



## Your role in Stepping Stones Rehabilitation Centre

At our centre, we promote an environment of mutual respect. We place trust in you to exercise personal responsibility and promote harmonious communal living.

In this home-like environment, we encourage you to make your own decisions to manage your time, plan a routine, and perform tasks such as housekeeping or laundry. This gives you opportunities to apply the new knowledge and skills learnt and continue the level of daily functioning outside the hospital.





## Enquiries

For more information, talk to your current care team and ask for a link-up with the Stepping Stones Rehabilitation Centre team.



We strive to journey with you towards a purposeful life.

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## Stepping Stones Rehabilitation Centre

# About Stepping Stones Rehabilitation Centre

Mental health conditions can be treated, and recovery is possible for all. Recovery continues even when you leave the hospital.

With this in mind, we set up the Stepping Stones Rehabilitation Centre, a purpose-built and mixed gender ward, to equip and prepare you for your recovery journey.

During your stay, our multi-disciplinary care team will work with you to identify your recovery needs and goals, and develop a plan to achieve your desired outcomes. You will undergo a structured programme that lasts between two to three months to bring out your strengths and build new skills. This enables you to function more effectively when you go back home or to an intermediate care facility.

## Our Key Activities

Through a blend of evidence-based therapies, education and therapeutic activities, we aim to foster self-awareness, healthy relationships, and resilience. We encourage you to speak with your care team to identify the activities that suit your needs.

### Mental Health Education and Life Skills Groups

- Gain insight into your condition and learn strategies to manage your illness with the aid of a wellness booklet.
- Cultivate life skills and interpersonal relationship techniques.

### Reconnect Group\*

- Strengthen cognitive, problem-solving, and social skills.

### Family Recovery Group

- Conducted by a medical social worker for your family and caregivers on supporting your recovery journey.

### Emotions Management\*

- Open group session drawing on Cognitive Behaviour Therapy techniques to counter difficult emotions, distress and personal challenges.

### Recovery Workshop

- Explore with a peer support specialist on how you can take charge of your personal wellness and recovery and manage the issues that you may face.

### Peer Support Service

- Individual sessions with a peer support specialist to address targeted concerns and goals.

### Medication Education

- Learn about proper medicine taking, reading labels and storing your medication, and tips to manage possible side effects.

### Cognitive Remediation Therapy\*

- Interactive computerised activities focusing on attention, memory, and execution skills to prepare you for your vocational goals.

### Work Training/Exposure Group\*

- Enhance vocational skills with on-site job training opportunities facilitated by an occupational therapist.

Besides the above programmes, you could attend support group sessions with fellow clients to learn from and share with each other. Depending on your needs, we may organise outings to nearby amenities to practise the skills you acquired and boost your confidence in adapting to new surroundings.

\*Additional charges apply

