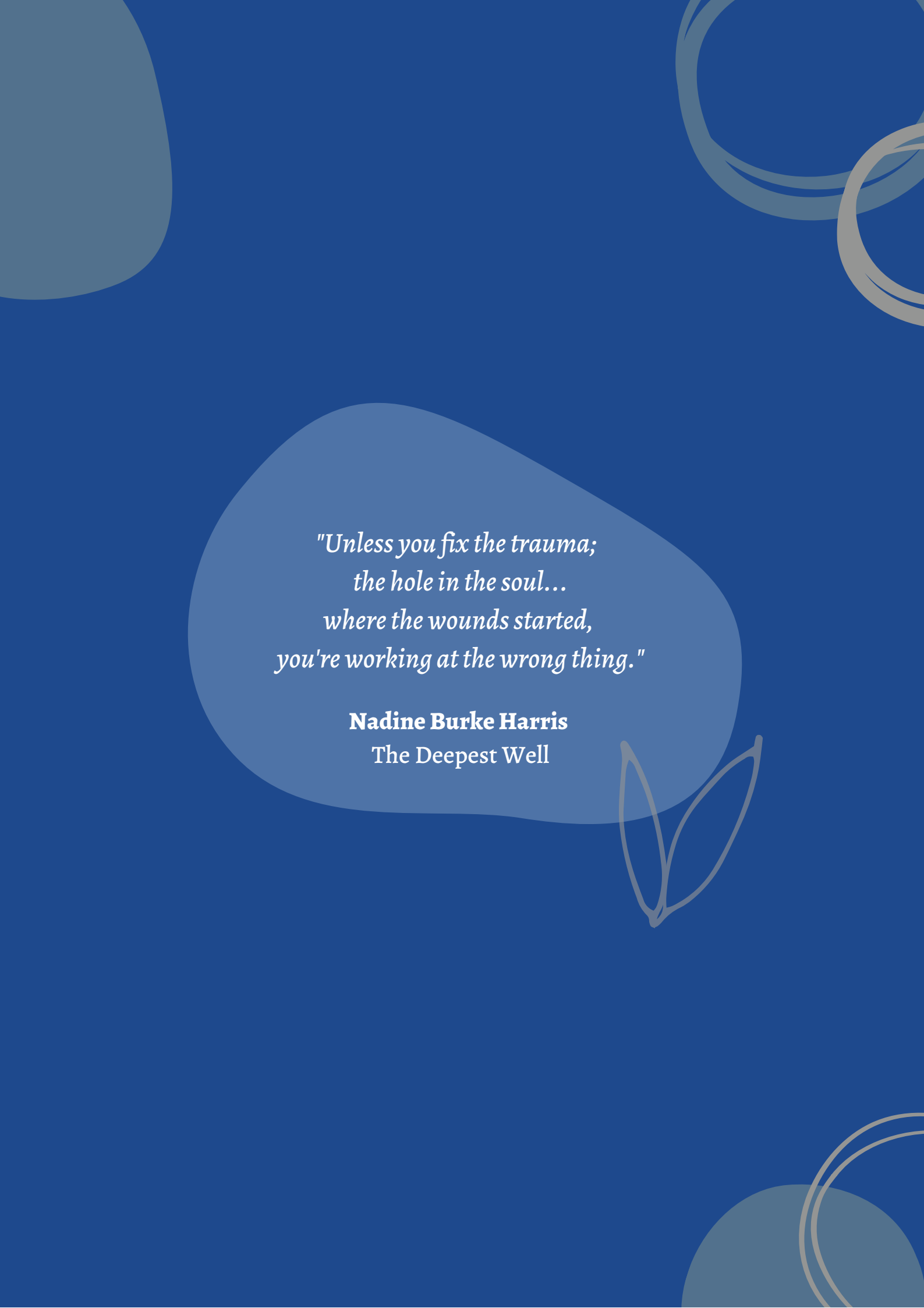




THRIVE WELL
Breaking barriers, changing lives

ANNUAL REPORT

2021



*"Unless you fix the trauma;
the hole in the soul...
where the wounds started,
you're working at the wrong thing."*

Nadine Burke Harris
The Deepest Well

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THRIVE WELL
Breaking barriers, changing lives

Ellisha Othman

Managing Director &
Clinical Psychologist

Eisenhower Fellow 2020

Masters in Clinical Psychology, UKM

Masters in Commerce, UNSW Sydney



Foreword

Thrive Well was incorporated in October 2020 when Covid-19 revealed the fragility of many systems worldwide – unearthing the alarming extent of our mental health crisis.

We saw mounting anxiety and depressive symptoms, disrupted educational and vocational opportunities, food insecurity, conflict within the family, increase in gender-based violence and multitudes of unhealthy coping mechanisms. Of the many social determinants of mental health, financial insecurity and poverty across the B40 and M40 communities were keenly felt.

This spilled over to children and adolescents who had to suffer severe gaps in their socio-emotional development and interruptions in their schooling experiences. For students who relied on school-based resources and the routine and safety it provided, the lockdown was exceptionally challenging. We saw this result in decrease of self-confidence, social skills, inability to regulate and manage emotions, separation anxiety with caregivers and isolation.

We learned to adapt to the challenges of the pandemic and to ensure that we deliver Mental Health and Psychosocial Support (MHPSS) services requested by frontliners such as social workers, teachers, doctors and nurses who were fatigued by their call of duty.

We served employees from corporate companies experiencing higher burnout rates due to restructuring exercises, excessive demand and insecurity. Young adults entering the workforce were greeted with rejections, unemployment, rising cost of living and faltering motivation.

Now, as we enter the endemic recovery phase, some of us continue to experience the adverse effects of this mental health pandemic. This is why we are resolute in implementing the TIC (trauma-informed care) approach in our work at Thrive Well.

We do this by integrating and practicing the 4R's of TIC: *Realise, Recognise, Respond and Resist Retraumatization* in our ongoing clinical services, advocacy initiatives, research projects and community development efforts. We aim to develop a more resilient system for short-term outcomes and sustainable long-term impact.

This report will showcase the work we have done in 2021 in response to the pandemic, whilst guided by our five strategic missions;

- Building knowledge, competency and resources in trauma-informed approaches **to nurture socially responsible professionals**
- Building capacity of primary care service providers, organisational and community leadership **to develop a robust task-sharing model**
- Becoming effective change agents in reducing the stigma through **inclusivity of the lived experience**
- Collaborating with a wide network of changemakers via coalitions **to reduce social barriers** and improving access to mental health services
- Developing digitalised systems **to improve accessibility and standard of care** of our mental health services

We are grateful to our partners whose financial, advisory and collaborative support allows us to still provide community mental health services to those in need. We continue to build resilient systems through our network of partners from all fields and industries by normalising and prioritising mental and emotional wellbeing in the workplace, schools, communities and at home.



Ellisha Othman



Our Story

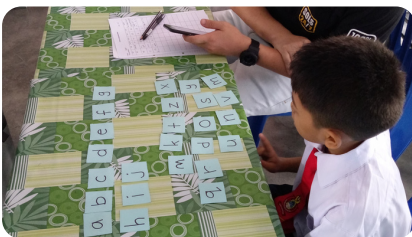
2015



Pioneered Community Mental Health

Upon identifying the socio-economic determinants of mental health, Ellisha & the team expanded the community mental health services under SOLS 24/7 Foundation. Through SOLS Health, they strengthened the mission to provide accessible and affordable mental healthcare to individuals and families.

2016



Story 1 : The Boy Who Couldn't Read

Adam* was 6 when his mother discovered that he struggled to read & write, was easily distracted and had trouble understanding math concepts. His father refused to seek professional help, worried about "what people would think."

After years of coaxing, his father eventually relented, and our psychologist diagnosed Adam with ADHD & Dyslexia. This enabled him to receive the appropriate treatment to support his growth and development. This was the beginning of our mission to provide accessible services, develop socially responsible practitioners and reduce stigma against mental healthcare.

*Name changed to protect identity

2017



Learning & Behavioural Difficulty programme for the orang asli community

Clarins We Care in Gombak Utara

AWE-SOME programme

To improve employability of youth with autism

Championed holistic community mental health

Safe Space Programme with CIMB Islamic Bank Berhad

ROAR Scholars Development Programme

with Hong Leong Foundation

2018



The first K.A.M.I. at PPR Seri Semarak & Sg Bonus

Adapted from the "Strengthening Families Programme" with support from Yayasan Hasanah

Piloted programmes with domestic violence survivors

with Women's Aid Organisation

Clinical-based trainings and workshops

2019



First Employee Assistance Programme (EAP) service
with a multinational aviation company

Kickstarted BRAVE Programmes

Fundraising campaign for Trauma-Informed Care Trainings

Consulted a TV show on Tween Mental Health Issues

with Astro Ceria

Launched BFM mental health advocacy shows

Because Feelings Matter and Mind Matters

Story 2 : The 16-Year Old that Looked 12

When Kumar* walked into the room, his height and physique looked like a 12-year-old boy. Imagine our shock to find out he was actually 16! We discovered he had a high Adverse Childhood Experience (ACE) score due to physical abuse, poverty and a history of mental illness in the family. High ACE scores have been proven to stunt a child's overall development. This was the pivotal moment in our journey to focus on Trauma-Informed Care practices.

*Name changed to protect identity

2020



Go Slow to Go Fast Festival

Month-long virtual festival to create awareness on mental health in the workplace for employees. Events included a forum by experts in the field, mindfulness workshops and empathy circles that ultimately reached 20,000 people.

Published 3 Research & Policy Papers

Socio-economic Impact of COVID-19 MCO on Women's Livelihoods in Selangor, Postpartum Depression, Workplace Wellbeing

2021



Transitioned to Thrive Well

A social enterprise focused on trauma-informed community mental health. We aim to become an impactful & financially sustainable organization with focused efforts on advocating systemic changes for mental health.

Started Jom Sembang: Psychotherapy for B40 Community

Under Yayasan Hasanah Special Grant

Expanded K.A.M.I. programmes

with Mah Sing Foundation

Our Direction

Moving with purpose in the same direction requires us to have a functioning compass and a clear map. Our vision serves as the compass that provides us with the direction towards becoming the leading Trauma-Informed Care expert in Malaysia. How do we get there? With a clear map, of course! The 'Strategy House' is the map that outlines the steps to achieve our vision. When a team moves as one, we can all thrive to greater heights.

Vision

To be the leading
Trauma-Informed Care expert in Malaysia

Mission

Nurturing
socially
responsible
professionals

Developing a
robust task-
sharing model

Inclusivity of
lived
experiences

Reducing
social
barriers

Improving
accessibility and
standard of care

Core Competencies

Clinical

Advocacy

Research

Empowerment

Values

Safety

Trust

Peer Support

Collaboration

Choice

Culture

Initiatives

Developing
internal TIC
competency

Building capacity
of primary service
providers

Codeveloping of
services with lived
experience
individuals

Expanding
partnership
networks

Digitalising
services

Our Services

Clinical Services

- Center Services
- Jom Sembang Programme
- Thriving Professionals Programme (Employee Assistance Programme)
- Building Resilience, Acceptance, Valiance and Empowerment (BRAVE) Programme
- Thriving Talents Programme

Advocacy

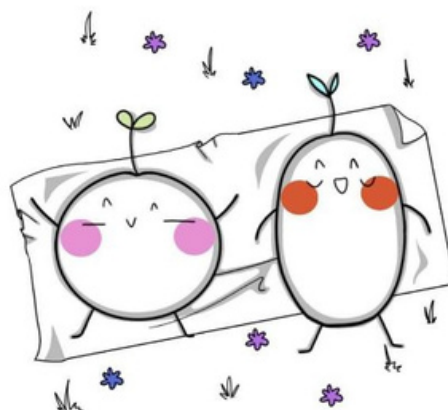
- Mental health awareness talks
- Mental health campaigns & events
- Thriving Communities Programme

Research

- Research on the impact of social determinants on mental health

Empowering Communities

- Corporate Social Responsibility (CSR) programmes
- Customised community mental health programmes
- Keluarga Akrab Mencapai Impian (K.A.M.I.) programme



Our People

Board of Advisors



Dr. Alvin Ng Lai Oon
Professor &
Associate Dean
(International),
Sunway University



Dr. Mahadir Ahmad
Senior Lecturer &
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*Universiti Kebangsaan
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Professor Sian Coker
Professor of Clinical
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*University of East Anglia,
UK*



Dr. Nicole Chen Lee Ping
Senior Lecturer
& Counsellor,
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& Clinical Psychologist,
*International Islamic
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Family Medicine Consultant,
*Pusat Perubatan Universiti
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Psychology,
*Management and Science
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Danial Idris
Creative Director,
DaddyWorks



Dr. Haniff Abdullah
Doctor in Psychiatrist
& Mental Health,
Ministry of Health



Dr. Kishwen Kanna Yoga Ratnam
Public Health Doctor,
National Institute of Health



Matthew Sia Choon Howe
Global Head of Order-to-Cash,
*Finance Shared Services Center,
Hitachi Vantara*

Leadership Team



Joanna Ibrahim
Chairperson



Ellisha Othman
Managing Director,
Clinical Psychologist



Ivy Tan
Clinical Consultant,
Consultant Counseling
Psychologist



Lim Chiao Kee
Director,
Transformation Office,
Provisional Psychologist



Dr. Leoniek Kroneman
Clinical Consultant,
Consultant Clinical
Psychologist



Cindy Chew
Director,
Community Development



Fenella Ting
Senior Clinical Manager,
Clinical Services,
Counselling Psychologist



Amalina Davis
Head,
Strategy and Advocacy



Mohararr Mohamed
Manager,
Clinical Services



Rozana Nordin
Manager,
People and Culture



Delima Mohd Khalid
Manager,
Community Development



Lee Ee Jing
Special Officer,
Strategy

Core Team



Thang Mee Yuen
Consultant Clinical
Psychologist,
Clinical Services



Liana Mohd Nawi
Senior Clinical
Psychologist,
Clinical Services



Athena Siew
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Clinical Psychologist



Anum Sofhea Mohd Fadzli
Senior Clinical Coordinator,
Clinical Services,
Clinical Psychologist



Chase Tan Yen Zhong
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Community Development,
Clinical Psychologist



Omar Ihsan Razman
Senior Programme
Coordinator,
Community Development



Matthew Lim Zi Xiang
Senior Programme
Coordinator,
Community Development



Nur Syahirunisa Hassan
Clinical Coordinator,
Clinical Services,
Provisional Clinical
Psychologist



Nursyazera Shamsul
Clinical Coordinator,
Community Development,
Provisional Clinical
Psychologist



Lian Jia Yie
Coordinator,
Clinical Services



Rae Hui-Min
Lead,
Digital Communications



ARTIST: Siti Kamariah Ahmad Subki

THEME: Resilience

"Trauma constantly confronts us with our fragility and ... also with our extraordinary resilience."

- Bessel Van Der Kolk

The Ginkgo plant is known for its endurance to weather the worst of storms. People, even at their very edge, can find that extraordinary strength to keep going. With accessible support and inclusive systems in place, it is possible to move forward and thrive from deeply traumatic experiences.

At Thrive Well, we work with our clients and communities to strengthen protective factors – to build resilience against life's many adversities. Using a trauma-informed lens in all areas of our work allows us to create a safer journey to healing.

CLINICAL SERVICES

Our Center

Our Center is the heart of our operations. Located in Bandar Utama, the Center consists of three therapy rooms to suit clients of varying demographics.

📍 L5-11, Wisma BU8, No. 11, Lebuhraya Bandar Utama, 47800 Petaling Jaya, Selangor, Malaysia

🚆 Bandar Utama MRT station + 10 minute walk

🚌 Bus PJ 543 to Center Point or Busses PJ06, PJ05 or T911 + 5-minute walk



Wisma BU8

We offer services for mental health screening and psychological assessments, individual & group psychotherapy, family & couple therapy, career assessment & counselling, as well as mental health training, workshops and talks.



Individual Room



Family Room



Childrens' Room

Our Center Clients

Our clients come from all walks of life and socioeconomic backgrounds. In general, a large demographic of our clients consists of females and young adults aged 21 - 40 years old.



4488 hours of therapy conducted



192 average clients per month

Client Testimony

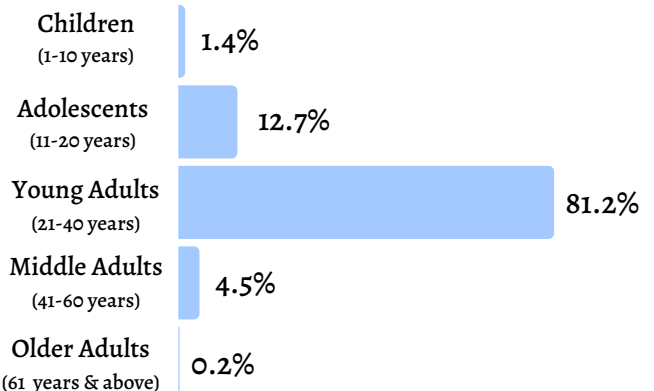
"Just comparing myself once I met her (the therapist) and now, it was a life-changing experience. It reminded me that I liked to write all the time... that I love music. It's not like I don't have it (struggles) anymore, but now I have the tools..."

Client Gender

21% Male

79% Female

Client Age

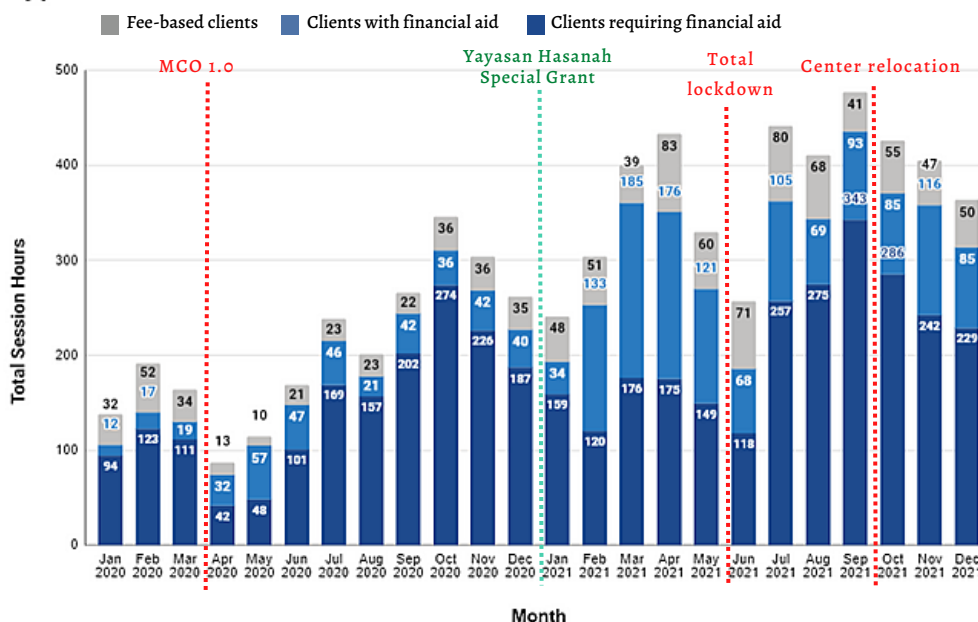


Triggered by the lockdown, the need for mental health care has soared. The number of individuals and families seeking our therapy services has increased three-fold. Through the generosity of our funders, we have been able to provide financial aid for 36.5% of our most vulnerable, at-risk clients through the Jom Sembang programme.

However, the demand for mental health services continues to rise dramatically and we are finding it urgent and necessary to increase this financial assistance to the remaining 63.5% who need it.

Mental health issues are complex and often hidden but the impact on the individual and family can be damaging for life if left unaddressed. Help us reduce the ravage caused by lack of accessible mental health support. We urge interested parties to invest in the recovery and future of Malaysians by funding the Jom Sembang programme.

Type of Client's Funding in 2020-2021



Jom Sembang Programme

Jom Sembang is a programme that offers Mental Health Psychosocial Support Services (MHPSS) with financial aid to high-risk populations. MHPSS is a professional service which might be beyond reach for a large chunk of the population; either due to economic reasons, lack of access to service providers or stigma towards mental health.

By providing financial aid, we hope to reduce one of the primary barriers to accessing mental health services and thus improve the help-seeking behaviours amongst the high-needs populations. When more people access mental health services the overall stigma against mental health should weaken.

Through the Jom Sembang programme, we have served multiple populations each with its own unique issues, but sharing a commonality - exposure to traumatic experiences. By using the Trauma-Informed Care approach, we are committed to helping our clients in their healing journey.

B40 Communities

The financial constraints and interpersonal conflicts exacerbated by the COVID-19 pandemic had a compounding effect on B40 communities.

With funding from Yayasan Hasanah & Ministry of Health, together with implementation assistance from SOLS 24/7 Foundation, we were able to provide financial aid for mental health services to those most affected in the B40 communities around Klang Valley.

High-Risk Population

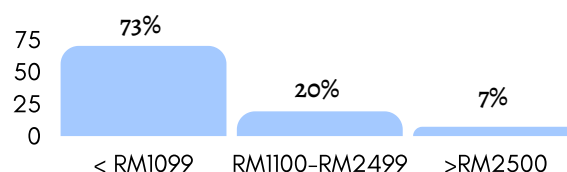
With the funding from Puak Payong, we provided financial aid for mental health services to 18 domestic violence survivors, unemployed individuals and B40 communities.

Beneficiaries' Demographics



96 beneficiaries received MHPSS

Beneficiaries' Income

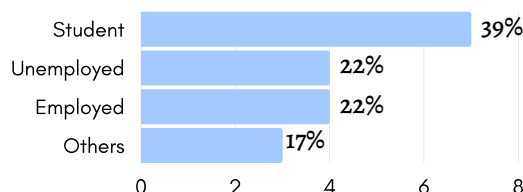


Impact



28.5% improvement in total DASS scores of participants (Depression, Anxiety & Stress Scales)

Employment Status



Impact



9.4% improvement in total DASS scores of participants (Depression, Anxiety & Stress Scales)

Thriving Professionals Programme

A survey done in 2020 across 50 cities worldwide highlighted the capital of Malaysia, Kuala Lumpur, to be the number four most overworked city in the world; behind Hong Kong, Singapore and Seoul (Getkisi, 2020). The conservative cost of mental health issues in the workplace to the Malaysian economy in 2018 is RM14.46 billion or 1% of GDP (RELATE Malaysia, 2020).

Our Thriving Professionals Programme is an employee assistance programme designed to increase the performance of employees and subsequently build resilience within the organisation. It is developed using the Trauma-Informed Care framework to suit a company's needs based on the level of readiness for change and/or employees' mental health literacy.

We are pleased to have served different types of companies over the years, from corporates to multi-national companies, to Small Medium Enterprises and Non-Government Organisations.

Industries served :

-  Aviation
-  Education
-  Entertainment
-  Insurance
-  Manufacturing
-  Cleaning Services

Services offered :

- Individual Consultation
- Management Consultation
- Workplace Wellbeing Assessment
- Organisation's Mental Health Strategy Review & Consultation
- Webinars / Training / Workshop

↳ Topics:

- Conflict Resolution
- Working from Home
- Know your Boundaries
- Stress Management



Did you know?

29% of Malaysian workers have poor mental health.

Business costs associated to mental health is equivalent to 3.78% company annual gross output (RELATE Malaysia, 2020)



Scan here to listen to a podcast on the experience of our Thriving Professionals Programme!

Client Testimony

"Top notch professionalism, our agents appreciate the workshop conducted by (the trainer). On topic, on what we requested for and more that are related to our work and approach to students and families."

References

1. Kisi (2020) *Cities With the Best Work-Life Balance 2020*, <https://www.getkisi.com/work-life-balance-2020#table>
2. RELATE Malaysia (2020) *Workplace Mental Health: The Business Costs*, https://relate.com.my/wp-content/uploads/2020/02/WorkplaceMentalHealth_FA_17022020_BW.pdf

BRAVE Programme

The Building Resilience, Acceptance, Valiance, and Empowerment (BRAVE) programme was designed to provide front-line professionals from various industries such as healthcare and customer-oriented services with the Trauma-Informed Care approach. This training is conducted through workshops, case consultations, lectures and discussions, role play, and practical exercises over a span of 2-3 days.



BRAVE aims to develop better understanding on the trauma-informed approach and the impact of trauma on human development. It improves the quality of care and services when professionals are equipped with effective and respectful techniques while interacting with high-risk individuals.

The four core tenets of Trauma-Informed Approach proposed by SAMHSA* are;

Realise
the widespread
impact of trauma



Recognize
how trauma
affects individuals



Respond
by integrating knowledge
about trauma into daily
practices



Resist
re-traumatisation
through developing
resilient systems



*Substance Abuse and Mental Health Services
Administration, a branch of the U.S. Department of
Health and Human Services

Participant Testimony

"Comprehensive, Insightful, Interactive. I learnt tremendous knowledge to conceptualise what is trauma, how to provide trauma-informed care, crisis communication, crisis management, self-compassion and grounding techniques. It can be quite heavy and overwhelming to learn so much but Thrive Well did it well by providing breaks, Q&A, short exercise."



ARTIST: Siti Kamariah Ahmad Subki

THEME: Optimism, Finding Solutions, Connecting the Dots

"Connectedness has the power to counterbalance adversity."

- Bruce Perry

Through our work, we focus to strengthen relationships people have with themselves and the wider society.

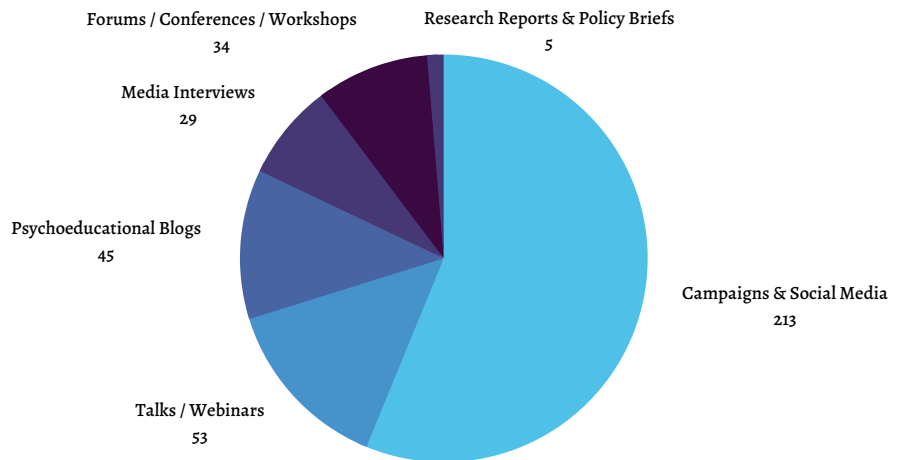
Shared feelings of struggles, failures and triumphs will build that foundation of connection - creating a sense of belonging, togetherness and safety.

We must not underestimate the power of healthy relationships to heal past traumas, to build resilience and to thrive in one's life.

ADVOCACY

Talks, Workshops, Forums

Advocacy is an essential component to raise awareness and destigmatise mental health at all levels of society. It takes on many different forms, from mass public campaigns to media interviews to public policy recommendations.

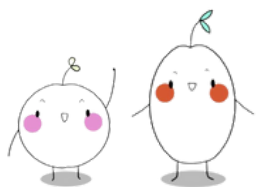


In 2021, our advocacy efforts centred largely around public campaigns, social media, talks, webinars and blogs. The pandemic has raised awareness of mental health and the importance of maintaining mental wellbeing. Therefore, our advocacy focus is now to ensure accurate information is being made available and accessible.

Women Warriors in Mental Health



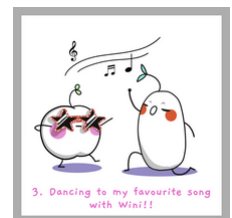
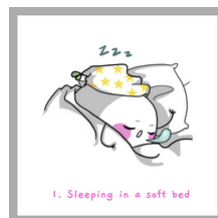
Mental health is one of the few industries that are led by women. To honour that, Thrive Well spearheaded the media campaign for International Women's Day 2021. Alongside other mental health social enterprises and NGOs such as MIASA, our work were featured across multiple media channels including newspapers, online news channels and social media pages.



Tini & Wini



Scan here to view
more of Tini & Wini!



The Talking Walnuts Comic Series features daily mental health-related issues using the illustration of two characters: Tini & Wini.

The aims of the series are to deliver important messages to improve one's everyday mental health in an easily digestible way. By using illustrations, it helps make conversations about mental health easier and less intimidating.

Shows & Podcasts



In collaboration with BFM Radio, we produce monthly and bi-monthly shows highlighting different aspects of mental health to the public.

Mind Matters

Mind Matters is a bi-monthly series on BFM's Health & Living segment, which explores mental health issues, challenges, and care provision at all levels. The coverage of issues include the clinical and policy perspective, community support, as well as lived experiences related to mental health issues.



Mental Health Support for B40 Communities, 29 June 2021

- Cindy Chew Mei Lien (Community Development Director, Thrive Well)
- Anita Ahmad (Lead for Community Development, Yayasan Hasanah)
- Ms Ching (Jom Sembang beneficiary)



How Does the Built Environment Impact Your Mental Health? 12 October 2021

- Ellisha Othman (Managing Director, Thrive Well)
- Uta Dietrich (Senior Manager, Lead Social Resilience)
- Jane Leong (Director of Group Strategy & Operations, Mah Sing Group & Foundation)

Because Feelings Matter

Every mental health struggle has a story behind it. Because Feelings Matter is a short series that brings you the stories of people and their mental health issues. It aims to normalise conversations about mental health, and to show that it's okay to struggle, but most importantly, to reach out for help.



Living with ADHD, 24 August 2021

Chung Bhin Han
(Former Advocacy Coordinator, Thrive Well)



I'm Not A Bad Person, I Just Have Borderline Personality Disorder

23 November 2021

Villy Juis

Scan here to check out the shows & podcasts!



Being part of a coalition elevates and amplifies our voice as an advocate, and can show the true value of an issue across different parts of the same spectrum. For a relatively novel topic like mental health in Malaysia, the voice of a coalition is essential. Thrive Well is a member of two coalitions in Malaysia;

- National Coalition of Mental Wellbeing
- National Alliance of Mental Health, *Lead for Research & Policy*

Coalitions



Our Strategy Retreat with the Community Development team just before Chinese New Year celebrations!



Catching up with K.A.M.I. Juara and Sembang participants from PPR Seri Semarak.



Our K.A.M.I. team at the Community Centre in Taman Bukit Subang, Seksyen U16, running a Meet & Greet with K.A.M.I. Juara kids!



Our Clinical and Center Services team brainstorming to improve our therapy services at Thrive Well.



Go Slow to Go Fast Festival opening show hosted by Asha Gill featuring Ellisha Othman, Azran Osman-Rani and Meriza Mustapha.



Ellisha telling us the Thrive Well story as we build our action plans and strategies for 2022.



Running a workshop on Childrens' Rights to Education.



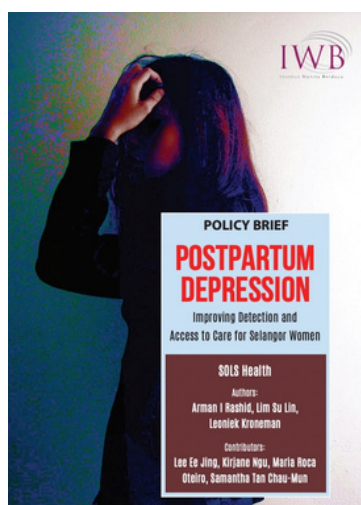
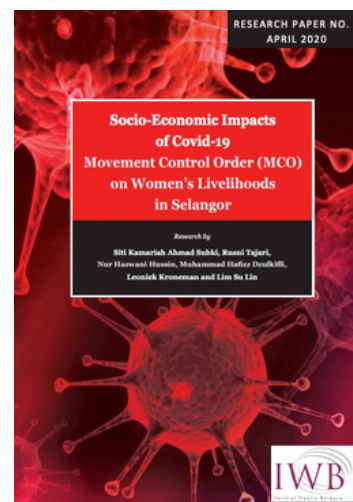
Going through a few simple anxiety management techniques at one of our programme sites.

RESEARCH

Research is a powerful tool to help us better understand the community mental health field in Malaysia, develop solutions for it and lobby policymakers for change. We incorporated our research efforts in supporting Thrive Well's programmes; such as analysing the efficacy of programmes & services delivered and conducting workplace wellbeing survey to the working population in Klang Valley to understand employees' needs. As one of our key pillars, Thrive Well has published two research papers and one policy brief from 2020 to 2021.

This study examined the socio-economic impact of the government's Movement Control Order (MCO) due to the Covid-19 pandemic on women's livelihoods. The study was conducted on women in Selangor in the second week after the MCO was announced. We launched an online survey in Bahasa Malaysia, English, Mandarin and Tamil through various social media platforms.

Partner: Institute Wanita Berdaya



This study is to identify barriers impeding detection and treatment of Postpartum Depression (PPD) amongst the women in Selangor. We adopted a mixed method quantitative-qualitative approach for data collection based on a multilingual public survey, focus group discussions with urban and rural participants, and semi-structured interviews with women who experienced PPD.

Partner: Institute Wanita Berdaya

Jom Sembang was undertaken with funding from the Hasanah Special Grant (HSG) launched by Yayasan Hasanah in partnership with the Ministry of Finance Malaysia to provide mental health and psychosocial services for 96 clients in total. This project gained valuable insights into challenges affecting individuals from B40 communities during the pandemic, alongside their sources of support and help-seeking behavior.

Partner: Yayasan Hasanah



Scan here to check out
the full reports!

COMMUNITY DEVELOPMENT

Our Community Development team works to implement community mental health care among different populations; focusing on B40 groups in low-income housing (Projek Perumahan Rakyat - PPR) in Klang Valley. Modelled after the Strengthening Families Programme by Dr. Karol Kumpfer to provide skills training within families, we developed the K.A.M.I. Program - Keluarga Akrab Mencapai Impian.

Designed to serve and strengthen the family unit and one's immediate community, K.A.M.I. aims to increase the protective factors of youths surrounded by adversity. It also provides parents with ways to care for their own mental health and that of their children. K.A.M.I. takes the approach that concerted efforts from the family and surrounding community are essential in providing effective support and protection for vulnerable children and youths.

Thrive Well believes in providing communities with skills and support to last a lifetime. K.A.M.I. demonstrates that mental health care is more than one-on-one therapy. It is the daily collective efforts of ourselves, the people around us and surrounding spaces to provide the support we need to thrive.

K.A.M.I.

Designed for families, K.A.M.I. consists of up to 10 sessions of skill practice and training to improve family relationships through bonding, healthy communication, emotional-wellbeing and more.



K.A.M.I. Juara

Catered to youths aged 12 to 17 - this programme explores topics such as emotional regulation, decision making, building self-esteem and conflict resolution. Participants also learn to identify certain issues within their community, propose solutions and learn how to pitch their solutions to invested stakeholders.



K.A.M.I. Sembang

Aimed at adults and parents – this programme is designed to function as a peer support group, covering topics such as healthy communication within the family, stress management and locus of control.



K.A.M.I. Cilik

A series of introductory workshops on topics such as Identifying Emotions and Emotional Regulation for children aged 8 - 11 years old. Briefings or consultations for parents / caregivers of young children are also part of this programme.



K.A.M.I. Bersama

Otherwise known as our Community Mental Health Days - K.A.M.I. Bersama aims to raise awareness among the wider public in a community about mental health care and ways to support each other. K.A.M.I. Bersama can take the form of carnivals, wellness days, care package distributions and more.



Mental Health & Psychosocial Support Services

We offer a limited number of counselling hours for K.A.M.I participants or related community members to seek further mental health support should they need it. This can be done in the form of group therapy, individual therapy, assessments and more.



Participant Testimony

"Saya lakukan tarik pernafasan dan progresif otot relaksasi bersama anak-anak. Anak-anak suka bila diberi pujian dan ganjaran. Perubahan yang saya nampak ialah anak-anak mendengar nasihat dan arahan, berdisiplin dan buat kerja sekolah sendiri. Mereka buat kerja rumah bersama-sama tanpa disuruh".
- NM

Participant Testimony

'Kak dapat mengawal diri dlm berdepan dgn setiap tekanan melalui teknik2 yg dipelajari dalam program ni.'
- Puan S

 **834**
Participants

→ 498 adults
→ 336 youths

 **5**
B40 communities

→ PPR Seri Semarak
→ PPR Sg Bonus
→ PPR Hicom Shah Alam
→ PPR Lembah Subang
→ Taman Bukit Subang, Seksyen U16



11 Community projects

Topics across the projects:

- Emotional regulation
- Stress and coping techniques
- Locus of control
- Decision making
- Healthy communication and social skills
- Maladaptive behaviour

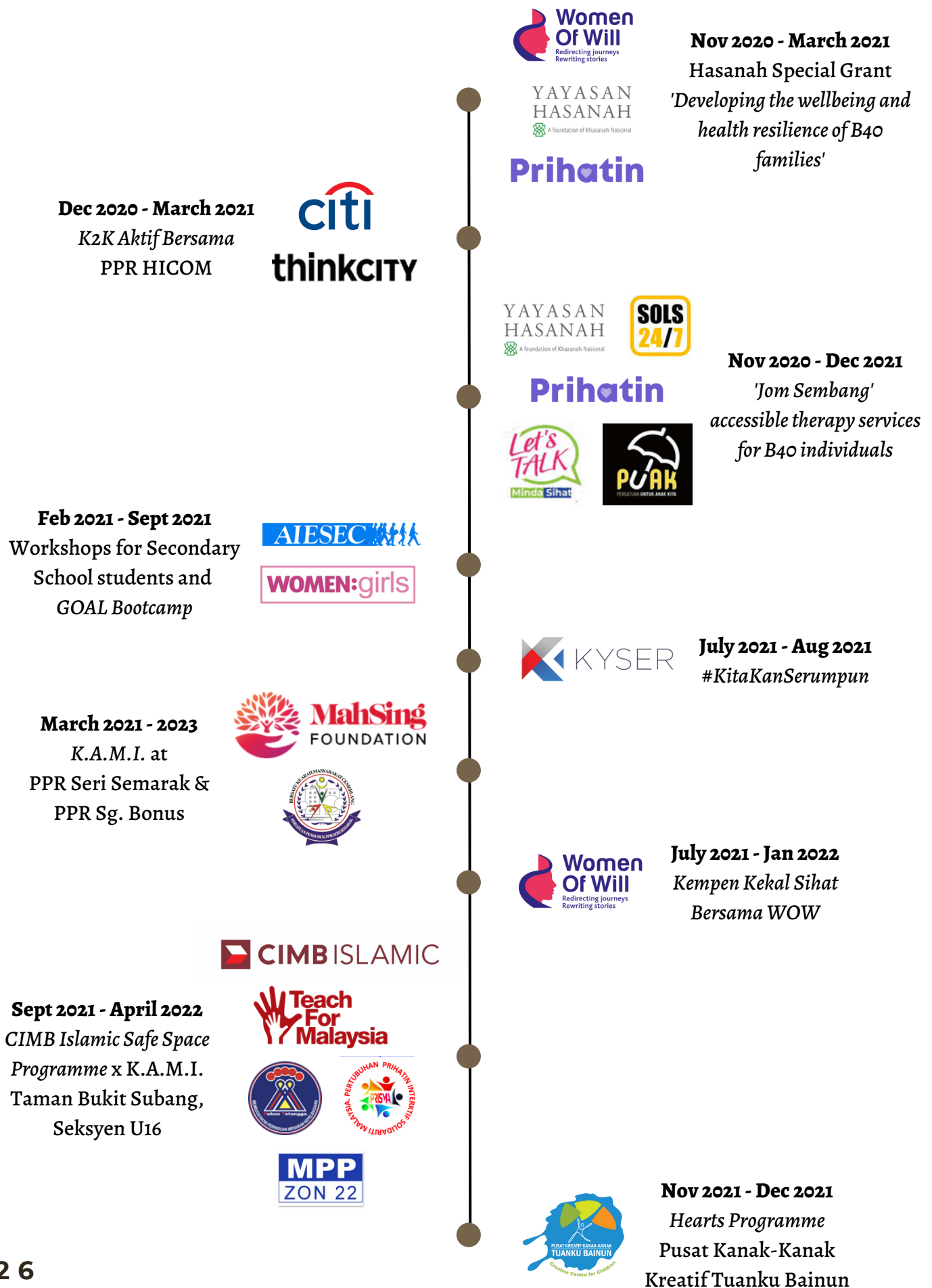
Assessment tools used:

- Brief Resilience Scale
- WHOQOL - BREF (World Health Organisation Quality of Life)
- General Self-Efficacy Scale
- Social Self-Esteem Scale



832
Hours of community projects

Timeline of Community Projects



Capacity Building

Community Mental Health applies to the Thrive Well community too! Everyone who walks through our doors is trained and exposed to topics and practices such as Trauma-Informed Care, Adverse Childhood Experiences, Psychological First Aid and more. We hope that by building the capacity of our interns, volunteers, and clinicians and giving them full exposure to working with various communities on mental health issues - our reach of mental health awareness will continue to multiply wherever they go after their time with us.

Clinicians

Building the next generation of clinicians is a worthy task, one we are honoured to be part of. In partnership with local public and private universities, we provide structured clinical supervisions and training to budding clinical psychologists and counsellors.



11 Clinical psychologist trainees
13 Counsellor trainees



Trainee Projects:

- Peer Support Group
- Career Assessment



45 Training hours
78 Supervision hours



Training Types:

- Trauma-Informed Care
- Working with Refugees
- Crisis Intervention Call
- Working with Grief & Loss

Volunteers

Our team of volunteers consists of working professionals and students from all walks of life. They support the core functions of Thrive Well through their roles in project coordination, research and advocacy, communications and facilitating training sessions. Volunteers are invited to attend all case conferences and internal trainings to build multi-disciplinary skills and network with our alumni and partners.



40-50
Interns and volunteers
trained in 2021



Trainings provided:

- Microsoft Word
- Design Thinking
- Psychological First Aid
- Community Mental Health

What's Next?



Clinical Services

- Build clinical expertise surrounding trauma & grief
- Serve high-needs populations within the front-line professionals from various industries such as healthcare and customer-oriented services

Advocacy

- Advocate for Trauma-Informed Care at varied sectors such as education, social development, healthcare, and corporates

Research

- Incorporate the Adverse Childhood Experiences (ACEs) framework in clinical & community services

Empowering Communities

- Expand K.A.M.I. to other high-needs communities and schools
- Develop syllabus on Community Mental Health 101 to be implemented at tertiary level

Work With Us!

	Thriving Communities	Thriving Professionals	Thriving Talents	BRAVE	K.A.M.I.
Objective	Brand organisation as mental health champion	Improve employee wellness within the organisation	Develop mental health leadership	Train front line professionals in TIC approach	Champion community mental health
Target Beneficiary	Public	Employees	Youth / scholars	Employees in primary service sectors	Communities
Details	<ol style="list-style-type: none"> 1. Title presenter for Talk Series 2. Sponsorship for mental health events / roadshows 	<ol style="list-style-type: none"> 1. Wellness talks / events 2. Group training / workshops 3. Workplace wellness assessment 4. Group mental health screening 5. Therapy 6. Train mental health champions 7. Consultancy & advisory 	<ol style="list-style-type: none"> 1. Mental health talks / events 2. Group workshops 3. Group mental health screening 4. Support groups 5. Individual therapy 6. Train mental health champions 7. Consultancy & advisory 	<ol style="list-style-type: none"> 1. Advocacy talks 2. Group workshops 3. Organisational TIC assessment 4. Group consultation 5. Individual therapy 6. Consultancy & advisory 	<ol style="list-style-type: none"> 1. K.A.M.I. programmes 2. Mental health screening 3. Community mental health days 4. Awareness initiatives

Appreciation

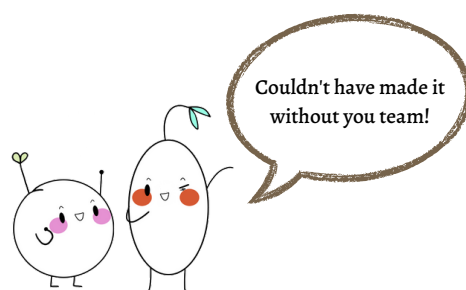
Clinical Services

Abigail Lim
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 Adriana Nicole Dong Hui Yee
 Afaf Omar
 Aida Farhana
 Aishah Mohd Hydzar
 Aishath Meheryna
 Aisya Nadia Musa
 Ann Shereen Sathishta Kumari
 Anushea A/P Sudhakaran
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 Chin Xiu Li
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 Hee Sze Yun
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 Michelle Choong Poh Kin
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 Ng Kai Lin
 Ng Sze Yin
 Nur Amni Aqilah Mohamed Izam
 Nur Sabariah Romeli
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 Putri Nurain Shazana
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 Tan Qin Ru
 Tan Su Chen
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 Tan Ying Xuan
 Tang Zie Yee
 Ting Pei Lim
 Vera Pillai
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 Wan Nada Marhamah Wan Abd Razak
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 Tan Jun Chuen
 Teeneswary K Jayamaran
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 Yap Zhi Seng
 Yessenia Argudo

People & Culture

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 Gan Han Yang
 Lim Pek Kei
 Lim Trish Sha
 Maheswari Thanapalasingam
 Ong Soo Fen
 Wong Siew Woon

Our Partners

Thank you to our partners for their continuous support in making our work possible.

Funding Partners

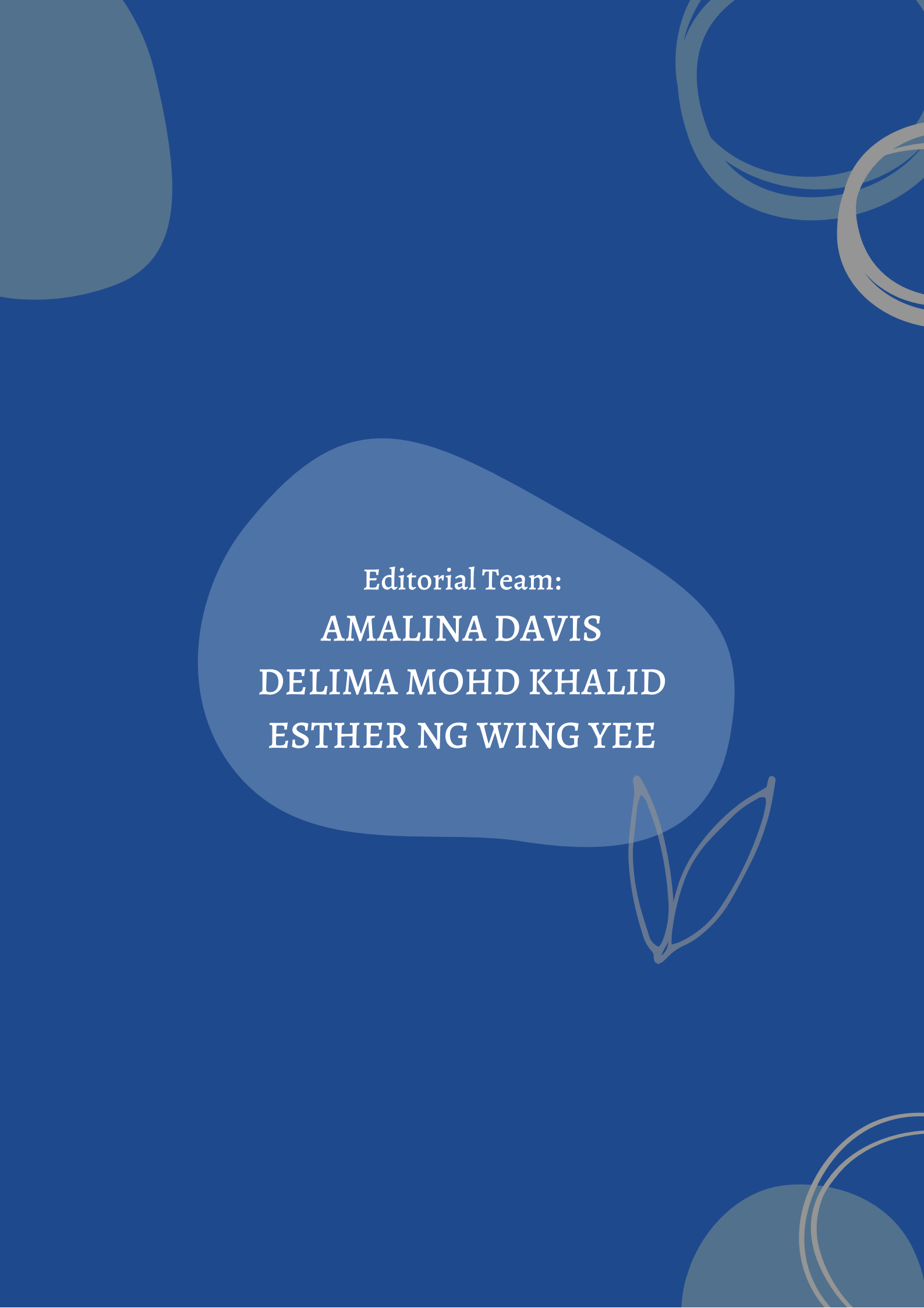
Research & Advocacy Partners



Clinical Partners

Community Partners




The background is a solid dark blue. It features several abstract, organic shapes in a lighter blue shade. In the top left, there is a large, rounded shape. In the top right, there are two overlapping circular outlines. In the center, a large, irregular organic shape contains the text. In the bottom right, there are two overlapping circular outlines and a line-art illustration of two leaves.

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