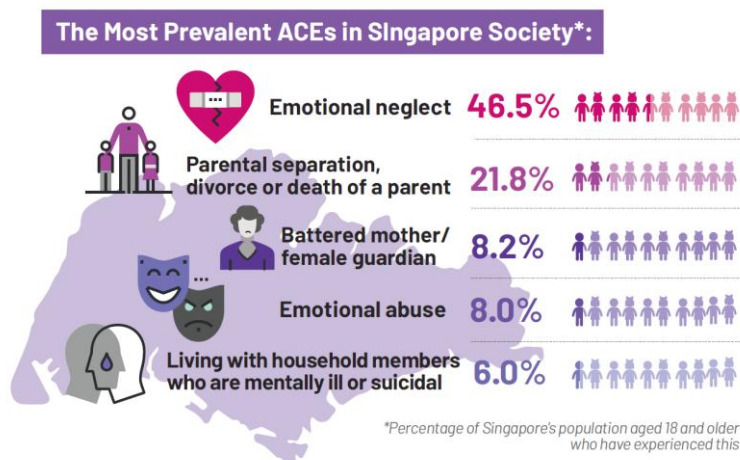


MEDIA RELEASE

Singapore – 22 April 2022

IMH COMMEMORATES INAUGURAL WORLD INFANT, CHILD AND ADOLESCENT MENTAL HEALTH DAY ON 23 APRIL 2022 WITH WEBINAR ON TRAUMA-INFORMED CARE

- 23 April 2022 has been declared the inaugural **World Infant, Child and Adolescent Mental Health Day** by four international associations - the World Psychiatric Association Child and Adolescent Psychiatry (WPA-CAP), International Association for Child and Adolescent Psychiatry and Allied Professions (IACAPAP), International Society for Adolescent Psychiatry and Psychology (ISAPP) and World Association for Infant Mental Health (WAIMH).
- The day serves to recognise the global importance of infant, child and adolescent mental health, and advocate for the promotion of mental health and prevention of mental illness in the young.
- In Singapore, IMH, together with the Singapore College of Psychiatrists, will commemorate this day with a webinar titled “Trauma-Informed Care and Practices: Supporting Children in Crisis” (see Annex A). About 500 participants, represented by allied health professionals, educators and individuals who work with young people, are expected to come together with a panel of IMH experts to glean insights and discuss strategies on helping children affected by trauma.
- Children and adolescents form a third of the world’s population. Innocent young lives are often affected by the hidden impact of adverse events or crises such as the Russia-Ukraine war and the COVID-19 pandemic even if not all are at high risk of direct harm from these stressful and traumatic events. Global research has shown that Adverse Childhood Experiences (ACEs) are common in many populations. Closer to home, the first Singapore study¹ on ACEs conducted by IMH revealed that every two in three adults in Singapore’s resident population have experienced at least one ACE in their first 18 years of life and that ACEs significantly increase the risk of one developing a mental illness later in life.



Source: [“Putting ACE in place” – Imagine magazine Oct 2020 – Jan 2021, IMH](#) (pg 8 -11)

¹ Based on data from the 2016 Singapore Mental Health Study

5 “Many countries are grappling with the health, financial and economic challenges posed by the ongoing pandemic and various crises around the world. Children and adolescents are often the silent victims of the uncertainties arising from these challenges. As mental healthcare professionals, we are deeply concerned about the psychological impact of these adverse events on our young. IMH is pleased to support the inaugural **World Infant, Child and Adolescent Mental Health Day** and take this opportunity to raise awareness on the impact of early trauma on the mental health of individuals,” says A/Prof Daniel Fung, Chief Executive Officer, IMH. A/Prof Fung is also President, International Association for Child and Adolescent Psychiatry and Allied Professions.

6 “Traumatic events affect every child differently. While some remain unfazed, others require more help and support. Certain groups are more vulnerable because of their psychosocial and biological risk factors. Hence, their parents, teachers, mental health professionals and social care teams need to understand these factors and learn strategies of trauma-informed care to better help the children in crisis,” A/Prof Ong Say How, Chief, Department of Developmental Psychiatry, IMH and Chairman, Section of Child and Adolescent Psychiatry, College of Psychiatrists, Academy of Medicine, Singapore.

7 The webinar on 23 April is fully subscribed and members of the public may tune in to the livestream session via IMH’s YouTube channel – www.youtube.com/IMHsingapore.

– END –

For media queries, please contact:

Ms Fiona Foo
Institute of Mental Health
Email: Fiona_wy_foo@imh.com.sg
DID: (65) 6389 2868 / HP: (65) 8123 8805

Ms Quek Ai Choo
Institute of Mental Health
Email: Ai_Choo_QUEK@imh.com.sg
DID: (65) 6389 2865

About the Institute of Mental Health (IMH)

The Institute of Mental Health (IMH), a member of the National Healthcare Group, is the only tertiary psychiatric care institution in Singapore. Located on the sprawling 23-hectare campus of Buangkok Green Medical Park in the north-eastern part of Singapore, IMH offers a multidisciplinary and comprehensive range of psychiatric, rehabilitative and therapy services in hospital-based and community-based settings. The 2,000-bedded hospital aims to meet the needs of three groups of patients – children and adolescents (aged below 19 years), adults and the elderly. Besides providing clinical services, IMH also leads in mental health research and training the next generation of mental health professionals in Singapore. For more information, please visit www.imh.com.sg or www.facebook.com/imh.singapore.

About the College of Psychiatrists

The College of Psychiatrists was formed under the umbrella of Academy of Medicine, Singapore, in 1986. The College aims to continue providing a professional leadership, continuing education in mental health services, promoting good mental health and mental ill health practice for those involved in the mental health services both service users and care professionals alike. Many of our Fellows were integrally involved with other health care professionals in developing Mental Health Services, “Towards More Holistic Care”.

Online Webinar

Trauma-informed care and practice: Supporting children in crisis

Every child deserves to have good mental health as it is an important part of healthy child development. Children are vulnerable to traumatic events and should be provided with help in times of crisis. Trauma-informed care involves everyone in the community in a coordinated effort to reduce the impact of trauma and prevent re-traumatisation.

Join us for this webinar if you are an allied health professional, social worker, educator or anyone who works with children and adolescents. Learn how trauma affects children's mental health and how you can practise trauma-informed care to help young people cope with their mental health struggles.



23 April 2022, Saturday
10.30am – 12.00pm

FREE Admission

To register, visit www.imh.com.sg

For enquiries on this webinar,
email DCAP-Zoom@imh.com.sg

Programme

- | | |
|---------|---|
| 10.30am | Opening address
 A/Prof Daniel Fung
Chief Executive Officer, IMH
President, International Association for Child & Adolescent Psychiatry & Allied Professions
President, College of Psychiatrists, Academy of Medicine, Singapore |
| 10.40am | Trauma-informed care and response and the S.E.L.F. model
 Dr Ann-Marie Aboud
Principal Clinical Psychologist, Department of Developmental Psychiatry, IMH |
| 10.55am | Trauma-informed care in social case work
 Tracy Wee
Principal Medical Social Worker, IMH |
| 11.10am | A didactic overview of the trauma systems and its relevance on our trauma work with children and adolescents
 Loo Wee Shyon
Senior Clinical Psychologist, IMH |
| 11.25am | Mental resilience in children & adolescents
 Dr Ong Say How
Senior Consultant and Chief, Department of Developmental Psychiatry, IMH
Chairman, Section of Child & Adolescent Psychiatry, College of Psychiatrists, Academy of Medicine, Singapore |
| 11.40am | Q & A |

Organised by



SECTION OF CHILD & ADOLESCENT PSYCHIATRY
COLLEGE OF PSYCHIATRISTS
ACADEMY OF MEDICINE, SINGAPORE



Organised in conjunction with the
inaugural World Infant Child and
Adolescent Mental Health Day,
23 April