

MEDIA RELEASE

FOR IMMEDIATE RELEASE

Date of Issue: Friday, 15 August 2014

REHABILITATION GYM SET UP TO BENEFIT PATIENTS WITH MENTAL ILLNESS

1. The Institute of Mental Health (IMH) has officially opened the MINDSET Rehabilitation Gym on 15 August 2014. Created to provide more specialised and better care management for IMH patients, this new facility was established with the support of funds raised by MINDSET Care Limited (“MINDSET”), a registered charity of the Jardine Matheson Group. This new Gym is expected to benefit some 200 patients a month.
2. The MINDSET Rehabilitation Gym consists of a Sensory Integration Gym and a Physical Exercise Gym, and was converted from a former sheltered workshop in IMH. Previously, there was no patient gymnasium in IMH.
3. The Sensory Integration Gym offers sensory-based intervention for adult outpatients with psychiatric conditions, in particular, patients who also suffer from neurodevelopmental disorders such as Intellectual Disability (ID) and/or Autism Spectrum Disorder (ASD). It is furnished with equipment such as gym balls, swings, and balance boards to provide a wide range of sensory therapy.
4. Many patients with ID and ASD have difficulty organising and responding aptly to sensory stimuli, and this tends to manifest in inappropriate behaviour. IMH’s occupational therapists assess the patients’ underlying behavioural disturbances and decide on the interventions required to improve their functional level and eventually, enable their independence in the community. The safe and failure-free environment of the Sensory Integration Gym provides a positive experience, where these patients are encouraged to communicate and make choices. This in turn minimises the patients’ associated emotional problems and promotes adaptive communication skills and more functional behaviour.
5. Mindfulness-based Stress Reduction (MBSR) is also carried out in the Sensory Integration Gym for adult outpatients with anxiety and mood problems. MBSR helps participants to cultivate an observant, accepting and compassionate attitude towards their own internal experiences including cognitions (thinking), emotional states, body sensations and impulses. Research shows that mindfulness training can positively and often profoundly affect the patients’ ability to reduce medical symptoms and psychological stress.

6. The Physical Exercise Gym is used to conduct health management sessions for adult outpatients with psychiatric conditions. Some psychiatric medicines cause weight gain in patients and the health management programme aims to move patients towards a healthy lifestyle through aerobic and anaerobic exercises. These exercises will also build up their activity tolerance for future vocational training or employment. Occupational therapists, physiotherapists and therapy assistants will be on hand to guide the patients to exercise on treadmills, stationary bicycles and muscle training machines.
7. Associate Professor Chua Hong Choon, Chief Executive Officer, Institute of Mental Health commented, "As the only tertiary centre for mental healthcare in Singapore, we constantly seek to better meet the needs of our psychiatric patients and improve their quality of life. IMH is pleased to have the support of MINDSET in this regard."
8. Dr Tan Bing Leet, Head of the Occupational Therapy Department, IMH added, "Occupational therapists use a variety of sensory-based and functional-based interventions to enhance social and independent living ability. Many of these sensory-based interventions require special facilities and equipment. The new MINDSET Rehabilitation Gym enables us to better cater to the different levels of care required by ID patients with psychiatric conditions, and provide them with a period of specialised rehabilitation to improve their community living skills."
9. Mr Alex Newbigging, Chairman of MINDSET said, "MINDSET is pleased to support the project as it shares the same objective as MINDSET in raising awareness and understanding of mental health issues, as well as providing direct assistance for individuals, families and organisations in need of help. We believe the rehabilitation gym will benefit the recovery of its patients."
10. The MINDSET Rehabilitation Gym occupies a total of 210 square metres (sqm).

ANNEX 1: English-Chinese Glossary

- END -

For media queries, please contact:

Ms Vera Soo
Assistant Manager, Corporate Communications Department
Institute of Mental Health
Email: vera_soo@imh.com.sg
Contacts: 6389-2864 (DID) / 9786-5676 (HP)

About the Institute of Mental Health (IMH)

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 counselling 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, please visit: www.imh.com.sg.

About MINDSET

MINDSET Care Limited (“MINDSET”), a registered charity, has been established to make a difference in the area of mental health. Led by the Jardine Ambassadors, the MINDSET programme aims to raise awareness and understanding of mental health issues and to change attitudes, while at the same time providing practical support and help for individuals, families and charitable initiatives in the mental health sector.

MINDSET’s initiatives are focused on the following areas:

- Education - To raise awareness of MINDSET’s aims and reduce the stigma attached to mental health issues through talks, campaigns and Mini-MINDSET Days;
- Back to the Workforce - To promote social and community acceptance through reintegration and to source for appropriate job openings and work training within Jardine Matheson Group companies;
- Social Enterprise - To help our mental health partners’ clients achieve self-sustainability through profit-generating business activities; and
- Fund Raising - To raise funds through community and corporate engagement and partnership.

In addition, MINDSET also organises Fun Days, which are outings and activities providing opportunities for clients of mental health organisations to interact with the public, and at the same time, providing the clients’ caregivers the chance to take a break from their routine care-giving duties.

ANNEX 1: ENGLISH-CHINESE GLOSSARY

Institute of Mental Health (IMH)	心理卫生学院
MINDSET Care Limited (“MINDSET”)	思健关怀有限公司
MINDSET Rehabilitation Gym	思健康复室
Sensory integration Gym	感官综合治疗室
Physical Exercise Gym	体能锻炼治疗室
Intellectual Disability (ID)	智力障碍 / 智能障碍
Psychiatric Illness	精神疾病
Long-Stay Inpatients	长期住院患者
Associate Professor Chua Hong Choon Chief Executive Officer Institute of Mental Health (IMH)	蔡奉俊副教授 院长 心理卫生学院
Dr Tan Bhing Leet Head, Occupational Therapy Department Institute of Mental Health (IMH)	陈敏俐博士 职能治疗部主任 心理卫生学院
Sumanth Venigalla Kumar Head, Physiotherapy Department Institute of Mental Health (IMH)	物理治疗部主任 心理卫生学院
Ashley Jayapaul Principal Occupational Therapist Institute of Mental Health (IMH)	首席职能治疗师 心理卫生学院
Jayson Sudhasan Senior Occupational Therapist Institute of Mental Health (IMH)	资深职能治疗师 心理卫生学院
Tang Wei Kiat Senior Occupational Therapist Institute of Mental Health (IMH)	鄧偉傑 (邓伟杰) 资深职能治疗师 心理卫生学院