

**Press Release – In Commemoration of World Mental Health Day 2022**

## **Pay-For-Success project by CARE Singapore and Tri-Sector Associates to bolster youth mental health**

SINGAPORE — Mental health is a growing challenge in Singapore, with recent studies revealing that youths have the highest lifetime prevalence of mental illnesses among all age groups. Nonetheless, research has shown that preventive interventions can help youths manage their mental well-being and avoid or delay the onset of mental illnesses. Such interventions also help to alleviate the growing strain on manpower and resources in the healthcare, education, and social sectors, among others.

The Singapore government has been actively encouraging community participation in supporting youth mental wellness via the SG Mental Well-Being Network. Responding to this call, Children-At-Risk Empowerment Association (“CARE Singapore”) has developed Project X-CITE, a community-based well-being programme that aims to improve youths’ long-term mental well-being through equipping them with well-being management skills and mentoring support. The project also aims to develop a network of trained volunteers who can mentor and support youths (aged 15 – 25) in their mental well-being journey, thereby strengthening the broader mental health ecosystem.

Under Project X-CITE, youth participants will undergo a 10-month programme during which they will meet regularly, in small groups based on shared experiences. Together, they will learn about and discuss topics relating to mental well-being, develop skills and set goals relevant to these topics, and build relationships with fellow participants. These sessions will be facilitated by volunteers who would have first undergone training at the start of the programme. CARE Singapore will also organise experiential activities, volunteering engagements and networking sessions, to further inculcate well-being skills and promote social relationships among youths.

Project X-CITE is designed as a cross-sector partnership where resources and expertise will be drawn from across the public, private and non-profit sectors to help the programme succeed, using an innovative “Pay For Success” model, also known as a Social Impact Bond. Upfront Funders with mandates in youth development and mental wellness have come together to provide investment to implement this intervention. Beyond funding, the Upfront Funders will also provide capacity building support in the form of expertise, networks, and resources to support CARE Singapore in optimising the programme. Outcome Funders will release success payments if successful outcomes can be demonstrated through this project, as rigorously measured by an independent evaluator. Tri-Sector Associates is collaborating with CARE Singapore to structure the Pay For Success project.

Both Johnson & Johnson Foundation US and the National Youth Council (NYC) are Outcome Funders of the project. The NYC will be tapping on the National Youth Fund to fund the project based on the outcomes achieved and further assessments. The details of both partnerships will be released at a later date.

In the long-term, CARE Singapore aims to take Project X-CITE to scale by delivering the programme to more youths across Singapore and widening the pool of trained facilitators. This will help CARE Singapore achieve its long-term mission of helping youths succeed, and is in keeping with the Singapore government’s push to strengthen services and support for youth mental health well-being.

**Dr John Tan, CARE Singapore's Executive Director, said:**

We, at CARE Singapore, are thankful for this opportunity, to generate long-term impact. We believe the overall wellbeing of youths, particularly young adults in this case, can be boosted when they are, and remain, connected to other individuals who are able and willing to be of help.

**Mr David Chua, National Youth Council's Chief Executive Officer, said:**

“Mental well-being is one of the top concerns among young Singaporeans. At the National Youth Council, we have stepped up efforts to support more ground-up initiatives led by youths on mental health. We are happy to support Project X-CITE through the National Youth Fund to empower more youths to champion causes that benefit the community.”

**Mr Kevin Tan, Tri-Sector Associates' Chief Executive Officer, said:**

Tri-Sector Associates is proud to be working with CARE Singapore and other partners to leverage the Pay For Success model for this project. With Project X-CITE, we aim to showcase the ways in which Pay For Success allows the government, private and people sectors to work closely together to deliver effective solutions, forming a new way to complement existing efforts in tackling complex social problems.

For further information, please contact:

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### **About the partners**



Tri-Sector Associates is a social enterprise dedicated to finding new ways for society to work together to solve the hardest social problems.

We believe that the Asia-Pacific region has a tremendous opportunity for social innovation. Many countries across the region are experiencing unprecedented change in a single generation. With this change has come incredible wealth, but also unique social challenges that cannot be solved by any one actor alone. The only way to solve these challenges is if the whole of society can put its minds and hands together in an effective way.

We specialize in creating effective methods of cross-sector collaboration, such as the Pay For Success mechanism. We draw from the latest data analytics and impact investing tools across the world and combine this with deep local knowledge from leaders in the people, private, and public sectors in the Asia-Pacific. We thereby hope to unlock a new wave of social innovation that will measurably improve the lives of those in need.



CARE Singapore is a youth-focused charity dedicated to making sure young people, especially those at-risk, receive the support needed to grow up right and achieve their potential in life. CARE Singapore employs a series of data driven approaches and involves family, schools and their social network, viewing them as 'Youths with Problems' and not 'Problem Youths'.

Focusing their resources for impact, CARE Singapore layers their interventions with support to Mental Health issues and creates a safe environment where help can be given.

Since starting up in 1997, CARE has helped over 30,000 youths, trained over 3,000 teachers & parents, and generated over 130,000 volunteer hours for over 6,000 volunteers