

Celebrate WORLD MENTAL HEALTH DAY

with Boys' Town's Latest Initiative – Our Milieu Project (OMP)

In line with World Mental Health Day, Boys' Town recognises that **a child's mental health is deeply connected to the well-being of their caregivers**. When a caregiver is struggling, their capacity to care for their dependents may be compromised despite their best efforts. Boys' Town Sanctuary Care offers crucial support by managing a pool of dedicated respite carers who provide emergency and interim respite care to families who are temporarily unable to provide care for their infants and young children.

Michael* found himself in this situation when his wife was incarcerated, leaving him to raise their son, Joshua*, alone. As the sole breadwinner, Michael faced significant financial challenges while trying to meet Joshua's needs. Seeing his struggle, Michael's case was brought to the attention of Sanctuary Care, who connected Michael to a volunteer respite carer in the community. The respite carer took Joshua into their home with loving and open arms while Michael worked on his financial situation and improved his mental health.

Having trusted respite carers looking after his son on the weekends gave Michael the time and space he needed to care for his own well-being and financial struggles. **After 5 months of receiving support, Michael, rejuvenated and well-rested, welcomed Joshua back with open arms, ready to provide his son with the love and attention he deserved.** As he looks forward to reuniting with his wife, Michael is now equipped with the resources and support he needs to navigate the challenges of parenthood.

This World Mental Health Day, Boys' Town puts the spotlight on Our Milieu Project, our newest initiative targeting children and youth mental health, and highlighting the importance of mental health support for their caregivers. Each contribution to Our Milieu Project (OMP) Special Appeal goes a long way in supporting Boys' Town to provide critical support and initiatives to benefit children and youth mental health, and generates greater awareness on the impact of caregiver well-being on children and youth mental health.

Read on to find out more!

* Not their real names
** Stock image used



OUR MILIEU
PROJECT



OMP -Targeting Children & Youth Mental Health

As World Mental Health Day approaches on 10 October 2024, children and youth mental health is at the forefront of Boys' Town's focus. In a time where mental health challenges are increasingly prevalent amongst children, youth, and their families, the need for comprehensive support and greater awareness is more critical than ever.

OMP is Boys' Town's latest initiative involving the interprofessional collaboration of experts in children and youth work. Through the initiative, we aim to raise mental health awareness and support the mental resilience of children and youth in need.

In conjunction with World Mental Health Day, we appeal to your generosity to support this appeal to improve the mental health and well-being of vulnerable children and youth, as well as their families. Each contribution to this Special Appeal goes a long way in ensuring that children and youth in the community receive mental health awareness and support, and their families gain the knowledge and resources to care for them. Additionally, **donations \$50,000 and above received through this appeal will have the opportunity to co-brand an OMP programme, or be listed as a supporter of an OMP programme** (if available).

You have read about Boys' Town Sanctuary Care's positive impact on Michael and Joshua. Here are other impact stories and programmes by the 3 other key services, Clinical Intervention Centre, Adventure Centre and YouthReach, which run OMP!

YOUTHREACH IMPACT STORY

Transforming Lives Through Outreach

Boys' Town YouthReach first connected with Ivan* during outreach in 2017, and met him again at a skate park in 2018. Over time, our YouthReach youth workers gradually built rapport with Ivan, and he began opening up about his struggles. He had lost both parents, was living alone in his father's flat, and faced worsening hardships when the flat was repossessed. Turning to illegal substances for comfort, Ivan was eventually arrested. However, his youth worker was there to support him when he was released.

Determined to improve his life, Ivan committed to making positive changes in his decisions with the help of his youth worker. Through one-on-one sessions, activities, and YouthReach programmes, he developed self-awareness and resilience. Today, Ivan lives with his stepbrothers, holds a full-time job, and is saving up to buy a motorcycle.



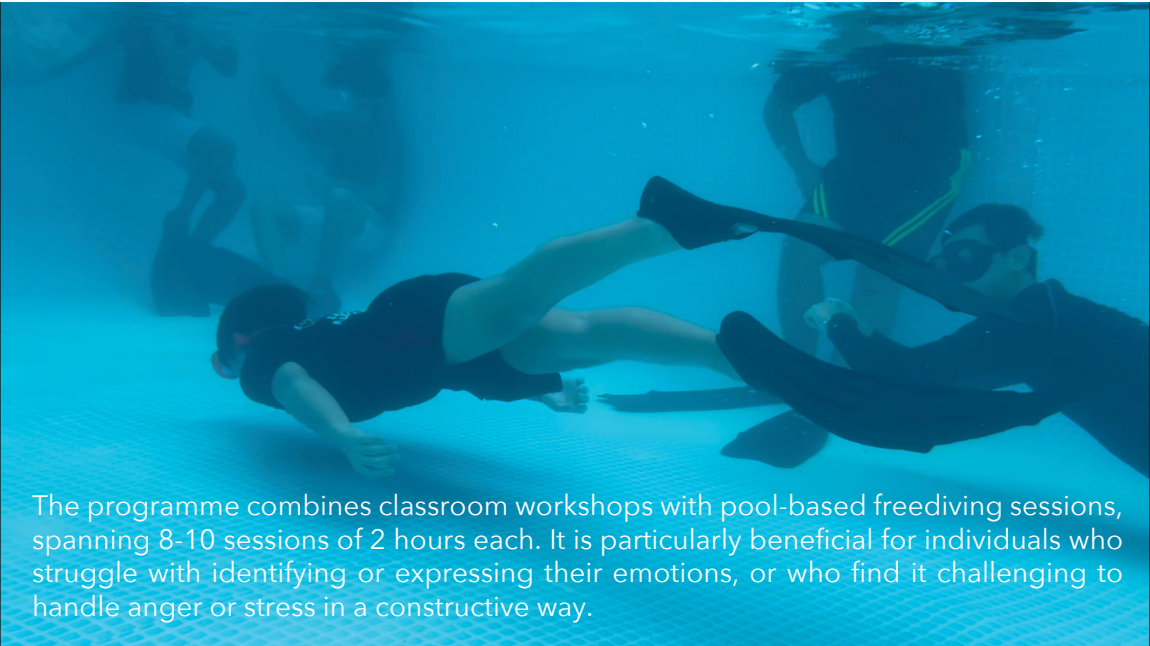
Ivan cherishes his relationship with his youth worker, and highlighted that his positive experiences like winning Best Trick at the YouthReach YYYYEEWWWW Skate Competition have built his self-confidence. A passionate skateboarder, Ivan has been focusing on what he loves. Despite the challenges he faced, Ivan's determination, together with YouthReach's support, inspired him to work hard toward his goals.

* Not his real name
** Stock images used

HIGHLIGHTS OUR MILIEU PROJECT

From Workshops and Programmes!

Project Riley is an adventure-based Emotional Regulation programme, designed by Boys' Town Adventure Centre for OMP, to help participants develop healthy coping strategies for heightened negative emotions, such as anger and stress, through the practice of freediving.



The programme combines classroom workshops with pool-based freediving sessions, spanning 8-10 sessions of 2 hours each. It is particularly beneficial for individuals who struggle with identifying or expressing their emotions, or who find it challenging to handle anger or stress in a constructive way.

Participants attended sessions guided by Cognitive Behavioral Therapy (CBT). Before each dive, they were encouraged to identify their dominant emotions, such as anxiety or frustration. They were then taught to focus on positive emotions or apply the emotional regulation strategies learnt to cope with these feelings. As participants practiced regulating their emotions, they began to experience improved results and greater success in freediving, which in turn boosted their confidence. This process not only enhanced their freediving skills but also equipped them with valuable tools for managing emotions in their personal lives.





Hear from the Participants of Our OMP Roadshows!



- "I learnt that mental health is important as it helps us make the right choices in life!"
- "I have learnt the importance of knowing your feelings"
- "When you think that you mean nothing, remember: You have a life ahead"
- "To calm myself down when I feel stressed"


We appeal to your generosity and kindness to help us raise **\$250,000** from **27 September 2024 - 27 November 2024** through the Our Milieu Project Special Appeal. Donations received from this appeal will support the programmes and operations of our key services – Sanctuary Care, Clinical Intervention Centre, Adventure Centre and YouthReach. **Donations \$50,000 and above received through this appeal will have the opportunity to co-brand an OMP programme, or be listed as a supporter of an OMP programme (if available)**

Every \$1,000 can help provide one of the following *(for illustration purposes)*


<p>10</p> <p>counselling sessions</p>  <p>for a child or youth in need by Clinical Intervention Centre</p>	<p>3</p> <p>months</p>  <p>of respite care support for an infant or child at Sanctuary Care</p>	<p>10</p> <p>sessions</p>  <p>of a character development programme for 10-15 youths by YouthReach</p>	<p>2</p> <p>half-day</p>  <p>outdoor developmental programmes for 20 at-risk youths by Boys' Town Adventure Centre</p>
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If you would like to donate digitally via:

▼ **PayNow**




SCAN TO PAY



BOYS' TOWN FUND RAISING
UEN: 201534576H007

For tax deduction purposes, kindly key in your information under reference:
OMP<space>NRIC<space>Mobile No.

(Credit Card)
 ▼ **Boys' Town website**
www.boystown.org.sg



▼ **Giving.sg**
<https://tinyurl.com/ompspecial2024>



▼ **Cheque** Alternatively, you can donate by issuing a crossed cheque made payable to "Boys' Town", and mail to:
624 Upper Bukit Timah Road, Singapore 678212

Kindly indicate '**OMP**' and include your **name, address, telephone number** and **identification number** (for tax deduction) on the reverse side of the cheque.

Boys' Town is a charity founded by the Monfort Brothers of St. Gabriel in 1948. It began by providing residential care for war-torn children, imparting education and life skills to them. Over the years, Boys' Town has expanded to provide a continuum of services catering to children and youth in need, including both boys and girls, from infants to young adults.



Our services now include Residential Services, Sanctuary Care, Fostering Services, Adventure Centre, Clinical Intervention Centre and YouthReach. Our latest initiative is Our Milieu Project (OMP), which targets the mental health and well-being of children and youth through a series of programmes, supported by the interprofessional collaboration of 4 key Boys' Town services – Sanctuary Care, Clinical Intervention Centre, Adventure Centre and YouthReach.