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DayOne Factsheet

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1. Programme Details

Programme Name	DayOne Phase II
Programme Duration	2025 – 2028 (3 years)
Project Support	DayOne Phase II will receive \$4m in funding support from the Lien Foundation.
Partners	• Lien Foundation • KK Women's and Children's Hospital, Department of Child Development (KKH DCD) • AWWA • Allkin Singapore
Overview	The DayOne programme was established as an innovative comprehensive service to support the psychosocial and mental health needs of parents of children with developmental needs. This service provides mental health screening for parents as soon as they receive a diagnosis that their children have developmental needs. This ensures that parents receive timely support which reduces the risk of mental health concerns escalating. As these parents are at an increased risk of experiencing mental health concerns, DayOne Phase I introduced structured screening for their psychosocial and/or mental health needs at the emotionally challenging milestone when their preschool child begins the journey of developmental assessment and support at KKH DCD. In Phase II, DayOne will see an expansion of the hospital-based mental health programme into the community through AWWA Early Intervention Centres in Hougang and Lorong Napiri and the Mental Health Service at Allkin Singapore, improving accessibility and sustainability of care. Further to this, the programme will introduce upskilling and task-shifting within KKH DCD, transitioning selected mental health support roles from psychologists to medical social workers. Additionally, KKH DCD will pilot parent-child relational interventions, acknowledging the interconnected well-being of parents and children and aiming to deliver integrated support for

	developmental and mental health needs. The overarching vision of DayOne emphasises improved well-being for all parents of children with developmental needs. It recognises the importance of promoting the well-being of parent-child dyad. It employs the life-course approach that addresses healthcare at critical life phases of both the parent and child. Addressing the mental health challenges faced by parents of children with developmental needs is crucial because their well-being affects the child's treatment outcome, and vice versa.
Dates	Phase I Dates: May 2022 - Apr 2024 Phase II Dates: February 2025 - February 2028
Focus of Phase I	The initial phase focused on understanding the extent of the mental health and psychosocial needs among parents of children with developmental needs and the establishment of a model of care to address those needs.
Phase II Enhancements	Phase II aims to explore scalability and sustainability. Key enhancements include: • Trialling a simplified screening process • Task-shifting by training KKH DCD Medical Social Workers (MSWs) to provide mental health interventions • Psychologists to introduce relational interventions to improve dyadic relationships between parent and child • Upskilling Care Coordinators to provide guidance on coping and managing stress and anxiety • Embedding the model into AWWA • Referring parents with severe mental health needs to Allkin Singapore
Added Data	• KKH handles the largest caseload of around 5,000 cases of children with developmental needs annually. • Families of children with developmental needs can look forward to more customised and affordable Early Intervention (EI) services to maximise their children's potential. These enhancements are expected to benefit at least 4,500 children and their families each year and build on the efforts of the Third Enabling Masterplan. • AWWA serves 1,350 children annually. Of these children, 450 are served at its cluster of EICs at Hougang and Napiri that is piloting DayOne. • Allkin's Mental Health Service (MHS) team serves about 3,000 clients annually through its community-based mental health teams. About 35% of these clients are supported through psychosocial and therapeutic interventions.

2. Quotable Quotes

“DayOne integrates 3 government-funded services, namely the DCD, EICs, and community mental health services, making each more effective and efficient than if they work in isolation,”

— Mr Ng Tze Yong, Programme Director, Lien Foundation

“Parents play a fundamental role in the caregiving journey of their children, especially for those with developmental needs. By embedding mental health support for parents where it is most accessible to these families in the community through AWWA and Allkin, we want to create a scalable, sustainable model in the long term. This includes enhancing the role of our Care Coordinators and leveraging the broad-based training of medical social workers to equip more allied health professionals with skills to provide structured mental health support”

— Associate Professor Lourdes Mary Daniel, Senior Consultant, Department of Child Development, KK Women’s and Children’s Hospital and Programme Director of DayOne.

“Parents of children with developmental needs often prioritise their child’s well-being over their own. By working closely with KKH and EICs, we’re ensuring that mental health care follows them beyond the hospital and into their homes and communities. Our Mental Health Service teams aim to support this emerging group of caregivers because parents’ mental well-being forms the foundation of a child’s growth. It’s about building continuity of care and showing parents that support is not only available, but within reach.”

— Mr Fareez Fahmy, CEO, Allkin Singapore

“Caregiver support has always been at the heart of AWWA’s work, from starting Singapore’s first Centre for Caregivers, to embedding caregiver support in all of our services across age groups today. As the needs of our community evolve, we must continue to strengthen our response. Through DayOne Phase 2, we are deepening our focus on mental health, ensuring that caregivers of children with developmental needs receive the support they need, early and consistently. When caregivers are well-supported, children thrive, families grow stronger, and communities become more inclusive.”

— Mr J R Karthikeyan, CEO, AWWA

“The Care Coordinator from the DayOne programme has such a comforting and warm demeanour, which immediately put me at ease. She was extremely attentive, compassionate, and proactive, such that at several points, I felt as though I was speaking to a counsellor because of how well she listened, empathised, and made me feel truly heard. She was very observant and aware of my feelings, and her thoughtfulness really showed in the way she suggested avenues of help without adding to my mental load, leaving the options open to my preference and comfort level. Her genuine care and warm approach made me feel understood and less alone. This is a wonderful initiative as it makes parents feel safe by having healthcare professionals such as Care Coordinators who listen with their heart and really assist in providing mental health support.”

— 39-year-old parent diagnosed with Major Depressive Disorder (MDD), with a three-year-old child who has social communication delays

3. Glossary of terms in Chinese

Organisation		
Lien Foundation		连氏基金
KK Women's and Children's Hospital (KKH)		竹脚妇幼医院
KKH's Department of Child Development (DCD)		儿童发展部门
AWWA		AWWA
Allkin Singapore		全欣社会服务
Spokespersons		
Lien Foundation	Mr Lee Poh Wah Chief Executive Officer	李宝华 连氏基金 总裁
Lien Foundation	Mr Ng Tze Yong Programme Director	黄智勇 连氏基金 项目主任
KK Women's and Children's Hospital (KKH)	Associate Professor Lourdes Mary Daniel Senior Consultant, Department of Child Development Programme Director of DayOne	Lourdes Mary Daniel 副教授 资深顾问医生 儿童发展部门 竹脚妇幼医院 曙光亲子辅助计划 计划负责人
	Ms Majella Irudayam Senior Master Medical Social Worker Programme Co-Lead of DayOne	Majella Irudayam 资深医务社工师 儿童发展部门 竹脚妇幼医院 曙光亲子辅助计划 计划联合主任
AWWA	Ms Vincent Raj Ferida Deputy Director, Early Intervention	
Allkin Singapore	Mr Fareez Fahmy Chief Executive Officer	法里兹 总裁

Other Terminology	
DayOne	曙光亲子辅助计划
Early Intervention Centres	早期干预中心
Medical Social Workers (MSW)	医务社工
Mental Health Service	心理健康服务
Care Coordinator	护理服务协调员
Community Intervention Team (COMIT)	社区辅助小组
Children with Developmental Needs	有发展需求的儿童
Primary caregiver	主要看护人
Psychologist	心理学家
Referral	转介
Service model	护理模式
Social Service Agencies	社会服务机构
Right-siting of mental health support	就近心理健康支援
Psychosocial support	心理健康支援
Early intervention	早期介入
Transition of care	护理交接