

## **WOODBIDGE HOSPITAL CHARITY FUND**

Annual Report for the period 1 April 2018 – 31 March 2019

The 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  
Chief Financial Officer, Singapore National Eye  
Centre

Mr Fong Heng Boo  
Retired

Dr Tan Chue Tin  
Consultant Psychiatrist, Tan Chue Tin Clinic  
Pte Ltd

Ms Tina Hung  
Deputy CEO & Group Director, Service  
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

Prof Chua Hong Choon  
Chief Executive Officer, Institute of Mental  
Health

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 (FY2018)
Mr Lee Chow Soon	Chairman	1 Nov 2009	Senior Partner, Tan Lee & Partners	3 out of 3
Ms Irene Png	Treasurer	1 Jun 2005 Treasurer from 1 Nov 2015 to present	Chief Financial Officer, Singapore National Eye Centre	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 &	1 out of 3

			Membership, National Council of Social Service	
Ms Jacqueline Khoo	Member	1 Nov 2007	Director, JC Trust Ltd	1 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

## **BOARD RENEWAL**

The Board has made conscious efforts to maintain a balanced membership in terms of experience and knowledge of the Charity Fund and mental health, as well as in terms of independence and objectivity. Current trustees' tenures on the Board range from 9 to 18 years. Dr Tan Chue Tin, Ms Irene Png, Ms Tina Hung and Ms Jacqueline Khoo have each served more than 10 consecutive years on the Board as at 31 Mar 2019. Their terms were renewed as they have deep understanding of the mental health sector gained over the period of service. They also bring critical skill sets to the Board, including expertise in finance and social services.

## **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 2018**

(For the period 1 April 2018 – 31 March 2019)

### **Programmes Supported**

In financial year 2018, 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**

According to a Singaporean study conducted in 2008, 11% of people with mental health conditions had 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 “I am a Resilient Kid” programme was initiated in 2009 to address this.

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

A total of 68 participants comprising 37 children and 31 parents/grandparents attended four group work sessions on psychoeducation and communication skills in FY2018. 100% 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, and school counsellors to help these families overcome challenges faced.

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

This programme helps caregivers build resilience through various activities to enable them to sustain care to their loved ones with mental health conditions. 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.

Some 3,000 caregivers participated in various caregiver workshops and activities conducted in FY2018. These included monthly caregiver roadshows on mental health conditions (conducted in English and Mandarin), monthly caregiver training, dementia caregiver workshops, family engagement sessions, caregiver outings, and individual and family psychoeducation sessions. Monthly caregiver training sessions were also conducted for parents of adults with intellectual disabilities to learn about future care planning. About 94% 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 FY2018, the programme helped 1,278 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 29 patients. Another 4 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 52 referrals were made for one-to-one peer support for persons in recovery. 100% of those who gave feedback found the support helpful and would like to continue with the support. More than 70 peer support inpatient programmes were conducted and were rated 4.2 out of 5, with 5 being excellent. For caregivers, 24 referrals for one-to-one peer support were made and 100% of feedback respondents found the support helpful and would recommend it to other caregivers.

#### **5. SHIOK Initiative and Appreciation Events**

The SHIOK ("Staying Healthy = Interest + Optimism + Keeping it up!") initiative was started in 2015 to look into improving patients' physical health. It is one of the programmes run by Club EPIP, which was formed in 2005 to support patients with early psychosis and help them better integrate in the community. Club EPIP also runs programmes such as social and work skills training, job preparation, lifestyle management, information technology training, dietary guidance, and Cognitive Remediation. Club EPIP activities are conducted by a multi-disciplinary team of Occupational Therapists, Case Managers, Peer Support Specialists, allied health professionals and volunteers.

SHIOK activities organised in FY2018 included a community run ('SHIOK-A-THON'), nutrition programme, hip hop course and wall climbing. On average, 96% of the participants rated the activity at least 3 out of 5 (satisfied). Two appreciation events were held in FY2018, ie, Sports Day in July 2018 and EPIP Day in Dec 2018.

#### **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. The programme also trains them for external performances, as part of IMH's efforts to de-stigmatise mental illness.

Since 2008, a total of 100 patients have been recruited and trained to sing by a professional coach, while 50 patients have been trained in contemporary arts/dance since 2010.

In FY2018, VSOP Choir and VSOP Dance held six internal performances at IMH and four external performances. They performed at the Tampines Junior College Birthday Carnival in May 2018, 16<sup>th</sup> Praisehaven anniversary celebration at Salvation Army @ Upper Bukit Timah Road in Sep 2018, IMH Dinner & Dance in Nov 2018 and a Christmas performance at St Andrew's Nursing Home in Dec 2018. The VSOP Choir also performed regularly in IMH on festive occasions such as Chinese New Year, Hari Raya, Deepavali, Christmas, and on National Day.

## **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 175 patients were enrolled in the programme in FY2018. Of these, 93 patients completed the programme and obtained job placement. From this pool, 54 patients successfully sustained their jobs for more than three months with follow-up support from Job Club.

## **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 2018 with 69 participants comprising parents and children. 100% of the parents would recommend the camp to others.

## **9. IMH Volunteer Programme**

This programme was set up to meet the social and recreational needs of IMH long-stay patients and outpatients. 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 mental and physical 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 almost 7,950 patient attendances in FY2018 for activities such as choir practices, birthday and festive celebrations, mass dance sessions, gardening sessions, games, art and craft sessions, and outings to places of interest

(e.g. the Esplanade, Gardens by the Bay etc). The activities garnered 90% satisfaction rating from the participants.

#### **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 FY2018, the Drum Circle saw 1,042 patient attendances over 57 drumming sessions. The Drum Circle also performed at the following events:

- IMH Nurses' Day Celebration, in Aug 2018
- Opening ceremony at the Mental Health Festival at Ang Mo Kio Central Stage, in Oct 2018
- IMH Patient Christmas Party, in Dec 2018.

100% of the participants indicated that they enjoyed the drumming sessions and would come back for more of such activities.

#### **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 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, 33 patients completed all four sessions. After being on the programme, 94% of the participants found that they were more confident with illness management and were able to cope with their issues.

For the Group programme, 4 participants completed the programme. Half of them showed an increase in satisfaction pertaining to their life.

#### **12. Structured Motivational Activities at The Hut ("Cook a Dessert" and "Garden Patch")**

Structured Motivational Activities at The Hut are organised to engage patients with constructive and empowering activities so that they may regain functionality.

Some of the activities include 'Cook a Dessert', where patients from the Slow Stream Rehabilitation (SSR) programme cook green bean soup and bake cookies each week to serve to visitors. Five SSR inpatients also maintain a Garden Patch. The Hut activity has garnered a 97% satisfaction rating from patients who participated in the satisfaction survey.

### **13. 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 FY2018, two patients received financial support for their treatment, and showed improved outcomes.

### **14. Community Outing Group**

The Community Outing Group provides therapeutic, social and recreational opportunities to inspire clients to achieve their rehabilitation goals, promote community integration and improve quality of life. The programme also explores collaborations with community organisations to build acceptance and support for volunteering opportunities for people with mental health conditions. In FY2018, 199 clients participated in 9 educational outings and 8 volunteer work sessions. Clients gave an overall satisfaction rating of 100% for the programme and 88% would recommend the community outings to others. 98% of clients also felt that the outings met their expectations.

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

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

The music therapy programme was introduced in FY17 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 was extended for another year to further develop the outpatient programme component in the Child Guidance Clinic and to expand the role of the music therapist in supporting overall case management in the inpatient setting.

Data from the one-year extension showed that 63.4% participants experienced improved personal well-being and relationships with family and friends.

### **16. MDU Therapeutic Garden**

A therapeutic garden at the Mood Disorders Unit (MDU) ward was built to provide a healing space and introduce nature-related therapeutic activities to improve patients' mental well-being. The garden was officially opened on 16 May 2019 and allowed MDU

patients to engage in therapeutic activities including gardening and mindfulness sessions.

## **C     ADVOCACY**

### **17.   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 FY2018, mental health advocates spoke to about 1,360 post-secondary school students from 21 institutions of higher learning who visited IMH as part of the IMH School Visit programme. They also shared their recovery journey to 165 new IMH volunteers who attended the volunteer orientation programme. The VoE programme also supported 90 peer-facilitated sessions for patients from the National Addictions Management Service (NAMS) and the Mood Disorders Unit (MDU) ward.

The advocates continued to contribute in public outreach through various platforms. Notably, 4 advocates took part in a Human Library activity at the IMH Mental Health Festival in Sep 2018 where they interacted with participants and shared their lived experience. One advocate took part in a public forum to share the struggles and challenges that persons with mental health conditions face in their recovery journey. The advocates were also ambassadors at the Beyond-the-Label campaign launch led by the National Council of Social Service (NCSS) and supported by IMH, and were featured in several print and broadcast media reports.

## **D     SUPPORTING STRATEGIES**

### **18.   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 end 2018. During this period, the Fund enabled 79 IMH nurses to go on study trips and exchanges with international institutions. In FY2018, 6 nurses attended overseas conferences/forums and 2 nurses attended an educational trip to Otemae University and Kameda College, Japan.

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.

In FY2018, \$1,389,916 was raised through one fundraising event and various direct donations, some of which are listed here:

- (a) \$868,629 was received in Mar 2019 through the IMH 90<sup>th</sup> Anniversary Charity Concert.
- (b) \$521,287 was collected through public individuals to support various programmes.

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

There is a net fund movement of \$859,254 for financial year 2018. This comprised a total income of \$1,416,774 offset by a payout of \$541,522 to fund various programmes and another \$15,998 incurred on operating and administrative expenses.

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

### **Financial Year 2019**

IMH is raising funds through donation boxes placed at IMH clinics. Other than this, the WHCF will rely predominantly on donations from the public, corporations and foundations. It is envisaged that about \$350,000 will be raised through such channels in FY2019.

The Fund would continue to be used for programmes under the categories of Living Well, Living with Illness, Advocacy and Supporting Strategies. For FY2019, a budget of about \$410,000 will be set aside for on-going 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
4.     EPIP Peers 4 Rs Programme
5.     SHIOK Initiative and Appreciation Events
6.     Very Special Outstanding Performers
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. Structured Motivational Activities at The Hut
14. Repetitive Transcranial Magnetic Stimulation—Financial support for patients with Treatment-resistant Depression
15. Community Outing Group
16. Educational Camp by Outward Bound School for Adolescents with Mental Health Conditions
17. Creative Arts Programme for EPIP Clients
18. Programme Outdoorworkz (Recreation Programme for Inpatients from Adult Neurodevelopmental Service (ANDS))

#### Advocacy

19. Voices of Experience

Some donors have specified use of their donations for specific programmes. Programme directors of such restricted funds are encouraged to utilise their 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 FY2020: \$350,000

Projected Fundraising Target in FY2021: \$350,000

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

#### **STATEMENT OF ACCOUNTS**

The statement of accounts for the financial year ended 31 March 2019 is attached.