

MEDIA RELEASE

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IMH ESTABLISHES SINGAPORE'S FIRST CENTRE FOR MENTAL HEALTH EDUCATION

1. The Institute of Mental Health (IMH) has established Singapore's first centre for mental health training and education. The new *Centre for Mental Health Education* (CMHE) will provide training facilities and courses to meet the continual learning needs of both mental healthcare professionals and caregivers to develop their skills and knowledge so that they are better equipped to deliver care to patients with mental conditions.
2. Established with a donation from the Lee Foundation, the Centre boasts a SMART Classroom with video conference facilities, thus providing opportunities for IMH to collaborate, communicate and connect with other healthcare professionals around the world. The Centre also has a Basic Cardiac Life Support training room, a nursing skills laboratory, an e-learning courseware development laboratory, and seminar rooms.
3. "The establishment of the CMHE demonstrates the commitment of IMH to develop and hone the capabilities of mental healthcare professionals. It is also the first centre to provide formal training for caregivers, to help them better care for and manage their loved ones with mental health conditions," said A/Prof Premarani Kannusamy, Director, Nursing Administration, IMH.
4. The launch of this Centre opens the door for collaboration opportunities with potential global partners in the healthcare education industry. Moving forward, the Centre will conduct various short and long-term mental health-related programmes using innovative teaching methodologies and harnessing on technology to enhance participants' learning experience. IMH also intends to garner education accreditation from local and overseas education regulatory boards.

5. "IMH nurses, who form the majority of mental health care staff, will be the main beneficiaries of this dedicated training centre, together with the doctors, allied health professionals and even our partners involved in providing care for people with mental illness," added A/Prof Premarani Kannusamy. Plans are underway for the Centre to provide a range of inter-disciplinary training curriculum ranging from workshops, certification programmes and clinical attachments that focus on enhancing the clinical skills of other allied health professionals who work in mental health settings.
6. These programmes help ensure that mental health workers are able to continually upgrade their skills and improve their care delivery.
7. Future plans for the CMHE include the construction of a Simulation Laboratory to enlist the use of an immersive virtual reality environment for mental health education. IMH is currently sourcing for funding for the development of this laboratory. "We aim to eventually develop the Centre into a regional training centre for mental health education and to offer opportunities for healthcare workers in the region to be trained by us," said A/Prof Premarani Kannusamy. "The CMHE will bring IMH closer to achieving its vision to be the "leading mental health centre in Asia by 2012," she added.
8. The CMHE will be officially opened on 30 July by Mr Hawazi Daipi, Senior Parliamentary Secretary, Ministry of Health and Ministry of Manpower, at 7.00pm.
9. In addition to the official opening of the CMHE, IMH is also signing a Memorandum of Understanding (MOU) with the Joanna Briggs Institute (JBI), an internationally recognised leader in evidence-based practices, on Friday, 30 July, to establish the *JBI – IMH (Singapore) Centre for Evidence-Based Practices in Mental Health Care*. Professor Alan Pearson, Executive Director, JBI, will be signing the MOU with Mr Leong Yew Meng, Chief Executive Officer, IMH.
10. This collaboration enables IMH to develop clinical practice guidelines that will ensure patients receive care that is based on evidence. These guidelines can be reviewed by JBI's panel of overseas experts. IMH nurses and healthcare professionals can also access the vast research literature from JBI to further their knowledge. Under this MOU, IMH agrees to undertake training, consulting and research activities related to the respective healthcare field; to promote evidence-based healthcare and to actively participate in the JBI peer review processes.

11. The *JBI – IMH (Singapore) Centre for Evidence-Based Practices in Mental Health Care* is the first collaboration between JBI and a mental health institution *in the world*. This signifies yet another milestone in IMH's journey towards establishing itself as the leading mental health centre in Asia. IMH aims to advance mental health evidence-based practices and research in the region and translate these to enhance practices, improve patient outcomes, and promote mental health.

 12. The opening of the CMHE and the signing of the JBI-IMH MOU coincide with the hospital's celebration of Nurses' Day. IMH's nurses are treated to a day of fun and learning on Friday, 30 July. They will attend a seminar on psycho-geriatric nursing conducted by visiting experts and will end the day on a high note with a party and a dance competition held in the hospital.
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About the Institute of Mental Health

The Institute of Mental Health (IMH) is the only tertiary psychiatric care institution in Singapore. Located on the sprawling 25-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 counseling services. The 2010-bedded hospital aims to meet the needs of three groups of patients – children and adolescents (age below 19 years), adults and the elderly. IMH also runs mental health education programmes for the general public. These programmes aim to promote mental wellness and raise awareness of the importance and benefits of prevention, early detection and treatment of mental disorders.

The Centre for Mental Health Education (CMHE) occupies about 690 square meters at Block 2 Level 1 of the Institute of Mental Health (IMH). It is built with the generous donation of S\$680,000 from the Lee Foundation.

CMHE is officially opened on 30 July 2010 by Mr Hawazi Daipi, Senior Parliamentary Secretary, Ministry of Health (MOH).

Some of the Centre's key facilities include:

1. The Joanna-Briggs Institute – Institute of Mental Health (Singapore) Centre for Evidence-Based Practices in Mental Health Care

2. Basic Cardiac Life Support (BCLS) Training Room

The BCLS Training Room is a safe, conducive environment created for nurses and other healthcare workers to practise and receive re-certification for BCLS. IMH is an approved training organisation for BCLS, an essential life-saving skill that all nurses must know and practice. This skill will allow the nurses to identify risk, initiate prompt interventions, and to save lives in case of life-threatening emergencies. Mirrors are installed in the room to allow trainees to self-correct their own postures and hand positions while they practise the techniques of BCLS. A projector and screen are also available for theoretical teaching sessions.

3. Nursing Skills Laboratory

The Nursing Skills Laboratory is an environment that simulates an actual ward setting to allow our medical staff to learn and practice various clinical procedures. It can accommodate up to 20 people.

4. SMART Classroom

The SMART classroom is a multimedia classroom with video conferencing facilities. With this capability, mental healthcare professionals are able to communicate and interact effectively with local and overseas experts on a regular basis. This will allow mental health professionals to keep abreast of mental health and medical related knowledge and skills and maintain their clinical competencies. The classroom can seat 28 participants.

5. E-Learning Courseware Development Laboratory

The e-Learning Courseware Development Laboratory is a conducive environment created for IMH mental health e-learning courseware developers. The environment will support the development of all state-of-the-art web-based curriculum, materials, audio-visual materials, and assessment plans specially designed for mental health professionals. These materials will empower busy professionals to continue their lifelong learning journey at their own pace, time, and at the comfort of their own home.

6. Seminar Rooms

These three rooms have a total seating capacity of 60 pax. The rooms can support both large-group training or small group discussions. The rooms are also equipped with facilities for recording and live broadcast of training sessions to another room within the CMHE.

About the Joanna Briggs Institute (JBI)

JBI is an international, not-for-profit, membership-based research and development organisation within the Faculty of Health Sciences at the University of Adelaide, Australia. It specialises in promoting and supporting evidence-based healthcare by providing access to resources for professionals in nursing, midwifery, medicine, and allied health. With over 64 collaborating centres and groups, and servicing over 90 countries, the Institute is a recognised global leader in evidence-based healthcare.

For more information on JBI, please go to www.joannabriggs.edu.au.

ENGLISH-CHINESE GLOSSARY

Annex 2

Institute of Mental Health	心理卫生学院
Centre for Mental Health Education	心理健康教育中心
Lee Foundation	李氏基金
Basic Cardiac Life Support Training Room	基本心脏生命支持培训室
SMART classroom	SMART 教室
Nursing Skills Laboratory	护理培训室
Allied Health Services	医疗辅助服务部
Allied Health Professionals	医疗辅助服务人员
Director, Nursing Administration	护理主任