

## WOODBIDGE HOSPITAL CHARITY FUND

Annual Report for the period 1 April 2017 – 31 March 2018

Woodbridge Hospital Charity Fund is an Institution of a Public Character (IPC) and a registered charity (Charity Registration No: HEF0065/G) under the purview of the Ministry of Health.

IPC Registration Number : HEF0065/G

UEN Number : T01CC1489K

ROS Registration Number : 52929304L

Registered Address : 10 Buangkok View, Singapore 539747

Board of Trustees :

- Mr Lee Chow Soon  
Chairman, Board of Trustees  
Senior Partner, Tan Lee & Partners
- Ms Irene Png  
Treasurer, Board of Trustees  
Self-employed
- Mr Fong Heng Boo  
Retired
- Dr Tan Chue Tin  
Consultant Psychiatrist, Tan Chue Tin Clinic  
Pte Ltd
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Planning & Development and Advocacy &  
Membership  
National Council of Social Service
- Ms Jacqueline Khoo  
Director, JC Trust Ltd
- Mr Keith Chua  
Executive Chairman  
ABR Holdings Limited
- A/Prof Chua Hong Choon  
Chief Executive Officer, Institute of Mental  
Health

A/Prof Daniel Fung  
Chairman, Medical Board, Institute of Mental  
Health  
*(Stepped down on 1 Mar 2018)*

Banker : DBS, UOB & OCBC  
Auditor : KPMG LLP

## **OBJECTIVES**

The Fund is established to receive contribution and donations for the promotion, development and provision of mental health-related services in Singapore, including (but not limited to):

- the pursuit of medical research and development;
- programmes for continued medical, nursing, paramedical and related education and training;
- publication of research and educational literature;
- provision and improvement of equipment and facilities for research and development;
- holding of conferences, seminars, and exhibitions; and
- provision of funded care to patients who are in need of financial assistance.

## **BOARD OF TRUSTEES**

A Board of Trustees was set up in June 2005 to oversee the running and management of the Fund so that funds are allocated judiciously, in compliance with the rules and regulations of the Ministry of Health & the Charities Regulations 2007. Board members are renewed or re-appointed every two years. Board members do not receive any remuneration for their services on the Board.

Name	Position	Appointed since	Other appointments	Attendance at Board Meetings (FY2017)
Mr Lee Chow Soon	Chairman	1 Nov 2009	Senior Partner, Tan Lee & Partners	3 out of 3
Ms Irene Png	Treasurer	1 Jun 2005	Nil	2 out of 3
Mr Fong Heng Boo	Member	1 Nov 2011	Nil	2 out of 3
Dr Tan Chue Tin	Member	16 Nov 2001	Consultant Psychiatrist, Tan Chue Tin Clinic Pte Ltd	2 out of 3
Ms Tina Hung	Member	1 Jun 2005	Deputy Chief Executive Officer and Group Director, Service Planning & Development and Advocacy & Membership, National Council of Social Service	1 out of 3
Ms Jacqueline Khoo	Member	1 Nov 2007	Director, JC Trust Ltd	2 out of 3
Mr Keith Chua	Member	1 Nov 2013	Executive Chairman, ABR Holdings Limited	2 out of 3
Prof Chua Hong Choon	Member	8 Feb 2011	Chief Executive Officer, Institute of Mental Health	3 out of 3
A/Prof Daniel Fung	Member	1 Mar 2012	Chairman Medical Board, Institute of Mental Health	2 out of 3

## EXECUTIVE MANAGEMENT

Professor Chua Hong Choon, a member of the Board of Trustees, is also the Chief Executive Officer (CEO) of the Institute of Mental Health (IMH) and Deputy Group Chief Executive Officer (Clinical) of the National Healthcare Group (NHG). Prof Chua is a psychiatrist and was appointed CEO of IMH since 1 February 2011 and Deputy Group CEO (Clinical) of NHG since 1 June 2015.

## GOVERNANCE

The Corporate Governance Statement of the Fund is available on the website of the Institute of Mental Health ([www.imh.com.sg](http://www.imh.com.sg)).

The Fund has a whistle-blowing policy that follows that of the National Healthcare Group. Staff and members of the public may contact [nhg@globalcompliance.com](mailto:nhg@globalcompliance.com) to report any incidents.

## **REVIEW OF FINANCIAL YEAR 2017**

(For the period 1 April 2017 – 31 March 2018)

### **Programmes Supported**

In financial year 2017, the Woodbridge Hospital Charity Fund (WHCF) supported various programmes to benefit IMH patients and their caregivers and to promote the advancement of mental health services. These programmes 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.

#### **A Living Well**

##### **1. “I am a Resilient Kid” Programme**

Resilience Camps for children whose parents have a mental health condition have been organised since 2009. This initiative followed a Singaporean study conducted in 2008 which noted that 11% of people with mental health conditions had young children under the age of 18, and the risk of these children developing mental and behavioural problems was 2.5 times higher than the general population.

The one-day programme reaches out to children of persons with mental health conditions or addictions and equips them with skills to build resilience, such as helping them to understand their parents' conditions and learning self-care.

A total of 67 participants comprising 39 children and 28 parents/grandparents/siblings attended four group work sessions on psychoeducation and communication skills in FY2017. 93% of the children who completed the Kids Knowledge Scale after the sessions scored at least 80%; 80% of families were referred to external agencies to receive additional support in the community. Joint case conferences were also conducted by IMH staff with various community agencies such as the Ministry of Social and Family Development, family service centres, child protection specialist centres, school counsellors and children's homes to help these families overcome challenges faced.

##### **2. Caregiver Support Activities**

To enable caregivers to sustain care to their loved ones with mental health conditions, various activities are organised to help them build resilience. These include workshops to learn about self-care and coping strategies, communication skills between caregivers and patients living under the same roof, and social activities to strengthen their social and support networks.

A total of 2,663 caregivers participated in various caregiver workshops and activities conducted in FY2017. These included monthly caregiver workshops on mental health conditions (conducted in both English and Mandarin), monthly caregiver training,

dementia caregiver workshops, family engagement sessions, caregiver outings, and individual and family psychoeducation sessions. Workshops were also conducted for parents of adults with intellectual disabilities to learn about future care planning. About 92% of participants rated the workshops and services as beneficial to them.

## **B LIVING WITH ILLNESS**

### **3. Patient Welfare (Medical Social Work)**

The Patient Welfare (Medical Social Work) programme helps IMH patients to live successfully in the community upon discharge from the hospital by promoting patient re-integration and independence. This programme provides financial assistance for patients to pay for basic welfare needs (such as daily necessities and transport for medical appointments) and work-related needs (such as transport to work, uniforms, and office attire). It also supports patients who may need help with cleaning or basic repair works to their homes.

In FY2017, the programme helped 1,339 patients with their transport allowances (bus, taxi or ambulance) for medical/rehabilitation appointments and basic expenses related to non-medical needs, such as food and other consumables. Money from this fund also paid for home improvement needs for 45 patients. Another 8 patients benefitted from financial assistance to anchor new jobs.

### **4. EPIP Peers 4 Rs Programme (Remembering Resilience, Respect and Recovery)**

This peer support programme is a collaboration between staff of IMH's Early Psychosis Intervention Programme (EPIP) and Peer Support Specialists (persons-in-recovery and caregivers) who provide support for those recovering from early psychosis. By sharing their own personal experience, the Peer Support Specialists encourage and instill hope to others struggling with the impact of illness. Their efforts also promote recovery-oriented practices in the department.

A total of 81 referrals were received for one-to-one peer support (for persons in recovery and caregivers). 85% of those who gave feedback found the support helpful and 77% would like to continue with the service (for persons in recovery). 100% of the caregiver respondents found the support helpful and would recommend it to other caregivers.

### **5. Club EPIP Programme**

Club EPIP was formed in 2005, with the aim to integrate and support patients with early psychosis in the community. Activities at the Club are conducted by a multi-disciplinary team of Occupational Therapists, Case Managers, Peer Support Specialists, allied health professionals and volunteers. Through activities such as social and work skills training, job preparation, lifestyle management, information technology training, dietary guidance, and Cognitive Remediation, Club EPIP has aided IMH clients in their recovery and independence in the community. In addition, Club EPIP also runs social activities, such as Sports Day, ad-hoc outings, support groups, adventure team building

and on-going dance, drama, music, and arts programmes to foster peer support amongst IMH clients and boost their confidence and social skills.

In FY2017, 232 EPIP clients participated in Club EPIP activities, which had 2,337 client attendances. Clients demonstrated improvements of 49% for group participation and about 67% for role functioning while 44% of clients' maintained their functioning (based on the Club EPIP group participation and performance scale, adapted from A.C. Mosey's Psychosocial Components of Occupational Therapy form).

## **6. Very Special Outstanding Performers (VSOP)**

The Very Special Outstanding Performers (VSOP) programme aims to enable and empower persons with mental health conditions to benefit from the therapeutic effects of singing and performing. A secondary objective is to train them for external performances, as part of IMH's efforts to help de-stigmatise mental illness.

A total of 93 patients have been recruited and trained to sing by a professional coach since 2008, while 45 patients have been trained in contemporary arts/dance since 2010. There are currently 12 regular choir members and five regular dance members.

In FY2017, VSOP Choir and VSOP Dance held nine internal performances at IMH and three external performances. They performed during Chinese New Year at St Andrew's Nursing Home in Jan 2018, at the graduation ceremony for the Executive Counselling and Training Academy in Mar 2018, and at the CARE forum: "Reflections on Mental Well-being through the Art of Baking and Dance" in Mar 2018.

## **7. Vocational Rehabilitation for People with Mental Illness (Transitional Employment & Supported Employment)**

This vocational rehabilitation programme equips patients with vocational skills to help them secure a job and facilitate community re-integration.

A total of 142 patients were enrolled in the programme in FY2017. Of these, 72 patients completed the programme and obtained job placement. From this pool, 49 patients successfully sustained their jobs for more than three months with follow-up support from Job Club. Enrolment for this programme increased significantly in FY2017 following roadshows at other hospitals and external organisations.

## **8. WE ENABLE Day Camp**

The WE ENABLE Day Camp is a day camp for children with Attention Deficit Hyperactivity Disorder (ADHD) and Autism Spectrum Disorders (ASD) and their caregivers. The camp is run by IMH occupational therapists with the aim of equipping caregivers with the skills to better understand their child's conditions and apply the right strategies to improve their child's occupational functions and abilities in social settings. The camp also provides opportunities for caregiver-child bonding through fun activities. Two runs of the camp were held in June and November, with participation from 47 caregivers and 36 children. After participating in the camp, caregivers feel more confident taking part in leisure activities in the community with their children with special needs.

## **9. IMH Volunteer Programme**

This programme was set up to meet the social and recreational needs of IMH long-stay patients. Most of these patients come from the lower-income group and have no family support.

IMH volunteers regularly organise various activities and outings for these patients to improve their well-being and to help them keep in touch with the community. The social benefit created is two-way: IMH patients have the opportunity to leave the hospital on excursions, while the volunteers have the opportunity to interact with IMH patients, thus helping to build empathy and reducing stigma.

This programme achieved 9,800 patient attendances in FY2017 for activities such as choir practices, birthday and festive celebrations, dance activities, gardening activities, games, art and craft activities, and outings to places of interest (e.g. the Esplanade, Gardens by the Bay etc).

## **10. IMH Joy Club—Drum Circle**

This programme offers regular drumming activities for IMH's long-stay patients with no music training. Our nurses have reported reduced patient aggression after the Drum Circle sessions. In FY2017, the Drum Circle saw 1,238 patient attendances over 64 drumming sessions. The Drum Circle also performed at the following events:

- National Day Celebration organised by volunteer group Matchsticks, in August 2017
- Opening ceremony of the Singapore Mental Health Conference, in September 2017
- World Mental Health Day event “Healthy Minds, Happy Lives” by the Singapore Anglican Community Services, in October 2017
- Chinese New Year Celebration organised by volunteer group The Achievers, in January 2018

The Drum Circle staged its first external performance in 2017, and received good response from the audience. The exposure from the external performances gave the performing patients an opportunity to serve as ambassadors of mental health in the community.

## **11. Structured Programme of Motivational Support (Individual and Group)**

Many persons with mental illness face social issues that are a result of their illness, such as difficulty coping with employment and successful integration in their local communities. A large number fail to return for their appointments at the hospital due to financial and social problems, lack of insight or understanding of their illness, fear of being re-admitted, and lack of understanding of the importance of medication and symptom management.

To keep patients motivated to continue their regular checkups at the hospital so that they will continue to stay well and function independently in the community, the Structured Programme of Motivational Support provides a customised motivational programme for selected patients diagnosed with Schizophrenia and Delusional

Disorder. The patients were selected based on their risk of defaulting on follow-up treatment or poor self-care.

The programme offers:

- Systematic tracking and monitoring of these discharged patients upon recruitment;
- Personalised psycho-education and counselling sessions;
- Incentives to motivate them to come for their appointments at the outpatient clinics;
- Psycho-education for patients in the outpatient setting using a strength-based approach, facilitating discovery (Educate), information sharing (Empower) and finding solutions (Encourage) to the issues they face in the community

For the individual programme, 47 patients completed all four sessions. Overall, 64% of the patients found that the incentives helped to motivate them to come for appointment.

For the group programme, all 15 participants completed all six sessions. Participants reported they found life more meaningful, had less negative emotions, and were more confident in performing daily living activities and of seeking employment.

## **12. Repetitive Transcranial Magnetic Stimulation (rTMS) – Financial Support For Patients With Treatment-resistant Depression**

rTMS is a relatively new form of treatment for depression that directly stimulates a specific part of the brain that is involved in depression. This treatment may be suitable for patients with Treatment Resistant Depression, and who are not suitable for Electroconvulsive Therapy. In FY2017, two patients received financial support for their treatment, and showed improved outcomes.

## **13. Music Therapy for Children and Adolescents**

Music therapy provides a non-verbal outlet for self-expression and aims to reduce anxiety, stress and agitation, enhance attention and emotion regulation, and improve motor coordination, self-esteem, communication and social interactions.

The music therapy programme aims to improve the mood of young inpatients as part of their treatment and offer a positive experience for adolescents who are undergoing a difficult time. The one-year pilot has produced positive results: data showed that 39% of participants showed an improvement in mood and more than half (55%) showed a shift towards positivity post-session. The programme has been extended for another year to further develop outpatient programmes in the Child Guidance Clinic and to expand the role of the music therapist in supporting overall case management in the inpatient setting.

## **14. MDU Therapeutic Garden**

A therapeutic garden is being developed at the Mood Disorders Unit ward to provide a healing space and introduce nature-related therapeutic activities to improve patients' mental well-being. An effective therapeutic or healing garden fosters a sense of control, social support, physical movement and exercise and stimulates the different senses. The garden is expected to be completed in Feb 2019.

## **C     ADVOCACY**

### **15.   Voices of Experience**

The Voices of Experience (VoE) programme supports the efforts of mental health advocates and persons with lived experience (both patients and caregivers) in advocacy, consultancy and peer support work and provides a small honorarium for their work.

In FY2017, mental health advocates spoke to more than 1,531 post-secondary school students from 18 institutions of higher learning who visited IMH as part of the IMH School Visit programme. They also shared their recovery journey to 850 new IMH volunteers who attended the volunteer orientation programme.

The advocates also supported the 2017 World Mental Health Day Voice Out! Concert in the Park on 7 October which was jointly organised by IMH and other mental health VWOs and agencies. They took part in a Human Library activity where 11 advocates (“human books”) had the opportunity to interact with participants, share their lived experience, debunk myths and spark conversations around mental health.

VoE members also organised a mini-symposium on the Peer Support Movement at the Singapore Mental Health Conference on 9 September 2017.

In FY2017, more programmes and departments engaged peers to provide support for other patients. The Community Mental Health Team initiated the Peer Mentors for Recovery & Wellbeing Sustenance programme; the National Addictions Management Service rolled out a peer support programme for GAME & GAME-Family; and the Mood Disorders Unit ward started engaging recovered peers to engage inpatients.

## **D     SUPPORTING STRATEGIES**

### **16.   Professional Development of Nurses**

The Alice Lee Nurses’ Development Fund supported the professional development of IMH nurses over a five-year period from 2013 to 2017 so that they may introduce best practices into their work, translating into better care for patients. In FY2017, 10 nurses visited internationally-acclaimed hospitals and 7 nurses attended overseas conferences. Through these trips and conferences, IMH nurses learned about the diverse treatment programmes used in managing psychiatric inpatients and outpatients in these overseas hospitals. They also learnt best practices in the areas of patient education, peer support programmes, pastoral care, and patient rehabilitation. With the knowledge and skills gained from these trips, the nurses had made recommendations and implemented programmes to improve patient care and enhance nursing leadership.

## **FUND RAISING AND DONATIONS**

Funds are mainly raised through direct appeal for donations to corporations/foundations/individuals and periodically through fundraising events.

The Fund benefited from a series of fund raisers and donations in financial year 2017 with a donation income of \$193,757, some of which are listed here:

- (a) A total general donation of \$114,247 collected through public, individual to support various programmes.
- (b) A total donation of \$12,852 was received in Aug 2017 through the Affordable Art Fair Fund Raising Event held in 2016.
- (c) A total donation of \$12,000 was received in September and October 2017 to support the development of the Slow Stream Rehabilitation Programme for W53AB (formerly known as Nurtureville Garden Project).
- (d) Donation of \$20,000 received in November 2017 to support the programme for Rehabilitation of Long Stay Wards.
- (e) A total of donation of \$5,864 was received from April 2017 to March 2018 to support the programme for IMH Volunteers.
- (f) A total of donation of \$10,000 was received in December 2017 and February 2018 to support the Mood Disorders Unit Therapeutic Garden.

## **REVIEW OF FINANCIAL STATEMENT AND EXPLANATION OF MAJOR FINANCIAL TRANSACTIONS**

There is a net negative fund movement of (\$312,906) for financial year 2017. This comprised a total income of \$212,517 offset by a payout of \$517,879 to fund various initiatives to support patients and another \$7,544 on operating and administrative expenses.

## **IPC FUND RAISING AND EXPENDITURE PLANS FOR THE FOLLOWING FINANCIAL YEARS**

### **Financial Year 2018**

IMH marks its 90<sup>th</sup> anniversary in 2018. To celebrate this major milestone, IMH is organising a Charity Concert to raise funds for the WHCF. The one-night concert will be held on 27 October at the Esplanade Concert Hall. The concert will be produced by Fly Entertainment and will feature a line-up of local stars including Nikki Muller, Alemay Fernandez, Olinda Cho, Audrey Luo, and Broadway Beng in a battle of Jazz-pop against Getai. Fundraising will be through donations, sponsorships, and ticket sales.

Other than this fund-raiser, the WHCF will rely predominantly on donations from the public, corporations and foundations. It is envisaged that more than \$1.00 million will be raised in FY2018.

The Fund would continue to be used for projects and programmes that provide rehabilitation, welfare, intervention programmes, research as well as subsidies for needy patients. For FY2018, a budget of about \$538,000 will be set aside for programmes, including the following:

**No.    Programme**

Living Well

1.    “I’m a Resilient Kid” Programme
2.    Caregiver Support Activities

Living with Illness

3.    Patient Welfare (Medical Social Work)
4.    EPIP Peers 4 Rs Programme
5.    SHIOK initiative and Appreciation events (formerly Club EPIP Programme)
6.    Very Special Outstanding Performers (VSOP)
7.    Vocational Rehabilitation for People with Mental illness (Transitional Employment & Supported Employment)
8.    WE ENABLE Day Camp
9.    IMH Volunteer Programme
10.   IMH Joy Club – Drum Circle
11.   Structured Program of Motivational Support (Individual)
12.   Structured Program of Motivational Support (Group)
13.   Repetitive Transcranial Magnetic Stimulation—Financial support for patients with Treatment Resistant Depression Repetitive
14.   Music Therapy for Children and Adolescents
15.   MDU Therapeutic Garden
16.   Community Outing Group
17.   Structured Motivational Activities at The Hut (“Cook a Dessert” and “Garden Patch”)

Advocacy

18.   Voices of Experience

Supporting Strategies (Education, Research, Innovation)

19.   Professional Development of Nurses

Programme directors of restricted funds are encouraged to utilise the restricted funds within a year from the date of receipt of the donation.

## **Following Financial Years**

The Fund will continue to approach corporations and foundations for donations. Fund raising events may be identified and initiated to supplement these sources of income if necessary.

Projected Fundraising Target in FY2019: \$300,000

Projected Fundraising Target in FY2020: \$300,000

In keeping with good fundraising practices, fundraising costs for administrative expenses will be kept to a minimum at less than 3% a year.

It is envisaged that the Fund will continue to support patients under the following broad categories of programmes and initiatives:

- Living Well
- Living with Illness
- Advocacy
- Supporting Strategies

The projected budgets pertaining to the support of programmes for patients in FY2018 and FY2019 are:-

Projected Budget in FY2018: \$538,000

Projected Budget in FY2019: \$300,000

## **STATEMENT OF ACCOUNTS**

The statement of accounts for the financial year ended 31 March 2018 is attached.