



INSTITUTE
of MENTAL
HEALTH
National Healthcare Group



Woodbridge
Hospital
Charity Fund



Giving the Light of Hope

Highlights of FY2023: 1 April 2023 – 31 March 2024

About WHCF

The Woodbridge Hospital Charity Fund was established in 2000 to receive donations for the promotion, development and provision of mental health-related services in Singapore.

The Fund supports a range of programmes which fall under four categories – (i) Living Well - preventive programmes to help beneficiaries live healthily, build resilience, and prevent mental health issues; (ii) Living with Illness – programmes to help beneficiaries lessen the impact of mental health conditions, promote recovery, and maintain their well-being (iii) Advocacy – programmes to build mental health literacy and reduce stigma (iv) Supporting Strategies – programmes that contribute to improving the mental health of Singaporeans or beneficiaries through education, research, or innovation.

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Dear donors,

The fundraising landscape remains challenging in FY2023, fuelled in part by uncertainties in the global economy and inflationary pressures. Despite this, Woodbridge Hospital Charity Fund (WHCF) continues to receive good support from individual and corporate donors. The highlight of FY2023 was the IMH 95th Anniversary Charity Concert which helped raised about \$790,000 for the WHCF. Your generous giving will help our beneficiaries in their journey towards achieving their goals and dreams.

Persons with mental illness often need a combination of psychosocial support and resources beyond medication and therapy to effectively manage their conditions and improve their overall well-being. Many face the stigma surrounding mental illness and this adds to their challenges in reintegration into the community like seeking employment, forming meaningful relationships and finding purpose in life.

Your support also empowers persons in recovery to advocate for mental health and destigmatise mental illness. At the same time, it allows us to fund clinical pilots and research activities and programmes that will help identify new treatments to attain better recovery outcomes and advance our understanding of the impact of mental illness.

Together, we give hope to the wider community that mental illness is treatable and persons in recovery can and do find purpose in life.

Thank you.

Lee Chow Soon
Chairman
Woodbridge Hospital Charity Fund

Financial Year 2023 (FY23) in Review

\$910,060

DONATIONS
RECEIVED

\$7,758

OPERATING &
ADMINISTRATIVE
EXPENSES

\$1,015,674

PROGRAMME
FUNDING

3458

BENEFICIARIES

20

PROGRAMMES
SUPPORTED

Patients Welfare Fund

Many of IMHs patients come from low-income families who require additional financial support in their recovery journey to function adequately in the community. Your giving has helped 1,018 patients with basic living expenses such as food, transport, consumables, crisis living expenses, home improvement and job start up support.

991

PATIENTS BENEFITED
FROM FINANCIAL
AID

20

PATIENTS BENEFITED
FROM HOME
IMPROVEMENT AID

7

PATIENTS RECEIVED
FINANCIAL ASSISTANCE WHILE
ANCHORING NEW JOBS



Vocational Rehabilitation

Vocational training is aimed at helping clients with mental health conditions to build work routine, social behaviors, skills and confidence, preparing them for successful reintegration into the workplace.

Enhancing our training options to encompass a broader range of skills is crucial for meeting the interests and needs of clients at various functional level.

With this, OcTAVE@IMH has been collaborating with internal departments to pilot a new coffee machine training programme aimed at supporting groups of clients who face challenges in sustaining open employment.

Throughout FY2023, 69 clients completed training and attained job placement and 52 clients sustained jobs for more than 3 months.

We are a Resilient Family Programme

The programme reaches out to patients who also play a parenting role to their children while coping with their illness. Annually, 40 families are enrolled in the programme, which comprises regular home visitations and intensive case management to enable all members in the

family to identify and develop coping skills. To enhance their communication skills, our medical social workers conduct psychoeducation, couple and parenting workshops with the aim of ministering to the family holistically.



Parenting with
RESILIENCE

8 June 2024 | 15 June 2024
22 June 2024 | 29 June 2024
9.30am - 1pm*
IMH Blk 2 Education Hub

Please arrive 15 mins earlier for registration & light refreshments.
Lunch will be provided.
For any enquiries, please contact
Serene Tan @ 6389 2419.



13 & 20 April 2024
Saturday, 9am - 2pm
Venue: Education Hub

Rekindling Empathy :
A marriage workshop for couples

Aims of workshop

- For couples to rekindle empathy for each other and their relationship
- Appreciate the experience of mental illness from each other's perspective
- Reflect and rediscover the shared purpose of being married

Suitable for couples

- Willing to jointly attend both sessions as a couple
- Willing to share personal experiences with other couples
- Conversant in English
- One spouse is a known patient of IMH

Register for free by 10 Apr
Lunch is provided.

To register, please discuss suitability of couple with Song Eng/Kelly before enrolling couple into the workshop.
Email admin_msw@imh.com.sg for official registration with contact details.



#RESILIENCEFAM
JUNE HOLIDAYS EDITION!

In partnership with:
VIVITA VIVISTOP KAMPONG EUNOS



#RESILIENCEFAM
JUNE HOLIDAYS EDITION!

8, 15, 22, 29 June (Saturdays)
9am - 1pm
IMH Blk 2 Education Hub

Topics covered:
Week 1: Mental Health and Me
Week 2: Am I a carer too?
Week 3: Discovering my strengths and coping abilities through Crafting @ VIVITA Singapore!
Week 4: Group Reflection

Please come 15 mins earlier for registration & light refreshments! Lunch will be provided-

For any enquiries, please contact Ms Serene Tan @ 6389 2419.

Caregiver Support Services

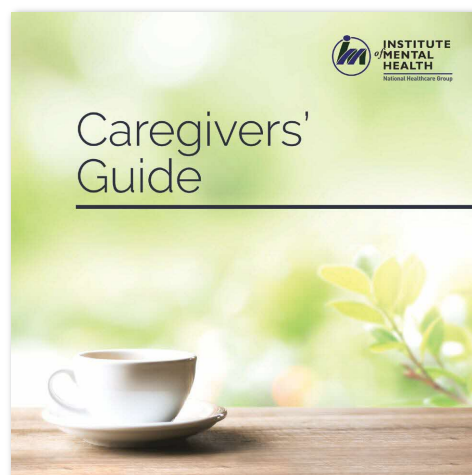
Caregiving is an emotional and physically demanding job and often leaves caregivers feeling overwhelmed and stressed. As an extension of care in mental health, the Medical Social Work (MSW) department organises caregivers group work and activities to support them in their journey, with the aim of preventing burnout.

Caregiver guides were incorporated into 2,000 caregiver kits which patients and their caregivers, especially those visiting for the first time, can collect. These kits help caregivers identify signs of caregiver stress and learn about the assistance and resources available that they can tap on for support. An average of 100 kits are collected each month.

Besides the Caregiver Guide, the MSW team also conducted structured workshops on topics such as care planning, grief management, emotional management, communication skills and mental health knowledge.

- 200 participants attended a public talk on obsessive compulsive behaviours in May 2023
- 41 family members attended a family day with their loved ones in May 2023 to strengthen kinship ties.
- 30 caregivers attended a Grief & Bereavement workshop in Sep 2023.
- 20 caregivers completed a 3-session Brief Family Intervention Workshop on managing Obsessive-Compulsive Disorder (OCD) in June 2023 and March 2024.
- 3 families (11 participants) completed a 10-session Multi-Family Groupwork on Bipolar Disorder.

A survey with participants in these activities showed a 90% satisfaction rate.



Joy Club - Drum Circle: Bringing Rhythm and Joy to Long-Stay Patients

Since 2014, the Joy Club - Drum Circle has actively involved long-stay patients from various blocks in weekly drum sessions. Conducted by a dedicated Drum Facilitator and volunteer staff, these sessions invite around 12 patients from different long-stay wards to participate in the group therapy room of the Occupational Therapy Department (OTD). The primary aim of these sessions is to offer patients a therapeutic activity through listening and playing drums, helping them build self-confidence and enjoy a creative outlet. The rhythmic experience has proven to be a valuable addition to their routine, fostering a sense of community and personal achievement.

In FY2023, Joy Club has completed 2 events:
1) A drum circle session with members of the public at IMH to celebrate 95th Anniversary of

IMH on 20 May 2023 with 4 patients' participation.

2) A performance at the IMH lobby area on 7 Aug 23 to celebrate National Day with participation from 5 patients and 7 staff. Additionally, 21 Drum circle sessions were conducted with our trainer with attendance of 44 unique patients.

Overall participation is 88%. Looking ahead, the Joy Club is planning to do 3 community events and extending the joy of drumming to other patients outside the club. We plan to conduct regular staff-initiated sessions and events including a carnival at Methodist Girls' School sports complex and two performances at a nursing home and community centre. These plans serve to extend the therapeutic benefits gained by our patients from the drumming activities.



Very Special Outstanding Performers (VSOP)

The VSOP is a choir and dance group formed by patients. Over the years, participants have affirmed the benefits from the therapeutic effects of singing and dancing and always look forward to a platform to showcase their talents. The camaraderie shared amongst participants and instructors in the process also creates a supportive network beneficial for their mental well-being. It is evident that the sessions have brought much joy to the participants. To date, a total of 110 patients have participated in singing and 58 in dance performances.



IMH Volunteer Programme

Social interactions play a critical role in the recovery process for long-stay patients to enhance emotional well-being, reduce feelings of isolation, and foster a sense of belonging and support. Enabled by your generous donations, volunteers and staff are given the resources to organise enriching and engaging activities to connect with patients meaningfully, and these contribute to improvements in their psychosocial well-being.

“Whenever I man the Mobile Canteen service, watching patients enjoy their food keeps my heart fulfilled. It's incredibly rewarding to spend quality time with them. Volunteering here has truly been life-changing.”

*Ancilla,
Volunteer since 2022*

Voices of Experience (VOE) Programme

Having conversations is one way to debunk myths and de-stigmatise mental illness. This is where advocates – who come forward to share about their mental health struggles and recovery journey – play a crucial role to help the public understand what it is like to live with a mental health condition and change misperceptions surrounding mental illness.

Your giving has enabled the team to run the Voices of Experience (VOE) programme, where persons with lived experience take on the advocacy role to raise mental health awareness at IMH events for students, volunteers and the general public. In FY2023, these events reached out to 760 participants.

“As a mental health advocate, I feel that what I am sharing is important and I hope that it allows others to have a better understanding of my journey living with depression. Depression and anxiety can happen to anyone. My hope is for the general public to develop empathy and not stigmatise persons who are struggling with mental health conditions. I believe that there is always hope for recovery and I believe that when persons living with mental health conditions share their own stories of recovery, they help to encourage others to embrace hope and look towards a promising future.”

*Andrew Tan,
VOE advocate*



Psychosocial Programmes & Appreciation Event and EPIP Peers4Rs Programme

Psychosis, in particular schizophrenia, tends to occur during the developmental stages of adolescence and early adulthood, which impact education, employment, self-identity, building relationships and other psychosocial developments. It is during these critical life stages that decisions for a stable and secure future are often made.

Research has shown that patients with first-episode psychosis show good recovery in symptoms; that is, however, not reflected in terms of their functioning (for instance, employment). Due to the impact of the illness, young people with psychosis commonly experience social exclusion, low self-esteem and decreased social and occupational functioning.

The early psychosis team provides a comprehensive and integrated psychosocial rehabilitation programme, with a focus in skills acquisition and reintegration into the community. These programmes help to facilitate recovery via skills training. Group work enables clients to form social identities and friendships. Work behavioural skills such as punctuality or cooperativeness and group skills such as maintaining conversations and adherence to social norms are emphasised and modelled. Programmes are conducted by occupational therapists, case managers, peer support specialists and psychologists.

171

TOTAL NUMBER OF HEADCOUNTS
FOR CLUB EPIP PROGRAMS

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850

TOTAL NUMBER OF ATTENDANCES
FOR CLUB EPIP PROGRAMS

EPIP DAY 2023 (Theme: Warrior)

The event saw the recognition of 32 clients and 16 caregivers who were honoured and awarded the client and caregiver awards for their perseverance/achievements and unwavering support and dedication, respectively. In total, 128 clients and caregivers attended the event with high levels of satisfaction and enjoyment rate by the attendees.

Feedback garnered: "Very encouraging program/ceremony"; "Actually overwhelming. Enjoyed the session. Deserve bigger and better scale"; "Fantastic sharing by all. New insights"

Sports Day (rebranded as Fun Day from 2023)

The event saw 2 separate activities conducted for those in the age group of 12 to 17 years old (Early-Onset Psychosis) and those in the age group of 18 years to 40 years old (Team EPIP)

For Early-Onset Psychosis: 9 clients took part. 100% enjoyed it & were either satisfied or very satisfied

For Team EPIP: 17 clients took part. 98.9% enjoyed it & 100% were satisfied or very satisfied with the event

PEERS4RS:

12 Caregivers received support.
28 Peers benefited from peer group support.

Acceptability and Effectiveness of Bergen 4-Day Treatment for OCD in Singapore: A Clinical Evaluation Pilot Study

Obsessive-Compulsive Disorder is one of the common disorders in Singapore, affecting 3.6% of our population. Exposure and response prevention Therapy (ERP) has been shown to be effective in treating both adults and children with OCD. Despite its effectiveness, the drop-out and refusal rates for ERP is quite high (26.9% and 25% respectively). In recent years, the Bergen 4-day treatment for OCD (B4DT), a short-term, evidence-based, and intensive form of ERP group therapy has gained international traction due to its short, 4-day duration and its significant clinical outcomes.

With the support of Woodbridge Hospital Charity Fund and the Kavli Trust, Norway, IMH

conducted a pilot study to investigate the acceptability and effectiveness of B4DT for treating adults suffering from OCD. 43 patients completed the B4DT over eight runs, from October 2022 to November 2023. At the 10-day follow-up post treatment, 63% of the patients treated reported clinically significant reduction in their OCD symptoms. The dropout rate was less than 2%. Additionally, there was an improvement in anxiety, depressive symptoms, and quality of life, following the treatment.

Overall, the B4DT clinical pilot in Singapore has shown the therapy to be effective, easy to administer and of high acceptability.



Resilience, Empathy, Support and Total Wellness (REST) for WELLness Programme 2023

Mental health issues among the young are an increasing concern globally and in Singapore. Adolescence is a critical phase of life, marked by significant transitions.

To address these issues, Total Wellness Initiative Singapore launched the REST for WELLness. This programme, adapted from REACH's Mentally-LIT programme, aims to provide a comprehensive approach to youth mental health and wellness.

In FY2023, the REST for WELLness Programme was introduced in 12 schools. A total of 410 youths received training in mental health awareness, coping strategies, and peer support techniques. The programme also involved 40 facilitators in these schools to take on the role in training and supporting the youths.

The programme has not only equipped youths with essential mental health knowledge and skills but has also fostered a culture of mutual support and proactive wellness within the participating schools.

Your continued support helps us move closer to a future where every young person has the tools and support they need to thrive mentally, emotionally, and physically. Thank you for being a part of this transformative journey.

12
SCHOOL
PARTICIPATING

.....

410
YOUTHS
TRAINED

.....

40
FACILITATORS
ENGAGED



Fundraising

In FY2023, the Fund received donations of \$910,060, which is inclusive of \$541,477 from IMH 95th Anniversary Charity Show “Balls of the Belles” held on 9th December 2023 and \$250,000 from the dollar-for-dollar matching under the Tote Board’s Enhanced Fund-Raising Programme.



Make a Donation

The Woodbridge Hospital Charity Fund (WHCF) brings hope, recovery and dignity for people living with mental health conditions and their families by funding various programmes that strengthen recovery and improve their quality of life. Your donation will have a lasting impact on our patients, their families, and our community.

Make a difference and donate today!



Credit card/eNETS/GrabPay

Proceed to Giving.sg to make a monthly or one-time donation.

PayNow

Donate via PayNow mobile app with any PayNow participating banks or via Internet banking through the PayNow option. Simply enter the Unique Entity Number (UEN): 201940371M or scan the QR code. You need to provide your NRIC/FIN/Passport number and mobile number in the reference field for tax exemption.



Cheque

Attention to payee name:
Woodbridge Hospital Charity Fund and mail it together with a donation form (scan QR code to download) to:

Woodbridge Hospital Charity Fund
c/o Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747



All donations to the WHCF will receive 2.5 times tax deduction. Kindly note that providing your NRIC or UEN is compulsory for our submission to IRAS for tax exemption.

