

LOVING
hearts,
BEAUTIFUL
minds

INSTITUTE OF MENTAL HEALTH

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IMPORTANCE OF

mental health

Mental health affects every aspect of our daily lives and the lives of those around us. It influences the way we think, behave, relate to others and is just as important as our physical health.

Mental health disorders can cause long-term disability, undermining the ability of individuals to work and provide for themselves and their families. There is growing awareness of the importance of mental health today. Many of those affected by serious mental health conditions seek treatment at the Institute of Mental Health (IMH).

“IMH helps people living with mental health conditions achieve recovery and reclaim their lives.”





ABOUT THE

institute of mental health 

IMH is the only tertiary psychiatric care institution in Singapore.

Our tradition of care started in 1928 as Singapore's first mental hospital with 1000 patients. Today, the 2000-bed hospital is located on the sprawling 23-hectare campus of Buangkok Green Medical Park in the northeast of Singapore.

IMH offers a multidisciplinary and comprehensive range of psychiatric, rehabilitative and counselling services in both hospital and community-based settings to meet the needs of three groups of people – children and adolescents, adults, and the elderly.

Besides providing patient-centred clinical services, IMH trains the current and next generation of clinicians, nurses and allied health professionals in psychiatry and conducts research related to mental health.

Over the years, IMH has become a recognised centre of excellence for clinical services, research and education in psychiatric care.

clinical services

IMH professionals are passionate about improving the lives of our patients and their families.

Our multidisciplinary team – comprising psychiatrists, psychologists, nurses, occupational therapists, counsellors, and medical social workers – is highly trained and committed to improving outcomes and care for our patients and their families. This means listening closely to them and considering all aspects of their condition and unique circumstances when recommending treatment options.

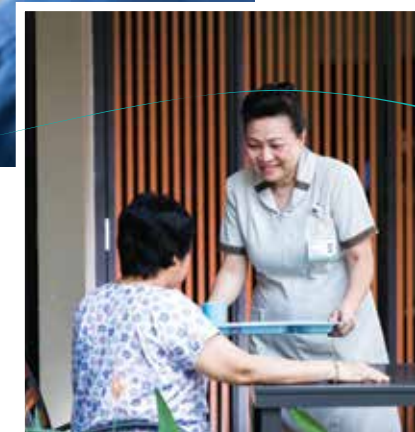


It also involves exploring new ways to meet the changing needs and expectations of our patients. We continually make improvements to our facilities and introduce new programmes and services to raise the standard of care for our patients and provide a more conducive environment for their recovery.

Our services are available at our hospital or through our community-based programmes.

Hospital-Based Services Clinical Departments

- Department of Addiction Medicine
- Department of Developmental Psychiatry
- Department of Forensic Psychiatry
- Department of Geriatric Psychiatry
- Department of Mood and Anxiety
- Department of Psychosis



Specialised Services and Clinics

For adults/elderly persons

- Adult Neurodevelopmental Service (Intellectual disabilities and other developmental disorders)
- Early Psychosis Intervention Programme
- Memory Clinic
- Mood Disorder
- Neurostimulation Service (Electroconvulsive Therapy and Repetitive Transcranial Magnetic Stimulation)
- Obsessive Compulsive Disorder Clinic
- Psychogeriatric Clinic
- Psychology
- Psychotherapy
- Rehabilitation Psychiatry

For children and adolescents

- ReLive-Clinic for Adolescents (Addictions)
- FRIENDS (Forensic Rehabilitation, Intervention, Evaluation & Network Development Services)
- Mood and Anxiety Clinic
- Neurobehavioural Clinic (Autism and Attention Deficit Hyperactivity Disorder services)

Outpatient Clinics

IMH runs the following outpatient clinics to make our psychiatric services more accessible.

- Clinic B, IMH
- Child Guidance Clinic, Health Promotion Board
- Child Guidance Clinic, IMH
- Community Wellness Clinic, Geylang
- Community Wellness Clinic, Queenstown
- National Addictions Management Service Clinic, IMH
- Sayang Wellness Centre Clinic, IMH

Emergency Services and 23-Hour Observation Ward

IMH's 24-hour Emergency Services provides round-the-clock care and intervention for anyone requiring urgent assistance for mental health issues. Some patients may be monitored in the 23-hour Observation Ward before a decision is made on whether admission is needed.

OcTAVE Rehabilitation Centre

OcTAVE, which stands for Occupational Therapy: Activities, Vocation and Empowerment, provides psychosocial rehabilitation programmes and group activities on an outpatient basis for persons with mental illness.

Located at IMH and run by occupational therapists, these programmes aim to promote community independence, provide therapeutic support, nurture our clients' potential and facilitate their recovery and integration into the community. OcTAVE@IMH offers programmes that focus on community living skills, vocational training, self-care, as well as leisure activities.



High Dependency Psychiatric Care Unit

The High Dependency Psychiatric Care Unit provides close monitoring and management of acutely disturbed patients. A high staff-to-patient ratio in this unit ensures that such patients receive the intensive level of care they need.



EPIP Inpatient Centre

Early Psychosis Intervention Programme (EPIP) Inpatient Centre, is a 24-bedded facility for individuals aged 16 to 40 years with early psychosis. A home-like environment with an open pantry, a night lounge, and an outdoor garden facilitate therapeutic work and recovery. In addition to the ward's programmes, Peer Support Specialists help to run activities such as art and craft sessions and group discussions, to better engage patients, lend a listening ear and partner them in their journey to recovery.

Mood Disorders Unit Inpatient Service

The Mood Disorders Unit inpatient ward provides holistic inpatient treatment for those with complex or severe mood disorders. With its spacious living area equipped with a kitchen, a night lounge, designated rooms for therapy activities, as well as garden views, the ward provides customised intervention and a more conducive environment for patients suffering from mood disorders. Several therapy programmes, such as psychological skills group and occupational therapy, are offered in the ward to enable patients to cope with their condition and support their recovery.

Sunshine Wing

Sunshine Wing is a 50-bedded geriatric inpatient acute ward serving patients 65 years old and above. The ward is equipped with elderly and dementia-friendly features and facilities that aim to improve their care and provide a more healing environment. These include:

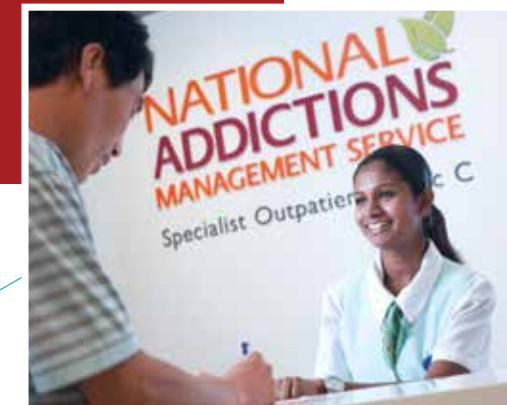
- A garden with a water feature and walking path where patients can enjoy a natural surrounding
- A reminiscence room with special objects and materials to help patients evoke old memories as part of their therapy
- A sensory room with a multisensory environment for patients to explore and relax

National Addictions Management Service (NAMS)

The National Addictions Management Service provides interventions for behavioural (such as problem and pathological gambling, internet and gaming addictions) and substance addictions (such as alcohol and drugs).

Outpatient services are available at NAMS Clinic, where a multidisciplinary treatment team provides comprehensive assessments, treatment planning, counselling and case management, relapse prevention training, and psychoeducation for patients and their families.

Patients who require detoxification and rehabilitation are served at the inpatient Serenity Centre. NAMS also runs the Addiction Recovery College which organises workshops and talks for patients and caregivers dealing with addictions as well as training for professionals.



Sayang Wellness Centre

For patients who want greater comfort and privacy, Sayang Wellness Centre (SWC) is a boutique centre offering outpatient and inpatient services. Outpatients are seen at SWC Clinic. Patients who need to be hospitalised may choose to stay in single-bedded, double-bedded or four-bedded rooms.

The programmes and services at Sayang Wellness Centre include:

- Mental health education
- Daily keep-fit programme
- Group therapy
- Relaxation sessions
- Personalised medication counselling



Community-Based Services

Pioneering programmes around the world have shown that patients respond more positively, with a higher rate of recovery and lower rate of relapse, if they recover at home with their families and loved ones. Towards this end, IMH has a number of programmes to provide community-based mental healthcare.



Response, Early Intervention and Assessment in Community Mental Health (REACH)

REACH is a community-based mental health service that works closely with schools, community agencies and family doctors to help students with emotional, behavioural and/or developmental disorders. The REACH team provides support to professionals such as school counsellors to broaden the scope of care given to students within the community.



Community Health Assessment Team (CHAT)

CHAT is a national youth mental health programme that aims to make it easy and unthreatening for youths to seek advice and help for their emotional and mental health issues. The CHAT team does this by raising awareness of youth mental health, and providing information and a confidential assessment service. CHAT also partners post-secondary education institutions to reach out to and support their students.

Community Mental Health Team (CMHT)

CMHT, comprising doctors, community psychiatric nurses, and allied health specialists, provides community-based treatment and psychosocial rehabilitation to our patients so that they may continue to live in the community whilst working towards recovery. The team continues to monitor and care for patients after their discharge through regular home visits. During a crisis, patients or their caregivers can call the 24-hour Mental Health Helpline for support. If necessary, the Mobile Crisis Team will be activated to visit the patient at home, assess the situation and provide appropriate help. Members of the public who are in crisis and need to speak with a counsellor may also call the hotline.



Aged Psychiatry Community Assessment Treatment Service (APCATS)

APCATS is a community-based psychogeriatric clinical service which provides assessment and treatment for homebound or frail elderly patients with mental health issues. The APCATS team comprises geriatric psychiatrists, medical officers, psychologists, geriatric psychiatric nurses, occupational therapists, physiotherapists, and medical social workers. They make home visits to patients to ensure that they continue to receive care for their conditions.

Mental Health-General Practitioner Partnership (MH-GPP) Programme

Under the MH-GPP Programme, IMH trains and provides support to GPs to manage patients with stabilised mental health conditions in the community. Patients benefit from the affordability and accessibility of this service, while enjoying good clinical care.

Empowering Patients and Caregivers

Having a child, sibling, spouse, or parent with a mental health condition can be stressful. Family members are often unsure how to help, and there are times when they, too, need assistance to cope.



Our medical social workers provide the following services to support and empower family members and caregivers:

- Caregiver support services and training programmes
- Care planning, aftercare and follow-up services
- Counselling and family therapy
- Family psychoeducation programme and therapeutic groupwork programmes
- Financial/practical assistance to patients in need
- Psychosocial assessment of patients and families

Job Club

For most of us, our jobs play a part in our self-worth and self-esteem. Aside from the financial sustenance and independence jobs provide, they also give us a sense of belonging and significance within a community.

With this in mind, IMH runs Job Club, a one-stop centre that provides supported employment services to help individuals with mental health issues to select, secure and keep jobs. Job Club's clients are matched with the most appropriate job for them based on their vocational interests, skills and strengths in a variety of sectors, including retail, food and beverage, and cleaning services.

Job Club is staffed by vocational specialists and job placement officers. They provide rehabilitation readiness assessments, individualised vocational counselling, skills training in job-seeking, job placement and jobsite follow-up for clients.



The Job Club team also supports employers by educating them on mental health conditions and equipping their site supervisors with skills to manage the clients at work on a day-to-day basis, as well as during crisis situations.

Voices of Experience

Well-informed and involved patients are more likely to take ownership of their treatment and gain control of their life.

The Voices of Experience programme provides a platform for patients and caregivers to participate in the development of new facilities and services, use their lived experience to provide peer support to others with similar conditions, and promote public awareness and social acceptance for persons with mental health issues through advocacy.



research

IMH conducts research that will change the way we think about mental health and the way we treat those with mental health issues. Our key areas of focus are mental health policy research and translational clinical research.

Research and evaluation form the foundation of progress. Besides promoting a vibrant culture of research within the organisation, IMH's Research Division provides training and collaborates with other centres and stakeholders in Singapore and globally to advance mental healthcare.

We carry out scientifically and clinically relevant studies that will enable us to better understand the mechanism underlying various mental disorders. This can translate to improved care, treatment and outcomes for patients. Through research, we also aim to address the real-world challenges faced by persons living with mental health issues and their families, and provide information that can help guide public health policies.



Programme for Mental Health Policy Studies

This programme aims to generate research of clinical and policy relevance that is geared towards reducing the burden of mental illness, and to address the issues that persons living with mental health conditions, their families, service providers and policymakers face in selecting, delivering, and financing optimal care. This includes:

- Epidemiological and Population Research
- Mental Health Services and Outcomes Research in Mental Health



Programme for Translational & Clinical Research

This programme aims to generate scientifically relevant research that will contribute to understanding the underlying mechanisms of mental disorders, treatment response, recovery; and translating these discoveries into interventions that will relieve the suffering of people with mental health conditions. This includes:

- Genomics and Phenotyping
- Neuroimaging
- Cognition and Functioning
- Applied Technology
- Interventional Research

Key Research Spearheaded by IMH

New Findings in Biology Underlying Schizophrenia

In collaboration with Agency for Science, Technology and Research's (A*STAR) Genome Institute of Singapore, IMH has helped to identify over 100 locations in the human genome associated with the risk of developing schizophrenia. These findings point to biological mechanisms and pathways that may underlie schizophrenia and could lead to new approaches in diagnosing and treating the disorder.

Well-being of the Singapore Elderly Study

The nation-wide Well-being of the Singapore Elderly (WiSE) study in 2013 established the prevalence of dementia in the older resident population of Singapore, the extent and nature of caregiver burden as well as the economic cost of dementia to the country. The findings will enable service providers and policy makers to prepare to meet the increasing demand for dementia care and support as Singapore's population ages.

Mind Matter: A Study of Mental Health Literacy

The Mind Matters study in 2014 examined mental health literacy as well as the extent of stigma for specific mental disorders.

Research Using Brain Computer Interfaces (BCI) Showed Improvement in ADHD Symptoms

IMH teamed up with scientists and clinicians from Duke-NUS Medical School, A*STAR and Nanyang Technological University to build a computer-based attention training game system utilising the BCI technology for children with attention deficit hyperactivity disorder. The technology has since been patented and licensed to Atentiv Inc, a US-based company.

Clinical Trial Unit

There is a wide variety of ongoing clinical trials in IMH – both industry-sponsored and principal investigator-initiated. The Clinical Trial Unit provides the clinical research infrastructure to support investigators in the design, as well as conducting and reporting of clinical trials. It also maintains quality controls through monitoring and audit and assists in the handling of the contractual aspects of industry-sponsored trials.





Consultancy Services

The Research Division provides consultancy services and undertakes contract projects in mental health and health services research, including:

- Protocol Development
- Project Management
- Data Management
- Quality Assurance Monitoring
- Statistical Analysis
- Report Preparation

IMH's Open Access Repository

The IMH Open Access Repository provides users quick access to the list of journal articles published by authors from IMH. It also supports a growing worldwide trend to make research publications freely available and easily accessible to the wider research community.

(<https://open-access.imh.com.sg/>)

Collaborators

We have a strong record in collaboration across different disciplines and institutes. We believe in developing productive partnerships with stakeholders who include our patients and their families, policymakers, and other care providers.

Local Collaborators include:

- Biomedical Imaging Laboratory, Biomedical Sciences Institutes, A*STAR
- Changi General Hospital
- Duke-NUS Medical School, National University of Singapore
- Exploit Technologies Pte Ltd, A*STAR
- Genome Institute of Singapore, A*STAR
- Institute for Infocomm Research, A*STAR
- Institute of Molecular and Cell Biology, A*STAR
- Khoo Teck Puat Hospital
- Lee Kong Chian School of Medicine, Nanyang Technological University
- Ministry of Health, Singapore
- Ministry of Home Affairs, Singapore
- Nanyang Technological University
- National Cancer Centre
- National Council of Social Service
- National Healthcare Group Polyclinics
- National Neuroscience Institute
- Saw Swee Hock School of Public Health, National University of Singapore
- Singapore Clinical Research Institute
- Singapore Institute of Clinical Sciences, A*STAR
- Workplace Safety and Health Institute
- Yale-NUS College, Singapore
- Yong Loo Lin School of Medicine, National University of Singapore

International Collaborators include:

- Brainmarker, B.V., Netherlands
- Broad Institute of MIT and Harvard
- Duke University Medical Center, Durham, USA
- Imperial College London
- King's College London – Institute of Psychiatry
- Nagoya University Graduate School of Medicine, Japan
- National Institute of Mental Health, USA
- Stanford University
- University of Leuven, Belgium
- University of Hong Kong
- University of Melbourne, Australia
- University of Toronto, Canada

education



As a tertiary psychiatric institution, IMH plays a leading role in developing the current and next generation of mental healthcare professionals.

Medical Education

IMH has been a key player in the training of medical students and post-graduate trainees since 1982, when it first started to provide specialist training for psychiatry trainees taking the National University of Singapore's Master of Medicine Examinations in Psychiatry. IMH also offers a range of observership and fellowship programmes for candidates to gain exposure to mental healthcare in Singapore and attain specific clinical skills.

Pre-Professional Education

IMH provides clinical training via clinical attachments and clerkship rotations for medical undergraduate students from the following institutions:

- Yong Loo Lin School of Medicine (YLLSoM), National University of Singapore (NUS)
- Duke-NUS Medical School (Duke-NUS)
- Lee Kong Chian School of Medicine (LKCMedicine), Nanyang Technological University
- Overseas medical schools (recognised by YLLSoM, Duke-NUS and LKCMedicine)



Post-Graduate Education

IMH is engaged with various post-graduate training programmes, including the NHG-AHPL Psychiatry Residency Programme, the Graduate Diploma in Mental Health and the Introductory Course in Psychotherapy; the last two in collaboration with the Division of Graduate Medical Studies, NUS. In addition, IMH collaborates with the Academy of Medicine to offer a Staff Registrar Scheme Diploma in Psychiatry.



Under the NHG-AHPL Psychiatry Residency programme, residents undergo a five-year training programme in a variety of mental health settings. Besides psychiatry, the residents also rotate through General Medicine and Surgery at the various participating hospitals.

The NHG-AHPL Psychiatry Residency Programme is a national programme and one of the few outside US to be accredited by ACGME-I, a non-governmental organisation responsible for the accreditation of International Graduate Medical Education programmes.

Continuing Medical Education

Engagement sessions, such as talks, lectures, and journal club presentations, are organised regularly to encourage the medical fraternity and GP partners to keep up with current trends and developments in the field of mental health.

Nursing Education

In 2012, IMH was awarded the American Nurse Credentialing Center's Accreditation with Distinction, making IMH the only institution outside the US and the first mental health institution in the world to receive this accreditation. This award puts IMH on the world map as a provider of high-quality nursing education.



Pre-Professional Education

IMH plays a national role in clinical training for psychiatric nursing through the provision of pre-professional education partnering local universities and tertiary institutions, such as NUS, Singapore Institute of Technology (SIT), Nanyang Polytechnic (NYP), Ngee Ann Polytechnic (NP), Parkway College and the Institute of Technical Education (ITE). These collaborations engage approximately 2,000 trainees every year, providing them with opportunities for clinical attachments at IMH.

Post-Graduate Education

IMH makes provision for post-graduate education by partnering NYP and NP to ensure that advanced diploma students are equipped with sufficient skills and experience for specialisation. NUS post-graduates undergoing their Masters in Nursing are also offered attachment opportunities at IMH to hone their competencies for the Advanced Practice Nurse role.

Continuing Nursing Education

IMH provides high-quality continuing nursing education to upgrade the clinical skills of nurses who work in mental health settings. Basic and intermediate continuing education courses include:

- Basic mental health nursing practice
- Basic cardiac life support
- Automated external defibrillation
- Specialised courses in the assessment and management of disturbed, aggressive patients using self-defense techniques
- Research and evidence-based mental health nursing care



Joanna Briggs International (JBI)-IMH(Singapore) Centre for Evidence-Based Practices in Mental Health Care

As part of our commitment to world-class education, research, and evidence-based practice, the JBI-IMH (Singapore) Centre for Evidence-Based Practices in Mental Health Care was established in 2010. Marking the first collaboration between JBI and a mental health institution in the world, this initiative enables clinical, nursing and allied healthcare professionals to advance evidence-based practices and research and translate these to improving patient outcomes.

Centre for Mental Health Education (CMHE)

In July 2010, IMH set up the CMHE to meet the continual learning needs of both mental healthcare professionals and caregivers. The Centre boasts a SMART classroom with video conference facilities, a Basic Cardiac Life Support training room, a nursing skills laboratory, an e-learning courseware development laboratory and seminar rooms.

Allied Health Education

IMH allied health professionals are involved in teaching undergraduates, post-graduates and polytechnic students by either delivering lectures or through clinical attachment opportunities in partnership with tertiary institutions.

Pre-Professional Education

Through internship placements at IMH, students are given opportunities to integrate theory with practice in mental healthcare. Clinical attachments at IMH for students are available in the areas of:

- Medical social work
- Occupational therapy
- Physiotherapy
- Psychology

These attachments provide a practice environment to develop skills across clinical and rehabilitation settings. Key partners include NYP, NP, NUS and SIT.

In the field of pharmacy, IMH provides attachment opportunities to trainee pharmacy technicians, where they learn more about optimal use of medications, high standards of dispensing services and inventory management, professionalism and teamwork.

Post-Graduate Education

IMH also hosts students of the NUS Master of Psychology (Clinical) programme which spans six months. This programme helps post-graduates build on theoretical knowledge and develop core competencies for clinical practice in a mental healthcare setting. In addition, IMH offers clinical rotations for post-graduates under the NUS (Doctor of Pharmacy) programme. IMH is an approved training institute for Pre-Registration Pharmacists in Singapore. It also serves as the chief training centre for the Ministry of Health's National Pharmacy Residency Programme in Psychiatry Pharmacy for future Specialist Pharmacists.

Education Hub

The Education Hub is designed to facilitate team-based learning and problem-based teaching for residents and students. It provides an environment that encourages collaborative learning between students from the different professional groups and gives them a head-start in working in multidisciplinary care, which is the future of healthcare delivery in Singapore.



Building Capability in the Community

As a tertiary psychiatric hospital, IMH plays a vital role in building the capability of our community partners to provide mental health services. Creating a robust mental health network in the community allows for improved accessibility of services, better quality of life for patients, and de-stigmatisation of mental health conditions. In addition, accessible and convenient community-based services help in the early detection and treatment of mental health problems, as well as the smooth reintegration of discharged patients into the community.

In partnership with the Ministry of Social and Family Development, Agency for Integrated Care and the Ministry of Education, our clinical, nursing and allied health professionals provide skills-based mental health training to community and social service organisations, schools and step-down care organisations to equip them with knowledge and skills to better identify and manage mental health-related issues on the ground.

As an extension to community support, our multidisciplinary teams are also actively involved in caregiver training.



Taking a population approach to managing mental health and wellness, we provide mental health and crisis management talks and workshops to corporate, community and government agencies. Through such engagement, individuals and organisations gain a better understanding of mental health issues and are able to respond more confidently in times of need.



OUR people

IMH is proud of our highly trained medical, nursing and allied health professionals, peer support specialists, hospital administrators, and ancillary staff, and their unwavering commitment towards patient care.

Meaningful Work, Growth Opportunities, Work-Life Harmony, Teamwork and Empowerment are what our staff value at IMH.

It is our conviction that the work we do is meaningful. This guides us to make a positive and lasting difference in the lives of others.

We are committed to developing an environment that promotes knowledge acquisition and skills mastery. This stems from our belief that every individual should be given opportunities to learn and grow professionally.

Apart from professional development, we recognise the importance of work-life harmony. Through fitness and recreational activities, and preventive health screening programmes, we help our staff stay healthy, happy and productive.

We work in teams and empower staff at all levels, and across the different professional groups to provide better patient care and outcomes.

We believe in giving our staff the best so that they can deliver their best to our patients.