



News Release

Temasek Cares launches 'Stay Prepared' initiative to help build resilience among the Singapore community

First programme: Community-based therapy for children dealing with trauma

Singapore, April 16, 2014; Temasek Cares has launched 'Stay Prepared', an initiative to enable people in Singapore to be better prepared for emergencies. The first programme of this initiative, ***Temasek Cares KITS*** (Kids in Tough Situations), aims to provide community-based therapy to children who have emotional and psychological difficulties arising from trauma.

In March, Temasek Holdings announced that it was setting up the Temasek Emergency Preparedness Fund (TEPrep Fund) with an initial endowment of S\$40 million. Temasek Cares will identify needs and develop programmes to help build the capability and capacity of the Singapore community to cope with emergencies. These programmes, to be delivered with various partners, will be part of Temasek Cares' long-term 'Stay Prepared' initiative.

Mr Richard Magnus, Chairman of Temasek Cares described 'Stay Prepared' as Temasek Cares' most ambitious community initiative to date. "Community preparedness and developing resilience are paramount because emergencies can happen anytime. Unforeseen events happen. Temasek Cares aims to come alongside our families and the wider community to help everyone get prepared now, before these events occur. We aim to work together with partners and the community to build on each other's strengths for the good of our entire community."

Mr Magnus explained that developing capability to support children was a priority due to their vulnerability during emergencies, "Emergency events cause trauma, and families and communities need to cope with both the events and the ensuing trauma. A child can be traumatised from the loss of a parent or after becoming a victim of an accident or personal abuse – or if catastrophe strikes. If the impacts of trauma are not detected early or properly addressed, developmental and psychological difficulties may arise in the traumatised child.

"To address this, ***Temasek Cares KITS*** (Kids in Tough Situations) programme plans to build up a capable pool of school counsellors and social workers to help identify and provide trauma-focused therapy to such children in our schools and community," he said.

Temasek Cares KITS (Kids in Tough Situations) Pilot Programme – supporting children with trauma-related psychological and emotional difficulties

The inaugural programme under the 'Stay Prepared' initiative, ***Temasek Cares KITS*** (Kids in Tough Situations), is a three-year pilot programme with KK Women's and Children's Hospital (KKH) to train more than 60 community-based social workers, therapists and school counsellors in *Trauma-Focused Cognitive-Behavioural Therapy* (TF-CBT). This is expected to benefit 1,920 children and their caregivers. Outreach efforts will also be made to some 7,000 teachers, parents and members of the public to raise awareness of trauma and its effects on children.

Ms Woon Saet Nyoon, General Manager of Temasek Cares, said that the programme aims to develop a sustainable and scalable trauma support model for children in the Singapore community. "What makes the KITS Programme special is that we are building a model that is evidence-based and adapted to the cultural context of Singapore. To build longer term sustainability, we are also taking a train-the-trainer approach.

"At the end of the programme, we will have five local TF-CBT trainers. These trainers will in turn train more social workers, therapists and school counsellors. Our ambition for this programme is that it will significantly boost the long term capacity of the community to support children in the event of emergencies," added Ms Woon.

Associate Professor Ng Kee Chong, Chairman of KKH's Division of Medicine and Head of the hospital's Department of Emergency Medicine and Psychosocial Trauma Support Service said, "Studies have proven that children exposed to trauma are nearly two-times more likely to develop psychiatric disorders compared with those who are not. Left unaddressed, the impact of trauma raises a child's risk of developing behavioural problems, failure at school, and substance abuse, among other potential emotional and psychological issues. While children with severe symptoms are easier to identify and refer for tertiary intervention, those with mild to moderate symptoms commonly go undetected and unsupported, and are the more vulnerable group who need timely therapy to develop resilience and recover.

"TF-CBT is an evidence-based approach involving not just the child, but also the parents and sometimes other caregivers in the family, and has been proven effective when delivered in the community. KKH will help to train school counsellors and community-based therapists in TF-CBT, who will then identify and extend the therapy to children within their environment in school and the community," added Prof Ng, who is Director of the KITS programme.

"The pilot programme kick-started in February this year, with the first batch of 34 school counsellors and community-based social workers and therapists attending a basic course in TF-CBT. These therapists are now receiving clinical group supervision from KKH's TF-CBT trained psychologists and medical social workers, and will attend an advanced TF-CBT course next year," said Ms Lim Xin Yi, Clinical Psychologist and Deputy Head of KKH's Psychosocial Trauma Support Service. Ms Lim is also the Project Head of the KITS Programme.

Temasek Cares KITS Programme to be Scalable

The Temasek Cares KITS Programme is designed to be scalable with the present pilot programme helping lay the foundation. The programme will, in time, be refined and expanded to include more organisations as programme partners.

Mr Magnus said, "From the outset, KITS is seen to be scalable. From this beginning with KKH as our partner, we will be working later with more expert groups, VWOs [Voluntary Welfare Organisations] and community organisations to broaden the reach of trauma therapy to a wider span of the Singapore community. There is a lot of work ahead for us but we are making a start."

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About Temasek Cares KITS (Kids in Tough Situations) Programme

Initiated by Temasek Cares, the Temasek Cares KITS Programme is a three-year pilot led by KK Women's and Children's Hospital, to build capabilities in the community and develop an evidence-based local framework and model to enable the provision of Trauma-Focused Cognitive-Behavioural Therapy (TF-CBT) for children suffering from post-trauma emotional and psychological difficulties within their school and community.

Project Goals:

1. To upscale the community's awareness and knowledge about trauma, its impact, and how and when to seek treatment.
2. To enable the timely delivery of effective treatment for children with post-trauma psychological and emotional difficulties in the community.
3. To develop therapist expertise within Singapore's community and schools in providing trauma-related interventions for children who have been through a (or multiple) traumatic event(s).
4. To develop and build an evidence-based, culturally-sensitive trauma-focused intervention that effectively reduces post-trauma symptomatology.
5. To develop local TF-CBT trainers who can train and develop TF-CBT expertise in Singapore's community.

About Temasek Cares

Temasek Cares CLG Ltd is a Temasek funded non-profit philanthropic organisation that aims to help improve the lives of underprivileged individuals, families and communities in Singapore; and to build the capability and capacity of all people in Singapore to be prepared for emergencies.

Set up in 2009 as an Institution of a Public Character, it works in partnership with various voluntary welfare organisations, non-profit organisations, government agencies, Ministries and other institutions to support programmes that contribute to the well-being, dignity, livelihood, and emergency preparedness of its beneficiaries.

For more information, please visit www.temasekcares.org.sg.

'Stay Prepared' with the Temasek Emergency Preparedness (TEPrep) Fund

'Stay Prepared' is an initiative by Temasek Cares to help build the resilience of the Singapore community to cope with emergencies. It is supported by the TEPrep Fund which was set up in 2014 with an initial endowment of S\$40m from Temasek, to commemorate its 40th anniversary.

'Stay Prepared' supports programmes that:

- Help people in Singapore be ready for a range of emergencies
- Build longer-term capability and capacity of the community in emergency preparedness,
- Provide assistance in emergencies
- Complement national efforts and foster collaboration with private sector partners, voluntary welfare organisations (VWOs) and community groups to achieve emergency preparedness.

For more information, please visit www.stayprepared.sg.

About KK Women's and Children's Hospital (www.kkh.com.sg)

KK Women's and Children's Hospital (KKH) is a leading healthcare centre for Obstetrics, Gynaecology, Paediatrics and Neonatology. Founded in 1858, the 830-bed JCI accredited hospital is a referral centre providing tertiary services to manage complex conditions in women and children. More than 400 specialists adopt a multi-disciplinary and holistic approach to treatment, and harness the latest innovations and technology for the best medical care possible.

As an academic and research institution, KKH is a major teaching hospital for Duke-NUS Graduate Medical School, Yong Loo Lin School of Medicine and Lee Kong Chian School of Medicine. The Hospital also runs the largest specialist training programme for Obstetrics and Gynaecology and Paediatrics in Singapore as well as a highly rated Paediatric Residency Programme accredited by Accreditation Council for Graduate Medical Education International (ACGME-I).

Psychosocial Trauma Support Service, KK Women's and Children's Hospital

In keeping with KKH's philosophy of providing excellent, holistic care to patients, the Psychosocial Trauma Support Service at KKH comprises a multidisciplinary team of social workers, psychologists and occupational therapists, who help patients and their families deal with the after-effects of a traumatic experience.

The service also works closely with paediatricians, psychiatrists, other child mental health professionals and community organisations to minimise trauma-related distress among children.

Range of Services:

- Psycho-emotional assessment of children who have been through potentially traumatic experiences (e.g. injury, traffic accident, assault, burns, near drowning, falls etc)
- Specialised intervention for trauma-related difficulties (e.g. traumatic stress symptoms such as nightmares, flashbacks and new fears, phobias, depression, adjustment difficulties etc)
- Collaboration with hospital services towards early identification of children with trauma symptoms, leading to early intervention
- Training healthcare workers in trauma informed care to minimise psychological trauma for children in hospital

The Psychosocial Trauma Support Service at KKH uses TF-CBT as the dominant treatment model to help treat children with emotional and behavioural concerns consequent to single or multiple exposures to traumatic events.

About Trauma-Focused Cognitive-Behavioural Therapy

TF-CBT is a combined child and parent psychotherapy approach for children and adolescents who have experienced significant emotional and behavioural difficulties related to traumatic life event(s). It is an empirically supported treatment model that has been evaluated and refined over the last 18 years. The treatment components incorporate trauma-sensitive interventions with cognitive, behavioural, family, and person-centered principles and techniques. TF-CBT works best when it is tailored to the needs of a child and his/her family, and delivered within a context of a close therapeutic alliance between the therapist and the client.

TF-CBT was developed jointly by Esther Deblinger (Co-Director of the New Jersey CARES Institute at the University of Medicine and Dentistry, New Jersey's School of Osteopathic Medicine), together with Judith Cohen and Anthony Mannarino (Medical Director and Director of the Centre for Traumatic Stress in Children and Adolescents, Allegheny General Hospital, in Pittsburgh, Pennsylvania) in the late 1980s.

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