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We support the needs and aspirations of Singaporeans and their families, focusing on new pathways of innovation that empower and uplift lives across generations. Mr NG Boon Heong Executive Director and Chief Executive OfficerMs WOON Saet Nyoon Deputy Chief Executive Officer and Chief Impact OfficerMr Amrin AMINHead, Corporate DevelopmentMs Charina CHAN Chief People OfficerMs HENG Li Lang Head, Climate & LiveabilityMs Joanne NG Head, Community Networks & Partnerships Mr KEE Kirk Chuen Head, Health & Well-beingDr LEE Fook Kay Head, Pandemic Preparedness Our Stories About Our Programmes For A Grant KK Women’s and Children’s Hospital (KKH) today launched the community-based Youth Connect Psychological Interventions framework, in partnership with Temasek Foundation. Developed by clinical psychologists from KKH and James Cook University, Singapore (JCU), in collaboration with school counsellors and youth social service agencies, the framework aims to empower community groups to support adolescents, aged 10 to 19 years, experiencing mild to mild-moderate mental health concerns.Dr Angelina Ang, Senior Consultant, Department of Emergency Medicine at KKH and lead of the Temasek Foundation Youth Connect Programme, emphasised the importance of community involvement in youth mental health, “The role of parents, trusted adults in schools and the community, is indispensable in providing timely, accessible and personalised psychosocial support for the troubled young person. With this set of youth-friendly psychological interventions, we are equipping the community to step in with empathy and practical tools - empowering adolescents to build resilience, manage their emotions and seek help early - in the heart of the community.”This initiative builds community capabilities in psychological interventions, complementing existing social work and counselling support, and is aligned with Singapore’s Tiered Care Model for Mental Healthcare. (see Annex 1)”By training school- and community-based social service professionals to identify and respond to psychosocial distress, we are creating safe, familiar spaces where young people feel seen and heard. This early, community-based support enables timely intervention for mild to moderate symptoms - improving long-term outcomes and reducing the need for more resource-intensive tertiary care services later in life,” Dr Ang added.The silent crisis: psychosomatic symptoms in adolescentsA KKH study published earlier this year revealed that among 221 adolescents who presented at KKH Children’s Emergency (CE) for self-harm and suicide attempts, in the one year prior to their attempt:19.5 per cent presented to a SingHealth hospital or polyclinic at least once for a medically unexplained physical symptom such as a headache or stomach-ache, that may have been triggered by underlying mental or emotional distress.15.4 per cent sought treatment for common mild illnesses.Healthcare visits provide opportunities for psychosocial and suicide risk screening. Psychosomatic symptoms and frequent healthcare-seeking behaviour for minor ailments may be red flags for mental health distress. Emergency Departments and primary care clinics play an important role in conducting psychosocial and suicide risk screening of adolescent patients.The same study also identified top challenges faced by these adolescents:40.3 per cent had sleep problems,33.9 per cent had family conflict and anxieties related to academic performance,26.2 per cent had distress from peer relationship problems that included bullying.From the preventive perspective, psychosocial screening for these challenges should be a routine part of care for adolescents during their healthcare visits.From the preventive perspective, psychosocial screening for these challenges should be a routine part of care for adolescents during their healthcare visits.Over half of the study cohort were also confused or unsure about their intentions to end their lives, pointing to the emotional turmoil adolescents often face, and how their decisions can be driven by impulse, and the inability to process their emotions.Community collaboration for psychosocial supportUsing the framework, the counsellor can tailor an intervention specific to the adolescent, to help the adolescent understand what is behind the distress and develop skills to manage the negative thoughts. These are usually associated with academic stress, home conflict, peer relationship problems like bullying, self-image issues, excessive screen time, depression and anxiety.The framework is based on six dimensions of mental well-being - Attention, Thoughts, Beliefs, Emotions, Actions and Motivation.For instance, when an adolescent’s attention is stuck on a vicious cycle of negative thoughts or scattered by many worries, the counsellor or community mental health practitioner can use the relevant interventions to help the adolescent redirect his focus and manage his emotions. This empowers the adolescent to break away from overwhelming and unhelpful thought patterns, see the situation more clearly, and respond constructively to the stressful situation.Community support resourcesSupporting the framework is a series of videos of six fictional yet relatable adolescents, based on the six psychological interventions modules. The videos will be progressively released as part of Youth Connect #Unscripted resources. Through these stories, adolescents learn skills to build psychological resilience and improve mental well-being, such as dealing with negative thoughts, unhelpful beliefs, and managing emotional responses.Developed by clinical psychologists from KKH and JCU, with inputs from lead school counsellors, community mental health practitioners and volunteers of the Youth Advisory Panel convened by SHINE Children and Youth Services, the videos will complement the guidance from a trained counsellor or youth worker deploying the framework.Since October 2024, more than 300 school counsellors and community mental health practitioners3 have been trained in the framework. Going forward, more counsellors and social workers in non-profit agencies will be equipped to identify and provide timely support to at-risk youths from 10 to 19 years old. More details are available here: Youth Connect Psychological Interventions workshop.KKH and Temasek Foundation Youth Connect ProgrammeThe community-based Youth Connect Psychological Interventions framework is a key component of the broader Temasek Foundation Youth Connect Programme at KKH.Kee Kirk Chuen, Head of Health and Well-being, Temasek Foundation, said, “The launch of the Temasek Foundation Youth Connect Programme represents a paradigm shift in how we address youth mental health in Singapore. We recognise that youth mental health challenges are fundamentally social issues that require medical support, rather than purely medical issues requiring social support. This calls for routine mental health screening in healthcare settings, and for school and community-based professionals to be equipped to identify young people in need and respond early. By integrating timely support across medical and social systems, we can better safeguard the mental well- eing of our youth.”Since 2022, the Temasek Foundation Youth Connect Programme has been focusing on early recognition and intervention for adolescents with mental health distress. This includes connecting at-risk adolescents to community support and resources, helping them become healthier and mentally stronger. It also helps vulnerable young people by looking at all aspects of their health in an integrated way - their physical state, thoughts and feelings, and social environment. Music has the power to transcend cultural barriers, spark conversations and foster friendships. For this reason, Trailblazer Foundation, with the support of People’s Association, has placed pianos at 30 Community Clubs (CCs) in Singapore to promote spontaneous interactions amongst residents.To encourage the use of these community pianos, Temasek Foundation has developed Chill Time - a programme that aims to create shared musical experiences to strengthen social bonds and enhance the mental well-being of the communities.To kickstart the programme, The Resonance Project - a ground-up group comprising more than 300 youths, is performing a series of concerts for the public at various CCs, beginning with Teck Ghee CC in December 2023. The concerts are free of charge and do not require registration. Feel free to join in and enjoy the concert performances!Date and TimeVenueSaturday, 13 July 2024, 11am to 12pmBuona Vista CCSaturday, 27 July 2024, 10am to 11amJalan Besar CCSaturday, 27 July 2024, 11am to 12pmTampines East CCSaturday, 27 July 2024, 11am to 12pmKolam Ayer CCSunday, 11 August 2024, 5pm to 6pmKebun Baru CCSaturday, 17 August 2024, 12pm to 1pmRadin Mas CCSaturday 24 August 2024, 9am to 10amTelok Blangah CCSaturday, 24 August 2024, 11am to 12pmWhampoa CCSunday, 15 September 2024, 6pm to 7pmWest Coast CCWatch this space or email (email protected) for more information.Check Out Our Past Performances! Special thanks to the following CCs who hosted Chill Time performances: Teck Ghee CC (1 December 2023), Tampines West CC (23 December 2023), Nee Soon Central CC (20 January 2024), The Frontier CC (28 January 2024), Hillview CC (24 February 2024), Kampong Ubi CC (2 March 2024), Cairnhill CC (30 March 2024), Pasir Ris East CC (11 May 2024), Yew Tee CC (26 May 2024), Jurong Spring CC (29 June 2024), and Tampines Central CC (29 June 2024).Find your nearest CC with a community piano: CC Address Bidadari 11 Bidadari Park Drive, #01-60 Singapore 367803 Buona Vista 36 Holland Drive, Singapore 270036 Cairnhill 1 Anthony Road, Singapore 229944 Ci Yuan 51 Hougang Avenue 9, Singapore 538776 Fernvale 21 Sengkang West Avenue, Fernvale Community Club, Singapore 797650 Jalan Besar 69 Jellicoe Road, Singapore 208737 Kebun Baru 216 Ang Mo Kio Avenue 4, Singapore 569897 Kolam Ayer 1 Geylang Bahru Lane, #01-03, Singapore 339631 Kreta Ayer 28 Kreta Ayer Road, Singapore 088995 Leng Kee 400 Lengkok Bahru, Singapore 159049 Radin Mas 51 Telok Blangah Crescent, Singapore 098917 Teck Ghee 861 Ang Mo Kio Avenue 10, Singapore 569734 Toa Payoh South 1999 Lorong 8 Toa Payoh, Singapore 319258 Whampoa 300 Whampoa Drive, Singapore 327737 Pasir Ris 1 Pasir Ris Drive 4 #01-08 Singapore 519457 Paya Lebar Kovan 207 Hougang Street 21, Singapore 530207 Tampines Central 1 Tampines Walk, #04-04 Our Tampines Hub Tampines East 10 Tampines Street 23, Singapore 529341 Tampines West 5 Tampines Avenue 3, #01 05, Singapore 529705 Bukit Timah 20 Toh Yi Drive, Singapore 596569 Nee Soon Central 1 North Point Drive, Singapore 768019 Yew Tee 20 Choa Chu Kang Street 52 Singapore 689286 Bedok 850 New Upper Changi Road, Singapore 467352 Kampong Ubi 10 Jalan Ubi, Singapore 409075 Frontier 60 Jurong West Central 3, #01-01 The Frontier Community Place, Singapore 648346 Hillview 1 Hillview Rise, #01-01, Singapore 667970 Bukit Batok 21 Bukit Batok Central, Singapore 659959 Jurong Spring 8 Jurong West Street 52 Singapore 649296 Telok Blangah 450 Telok Blangah Street 31, #01-02, Singapore 108943 West Coast 2 Clementi West Street 2, Singapore 129605 The above information is correct as of 10 July 2024. We aspire to do good well together, towards a shared future and a healthy planet today and for generations to come.We actively pilot and catalyse innovative solutions and programmes with partners, harnessing synergies to multiply community impact in Asia and beyond.

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