

# CHAT PRESENTS

## Workshop on: #OneGoodAdult

This youth mental health training programme will equip you with skills to help a young person in distress.



Community Health  
Assessment Team

### Overview

One in five young people will experience at least one mental health concern by the time they reach adulthood. The Singapore Mental Health Study (2010) revealed that locally, major mental disorders typically develop by age 26. Yet, less than a third of individuals with a mental health condition sought professional help.

An important deciding factor for a young person to accept help lies in his/her experience with seeking help. A positive experience of receiving support from a good adult who is respectful, shows the ability to empathize, listen without passing negative judgement and convey hope for recovery goes a long way in encouraging the distressed person to want to seek additional options of help and support for his/her mental health distress.

Do you want to be that one good adult for distressed young people? Join CHAT in this learning session to build your skills.

#### **Course Content**

1. Discuss the characteristics of a “one good adult”
2. Understand four strength-based principles in lending support to distressed young people
3. Practise the skill of active listening (with 3<sup>rd</sup> ear)
4. Practise the skill of expressing empathy
5. Practise the skill of paraphrasing and reframing
6. Practise the skill of asking coping questions to support a distressed young person’s recovery process
7. Practise helping young people with mental health distress

Duration: 8 e-training hours via zoom (2 sessions x 4 hours)

Activities: Short lecture, videos, small group discussion, practice rounds and role-play

Pre-requisite: Keen interest in supporting young people in distress

Target participants: Educators, Student Support Staff, and any other helping professionals who work with young people aged 16 to 30

## ABOUT CHAT

Initiated under the auspices of the Ministry of Health, Singapore in 2009, the Community Health Assessment Team (CHAT) is a national youth mental health outreach and assessment programme under the Institute of Mental Health (IMH). Our team of mental healthcare professionals are dedicated to promoting awareness of mental illness, improving access to mental health resources and providing personalised and confidential mental health checks for young people aged 16 to 30 years old. With a centre (CHAT Hub) at \*SCAPE Orchard, extensive outreach programmes and collaborations with passionate young people and various community partners, CHAT has helped thousands of young people with mental health concerns since 2009.

Training will be delivered by one of CHAT’s team of experienced case managers who have expertise in the identification of common mental illnesses and supporting distressed youths achieve recovery.