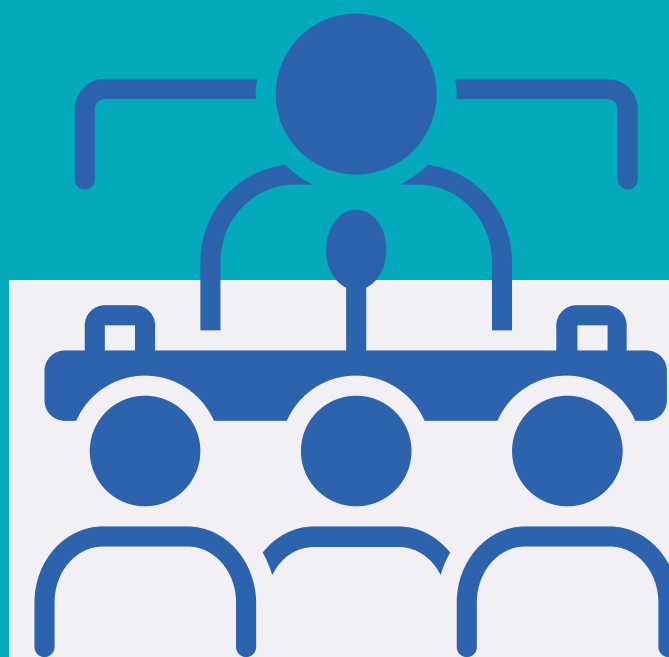
YAP Update

YAP is a teen outreach programme for young people between the ages of 12 and 16 that is run by youth under the supervision of the C&E Committee and, until the first quarter of 2022, was also overseen by Bill LaMonte of Cayman International School.

YAP aims to help build resilience and inspire hope by assisting young people in developing their own path forward. The programme now has a total of 60+ participants (past and present) from public, private, and home school environments.

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 as needed, including psychoeducation, resources, and consultation on service development from the C&E Committee.





2022 Mental Health Symposium

2022 Mental Health Symposium

The APF's fifth annual symposium on the theme of "Thriving in Uncertain Times" took place on 19 February 2022 at the Ritz-Carlton, Grand Cayman.

Due to COVID-19 restrictions limiting the number of in person attendees, this was a hybrid event with a large number of participants joining the online broadcast to both hear the presentations and view the various online exhibitions.

This year's Symposium commenced with the inspiring opening remarks and addresses from Mrs Panton, His Excellency the Governor Martyn Roper, Hon Sabrina Turner, MP, Minister of Health and Wellness and Hon. Andre Ebanks, JP, MP, Minister of Investment, Innovation and Social Development. Each shared their own experience with mental health struggles including a shared feeling of "imposter syndrome" in light of their high public positions.

In keeping with the theme, Dr. Shari Smith, Clinical Psychologist, Life Options, provided insight on how to thrive as we come out of the COVID-19 pandemic. This presentation was followed by a compelling talk about acceptance and resilience given by Sutton Burke, Clinical Director, Infinite Mindcare.

The Youth Ambassadors panel of Bill LaMonte, Education Coordinator, Jhadari Lumley, Youth Ambassador Leader and Youth Ambassadors Cristin Jackson (moderator), Isabella Do Vale, Soleil Parkinson, Lilly Haug and D'hani Bodden discussed how our youth are dealing with this time. This was followed by Deirdre Carmola, SEN Case Manager Inclusion from the Ministry of Education explaining how adults can support the youth in these times.



2022 Mental Health Symposium

After the lunch break, Pastor Christopher Murray, Counsellor at John Gray High School and Director of the Boyz2Men programme, along with Seaford Russell and Mark Phillips from the Boyz2Men programme told their inspiring stories about how the programme equips young men to succeed. Alanna Warwick-Smith, Brittany Evans and Zaria Anthony courageously spoke about their personal mental health stories and how they successfully managed their struggles.

Clare Panyandee, PE Teacher at Lighthouse School gave the audience an upbeat insight into how the Lighthouse school supports and teaches our special needs kids skills for life. After the coffee break Monina Thompson, Youth Ambassador Leader spoke about the Inclusion4All project.

Mario Garraway, Youth Counsellor & Health Services Authority (HSA) Behavioural Health Aide reflected on interactions he had seen in his work and experience. The final speeches of Youth Ambassador representatives, Jhadari Lumley and Isaias Pascual, continued the inclusion theme by reporting on data collected and telling stories related to findings in the LGBTQ data. Hailee Robinson again closed the Symposium with her remarks and explanation of the work the APF was doing to help the Cayman Islands Youth thrive at this time.





**Other
Initiatives**

Other Initiatives

- Shane Purcell continues to lead “Breaking Barriers” – a free face-to-face peer-led support group held each Saturday and open to all 18- to 30-year-olds.
- Dr. Shari Smith continues to provide a free online support group to students under the age of 16 years old.
- The APF continues to hold free, culturally appropriate community workshops on various children mental health topics for parents and community leaders throughout the Cayman Islands. Topics include: Young Men at Risk, Bullying & Mental Health and Suicide and Self Harm Prevention. The APF has sought to ensure that every district in the country is reached to try to ensure the wider Cayman community is engaged, 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 able to grasp the concepts presented. Topics include “What is mental health?”, “Building Resilience” and “Self-harm and Suicidal Ideation”.
- The APF provided educators and behavioural specialists at the Department of Education Service with a series of trauma-informed workshops.
- The APF was one of the featured speakers at the International Suicide Prevention conference.
- The APF has scope to provide financial assistance to young people who are not able to cover the cost of their mental health treatment and related expenses. Eligibility is assessed on a case basis.
- The Cayman Island Crisis Centre has handed over sole responsibility for the Kids Helpline to the APF. The Kids Helpline offers mental health support and assistance for 5 to 18-year-olds. APF is planning on relaunching the helpline in the next financial year.
- APF will be providing a free attachment-focused parenting workshop.



Events

Events

- Corcoran Unplugged
- 10k Run in honour of Addi Kelly (organised by 7mile Fitness)
- RUBiS “Art Your Part”
- Renegade Mas (Danielle & John Watler)
- Walkers Half Marathon, participant donation – large amount raised by Declan O’Brien
- Truman Bodden Law School 5K
- AgileFit “Burpees Hour”
- Leadership Cayman Programme 2022
- Passport2Success
- Global Wellness Day at the Westin
- Green Tie Gala
- Presentation at the Cayman Film Festival
- Cayman Islands International School presentation
- CIG Wellness panel discussion



Partnerships



YMCA



Special Needs Foundation



TAYA lounge



Loud Silent Voices



Ministry of Community Affairs



Department of Educational Services



Boyz2Men



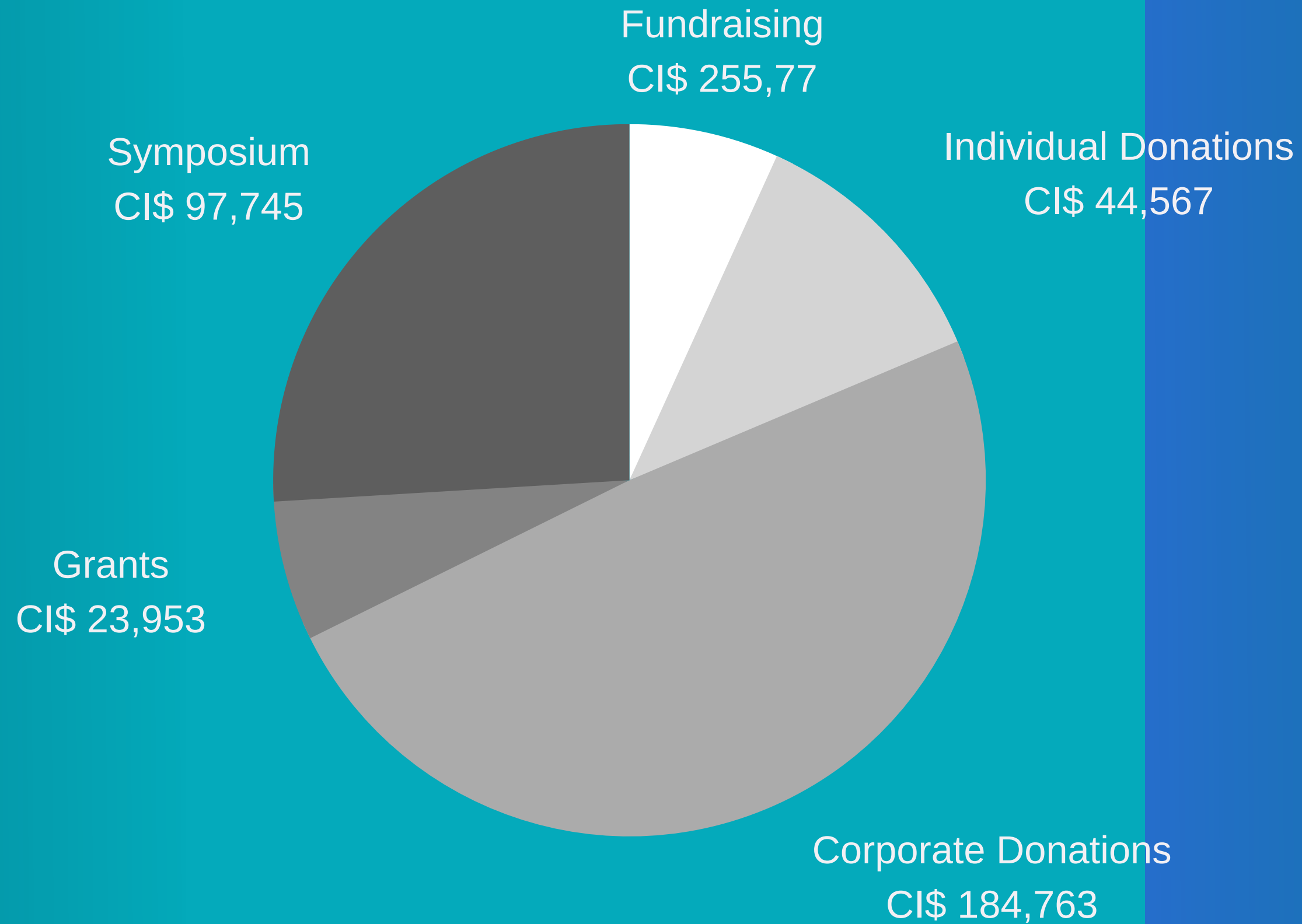
Family Resource Centre



StoodUp

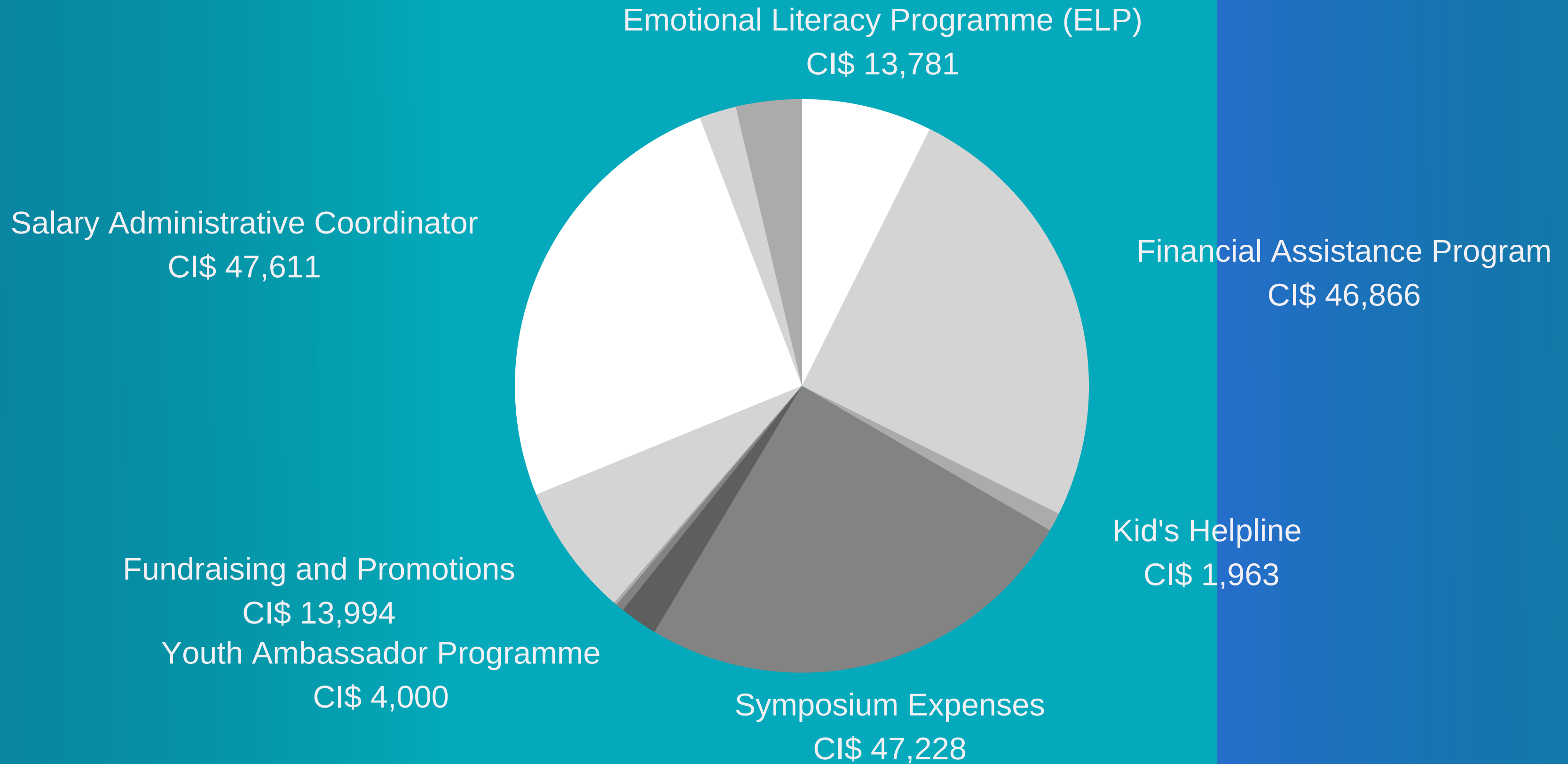
Financial Highlights

Income
(Cayman Islands Dollars)



Financial Highlights

Expenditure
(Cayman Islands Dollars)



Financial Summary for the year ending 30 June 2022

Stated in Cayman Islands Dollars

FINANCIAL SUMMARY

INCOME STATEMENT

Total Income	376,621
Total expenditure	<u>187,368</u>
Net Income for the year	189,253
Unrealised exchange gain	44
Retained earnings at 1 July 2021	285,769
	<hr/>
Retained earnings at 30 June 2022	<u>475,066</u>

BALANCE SHEET

Cash at 30 June 2022	475,144
Accounts Receivable	176
Accounts Payable	(254)
	<hr/>
Total Assets at 30 June 2022	<u>475,066</u>

Cash Reserves/ Fund Balances

Stated in Cayman Islands Dollars

	1 July 2021	Receipts	Payments	30 June 2022
Total Cash / Fund Balance	278,144	382,955	(185,955)	475,144
General Fund	188,422	106,103	(97,633)	196,912
Emergency Youth Mental Health Hub	31,480	72,927	(875)	103,532
Financial Assistance Programme	16,564	85,063	(47,946)	53,681
Online Chat Room / Kids Helpline	10,442	12,000	(1,964)	20,478
Youth Mental Health Symposium	9,971	78,000	(19,748)	68,223
Emotional Literacy Programme	9,304	20,000	(13,480)	15,823
Youth Ambassador Programme	9,291	812	(4,000)	6,103
Support Groups – Online and in-person	2,650	8,050	(308)	10,392

Financial Summary



The last several years have been a challenging time for many and this has been acknowledged by the wonderful support we have received to help others. APF raised C\$376,621 during the year which is 75% more than the prior year.

APF received funding from Maples to purchase an emergency mobile van to support Alex's Place, the Emergency Mental Health Hub, a partnership with HSA. The Financial Assistance Programme received much needed support from the R3 Foundation and Greenlight Re whilst Wheaton Precious Metals made a donation for the Kids Helpline which we are shortly hoping to launch. Further generous donations were received from Artex Risk Solutions, Cayman National Bank and CIBC during the year.

Supporters/Sponsors



- 7 Mile Strength & Fitness
- Academy Sports Club
- Artex Risk Solutions
- Ashoka
- Atlas Insurance Management
- Agile Fit
- Corcoran Cayman
- Genesis Trust & Corporate Services Ltd.
- Campbells LLP
- Cayman Documentary Festival
- Cayman International School
- Cayman National Bank
- Cayman Prep & High School
- CIBC
- DMS Foundation
- FFP (Cayman) Ltd.
- Fosters
- Grace Academy

- Greenlight Re
- Green Machine Smoothie Cafe
- International Women's Insolvency & Restructuring Confederation
- Journey Re
- Kensington Management Group
- Maples Group
- Mourant
- Nassau Re (Cayman) Ltd.
- Quick Images
- R3 Foundation
- Rawlinson & Hunter LLP
- Rotary Club of Grand Cayman
- Rubis Cayman Islands
- Seven Mile Medical Clinic
- Sol Investments
- St. Ignatius Catholic School
- Wheaton Precious Metals

2022 Annual Symposium Sponsors



MEDIA

- Compass Media

PLATINUM

- 3T Cayman MRI
- DART Enterprises

GOLD PLUS

- Burger King/Burger Holdings Ltd
- Tower Marketing

WIFI

- Ogier

LUNCH

- Ministry of Health

GOLD

- Aspire Therapeutic Services Ltd
- C3
- CINICO
- Health City Cayman Islands
- Infinite Mindcare
- Ironshore Pharmaceuticals
- Ministry of Education
- Ministry of Social Development
- Wellness Centre

COFFEE

- Krys Global
- Maples Group

SILVER PLUS

- Logic

SILVER

- PriceWaterhouseCoopers (PWC)
- Cayman Water
- Carne Group
- Health Services Authority
- Hope Academy
- RBC Dominion
- Walkers Group

EXHIBITORS

- Big Brothers Big Sisters Cayman Islands
- Cayman Prep & High School
- KidsAbility Ltd.
- OnCourse Cayman
- SteppingStones
- University College of the Cayman Islands (UCCI)

APF's Structure and Management



Founders

Jane Panton and Wayne Panton



Director

Hailee Robinson



Director

Carla Reid



Director

Lizzette Yearwood

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

APF's Executive Committee Members



Chairperson

Jane Panton



Deputy Chairperson

Hailee Robinson



**Alternate Deputy
Chairperson**

Lizzette Yearwood



**Administrative
Coordinator**

Sarah Pierson



Treasurer

Amanda Bako



Clinical Consultant

Dr Erica Lam



**Head of Financial
Assistance Programme**

Charmaine McGowan



Head of Fundraising

Shane Purcell

Executive Members

Jasmine Brown

Carla Reid

Hayley Reid

Kelsey Dixon

Cody Panton

APF's Structure and Management

LEGAL AND POLICY COMMITTEE

Hailee Robinson (Head)

Wayne Panton

Carla Reid

Chantal Martin

Francisco Hernandez

Jasmine Brown

FINANCIAL ASSISTANCE PROGRAMME COMMITTEE

Charmaine McGowan (Head)

Hailee Robinson

Amanda Bako

Jane Panton

Sarah Pierson

WEBSITE AND SOCIAL MEDIA

Social Butterflies

FUNDRAISING AND EVENTS

Shane Purcell (Head)

Sarah Pierson

Hayley Reid

Tower Cayman

CLINICAL & EDUCATION COMMITTEE

Dr Erica Lam (Head)

Dr Catherine Day

Dr Alexandra Bodden

Dr Chantal Basson

Bill LaMonte

Cristin Jackson

Shane Purcell

Dr Larissa Johnson

Renee Ebanks

Dr Shari Smith

Dr Shreya Nauhria

Samantha Connolly

Dr Stenette Davis

Dr Balang

Dr Kosha

Requel Tobian

Penny Taylor

Contact Information

Mailing Address

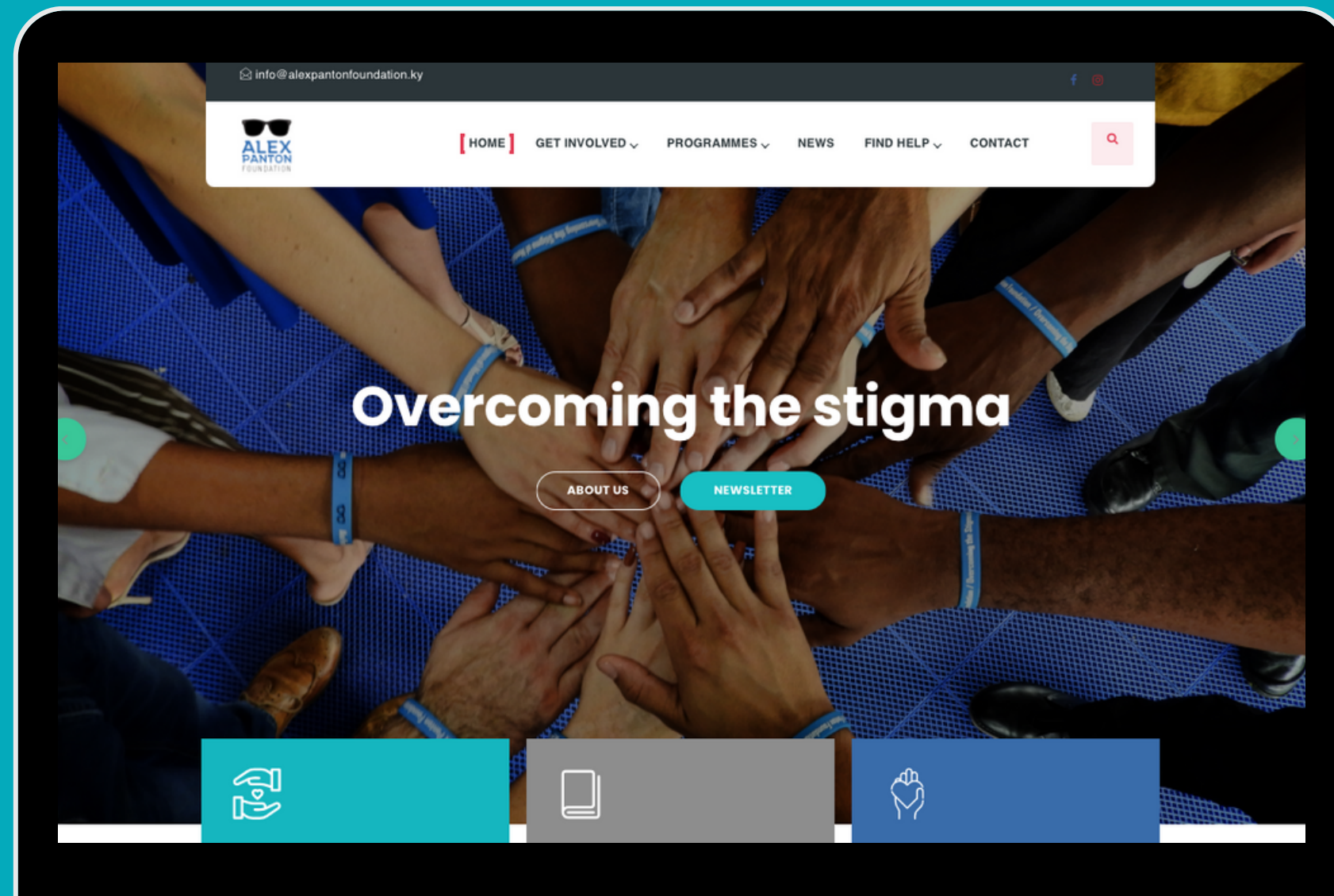
Alex Panton Foundation
PO Box 326
Grand Cayman KY1-1501

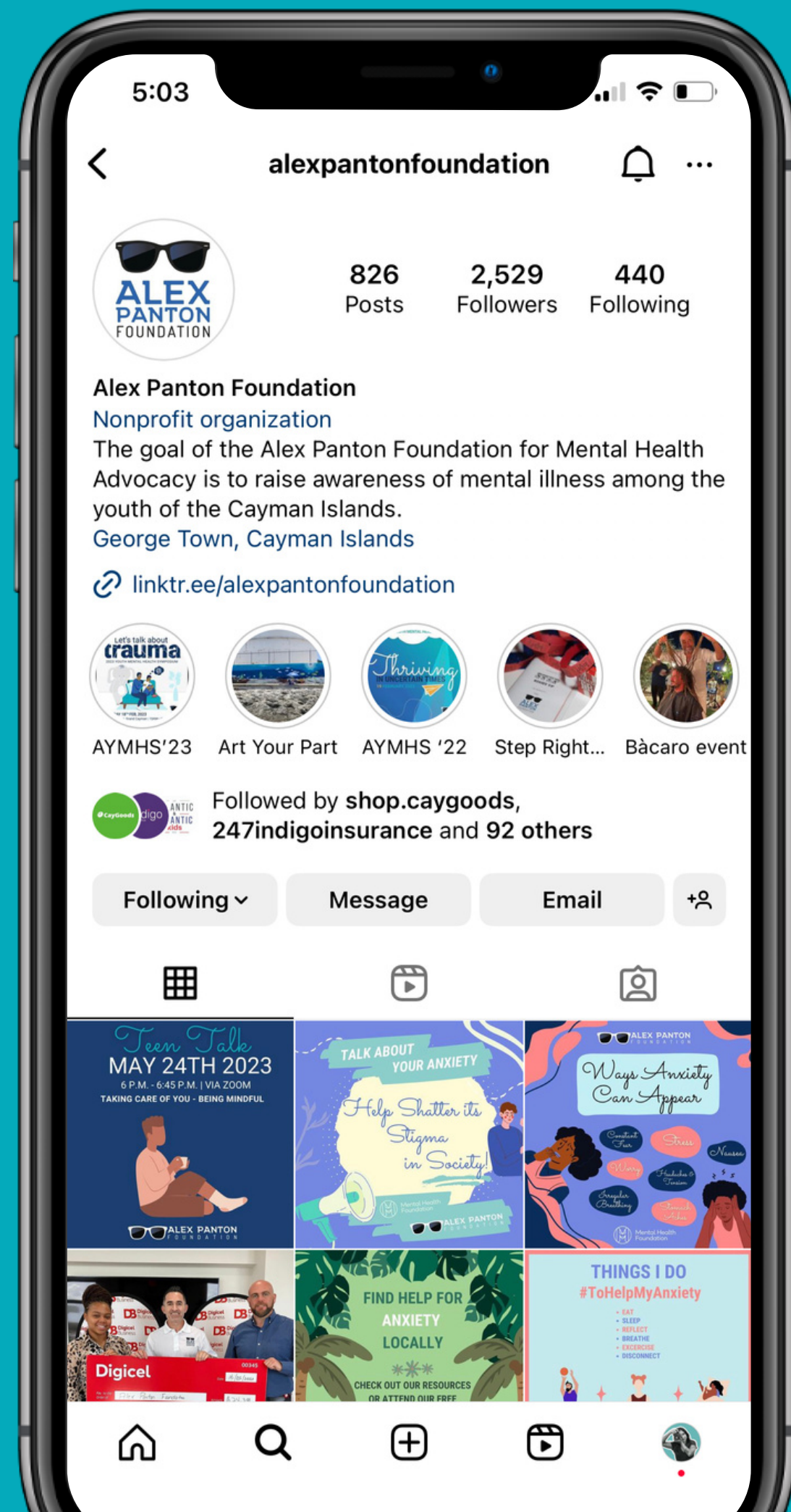
Email Address

info@alexpantonfoundation.ky

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

Our YouTube page

www.youtube.com/@alexpantonfoundation



Awareness



Advocacy



Support