

A little story to share.....

Alfred* is currently 13 years old and is studying for his PSLE this year. He is the eldest child in the family and was referred to Boys' Town from Child Protection Services. His mother works on a part-time basis and is the main caregiver for her other younger children. This resulted in her having difficulty managing the stress of work and the financial obligation as a single mother.

Alfred was the subject of emotional and physical abuses when residing with his mother. She often used demeaning words on him, and would kick him and knock his head against the wall as punishment for his misbehaviour. He also had his arms and legs scalded by a hot kettle.

Because of his multiple abuses, Alfred suffers from severe emotional and behavioural dysregulation. Alfred would have anger outbursts and display self-harming behaviours such as hitting himself against the cupboard or punching the wall while throwing tantrums.

*This is a fictitious character made of a composite of individuals due to confidentiality protection.

RESIDENTIAL SERVICES

Therapeutic GROUP HOME



To help and benefit youths like Alfred, Boys' Town started a Therapeutic Group Home (TGH) in July 2017. This is in line with the Ministry of Social and Family Development's (MSF) plans on expanding the out-of-home care capability to work with more challenging children and youth.

TGH provides intensive therapeutic treatment for boys aged from 13 to 16 years old who have experienced significant trauma and disruption in their lives. These boys often exhibit severe emotional and behavioural dysregulation, affecting their safety and those around them, as well as their personal development in the long run.

At TGH, the treatment milieu of 12 to 18 months is devised to provide trauma-focused intervention in a safe and nurturing environment to help the boys recover from their past traumatic experiences and promote their overall well-being. TGH

provides individualised care and supervision of the boys at all times to ensure their safety and well-being. The structured programmes are tailored to their developmental levels that cater to the physical, social and educational needs of the boys on a daily basis.

Intervention is not just delivered at the level of the individual, but also at the level of the environment where everyday events and interactions contribute to bringing about a change for them. TGH is thus designed with a home-like setting, promoting a more familiar and calming environment for them which plays an important role in the treatment process for youth in residential care.



CLINICAL INTERVENTION CENTRE

The Clinical Intervention Centre (CIC) provides our clients with psychological interventions through assessments, counselling, psychotherapy, behavioural management, group work and other psychological services.

We are a dedicated team of counsellors, behavioural specialists and psychologist who work very closely with the Social Workers to provide a comprehensive range of therapies and clinical support for the residents of Boys' Town and their families.


CIC also offers its services to the general public, especially children and youth, at a reasonable fee. We provide therapy and/or assessments for learning difficulties, ADHD, conduct issues, anxiety, stress, depression, anger management, trauma, emotion regulation etc.

We offer a confidential and non-judgemental support in a safe environment while providing intervention for clients with emotional and behavioural difficulties using a variety of approaches such as:

- Person-centred
- Strength-based
- Solution-focused Brief Therapy
- Cognitive Behavioural Therapy
- Expressive Therapies such as art, play, sand play and symbol work
- Behavioural Specialist Intervention
- Sensory Integration



For more information, we can be reached at cic@boystown.org.sg or 6690 5420.



Safe and Strong Families – Reunification

Children are better able to create bonds with a consistent caregiver in families and such bonds are crucial for the development of children's social, emotional and mental well-beings. Hence in Boys' Town, the Safe and Strong Family – Reunification (SSF-R) service was set up by the Ministry of Social and Family Development (MSF) to work on reunifying children in foster care or voluntary children homes back to their families. The service deals primarily with child protection cases where the children have been neglected, abused, or are at risk of harm due to poverty or family circumstances.

The SSF-R service in Boys' Town was started in early June this year and we are one of the five agencies providing the service. Our referrals come from our own residential and fostering services, as well as from other agencies in the community.

The SSF-R agency works intensively with the child and family over a period of 1 year to empower them and to ensure that the home environment is nurturing and safe. The assistance rendered includes linking the family up with community resources such as Social Service Offices and Family Service Centres, community initiatives/ services that provide financial aid, parenting skills training, counselling and therapy services, and community events for family bonding.

COMMUNITY PARTNERSHIPS

Fundraising Efforts

In the months of May and June, Boys' Town held two events to support our fundraising efforts and in increasing public awareness. On 31 May 2017, we had our annual Flag Day where the boys, volunteers and staff went around different parts of Singapore to reach out to the public. We are appreciative of all the efforts put in to make this event a successful one.

The key event was the Charity Movie screening of *Transformers: The Last Knight* at The Cathay on 23 June 2017. We welcomed many friends of Boys' Town that evening and our three movie halls were filled as we came together to catch the latest instalment of the series. Many enjoyed the movie and it was a good opportunity for us to keep in touch with our benefactors and volunteers.

The funds raised will be used to support our operations and the various services and programmes to help in the betterment of our youth. With many new services introduced and increased expenses of ongoing programmes, government funding and grants were helpful in alleviating the costs of specific programmes under the schemes. The sustainability of all the services under Boys' Town would also not have been possible without the kind generosity of public-spirited individuals and organizations.



We would like to take this chance to express a big thank you to all who have continuously supported us in our cause to improve the lives of children and youth in need.



BOYS' TOWN ADVENTURE CENTRE

Boys' Town Adventure Centre (BTAC) is a social enterprise that runs adventure programmes to serve our clients, schools, corporates and the public.

Since its launch in January 2016, BTAC has conducted various programmes and courses, from climbing, abseiling courses to fun climbs, camps and bouldering sessions at our adventure tower. We also have a bouldering room that offers over 40 routes, volumes, hand holds and training rungs.

Contact us at adventurecentre@boystown.org.sg or 6690 5420 to discuss how we can develop a programme for your needs.



Who WE ARE...

Boys' Town is a charity started in 1948 by the Brothers of St. Gabriel. We provide residential care, fostering, adventure therapy, youth outreach and other community and school-based programmes and services for over 500 children and youths from disadvantaged and disengaged families. We are an Institution of a Public Character (IPC) and a member of the National Council of Social Service.

YOU CAN
**EMPOWER &
CHANGE LIVES**

Donate now at
www.boystown.org.sg



We accept:  

For enquiries: 6690 5420
or info@boystown.org.sg

IMPORTANT NOTICE

REPORT SCAMS

Boys' Town is not organising the sale of ice cream and handmade pencils to raise funds.

We have put up a notice on our website to notify the public of possible scams. The authorities would like to advise victims to lodge a police report.

If you encounter these peddlers, please check with us before making any donations. You may reach us at the contact details above during office hours Monday to Friday, 9am-6pm, or call our duty officer at 96234731.

YOUTHREACH YARE CULINARY PROGRAMME

Share-A-Pot

WITH THE SENIORS

10 youth participants from the Youth-At-Risk Engagement (YARE) Culinary Programme took part in Share-A-Pot @ Agape, a collaboration between Caritas Singapore and Alexandra Health Systems, on 17 May 2017. The programme encourages seniors to befriend and chat with others over a bowl of nutritious soup and rice, coupled with some light exercises.



As part of their community involvement for YARE, the 10 YouthReach programme participants from Bishan Park Secondary School volunteered their time to contribute to this meaningful activity. Working together with a team of volunteers, they led the elderly in a 30-minute fun exercise time grooving along to Zumba dance.

The youth had to be on stage in front of a sizable crowd of the elderly and there were no signs of stage fright. Instead, smiles and laughter from them could be observed and they have truly enjoyed themselves. It provided them the chance to interact with the seniors and contribute back to the society. This invaluable experience was a great exposure for the youth and it was heartening to witness the uplifting energy and positive vibes from them.

YouthReach will continue to reach out to the community and expose our youth to learn invaluable life experiences through their community involvement. In hope that with such opportunities, the youth will keep in mind the disadvantaged and underprivileged in the community and reach out to them in their capacity.



Sponsorship of our BT Newsletter

If you like to support our outreach efforts, we welcome your sponsorship and/or contribution to help us defray the costs of producing and the distribution of the newsletters. Drop us a note at info@boystown.org.sg or ring us at 6690 5420.