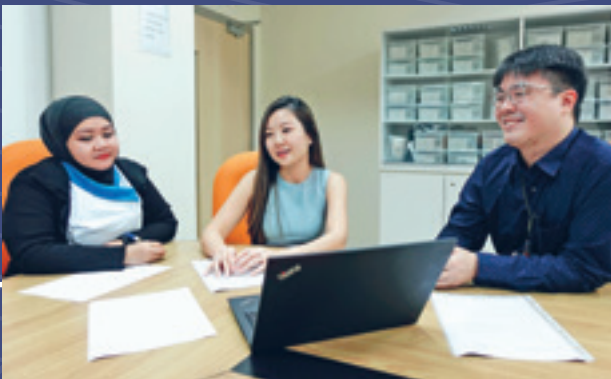


HEALTHIER YOU · HEALTHIER SG

“Attaining a balance of regular exercise, healthy eating habits, adequate rest, and a good relationship with family, as well as friends and colleagues, are critical for mental well-being and physical health.”



ASSOCIATE PROFESSOR DANIEL FUNG
CEO, INSTITUTE OF MENTAL HEALTH





INSTITUTE OF MENTAL HEALTH

Institute Of Mental Health

- Social isolation caused by the COVID-19 pandemic has reinforced the importance of mental health and how it relates to physical health. With preventive health as the main tenet of *Healthier SG*, the Institute of Mental Health (IMH) – together with community partners, social service agencies (SSAs), and General Practitioners (GPs) – is spearheading a collective effort to provide early intervention by incorporating mental health initiatives within physical health setups, to ensure the holistic well-being of Singapore residents.

IMPROVING CAPABILITIES AND EXPANDING TRANS-DISCIPLINARY SKILL SETS NEW E-LEARNING COURSE FOR GENERAL PRACTITIONERS

IMH developed an e-learning course to deepen GPs' understanding of common mental health disorders and mental health issues, and to better equip them to support patients at the primary care level. In August 2021, IMH conducted seven interactive training modules under the GP Partnership Programme, which has about 100 GPs registered as of March 2022.

STRENGTHENING CAPABILITIES OF SOCIAL SERVICE AGENCIES PROVIDING YOUTH MENTAL HEALTH SERVICES

Recognising the need to improve the availability and accessibility of youth

mental health services, the Ministry of Health (MOH) provided IMH's Community Health Assessment Team (CHAT) a five-year grant to build up the capability of selected SSAs across Singapore. The funding from April 2020 to March 2025 will enable the SSAs to screen and assess help-seeking youths and young adults aged 12 to 25 years old for mental health issues. CHAT's 'Integrated Youth Service Capability Building Programme', comprises a three-tier training curriculum, which provides a progressive learning experience for the selected SSAs. The curriculum includes foundational and masterclass topics on youth mental health screening, and in mental health assessment. To-date, CHAT has trained four CREST-Youths, also known as the Youth Community Outreach Team,

at Resilience@SHINE, INSIGHT@ Care Corner, Limitless, and Fei Yue Community Services, as well as two Youth Integrated Teams from the Singapore Association for Mental Health (SAMH)'s SAMH SAY-IT! and Touch Community Services. Training for the teams at SAMH and TOUCH is on-going, and training for the third Youth Integrated Team at Care Corner Singapore will start in 2023.

MENTAL HEALTH CRISIS RESPONSE TEAM SERVICE FOR SUICIDAL INDIVIDUALS

In March 2021, IMH partnered the Singapore Police Force (SPF) to pilot the Crisis Response Team (CRT), as recommended by the 2017 Inter-Agency Research Workgroup for Youth Suicides. The CRT is the first mental health crisis response team in Singapore dedicated to providing timely care and support to persons with suicidal tendencies in the community. Under this programme, IMH's helpline counsellors provide the police round-the-clock crisis support through a dedicated phone service. Where necessary, a team of psychiatric nurses will be sent on-site to conduct risk assessment of the person in crisis, and advise on the necessary follow-up. The service was rolled out island-wide in December 2021 and to-date, the CRT has assisted the police on more than 2,000 calls. There are plans in

New e-Learning Course:
Bridging the Knowledge Gap in Mental Health Among the General Practitioners


Recent studies have shown an increase in the lifetime prevalence of mental illness from 12% (2010) to 13.9% (2016)¹ in Singapore. The current COVID-19 pandemic could also lead to more people experiencing mental health issues. Often the first point of contact, GPs play an important role in identifying signs of mental health issues in patients.

IMH has developed an e-learning course for GPs. It aims to deepen your understanding of common mental disorders and mental health issues, and enable you to manage patients with such issues more confidently.

You can access these 7 bite-sized e-learning modules (1 hour each) at your own convenient time, place and platform:

- 1 An Introduction to Psychology and Mental Health
- 2 Anxiety
- 3 Depression
- 4 Psychoses
- 5 Child & Adolescent
- 6 Dementia
- 7 Addiction

¹Singapore Mental Health Study




REGISTRATION IS FREE!

For registration and enquiries, please email: IMH-GP@imh.com.sg

Organised by:
Mental Health-GP Partnership Programme



The electronic direct mailer (EDM) for an e-course on understanding common mental health disorders and mental health issues for GPs.



the future to further the partnership with the police in expanding CRT to individuals with behavioural health issues.

ADVANCING WORKPLACE MENTAL HEALTH

On 16 November 2020, the National Mental Health Curriculum for Management of Crisis & Emergency Situations project was launched under the NHG Population Health Grant to strengthen the mental health response following the COVID-19 pandemic. IMH provides Mental Health Literacy and Psychological First Aid courses under this project to improve the capabilities of frontline workers, managers, and HR personnel in workplaces to manage mental health and psychological issues. In FY2021, more than 1,000 participants were trained in mental health

literacy. Ninety per cent of them found the training useful. It helped them better understand mental health, mental illnesses, and the benefits of seeking help early.

PROVIDING QUALITY PATIENT CARE ENHANCING CARE DELIVERY FOR INPATIENTS

In November 2021, IMH completed phase one of refurbishing and improving its premises to strengthen inpatient care and increase operational efficiency. A new Short Stay Unit (SSU) was created and five acute wards – including a child and adolescent ward – were renovated to enhance IMH's recovery-focused model of care, which advocates holistic and patient-centred treatment and management. Refurbishment of another five inpatient wards is on-going and expected to be ready in 2023.

• **Short Stay Unit**

The SSU is a 30-bedded ward set up for persons in a state of mental health crisis. These patients typically present to the hospital with severe stress and adjustment issues. A short stay at IMH helps to stabilise the patients' crisis situation, and manage their symptoms. Where necessary, patients are connected to relevant community and family resources post-discharge. Patients are admitted for a longer stay if they need to seek further treatment and/or be observed by the care team.

• **Child and Adolescent Ward**

The refurbished child and adolescent ward provides an environment more conducive for staff to provide higher-quality, personalised and safe care to patients. The enhanced facilities include an open-concept day space, equipped with a pantry, anti-ligature toilets, and a new triage room.

• **Acute Wards**

Sky gardens, adorned with plants and benches, have been added to each of the refurbished acute wards. The biophilic design of bringing nature into the wards improves air quality, as well as boosts patients' well-being. The new Enhanced Care Area in each ward provides clinical interventions for patients who require closer observation and monitoring.



An open-concept day space with kitchen and anti-ligature furniture in SSU.



A sky garden adorned with plants and benches for the refurbished wards.

PATIENTS BENEFITTED FROM rTMS AT SUBSIDISED RATE

Since January 2022, patients undergoing repetitive transcranial magnetic stimulation (rTMS) at IMH have been eligible for subsidies for the service. This non-invasive treatment uses magnetic fields to stimulate nerve cells in the brain to reduce symptoms of depression. This procedure has benefitted many patients, especially those who are suffering from treatment-resistant depression.

POST-TRAUMATIC STRESS DISORDER SERVICE

The Department of Mood and Anxiety has introduced a Post-Traumatic Stress Disorder (PTSD) Service after its successful pilot in February 2019. A multidisciplinary team comprising a doctor, psychologists, a case manager, and a medical social worker provides regular and intensive clinical interventions for clients with trauma-related concerns that range from single-episode PTSD to complex trauma. The team is also actively involved in trauma-informed care initiatives in the hospital and the community. The PTSD service also trains and collaborates with internal and external partners and stakeholders to increase preventive care and early detection of PTSD, as well as enhance accessibility of trauma-informed care within the community.

SUPPORTING YOUTH IN COMMUNITY

On 15 March 2022, IMH and Presidents' Challenge in collaboration with four SSAs, Club HEAL, SAMH, Singapore Children's Society, and TOUCH Community Services, launched the Supporting Youth in Community (SYiNC) programme to boost community-based support for youths with mental health conditions. Under the programme, IMH trains and supports the SSAs to provide timely interventions and psycho-social care to youths receiving treatment at IMH. The three-year pilot project is being carried out in phases, starting with SSAs' recruitment of Allied Health Professionals, followed by training for these staff, and referral of cases to the SSAs. Training began in June, and will continue to December 2022. IMH will start referring cases to the SSAs from January 2023.

EXPANDING ACCESS TO ADDICTIONS TREATMENT THROUGH COMMUNITY COLLABORATIONS

People struggling with addiction often do not seek help or may overuse healthcare emergency services during acute episodes of their addictions. The National Addictions Management Service (NAMS) has introduced several initiatives to address these challenges and to better support those with addictions:

- **Alcohol-Related Frequent Attender (AFRA) Programme**

Following the successful pilot of its Community Addictions Programme (CAP) to help patients with severe Alcohol Use Disorder reduce their alcohol-related Emergency Department (ED) visits, NAMS has provided training and supervision to enable four public hospitals across Singapore to run similar programmes to meet the needs of patients in their respective geographical catchment areas. The programme uses Assertive Community Treatment principles of home and community visits, holistic care, and a harm reduction approach to improve patients' health, psychosocial, and occupational functioning so that patients do not misuse emergency services resources. The CAP team conducted training for Khoo Teck Puat Hospital (KTPH) in December 2019 and Tan Tock Seng Hospital (TTSH) in September 2021, and the Singapore General Hospital (SGH) in June 2022.

- **On-site Addictions Service (OSAS)**

Since September 2021, NAMS's new On-site Addictions Service (OSAS) at the Family Justice Courts (FJC) has been catering to Court users with suspected addiction concerns. The weekly service is provided by the CAP team for users with addictions related to alcohol, drugs, gambling, internet, gaming, sex, and pornography. Court users who present with mental health symptoms are screened, provided with brief interventions and referred for follow-up treatment. This motivational approach focuses on educating clients about addictions. A single-session screening is done through a physical meet-up, telephone call, or video conferencing session. Clients may subsequently be directed to appropriate community resources, including services provided by NAMS. Since the introduction of the service, 49 clients have been engaged and referred to community resources for follow-up. In February 2022, the CAP team started a similar service in collaboration with the Singapore Prison Service-Community Corrections Command (SPSCOMC)



A NAMS Counsellor conducting the AFRA training for clinicians in KTPH.



SOME TYPES OF MENTAL ILLNESSES ARE GENETIC IN NATURE, OTHERS ARE TRIGGERED BY FACTORS SUCH AS PROLONGED STRESS. IMH WILL PUT MORE FOCUS ON THE LATTER GOING FORWARD. WE WILL BE TRANSFORMING INPATIENT CARE WHERE MENTAL ILLNESSES ARE CONCERNED, BUT WE ALSO WANT TO LOOK AT IMPROVING THE MENTAL HEALTH OF SINGAPOREANS.”

ASSOCIATE PROFESSOR DANIEL FUNG
CEO, INSTITUTE OF MENTAL HEALTH

targeting inmates in community-based programmes – such as those placed in halfway houses or on work-release scheme – but who are still under the Prison’s purview.

RESEARCH AND EDUCATION NEW STUDY TO TRACK DEMENTIA AND DEPRESSION AMONG ELDERLY

In March 2022, IMH launched the second Well-being of Singapore Elderly (WiSE) study to establish the latest prevalence and incidence of dementia and depression in adults aged 60 and above, as well as to examine factors associated with these conditions. Data gathered from some 6,000 participants, of which 3,000 consisted of the elderly, with the remaining comprising family members and caregivers nominated by elderly participants, will guide future policies and resource-planning.

GENOME STUDY IDENTIFIES SCHIZOPHRENIA RISK

IMH researchers were part of a global effort that involved more than 100 researchers and 300,000 participants that found 287 regions in the human DNA harbouring genes that increase the risk of schizophrenia. Findings from this largest genomic study of

its kind were published in *Nature* in April 2022 and signalled the potential for novel treatment approaches for the mental illness.

STUDYING THE IMPACT OF COVID-19 PANDEMIC

In May 2020, IMH’s Research Division was awarded a joint-funding from MOH, Temasek Foundation, and the NHG-National Centre for Infectious Diseases (NCID) COVID-19 grant to assess the social and psychological well-being of Singapore’s general population and their behavioural responses to the pandemic. The three-year research study is led by Professor Chong Siow Ann, Senior Consultant, IMH, and Associate Professor Mythily Subramaniam, Assistant Chairman Medical Board (Research), IMH, in collaboration with Hong Kong University. About 1,300 Singapore residents have since been interviewed to establish the prevalence of mental health conditions, and will be subject to a follow-up interview in one-year to establish longitudinal health and the social impact of the pandemic.

HONOURING OUR STAFF NATIONAL MEDICAL

EXCELLENCE AWARD 2021
Professor Chong Siow Ann, Senior Consultant, Research Division and Department of Psychosis, IMH, was

among four individuals and two teams honoured at the annual National Medical Excellence Awards (NMEA) jointly organised by MOH and NHG in 2021. The award acknowledges the achievements of outstanding clinicians, clinician scientists, and other healthcare professionals in advancing healthcare, improving the standards of patient safety, and driving research and education to improve people’s lives.

NHG-LKCMEDICINE CLINICIAN/ CLINICIAN SCIENTIST AWARD 2021

Associate Professor Jimmy Lee, Regional Chief (North and Central), Senior Consultant, Department of Psychosis and Research Division, IMH received the NHG-Lee Kong Chian School of Medicine (LKCMedicine) Clinician/Clinician Scientist Award in 2021. The award recognises individuals and teams who have made outstanding contributions to improve health outcomes or delivery, as well as promote the spirit for continuous research, and innovation in NHG.

NHG CLINICIAN-SCIENTIST PREPARATORY PROGRAMME

Ms Cherie Choo, Senior Occupational Therapist, IMH, was selected to join the FY2021 NHG-LKCMedicine Clinician-Scientist Preparatory Programme (CSPP). The CSPP aims to provide



ABOVE A/Prof Jimmy Lee, Regional Chief (North and Central), Senior Consultant, Department of Psychosis and Research Division.

LEFT Prof Chong Siow Ann receiving the National Outstanding Clinician Scientist Award 2021 from Health Minister Ong Ye Kung.



LEFT Prominent landmarks in Singapore lit up in blue for World Mental Health Day 2021.

BELOW Panel discussion for NAAD 2021.



clinicians with opportunities to conduct research in the early phase of their career through research training and project experience. Ms Choo's research study on the effectiveness of tele-rehabilitation in vocational rehabilitation will be supported by CSPP funding.

PUBLIC EDUCATION AND OUTREACH

WORLD MENTAL HEALTH DAY 2021

In October 2021, to celebrate World Mental Health Day (WMHD), IMH, together with the Agency for Integrated Care (AIC), Health Promotion Board (HPB), and National Council of Social Service (NCSS), rallied 21 community partners to stage activities under the theme 'It's OK - Take 5'. More than 80 talks, workshops, exhibitions, a

fundraising run, and masterclasses were organised, with 13,000 event participants overall. IMH also initiated 'Light Up in Blue' to raise visibility and awareness of WMHD. Some 41 landmarks and buildings took part in the light-up, including the Singapore Flyer, Marina Bay Sands, St Andrew's Cathedral, healthcare and educational institutions, and iconic bridges managed by the Land Transport Authority (LTA). President Halimah Yacob and Prime Minister Lee Hsien Loong lent their support to the celebrations by sharing social media posts on the initiatives, including the light-up.

NATIONAL ADDICTIONS AWARENESS DAY 2021

Launched on 20 August 2021, the first virtual National Addictions Awareness Day (NAAD) - 'Let's Face It Together'

- included an opening event graced by Guest-of-Honour Senior Minister of State for Health Dr Janil Puthuchery, where he highlighted the important role of NAMS and community partners in supporting people recovering from addictions. NAAD's outreach efforts included a three-month social media campaign that featured bite-sized educational videos on addiction, as well as a four-part mini-series following a fictional journey of addiction and recovery. To cap off the event, a public forum focused on Internet Disorders was held on 16 December and live-streamed on social media to provide a more rounded perspective on the topic.

SINGAPORE MENTAL HEALTH CONFERENCE 2021

Themed 'Future Paradigms of Mental Health', the sixth edition of the Singapore Mental Health Conference 2021 organised by IMH together with AIC, HPB, and NCSS, was held on 24 to 25 August. The two-day virtual conference featured 70 local and international speakers who addressed recurring and upcoming mental health challenges amidst the current COVID-19 pandemic. About 1,300 participants from the healthcare, community care, and social service sectors as well as service users attended the conference.

BOOSTING STAFF MORALE WITH CARE PACKAGES

Following the Staff Well Being Survey conducted by the IMH HR Department, a host of initiatives were rolled out to boost staff morale during the height of the COVID-19 pandemic. One key initiative was the distribution of care packages contributed by organisations such as Temasek Foundation, Lam Soon Singapore Pte Ltd, Mandai Wildlife Group, and Gardens by the Bay.



Care packages distributed to IMH staff in January 2022