**INTRODUCTION**

*By Dr Ong Say How*

*Chief, Dept of Child & Adolescent Psychiatry*

*Institute of Mental Health*

*Singapore*

The best levels of disaster preparedness can be achieved by having a **strong community mental health system** in place that can be rapidly scaled up to meet the needs of people affected by disaster. 

*World Health Organisation, 2007*

---

**Shared Objectives**

- Develop effective leadership to plan, develop and implement integrated community mental health services through training.
- Equip mental health & community-based workers with skills to build and manage teams to support disaster recovery as “Master Trainers”.
- Train community-based workers to deliver culturally relevant programmes in their local areas to promote emotional resilience as part of disaster preparedness.
Key Outcomes

Leadership Training

- Network of Leaders informed in supporting integrated community mental health services

Train-the-Trainer

- Team of Master Trainers with localized knowledge & curricular to support community-based training

Community-based Training

- Community of practice where community-based workers engage in local initiatives to support mental resilience

Key Milestones: 2012

Partnerships Formalized & Steering Committees Set up

1st Steering Committee Meeting
RSCM & IMH, Jakarta, Indonesia Sept 2012

Project Meeting with Universitas Gadjah Mada, RSCM & IMH, Yogyakarta, Sept 2012

Partnerships Formalized & Steering Committees Set up

MOU Signing Ceremony, Galya Rajanagarindra & IMH, Bangkok, August 2012
Key Milestones: 2013
Over June & July, 40 Master Trainers completed Train-the-Trainer (TOT) training in Singapore & Bangkok, Thailand

Train-the-Trainer training in China, Indonesia & Singapore January - May 2014


Looking Ahead in 2015
2nd Asian Community Mental Health Leadership Forum

Lessons so far
Local Focus, Unique Needs No one size fits all practices are culturally contextualized Challenges, scenarios & coping strategies are local
Lessons so far

Relationships take time, but it is worthwhile

Its about making a journey together
Many paths, one purpose

Thank you