



Project Helios

7-22

Pang Ren Jie, Adriale (4P121)

Lee Yi Jing (4B110)

Woi Youyang (4i128)

Han Song Jing (4P107)

Toh Jun Xi, Tedd (4P128)

First-year project

Project Overview

Areas of Concern (AOCs)

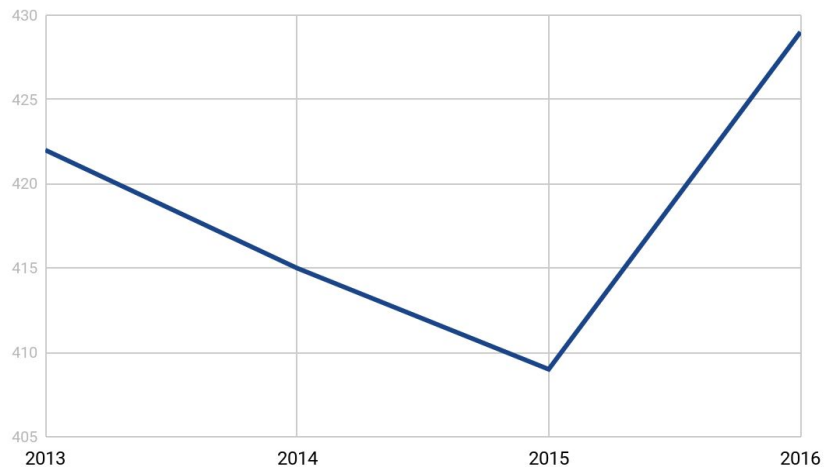


Mental illnesses are the leading cause of suicide

Mental illness is also a major risk-factor; and is associated with 58% of suicide cases. (Chia, B.H., & Chia, A., 2010)

Suicide rates are high

A total of 429 people took their own lives last year, up from 409 in 2015, 415 in 2014, and 422 in 2013. (Immigration and Checkpoints Authority, 2017)



Mental illnesses affect many people

According to the Singapore Mental Health Study 2010, the lifetime prevalence of mental illness in the Singapore resident population is 12%, which is about 1 in 8 people having a mental disorder. (Institute of Mental Health, 2012)

There is a treatment gap

The average time (median) taken to seek help from the start of illness was for those with Alcohol Abuse (13 years); followed by Bipolar Disorder and OCD (9 years), GAD (6 years) and MDD (4 years). (Siow Ann, Subramaniam and Vaingankar, 2012)

Media literacy on anxiety disorders is low

The Mind Matters study found that across the five disorders (alcohol abuse, dementia, MDD, OCD and schizophrenia) recognition was highest for dementia (66.3%), followed by alcohol abuse (57.1%) and MDD (55.2%). Recognition was poorer for OCD (28.7%) and schizophrenia (11.5%). (Institute of Mental Health, 2012)

Chosen Voluntary Welfare Organisation (VWO)



Underlying Problem (UP)

As the nature of anxiety disorders causes them to be easy to hide, and difficult to detect, how can we raise awareness of the methods of identifying and preventing anxiety disorders, so as to promote help-seeking and reduce stigma?

Objectives

In direct response to the UP, the following objectives were formulated:

1. Increase awareness of the methods of identifying and preventing anxiety disorders
2. Raise funds for SAMH's YouthReach and Creative SAY!, to support their awareness campaign and allow them to reach a wider audience
3. Provide support for SAMH through direct involvement with beneficiaries

Targeted Service Outcomes

Outreach: 3,000

Funds Raised: \$8,000

Plan of Action

Raise awareness	Raise funds	Provide direct support
<ul style="list-style-type: none">● PAYM YOUthCare Festival 2018 Awareness Campaign (April)● Assembly Talks (May - July)● Street Sales (June - August)● Concert Helios (August)● Youth For Causes Bazaar 2018 (August)	<ul style="list-style-type: none">● Street Sales (June - August)● Concert Helios (August)● Youth For Causes Bazaar 2018 (August)	<ul style="list-style-type: none">● Study Support sessions (July - August)

Challenges Identified

Given our AOCs and UP, it is challenging yet pertinent to get youths to prioritise mental health more, and allow them to understand that it is as important as physical health, despite its intangibility.

SAMH spends an immense amount of money each year on manpower and operational costs, which is not able to be covered by current income avenues.

Singapore Association for Mental Health (SAMH) Expenses Projection 2018:

Item		Amount (\$)
Projected Expenditure		
a	Expenditure on Manpower	783,005
b	Other Operating Expenditure	194,615
c	Total Projected Expenditure (a) + (b)	977,620
Projected Income		
d	Income from Grants	747,269
e	Income from Donations	78,527
f	Income from Programme Fees	27,365
g	Others	97,614
h	Total Income (d)+(e)+(f)+(g)	950,775
Amount not covered (c) - (h)		26,845

Given that Project Helios is a first-year project, we may not be able to gather sufficient volunteers to aid us in our activities.

Anxiety disorders, the key focus of our project, is easy to hide and difficult to detect. Service outcomes may not be as tangible. Activities involving beneficiaries with mental illnesses have to clear different levels of approval at SAMH and have to be restricted to volunteers who are extremely clear on the rules and regulations.

Implementation of Project

Actions & Outcomes To Date

For all activities that raised awareness, the methods of identifying and preventing anxiety disorders were shared by volunteers/speakers.

Activity	Description	Objectives Met
PAYM YOUthCare Festival 2018 Awareness Campaign	<ul style="list-style-type: none">● 28 April 2018 (Saturday)● Bishan Community Club and immediate vicinity● Estimated outreach: 300● Volunteers distributed flyers on SAMH	Raised awareness
Assembly Talks	<ul style="list-style-type: none">● iSpark: 11 May 2018 (Friday)● Aphelion: 29 June 2018 (Friday)● ProEd: 13 July 2018 (Friday)● Hwa Chong Institution High School Auditorium● Estimated outreach: 1000● Speakers from SAMH shared personal experiences dealing with mental illnesses	Raised awareness
Street Sales	<ul style="list-style-type: none">● 15 days of Street Sales between 01 June 2018 (Friday) and 10 August 2018 (Friday)● Jurong East, Bishan etc. neighbourhoods● Estimated outreach: 5865● Funds raised: \$5583.60● Volunteers sold products from SAMH's Social Enterprise department and Project Helios Drawstring Bags	Raised awareness Raised funds

<p>Study Support</p>	<ul style="list-style-type: none"> ● 11 sessions of Study Support between 28 June 2018 (Thursday) and 15 August 2018 (Wednesday) ● SAMH YouthReach @ Tiong Bahru Social Service Hub ● Core members went down twice a week ● Core members provided academic help to the students who frequent the YouthReach branch and suffer from mental illnesses ● Specifically requested by SAMH to provide help in this aspect 	<p>Provided support for SAMH through direct involvement with beneficiaries</p>
<p>Concert Helios</p>	<ul style="list-style-type: none"> ● 04 August 2018 (Saturday) ● Hwa Chong Cultural Centre (HCCC) Theatre ● Estimated outreach: 244 ● Funds raised: \$1220 ● Wide range of performers, e.g. Anamida and Leon Marcus who battle mental illnesses themselves ● Spread the cause through personal sharings, music and songs ● Mr Ang Poh Hee, Head of SAMH YouthReach, shared on the avenues of help available ● Online quiz on mental illness, prizes were a pair of Xcape Singapore passes ● Large publicity on social media, including posts made by performers 	<p>Raised awareness</p> <p>Raised funds</p>
<p>Youth For Causes Bazaar 2018</p>	<ul style="list-style-type: none"> ● 10 August 2018 (Friday) ● The Cube @ Asia Square ● Volunteers distributed flyers on SAMH ● Volunteers sold products from SAMH's Social Enterprise department and Project Helios Drawstring Bags 	<p>Raised awareness</p> <p>Raised funds</p>

Project Outcomes

Accomplishments

Impact on community, resolution of AOCs & UP:

- Achieved all 3 objectives
- Total outreach of 7609
- 47 secondary school student volunteers
- Total funds raised: \$7231.95
- 255 followers on Instagram
- 244 tickets sold for Concert Helios
- 11 study support sessions
- 15 street sales sessions

Effective resource utilisation & community partnership:

- YFC
 - Helped to publicise our activities
 - Featured on their Instagram page
 - Provided us with the opportunity to raise funds and awareness through YFC Bazaar
 - Provided us with grant to fund project expenses
- PAYM
 - Helped to publicise our activities
 - Provided us with grant to fund project expenses
- SAMH
 - Social Enterprise department provided us with a variety of products to sell, e.g. hama bead keychains, handmade soaps, coasters, beaded bags, etc.
 - We in turn helped them by providing volunteers to help sell their products to raise funds

Project Sustainability:

All relevant materials are consolidated within a single Google Drive folder for easy handover. Current core members are planning for a continuation of the project. Ms Susan Tan, Senior Business Development Officer of SAMH, is working with Project Helios to expand partnership with HCI, e.g. making Assembly Talks annual occurrences, integrating SAMH's activities with HCI's CIP framework, etc.

Reflection on Outcomes

Regular reflection after every activity completed through online Reflection Log, which can be accessed here:

https://drive.google.com/open?id=1R2XvMx1pc0zpTBSdxRDuUTTEgTdZiwjr82_xxLPZyYw

The Study Support sessions with beneficiaries suffering from mental illnesses were extremely impactful for the core members. Investing the time and effort to display our dedication and win their trust was not easy, but it paid off when we learnt more about the challenges they faced, through verbal and non-verbal cues. We also developed a deeper understanding of the severity of mental illnesses, developed immense respect and admiration for their efforts in pursuing their life goals despite the challenges, and also truly came to appreciate the virtue of genuine, wholehearted dedication to a singular cause.

Through events like Concert Helios and Assembly Talks, we met numerous adults who are currently battling mental illnesses themselves, but have forged ahead in their own lives to make a difference in the community, such as Leon Marcus, a performer for our concert, and Ms Valarie Liu, a Peer Support Specialist from SAMH who shared her personal recovery story in front of a filled Auditorium. We have become much more sensitised to the issue, and have gained experiences and insights that transcend the theory of mental illnesses. This knowledge in turn enables us to better handle mental health issues within our own community, and equips us with the essentials to be effective ambassadors for this cause.

Although our initial targets did not seem ambitious at first, we eventually realised how hard it was to reach our goals. The lack of volunteers was extremely taxing on the core members, but

pushing through rewarded us with a deep sense of satisfaction, priceless dispositions of tenacity and passion, and essential skills like time management and accounting.

Mr Ang Poh Hee, Head of SAMH YouthReach: "In our journey ... we witnessed the true spirit of care ... and commitment to the cause of raising awareness towards the understanding, acceptance and respect of persons in recovery from mental health struggles. They have been very committed, coordinated and co-operative in delivering their obligations."

Ms Susan Tan, SAMH Senior Business Development Officer: "The funds raised will help programmes in SAMH that are not funded while sales of merchandise will go to clients who made those crafts, and have benefited many of our residents."

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