

14 June 2016

## **MEDIA RELEASE**

Tuesday, 14 June 2016

### **Institute of Mental Health Opens Specialised Wards for Mood Disorders and Early Psychosis**

1. The Institute of Mental Health (IMH) has officially opened two new wards – the Mood Disorders Unit (MDU) Inpatient Service and the Early Psychosis Intervention Programme (EPIP) Inpatient Centre on 14 June 2016. The opening was officiated by Mr Chan Heng Kee, Permanent Secretary, Ministry of Health.

2. The specialty inpatient wards underwent extensive re-conceptualisation and redesign from two existing wards that were originally built in 1993. Both wards are mixed-gender wards and offer Class B2 and C accommodation. The 40-bedded MDU ward provides assessment and customised treatment for patients with complex or severe mood disorders such as major depressive disorder and bipolar disorders. The 20-bedded EPIP ward is dedicated to the care of patients with early psychosis, a mental health condition with symptoms that include hallucinations, delusions (false beliefs), paranoia and disorganised thoughts and speech.

3. The two new specialised wards aim to make the environments more conducive for the treatment and recovery of the conditions of the patients and also allows for the introduction of more customised programmes.

#### Improvements to Wards Environment and Layout

4. During the design phase of the wards, patient focus groups were conducted to solicit patient feedback and preferences based on their experience with earlier stays at

the hospital. Together with the architects, IMH and the patients participated in a process of designing the wards to incorporate improved work processes and new facilities.

5. The layouts of the two new wards adopt open concepts, which are conducive for the management and recovery of patients with mood disorders and early psychosis. In removing the walls, natural light is allowed to reach every space in the ward, creating a bright and airy feel. The open space design also decreases agitation and promotes recovery.

6. Each ward has designated rooms for therapy activities, as well as a garden view from many areas of the ward to provide a therapeutic environment.

7. The living area, dining area and open concept kitchen are located adjacent to the pantry, where patients can prepare light refreshments for themselves. Dining tables and chairs are arranged in small clusters to encourage mealtime social interaction.

8. Bathrooms are decentralised and placed closer to the dormitories, activity room and lounge area for the convenience of the patients.

#### Mood Disorders Unit (MDU) Inpatient Service

9. The MDU Inpatient Service provides customised treatment from a multidisciplinary team comprising psychiatrists, psychologists, nurses, pharmacists, medical social workers, occupational therapists, art therapist and case managers working together to provide quality care for the patients.

10. Patients are encouraged to join various therapy groups or receive individual therapies to share, gain support and build skills that can help them cope with their mental health and other life challenges (see Annex A for types of therapies). Following discharge, patients also have the opportunity to join day therapy programmes that build on skills learnt in the inpatient setting.

11. Peer Support Specialists who have recovered from mood disorders have also been introduced in the ward to provide individual peer support to suitable patients and co-facilitate therapy groups.

## Early Psychosis Intervention Programme (EPIP) Inpatient Centre

12. The EPIP Inpatient Centre also has a multidisciplinary team providing care for their patients. The ward also deploys Peer Support Specialists (PSS), who are recovered patients and caregivers, to support patients during their inpatient stay right through to the outpatient and community settings.

13. The ward has specially-designed programmes to engage patients in meaningful activities and to promote and support recovery. Examples include a support group run by PSS, a Mindfulness group run by psychologists and PSS, and exercise activities conducted by nurses, occupational therapists, and volunteers.

14. MDU saw about 600 patients with complex mood disorders and EPIP saw about 760 patients with early psychosis in 2015.

15. Chief Executive Officer, Institute of Mental Health, A/Prof Chua Hong Choon, commented: “The opening of the two specialised wards is part of IMH’s vision to be a tertiary centre of excellence and global leader in mental healthcare. With these new facilities, we will be better able to deliver integrated and holistic healthcare to patients in more therapeutic environments.”

16. 40-year old Mr Jonathan Wie, who has bipolar disorder and was admitted into the Mood Disorders Unit Inpatient Service said: “I think the new ward is a welcomed improvement. The environment is nice and more conducive for patients to get well.”

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**For media interviews and queries, please contact:**

Ms Ng Si Jia

Senior Executive, Corporate Communications Department

Institute of Mental Health

Email: [si\\_jia\\_ng@imh.com.sg](mailto:si_jia_ng@imh.com.sg)

DID: 6389 2827

HP: 9733 2895

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

The Institute of Mental Health (IMH), a member of the National Healthcare Group, 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 therapy services in hospital-based and community-based settings. The 2010-bedded hospital aims to meet the needs of three groups of patients – children and adolescents (aged 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, please visit [www.imh.com.sg](http://www.imh.com.sg).

The following therapy groups are available to patients at the Mood Disorders Unit Inpatient Service where appropriate:

#### Group Therapy

- Psychological Skills – Learn to cope with emotions by developing healthier thinking patterns.
- Interpersonal Skills – Develop skills to effectively navigate interpersonal relationships.
- Art Therapy – Express emotions through art to gain awareness of their psychological experiences.
- Occupational Therapy – Learn ways to improve functioning through the use of activities.
- Healthy Living – Learn about medications and strategies to limit and manage side effects.
- Interpersonal & Social Rhythm Psychotherapy – Learn to regulate biological and social rhythms to protect against future mood episodes.

Following discharge, patients also have the opportunity join the day therapy programme that builds on skills learnt in the inpatient groups:

#### Individual Therapy

- Psychotherapy – Patients work one-on-one with a psychologist on their emotional difficulties and find better ways of coping with their emotions. It is a goal-oriented process and the patients work with their therapist to set specific goals that they would like to achieve.
- Couple and Family Therapy – Patients and their families receive help to work out issues involving relationship conflicts and difficulties.
- Occupational Therapy – Patients learn new ways of doing activities (occupations) which are challenging, or find new occupations to bring them more satisfaction and achieve their goals.
- Art Therapy – Art therapy allows patients to express their worries and feelings through art activities and in the process understand themselves better and are encouraged to make positive changes in their lives.

**Chinese Translations****Annex B**

Institute of Mental Health	心理卫生学院
Associate Professor Chua Hong Choon Chief Executive Officer Institute of Mental Health	蔡奉俊副教授 院长 心理卫生学院
Adj Asst Prof Mok Yee Ming Senior Consultant Chief, Department of General Psychiatry Head, Mood Disorders Unit Institute of Mental Health	莫毅明助理教授 高级专科顾问 普通精神科主任 心境障碍单位主任 心理卫生学院
Asst Prof Sujatha Rao Consultant Deputy Chief, Department of Early Psychosis Intervention Institute of Mental Health	Asst Prof Sujatha Rao 专科顾问 初期治疗错乱症治疗科副主任 心理卫生学院
Anxiety	焦虑症
Bipolar Disorder	躁郁症
Major Depressive Disorder	重郁症
Early Psychosis Intervention Programme (EPIP)	初期错乱症治疗科计划
Peer Support Specialists (PSS)	友伴互助专员