

## **MEDIA RELEASE**

**For immediate release**

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### **IMH and Temasek Foundation Support Mental Well-Being and Resilience Programme for Asian Communities Affected by Disasters**

1. The Institute of Mental Health, Singapore (IMH), with the support of the Temasek Foundation, Singapore (TF), is collaborating with tertiary healthcare organisations in the region to develop a **capacity building programme in the area of mental well-being and resilience to support disaster-preparedness and recovery of Asian communities affected by disasters.**
2. The total cost of the programme for these three countries is \$2.38 million, largely enabled by a grant of S\$1.96 million from TF.
3. The training programme will help participants enhance their delivery of integrated mental health services for communities affected by disasters and disaster-preparedness through the promotion of community resilience and mental well-being. The training will cover the following broad areas:
  - (a) Train mental health professionals to plan, develop and implement integrated mental health services in communities affected by disasters.
  - (b) Equip local mental health and community-based professionals with skills to manage multidisciplinary teams in the recovery and reconstruction phase of affected communities, post-disasters.
  - (c) Train mental health and community-based experts to develop training programmes to promote mental resilience and well-being in communities who are susceptible to disasters so that they are better prepared for disasters and their traumatic impact.

4. IMH will be providing consultancy and skills sharing to boost recovery and preparedness of their local communities affected by disasters. The programme will train 120 senior officers from the government and healthcare sectors to equip them to lead in developing policies, plan and enhance integrated community mental health programmes in their respective communities.
5. An additional 120 mental health and community-based professionals consisting of psychiatrists, psychotherapists, nurses, family physicians, social workers and community leaders will also be trained as “master trainers”. They will then customise programmes that best meets the needs of their local communities and train another 600 mental health and community-based professionals through post-training sharing workshops. The aim is for the trained participants to cascade the learning and knowledge to other community-based workers in order to multiply the benefits of the programme. This will help to build spheres of influence and create awareness among the communities, equipping them with the skills to better manage mental health issues on the ground in times of need. A total of 840 participants from the three countries are expected to benefit from the programme.
6. IMH has signed a Collaboration Agreement with Galya Rajanagarindra Institute in Thailand today to develop this programme. Besides Galya Rajanagarindra Institute, IMH had earlier signed a similar agreement with the West China Hospital, Sichuan University, in China. A third agreement will be signed with an Indonesian healthcare partner before the end of the year.
7. A/Prof Chua Hong Choon, Chief Executive Officer, IMH said, “It is a great privilege for our hospital to work closely with our partners from Thailand, China and soon, Indonesia. I am certain through these meaningful partnerships, there will be many more opportunities for mutual learning and sharing of best practices among the institutions. In learning about community mental health support systems in these three countries, the experience would also enhance our ability to provide psychological support in response to crisis nationally and internationally.”
8. "Galya Rajanagarindra Institute is pleased to partner with the Institute of Mental Health, Singapore in this initiative to strengthen community mental health capability

in Asia, which is often impacted by disasters. This project will provide opportunities for Thailand and Singapore to exchange their knowledge, ideas, experiences and technology in mental healthcare. We hope this partnership will enable our countries to support the ASEAN and international community in times of crises in the future," said Dr Sirisak Thitidilokrat, Director, Galya Rajanagarindra Institute, Thailand.

9. Professor Shi Yingkang, Director, West China Hospital, Sichuan University, Chengdu, China said, "Through the strength of this international collaboration, we would be able to explore models for post-disaster community mental health and psychosocial rehabilitation that is suitable for our culture. Our partnership also seeks to develop mental health services and build the capability of post-disaster mental health rehabilitation in our Asian communities, so as to contribute towards a harmonious and healthy society."
10. Mr Benedict Cheong, Chief Executive Officer, Temasek Foundation said, " This programme is in line with Temasek Foundation's focus on capability building of communities in Asia. We hope that our support will encourage the sharing of knowledge and expertise between mental health professionals in Singapore and China, Indonesia and Thailand to build mental resilience and well-being for communities recovering from disasters, as well as enhance their disaster-preparedness."
11. To further encourage knowledge sharing among mental health professionals in the region, a leadership forum has been planned to be held in Singapore in 2013. International experts and thought leaders in Asian community mental health would be invited to provide input and facilitate round-table discussion on policy development, planning and implementation of integrated mental health programmes in community settings, in support of disaster preparedness in the region.

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### **About the Institute of Mental Health, Singapore**

*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. 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, visit: [www.imh.com.sg](http://www.imh.com.sg)*

### **About Temasek Foundation, Singapore**

*Temasek Foundation is a non-profit philanthropic organisation anchored in Singapore that seeks to contribute to sustainable growth and a bright future of hope and opportunities for people in Asia. The foundation works with partners to support programmes that develop people through health care, education and research, programmes that build bridges between peoples, programmes that build institutions of excellence through governance and ethics, and programmes that rebuild lives and livelihoods affected by natural disasters. For more information, visit [www.temasekfoundation.org.sg](http://www.temasekfoundation.org.sg)*

### **About Galya Rajanagarindra Institute, Bangkok, Thailand:**

*Established in 2002, Galya Raganagarindra Institute (GRI) started as the only forensic psychiatry hospital (with the name Mental Forensic Institute, Kalaya Rajanakarin Institute) providing forensic inpatient services for Thailand. Since the tsunami that affected Phuket in 2004, GRI has been entrusted with the responsibility to coordinate crisis mental health intervention through its Mental Health Crisis Centres located in various hospitals around Thailand. GRI is one of the 10 agencies in Thailand, together with Department of Mental Health, Ministry of Health Thailand, responsible for developing and transferring knowledge and technologies relating to the promotion of mental health, treatment and rehabilitation services.*

### **About West China Hospital, Sichuan, China:**

*Established in 1938, the Mental Health Centre of West China Hospital (WCH), Sichuan University is the first institute for mental health in South-western China and one of the four major bases for mental health in China. A centre of excellence in mental health education and international research, WCH is authorised to coordinate mental health training to other*

*general hospitals and specialist hospitals from over 20 of China's provinces, under the mandate of the National Committee of Education. The leadership in WCH plays a part in coordinating mental health policy development at provincial and national level, providing guidance and assistance in setting of mental health standards.*

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