

Workshop on: At Risk Mental State

Overview

This workshop will help you differentiate At Risk Mental State (ARMS) from Psychosis, understand the treatment offered and know where to seek help for distressed individuals with ARMS.

Learning Objectives

At the end of the session, participants will be able to:

1. Articulate the meaning of At Risk Mental State (ARMS)
2. List signs of ARMS
3. Differentiate between ARMS and Psychosis
4. Explain the indicated treatment and Psychosis
5. Identify the referral process to Support for Wellness Achievement Programme (SWAP) to help distressed individuals with ARMS

Training will be delivered by one of SWAP's team of experienced case managers who have expertise in the identification of common mental illnesses such as mood disorders, anxiety disorders, psychosis and supporting distressed youths and young adults achieve recovery from these disorders.

Duration: 4 hours

Target participants: Mental Health workers, social workers, youth workers and counsellors

ABOUT SWAP

To provide an early detection and intervention, the Early Psychosis Intervention Programme (EPIP) has established the Support for Wellness Achievement Programme (SWAP) for individuals, between the ages of 16 to 30, with an at-risk mental state (ARMS). It is a clinical service with two clinics: At Institute of Mental Health (IMH) and an offsite clinic Community Wellness Center (CWC) at Queenstown.

SWAP distinguishes itself from the mainstream mental health clinics in the following ways; the name for the clinic (SWAP) is non-stigmatising with no direct reference to mental health or psychiatric services, (CWC) is located within a non-traditional mental health setting so as to improve accessibility and encourage more individuals in distress to seek the necessary assessment and treatment, and psychosocial interventions will form the foundation of the treatment, as individuals with (ARMS) state may not develop the full-blown syndrome of psychosis.