

INTERIM DONOR REPORT

MUSIM MAS BLUESTAR* FUND

SEP 2020—MAR 2021





We would like to thank Musim Mas for their generous donation of \$1,000,000 to the BlueStar* Fund.
We would also like to thank our anonymous Angel donor for their \$50,000 gift to the Fund.



Executive Summary

In partnership with Musim Mas, the Musim Mas BlueStar* Fund raised **\$1,050,000** in 2020. **95%** of funds raised have been committed to Outreach and Awareness, Early Intervention, and other Intervention projects. As of 31 Mar 2021 the Fund is working with **8** grantees that have reached **4,936** beneficiaries.

BlueStar* Highlights

Funds Raised

\$1.05M*

Funds Committed (FY2020)

95%

Total No. of Beneficiaries

4,936

Total No. of Volunteers

121

*This includes the additional \$50,000 from an anonymous donor.

As of 31st March 2021

100% of the funds have been allocated across 3 strategic pillars

For Non-Profits

\$850k

To support non-profit organisations delivering effective and innovative mental health programmes and services

For Youth-Led Projects

\$100k

To support youth-led projects that seek to help their peers facing mental health difficulties

For Research

\$100k

To support applied research on youth experiences of mental health support, so as to improve future grant calls.

LEGEND

Funds Committed

Total amount of grants approved by the respective grant panels

Programmes and Interventions Outreach and Awareness

e.g. counselling, training
e.g. care packages, events, seminars

Families

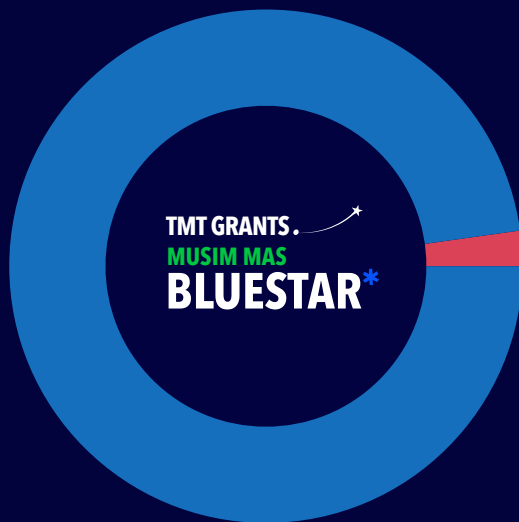
Inclusive of parents

Vulnerable Adults

Affected adults <65 y/o, ex-convicts, displaced workers, other vulnerable groups

Frontline Workers

Caregivers, cleaners, healthcare worker



Beneficiaries by target groups

● Children & Youth	4,827
● Families	109

Grantees by Programme Type

● Programmes and Interventions	4	● Outreach and Awareness	4
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Beneficiaries by Programme Type

● Programmes and Interventions	1,461 BENEFICIARIES	● Outreach and Awareness	3,475 BENEFICIARIES
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Depression among youth is a significant problem. Studies in Singapore suggest that depression affects 2.5% to 18% of children and adolescents¹. In 2013, depression was the second most prevalent condition diagnosed at IMH’s Department of Child and Adolescent Psychiatry².

Depression is particularly worrying as it can persist into adulthood if not treated, and is also the most common mental illness diagnosed in individuals who die by suicide. The Covid-19 pandemic has worsened these trends, making it more urgent to reach out to youth who are going through depression and other mental health problems.

¹ Clinical Practice Guidelines: Depression. 2012. Singapore: Ministry of Health.
² Lim, Choon Guan, Say How Ong, Chee Hon Chin, and Daniel Shuen Sheng Fung. 2015. “Child and Adolescent Psychiatry Services in Singapore.” *Child and Adolescent Psychiatry and Mental Health* 9 (May). <https://doi.org/10.1186/s13034-015-0037-8>.



*One life lost is one too many
You can make a difference*

Building Peer, Family and Community Support

Authorities have been giving more attention to youth mental health. In 2020 for instance, the Ministry of Education announced that they would make mental health part of the CCE curriculum in secondary schools, that polytechnics and ITE would develop mental health resources for their students, and that teachers would be trained on how to pick up signs of distress, reach out to students with mental health issues, and refer them to professionals where needed. The Ministry of Education will also establish peer support structures in every school by 2022. In 2020 as well, the Ministry of Health with charity Care Corner, launched a one-stop point for youths to get coordinated mental health and social support services.

The Fund believes that there is still more that can be done, especially in growing peer, community, and family support for youths. Our hope is to increase the collective capacity of families and the community to help youths cope with depression early -- before their mental health states worsen. This in turn allows professional counsellors and medical professionals to focus their efforts on those with far more severe conditions.

To this end, the Fund supports programmes in 3 domains:

- 1 Outreach and Awareness:** working with youth and families to remove the stigma of depression, and give more confidence in discussing mental health.
- 2 Early Intervention:** helping youth who are in the very early stages of depression, or are starting to go through mental health pressures. These youth may not need professional help yet, and these programmes aim at preventing their mental health from worsening.
- 3 Intervention:** professional help for youth and their families who are grappling with depression and other mental health issues. These youth have more severe symptoms, and may have been referred by a trained counsellor or medical professional.

Part of the fund has also been allocated towards catalysing youth-led mental wellness and awareness projects for their peers; and towards research on how to improve “upstream” interventions.

As the BlueStar* Fund was launched in the second half of 2020, it would be premature to report measures for the grants. TMT looks forward to reporting metrics in future reports. For this interim report we include key output metrics, as well as in-depth stories that show how grantees are creating long-term impacts for youths and their families:

Awareness

HAPPYOUTH 3.1

by **Character & Leadership Academy (CLA)**

HAPPYOUTH 3.1 is a CLA programme that works closely with mainstream schools, local and global youth organizations to run workshops, assembly programmes and conferences to equip youths with a coping mechanism to better manage stressors of life and improve their mental health. CLA also encourages youths to initiate mental health awareness projects in their schools and communities.

Early Intervention

SOS Care Text Messaging Service

by **Samaritans of Singapore**

The “SOS Care” 24-hr Text Messaging Service came about as youths shifted from hotline to messaging platforms in reaching

out for help. SOS is a key suicide prevention organisation, dedicated to providing confidential emotional support to individuals who are facing a crisis, or who are thinking about or affected by suicide.

Intervention

Project Anchor

by **Trybe Limited**

Trybe is a social service agency specialising in working with youth facing adversity. They work to create a complete ecosystem of care for at-risk youth comprising community-based interventions, rehabilitation, and reintegration into society. Project Anchor is an intervention programme that provides regular mental health education and counselling sessions for youths experiencing mental health symptoms, and their parents.

