



## **MEDIA RELEASE**

Date of Issue: Thursday, 19 November 2015

### **STRENGTHENING COMMUNITY NETWORK FOR NATIONAL ADDICTIONS AWARENESS DAY 2015**

1. This year's National Addictions Awareness Day (NAAD) is jointly organised by the National Addictions Management Service (NAMS), Khoo Teck Puat Hospital (KTPH) and North West Community Development Council (NWCDC) and will be held on Sunday, 22 November 2015 at KTPH. The theme for this year's NAAD is "*Together for the Better*" and will focus on strengthening the community network through partnership and education, with the emphasis on care and support for persons recovering from addiction.
2. The event aims to acquaint the community residing in the north western side of Singapore, to the different types of addictions, preventive measures and treatment and also the various platforms to seek help. Dr Teo Ho Pin, Mayor of North West District, will grace the event. This annual community event, which had previously been held at south-west and south-east Singapore, is now into the third year since it was first initiated in 2013 by NAMS.
3. NAMS will also be launching an education arm - the Addiction Recovery College (ARC) to provide workshops and training for the public and professionals. The aims are to reach out to the public through an educational platform to help them learn skills to better cope with the stressors in life and manage their behaviour before they spiral into serious addiction problems. The ARC is also an important resource to the wider community where they learn how to help family members with an addiction problem. By developing a culture of learning and recovery to engage the public on addiction prevention, treatment and wellness, ARC hopes to provide holistic care for persons with addictions and families. (please see Annex 1)
4. NAAD 2015 will bring together key community partners such as the Central Narcotics Bureau, Health Promotion Board, National Council on Problem Gambling, Singapore Anti-Narcotics Association, Credit Counselling Singapore, WE CARE Community Services Limited, Thrive, Thye Hua Kwan Moral Society, and Touch Community Services to showcase a plethora of programmes and services. This year's event will focus on education and awareness and there will be free talks on topics ranging from the different types of addictions to finance management conducted by the experts from NAMS and our community partners. Interactive and informative booths at the event will also offer visitors resources that provide help and support for persons recovering from addictions as well as their families.
5. To reach out to social media savvy audience, NAMS is holding a photo contest on its Facebook page "[More to Life SG](#)" to encourage support for those fighting addictions. Facts on addictions

are also shared online to dispel the myths and misconceptions of addictions (please see Annex 2).

6. Addiction is a complex mental health condition that causes physical and psychological dependence on a substance or behaviour. However, it is a common misconception that one can simply abstain, cut back and walk away from an addiction. In 2014, 'Mind Matters', a national mental health literacy study conducted by the Institute of Mental Health, found that alcohol abuse was perceived as a sign of weakness, not sickness and persons with this problem were perceived as dangerous or unpredictable. Social distancing, or the unwillingness to have contact with a particular person, was also highest for alcohol abuse, when compared to other common mental disorders. Hence, public education on alcohol abuse and the various addictions need to be beefed up to create more awareness about the conditions and the avenues to seek help as well as to nurture more help seeking mindset.
7. Since August 2015, NAMS has also been collaborating with the Credit Counselling Singapore (CCS) to station a counselor onsite at CCS once a week to see clients who have indicated gambling or other forms of addiction as a factor of their financial debts. NAMS' counselor sees clients on the same day that they see their CCS financial counsellors. The objective is to screen and provide appropriate interventions to client's gambling behaviour which had contributed to their financial debts. Clients are referred back to NAMS for follow up to further manage their problem gambling when suitable.
8. NAMS has also initiated a partnership with Club HEAL in September 2015 as part of its effort to develop community-based addictions care in the Bukit Batok neighbourhood. With this partnership, Club HEAL will host a NAMS counsellor one day a week to provide community level care. The aim is to ensure easy accessibility to addiction care for residents in the western region of Singapore.
9. Dr Christopher Cheok, Vice Chairman Medical Board (NAMS), Institute of Mental Health (IMH) commented: "Recovery from addictions is a complex process involving the individual's determination to want to get well, treatment and counseling from medical professionals. Positive support and care from the family, employers, colleagues and friends are also important. It takes many hands to keep the individual on track and work towards recovery. By forging close partnerships with our partners and establishing the ARC, we hope to help and motivate more persons to overcome their addictions and work towards living a purposeful and meaningful life."
10. Dr Teo Ho Pin, Mayor of North West District says, "Being closer to the ground enables the North West Community Development Council (CDC) to be a key connector of corporate and community organisations and volunteers, reinforcing community ties through a series of collaborative social exchanges. We are happy to be a part of National Addictions Awareness Day, contributing to the efforts of raising awareness, providing support and care for persons recovering from addiction. Alone we can only do so little. However, with these collective efforts, we can help strengthen the social fabric and in turn, build a better home for all."

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**For media queries, please contact:**

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**About National Addictions Management Service (NAMS)**

The National Addictions Management Service (NAMS) was incorporated in 2008 to provide treatment for a broad range of addictions, including addiction to gambling, drugs, alcohol, sex, and the internet, and gaming.

At NAMS, a multi-disciplinary team which includes psychiatrists, psychologists, counsellors, nurses, and medical social workers provides an integrated treatment approach for patients. Individual, group and family therapy programmes are available for both patients and their family members.

Located at the Institute of Mental Health (IMH), NAMS runs an outpatient clinic and an inpatient ward (Serenity Centre) which provides residential detoxification and rehabilitation services. NAMS also provides treatment services at the IMH's satellite Community Wellness Clinics (CWCs) in Queenstown Polyclinic and Geylang Polyclinic on alternate Fridays.

**About North West Community Development Council (CDC)**

Established on 24 November 2001, the North West Community Development Council (CDC) functions as the local administrator of the North West District; initiating, planning and managing community programmes to promote community bonding and social cohesion. Being closer to the ground, the CDC will be more attuned and responsive to the specific needs of our communities.

We strive to align our activities and efforts with our mission:

**(a) Assisting the needy**

To help the less fortunate through local assistance programmes

**(b) Bonding the people**

To bond the community through projects & programmes to bring them closer to one another

**(c) Connecting the community**

To develop strategic partnerships with corporate and community partners to better serve our residents

**About the Addiction Recovery College (ARC)**

The ARC is the education arm of the National Addictions Management Service (NAMS). It provides a range of courses, workshops and resources for the public and persons recovering from addictions or addiction-related issues and their families. ARC also customises curriculum for professionals and practitioners working in the field of addictions.

At ARC, we aim to create a welcoming, safe and conducive environment for persons embarking on a learning journey so participants can find out more about various addictions and learn practical steps to guide them towards recovery.

We also look forward to collaborating with our community partners and other external agencies, to build capabilities and equipping them with knowledge and expertise so that together, we can be more effective in helping those afflicted with addiction problems and their families.

**Our Vision**

A regional tertiary college of excellence and leader in innovating addiction education.

**Our Mission**

Develop of a culture of learning and recovery by adopting an educational approach to engage the public on addiction prevention, treatment and wellness.

**Our Core Values**

To engage, educate and empower.

Here are some upcoming talks for both public and professionals:

Courses for General Public	Courses for Professionals/Practitioners
Hazards and dangers of drug use	Addictions from trauma-informed approach
Alcohol is a drug...Period	Motivational interviewing (Basic)
Don't bet on it: When gambling gets out of hand	Motivational interviewing (Advanced)
Understanding and managing cyber addictions	Cognitive-Behavioural Therapy (Basic)
Beat stress and start living	Cognitive-Behavioural Therapy (Advanced)
Okay to be angry: Anger management	Understanding addictions
I'm tired of being tired: How can I sleep better?	Addictions and mental health
It's my life: Building quality of life into your recovery	Helping families of addicts
Understanding addictions from a trauma perspective	
Lean on me: Helping a family member or friend who abuses alcohol or drugs	

For further information, please visit [www.nams.sg/arc](http://www.nams.sg/arc) or email us at [nams\\_arc@imh.com.sg](mailto:nams_arc@imh.com.sg).

**National Addiction Awareness Day 2014 – Facebook Photo Campaign**



Successful battles against addictions are never fought alone.

Persons who are battling addiction problems face a myriad of challenges every day. Sometimes the challenges become insurmountable and they buckle under tremendous pressure, propelling them into relapses.

Helping such persons with addictions requires a multifaceted approach from medical treatment, counselling and importantly, support from the community, family and friends. For this year's National Addiction Awareness Day, we ask everyone to show your support to those who are fighting addictions; to motivate and help them to manage the addiction and work towards recovery.

As such, the slogan: *Hand in Hand, Together for the Better.*

The Facebook online photo campaign invites the public to upload photos of themselves linking arms with friends, families and colleagues in this meaningful movement to show their support for persons recovering from addiction. Participants stand to win movie tickets in the weekly draw and the grand prize of a Samsung S6 Edge. Contest ends on 30 December 2015.

For more information, visit: [www.facebook.com/moretolifeg](http://www.facebook.com/moretolifeg)

Dr Christopher Cheok Vice Chairman Medical Board (NAMS)	石清顺医生 医疗委员会副主席 (国立成瘾治疗服务)
Dr Teo Ho Pin Mayor of North West District	张仰宾博士, 西北区市长
Institute of Mental Health (IMH)	心理卫生学院
Khoo Teck Puat Hospital	邱德拔医院邱德拔医院
North West Community Development Council (CDC)	西北社区发展理事会 / 西北社理会
National Addictions Management Service (NAMS)	国立成瘾治疗服务
National Addictions Management Service (NAMS) Clinic	NAMS 成瘾专科门诊部
Addiction Recovery College	成瘾康复学院
Addiction Medicine Department	成瘾部
National Problem Gambling Helpline	全国预防嗜赌援助热线
All Addictions Helpline	成瘾援助热线
Recovery Support Group	康复帮扶小组
Counsellor	辅导员