Greetings from the GP-Partnership Programme Team.
This is the ninth issue of our quarterly e-newsletter and we aim to provide the latest updates from the GPP team. We are happy to hear from our partners, please email us at IMH-GPP@imh.com.sg.

Graduation Ceremony for Graduate Diploma of Mental Health, 26 April 2014:
The Graduation Ceremony for the Graduate Diploma in Mental Health (GDMH) was held on Saturday, 26 Apr, at the IMH Auditorium. After a year-long learning journey, it was a proud and culminating moment for the 25 graduates from GDMH’s 3rd cohort as they received their scrolls in front of their friends and family. In addition 7 graduates from this cohort have signed up with the GP Partnership Programme (GPP) and we would like to take this opportunity to welcome them as our GP Partners. The ceremony also witnessed the launch of GDMH’s new corporate video which featured several interesting anecdotes from the graduates. The video can be viewed in YouTube (http://www.youtube.com/watch?v=rsuLWrEzZeQ) and do feel free to share it with your fellow GPs who may be interested in the GDMH programme.

MH-GP Partnership Forum on 1 Mar 2014
“Autism: A Workshop for GPs”
The GPP organized a GP forum entitled, “Autism: A Workshop for GPs on 1 Mar 2014 at Mandarin Orchard
Hotel. The forum was well received with 116 GPs attending and was supported through an educational grant by Servier.

The workshop for GPs on Autism was helmed by Dr Chin Chee Hon, a Consultant, and Ms Pearl Lock, a Senior Clinical Psychologist; both from the Neuro Behavioural Clinic - Autism Services, Department of Child and Adolescent Psychiatry, IMH. Dr Chin provided an informative introduction to Autism Spectrum Disorders (ASD), which included its definitions and possible detection, as well as the possible management of ASD within the primary care setting. Ms Lock focused on the interventions and treatment options for children with ASD, as well as peppered her presentation with several interesting personal experiences she has had while helping children with ASD during the course of her work. In line with providing a practical take-away for the forum participants, she shared 10 useful strategies that have worked for children with ASD.

In addition to the informative and enriching session on Autism, the attending GPs were also introduced to the Patient Health Questionnaire (PHQ-9) by Dr Sharon Sung, a Senior Clinical Psychologist. Dr Sung shared that the PHQ-9 was a simple screening and diagnostic tool for depression, designed for the primary care setting, which required no specialized training and could be completed by a patient within 5 to 10 minutes. The PHQ-9 is a public domain resource that can be downloaded without cost at www.phqscreeners.com and is available in several languages.
The overall feedback from the attending GPs were that the coverage and depth of the talk were adequate, while the concept and skills presented were very relevant for the delivering of mental health care to patients in the primary care setting.

Listing of GP Clinic Information on AIC’S Care In Mind Website
In recent years there has been an increased interest in community mental healthcare, with healthcare agencies and the public keen to know who the mental community healthcare providers within the community are. To cater to this growing need, AIC has continued to update its Care In Mind website to provide information on the mental healthcare services available in the community. In its recent update, they have added a list of GPs who have had experience managing patients with mental health issues. Included in this list are our some of our GP Partners, who have kindly agreed to allow public access to their clinic information.

You may view the GP List at [http://is.gd/mhgppartners](http://is.gd/mhgppartners).

Yours truly,
Dr. Goh Yen-Li
Consultant

Our mailing address is
Institute of Mental Health Buangkok Green Medical Park 10 Buangkok View Singapore 539747 Singapore