

# MELROSE HOME

Melrose Home forms part of Singapore's out-of-home care sector. It is a residential home for children and youths (6-21 years old) who are experiencing adverse family circumstances or child protection issues, such as physical, emotional, psychological and sexual abuse.

Out-of-home care is usually seen as a last-resort, temporary arrangement, until it is safe for the children and youths to return home to their families. As a result of the abuse they have experienced, residents struggle with trauma symptoms that have not been adequately addressed. We create a care environment that increases our residents' sense of safety, resilience and capacity to be empowered, independent and collaborative individuals.

## OUR WORK

### OBJECTIVES

- Develop our residents' internal resources and resilience needed to adopt flexible thinking and function independently
- Build relationships through increasing empathy for one another, increasing relational connectedness with peers, the Melrose Home team and the community
- Enhance structures and routines to increase residents' sense of predictability, familiarity and safety in the Home

### IMPACT

- Increase proficiency in adaptable thinking, planning, self-monitoring, self-control, working memory, time management and organization
- Gain a sense of self-worth and accomplishment and reduce the impact of severe trauma
- Improve school attendance, longer attention span, strengthen peer relationships and achieve better mental health outcomes

### ROUND-THE-CLOCK CAREGIVING & SUPERVISION

Our Guidance Officers:

- ensure that residents' nutritional, academic, social and emotional needs are met
- use trauma-informed strategies in their interactions with residents
- nurture and mentor residents

### CASEWORK & COUNSELLING

Our case workers:

- conduct trauma screenings and assessments to understand residents' trauma history and symptoms
- develop care plans to support the reunification of residents with their families
- address child safety concerns and develop a safety network of informal and formal support systems for residents

### RESIDENT-CENTRIC PROGRAMMES & SUPPORT ACTIVITIES

The programmes and support activities aim to:

- build resources and resilience
- build relationships
- enhance structure and routine in our residents' lives

## ANCHOR PROGRAMMES

### MELROSE HEROES

- 1-year life skills programme designed to raise awareness of issues surrounding independent living and young adulthood in residents
- Implemented across all ages (primary, secondary and tertiary educational levels), and curriculum is adapted to the residents' developmental stages
- Programme is delivered by residential care staff and takes place once a month

#### The curriculum includes topics such as:

- Discovering Self: Knowing yourself
- Developing a Personal Safety Plan
- Managing Personal Finances
- Preparing for Employment  
(Introduction to the working world, preparing a resume, preparing for interviews)

#### How you can help:

- Provide half-day employment exposure talks or job shadowing opportunities for our residents
- Contribute and fund the operational and manpower costs needed to deliver the programme

### CAS INDEPENDENT LIVING PROGRAMME

- 2-to-3-year programme to help older youths (aged 17 and above) become productive adults who can be responsible for themselves, make independent decisions, become self-sufficient, independent and contribute to the community in a meaningful manner
- Supplemented with a Housing Programme for youths with little or no family support, where residents will move into an apartment in the community, and co-pay the rent

#### We support their growth and development in the following areas:

- Educational attainment: Provide support to achieve at least a tertiary education qualification
- Financial literacy: Provide avenues to encourage saving habits and develop money and debt management skills
- Income and work status: Encourage job-seeking skills through part-time jobs, internships or full-time employment
- Develop other life skills: Develop food management, healthcare, housekeeping, emergency and safety skills, sexuality education, problem-solving skills and interpersonal skills

#### How you can help:

- Provide study grants, awards or sponsorships for youths who are full-time tertiary students
- Provide financial literacy education
- Provide workshops like cooking or education on housing-related matters (e.g. knowledge of basic terms and their implications in renting/purchase of flats)
- Contribute to our older youths' savings to create a financial buffer
- Contribute and fund the operational and manpower costs needed to deliver the programme

## ANCHOR PROGRAMMES

### ACADEMIC SUPPORT PROGRAMME

- Aims to raise social mobility and reduce inequality through the provision of personal professional tutoring that is conducted weekly or twice a week
- The programme engages full-time, committed, reliable and nurturing adult tutors who are able to read the child's mental status and adjust the lesson and their interactions accordingly

One of the significant impacts of child abuse established by international studies of children in residential care is a higher risk of failing and dropping out of the formal school education system, and we witness this with the residents in our Home. Through the Academic Support Programme, we hope to give our children and youths a leg up in their studies by linking them up with professional tutors.

#### The programme aims to:

- Increase proficiency in planning, self-monitoring, working memory, time management and organisation
- Increase the resident's capacity for critical thinking, numeracy and literacy

#### How you can help:

- Contribute and fund the tuition fees for our residents in Melrose Home

### THERAPY FOR RESIDENTS

- We provide therapy for residents, with the aim to promote healing from trauma
- Melrose Home taps on trauma-informed and trauma-focused services from Melrose Care and brings in other vendors to support the therapeutic needs of our residents
- An average of 16 to 23 sessions of therapy conducted per resident to promote healing and post-traumatic growth

Residents in Melrose Home have experienced a number of adverse childhood experiences. Research has found that this exposure leads to an increased risk of developing chronic diseases and behavioural challenges, including obesity, depression, and alcoholism. In general, the more exposure to adverse childhood experiences, the higher of negative outcomes.

To mitigate the effects of this, the residents need access to therapy and counselling that help resolve emotional and behavioural difficulties associated with their traumatic experiences, develop trauma resilience, increase their stress tolerance capacity, and prevent further trauma reoccurrences.

#### How you can help:

- Contribute and fund therapy fees for our residents in Melrose Home

## OTHER MELROSE HOME ACTIVITIES

### RESIDENT-CENTRIC ACTIVITIES


Melrose Home organises around 180 to 200 activities for residents in a year which include:


- Workshop on Boundaries and Healthy Relationships
- Outdoor activities such as camps, visits to places of interest
- Art and Craft Workshops
- Robotics Workshops
- Science, Technology, Engineering and Mathematics (STEM) workshops
- Dance workshops
- Sports clinics/workshops such as kayaking, basketball, soccer


#### How you can help:

- If you have a specialised skill or training in any of the above areas, you may wish to offer your services to conduct the workshops for our residents.
- Contribute and fund the fees needed for these activities for our residents in Melrose Home


## GET IN TOUCH WITH US!

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