

MEDIA RELEASE

SGTeguhBersatu To Boost Efforts To Strengthen Psycho-Social Resilience of Malay/Muslim Community

Singapore, Wednesday, 13 May 2020. In times of difficulty, such as the current COVID-19 pandemic, the SGTeguhBersatu Taskforce notes that the needs of the individuals, families and community may change and for some, become more challenging. However, such difficulties and challenges are opportunities for the individuals, families and community to build their resilience and emerge stronger.

During this Circuit Breaker period, we have seen more individuals and families who are affected in areas of their physical, social and emotional needs. This is especially so for families with cases of family violence. Such restriction can place some members in danger when they have to be confined under one roof and in some instances a small shared space.

The SGTeguhBersatu Taskforce has conceptualised a psycho-social resilience framework, led by PPIS' team of principal social workers and principal therapist. The psycho-social resilience framework aims to build effective Individual, Family & Community Resilience to create mutual learning and promote interconnectedness and interdependency in a given situation.

The 3Cs in the framework include:

1. Strive for self-**Coherence** for sense making amidst chaos and confusion.
2. Establish **Connection** in meaningful relationships to garner support and develop strength.
3. Enhance **Cohesion** in the community through collaboration and interdependence for mutual growth and solidarity.

The confluence of the 3Cs is to nurture a new norm of a resilient self, family and community.

The above 3Cs are aligned to the community's cultural competency of:

1. *Sakinah* – to address confusion and achieve tranquillity

2. *Mawaddah* – to prevent conflict and achieve affection
3. *Rahmah* – to diffuse chaos and achieve compassion

Refer to Annex A for details of the framework.

To support the community in internalizing the 3Cs, the following outreach efforts will be rolled out:

S/No	Initiative	Platforms	Date
1.	A series of 4 videos to raise awareness and educate the community on the 3Cs. The videos will feature our social workers and family therapists, who will share the meaning of the 3Cs and impart skills on self-, familial- and community mastery. The first video will provide an overview of the 3Cs. Subsequent videos will focus on the individual 'C'. You may refer to <u>Annex B</u> for more details.	SalamSG PPIS social media M3/SGTeguhBersatu social media	14 May onwards
2.	Podcast on psycho-social resilience featuring PPIS experts – Principal Therapist and social worker	Berita Harian's Podcast	19 May
3.	Half-page advertisement on the first day of Hari Raya	Berita Harian	24 May
4.	Resilience cards in A6 size featuring our 3Cs messaging	Distributed to mosques, clinics and MMOs	August 2020 onwards
5.	E-info-toolkit to assist the individuals, families and community overcome the challenges and difficulties that COVID-	The E-info-toolkit will be made	From 18 May onwards

	<p>19 bring to their lives. The toolkit provides tips on managing stress during crisis as well as coping with children who are on home-based learning and most importantly on strengthening marriages and families during circuit breaker.</p>	<p>available on PPIS website</p>	
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Targeted Programmes to Strengthen Resilience

As a Community of Success, we need to continue to uphold our values of Character, Competence and Citizenry, more so during these challenging times. This requires adapting our social norms according to current needs.

This is also an opportunity for SGTeguhBersatu Taskforce to ensure that those in need is not left behind, and at the same time, seek opportunities to uplift ourselves even in the current challenging climate. This is so that we can continue to define our future as the nation recovers and prospers.

To strengthen the community’s resilience during these challenging times, the SGTeguhBersatu Taskforce will be introducing the following initiatives:

1. SGTeguhBersatu Care Network, led by PPIS and PERGAS, to provide emotional and spiritual support involving social workers and asatizah via virtual counselling to the COVID-19 patients and families including the Muslim community. The Taskforce will work with the relevant government agencies such as MOH to assist the affected families. Further details of the care network will be announced soon.
2. Interactive e-forum featuring PPIS, PERGAS and MHPA focusing on building spiritual, social and mental resilience in the new norms. As Singapore eases its circuit breaker period, there will be new adjustments to be made. The e-forum will provide opportunities for experts in the three areas of resilience to share on how individuals, families and community can adapt to the new norms.

On the collaboration with PERGAS and MHPA, PPIS President, Madam Rahayu Mohamad said: “We at PPIS believe that alone, we can do so little, together we can do so much. We look forward to this collaboration as it is aligned to the 3Cs of our resilience framework where we strive for Coherence and in the process achieve Connection and Cohesion. It is during difficult times like these that we must seize the opportunities to work together towards achieving a common goal and that is, what is best for the community and the nation.”

"We do hope the collaboration between Pergas and PPIS which provides emotional and spiritual support through a unique initiative that combines social workers and religious teachers who are trained in counselling, can value add the existing support system by government agencies for COVID-19 patients and their families including Muslim community who are affected by the pandemic," shares Mohammad Yusri Yubhi Md Yusoff, CEO of Pergas.

Annex A – Psycho-Social Resilience Framework		
<p>Coherence to address confusion and achieve tranquility (Self-mastery)</p>	<p>Connection to prevent conflict and achieve affection (Family Mastery)</p>	<p>Cohesion to diffuse chaos and achieve compassion (Organisational/Community Mastery)</p>
<p>Strive for self-coherence for sense-making amidst of chaos and confusion</p>	<p>Establish connection in meaningful relationships to garner support and develop strength</p>	<p>Enhance cohesion in the community through collaboration and interdependence for mutual growth and solidarity</p>
<p>3 Key Messages for Self-Coherence</p> <p>1. Surface Strengths amid Struggles</p> <p>All of us possess strengths. Unleash it and develop new skills to rise above the challenge by creating and embracing the new normal (<i>Sense making and self-efficacy</i>)</p> <p>2. Seek Spiritual Solace</p> <p>Balance the temporal and the spiritual. Seek spiritual solace to strengthen the soul and hope. (<i>Optimism and Spirituality</i>)</p> <p>3. Focus on Facts</p> <p>Keep up with current affairs and verify information are from credible resources before sharing responsibly. Accurate facts reduce ambiguity and correct confusion. Avoid overloading self with only</p>	<p>3 Key Messages for Connection with Family</p> <p>1. Make Relationships Matter</p> <p>Strengthen social support to prevent isolation. Deepen family relationships and stay connected for emotional /mental wellness. Involve family members in meaningful activities. (<i>Promote healthy attachment</i>)</p> <p>2. Always Affirm, Attend and Adapt Accordingly</p> <p>During crisis, family's resources can be depleted and may lead to members reacting out of character. Practice gratitude and affirm good efforts by members. Be attentive to the members' needs, adjust accordingly to the new norm in family living. (<i>Mutual Trust/Respect</i>)</p> <p>3. Communicate with Compassion in Learning Life Lessons</p> <p>Embrace members' experience and reaction of</p>	<p>3 Key Messages for Community Cohesion</p> <p>1. Encourage Empathy, Inspire Inclusivity</p> <p>Inculcate empathy in our daily living and action. Practice giving and receiving despite differences. Practice being compassionate to self and others. A strong, inclusive and caring community is a foundation to prevent chaos during crisis. (<i>Appreciate diversity and encourage inter-dependency</i>)</p> <p>2. Collaborate to Complement Community</p> <p>Demands for resources during crisis can strain community institutions. Therefore, MMOs should adapt organisational goals and embrace inter-organisational collaborations for collective good. (<i>Improve organisational permeability and collaboration among sub-systems</i>)</p>

<p>the negative information when in crisis <i>(Mutual Learning)</i></p>	<p>the crisis equally. Encourage members' cross-learning by listening to one other with compassion and understanding, for everyone has the right to understand and be understood. <i>(Encourage Shared Learning)</i></p>	<p>3. Contribute to Cross Cultural Engagement</p> <p>Embark on cross cultural learning by forging new engagements to honour multicultural Singapore. MMOs to expand partnerships with schools, workplaces and other social agencies to increase shared social and emotional competencies to foster community solidarity. <i>(Instill cross cultural learning and for community solidarity)</i></p>
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ANNEX B

Series of 4 Videos

As an individual, we have seen through many changes since the last 4 weeks and we are certain, more changes will come. We have seen how families have to adjust with HBL, WFH and many other restrictions.

This pandemic has shifted the way we do things and once again we will see more changes to come. COVID-19 has made us realise that things can change drastically. We are concerned, and perhaps, it is time to think about how we can develop a new norm.

It is thus important to develop a new way of adapting that allow us to make new meaning of our lives beyond the current circuit breaker. The last four weeks have shown us how we can adopt and adapt to a different way of living. We used mask despite the discomfort. We became more cautious and responsible for others. Elderly do not leave home and the home delivery became a necessity. While we have gone through 4 weeks that have changed our lives, let us continue to equip ourselves on how we can face the challenges accompanying the changes that will take place. Look out for our 3 other videos.

These videos will help us in preparing ourselves adjust as an individual, as families and as a community. Let us continue to stay coherent in this period. Let us remain connected and let us work to maintain cohesion by working together.

Let us take this opportunity to develop a new mastery for ourselves, our families and our community. Join us in our upcoming video to learn some of these mastery. We believe we all can continue to uphold our values of character, competence and citizenry during these challenging times. As Singaporean, let us use this time to support those in need and to ensure that no one is left behind. At the same time, this is an opportunity for us to uplift ourselves, recuperate and rediscover many more opportunities.

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About PPIS

Founded in 1952, PPIS (*Persatuan Pemudi Islam Singapura* or Singapore Muslim Women's Association) is a non-profit organisation focused on services for women, family and children. Our focus is on working with women of all ages in carrying out their multiple roles in society. PPIS runs three core community services namely; Family Services, Student Care and Early Childhood Education (ECE). With 16 centres islandwide, the services work together to provide quality and holistic support as well as developmental programmes for women and their families across the different phases of their lives.

For more information, please visit: <https://ppis.sg/>.

About Pergas

Established in 1957, Pergas dedicates itself in raising the quality of Islamic education, enhancing the credibility of ulama and asatizah; and upgrading their welfare, knowledge and skills in guiding the community. As an organisation that "Upholds the legacy of the Prophet", Pergas evolved from traditional leadership roles to assuming more versatile roles in the socio-religious sector. Pergas strives to participate actively in Singapore's civil society through insightful seminars, progressive discourses and public engagements on intriguing and emerging issues relating to Islam and Muslim societies.

About MHPA

Muslim Healthcare Professionals Association (MHPA) was formed in 2004 with a noble aim of bringing our Muslim Healthcare Professionals together on a common platform to address health issues as well as promote health education. In collaboration with other organisations such as Club



HEAL which focused on mental health issues in the Muslim community as well as key Muslim organisations which include PERGAS, PPIS and MUIS, MHPA hopes to jointly tackle Psycho-Social issues in the community arising from the Covid-19 pandemic.