

OUTREACH REQUEST FORM

— ALEX PANTON FOUNDATION



The Alex Panton Foundation does community outreach to raise awareness, provide hope, and share resources to friends, family, teachers, classmates and employers to help support the lives of children and young adults struggling with mental illness.

REQUESTER'S INFORMATION

For all requests to be processed, we ask that you complete and submit this form to info@alexpantonfoundation.ky at least **two weeks prior to your event**.

Name of School or Company:

Date Request Submitted :

Name of Contact:

Contact Phone Number:

Contact Email Address:

REQUEST LOGISTICS

Date of Request:

Start Time of Request:

Length of Request:

- 15-30 minutes
 45 minutes - 1 hour
 1.5 - 3 hours
 Other: _____

Location of Request:

Target Audience Age Range:

- 6 - 9 19 - 25
 10 - 12 25 - 39
 13 - 15 40 +
 16 - 18

Additional Details About Target Audience:

Please confirm what equipment will you provide:

- Sound - Speaker / Microphone Visual - Screen / Projector / Laptop
 Table Other: _____

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TYPE OF REQUEST

In order for us to assist in the best way we can, we ask you to **please check all boxes that apply.**

- Lecture** - An APF committee / board member would give an enlightening speech to your desired audience (on one of the available topics or a different topic agreed upon by the requestor and committee / board member).
- Booth** - 1 or 2 APF volunteers to provide basic knowledge on the Foundation, provide APF informational pamphlets and give-aways.
- Presentation / Workshop** - 1 or 2 members of APF's Clinical and Education Outreach Committee can deliver one of our Powerpoint Presentations or Workshops (on one of the available topics or a different topic to be agreed upon by the requestor and C&E Outreach Committee).
- Panel** - 1-3 members of the Foundation's team to answer questions posed by an audience or moderator (on one of the available topics or a different topic to be agreed upon by the requestor and C&E Outreach Committee).
- Other:** _____

REQUESTED TOPIC(S)

In order for us to assist in the best way we can, we ask you to **please check all boxes that apply.**

- About the Alex Panton Foundation**
 - About the APF Kids Helpline**
 - What is Mental Health?**
 - Stress vs Anxiety**
 - Bullying and Mental Health**
 - Nutrition and Mental Health**
 - The "No Harm Done" Approach**
- Other (input details below):**

Please refer to our **Topic Index on pages 3 & 4** for more details on the content of each presentation.

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WORKSHOPS AND PRESENTATIONS TOPIC INDEX

All the workshops and presentations are **supported and peer reviewed by a group of clinical consultants** who are trained in Psychology at a doctorate level and above, **specialising in children and adolescent mental health.**

ABOUT THE ALEX PANTON FOUNDATION

Duration: 45 minutes

Target Audience: Teens, Young Adults, Parents, Educators, Youth-Interfacing Persons

Content: Introduction to the Foundation, it's mission, core values, and target audience. Overview of all the programmes and resources the Foundation offers to the community to fulfil it's mission.

Equipment Required: PowerPoint and Projector

ABOUT THE APF KIDS HELPLINE

Duration: 45 minutes

Target Audience: Kids, Teens, Parents, Educators, Youth-Interfacing Persons

Content: Introduction to the Kids Helpline project. Overview of the website / app and all the educational information / resources available through those platforms. Overview of the emotional support listening services provided via phonenumber and textline, and what young people can expect when they utilise these services.

Equipment Required: PowerPoint and Projector

WHAT IS MENTAL HEALTH

Duration: 45 minutes

Target Audience: Kids, Teens, Parents, Educators, Youth-Interfacing Persons

Content: Introducing the idea of looking after mental health in the same way as physical health.

Understanding the mental health spectrum (i.e. healthy, coping, struggling, unwell). Look out for signs of difficulties, how to cope with distress, and build resilience.

Equipment Required: PowerPoint and Projector

STRESS VS ANXIETY

Duration: 45 minutes

Target Audience: Kids, Teens, Parents, Educators, Youth-Interfacing Persons

Content: Introduce the topics of stress and anxiety. Discuss how anxiety can be a defense mechanism protecting us from danger, and how excessive anxiety can cause problems. Focus on changing our relationships with stress and anxiety as a way to prevent anxiety disorders, and offers healthy coping skills. This is based on a cognitive behavioural approach and an emphasis on prevention.

Equipment Required: PowerPoint and Projector

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BULLYING AND MENTAL HEALTH

Duration: 45 minutes

Target Audience: Kids, Teens, Parents, Educators, Youth-Interfacing Persons

Content: Highlighting the different forms of bullying our young people are facing, how it can impact mental health, provide insights on what might lead to bullying, and steps to take when facing bullying.

Equipment Required: PowerPoint and Projector

NUTRITION AND MENTAL HEALTH

Duration: 45 minutes

Target Audience: Kids, Teens, Parents, Educators, Youth-Interfacing Persons

Content: Discuss the connection between our nutrition and mental health, and highlight things to be mindful of to consume "food that is good for our mood".

Equipment Required: PowerPoint and Projector

THE "NO HARM DONE" APPROACH

Duration: 45 minute presentation or 2 hour workshop

Target Audience: Parents, Educators, Youth-Interfacing Persons

Content: Gain an understanding of self-harm and suicide ideation, what these look like, how to recognise signs someone might be struggling with these, helpful tools to offer emotional support, and where / how to seek help.

Equipment Required: PowerPoint and Projector

SPECIALISED TOPIC / CONTENT

If there is a mental health topic not listed here that you would like APF to cover, feel free to inquire by emailing info@alexpantonfoundation.ky.

If it is within the scope of the Foundation's mission, **we will need four week's notice** to ensure sufficient time for our Clinical and Education Committee to create the content and have it peer reviewed / approved.