

Recreational Activities

Recreational activities like karaoke or sing-a-long, line dancing, sports and games and art and craft will be carried out so that patients can cultivate interests and hobbies. This will also help them to plan their leisure activities when they return to the community.



Leave and Visits

We welcome family and friends of patients to visit after 5pm on Mondays to Fridays, and between 8am to 8pm on Saturdays and Sundays. Visiting is especially encouraged during the patients' first two weeks in Stepping Stones, as this is a time of transition and adjustment for them.

Patients in Stepping Stones are allowed to go on leave after the third week of the programme, with permission from the care team.

Patients are also allowed to make one phone call daily – either at noon or in the evening.

Referral and Admission

Admission to Stepping Stones' eight-week rehabilitation programme is by referral only. If you are interested, please speak with your psychiatrist.

Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View
Block 2, Level 3 (Ward 23B)
Singapore 539747

General Enquiries: 6389 2000

www.imh.com.sg

Mar 2016

Stepping Stones



**INSTITUTE
of
MENTAL
HEALTH**

Loving Hearts, Beautiful Minds



Stepping Stones

Stepping Stones is an inpatient psychiatric rehabilitation service with an occupancy capacity of 30 beds. Our comprehensive eight-week programme is run by a dedicated multidisciplinary team (MDT) of psychiatrists, medical doctors, nurses, psychologists, occupational therapists, medical social worker, pharmacists, and case managers. The MDT works closely with patients and their caregivers to prepare the patients for independent living, and to help them achieve a high quality of life in the community.

Our Programmes

Our programme seeks to equip patients with the knowledge, skills and support to help them in their recovery. To ensure that they are able to understand and apply the content in these core modules, the classes are conducted in three languages (English, Malay or Mandarin) and patients can attend whichever one they feel most comfortable with.

Core Modules

- **Medication Management:** Patients will learn about their medications, how to dispense these, and how to discuss medication-related concerns with their psychiatrist.
- **Symptom Management:** Patients will be taught to identify the symptoms of their illness, and learn how to manage these effectively.
- **Basic Conversational Skills:** This module will cover the basics of interpersonal communication and help patients gain confidence in interacting with others.



Additional Modules

- **Recovery Group:** This group helps patients to understand the phases and different aspects of recovery.
- **Friendship Building:** Patients will learn about starting a close relationship, and also discuss matters related to companionship and intimacy.

Domestic Activities

- **Cooking:** Patients will learn some simple cooking, as well as the importance of cleanliness and safety in the kitchen.
- **Housekeeping and Laundry:** All patients will be rostered for hands-on housekeeping and laundry assignments. This is to prepare them to attend to these chores at home, after they have returned to the community.



Support Group

The support group is a platform for patients to share their concerns with their peers, and staff. Our staff will be on hand to provide support or referrals for assistance.



Health Talk

Patients will be taught how to prevent falls, manage common ailments, medical issues, and also emotional problems.