

INTRODUCTION

About Institute of Mental Health (IMH)

The Institute of Mental Health (IMH) is a 2,000-bed acute tertiary psychiatric hospital situated on a 23-hectare campus at Buangkok Green Medical Park. Set amidst serene surroundings, IMH offers a comprehensive range of psychiatric, rehabilitative and counselling services for children, adolescents, adults, and the elderly.

IMH's tradition of care started in 1928. We were the first mental hospital in Singapore, starting with some 1,000 patients. Since then, many advances have been made in treatment, training, and research. Our treatment integrates evidence-based therapies, supported by the departments of clinical psychology, nursing, occupational therapy, and medical social work, to provide holistic care for our patients. IMH is equipped with modern facilities, with 50 wards for inpatients and seven Specialist Outpatient Clinics.

IMH also plays a key role in training the next generation of mental health professionals in Singapore. We train psychiatrists and mental health professionals through the NHG-AHPL Residency Programme for psychiatry and through collaborations with the local tertiary institutions.

About Department of Developmental Psychiatry

Department of Developmental Psychiatry was formed in 2017 by merging the Department of Child and Adolescent Psychiatry (DCAP) and the Adult Neurodevelopmental Service (ANDS).

The Department of Child and Adolescent Psychiatry (DCAP) was first set up in 1970 followed by the Child Guidance Clinic in the 1980s. In addition to a 20-bedded inpatient unit, DCAP's specialty services also include Mood & Anxiety Clinic, Neurobehavioral Clinic (Autism & ADHD), Child Forensic Service (FRIENDS). Recognizing the importance of outreach work within the community, REACH (Response, Evaluation, Assessment and Intervention in Community Mental Health), a community-based multidisciplinary team supporting school counselors throughout Singapore was set up in 2007 under the National Mental Health Blueprint Programme by the Ministry of Health.

The Adult Neurodevelopmental Service (ANDS) looks into care of adult patients with Intellectual Disability (ID) and/or Autism Spectrum Disorders (ASD) with mental health co-morbidity. Its trans-disciplinary team runs specialist outpatient clinics, a roving inpatient service providing specialist inputs to inpatient teams on management of patients with ID and/or ASD and an outreach team for Adult Disability Homes (ADHs) and family homes.

For clinical fellowship programme specific to child and adolescent psychiatry, please refer to Clinical Fellowship in Child & Adolescent Psychiatry Programme.

NAME OF PROGRAMME DIRECTOR

- Dr Ong Say How, Senior Consultant & Chief of Department of Developmental Psychiatry
- Dr Wei Ker-Chiah, Senior Consultant & Head, Adult Neurodevelopmental Service (ANDS), Department of Developmental Psychiatry

NAME OF PROGRAMME

- Clinical Fellowship in Developmental Psychiatry

DURATION OF PROGRAMME

- Between 6 months to 1 year

OBJECTIVES

- Enhance knowledge and skills in developmental psychiatry
- Familiarise use of psychosocial model and multidisciplinary team approach
- In-depth understanding of psychiatric practice and mental health services in tertiary care setting for children with psychological conditions/psychiatric disorders and both children and adults with neurodevelopmental disorders i.e. Intellectual Disability (ID) and/or Autism Spectrum Disorders (ASD)

MINIMUM ENTRY REQUIREMENTS FOR APPLICATION

- Meets SMC requirements for Temporary Registration as a Clinical Fellow (link below, under Section B – Temporary Registration for Training)
http://www.healthprofessionals.gov.sg/content/hprof/smc/en/leftnav/becoming_a_registereddoctor/registration/register_of_medical_practitioners/temporary_registration.html

KNOWLEDGE AND SKILL AREAS/ KEY CLINICAL CASES

Knowledge and skill areas

- Diagnostic interview and mental state examination
- Differential and dual diagnoses
- Child & Adult Psychopharmacology
- Multidisciplinary teamwork

- Consultation liaison
- Collaboration with various Ministries and Voluntary Welfare Organizations
- Discharge planning and follow-up care
- Individual and Family Psychoeducation
- Cognitive and Behavioral Psychotherapy
- Family and Group therapy

Key clinical cases

- Developmental Disorders including Intellectual Disabilities and Autism Spectrum Disorders
- ADHD
- Stress-related Disorders
- Learning Disorders
- Emotional Disorders
- Mood Disorders including Self-harm and Suicidality
- Psychotic Disorders
- Eating Disorders
- Psychiatric Disorder secondary to General Medical Conditions
- Psychotherapy and Family therapy

COMPONENTS OF TRAINING (CLINICAL AND/OR NON-CLINICAL)

- Neurobehavioural Clinic focusing on children and adolescents with Attention Deficit Hyperactivity Disorder (ADHD) and Disruptive Behavioural Disorders with/without comorbid Learning Disabilities (ADHD Unit); and Autism or Pervasive Developmental Disorders (Autism Unit).
- Adult Neurodevelopmental Service (ANDS) with a roving consultancy team, an assertive community team as well as inter-disciplinary specialist clinics
- Consultation Liaison with Community-based REACH services: mobile support and professional mental healthcare to children from schools living in Northern and Southern zones of Singapore

FREQUENCY OF TRAINING

- Weekly hospital and departmental trainings

METHOD OF TRAINING DELIVERY

- Individual and group supervision, journal readings, case discussions and inter-agency meetings
- No night duties

MAXIMUM INTAKE

Maximum of 1 clinical fellow at any one time

CLINICAL DEPARTMENTS TO BE ROTATED THROUGH

- Department of Developmental Psychiatry

Name of Department	Name of Institution	Frequency of Practice (in percentage)
Department of Development Psychiatry	Institute of Mental Health	100%

AREAS SERVICED

- Whole of Singapore, with Community REACH teams serving schools from South and North Zones and/or ANDS community team serving Adult Disability Homes (ADHs) and family homes
- Institute of Mental Health Sunrise Wing, Child Guidance Clinic at Health Promotion Board, schools covered by REACH North and South teams
- ANDS Roving consultancy team, assertive outreach community team and clinics

SUPERVISION METHOD (S)

- Individual and group supervision by a senior clinician who is the assigned supervisor.
- Fellows will have the same consistent supervisor throughout the year.
- The fellow will be supervised at all times by a SMC-approved supervisor from Department of Developmental Psychiatry, IMH

ASSESSMENT METHOD (S)

- 360 degree feedback, mid-fellowship and end-of-fellowship work performance reviews

CRITERIA FOR EARLY TERMINATION OF PROGRAMME

- Unprofessional or unethical behaviour
- Serious breach of patient confidentiality
- Serious and founded complaints by patients or staff
- Any behaviour that could compromise effective teamwork

FEEDBACK AND COUNSELLING PROCEDURES (BETWEEN SUPERVISORS AND FELLOWS)

- Conducted weekly during formal individual supervision times
- Further counseling to be conducted by head of department and hospital training director if necessary

RESPONSIBLE TO

- Chairman Medical Board of Institute of Mental Health, and Head of Department