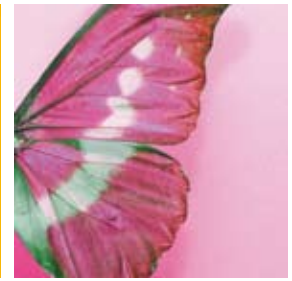


JANUARY – MARCH

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A QUARTERLY
NEWSLETTER OF THE
**INSTITUTE OF
MENTAL HEALTH**

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**INSTITUTE
of
MENTAL
HEALTH**

Loving Hearts, Beautiful Minds

FOCUS: Occupational Therapy Day

Occupational Therapy Day



IMH's Occupational Therapists

Occupational Therapy, often abbreviated as "OT", incorporates meaningful and purposeful occupation to enable people with limitations or impairments to participate in everyday life. Occupational therapists work with individuals, families and groups within communities to facilitate health and well-being through engagement or re-engagement in occupation.

By Susan Ding, Corporate Communications

Occupational therapists are becoming increasingly involved in addressing the impact of social and environmental factors that contribute to exclusion and occupational deprivation.

The World Federation of Occupational Therapists defines occupational therapy as a health profession that uses activities with specific goals to help people from all ages prevent, reduce or overcome effects of disabilities.

Occupational therapy gives people the skills necessary for living life to its fullest.

Celebrated each year in the month of January, OT Day in Singapore has come to symbolise a day of reflection and another year for IMH's OT to build interesting activities. For Hannah Loh, OT, her first OT Day will stay as a reminder for her love for the career she chose, to put others first. "I find it great joy that I can provide an opportunity and play a part in any person's plan to achieve a meaningful life. It brings great meaning to me to be able to see a person overcome the effects of their disabilities even at times when the chances of recovery may seem near impossible."

A typical work day as an OT

Chua Kok Yeow, Senior OT: A typical day for me in Community Psychiatry includes visiting patients at their homes for therapy, teaching computer skills and bringing them outdoors to teaching household management.

Rupa Balaguru, OT: Everyday is usually an interesting mix of patient contact and paperwork. I run a variety of groups ranging from job preparation and office skills, which range from sit-down paper-pen type skills training groups to sports groups and outings, which are very hands-on and fun.

On the joys and rewards as an OT

Hannah Loh, OT states, "The greatest joy I have found is when what I have taught the person is applied and s/he finds meaning and empowerment in his or her individual lives. It was with much joy and reward when I bumped into a person whom I worked with (in the public bus) and she told me how much she has learnt from the OT sessions. She thanked me continuously for all the help rendered to her. I felt appreciated.

Dorothy Leung, OT: I feel when patients show their appreciation, or see another patient getting back to the workforce and sustaining their job there makes everything worthwhile.

Rupa: It's a privilege for me to be privy to the lives of persons struggling with mental illness. I'm grateful to be able to play a small part in helping them recover a part of themselves through showing them how to regain their living skills and have a better quality of life in the community. The growth that comes to me learning through these individuals is ultimately precious.

Tan Bhing Leet, Head of OT: Occupational Therapy gives a good mix of the arts and sciences. To be a good OT, one needs to be well versed in medical sciences, but at the same time show keen interest in psychological and social aspects of a patient. It also advocates holistic intervention, taking into consideration interpersonal, environmental, spiritual, intrapsychic and biomedical factors necessary for recovery.

Sacrifices and joys as an OT

Bhing Leet on sacrifices: You need to put in long hours and use your spare time to hone your skills in various activities (such as music, art etc.), so that you can be equipped with a variety of skills which are of use in intervention.

Bhing Lee on joys: To see a patient progress along to full independence. This is especially a long haul for psychiatric patients. A few young OTs lose heart after a while, because they don't see quick recovery. However once you've put in your efforts, you'll be surprised of the change you can make in someone years later!

Bhing Lee on rewards: OTs need more recognition, which is what we've been gradually gaining over the years. There are still people who are unaware of the benefits of OT intervention. However, every success that we make is already a reward in itself.

Hannah: I am a people oriented person as I have always enjoyed interacting with people and spending time with them. Being an occupational therapist allows me to meet people from all aspects of life and being able to help them in whatever way I can. Occupational therapy is a healthcare profession that uses activities with specific goals to help people from all ages to prevent, reduce or overcome the effects of disabilities. The fundamental purpose of occupational therapy is the development and maintenance of a person's capacity, throughout life, to perform those tasks and roles essential to productive living, including self-care, daily living, leisure and work. I find it great joy that I can provide an opportunity and play a part in any person's plan to achieve a meaningful life. It brings immense joy to me to be able to see meaning in the work I do; seeing a person overcome the effects of their disabilities even at times the chances of recovery may seem near impossible.

Kok Yeow: It is a very practical, down to earth kind of job that also allows me an amount of creativity that no other job, even those in the arts can match.

Dorothy: I was taken in by the profession's philosophy: to help others live a meaningful life and achieve their full potential through Doing.

Rupa: OT is a profession grounded in the philosophies of social justice and holism, which views the person as a dynamic, interactive being, not just a diagnosis or ailment. It respects the dignity of a person and choice the person makes – all core values I espouse.

What OT Day means

Hannah: Putting aside a day such as OT day creates awareness to the public of what the OT role is. It is an important day in which OTs are reminded of what the profession is about and a great opportunity for us to educate the public about what we do, who we are and what our roles are. It is also a day in which you feel that all OTs from all areas of Singapore celebrate in unity and support one another in the profession.

Dorothy: OT day serves as an opportunity to reflect on the past year; we're still bringing meaningful changes to our patients, and celebrating their accomplishments.

Bhing Leet: The practice of OT span across different medical and social fields, which makes this already small profession even more dispersed. OT Day is where OTs of the whole nation come together to recognise one another's contribution. This forges professional collegiality.

On a smaller scale, OT Day is also a time where we look back at what we have contributed over the years and reflect on what we could have done better. For more senior OTs, it's also a time for us to consider seriously about nurturing the next generation of OTs and how to bring this profession to greater heights.

What and who inspires an OT?

Hannah on what inspires her: "I read, attend conferences, learn as much as possible, in particular I listen. After a quick self refresher I am inspired to help patients with better ideas."

Kok Yeow: Significant people that have affected my passion as an OT and mould me are my wife, parents, siblings and past mentors.

OTs in general tend to have an open mindset and draw our inspiration from various sources. It could be from role models in social reforms, or spiritual leaders.

On keeping a work life balance

Hannah: I make it a habit to exercise after work daily if possible to keep myself healthy. After a hard day of work, I would try as hard as possible not to bring home work and do things that I enjoy after work. Spending time with my family and love ones also helps me to be emotionally supported. It helps me to see things from a different perspective and to learn to do my best.

Bhing Leet: As OTs, we understand the need to have a work life balance. Hence many of us either engage in sports or other leisure activities such as reading and music.

Dorothy: Perhaps the best way is to enjoy work, and to try to finish all the work during weekdays so that I can recharge over the weekends.

Kok Yeow: I try not to work past the allocated time, and make sure I go for short breaks regularly, even if it's a half day leave to recharge.

Challenges and ways of over-coming

Hannah: Whenever I face difficulties with patients or have difficulty helping them, I would deal with them by speaking and sharing about the difficulties with other OTs who are more senior and experienced. Through such sharing, they are able to share different experiences that they have had before which contribute greatly to the difficulties that I have with my patients.

What a break-through means to an OT

Hannah's other thoughts, "Working as OT in a psychiatric institution can be challenging. It can be challenging to help patients gain empowerment and meaning in their lives. However, I have a strong passion, interest and willingness to help a person to my best that keeps me going."

Kok Yeow: In my training as an OT, I picked up knitting. Imagine a man knitting? And it was taught to me by a psychiatric patient.

Rupa: I will address the difficulty that I may feel I am facing directly with them. But one has got to remember that it is ultimately their life. My job is to be the best support I can be at whichever stage of their life they may be in.

Bhing Leet: Besides researching current best practices and seeking advice from colleagues, faith and hope are very important ingredients in achieving breakthrough. When OTs have faith and hope, it rubs onto our patients and they begin to see possibilities in themselves. The worst thing that can happen to a patient is when people around him/her give up on him/her.

Awards, Accolades, Applause!

NHG Awards

The National Healthcare Group (NHG) instituted several awards to recognise outstanding contributions from staff within the cluster as well as volunteers who have given their time for various causes.

Lee Foundation – NHG Lifetime Achievement Award



Prof Chee Kuan Tsee
Emeritus Consultant,
General Psychiatry, IMH

This award recognises Prof Chee's outstanding contributions to furthering psychiatry. He is the first recipient from IMH to receive this award.

Prof Chee's illustrious career spans over 40 years at the Institute of Mental Health/Woodbridge Hospital. A highly-respected teacher and mentor to young doctors, Prof Chee chose to come out of retirement and continue a part-time clinic at IMH. He is a regular plenary speaker for both local and regional psychiatry conferences, as his deliberations on the philosophy of life and psychiatry are profound and thought-provoking. His deep compassion and generosity has also seen him donating the entire quantum of his salary adjustment to the Woodbridge Hospital Endowment Fund on a monthly basis since its inception in 1993.

NHG Distinguished Achievement Award



A/Prof Chong Siow Ann
Vice Chairman (Research),
Medical Board, IMH

This award is presented in recognition of individuals who have made outstanding contributions. These leaders are role models for those in the quality of healthcare delivery in Singapore.

A/Prof Chong is one of the few emerging clinicians embarking on a dual career in research and clinical medicine. "Research provides me with the assurance that we are doing the best for our patients. Continuing clinically relevant research will enable us to translate knowledge into practice and do even better for them," A/Prof Chong shared.

NHG Distinguished Contributor Award

Ms Susie Kong Suet Har

Member, Medifund Committee
Institute of Mental Health

Mr Lean Chee Keat

Member, The Achievers (Volunteer Club)
Institute of Mental Health

This award acknowledges friends of NHG who have shown exceptional goodwill; made significant contribution that positively impacts NHG institutions.

Clinical Practice Improvement Programme (CPIP) Sustainability Award 2008

Title of Project: To reduce the rate of unplanned readmissions in the acute psycho-geriatric female ward by 50% within four months.

Project synopsis: This project aimed to reduce the unplanned readmission rate by 50% - that is, from 13.6% to 6.8% within four months. Strategies introduced for families of patients upon admission included maid training, caregiver education and an elder guide booklet for caregivers. Upon discharge, we extended telephonic case management and caregiver support services to patients and their families. Additionally, the team also liaised with nursing homes on the care of the patient and monitored their outpatient clinic attendance.

At the end of 4 months, the unplanned readmission rate went down to 1.04%. This resulted in a savings of 202 hospital days as well as a cost savings of \$22,624.

To sustain the project, a case manager was delegated to monitor the project, and provide psycho-education and support to patients and caregivers. After 18 months, the CPIP sustainability result revealed a 3.9% rate of unplanned readmission, savings of 891.5 hospital days as well as \$99,848 in hospitalisation cost.

Authors: S.K. Ang, P.C. Chiam, M.M. Hendriks, G.K. Lee, M.M. Tan, R. Mahendan, Olivero. L.

Best CPIP Project

Two new projects from IMH Nursing won the Best CPIP Projects organised by NHG for improving both patient care and stay. Their winning posters were displayed at the Annual Scientific Congress (ASC 2008) event. The teams were presented with a trophy and a cash award of \$2000 at the 6th NHG CPIP Convention and Graduation Ceremony.

NHG Annual Scientific Congress

The NHG Annual Scientific Congress (ASC) aims to give the medical and scientific community the unique opportunity to explore multi-disciplinary perspectives on important issues relating to clinical research and treatment of major diseases and disorders. The Congress also facilitates the exchange of key research findings and best practices among the different segments of the healthcare community.

Now into its 6th year, the Congress has consistently attracted members of the local healthcare fraternity and also participants from other parts of Asia and the Pacific region.

Themed "Science, Medicine & Lifestyle – Impact on Tomorrow's Health", this year's congress emphasised the importance of translating science into clinical practice while managing lifestyle and the environment to optimise health outcomes in the present and future.

Our staff certainly did us proud! The winners received their awards during the Congress which was held from 7 to 8 November 2008 at the Suntec Convention and Exhibition Centre.

NHG Doctor Award



Dr Lee (right) receiving the Award

This award recognises the research efforts made by NHG doctors and aims to encourage them in continuing their efforts. Dr Lee Kae Meng, Thomas one of the three researchers short-listed to present their papers at the

Congress received a Bronze Award for his research.

Title of project: A Study on the Executive Function System in Pathological Gamblers

Project synopsis: This study showed that pathological gamblers did not manifest or show any impairment relative to normal subjects, on measures of executive functions. However the study suggested that pathological gamblers may have difficulty in mental shifting ability. Pathological gamblers were also shown to be more impulsive than non-pathological gamblers. Implications for treatment are that impulsiveness in pathological gamblers should be addressed, as high levels of impulsivity can negatively influence the course of the gambling disorder. Also, psychosocial treatment can be readily provided to pathological gamblers without concern that their treatment and recovery will be hampered by impaired executive functions.

Authors: T.K.M. Lee, L. Chuah

Best Oral Presentation Award – Allied Health (Merit)

Title of project: The Effectiveness of Clinical Care Pathways in Psychiatric Rehabilitation

Project synopsis: A clinical pathway was developed in 2005 to ensure multidisciplinary patient-centred care in an inpatient rehabilitation programme. The study showed that the clinical pathway helped to significantly improve various social, psychological and occupational functioning such as activities of daily living, domestic skills, social skills and psychological skills. The conclusion is, undergoing a well-structured rehabilitation programme can enable patients to stay longer in the community, and enjoy a higher quality of life.

Authors: S. Maarof, P.W. Eu, M.M. Hendriks

Best Oral Presentation – Nursing (Merit)

Title of project: A Descriptive Study that Examines the Burden and Coping Strategies Experienced by Caregivers of Patients with Mental Illness in the Community

Project synopsis: The study has shown the existence of a high level of burden among caregivers. While positive coping strategies such as mobilising support from community resources in times of crisis were utilised, the use of these resources had no significant impact in reducing burden scores. 26% of caregivers coped by thinking passively about problems and only 14.7% sought help from healthcare professionals. This is a cause for concern, and uncovers the need for mental healthcare professionals to design and publicise caregiver-tailored programs that will assist caregivers in reducing or coping more effectively with their burden.

Authors: C.H. Tan, A.L. Yeoh, B.K.I. Choo, H.H.A. Phu, H. Ismail, P.P. Ang, S.H. Ong, & Y.H. Chan

NHG-ASC Scientific Paper Competition Best Oral – Nursing

Community Mental Health Nurse, Ms Sharon Tan, was awarded the Merit Award for the category of Best Oral-Nursing in this year's NHG ASC Scientific Paper Competition. Her presentation was based on her research project entitled, 'A descriptive study that examines burden and coping strategies experienced by caregivers of mentally ill patients in the community'. This year's competition saw a total of 520 abstract submissions for the Scientific Paper Competition and Sharon emerged among the top three in the category of Best Oral-Nursing.

Awards, Accolades, Applause!

Tan Chin Tuan Awards



Madam Soonthammal D/O Nalappan (left) holding the trophy with Dr Prema K, Director, Nursing Administration

IMH's Principal Assistant Nurse, Ms Soonthammal D/O Nalappan, won the Challenge Trophy of the Tan Chin Tuan Nursing Awards recently. This award recognises promising and talented Enrolled Nurses such as herself who demonstrated professionalism, dedication and contribution in advancing the nursing profession locally. She is the first enrolled nurse from NHG to clinch this coveted award and the third enrolled nurse from IMH to win the Tan Chin Tuan Award. Ms Soonthammal was nominated for her dedication to her profession; lauding her for her unstinting commitment to nursing and professionalism.

Lifelong Learner Award, Corporate Category



Staff and Senior Management of IMH at the Lifelong Learner Award Ceremony

IMH is among of the six companies in Singapore to receive the Lifelong Learner Award 2008.

This special award is given to employers who practice the culture of lifelong learning at the workplace; creating a culture, which encourages their employees to retrain and pick up new skills to raise productivity at work. At IMH, it is people who add value to an organization. We value our staff and strive to provide learning opportunities and development for our staff. It is though the efforts of our valued staff that we achieve organisational excellence.



Dr Vivian Balakrishnan presenting the Com Chest Award to Ms Peggy Ong, Director of HR

Com Chest Award

IMH received the SHARE Corporate Bronze Award from the Community Chest in recognition of staff participation in the Corporate SHARE Programme. This award is made meaningful with the continued support to this worthy cause with every gift going a long way to help make a difference in the lives of others.

Ask The Expert

– View points on treatment and care for an adolescent with depression

Dr Daniel Fung, Chief, Child and Adolescent, IMH
Mr Terence Yow, Senior Medical Social Worker, IMH



Dr Daniel Fung, Chief, Child and Adolescent, IMH



Mr Terence Yow, Senior Medical Social Worker, IMH

QUESTION I am the mother of a 19 year old girl currently diagnosed with depression and she is currently taking anti-depressants as part of her treatment. As a caregiver, I would like to understand her needs better and ways in which I am able to support my daughter; what would my advice to her be other than be strong, and to accompany her on her regular visits to her psychiatrist? How much later will it be before she fully recovers and be herself again?

ANSWERS

Dr Fung Helping an adolescent with depression has to be approached from a multimodal perspective. Antidepressant medication helps alleviate the negative impact of stress and improves mood by changing the neurotransmitters in the brain associated with depressed mood. Making sure that the adolescent has sufficient rest and proper nutrition helps. Going outdoors and getting a healthy dose of sunlight will also help. In severe depression; the adolescent is extremely depressed, suicidal or withdrawn, a course of electro convulsive therapy maybe indicated (and this has been shown to be safe even in this young age group).

But depression in adolescents is associated with many environmental factors that need to be considered. Helping her cope with these are important. Two kinds of therapy help specifically in adolescents. The first is cognitive behaviour therapy; in which the adolescent is taught to be more self aware of their feelings and to change their negative thought processes in a series of problem solving techniques. The second is interpersonal therapy which is talking treatment focused on relational issues and roles to help them understand and improve their feelings.

The third area of would be to improve the adolescent's social environment in school, at home and other social situations. This may not be always possible but one can take charge of one's emotions and reactions and therapy normally allows one to be able to do this.

Mr Terence Yow The understanding and support from family and friends is extremely important to the patient's recovery. For your daughter to know that she is not alone in this journey of recovery alone can be therapeutic for her. Building a strong relationship with your daughter may be the first thing you can do to be helpful. One can start by letting her know that you are concerned and will be there for her. You may want to encourage her to talk to you about what could be troubling her. Remember, one of the greatest gifts you could give to her is to LISTEN. Don't minimize her concerns or be too quick to offer advice or comments. Asking her to be strong and not to worry may not be the best thing to say, as it may create feelings of guilt if she is unable to do so. Understand that sometimes, she may not be ready to talk. Do give her some space and let her know that she can come to you anytime when she wishes to talk to you.

Learn about the illness. There is a lot of resources in the library and internet about depression. Accompany her to see the doctor wherever possible and speak to the doctor about any side-effects or concerns you may have with regard to the medication. During the visit, you may also speak with her Medical Social Worker to find out more about the different services which may be available to help your daughter or you as a caregiver.

When she is better, you may want to encourage her to take part in activities which gives her pleasure. You may also wish to encourage her to spend time with her family and friends or you may offer to spend some fun time with her. Let her continue to do things which she is able and willing to, such as sports, school or even housework.

Rehabilitating the Mind



Mr Leong Yew Meng, CEO of IMH giving the closing address at the APPRC

The first ever Asia Pacific Psychiatric Rehabilitation Conference (APPRC) was held at Institute of Mental Health (IMH) from 6 – 10th October 2008, in conjunction with IMH's 80th Anniversary celebrations.

During the 5 days, IMH was transformed into a haven of knowledge and energy as over 400 foreign and local delegates congregated to listen to 130 international and local speakers who presented and shared over 150 topics.

With the theme "Transforming Lives in Every Aspect of Our Work", the Conference consisted of 2 days of pre-conference workshops and 3 days of conference. 2 public forums were also held on 11 October 08 for the public and caregivers.

Psychiatric rehabilitation, Dr Alex Su, Organising Chairman shared, "In the past, recovery focused on the remission of symptoms and restoration of functioning. Now the focus is on wellness. Recovery is redefined from the point of contact, so that patients are equipped with skills to reintegrate themselves to society." Especially after 80 years of mental health in Singapore, this is a timely progression.

Dr Su added that, "Besides biological treatment of the illness, psychiatric rehabilitation places a strong emphasis on treating the

person by engaging the person in his own treatment and finding out his goals in life and helping him to achieve those goals. This includes the training skills required to equip the person with skills for independent living in the community as well as to become gainfully employed."

Thus, the Conference provided a critical platform to equip those working in the field – psychiatrist, psychologists, medical social workers, occupational therapists and nurses with the skills and knowledge to improve the outlook of recovering patients for enhanced community rehabilitation and integration.

Topics and speakers ranged from "Social Skills Training Experiential Workshop" by international psychiatry expert, Prof Robert Paul Liberman of UCLA Neuropsychiatric Institute and Hospital to "A Candle in the Dark: A Journey from Adversity to Advocacy" from Ms Gayathri Ramprasad, Founder and President of ASHA International, a non-profit organization that promotes global mental health awareness.

Feedback from the Conference delegates was positive as many shared that they were "spoilt for choice given the variety of topics and the high quality of speakers".

Mr Shekhar Sinha, Superintendent of Angsana Home one of the conference delegates reflected, "The training which I attended with 9 other colleagues, allowed me to understand the dynamics at my workplace. The sharing of experience by people who had gone through the illness, coupled with Venerable Ajahn Brahmavamso's message to care for the person as a psychological recovery tool was profound. It allows us to say that we may not expect the person to fully recover but will nevertheless care for and accept the individual through the person's illness and help the person manage the illness."

It is likely that in future, the Psychiatric Rehabilitation network will work more closely in training and collaboration as a result of the learning experience at APPRC.

By Kate Oen, Corporate Communications

Build Resilience, Celebrate World Mental Health Day

IMH celebrated World Mental Health Day during a two-day carnival and exhibition at Plaza Singapura from 17 – 18 October 2008. The carnival educated the public about the importance of building emotional resilience through positive relationships. Gracing the event was Mdm Halimah Jacob, MP for Jurong GRC and Chairman, GPC for Health.

The message was communicated through a specially-commissioned skit that depicted a typical traditional family who struggles with daily communication, leading to strained ties among the members. However, this family managed to come to terms with each other's expectations and learnt to look at issues from different perspectives. All these are a result of help and mediation of a mutual friend determined to improve the family's relations.

Moving away from illness and focusing on wellness, IMH hopes to generate more awareness and interest in maintaining good mental well-being. The carnival brought together different agencies like the Health Promotion Board and Community Addiction Management team to promote mental wellness.



Madam Halimah Jacob, MP for Jurong GRC and Chairman, GPC for Health giving a speech during IMH's World Mental Health Day

By Fiona Foo, Corporate Communications

HMDP Visiting Nursing Expert

IMH was honoured to have Prof Victoris Soltis-Jarrett as our HMDP Nursing Expert on Advanced Practice Nursing from 10 Nov to 21 Nov 2008. Over the two-week period, our Advance Practice Nurses were privileged to have Prof Soltis share her knowledge in the development of nurse-led clinics in the community and new areas for the development of the APNs at IMH. Prof Soltis applauded IMH as a centre of excellence and an example for all of Asia in leading the role for all psychiatric Advance Nurse Practitioners.

Caregiver Fair 25 and 26 October 2008

IMH was one of 30 organisations that participated in the 3rd National Caregivers Week launched 25 October 2008. The annual event was organised by the AWWA Caregiver Centre and kicked off with a weekend Caregiver Fair held at the busy HDB Hub Mall at Toa Payoh. Organisations from the Elderly, Disabled and Mental Health sectors set up booths to inform and educate visitors on various resources and support for caregivers.

IMH was represented by the Medical Social Workers (MSWs) who put up a booth to promote caregiver services for mental healthcare. Over the 2 days, many came to find out more about what they could

do for their loved ones. The MSWs helped answer many queries and linked them to the various resources in the hospital as well as the community. Pamphlets were distributed to educate the public on the various mental illness and ways to seek help.

The highlight of the fair was the ceremony to present the model caregiver awards. Our own Dr Premarani Kannusamy, Director of Nursing, was honoured with the first 'Mentor Caregiver Award'. She was nominated by 3 different people as someone who went the extra mile to help caregivers care for their loved ones.

By Terence Yow and Ghawry Kishnan, Medical Social Worker

Caregivers Training Programme 15 November 2008

The MSW department organised the first training programme for caregivers with family members suffering from schizophrenia. The training aimed at equipping caregivers with needed knowledge and skills to better care for their loved ones.

Caregivers were invited to attend the free programme held on 15 November 2008, from 9.30am till 4pm. The 33 caregivers who came, learnt in depth about the cause, symptoms and treatment options of the illness from Dr Habeebul Rahman, who kicked off the programme. The Medical Social Workers followed with animated lectures and discussions on various topics such as handling crisis and relapse, helping loved ones in recovery process, issues and concerns as caregivers and resources to assist them. The caregivers participated enthusiastically and their feedback was that such programmes were helpful in their efforts to better understand and care for loved ones.

The participants also were the first to receive a copy of the 'Caregivers' Guide'. On the cover, is an umbrella signifying all-encompassing care for Caregivers. The guide is a result of Caregivers' project by the multi-disciplinary workgroup from "Stepping Stones". A total of 4000 English copies will be distributed, aimed primarily at all caregivers from "Stepping Stones", hospital and community at large. The guide will be used in Caregivers' psycho-education sessions, training, support groups and related healthcare projects for distribution to caregivers. It will soon be made available in Mandarin and other dialects.

Given the very positive feedback from participants, MSW department is looking at running similar programmes for caregivers with loved ones suffering from mental illness. They also have plans to run support groups for the caregivers, to create another platform for them to raise issues and concerns in care giving.

By Terence Yow and Ghawry Kishnan, Medical Social Worker

Celebrating Successful Recovery and Realising Potentials

IMH's award-winning Early Psychosis Intervention Programme (EPIP), has helped countless individuals realise their dreams and potentials since its establishment in 2001 to treat adults who show early signs of psychosis*. The programme was presented the State of Kuwait Health Promotion Award organised by the World Health Organization (WHO) in 2006 for its outstanding contribution towards research in health promotion.

Celebrating its second EPIP Day this 6 December, the team congregated programme partners, volunteers, staff, caregivers and individuals on their road to recovery as well as those who have successfully recovered.

The audience was inspired and deeply-touched by the personal account of Pamela**, a promising undergraduate in a local university who shared her experience of her first onset of psychosis that occurred in her second year of college. Through early treatment and support provided by the multidisciplinary EPIP team, she won the tough fight with the illness and emerged stronger than ever. Pamela is thankful that the worst is over as she celebrated her life afresh, pursuing new dreams and goals.

A talented individual also came forth to perform her rendition of the Chinese song Admiration, demonstrating her confidence in singing and once again proving that successful recovery is possible with early treatment. An award presentation ceremony followed in recognition of the significant contributions of individuals and organisations towards EPIP.

**Psychosis is a condition that affects the mind. A person who has a psychotic illness may have delusions, hallucinations, disordered thinking or abnormal behaviour. When someone becomes ill this way, it is called a psychotic episode.*

***Name is has been changed to protect the identity of the individual.*

By EPIP team

Asian Mental Health Alliance Roundtable

Leaders from renowned mental health institutions like the National Institute of Mental Health and Neuro Sciences (NIMHANS) and Castle Peak Hospital attended a roundtable discussion with IMH senior management and clinicians on 7 October 2008. The "Asian Mental Health Alliance" serves to establish a network of mental health professionals and leaders in Asia. The key objectives are to improve the quality of mental health services as well as to promote learning and sharing of information amongst mental health institutions. The alliance is also in line with IMH's efforts to benchmark best practices and seek continuous improvement. During the roundtable discussion, the institutions shared the hospitals' services and future plans for the network.

By Eddie Chua, Corporate Development

IMH Annual Dinner and Dance 2008

Staff from different divisions of IMH celebrating IMH's 80th Anniversary



The annual Dinner and Dance for this year was held on 14 December at the Meritus Mandarin Singapore. Themed "Rich and Famous", it was a grand way to round up a year filled with successful celebrations leading up to IMH's 80th anniversary.

Guests were treated to sumptuous food and were entertained by games with lucky draw prizes. The highlight of the night came when the senior management, led by our CEO, Mr Leong Yew Meng, made a grand entrance with the "Dragon of Unity". The dragon bore the handprints of our hospital staff, symbolic of dreams and hopes carried by the leaders of IMH.

The night ended on a high note as guests danced the night away with their friends and colleagues, revelling in the fun, well-deserved after a year of hard work and achievements. Congratulations on your 80th birthday, IMH!

By Mandy Seng, Corporate Communications

IMH's Wishing Tree



IMH Staff with the assistance of ISS decorating the Wishing Tree

This year's Christmas season got jollier with our IMH staff decorating the Christmas tree at IMH's main lobby. This exercise served not only to cheer the visitors at IMH; the tree is a Wishing Tree for patients. The Wishing Tree project is carried out yearly to bring staff together to contribute gifts that we take for granted, from chocolates, to everyday items such as clothes and shoes. Of course, cash and cheques are welcome and so are the angelic voices of the eager staff who join in the carolling sessions distributing Christmas candy and chocolates to patients' wards generating heart-warming joy. Contributed items all have well-deserved gift tags hung on the tree with the giver's and recipient's names.

By Susan Ding, Corporate Communications

Appreciating the People Who Touch the Lives of Others



Dr Lam Pin Min, Ang Mo Kio MP, giving a speech during IMH's Volunteers' Day

Nothing could have been more touching than having volunteers make a difference in the lives of others, leaving heart-felt impressions in the lives of patients that encourage them to continue looking towards their goals and aspirations. As the world celebrated International Volunteers' Day on 5 December, IMH appreciated its volunteers on 13 December.

Looking back at the year's activities that the volunteers had involved patients, it was a heart-warming moment to witness flashes of smiles in photographs. Thanking the volunteers at the celebration cum certificate presentation ceremony graced by Dr Lam Pin Min, Member-of-Parliament for the Ang Mo Kio Group Representation Constituency, there was a showcase of talents. IMH's very own singing group – Very Special and Outstanding Performers (VSOP) – performed a medley of songs while a classical trio also volunteered a

repertoire on piano, violin and cello. Understandably, with each coming year's celebration, and with the continued support and encouragement from our volunteers, IMH looks forward to patients' long-term recovery. IMH volunteers include dedicated individuals from various religious groups, organisations and educational institutions.

By Madam Chua, Nursing Administration

The Birth of One Voice – Celebrating Mental Health through Song



Closing performance by talented individuals

To destigmatise mental illness and create greater public awareness of our patients' hidden talents, a dynamic volunteer-staff-patient choir singing in unity and celebrating life was born. The choir was the brainchild of our CEO, Mr Leong Yew Meng, and the Institute engaged a professional voice coach. The rest as they say is history.

Launched at the Asia Pacific Psychiatric Rehabilitation Conference, the choir boasts 20 members, many of whom have found much joy in performing. Amongst them is Nancy*, a 17 year old lady, whose talents were unveiled when she came for the audition. It was the first time she had any professional coaching. 6 months later, under the tutelage of professional experts, she attained a Merit award in her singing exam and has since charmed all with her voice of an angel. Her singing repertoire includes the popular and inspiring number, 'If We Hold on Together' a testimony that with dedication and support, nothing is impossible. "I am most grateful for this opportunity to learn singing professionally. It has been enjoyable. There are some challenges but I'm confident that I can overcome them" says Nancy*.

Through music training, the institute hopes to improve the confidence and self esteem of patients. Besides providing patients with the opportunity to display their talents, improve articulation and body language, the choir encourages teamwork and peer support through synchronization when members sing in unison. "We welcome more patients and volunteers. It's a wonderful way for people who enjoy singing and performance to interact with our patients who have similar interests," says Mr Chua Kok Yeow, Senior Occupational Therapist and Chairperson of the choir.

**Person's name has been changed for privacy and confidentiality.*

Those interested in this programme can email Kok Yeow at kok_yeow_chua@imh.com.sg

By Fiona Soh, Corporate Communications

Moving to the Beat



Footworks Workshop

Over eight inpatients and outpatients got the opportunity to sway, spin, and twist to the music on 18 Oct 2008, when a professional dance instructor from the Esplanade volunteered his time to conduct a 2-hour Footworks Dance Workshop at IMH.

Held in conjunction with the Esplanade Dan:s Festival, Derrick showed lots of understanding and patience as he guided the patients individually through the various dance steps. His words of encouragement helped the patients get past their initial shyness and in no time, they were actively following the dance steps and had no qualms dancing in front of all their fellow participants.

By Teh Chiu Ling, Occupational Therapy

High Dependency Psychiatric Care Unit

In our pursuit to provide quality care and improved safety in our hospital, with effect from 1 December 08, we have started a High Dependency Psychiatric Care Unit. This specialized unit is designed to provide intensive treatment to acutely disturbed psychiatric patients, violent as well as actively suicidal patients within a safe and secure environment. The psychiatric care team in the intensive care unit is specially trained in crisis survival techniques and managing patients undergoing intense period of distress. They adopt the Fremantle Risk Assessment Tool for predicting impending violence in acutely disturbed psychiatric patients.

Gaining Agility through Yoga and Gardening Therapy



Gardening therapy takes place at the Sunshine Garden once a week. Started a year ago, it was one of the creative ways of getting patients out to breathe in fresh air while doing something useful with their hands. Many patients have not had prior experience with gardening but most are keen to learn.

Patients are encouraged to take ownership of certain plants and plots and to care for them. We normally use flowering or fruiting plants (as opposed to herbaceous) as there is a product (i.e. the flowers or fruits). This acts as a reward for the gardeners that each gardener can reap. It is the harvest that yields the patients' interests.

Patients are encouraged to give ideas or suggestions on landscaping the plot or what kind of plants to grow. When the rehab patients go back home for their holidays, they are encouraged to look up information on how best to care for their plants. By reading, speaking to their relatives or watching gardening programmes on TV, the patients grow their communication skills and develop further interest in gardening.

Jayson *What is rewarding to me as an OT helping patients is seeing the patients smiling, enjoying themselves getting their hands dirty with soil, pride swelling in their eyes when a seed germinates, when the plant blooms or when the flowers ripen into fruits. Imagine harvesting freshly grown chillies for lunch, spicy and delicious, mostly because they are home grown on our grounds.*

Yoga, another form of therapy for the patients, enables the movements and stretching of limbs and is particularly useful for long stay patients.

Other worth mentioning activities currently ongoing include the job preparation group, community outings and gym or sport groups. All patients in these activities are from the male rehab ward, while Community Addiction Management Programme (CAMP) and Ward 74 conduct art activities.

The size of the group varies between activities that fall broadly into 2 categories, indoors (within the wards) and outdoors.

Yoga is conducted indoors. I am in the fifth session now at the time I am writing this article and the instructor is a trained yoga teacher from a booth set up at the Mental Health Day carnival this year. She expressed interest in running a group with the patients. Yoga is a good form of physical activity which develops flexibility and balance for the yoga practitioner. It is low on impact, and does not require a lot of space to practice. This makes it a good skill to teach patients as once they are taught, they can practice on their own in the ward without having space constraints. The smiling faces and laughter generated during each group session makes the activity both fun and engaging, while at the same time yoga makes limbs agile and supple. Most importantly, this makes the person feel spirited and energetic.

Does Learning Ever Stop?

One man proved that one never stops learning by getting a degree at the age of 59.



Mr Ng an exemplary example of the possibility of lifelong learning

Learning should never be hindered by age, and Nurse Clinician Ng Hee Tong is testament of this. At the age of 59, he has graduated from the SIM-University of Sydney Bachelor of Health Science (Nursing) in 2008 despite his busy working schedule. What was originally just an ordinary job as an assistant nurse at the former Woodbridge Hospital in 1968 turned out to be the driving force in elderly care. He chose to take up the degree, after completing an Advanced Diploma in Nursing to attain self-fulfilment in his life.

Prior to IMH, Mr Ng worked 11 years as an inpatient staff nurse. In reaching out to the elderly community who needs help, he enjoys being part of the Aged Psychiatry Community Assessment and Treatment Service (APCATS) team, working with the elderly by following-up cases in their homes. APCATS trains eldercare agencies on early detection of dementia and depression.

By Mandy Seng, Corporate Communications

Care for Community – Jardine Cycle and Carriage Donates Van to IMH



Mr Benjamin Keswick receiving a commemorative plaque from Prof Rathi Mahendran, Chairman of Medical Board, IMH

As part of its Care for Community programme, Jardine Cycle and Carriage (JC&C) donated a 12 seater van to assist in ferrying patients to keep medical appointments outside the hospital. Besides offering transportation to outpatient clinics, the van is useful for patient outings to places of interest. These organised trips by volunteers serve to give patients a semblance of normal life and provide psychosocial rehabilitation.

“Jardine Cycle and Carriage’s kind sponsorship of a van supports IMH’s attempts to provide comprehensive care and aid the patients’ integration into the community. We are most grateful for their gift, said A/ Prof Rathi Mahendran, Chairman of Medical Board, IMH.

“We are continually seeking opportunities to do our bit for the community and the Care for the Community programme has been a long-standing one for us in helping the less fortunate. As one of Singapore’s leading automotive companies, we want to better the lives of beneficiaries by helping organisations fund some of their transportation costs, whether through financial aid or any other special forms of assistance, “said Mr Benjamin Keswick, Group Managing Director, JC&C.

Besides an interesting guided tour of the centre, patients were treated to a sumptuous Christmas lunch with Yuletide goodies, and they joyfully embraced the spirit of sharing and caring.

By Geraldine Tay, Occupational Therapy

职业治疗日

“职业治疗”，又名“作业疗法”，其中包括了一些有目的、有意义的日常活动，让有需要的人们参与其中。职业治疗师与个人、家庭、社群以及社会大众一起工作，通过从事或重新参与这些日常活动，从而提高人们的身心健康水平。

世界职业治疗师联盟将“职业治疗”定义为一种通过职业活动以提升身心健康的专业行为。“职业治疗”的基本目标是让人们得以参与每天的日常活动。为了达到这样的基本目标，职业治疗师通常让人们做一些可以增强参与日常活动能力的事情，或改善环境，又或者提供更好的支持来辅助参与。

关于“职业治疗”的定义，还有另外一种解释：“职业治疗”强调了日常活动对于一个人的重要性——日常活动让人们可以分析日常活动中的生理、心理和社会元素，从而适应日常活动、环境和人员，以使得人们重新恢复这些日常活动。换句话说，职业治疗师可能会问：“为什么这个人照顾自己的日常活动有困难？哪些做法可以让他（她）更好的照顾自己？这些做法如何影响他（她）的身心健康？”

“职业治疗”赋予人们生活必需的技能，让日常生活变得更充实。

在新加坡庆祝每年一月的“职业治疗日”，象征着深省反思的一天，也象征着新的一年中心理卫生学院的“职业治疗”即将进行的各类有趣的活动。对于职业治疗师Hannah而言，第一天进行“职业治疗”的经历，让她始终保持着对这份工作的热爱。“我觉得非常快乐，我可以参与并为人们提供机会，让他们的人生更有意义。我能够亲眼看到人们克服自身的障碍，即使这些障碍曾经无数次地让他们觉得：“康复几乎是不可能的了”；这对于我自己而言，意义非常重大。

职业治疗师的日常工作

Chua Kok Yeow: 我在社区心理卫生部门的一天工作包括：到患者家中拜访，传授电脑使用技能，以及带他们出门，辅导他们学习料理日常家务。

Rupa Balaguru: 每一天都是接触患者和文档工作的趣味组合。我负责主持各类活动，涵盖如何为工作做准备，及办公技能——包括速记技能训练、运动训练和外出活动，这些都需要我自己实际动手操作，非常有趣。

职业治疗师的乐趣和回馈

Hannah 说，“我最快乐的感受，是当我发现那些我曾经教导过的人们，他们后来可以在自己的生活中找到意义和活力。即使我还算新人，作为一名职业治疗师才七个月；当我在公共汽车上遇到一位康复的患者时，她告诉我她在‘职业治疗’中获益良多，并不停的表示感谢；这就是一种非常快乐的感受和回报。这对我而言，真的是一种鼓励，让我觉得这份工作是非常有意义的。”

Dorothy: 当患者表示感谢，或者看到患者重新开始工作并能够胜任工作的时候，我觉得所有的付出都是值得的。

Rupa: 对我而言，对于人们在罹患心理疾病时，抗争意志消沉的生活保守秘密，是一种殊荣。我很高兴可以帮忙他们，通过演示如何恢复生活的技能，让他们可以重新开始。作为职业治疗师的最大回报，是那些我曾经辅导过的患者可以在社区中更好的生活。在与他们相处中，我学习到很多东西——这都是弥足珍贵的。

Bhing Leet: “职业治疗”提供了一种艺术和科学的良好组合。要成为一名优秀的职业治疗师，既要通晓医学，又要在心理学和病患的社会层面上有浓厚的兴趣。“职业治疗”还提倡整体治疗，综合考虑康复所必需的人际关系、环境、精神、内心和生物医学方面的因素。

职业治疗师的苦与乐

Kok Yeow 关于快乐和回报：我感到欣慰的是，这是一份相对稳定的工作，尤其是在当下经济低迷的时候。

Bhing Leet 关于“苦”：你需要花很长时间，并且包括你的业余时间来掌握各种活动的技能（例如音乐、艺术等）；由此你才能拥有工作所需要的不同技能。

Bhing Leet 关于快乐：看着患者完全独立的生活。对于精神病患者而言，能够完全独立生活是一个漫长的旅程。可能会有一些年轻的职业治疗师，因为看不到患者迅速康复而丧失信心。但是，只要你付出努力，多年之后你会惊讶地发现——自己的努力的确能够让患者发生变化！

Bhing Leet 关于回报：职业治疗师需要更多的认可。过去几年中，我们渐渐地得到一些认可。还有很多人不了解“职业治疗”的益处。不过，我们的每一次成功本身就是一种回报。

Hannah: 我是一个“以人为本”的人，因为我喜欢和人交往。作为一名职业治疗师，让我可以在生活的各个层面上接触患者，还可以尽可能地帮助他们。“职业治疗”是一种医疗专业活动，通过各种有意义的活动，帮助各种年纪的患者减少或克服生活障碍。“职业治疗”的根本目的是终生发展并维持一个人的能力，去完成那些人生中需要完成的任务和角色，包括自我照料、日常生活、消遣娱乐和工作。我能够有机会参与患者的康复计划，让他们的生活更有意义，这让我感到非常开心。我很快乐，因为能够看到自己工作的意义；也因为看到人们可以克服自身的障碍，即使这些障碍曾经无数次地让他们觉得康复是不可能的。

Kok Yeow: 这是一个非常需要实际操作，脚踏实地的工作；同时也需要很多创新。这是其他工作不一定有的，就像从事艺术创作一样。

Dorothy: 我是被这样的专业哲学所吸引而从事“职业治疗”的：帮助他人，让他们的生活更具意义；通过“职业治疗”发挥他们的全部潜能。

Rupa: 这份工作本身不是我的首选，但却是“因祸得福”。后来发现，“职业治疗”是一项专业，根植于社会公平和谐的哲学，基于个人是动态，互动的个体来审视他们，而不仅是一个诊断或者一种疾病。“职业治疗”尊重个人的尊严和他们的选择。这些都是我所信奉的核心价值。

职业治疗日的含义

Hannah: 职业治疗日会引起公众对于职业治疗的关注。对于所有的职业治疗师而言，这是一个重要的日子，提醒我们这个职业到底是做什么的；这也是一个我们与公众沟通的好机会，告诉他们我们在做什么，我们是谁，我们的角色是什么。你会觉得全新加坡所有的职业治疗师都在一起庆祝这一天，在工作中互相支持。

Dorothy: 职业治疗日就像是回顾过去一年的一次机会，我们持之以恒地带给患者有意义的改变，并祝贺他们的成就。

Bhing Leet: 职业治疗师的工作跨越了不同的医学和社会领域，这使得这个本来就小的行业变得更加分散。职业治疗日使得全国的职业治疗师可以汇聚到一起，互相鼓励和认可对方的贡献。这样会加强专业方面的联络。

狭义来说,职业治疗日也让我们可以回顾过去一年的付出,反思哪些方面可以做得更好。对于“老”的职业治疗师而言,这也是一个让我们思考如何培养下一代职业治疗师的时刻,以及如何把这个专业带向一个新的高度。

是什么?是谁激励着职业治疗师们?

Hannah关于什么激励着她:我不断的阅读,参加研讨会,尽量多地去学习,尤其是倾听。快速的自我更新,激发着我用更好的创意去帮助患者。

Kok Yeow:是那些对我而言非常重要的人,他们影响着我的生活,塑造出现在的我——我的妻子,父母和兄弟姐妹,以及以前的导师们。

职业治疗师通常都倾向于敞开心扉,从各类不同的资源中寻找灵感。这可能来自社会变革中的不同角色,或者是精神领袖。

关于保持工作和生活的平衡

Hannah:我自己有每天下班后体育锻炼的习惯,让自己保持健康。经过一天的紧张工作,我会尽量不把工作带回家,而是去做一些我喜欢的事情。和家人在一起让我得到情感上的支持。信仰基督教是让我工作与生活互相平衡的一个非常重要的方面;精神信仰让我可以从不同的角度看待问题,学习如何做到最好。

Bhing Leet:作为职业治疗师,我们知道工作与生活平衡的需要。因此,我们通常参加运动,或者参加其他的休闲活动,例如阅读和音乐。

Dorothy:或许最好的方法是喜欢自己的工作,并且在工作时间内完成所有的工作,这样就可以在周末好好休息了。

Kok Yeow:我尽量不超时工作,同时确保自己可以有规律地休息,哪怕只休息半天时间。

挑战和克服的方法

Hannah:每当我遇到困难,或是在帮助患者时有困难,我都通过与其他更资深,经验更丰富的职业治疗师交谈和分享来处理。在这样的分享中,他们会谈到他们自己以前的经历,从而帮助我解决所遇到的困难。有时他们也和我一起照顾患者,并给出他们的见解。最后如果仍然有困难,我还可以移交给其他职业治疗师。这就是我们如何在工作中互相支持。

什么是职业治疗师的“法宝”

Hannah:在精神专科环境中,作为一名职业治疗师的确是常常是有挑战性的。很多时候,要帮助一个患者焕发活力,收获生活的意义是非常困难和具有挑战性的。然而,我有强烈的热诚、兴趣和意愿来帮助其他人,这让我可以继续前行。

Kok Yeow:在我所接受的职业治疗师的训练中,我学会了编织。你能想象一个男士在编织吗?而且还是一位精神病患者教会了我。

Rupa:我会强调自己直接面对患者时所感受到的困难;但是我们必须记住,那最终将是患者他们自己的生活,他们有权利自己做出决定。人们都处在人生中不同变更时期的不同点上。无论患者处于人生中的哪个阶段,我的工作尽我所能地提供最佳的支持。

Bhing Leet:除了研究现有的最佳方法,以及从同仁中寻求建议,信心和希望对于成功是非常重要的。当职业治疗师怀着信心和希望,这将会影响我们的患者,让他们发现自己身心之中的可能性。对患者而言,最坏的事情莫过于周围的人们放弃了他(她)。

问咨询专家

—关于治疗和照顾罹患抑郁症青少年的看法

问题

我是一个19岁女孩的妈妈。她目前被诊断为抑郁症并接受抗抑郁症的药物治疗。作为一个照顾她的人,我想更好的了解她的需求,以及我如何能够支持我的女儿;在定期陪她看心理医生的过程中,除了“要更坚强”,我还可以讲出哪些好的建议?她完全康复需要到底还要多长时间?

答案

冯医生要帮助一个青少年抑郁症患者需要从多方面着手。抗抑郁药物可以减轻压力的负面影响,通过改变大脑中与抑郁心态相关的神经传导而改善心情。确保青少年患者有充足的休息和合理的营养搭配。出门走走,适当晒晒太阳也会有帮助。在严重的抑郁症中,青少年极度抑郁,想自杀或者放弃自己,一种电休克疗法也许可以尝试(这对于青少年也安全的)。

其次青少年抑郁症与其他很多需要注意的环境因素相关。帮忙她应付这些因素也是很重要的。有两种治疗方式对青少年尤其有帮助:认知行为治疗——青少年被教导如何提高对于自己的感情的自我意识,通过一系列解决问题的技巧来改变其消极的思维过程。人际关系疗法——着重于人际关系问题和角色的治疗,帮助他们了解和改善他们的感情。

第三是改善青少年在学校,家庭,以及其他社交场合中的社会环境。这可能不是每次都有可能的,但是一个人可以为自己的情感和反应负起责任来;这也是心理治疗通常可以办到的。

Mr Terence Yow对于患者的康复,家庭和朋友的理解和支持是非常非常重要的。让你的女儿知道她在治疗过程中并不孤单,这也是有治疗效果的。和女儿建立良好的关系是你帮助她的第一步;你可以让她知道你关心她,而且会一直陪着她。你可以鼓励她讲出是什么在烦扰着她。记住,你能给予她的最大帮助之一,就是“倾听”。不要去弱化她的担心或者太快给出建议或评论。要求她变得坚强和不要担心可能不是一个最好的表达方式,因为如果她做不到,可能会产生愧疚。需要了解的是,有些时候她并不适合交谈。一定要给她一些空间;让她知道只要她愿意交谈,随时可以找你。

了解疾病本身。图书馆和互联网都有很多关于抑郁症的资料。尽量陪她去看医生,告诉医生任何你关于药物的副作用和其他的担忧。在看医生的同时,你也可以与她的医疗社区工作人员谈谈,寻找各类不同的服务,以协助你的女儿或者你自己。

当你女儿好一些的时候,你可以鼓励她参加一些能够让她快乐的活动。你还可以鼓励她花时间多和家人朋友在一起,或者你也可以和她一起开开心心。让她去做那些她能做、愿意做事情,例如运动、上学或者甚至是家务事。

LET THE HEALING BEGIN: LEARNING TO BE RESILIENT AGAINST DEPRESSION

Depression is not an uncommon condition. In fact, it is very likely that you know someone who is suffering from depression. This forum aims to equip participants with basic skills to deal with depression as well as create awareness on how building emotional resilience can help fight depression.

TOPICS AND SPEAKERS

- Introduction to Depression by Dr Nelson Lee
- Recovering from Depression by Dr Chua Tze Ern
- Helping Others Recover from Depression by Dr Matthew Woo
- Building Resilience by Dr Patricia Yap

DATE

Saturday, 28 February 2009

TIME

2 – 5 pm

VENUE

Auditorium (Level 7) Health Promotion Board

FEE

\$10 (includes GST, tea break and course materials)

Closing date of registration is Monday, 16 February 2009

ORGANISER

Institute of Mental Health

TARGET AUDIENCE

General Public

WEBSITE

www.imh.com.sg

ENQUIRIES

Please contact Sharon Lai at mhe@imh.com.sg or call **(65) 6389 2831**.



The Corporate Consulting Services supports corporations in their efforts to ensure the mental well-being of their workforce. A multi-disciplinary team of specialists offers a comprehensive range of mental health courses, workshops, and coaching sessions that include the Workplace Emotional Health Programme (WEHP), crisis management and private emotional health consultations for employees.



We would love to hear from you!

For any feedback on IMH Link, or advertisement enquiries, please write to:
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