

*loving hearts,
beautiful minds*



vision 2012

A tertiary centre of excellence and global leader in mental healthcare.

our mission

- Promote mental health
- Provide person-focused service that is integrated, comprehensive, accessible and cost-effective
- Pursue continuous learning and research

our values

Service to the Public We are driven by our deep sense of service to our people and willingly embrace the noble responsibility entrusted to us, both to ensure good health and to give care in illness.

Professionalism We embody the fullest extent of professionalism, promoting the highest standards of healthcare and ethics.

Collegiate Practice We treasure the unique environment of our collegiate practice, in which we are all bonded together by mutual respect and trust, and a deep desire to provide the most appropriate care for our patients.

Partnership We partner with individuals, their families, other agencies and the community at large, with trust, respect and mutual understanding to successfully tackle healthcare's complex challenges.

Responsible Stewardship We accept the trust we hold as responsible stewards, to build an effective and sustainable healthcare system.



Mental health affects every aspect of our daily lives and the lives of those around us. It influences the way we think, behave and relate to others.



importance of mental health

Mental health affects every aspect of our daily lives and the lives of those around us. It influences the way we think, behave and relate to others. Mental health is just as important as physical health.

Mental health disorders can cause long-term disability, undermining the ability of individuals to work and provide for themselves and their families. There is growing awareness of the importance of mental health today. Many of those affected by serious mental health conditions seek treatment with the Institute of Mental Health (IMH), Singapore's only tertiary psychiatric centre.

contents

vision, mission, our values

- 1 importance of mental health
- 2 about institute of mental health
- 4 clinical services
- 10 research
- 12 education
- 16 our people

IMH offers help and hope for people living with mental illness to reclaim their lives and live normally again.



about the institute of mental health

The Institute of Mental Health (IMH) is the only tertiary psychiatric care institution in Singapore. IMH treats patients who are severely ill and who require specialised psychiatric help.

Our tradition of care started in 1928 as Singapore's first mental hospital, caring for 1,000 patients.

Today, IMH is located on the sprawling 25-hectare campus of Buangkok Green Medical Park in the north-east of Singapore and 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, adults, and the elderly.

Besides providing clinical services, IMH coordinates and oversees education of clinicians, nurses and allied health professionals in psychiatry and conducts research related to mental health. Over the years, IMH has gained a reputation for quality psychiatry research.

We have three core strategies to achieve our vision to be "A tertiary centre of excellence and a global leader in mental health care". They are centred on our expertise in clinical Services, research, and education.



clinical services

IMH professionals are passionate about improving the lives of our patients and their families.

We are committed to the recovery of our patients and want to help by listening carefully and considering all aspects of their unique circumstances and conditions before recommending a choice of treatment options.

Our dedicated team of psychiatrists, psychologists, nurses, occupational therapists, counsellors, and medical social workers are highly trained and have been decorated with numerous national and international

awards for their professionalism and clinical expertise.

As we believe that prevention is better than cure, we have initiated programmes to detect and treat mental disorders before they worsen.

IMH is equipped with modern facilities, with 50 wards for inpatients and seven Specialist Outpatient Clinics. Our services are available at our hospital or through our community-based programmes.

Hospital-Based Services

Clinical Departments

- General Psychiatry
- Geriatric Psychiatry
- Child & Adolescent Psychiatry
- Community Psychiatry
- Forensic Psychiatry
- Early Psychosis Intervention
- Addiction Medicine

Specialised Services/Clinics

For adults/elderly

- Mood Disorder
- Neurodevelopmental Service (Intellectual disabilities and other developmental disorders)
- Psychology
- Psychotherapy
- Rehabilitation Psychiatry
- Psychogeriatric Clinic
- Memory Clinic

For children/adolescents

- Mood and Anxiety Clinic
- Neurobehavioural Clinic (Autism and ADHD services)
- FRIENDS (Forensic Rehabilitation, Intervention, Evaluation & Network Development Services)
- Addictions Clinic for Adolescents

Satellite Clinics

IMH runs the following outpatient clinics at various locations to make our psychiatric services more accessible to our patients.

- Community Wellness Clinic, Geylang
- Community Wellness Clinic, Queenstown
- Child Guidance Clinic, IMH
- Child Guidance Clinic, Health Promotion Board

Emergency Services & 23-Hour Observation Ward

IMH's 24-hour Emergency Services provides urgent intervention for those who experience acute difficulties in their mental health at any time of the day. Some patients may be monitored in the 23-hour Observation Ward before a decision is made on whether admission is needed. Often, patients can be stabilised and deemed fit to go home, hence reducing the need for hospitalisation.

High Dependency Psychiatric Care Unit

The High Dependency Psychiatric Care Unit provides close monitoring and management of acutely disturbed psychiatric patients. A high staff-to-patient ratio in this unit ensures that such patients receive the intensive level of care they need.

Sunshine Wing

Sunshine Wing is a 50-bed geriatric inpatient acute ward serving psychiatric patients 65 years old and above. The ward is equipped with elderly and dementia-friendly features and unique facilities that aim to improve their care and provide a more healing environment for rehabilitation. These include:

- A garden, with a water feature and comfortable seating, where patients can enjoy a natural surrounding
- A reminiscence room with special objects and materials to help patients evoke old memories as part of their therapy
- A sensory room with a multisensory environment for patients to explore and relax



National Addictions Management Service (NAMS)

The National Addictions Management Service provides interventions for behavioural (such as problem and pathological gambling, internet and gaming addictions) and substance addictions (such as alcohol and drugs).

Outpatient services are provided at the NAMS Clinic, where a multidisciplinary treatment team provides comprehensive assessments, treatment planning, counselling and case management, relapse prevention training, and psycho-education for patients and their families.

Patients who require detoxification and rehabilitation are served at the inpatient Serenity Centre.



Sayang Wellness Centre

For patients who want greater comfort and privacy, Sayang Wellness Centre is a boutique centre offering outpatient and inpatient services for non-subsidised patients. Outpatients are seen in the Sayang Wellness Centre Clinic. Patients who need to be hospitalised may choose to stay in single-bedded, double-bedded or four-bedded rooms.

The programmes and services at Sayang Wellness Centre include:

- Mental health education
- Daily keep-fit programme
- Group therapy
- Relaxation sessions
- Personalised medication counselling



Community-Based Services

Pioneering programmes around the world have shown that patients responded more positively, with a higher rate of recovery and lower rate of relapse, if they recover at home with their families and loved ones. Towards this end, IMH has a number of programmes to provide community-based mental healthcare.

Response, Early intervention and Assessment in Community mental Health (REACH)

REACH is a community-based mental health service that works closely with schools, community agencies and family doctors to help students with emotional, behavioural and/or developmental disorders. The REACH team provides support to helping professionals such as school counsellors to broaden the scope of the care given to students within the community.

Community Health Assessment Team (CHAT)

CHAT is a national youth mental health programme that aims to make it easy and unthreatening for youths to seek advice and help for their emotional and mental health issues. The CHAT team does this by raising awareness of youth mental health, and providing a free, confidential assessment service and information. CHAT also partners polytechnics and post-secondary institutions to reach out to and support their students.

Community Mental Health Team (CMHT)

The CMHT comprises doctors, community psychiatric nurses, and allied health specialists provide community-based treatment and psycho-social rehabilitation of our patients so that they may continue to live in the community whilst working towards recovery. The team continues to monitor and care for patients after their discharge through regular home visits.

During a crisis, patients or their caregivers can call the 24-hour Mobile Crisis Hotline for help. If necessary, the Mobile Crisis Team will be activated to visit the patient at home, assess the situation and provide appropriate help. The CMHT also has a Mobile Crisis Hotline for members of the public who are in crisis and need to speak with a counsellor.



Aged Psychiatry Community Assessment Treatment Service (APCATS)

APCATS is a community-based psychogeriatric clinical service which provides assessment and treatment for homebound or frail elderly patients with mental disorders. The APCATS team comprises geriatric psychiatrists, medical officers, psychologists, geriatric psychiatric nurses, occupational therapists, physiotherapists, and medical social workers. They make home visits to patients to ensure that they continue to receive care for their conditions.

Mental Health - GP Partnership Programme

Under the Mental Health - GP Partnership Programme, IMH trains and provides support to General Practitioners to manage patients with stable or long-term mental illnesses in the community. Patients benefit from the affordability and accessibility of this service, while enjoying good clinical care.

OctAVE Day Rehabilitation Centres

OctAVE, which stands for Occupational Therapy: Activities, Vocation and Empowerment, provides psycho-social rehabilitation programmes, sheltered workshops and group activities for psychiatric outpatients. These programmes are run by occupational therapists and are focused on community-living skills, vocational training, self-care, as well as leisure activities, and help patients to improve their ability to integrate in the community. OctAVE centres are located at IMH, the Bukit Batok Polyclinic, and at Cantonment Road.

support for patients and caregivers

Having a child, sibling, spouse, or parent with a psychiatric disorder can be very stressful. Family members are often at a loss how to help, and there are times when they too need assistance to help them cope.

Our multi-disciplinary team of medical social workers and doctors provide the following services to help family members and caregivers:

- Caregiver support services and training programmes
- Care planning, aftercare and follow up services
- Counselling & family therapy
- Family psycho-education programme
- Financial / practical assistance to needy patients
- Psycho-social assessment of patients



Job Club

For almost all of us, our jobs are important to our self-worth and self-esteem. Aside from the financial sustenance and independence jobs provide, they also give us a sense of belonging and significance within a community.

Knowing how important it is to our patients to be gainfully employed, IMH runs Job Club: a one-stop supported employment service to help persons with mental illness to select, secure and keep a job. Job Club clients are matched with the most appropriate job for them, choosing from a variety of jobs in sectors that include retail, F&B, and cleaning services.

Job Club staff are occupational therapists and medical social workers by training. They provide individualised vocational counselling, psycho-social and vocational readiness assessment, job placement and coaching, and job-site follow-up for clients of Job Club.

This team also supports employers by educating them on mental illness and equipping them to ensure best job fit and success.

research

IMH conducts research that will change the way we think about mental health and the way we treat those with mental illness. The key focus areas of our research are mental health policy research and translational clinical research.

Our mission is to carry out scientifically and clinically relevant research that will help us to understand the mechanism underlying the various mental disorders and to translate these findings into interventions, as well as help address the real-world challenges faced by persons living with mental illness, their families, providers and policymakers in selecting, delivering, and financing optimal care.

The Research Division supports research at all levels, provides training and facilitates collaboration with other centres and stakeholders.

Key Research Spearheaded by IMH

- Psychiatric Epidemiology: Singapore Mental Health Study, Well-being of the Singapore Elderly Study
- Singapore Translational Clinical Research in Psychosis: Identification of Biomarkers of Schizophrenia and Related Psychoses
- Neurocognition in Serious Mental Illness
- Neuroimaging
- Clinical Trials in Schizophrenia, Autism, ADHD, Addiction
- Health Service Research in Mental Health



Collaborators

We have a strong record in collaboration across different disciplines and institutes. We believe in developing productive partnerships with stakeholders who include our patients, and their families, policy makers, and other care providers.

Local Collaborators Include:

- Biomedical Imaging Laboratory, Biomedical Sciences Institutes, A*STAR
- Yong Loo Lin School of Medicine, National University of Singapore
- Changi General Hospital
- Duke-NUS Graduate Medical School, National University of Singapore
- Exploit Technologies Pte Ltd, A*STAR
- Genome Institute of Singapore, A*STAR
- Institute for Infocomm Research, A*STAR
- Khoo Teck Puat Hospital
- Nanyang Technological University
- National Neuroscience Institute
- Saw Swee Hock School of Public Health, National University of Singapore

- Singapore Clinical Research Institute
- Singapore Institute of Clinical Sciences, A*STAR
- Ministry of Health, Singapore
- Temasek Polytechnic
- Workplace Safety and Health Institute

International Collaborators Include:

- Brainmarker, B.V., Netherlands
- Duke University Medical Center, Durham, USA
- Hadassah-Hebrew University Medical Center, Israel
- King's College London – Institute of Psychiatry
- Monash University
- Nagoya University Graduate School of Medicine, Japan
- National Institute of Mental Health (NIMH), USA
- Psychiatric GWAS Consortium
- Shanghai Jiao Tong University, China
- University of Birmingham, UK
- University of Delhi, India
- University of Hong Kong
- University of Melbourne, Australia
- University of Pennsylvania, USA

Clinical Trial Unit

There is a wide variety of on-going clinical trials in the Institute of Mental Health – both industry sponsored and principal investigator-initiated. The Clinical Trial Unit provides the clinical research infrastructure to support investigators in the design, conduct, and reporting of clinical trials. It also monitors quality controls through monitoring and audit and assists in the handling of the contractual aspects of industry-sponsored trials.

Consultancy Services

The Research Division also provides consultancy services and undertakes contract projects in mental health and health services research, including:

- Protocol development
- Project management
- Data management
- Quality assurance monitoring
- Statistical analysis
- Report preparation

education

Education plays a pivotal role in continuing and advancing the high standards of clinical and patient care in the delivery of mental healthcare services in Singapore. As a tertiary psychiatric institution, IMH plays a leading role in developing the current and next generation of mental healthcare professionals.



Medical Education

IMH has been a key player in the training of medical students and post-graduate trainees since 1982, when it first started to provide specialist training for psychiatry trainees taking the National University of Singapore's Master of Medicine Examinations in Psychiatry. Over the years, IMH has developed to take a leadership role in psychiatry training in Singapore.

Pre-Professional Education

IMH provides clinical training via clinical attachments and clerkship rotations for medical undergraduate students from the following institutions:

- Yong Loo Lin School of Medicine (YLLSOM), National University of Singapore (NUS)
- Duke-NUS Graduate Medical School (Duke-NUS)
- Lee Kong Chian School of Medicine (LKC Medicine), Nanyang Technological University (NTU)

Post-Graduate Education

IMH is engaged with various post-graduate training programmes, such as the Seamless

Traineeship programme, NHG-AHPL Psychiatry Residency Programme, the Graduate Diploma in Mental Health, and the Introductory Course in Psychotherapy (ICP); the last two in collaboration with the Division of Graduate Medical Studies, NUS.

Under the NHG-AHPL Psychiatry Residency programme, residents undergo a five-year training programme in a variety of mental health settings. Besides psychiatry, the residents also rotate through General Medicine and Surgery at the various participating hospitals.

The NHG-AHPL Psychiatry Residency Programme is a national programme and one of the few outside the US to be accredited by ACGME-I, a non-governmental organisation responsible for the accreditation of International Graduate Medical Education programmes.

Continuing Medical Education

Engagement sessions, such as talks, lectures, and journal club presentations, are organised regularly to encourage the medical fraternity and GP partners to keep up with current trends and developments in the field of mental health.



Nursing Education

In 2012, IMH was awarded the American Nurse Credentialing Center's Accreditation with Distinction, making IMH the only institution outside the United States and the first mental health institution in the world to receive this accreditation. This award puts IMH on the world map as a provider of high-quality nursing education.

Pre-Professional Education

IMH plays a national role in clinical training for psychiatric nursing through the provision of pre-professional education partnering local universities and tertiary institutions, such as the National University of Singapore, Nanyang Polytechnic (NYP), Ngee Ann Polytechnic (NP), Parkway College and the Institute of Technical Education. These collaborations engage approximately 2,000 trainees every year, providing them with opportunities for clinical attachments at IMH.

Post-Graduate Education

IMH makes provision for post-graduate education by partnering NYP and NP to ensure that advanced diploma students are equipped with sufficient skills and experience to hone their competencies for specialisation. NUS post-graduates undergoing their Masters in Nursing are also offered attachment opportunities at IMH, to hone their competencies for the Advanced Practice Nurse role.

Continuing Medical Education

IMH provides high-quality continuing nursing education to upgrade the clinical skills of nurses who work in mental health settings. Basic and intermediate continuing education courses include:

- Basic mental health nursing practice
- Basic and cardiac life support
- Automated external defibrillation
- Specialised courses in control and restraint techniques and the management of disturbed, aggressive and violent patients
- Research and evidence-based mental health nursing care.



Education plays a pivotal role in advancing the standards of patient care.

Joanna Briggs – IMH Centre for Evidence-Based Practices in Mental Health Care

As part of our commitment to world-class education, research, and evidence-based practice, the Joanne Briggs International (JBI) – IMH (Singapore) Centre for Evidence-Based Practices in Mental Health Care was established in 2010. Marking the first collaboration between JBI and a mental health institution in the world, this initiative enables clinical, nursing and allied healthcare professionals to advance evidence-based practices and research and translate these to improving patient outcomes.

Centre for Mental Health Education (CMHE)

In July 2010, IMH set up Singapore's first centre for mental health education. Established with a donation from the Lee Foundation, CMHE boasts a SMART classroom with video conference facilities, a Basic Cardiac Life Support training room, a nursing skills laboratory, an e-learning courseware development laboratory, and seminar rooms to meet the continual learning needs of both mental healthcare professionals and caregivers.

Allied Health Education

IMH allied health professionals are involved in teaching undergraduates, post-graduates and polytechnic students by either delivering lectures or through clinical attachment opportunities in partnership with tertiary institutions.

Pre-Professional Education

Through internship placements at IMH, students are given opportunities to integrate theory with practice in mental health. Clinical attachments at IMH for students are available in the areas of

- Medical Social Work
- Occupational Therapy
- Physiotherapy
- Psychology

These attachments provide a practice environment to develop skills across clinical and rehabilitation settings. Key partners include Nanyang Polytechnic, Ngee Ann Polytechnic, and the National University of Singapore (NUS).

In the field of pharmacy, IMH provides attachment opportunities where pharmacy technicians-to-be are equipped with skills to

deliver safe, efficient and economical use of medications to benefit patients. In collaboration with NUS, IMH's Pharmacy Preceptorship Programme enables preceptees to understand the role of pharmacists in a tertiary psychiatric hospital. Preceptees undergo experiential learning in hospital pharmacy practice, medication therapy management and drug information services.

Post-Graduate Education

IMH also hosts students of the NUS Clinical Psychology Master's Degree placement programme which spans 20 weeks and requires a minimum of 150 hours of direct client contact. This programme helps post-graduates build on theoretical knowledge and develop core competencies for clinical practice in a mental health setting.

In addition, IMH is a clinical rotation site for post-graduates under the NUS (Doctor of Pharmacy) programme. Trainees develop foundational competency in the use and monitoring of psychotropic medications, and gain a practical understanding of the clinical role of psychiatric pharmacists in the inpatient and ambulatory setting.



Capability-Building in the Community

As a tertiary psychiatric hospital, IMH plays a vital role in building the capability of our community partners. The move towards community psychiatric care will lead to improved accessibility of services, better quality of life for patients, and in destigmatisation of mental illness. In addition, accessible and convenient community-based services help in the early detection and treatment of mental health problems, as well as the smooth reintegration of discharged patients into the community.

Our multidisciplinary teams comprising clinical, nursing and allied health professionals take on active roles in training community agencies and stepped-down care organisations in skills-based mental health training through partnerships with Tan Tock Seng Hospital, Changi General Hospital, National Healthcare Group Polyclinics, Singapore Prison Service and the Ministry of Social and Family Development.

As an extension to community support, our nursing education team is also actively involved in caregiver training.

IMH's allied health staff also provide training and supervisory services to community-based agencies who work with "at-risk" population in the adult, youth and elderly sectors.

Taking a population approach to managing mental health and wellness, our clinical and allied health staff also provide crisis

management training for corporate companies and government agencies. With continuous engagement and training, participating employees understand the role and nature of managing mental health crisis in the workplace, thereby enabling them to respond more confidently in times of need.

International Partnerships

As a tertiary mental health centre, IMH seeks opportunities to collaborate with partners to extend the reach of mental health services and support to communities around the region.

With the support of the Temasek Foundation, Singapore, IMH have partnered three Asian healthcare organisations in China, Indonesia and Thailand to develop local capabilities in post-disaster mental health rehabilitation.



our people

IMH is proud of our pool of highly trained and experienced psychiatrists, nurses, allied health professionals, hospital administrators, and ancillary staff.



We care for our staff by providing a pleasant work environment, by recognising their contributions and helping them to develop to their fullest potential. We focus on continual learning through training, clinical research and adopting best practices.

We provide training programmes and sponsorship schemes for local as well as overseas post-graduate studies and attachments.

Apart from professional development and personal growth, we also place great emphasis on the wellness, well-being and quality of work-life balance of our staff. We organise fitness and recreational activities, and preventive health screening programmes to help our staff stay fit and healthy.

Just as we give our best to our patients, we also want to give our staff the best!





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