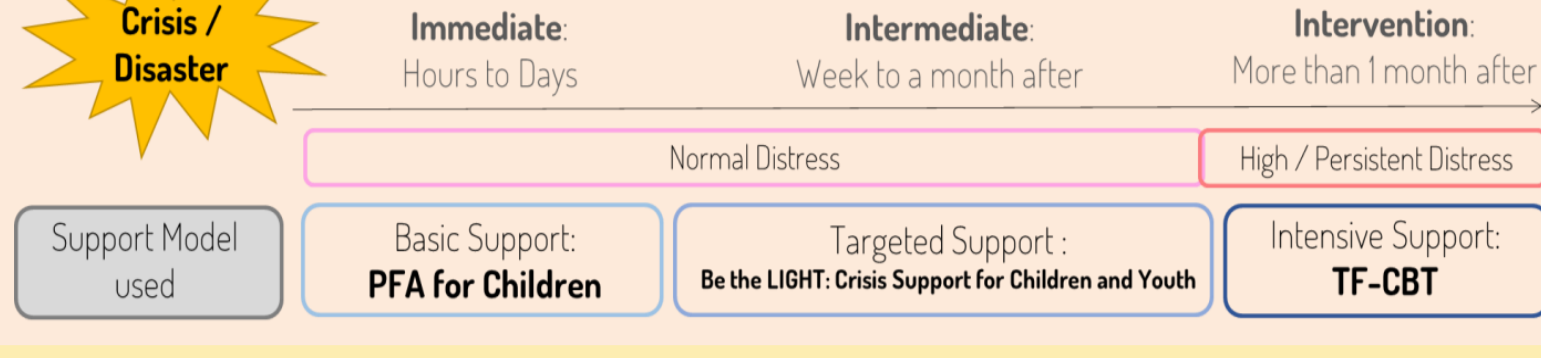


2019 was an exciting year for our community-based work! With the completion of **The Stay Prepared Trauma Network for Children (TNC) project**, our next project - **Programme to Enhance the Stay Prepared Trauma Network for Children** begins.

Here are some key highlights of The Stay Prepared Trauma Network for Children:

- The development of a **tiered approach to providing trauma support and intervention to children in the community**. The interventions adapted or developed from the core skills required by responders to support children with difficulties following crises or traumatic events. The evaluations we carried out of all three crisis support and trauma intervention models have showed positive outcomes in the children and youth who received them.



- Significantly enhancing our community's capability** to support Singaporean children after crisis and traumatic events. This was made possible through this program and your support. The TNC now comprises of around 1100 helping professionals and lay individuals from schools, the community, and ministry.

- Continued learning** under the TNC as well as by the general public. I am sure you remember some of these memorable events of 2019:

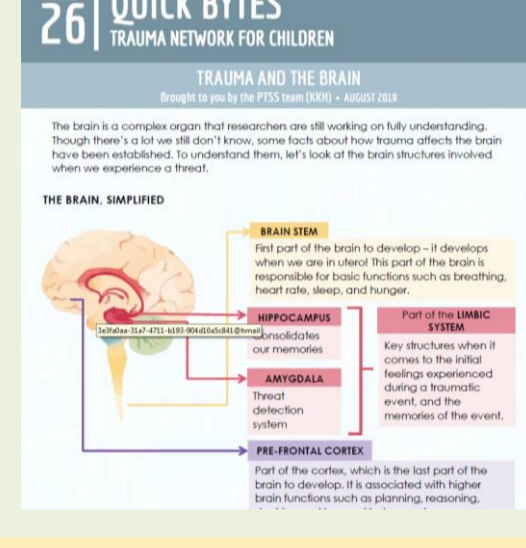
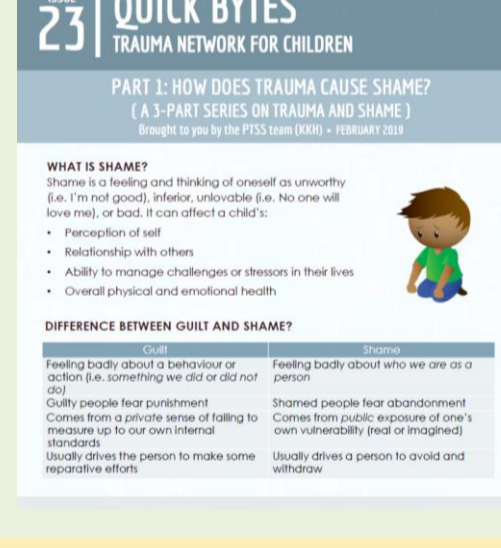
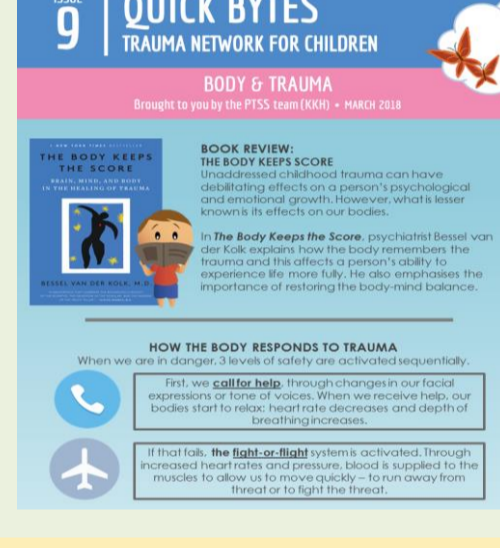
- o Singapore's first Child Trauma Conference, themed "Prevention to Recovery" (3-5th April 2019).



- o The public forum, "Raising a Confident and Resilient Child", on 6th April 2019.



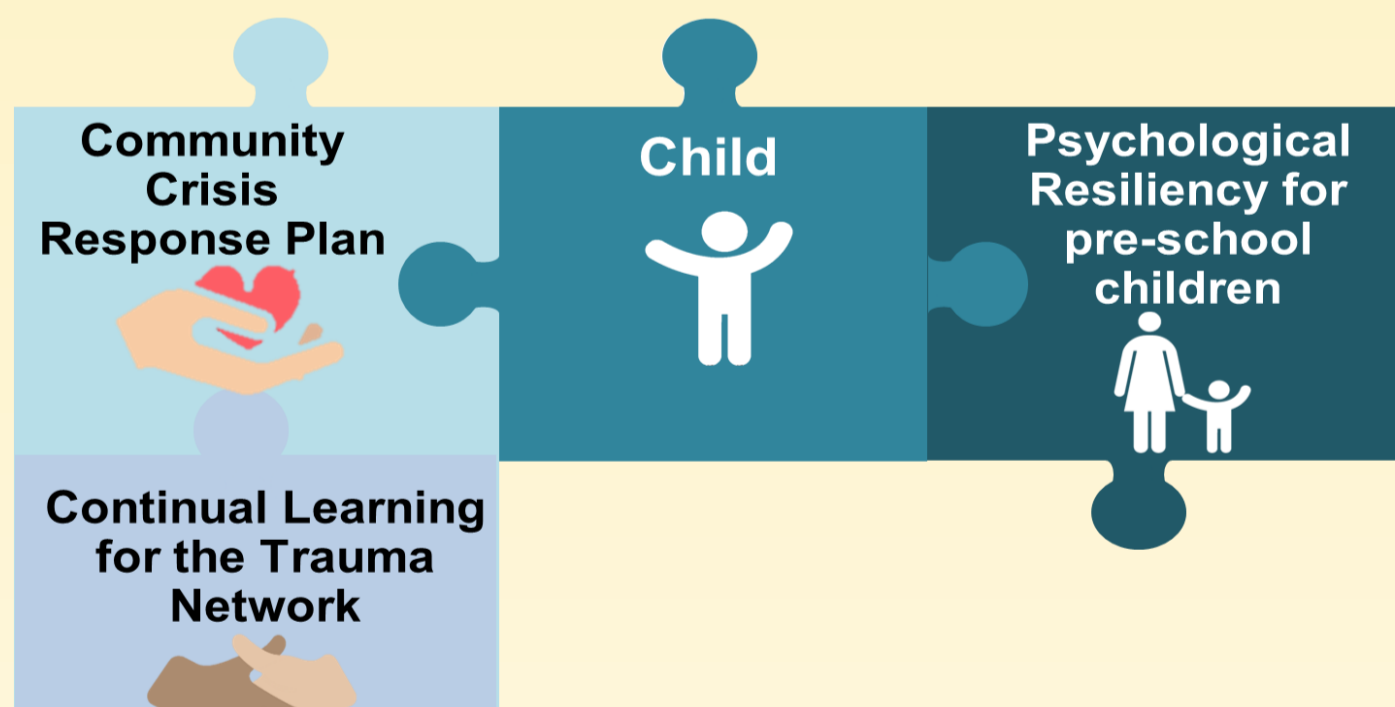
- o Our monthly Quick Bytes newsletters (like the one you're reading right now!) that keep you looped in on nuggets of information about crisis and trauma, and their impact on children.



- o And not forgetting our quarterly Learning Network Sessions



The next community project, **Programme to Enhance the Stay Prepared Trauma Network for Children**, aims to build upon the successes of the TNC. There is so much more that we need to do to close the gaps in providing psycho-social support in the community for children and their caregivers!



Here is a peek at what the new project will bring:

- Psychological resiliency for pre-school aged children**
 - To enhance the psychological resiliency of preschool children, so that they can better cope and bounce back from stressful life experiences. This would involve empowering the environments that pre-school children grow up. Parents and teachers of pre-schoolers will be equipped with knowledge on how to help these young children cope with crises and difficult life stressors. Pre-school children will be taught to understand their experiences through the use of a new storybook that teachers and parents can read to them.
- Community Crisis Response Plan**
 - This will be in collaboration with community-based organizations and Ministry partners. The aim is to develop a coordinated and planned response to crises of varying degrees that impact children and youth. With a clear mapped out plan, we can better ensure that the immediate, intermediate and longer-term post-crisis psycho-emotional needs of children and families, can be identified and met in a timely and organized manner.
- Continual equipping of the Trauma Network for Children:**
 - Trauma-trained professionals and trauma-informed lay individuals under the TNC will continue to have access to ongoing learning opportunities. We want to be sure that as a helping community, we can cohesively support children and families in the face of crises and trauma
 - Some of the exciting activities we have lined up include: an online trauma screening questionnaire (with automated scoring), journal clubs with your nominated trauma topics of interests, as well as case presentations that we can learn from to hone our trauma intervention and crisis support practices.

Thank you for all your support and for being part of the TNC! We look forward to our continued work together in supporting children experiencing crisis and stressors in the best way possible!

