

Celebrating
OUR HEROES

ANNUAL REPORT FY TWO THOUSAND AND SIXTEEN





Celebrating Our Heroes:

From directors, therapists, social workers to counsellors, activity assistants, nursing aides, drivers to administrative staff, peer specialists, beneficiaries, volunteers to donors, board & committee members, and everyone that has participated; it is time we thank and appreciate them for their hard work. These individuals have done great things for their communities, yet are unknown to us. These are the individuals who can be a source of inspiration to millions of us.

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of Hard Work



2016

Year Highlights:

A look back at SAMH's 2016-2017 fiscal year of solid progress and great achievements; from new collaborations, exhibitions and programmes.



May / Basking For Change

Anglo-Chinese School (Independent) and SAMH joined hands to raise funds and awareness on mental health issues. 130 different performance acts were staged along the pedestrian walkway between ION Orchard to Mandarin Gallery.



Jun / Symposium on Peer Support Service

SAMH co-hosted the Peer Support Service Symposium "The Power of Collaboration" with partners in Hong Kong & Thailand. Held in Hong Kong over two days, the Symposium aimed to bring attention to the mental health and social service sectors the importance of peer support and to encourage and enhance peer support service through meaningful engagement and community partnership.



Aug / Meaningful Makan Charity Lunch

Donors, as well as our beneficiaries & their families, got to enjoy a delectable spread of local delights at New Ubin Seafood while learning more about mental health.



Sep / Art Therapy Featured on Channel NewsAsia

SAMH's Head of Creative Services was invited on Channel News Asia's 'First Look Asia' to discuss the benefits of Art Therapy in managing certain ailments, such as Dementia and Depression. The success SAMH had working with an elderly patient suffering from Schizophrenia was highlighted. He started using the "pointillism" method in his art and over the years, his hand tremors and his medication were reduced.



Oct / Official Launch of MINDSET Learning Hub

MINDSET Learning Hub is the first vocational training centre opened for persons recovering from mental health illness to help them re-integrate into the workforce. It is a collaboration between SAMH and MINDSET Care Limited, a charity supported by the Jardine Matheson Group—an Asia-based group with diversified business interests. The facility aims to train up to 300 people with mental health conditions a year.



2017

Feb / In Process / In Progress

Forty budding artists, from the public and beneficiaries of Creative Hub's programme, were featured in the exhibition titled 'In Process / In Progress' at the Goodman Arts Centre. The showcase celebrated mental-well being and community integration.



Dec / The Mental Muscle Project Kathmandu

Six students embarked on a run along the 200km long Kathmandu Rim, which surrounds Kathmandu, the Nepalese capital, to raise funds and awareness for mental health. After five days of persevering through the aches, sprains and bruises, Mental Muscle is the first team in history to have completed the Kathmandu Valley Rim as a group.



A MESSAGE FROM THE PRESIDENT



Compared to the past, we are seeing a lot more reporting in the media about mental health in recent years. Celebrities from Catherine Zeta-Jones and Mel Gibson to J K Rowling and Hong Kong actress Fung Bo Bo have all openly shared about their struggles with mental illness.

This openness is a good thing because it raises the general public’s awareness and understanding of mental illness and corrects common misconceptions about people with mental health issues, thereby helping to reduce stigma and prejudice. It is commendable that British royals Prince William and his wife, Kate Middleton, together with Prince Harry are actively championing the ‘shattering of the stigma of mental health’ through encouraging people to talk about their experiences through simple conversations.

As a community-based Voluntary Welfare Organisation (VWO) in this sector, we are heartened by such developments in openness. They have given greater impetus to our work with partner organisations in Singapore to provide the best possible mental health care and rehabilitative services.

While clinical support is essential for persons recovering from mental illness, community based care is no less important in providing them with a better quality of life and improved acceptance of treatment. Reintegration and rehabilitation will help them live and work normally within the community. As the first community mental health agency established in Singapore, SAMH has been providing such holistic care services since 1968.

A major milestone in 2016 was the official opening of MINDSET Learning Hub (MLH) in Jurong by Ms Grace Fu, Minister for Culture, Community and Youth. MLH is a significant long term partnership with the Jardine Matheson Group, through MINDSET Care Limited, its philanthropic arm. This centre was designed as a one-stop specialised training centre and manpower resource facility, providing integrated hands-on-training and community care to persons-in-recovery in a supportive environment. By offering Workforce Skills Qualifications (WSQ) training as well as non-WSQ courses, MLH aims to equip trainees with the necessary skills and help them secure meaningful employment in areas such as hospitality, healthcare, housekeeping, retail and F&B. This is important as reintegration through employment is the key to rehabilitation.



“While clinical support is essential for persons recovering from mental illness, community based care is no less important in providing them with a better quality of life and improved acceptance of treatment.”



The relationship with Jardine offers access to employment opportunities within Jardine’s group of companies such as Guardian, 7-Eleven, Mandarin Oriental and Cold Storage. We hope that in due time, MLH will become a model for effective corporate-VWO partnerships that will spawn similar projects in other charitable sectors.

Another area of significant development in recent years is SAMH’s creative services work. Providing persons in recovery with a creative and supportive environment for art expression has been shown to bring about therapeutic benefits, promote social interaction and foster open dialogues. These undeniably contribute to one’s mental wellbeing.

We now have three centres in Singapore, namely Creative Hub at Goodman Arts Centre, Creative Mindset in Jurong Point and the newly set-up Creative SAY! in Marsiling, all offering regular art making sessions not just for persons in recovery but also for the public.

SAMH has grown much in size and scope—it’s operating budget has increased some 40% since I first joined the Board in 2011. Nevertheless, much still remains to be done to build up a comprehensive mental health ecosystem in Singapore. As we approach SAMH’s half century mark, the Board plans to embark on a strategic review to position the association more effectively to address the opportunities and challenges for the longer term. My thanks and appreciation go to the amazing collection of talented individuals from diverse backgrounds serving with great dedication and energy in the Board.

We are grateful too, for the continuing support of our funding organisations—Ministry of Health, Agency for Integrated Care (AIC), Ministry of Social and Family Development (MSF), Singapore Totalisator Board (Tote Board), National Council of Social Service (NCSS), National Arts Council (NAC) as well as generous contributions from numerous corporate and individual supporters throughout the years. Please accept our heartfelt thanks.

Last but certainly not least, we are absolutely delighted that Speaker of Parliament, Madam Halimah Jacob has graciously accepted our invitation to be Patron for SAMH. Madam Halimah is a well-respected politician and a strong supporter for the mental health cause in Singapore. We couldn’t have asked for a better person to be our Patron.

Thank you everyone, for your support as we continue to work towards our vision of ‘Mental Wellness for All!’

Dr Francis Yeoh

A MESSAGE FROM THE EXECUTIVE DIRECTOR



2016 had been a remarkable and eventful year for Singapore Association for Mental Health (SAMH), with many significant milestones that the team can be proud of.

Riding the momentum we gained in 2015 on societal awareness of mental health and its social consequences, this year saw a peak in our activations with increased discourse on mental illness and, fortunately, a growing number of partners coming on-board to support our cause. This was partly attributed to the increased coverage SAMH has earned in the media, the increased public awareness on the importance of mental health, and the numerous sharing by our peer specialists on their own journey.

I would like to specially congratulate Valerie Liu, one of our very own full time Peer Support Specialists, who was recognised for her outstanding contributions with the Mental Health Champion Award 2016! She is one of the many heroes of SAMH, who have touched the lives of the people we serve by inspiring them with her own experiences and recovery. I sincerely thank all our heroes; our direct, support, and management staff etc. for delivering another great year. Thank you Team SAMH for the great teamwork!

I would also like to highlight the following momentous events:

In June 2016, SAMH collaborated with partners in Hong Kong and Thailand to co-host a two-day Symposium, “The Power of Collaboration”, aimed at highlighting the importance of including peer support in the ecosystem, and to encourage more peer support services in the community. Our clinical staff and peer support specialists were given the opportunity and platform to share and present, and learn from others.

We are happy to see this inclusion of peers in the ecosystem as announced by Social and Family Development Minister Tan Chuan-Jin at the Singapore Mental Health Conference 2016, that a national framework is being developed to enable peer specialists—people who have recovered from mental illness—to share their own experience and help to break the stigma associated with mental illnesses.

In October 2016, we officially opened the doors of MINDSET Learning Hub, a collaboration with Jardine Matheson Group, to provide vocational competencies and skills training, to help them reintegrate into the community. Meaningful employment is fundamental in the recovery process of those living with mental illness and we are pleased to have various employers partnering us in this new initiative.

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In July 2017, SAMH will be launching Creative Sports, Arts, and Youth (SAY!)—a community centre focused on building resilience of youths aged 13-35 years old. Creative SAY! will use art and sports to enhance, and build their confidence and resilience, with the support of peers who had faced similar situations.

It is encouraging to see such strong support from the younger generation in de-stigmatising mental illness. We were heartened when four medical students from the National University of Singapore volunteered to run 250km in the Namibian Desert in a bid to raise funds and awareness for those with mental illness. They have since passed the torch to the next team who were among the first to complete the 200km Kathmandu Rim.

I would like to express my heartfelt gratitude to our supporters—Anglo-Chinese School (Independent), New Ubin Seafood, The Social Co., Serial System, AON Risk Solutions, Singapore Ireland Fund, ONEPURE Mineral Water, Mental Muscle, Kwan Im Thong Hood Cho Temple, EPL Alliance, MINDSET Care Limited, the Jardine Matheson Group, Lee Foundation and many others. Also, special thanks to the Management Committee, Sub-Committees, our grantors, partners, stakeholders, and individuals who have supported us. A big thank you to all our heroes in this meaningful journey!

Ms Tan Li Li

CELEBRATING THE RESILIENCE OF THE

Human Spirit

Dr Daniel Fung has been volunteering at SAMH since 2001. He served as its Vice-President from year 2002 to 2008 and as its President from 2009 to 2016. Dr Fung, in the course of his work with SAMH brought together the National Council of Social Services (NCSS), other Voluntary Welfare Organisations and various government agencies to raise awareness and promote mental health. During his tenure, he continued to build on the work of his predecessor and mentor Prof Leslie Lim and SAMH was awarded the inaugural Charity Governance Award in 2012. As Chairman and member in the various board Sub-Committees, he has tirelessly reached out to the staff, beneficiaries and the public, to try and improve not only the mental wellbeing of the employees in SAMH but also the life of Singapore citizens at large. He helped start the Mobile Support Team and Bukit Gombak Group Homes Aftercare Service to target care outside SAMH facilities for persons suffering from mental illness and helped initiate the Peer Specialist programme in 2012. This programme allows peers who have recovered from their illness to share on their recovery stories and lead in the care of others suffering from mental illness. It was created with an aim to inspire, motivate and catalyse recovery for others suffering from mental illness. SAMH's peer specialists have since been featured in many platforms to promote public acceptance and respect for persons with mental illness while improving the lives of person with mental illness and their families. In 2016, he collaborated with the Jardine Matheson Group of companies to successfully start MINDSET Learning Hub to provide customised training programmes, co-curricular activities and job placement for beneficiaries with mental illness.



What drew you to work with people with mental health conditions?

Before I went to the university, my only inkling of mental illness was Woodbridge Hospital. I chose to do medicine because I was interested in helping people. My grandfather died of a heart attack, so I thought to myself, "ok maybe medicine's for me so that I can help people who are sick." Then I met my future wife, who became my girlfriend, and her father was a psychiatrist who worked with children. Through him, I was introduced to this idea of psychiatry as a specialist option in medicine. Subsequently, I also met a famous Christian pastor named John White. He came to Singapore and we interviewed him for the Varsity Christian Fellowship. I was curious and asked him: "Why did you do psychiatry?" And his reply was: "Psychiatry allowed me to practice the art of medicine in a different way and it was a mixture of the interest that I have in medicine, which is the science and then there's an art to doing it. It was kind of a discipline that combined well the art and science of medicine." So that was what got me thinking. Eventually I chose to do psychiatry and applied for the traineeship.

My original interest was with the young, because I felt it is where you can make the most impact and change lives, rather than further downstream. As part of the training in psychiatry, I came across people with severe mental illness. That drew me to the point on how they are treated differently. In Singapore, they are not really treated the same as people with disabilities. They are treated far worse. There's a stigma around them—we sympathise and help people with disabilities, but we try to avoid people with mental illness. Even as a trainee in psychiatry at that time, I realised that even doctors scoffed at what psychiatrists do. And that made me even more curious about what's this whole concept about stigma and how to deal with it.

Is there an achievement or contribution that you are most proud of during your tenure as president?

I don't think of contribution as personal in nature. I think of it as a group effort. We have a great team going forward. When I first joined, we were essentially mental health professionals getting together trying to do this work. We've evolved. Firstly, one of the things as president that I'm happy to say is that we've got a team that is made up of very diverse individuals with different skills and experiences and I think that balance is important. The one thing that I regret not having brought into the board is someone with a lived experience who can sit on the board and give that perspective of having recovered from a mental illness. I think that is important and is something we need to do in the future. We've got peers involved in various aspects of the work and even peers specialists working in our organisation but we need someone in the board. So hopefully with a big alumni of recovered peers, that over time, we will have at least one peer on the board that could contribute meaningfully to the community.

Secondly, I'm very happy that there is succession planning. When we are leading an organisation and we get caught up in the day to day running and it doesn't seem to end. I think it's very important to have succession. We take turns to lead the organisation and bring in different ideas because every new leader has a fresh perspective.

Finally in terms of clinical and functional outcomes for our beneficiaries, we have made significant gains. We started to develop peer specialists and now it has gone national with NCSS and IMH taking the lead in coming up with a national curriculum. The job placement and job training initiatives are key to improve the lives of people with mental illness and we need to keep pushing. In the old days, we use to have day centres where people go and do some activities. It was helpful but it was just socialising. It's also important to get people with chronic mental illness to get back into the work

force, either as an independent worker or in many of the cases, some kind of supported employment system. There's no use in just housing people in residential facilities without giving them something meaningful in life. In their limited life expectancy, I would like to improve their lives in terms of prolonging and improving their quality of life. Give them something to be proud of and we can celebrate alongside them.

How do you balance your work and personal life?

I think balance is terribly important. The volunteer work I do on the side is similar to my main work which is also working with people with mental illness. But I see the difference between my volunteer work and my professional work. My actual work is focused on one aspect—the medical piece and how we run the hospital. Hospitals are overwhelmed because they are really downstream. It's when problems arise that people go to hospitals. I like to see the day where most people are not going to hospital. You only need to go to the hospital if something unexpected happens—there is an acute incident. But for most of the time, they are in the community. So, my volunteer work is to create a community that is accepting and understanding. You see a doctor once or twice a year and for 30 minutes to an hour. You get to see the doctor perhaps five days in a year, and the other 360 days you're out there in the community. The volunteer work for me is much more important. I have a third aspect to my life which is my personal life and I try to get that balanced as well. I am very blessed to have five children who are all grown up now. My oldest is getting married and my youngest is in Junior College. I try to involve my kids in the activities I do, when they were much younger. None of them are in the medical field. My children have their own interest—they are doing their own thing and contributing in their own way. To me, the key is to teach them to be independent and they'll find their own happiness in their lives. I have more time now to keep my wife company and develop my interests in gardening and writing.

What are your hopes for SAMH in the near future?

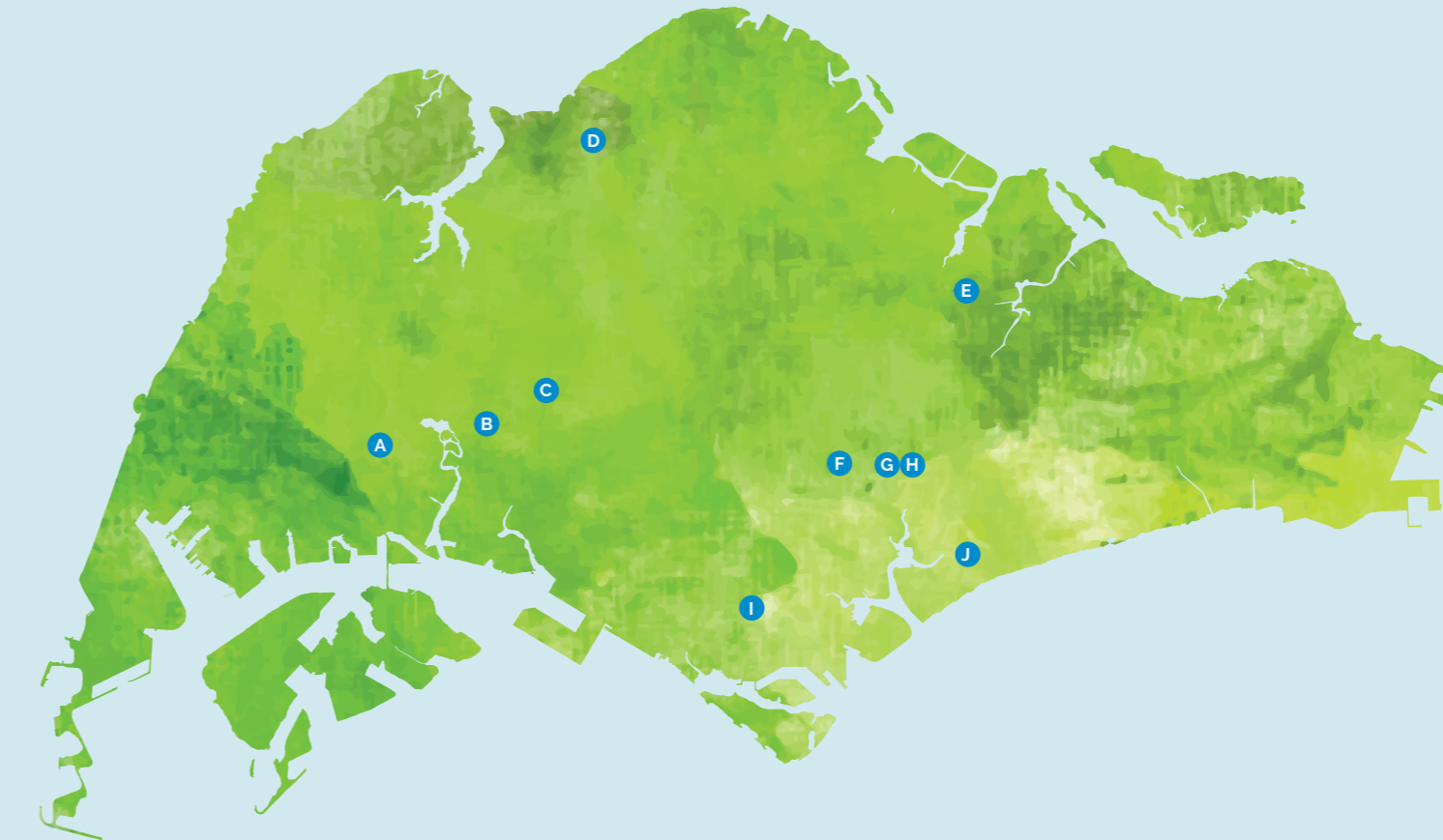
I would like to see more peers involved in both the running of the organisation and also within the governance structure of SAMH. I would like to see SAMH get the school for life concept. This is our long term strategy—the MINDSET Learning Hub is part of that. It's a school for life. Some people go to school and they stay there in school, because they just keep learning and it's an acceptable social activity. If they can contribute in more after the training, there's some work. If they do it in supported employment, I'd like to see more of that. SAMH can be the leader to showcase a new work force of people with mental illness who have recovered, who are able to contribute actively.

About 75% of our funding is by the government and only 20% by fundraising. But the government cannot fund a lot of things and I think for us as an organisation we should ask ourselves—What are the things that government cannot fund that we can go and do? We must look for those areas where there are gaps and are difficult for government to fund. We do have a resident population of about 5.5 million of which about a million people are non-citizens or permanent residents. They are workers and may have mental health needs. Do we look after them? Government will not fund those kinds of projects but there might be a need to. If people who come here to work and develop mental illnesses, how do we help them and how do we support them?

Then there is the treatment gap—these are people with mental illnesses that are not willing to come forward, for mainstream treatment in clinics and hospitals. How do we reach them and get help to them? They are probably more willing to go to a non-governmental agency because the stigma will be less. Our role in de-stigmatisation is quite key and should be a national campaign. I would like to see SAMH be a strong advocate for de-stigmatisation in the years to come.

OUR CENTRES & SERVICES

SAMH provides the following services at **10** locations in Singapore.



- A** Creative Mindset
- A** Mobile Support Team
- B** MINDSET Learning Hub
- C** Bukit Gombak Group Homes (BGGH)
- D** Creative SAY!
- E** Activity Hub @ Pelangi Village
- F** SAMH HQ
- G** Support Groups
 - Care Giver Support
 - Family Link Programme
 - Illness Management & Recovery Programme
 - Mental Health Interactive Group
 - Sunshine Path Support Group
 - Support for Eating Disorders Singapore
- G** Oasis Day Centre
- H** Insight Centre
 - Community Mental Health Education
 - Counselling Services
 - Volunteer Programme
- I** YouthReach
- J** Creative Hub

VISION

Mental wellness for all

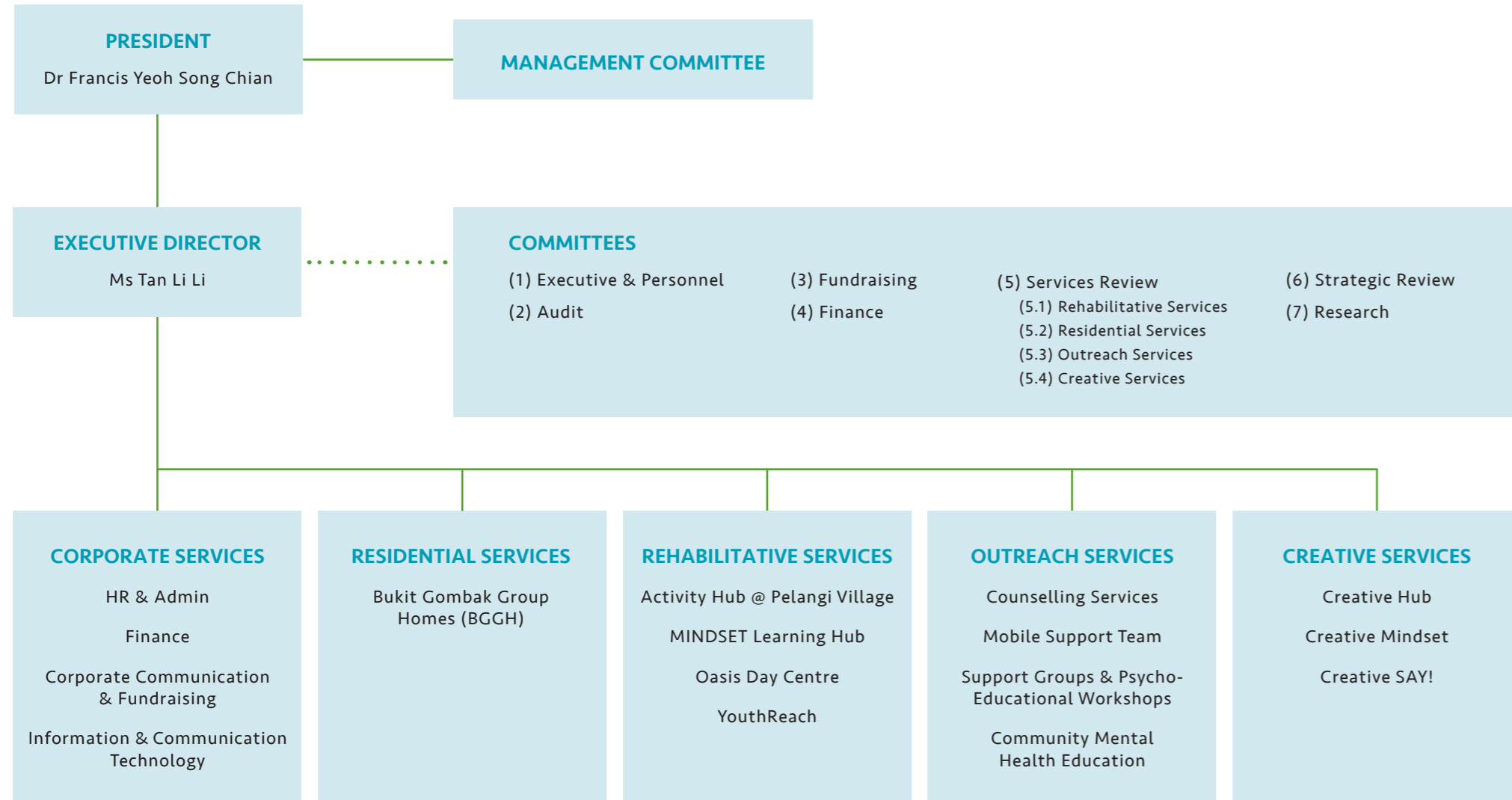
MISSION

To improve the lives of persons with mental illness and provide support for their families
 To promote acceptance of and respect for persons with mental illness
 To improve the mental resilience of our community

VALUES

Professionalism and respect
 Compassion and acceptance
 Hope and empowerment
 Engagement and collaboration

ORGANISATION STRUCTURE



MANAGEMENT COMMITTEE



Dr Ong Say How
Committee Member

A/Prof Leslie Lim Eng Choon
Committee Member

Dr Francis Yeoh Song Chian
President#

Dr Lee Cheng
Vice President#

Dr Joseph Leong Jern-Yi
Committee Member

OFFICE BEARERS

Mr Danny Koh Thong Meng
Committee Member

A/Prof Daniel Fung
Committee Member

Ms Jasmine Oh
Committee Member

Ms Caroline Kwong
Committee Member

Ms Chio Siew Ling Joanne
Honorary Treasurer#

Ms Saw Seang Pin
Honorary Secretary#

CELEBRATING CARE & *Compassion*

“Mr Sim has a cheerful personality, he is one of the staff at Activity Hub who will work tirelessly without any complaints especially over the weekends. He is a very hardworking, committed and a dedicated driver, who takes pride in his work, and demonstrates a lot of care and safety measures in his duties. Hence, staffs and residents enjoy the ride to and fro their various destinations.

I recalled a significance instance whereby a resident from one of the homes vomited in the van on the way to Creative Mindset. He handled the situation well by driving back safely, ensured that the resident is in stable condition before leaving. After he sent back the residents, he started cleaning the van even though it was after his office hours and had not expressed his dissatisfaction about it.

He displayed a lot of initiative and care, whenever he drove staff and residents for outing especially those wheelchair-bound resident he would ensure that he parked near to the ramp for easy access to the destinated place. In view of the above, I think he is one of the unsung hero in Pelangi Village.”

Julia Yeo
Deputy Head Clinical Services



“Mr Anwar has definitely become more savvy in terms of monitoring the van booking system and responding to requestors, which he now does mainly on his own. I recalled with amusement his initial concerns when we first implemented the online van booking system and how much he had preferred the pen & paper method to using a computer.

I appreciate Mr Anwar's efforts in taking the initiative to propose to requestors alternative routes or timing so that van time and needs can be better maximised for SAMH. As Mr Anwar drives the van with the hydraulic lift, his van is usually used to transport bulky items such as furniture and electrical appliances for beneficiaries from Bukit Gombak Group Homes. He would also assists in simple repairs and installation works after delivering these items to ex-BGGH beneficiaries' homes.

Sometimes, we forget that there are colleagues like the drivers and those from the IT, HR, Finance & Admin departments who serve across all programmes in the back end but whose contributions are so significant to each of our programmes that, without which, things cannot move at the programmes' end. Our sincere appreciation to all of you!”

Helen Yong
Assistant Director, Outreach Services



ACTIVITY HUB

Pelangi Village is a social welfare complex for the admission, accommodation and rehabilitation of destitute persons and comprises of six residential homes managed by various Voluntary Welfare Organisations. SAMH manages the Activity Hub, a building at the centre of Pelangi Village, where psychosocial rehabilitative programmes are conducted to assist residents in their recovery from psychiatric disorders and in reintegrating them into the community. Activity Hub's services extend from occupational therapy, social work, psychological services and vocational placements.

OCCUPATIONAL THERAPY SERVICES

The objective of Occupational Therapy Services is to promote community integration and to enhance the quality of life of residents in Pelangi Village by focusing on three components of occupational performance: Activities of Daily Living (ADL), social and vocational/skills training. Occupational Therapy Services aim to support residents to achieve optimal levels of performance in their skills, functioning, physical health and social interaction.

Skills Training

Life Skills Programme

Mental illness can often result in the inability to perform Activities of Daily Living (ADL) such as personal grooming and household chores. The life skills programme aims to rehabilitate residents to enhance employability, quality of life and independent living. The various components include money management, housecleaning, laundry, preparing simple meals and personal grooming. Programmes are conducted separately in English and Mandarin, with hands-on participation to promote effective learning.

Advanced Meal Preparation (IADL Training)

Instrumental Activities of Daily Living (IADL) training enables residents to acquire independent living skills and other work-related skills to prepare them for community integration. The residents are involved in a variety of food preparation so that they can learn more about nutrition, kitchen equipment safety and cooperation with their teammates.

Self-Regulation Skill

This programme is designed for residents with anger, anxiety, depression and stress issues. It encourages them to work towards keeping harmful or disruptive emotions in check and to think before acting. The first step is to teach residents to understand their own feelings. Residents learn to identify and regulate their emotions and behaviours, as well as how to view stressful or emotional events objectively and analyse the different responses. This programme also teaches them to express themselves and rebuild their sense of self-worth through class discussions and personal reflections.

Turning Point Support Group

Turning Point Support Group was launched in June 2016 in collaboration with Occupational Therapy Services and Clinical Services when we saw a dire need to assist residents who have been abusing substance, particularly alcoholism. The programme was set over a course of six months to provide a holistic psychoeducation and training to the participants to address their relationship with substance abuse. Some of the topics covered are mindfulness, emotional regulation, interpersonal relationships, and distress tolerance. Trips to the community were arranged to re-engage them into activities that were once associated with the use of alcohol. The normalisation of activities created positive experiences for the participants and encourage them to relook at their addiction issues and the intrinsic motivation for change.

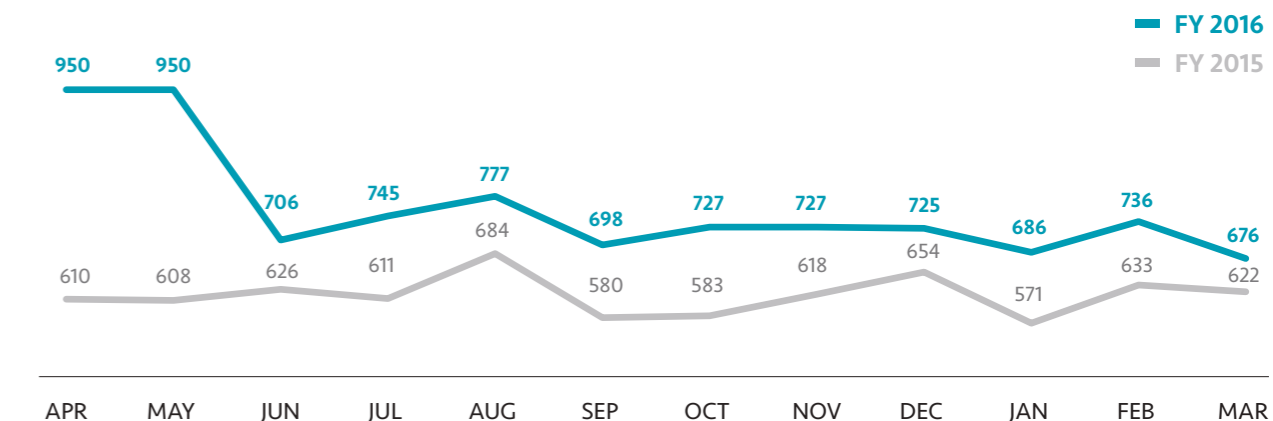
A pre- and post- evaluation was done to determine the

effectiveness of the programme. The results showed that the participants accepted their drinking issues had been causing problems and recognised the need for change, although they have yet to take steps to address their drinking issues. The participants also felt that this group had provided them with a safe space where they can express themselves and learnt to better manage their behaviours. A second run commenced in January 2017 in order to reach out to more residents who are struggling with addiction issues.

Mindfulness with Yoga

This programme enables residents to release physical and mental tension, and equips residents with a positive way to cope with stresses of daily living. Residents are taught modified Yoga poses that are easier to attempt and not strain the body. The residents feedbacked that they feel relaxed and calm during and after each session.

NO. OF PARTICIPANTS FOR ACTIVITY HUB PROGRAMMES



Above: Life skills programme teaches residents how to do simple housecleaning; Residents learn about food preparation in Advanced Meal Preparation.



“Interestingly, those who were relatively quiet at the start of the programme were much more vocal at the end. It was great to see much laughter and the shedding of a few tears on a few occasions...Having frequented many rehab programmes plus dozens of AA meetings, I have discovered a different slant to the teachings here which have added to my skill set.”

A Participant of Turning Point Support Group



Physical Training & Functioning

Activity Hub provides a selection of physical rehabilitation programmes for residents in Pelangi Village. The programme aims to improve their physical fitness, stamina and physical tolerance level by engaging them in fun, interesting physical activities such as Tai Chi, badminton, basketball and table tennis. Besides the physical aspect, we hope to reinforce teamwork and social interaction, and motivate residents through competitive and collaborative play.

Outreach Programmes

The objective of conducting outreach programmes are to reach out to residents who are unable to come over to Activity Hub for sessions due to various reasons. The sessions are largely activity-based in order to cater to the board spectrum of needs and functioning levels of residents. These include card games, pen and paper activities and simple physical activities. The responses are generally good and there were regular residents who were eager to participate in activities of their choices.

SOCIAL ENTERPRISE

Social Enterprise Work Engagement

The aim of Social Enterprise Work Engagement is to equip

residents with vocational skills and vocational opportunities for those who are not ready for external employment. Through this programme, residents develop creativity, learn to make decisions and pay more attention to the details in their work. Products produced by our beneficiaries range from accessories, batik paintings, handmade soap, and terrarium. The residents assist in producing quality products for SE sales and they will receive part of the sales proceeds as a workmanship allowance. This boosts residents' confidence and gives them a sense of accomplishment to be engaged meaningfully in occupation.

SAMH Pop-Up Store

SAMH wrapped up the pop-up store at CityLink Mall in April 2017 and will be setting up a pushcart in Ng Teng Fong Jurong Hospital on 1 June 2017. To-date, our social enterprise programme has trained a total of 41 new beneficiaries in FY 2016. In addition, we have placed 36 beneficiaries in the store at Citylink Mall and during outreach events who are keen to be trained as retail assistants.

National Pushcart Challenge 2016

The National Pushcart Challenge 2016, organised by Republic Polytechnic, provides a platform for all secondary schools

to showcase innovative ideas and celebrate the spirit of enterprise among the youths in Singapore. Students are matched to a social enterprise where together, they will identify, develop and market new product ideas during the competition.

SAMH Social Enterprise programme collaborated with Westwood Secondary School to come up with new products such as mosaic coasters to be sold under SAMH. In addition to enhancing their creativity, residents also get to build on their fine motor skills and increase their attention span.

Future Directions for Social Enterprise

In the coming year, the Social Enterprise programme aims to create more awareness via social media platforms to get people to know more about SAMH products.

VOCATIONAL SERVICES

Vocational services consist of Resident Earning Scheme, Sheltered Workshop and Vocational Placement Service of Activity Hub.

Resident Earning Scheme

Under the Resident Earning Scheme (RES), residents are tasked with vocational placements such as cleaners, barbers, sundry shop helpers, gardeners and programme assistant within Activity Hub. They are encouraged to adopt good working habits and basic skills before they are given opportunities in external employment. RES is also used to gauge the social and community skills of the residents to help Activity Hub staff to formulate a discharge plan with the welfare homes for the residents.

Sheltered Workshop

The Sheltered Workshop is a vocational rehabilitation programme where residents can develop skills and good working behaviour on a regular work routine under a supervised environment. From March 2017, one of the welfare

homes Sheltered Workshop came under Activity Hub's supervision, and we also provided assessment and intervention to enhance their readiness for work.

Vocational Placement Service

Vocational Placement Service helps residents interested in external employment to match and find jobs they like. The service plays an important role in the rehabilitation development of residents in Pelangi Village by working closely with residents and their employers; facilitating communications and mediating issues during residents' employment.

Together with other services in Activity Hub, the service provides essential employment support in areas such as job site visits and counselling, to help residents to have a smooth, pleasant and sustainable employment in the community.

In FY 2016, 63 residents were employed and of which, about 46% managed to maintain employment with the same company for three months or more, and 22% were employed with the same company for a year or more.

Job Site Visits

The objective is to reach out and provide support to the residents who are engaged in external employment. Working as a team at Activity Hub, the Vocational Service Placement Officer (VPO) provides the clinical staff with information regarding residents' progress. This allows specific and targeted interviews and interventions to be conducted by the staff at the Job Site Visits and after visits. The interviews and interventions include social support for long-time Daily Release Scheme (DRS) workers, follow-up actions for newly placed DRS workers and on-site vocational support for DRS workers who have minimum level of difficulties.

CLINICAL SERVICES

Psychological Services

The Psychology Department of Activity Hub seeks to provide

NO. OF RESIDENTS INVOLVED IN RESIDENT EARNING SCHEME FROM APR 2016-MAR 2017

APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
51	69	56	53	76	51	66	64	79	57	70	57

NO. OF RESIDENTS INVOLVED IN SHELTERED WORKSHOP FROM APR 2016-MAR 2017

APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
46	51	55	58	58	58	53	50	47	56	53	82

NO. OF RESIDENTS INVOLVED IN DAILY RELEASE SCHEME FROM APR 2016-MAR 2017

APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR	TOTAL	AVERAGE
35	38	35	34	33	38	35	33	32	32	36	38	419	35



Above: Vocational Placement Service helps residents find jobs such as cleaners and supermarket stock clerks. Opposite page: Terrarium produced by our beneficiaries under the Social Enterprise Work Engagement programme; Students from Westwood Secondary School collaborated with SAMH for the National Pushcart Challenge 2016.

professional psychological services to the welfare homes in Pelangi Village. Not only does the department hope to provide high-quality mental health services to the residents of the homes, we also strive for mental wellness by providing prompt assessment and treatment. In enhancing the completeness and clinical relevance of the Individual Care Plan for the residents of Pelangi Village, we provide intelligence testing, neuropsychological screening, mood assessment, personality testing, coping assessment, and adaptive behaviour assessment, so that their psychological well-being are being taken care of.

In addition to assessment, we provide treatment that is informed by the findings of the assessment. This treatment can be in the form of individual therapy or group therapy, and we provide them in our centre or via outreach.

Moving forward, we hope that Activity Hub psychological department is a place where services are even more accessible to residents so that their voices can be heard; where therapeutic assistance to them are more readily available, and where residents who are encountering adjustment problems or experiencing psychological and emotional distress can seek help. We strive to be more flexible and creative in our efforts to assist residents.

Social Services

Community Service Programme

Activity Hub conducts biannual community service programmes across various nursing homes in Singapore to offer meaningful volunteering opportunities for our residents in Pelangi Village. These community service programmes allow our residents to facilitate and oversee various activities to improve the physical and mental wellbeing of residents in nursing homes.

A community service programme was conducted on 18th November 2016 where eight residents from various welfare

NO. OF BENEFICIARIES SERVED UNDER PSYCHOLOGICAL SERVICES FROM APR 2016–MAR 2017

APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
88	89	100	107	193	163	105	114	122	88	58	55

NO. OF BENEFICIARIES SERVED UNDER SOCIAL WORK SERVICES FROM APR 2016–MAR 2017

APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
238	217	245	214	242	208	168	239	151	160	143	119

homes in Pelangi Village visited Ling Kwang Home for Senior Citizens and orchestrated music performances and activities for 40 participating residents. Prizes were given to residents who won in various activities and light refreshments were provided. A plaque was also presented to the Chief Executive Officer, Mr. Dennis Tan, of Ling Kwang Home for Senior Citizens, as a token of appreciation.

Budgeting Assessment

The social work department implemented a Budgeting Assessment tool to assess residents ability to budget their expenses when they are discharged from the Home. Some of the things assessed in the Budgeting Assessment include assessing residents if they know where and how to withdraw & deposit money from their bank accounts, pay their Service & Conversancy Charges (S & CC) and other bills, and where to top up their ez-link cards. All these tasks may seem easy to people who are living in the community, but to some residents who are institutionalised for many years, these simple tasks may prove to be a challenge to them.

Through this Budgeting Assessment exercise, we hope to identify and address the challenges that residents will face when they are discharged back into the community.

Following their discharge, we will also conduct a Community

Mobility outing session, together with the Occupational Therapist and the resident, to familiarise him/her with the facilities near his/her future home.

Future Directions for Social Work Services

Moving forward, we will conduct more individual assessments on budgeting and community resources for residents who are ready to be discharged in to the community so as to prepare them for the near future. We will enhance and strengthen our individual case management services for residents who dropped out from Resident Earning Scheme and Daily Release Scheme.

Discharge Information Handbook

The Clinical Services department has customised a Discharge Information Handbook for Pelangi Village residents who are moving back to the community. In this handbook, important information like relapse prevention, community resources, budgeting tips, and emergency contact details are listed.

Through our interactions with this group of residents, it was often shared that they have some fears about living in the community after living in a supported environment. Hence, apart from connecting them with the relevant community support, this Discharge Information Handbook would be helpful to them as reference during this transition period.

BUKIT GOMBAK GROUP HOMES

Bukit Gombak Group Homes (BGGH), established in August 1995, is a residential setting based on the psych-rehab model of rehabilitation leading to community integration. This residential facility, nestled in the heartlands of Singapore, focuses on recovery through a holistic provision of vocational and psychosocial rehabilitation services, while combating stigma and discrimination against those with mental illness. This normalisation process enables recovering individuals, who may have been institutionalised for many years, to experience true community integration. BGGH works hand in hand with residents and other community partners as they take vital steps toward recovery and improving overall health as they regain their sense of belonging and identity as contributing members of society.

Sources of Referrals

For FY 2016, Bukit Gombak Group Homes received a total of 38 referrals. As shown in Figure 1, there appeared to be an increase in demand for residential rehabilitative services from the "Others" group, comprising ten referrals from Singapore Prison Service. From November 2016 until January 2017, BGGH had temporarily held off intakes and referrals for a three-month period due to review and adjustment of caseloads. This accounted for our dip in overall number of referrals and in the number of referrals received from the Institute of Mental Health (IMH). However, IMH continued to be the major source of referrals to BGGH.

Admission

In FY 2016, there were ten new admissions into the programme. A total of eight men and two women were admitted into BGGH. BGGH continues the good collaboration with IMH to grant potential beneficiaries "home leave" for a trial stay at BGGH lasting two to six weeks prior to their official discharge from the hospital. This gradual move enables beneficiaries' rehabilitative and employability potential to be assessed more thoroughly and facilitates their competitive employment while at BGGH, with weekly medical review continuing in the IMH wards.

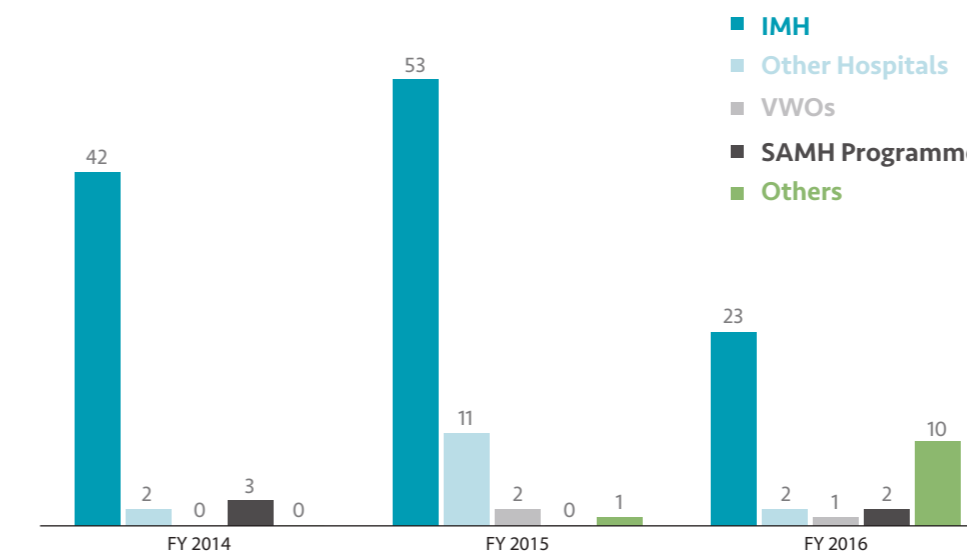


Figure 1. Summary of Referrals Received

Occupancy and Caseload

BGGH has a maximum capacity of 36 beneficiaries but managed a caseload of 42 in FY 2016.

Recovery

A supportive and recovery-oriented rehabilitative environment, with individualised care plans, can greatly minimise hospitalisations. Through psycho-education, beneficiaries are taught to recognise early signs of relapses and medication management as they gain further insight into their illness and enhance their coping skills.

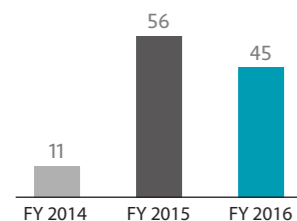


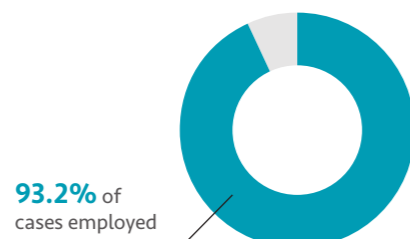
Figure 2. Number of Hospitalisation Days

It was observed there was a slight dip in the number of days in hospitalisation from FY 2015 to FY 2016 (see Figure 2). To enhance beneficiaries’ recovery process, BGGH’s medication monitoring process was reviewed and implemented in December 2016. This was to help staff better monitor and educate beneficiaries about medication management. Reinventing the medication record form allowed staff to re-focus on beneficiaries’ recovery while working on beneficiaries’ ICPs and discharge plans. Based on observations, nursing aides and caseworkers were working closely with one another and addressing beneficiaries’ medication issues almost on a daily basis for the first month. Subsequent months also saw timely feedback from the nursing aides to caseworkers about beneficiaries’ lapses in their medication management, and caseworkers having conversations with beneficiaries about it. Based on record from October 2016 until March 2017, we saw zero hospitalisation due to relapses.

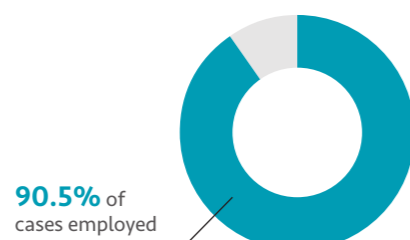
A survey done for FY 2016 with 22 beneficiaries further revealed positive outcomes on their recovery goal:

- 68.2% felt they have gained a greater insight of their illness.
- 68.2% said that they are more knowledgeable about their medication.
- 77.3% expressed confidence in communicating with their doctor about their condition.
- 68.2% stated that they are now better able to prevent a relapse by identifying early symptoms and seeking treatment.
- 77.3% believed that they have enhanced their coping skills.

Employment



Oct 2015 to Mar 2016



Apr 2016 to Mar 2017

Figure 3. Employment

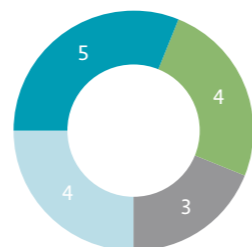
Beneficiaries who are keen on being gainfully employed tend to be more empowered as they regain confidence as well as independence, which further foster social inclusion.

Below are the outcomes from a survey conducted in FY 2016 with 22 beneficiaries on their community reintegration goal:

- 77.3% said they have a better understanding of the kind of job that they want.
- 77.3% believed that they are better able to sustain themselves in a job.
- 77.3% stated that they have enhanced their independent-living skills.
- 77.3% said they have a greater awareness of resources available in the community.
- 86.4% expressed greater confidence about living on their own in the community.

Discharge

In FY 2016, 16 residents were discharged from BGGH with 43.8% discharged into the community—to rental flats, rented rooms or residing with friends or family.



- Rental Flats
- Family
- Others
- Referral Source

Figure 4. Summary of Settings After Discharge

SOCIO-RECREATIONAL ACTIVITIES

Psychosocial rehabilitation services at BGGH introduce beneficiaries to a variety of community resources as part of normalisation in their daily experiences. Beneficiaries are encouraged to know their community resources and participate in community activities to expand their experiences beyond work and home (i.e. BGGH). In an effort to raise awareness about BGGH’s vicinity and to build bonds among the beneficiaries, our Peer Support Specialist planned outdoor walks to Bukit Batok Town Park (a.k.a. “Little Guilin”). A karaoke outing in celebration of Deepavali Festival was organised by our staff to provide respite from the beneficiaries’ hectic work.

BGGH also proactively promoted sponsored events (e.g. Gardens by the Bay 2016 by KPMG, Chingay 2017 by South West CDC, Musical Charity Night by The Finger Players) and activities conducted by other programmes (e.g. Creative Service Annual Art Exhibition 2017, arts & crafts sessions conducted in Creative Mindset) to beneficiaries to be more aware of the recreational activities taking place in the community.

BGGH beneficiaries were also invited to participate in community events such as Bukit Batok East Hong Bao Presentation 2017, Bukit Batok East Annual Health Fair 2017 and World Mental Health Fair 2016. During the Bukit Batok East Hong Bao Presentation 2017, our beneficiaries were very thrilled to receive red packets personally from our Member of Parliament, Madam Rahayu Mahzam, as a well-wishing gesture for Chinese New Year.

A survey done in FY 2016 with 22 beneficiaries on enhancing their quality of life have indicated some successes in improving beneficiaries’ quality of life:

- 68.2% felt that their interpersonal/social skills have been enhanced.
- 59.1% expressed that their social circle has widened.
- 59.1% shared that they have acquired new hobbies/inter-

- ests (from 54.2% in FY 2015).
- 77.3% expressed greater hope about their future (from 66.7% in FY 2015).
- 86.4% stated that they have made progress and are moving on with their lives.

CASE MANAGEMENT AND COUNSELLING

Case management and counselling, based on Psychiatric Rehabilitation principles, remains the heart and core of the work at BGGH. BGGH continues to partner with interns from various educational institutions at varying intervals, to provide counselling to our beneficiaries.

Positive outcomes of a service delivery survey conducted with 22 beneficiaries are shown below:

- 77.3% said they were satisfied with the level of care and service provided by staff.
- 68.2% were satisfied with the level of support provided in gaining and sustaining employment.
- 68.2% were also satisfied with the level of support provided to prepare them for independent living.
- 77.3% recognised that staff did their best to address beneficiaries’ concerns (from 70.8% in FY 2015).
- 81.8% rated BGGH as an effective rehabilitation facility towards achieving independent living and self-sufficiency.

FUTURE DIRECTIONS

BGGH aims to increase the number of referral intakes and thus increasing number of admissions and therefore throughput.

BGGH hopes to expand its premises so as to have more space to facilitate communal activities.

BGGH will strive towards stabilising its manpower resources and strengthening the rehabilitative framework in its residential programme.



Above: Outing to Gardens by the Bay by KPMG; Bukit Batok East Hong Bao Presentation 2017 with Guest of Honour Madam Rahayu Mahzam.



CELEBRATING HOPE & *Inspiration*

Dennis (*not his real name*) was 13 years old when he was diagnosed with General Anxiety Disorder (GAD)—a common anxiety disorder that involves chronic worrying, nervousness, and tension. It can make normal life difficult and relaxation impossible. Through attending programmes and tuition at YouthReach, and with the encouragement of his case worker, his tutor and his peers, Dennis was able to eliminate his anxiety and build self-confidence. He is about to embark on his journey toward his dream, and will be attending LaSalle College of the Arts later this year.

How did your condition affect you in your daily life?

I tend to overthink and blow things out of proportions a lot. I would immediately assume the worst and wouldn't be able to get out of bed. When I was in Primary 4, I started having physical problems like headache or a stomach ache, and ended up skipping school a lot. It got worst along the way and I would often be admitted to the hospital. Every time the doctors wouldn't be able to find anything wrong with me. They said my head, stomach and chest were perfectly fine. But the same thing would happen again in a few months. It was during my PSLE when I ended up in the hospital for a very long time. I was admitted for two or three months and it was then that the doctors suggested that I see a psychologist or a counsellor. My parents disapproved of me seeing one at first but eventually allowed me to. I was diagnosed then and given proper treatment. I had quit school only after attending one week of secondary school. For the next three years, I would go to YouthReach for activities because I had nothing to do at home. But I wasn't showing up at YouthReach often. It was like one activity per month, so I was spending most of my time at home. I had problems coming to YouthReach because I have to wake up early again and get back into the routine. When I wasn't able to make it, my caseworker would say, "It's ok, we can try it again", and would continue to keep in contact with me to find out how I have been.

How has YouthReach helped you?

YouthReach has been incredibly supportive in both my mental well-being and academic pursuits. Through tuition both at home and at the centre, they managed not only to broaden my knowledge, but often provided moral support and steered my self-confidence back on track whenever I doubted myself. This in turn led to achieving my goal of getting an 'O' level certificate, which I have been struggling towards for years, and eventually landing me a spot in the college of my dreams. Everyone at YouthReach has been amazingly patient, kind and understanding towards my goals, pushing me towards greater heights whenever I needed it the most. For that, I am most grateful.

What do you wish people knew about you that they may not know about?

I guess with the stigma of mental illness and everything, I would just want people to know that I am human just like they are. You don't have to treat me any different because I have feelings too. If I didn't ask to be treated differently, just treat me as how you would treat others. Some people seem to have this impression that they have to be extra careful with what they say around me, sometimes to the point where they just don't tell you some stuff. They say, "oh, it's ok", because you have this anxiety thing, they are afraid that

any thing they say might be a trigger to me. And I know they are coming from a good place but it feels a little bit suffocating sometimes.

What advice would you give your younger self?

I would tell my younger self to keep singing and it would be ok. Yeah the most important thing is that it would be ok because that was what I needed to hear the most. Even if it was repetitive, I find that if I keep telling myself it would be ok, keep singing, keep doing what I like, I would get somewhere.

What personal accomplishments are you most proud of?

I was involved in a play—"Stigma", a youth drama production about mental illness. During the rehearsal, I was inspired by everyone and their recovery stories. When I went home, I picked up the guitar and wrote a song but I didn't expect everyone to like it and even for it to be used in the play. Till today it was the biggest achievement for me, to have the public listen and to be a part of the play.

Opposite page: 18-year-old Dennis (*not his real name*, pictured right) with Christine, a caseworker from YouthReach.

YOUTHREACH

YouthReach, which commenced operations in August 2006, is a youth-centric programme that provides psychosocial support and recovery programme for children and youths with emotional, psychological and psychiatric issues in the community. Its community-based intervention uses a personalised and family-centered approach, working in partnership with the beneficiaries served, as well as with their families, empowering them to achieve mutually agreed goals and live in a safe, caring and inclusive community.

The objective of YouthReach's programme is to develop beneficiaries' social and functional competencies through life skills training. It also aims to enhance family strengths and resources in order to minimise risk; to promote safety and improve functioning; and to assist and equip families in caring for their children.

NO. OF BENEFICIARIES IN YOUTHREACH PROGRAMME

	FY 2015	FY 2016
New Intake	37	21
No. of Youths Discharged	18	37
No. of Active Youths (as at 31 Mar)	116	100
Total Number of Youths in Programme	134	137
Total Number of Caregivers in Programme	256	270

The total number of youth beneficiaries served in FY 2016 increased slightly to 137, compared to 134 in FY 2015.

37 youths exited from the programme. 20 of them attained their goals in their recovery and moved on with their life in greater confidence. There were, nonetheless some youth who dropped out and/or opted to leave the programme due to lack of motivation and perseverance in participating in rehabilitation and/or adapting to changes, e.g. family circumstances; change of mental health professionals.

Majority of referrals (69%) to YouthReach came from the Institute of Mental Health (IMH). There was a slight increase in referrals from other sources, such as the restructured hospitals, private psychiatrists, Voluntary Welfare Organisations (VWOs), schools and Ministry of Social and Family Development (MSF) (Figure 1).

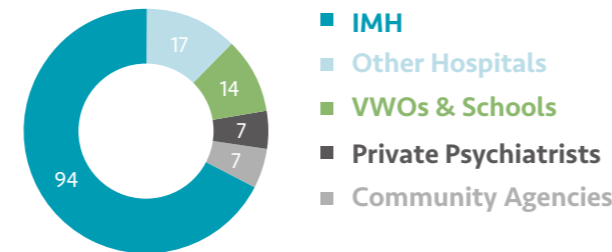


Figure 1. Source of Referrals to YouthReach

The key outcome indicator in reducing the rate of re-hospitalisation of the youth beneficiaries served was achieved with 91% YouthReach beneficiaries reducing or not requiring in-patient service in the hospitals in FY 2016.

Figures 2-4 show the profile of beneficiaries according to age, gender, diagnosis and educational status.

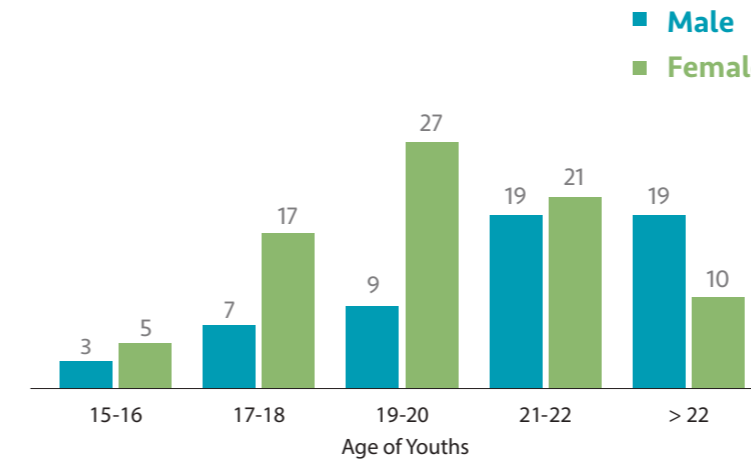


Figure 2. Profile of Beneficiaries According to Age and Gender

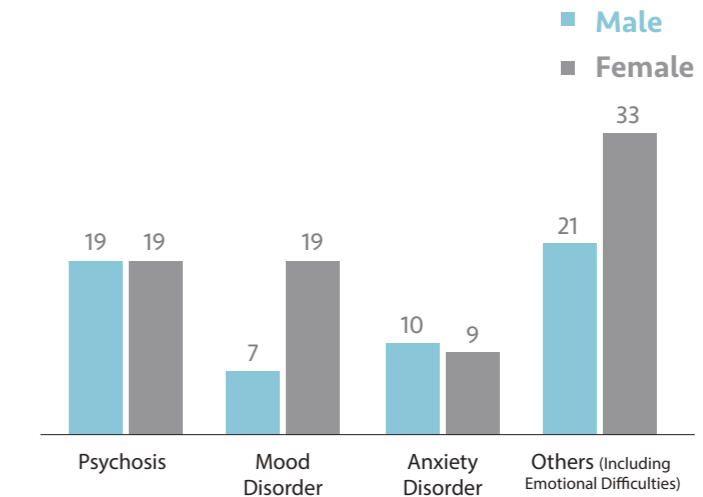


Figure 3. Profile of Beneficiaries According to Diagnosis

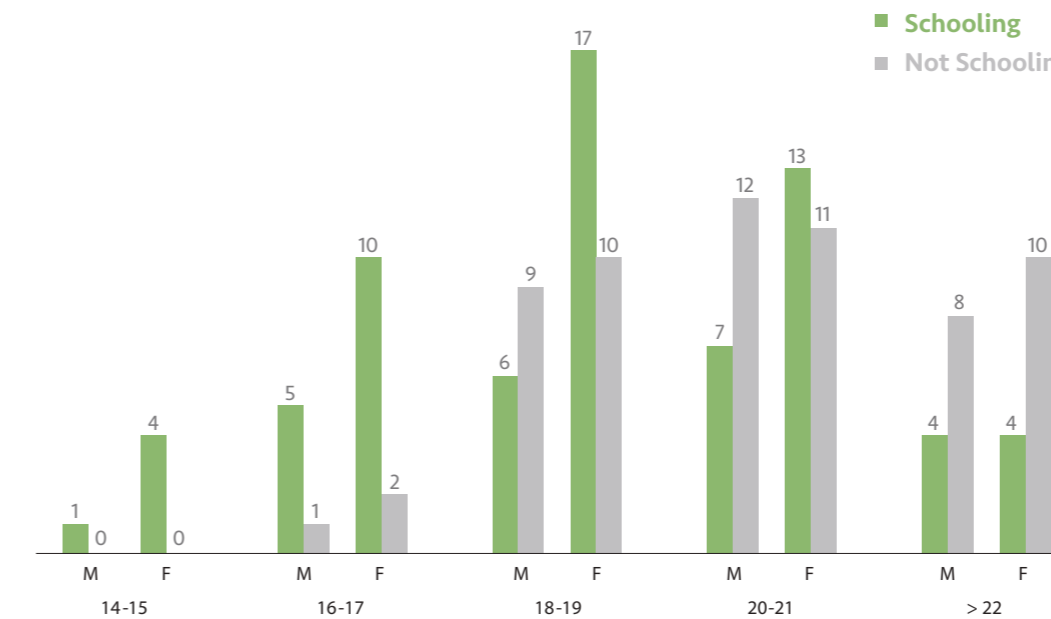


Figure 4. Profile of Beneficiaries According to Educational Status

PROGRAMME HIGHLIGHTS

The YouthReach programme works to support children and youth between 11 to 21 years old in their recovery paths towards mental wellness. Through intensive casework and educational psychosocial support, youths are encouraged to dream big, set goals and move out of their comfort zones in a safe and inclusive environment.

Caseworkers take a youth centric approach and empower our youths by giving them the autonomy of choice. Youths are guided towards making their own decisions on how they would like to recover. Very often, our youths identify education, vocation and the growth of their social circles as important foundations in achieving their future goals. As such, YouthReach works towards providing support for these needs.

The provision of educational support was sourced from dedicated volunteers who came to our centre regularly. They had one-to-one sessions with designated youths and saw them through the academic year to complete major exams. Many of our youths benefited immensely from the educational support which rebuilt their confidence in their academic abilities and gave them the courage to realise their future goals.



This page: Youths learning how to make sushi during a cooking session; Engaging youths in arts & crafts activities; Going out together on nature walks. **Opposite Page:** Fun and games at YouthReach's Halloween party; Outing to the Singapore Zoo and River Safari; Youths put together a ticketed drama production about the struggles with Mental illness.



YouthReach serves a clientele base of individuals who are in their most dynamic developmental stage in life. This is the period where forging friendships and building their social support is of utmost importance. We work hard in providing our youths with a safe environment where they are accepted for who they are. Through activities and outings at YouthReach, our youths find a place to interact with other young people experiencing similar struggles and find connection in their shared path towards recovery. This year, our youths continued to participate in a good mix of nature walks and outings to places of interest, together with indoor activities such as cooking, baking, arts & crafts, and music.

"I first joined YouthReach in late May 2011. I was referred to this rehabilitative programme by my psychiatrist as I was diagnosed with Selective Mutism, an anxiety disorder. This programme came in time to keep me occupied, as I didn't continue my studies after my 'N' levels and was spending my days cooped up at home. Initially, I felt reluctant and hesitant to attend activities as I was fearful. It took me time to get used to the environment, staff and youths there. YouthReach played one of the important roles in my recovery. My communication skills and interaction with others improved. I learnt to set realistic and manageable goals with my social worker and manage my condition with small and simple steps. It was a second home for me as I felt very comfortable. YouthReach was a place I could rely on, to integrate back to society gradually. I made friends with other youths and it was like a safe and inclusive community. After spending one year in YouthReach, I regained the confidence to apply for a course in ITE. They provided lots of support for me, even when I was in school."

Nigel, 22 years old



We are also aware of the importance of family support in the growth and recovery of our youths. Caseworkers work closely with caregivers to provide them with psychoeducational support to help them gain knowledge in better supporting their children. In addition, quarterly family events are organised as YouthReach recognises the importance of making positive platforms available for our youths to foster stronger bonds with their family members. This is also our way to show appreciation towards the dedicated caregivers who supported their youths unconditionally in this journey.

In one such event, the New Ubin Seafood restaurant came forward and invited our beneficiaries' families to a charity lunch where they were delightfully treated to delectable signature dishes whipped up by the chefs from the restaurant. Their regular customers, who attended the lunch event, made generous donations to SAMH. Two of our youths were also given the opportunity to perform their self-composed pieces to the audience as a highlight of the event. This not only gave them a confidence boost, but also allowed them to showcase their talents.

Recognising the talents of our youths and providing them with opportunities to experience public acknowledgement for those talents is an important element in rebuilding their self-esteem. This year, some of our youths had the chance to be part of a ticketed drama production, STIGMA. We collaborated with a group of corporate volunteers from SDEA who guided our youths in the planning, organising and execution of their very own drama, which depicted their struggles with mental illness. One of our youths even honed his skills in song composition by creating the theme song for their production. This production experience had inspired him to continue in his pursuit of an education in music.

YouthReach is very fortunate to have received the support of many like-minded individuals and groups who believe in our cause. We would like to express our gratitude towards the

following sponsors:

Lee Kong Chian Natural History Museum, for sponsoring a full guided tour for our youths.

New Ubin Seafood and their customers, for sponsoring the lunch for our beneficiaries & their families and for their donations to SAMH.

Ms Nawira Baig, Ms Alexandria Jerome and Ms Edith Yew, who provided individual educational support for our youths.

Ms Ying Ling, Ms Yvonne and Ms Mingmin, who sponsored the prizes for our Christmas Party in FY 2016.

Ms Christine Tan, who partially sponsored the buffet spread for our Christmas Party in FY 2016.

FUTURE DIRECTIONS

Education is an important milestone in the development of youths. It enhances their self-esteem and enables them to continue their pursuit of a higher education and employment.

With YouthReach working alongside the youth to attain their educational goals and witnessing positive changes in these youth, we feel encouraged and would strive to develop more resources and build greater support around the youth to enable them to continue learning and thriving in their educational endeavours.

Concomitantly, YouthReach will continue its effort in developing better strategies in engagement through active and persistent outreach to the youths and families referred to us in the hope that our services will benefit those who need them most.

CREATIVE SERVICES

Creative Services is a platform to promote psychological wellness and mental health recovery through the use of art, movement, music, art therapy, occupational therapy, sports and outdoor activities. We believe in the preventive and rehabilitative power of such activities, which contribute towards mental wellness for all.



Creative Hub @ Goodman Arts Centre, Creative Mindset @ Jurong Point and Creative SAY! @ Marsiling are all situated within community spaces and aim to deliver quality services for public wellness. Through a range of activity offerings, we seek to promote acceptance, understanding and respect for persons with mental illness. As a whole, our efforts strive to improve the mental resilience of our community as we incorporate education and information on mental wellness into our daily programmes.

OUR THREE CREATIVE CENTRES

Creative Hub

Creative Hub is the first centre that opened its doors to the community in late 2011. The visual arts programme was used as a non-threatening approach to emphasise the importance of mental wellbeing. Through this visual arts platform, our outreach has served many educational institutions, corporate and social service organisations. Creative Hub offers daily art making sessions, individual art therapy, counselling and group therapy sessions. These sessions cater to both the community-at-large and beneficiaries of SAMH. Through these services, we seek to support persons in recovery and advocate for public mental wellness.

Creative Mindset

Creative Mindset prides itself as being a non-profit Ex-

pressive Arts Centre. Opened in 2015, the centre promotes mental wellness through the benefits of expressive arts and sports. Led by a multi-disciplinary team consisting of an art therapist, counsellor, occupational therapist and art facilitators, we utilise an integrated model to help our beneficiaries relieve daily stresses and improve in their quality of life.

Creative SAY!

Creative SAY! opened in February 2017 and is the newest of the 3 creative centres. SAY! stands for Sports, Arts and Youths, and our belief that youths should have a SAY! in their lives. Physical health and mental health are closely linked. As a preventive and wellness centre, we use sports, outdoor and expressive art activities to spark conversation, promote general well-being and cultivate resilience.

PROGRAMMES & SERVICES

Art Programme: The Art Making Journey

Art making as a form of therapy is one main platform for participation across all three creative centres. Activities are updated on a monthly basis. Art making is seen as a way of building confidence or bringing about a sense of purpose. It also allows participants from all walks of life to gather and interact in a relaxed environment. Through these art making sessions, Creative Services aims to develop patience, confidence and attentiveness in the participants.

Counselling and Art Therapy

Creative Services provides different types of individual and group therapy such as counselling, art therapy and psychotherapy. Counselling is a form of talk therapy. At Creative Services, the counsellor supports individuals to process difficult life events, e.g. physical illness, bereavement and relationship problems. Being in the mental health sector, counsellors also reach out to persons in recovery with a diagnosed condition varying from Depression to Schizophrenia and Bipolar Disorder. The service caters to various age groups ranging from the young to the elderly. Cases include those

who are self-referred from the community.

Art therapy, facilitated by professional art therapists, is another service available. The process does not rely solely on talk but uses art media, the creative experience and resulting artwork to explore feelings, bring together emotional conflicts and to nurture self-awareness. Like counselling, the common goal is often to improve or restore an individual's functioning and his or her sense of personal well-being.

Being in the community allows us to offer services to educational institutions and other social service agencies. Art Therapy in Creative Services goes beyond centre-based services—we work collaboratively with other populations in the community. This year we have collaborated with Singapore Boys' Home (SBH) and Evergreen Primary School to conduct individual art therapy sessions.

Artist-in-Residency and Special Projects

The National Arts Council has supported the arts programme at Creative Services for several years. In the past year, the Artist-in-Residency Programme—involving five local artists and two art projects—culminated in a week long art exhibition. National Arts Council was the major grant provider and this opportunity has allowed us to serve a total number of 164 participants consisting of both our beneficiaries and member of the public.

The Artist-in-Residency Programme gives the general public the opportunity to develop new art skills in a relaxed manner, as well as a platform for people from all walks of life to nurture their potential in Expressive Arts. An Artist-in-Residency Programme, Behind the Fourth Wall, was conducted by Andrew Ng Wai Keat (a local drama artist). This series of 12 drama workshops exposed participants to the hard work that usually goes on behind the fourth wall in drama. Using games, exercises, short scenes, monologues and sample extracts from plays and poems, the facilitator

explored with participants various aspects of dramatic expression, the manipulation of tension and text versus subtext, the elements of performance like vocal and facial expression, the use of body language as well as a variety of other performance skills and conventions.

The special project titled RE:STORY was an art project that was facilitated by persons with a lived experiences. Local writer and mental health advocate, Nicole K., has a vision to strengthen personal resilience, cultivate emotional literacy, empathy and insight through writing. Her journey of recovery from her nine-year struggle with clinical depression has sparked her inspiration to create a platform for persons in recovery to tell their stories. She believes that by telling the stories behind statistics, mental health issues become less abstract and more relatable because they are told by the "common man". Through her writing sessions, she hopes that persons in recovery can be empowered to move forward with stories that are forged through personal struggles. Reflective writing workshops were introduced as tools for emotional regulation, deeper personal insight, expression and growth.

Full-time artist Yen Phang facilitated the art component at Creative Hub, which collaborated hand in hand with Nicole K.'s writing experience. Through this project, he hopes to share tools and techniques that dovetail into the writings of the participants. This opens another door to expression through which individuals can externalise their thoughts, contemplate their dreams through visual imagination, and learn to relate to their world in a new way. It frees up the pen as a mode of expression for participants, exposing them to a myriad of tools and methods for composing simple graphic elements that will pair with their written thoughts.



Above: Artist Yen Phang's demonstration during RE:STORY art project; Participant's art making in process. Opposite page (top to bottom): Public art making held during the In Process / In Progress exhibition; Photography session at the Chinese Gardens for youths conducted by Creative SAY!.



Occupational Therapy at Creative Mindset

Occupational Therapy (OT) services at Creative Mindset range from customised talks, open group sessions and group activities to individual OT sessions. A spectrum of topics covered in the talks aimed at reaching out and teaching adaptive skills to participants. Some of the topics covered are geared towards time, stress and financial management.

OT-based open groups, catering to both our beneficiaries and the public, promote interaction among the participants, encouraging peer support and learning. OT-based experiential activities include arts and craft, sensory art and self-awareness. Individual OT sessions, done mainly through referrals aim to help beneficiaries to improve in their daily activities and engage with their natural environment.

Collaborative Case Management with Schools at Creative SAY!

Case management is another service that Creative SAY! offers. In December 2016, collaborative work commenced with a referral of a group of seven youths with varied goals – from improving social skills, learning anger management, building self-confidence and esteem, to developing character. There were sessions with parents and efforts were made to work closely with the youths on their individualised care

plans. Weekly group sessions were conducted at the school grounds. There have been some results, e.g. one boy started off shy and had low self-esteem. He now expresses himself confidently in public.

Referrals were received from other schools, many of which are about youths refusing to attend school or with poor attendance. Efforts were made to actively draw these youths out through home visits by encouraging them to join our activities. There is one boy with a challenging background who had refused to go to school when we first met him. After three months of close follow-up, home visits and group activities, he now attends school regularly and shows motivation to do well.

SENSORY ART TOOLKIT

The Sensory Art Toolkit is a collaboration project between SAMH and National Arts Council (NAC). The key feature of this toolkit is the inclusion of an Occupational Therapist’s perspective to the art making process. The toolkit also aims to equip social and health care practitioners with the knowledge to facilitate and plan sensory art activities.

Currently, this toolkit workshop is delivered through the partnership with Agency for Integrated Care (AIC) and

targeted at Intermediate and Long Term Care (ILTC) staff who will be involved in facilitating activities with the elderly. This toolkit workshop has been well received and moving forward, Creative Services hopes to develop more resources that can benefit the community at large. To date, we have conducted three runs, catering to 57 participants from 16 different ILTC organisations.

ACTIVITIES & EXHIBITIONS

Values-Driven Activities with Community Partners at Creative SAY!

Creative SAY! worked with community partners to provide values-driven activities for our youths. These projects include Sporting Saturdays (with Marsiling YEC), Floorball (with NUS Capstone), Drama (with LaSalle BA(Hons) Acting students) and Mind UnPlug (with Youth Corps Singapore). These partnerships gave youths the opportunity to try varied activities and be connected to community resources. It also increases the awareness of mental health issues among partners and volunteers.

Engagement with Young Adults and Families at Creative SAY!

There is an increasing need and demand for activities catering to young adults (<35 years old) and families. From May 2017 onwards, Creative SAY! plans to have sessions that encourage parents and families to participate together with their teenagers or young adults. The aim is to encourage and build a support system within the family structure. Every month we also hold peer discussion groups for young adults to talk about topics salient to them, such as Managing Difficult Relationships, A Sense of Purpose, Forgiveness, etc. which will be facilitated by a Peer Specialist.

In Process / In Progress 程

The Artist-in-Residency Programme and special projects allowed various local artists to share their expertise with the community and to promote Expressive Arts. We believe that

Arts can have viable outcomes on our participants’ mental wellbeing. These projects culminated in an art exhibition held at Goodman Arts Centre during 17–21 February 2017. Titled “In Process / In Progress”, the exhibition showcased more than a hundred artworks and was opened by Speaker of Parliament, Madam Halimah Yacob.

Capturing the main theme of how an individual’s life is likened to work in progress, the space was dressed up as a construction site. The artworks captured the stories and potential of each artist where ideas are moulded into tangible forms. Creative Services believes that art brings healing to many and these stories can be told through the exhibitions.



“This exhibition is a wonderful way of allowing those with mental health issues to express themselves... It’s not an easy illness to understand, but the awareness through an art exhibition like this is also really important to give people the opportunity to understand it better.”

Madam Halimah Yacob
Speaker of Parliament & Patron of SAMH

NO. OF ATTENDEES FOR CREATIVE HUB FROM APR 2016–MAR 2017

APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
195	174	355	203	272	166	165	140	148	108	527	163

NO. OF ATTENDEES FOR CREATIVE MINDSET FROM APR 2016–MAR 2017

APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
487	385	302	482	287	243	411	461	260	157	218	439

NO. OF ATTENDEES FOR CREATIVE SAY! FROM APR 2016–MAR 2017

APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
NA	NA	NA	5	14	14	135	9	7	83	7	69

*Creative SAY! premises in Marsiling opened on 1 February 2017

This page: Rock climbing for the youths organised by Marsiling YEC; In Process / In Progress exhibition; Guest of Honour Madam Halimah Yacob with Dr Francis Yeoh. Opposite page (left to right): Sensory Art Toolkit session at Ling Kwang Nursing Home; Community partnership with drama students from LaSalle.

OASIS DAY CENTRE

Oasis Day Centre (ODC) provides psychosocial rehabilitation for adults with psychiatric conditions. The main objective of ODC is to assist beneficiaries to reintegrate into the community by helping them improve the management of their psychiatric conditions.



OASIS DAY CENTRE

The programme is funded by the Ministry of Health (MOH) and National Council of Social Service (NCSS). Beneficiaries are required to pay a monthly programme fee ranging from \$10 to \$35, which is calculated based on means testing, a subsidy system introduced by MOH.

Intake Assessment/Admission Procedures

All referred applicants are required to attend an Intake Interview at Oasis Day Centre. The purpose of the Intake Interview is to assess applicants' suitability for community rehabilitation as well as to provide applicants with an opportunity to learn more about the services and programmes that we provide at ODC. As the involvement and support of the family is important in the rehabilitation process, at least one family member of the applicant must be present at the intake assessment to provide an overview of the applicant's profile and to enable a better understanding of the applicant's support system and goals.

Eligibility

Persons with a mental illness between ages 21 to 55 can apply but the application should be accompanied by a referral from a psychiatrist, including a social report from a medical social worker. Upon successful admission to the programme, applicants must complete a means test declaration form to determine the level of subsidy granted.

Programme Outcome

The structured training component helps beneficiaries develop self-discipline and stay focused on the goals they want to achieve. Beneficiaries are involved in contract work and cleaning duties to enhance their vocational skills in the mornings, this is followed by a variety of activities to enhance their social skills in the afternoons.

STATISTICAL RETURNS FOR OASIS DAY CENTRE

	FY 2014	FY 2015	FY 2016
Total No.of Beneficiaries	45	45	49
Trainees Admitted	12	8	9
Trainees Discharged	8	5	13

MERGING OF CENTRES

Club 3R, which stands for Relaxation, Rehabilitation and Recovery, first opened its doors in 2004 at the heart of Toa Payoh. Through the club's recovery and rehabilitation programmes, members develop social and vocational skills which in turn build self-confidence, enhance personal growth, and optimise potential.

With the merging of ODC and Club 3R in February 2017, more activities were introduced to allow beneficiaries the opportunity to make choices for themselves. The activities are divided mainly into three categories; recreational, psycho-educational, and peer-run opportunities. Recreational activities include art, yoga, singing, dancing, etc; sports-related recreational activities such as badminton, table tennis, bowling and monkeyball are also included. Psycho-educational activities include social skills sessions, goal-setting and other ad-hoc life skills sessions. Members are also encouraged to volunteer as peer supporters to share their talents and interests with other peers.



This page: Baking session at ODC run by peers. Opposite page: Outing to Coney Island; Newly renovated ODC.

"I find it very meaningful to give back to the club by organising activities, when usually it would be done by the staff. It is also a refreshing experience for me to be able to be part of a committee where each individual member plays a role to make the whole thing work. Although in the beginning I was pretty apprehensive about organising this activity, the process of crafting a concrete proposal with the mates made me gradually gain some positive outlook. Overall, I found that organising this project is both rewarding and meaningful."

A Volunteer Peer Supporter at Club 3R

In FY 2016, we have a total of 104 active members at Club 3R. Since FY 2015, members are empowered to plan, carry out or facilitate sessions to enhance their social and personal skills. In doing so, members work together with staff to apply the skills they have learnt prior to the activity they are conducting and also learn from their experience of conducting the activity.

These peer-run activities make up a quarter of all activities conducted in the club in FY 2016. There has also been an increase from five peer supporters in FY 2015 to 23 peer supporters in FY 2016, which is 22% of the active members in FY 2016. Peer run activities included sports (e.g. soccer); arts & crafts (e.g. crocheting, paper quilling, line drawing); cooking & baking (e.g. banana cake, chocolate chip cookies, rendang sardines, scrambled eggs); learning a new language (e.g. Conversational Malay and Mandarin); communication (e.g. The Five Languages of Love) and sharing of recovery stories. A group of peer supporters also organised an outing to Coney Island for ODC and Club 3R members, which was well received by all.

RENOVATIONS

Oasis Day Centre was renovated in FY 2016 in preparation for the merging of Oasis Day Centre and Club 3R.

FUTURE DIRECTIONS

Moving forward, ODC will train and refer beneficiaries who are looking for jobs to SAMH Mindset Learning Hub for further training. ODC will be creating more training opportunities for beneficiaries, such as preparing suitable beneficiaries to take up contract work and training beneficiaries who are keen to take on cleaning roles at ODC and Insight Centre.

ODC will also continue with the peer support programme as it has a positive impact on beneficiaries' self-confidence and journey of recovery.

SUCCESS STORY

When we first met Celine (not her real name), she had been recently diagnosed with Schizophrenia. Celine presented herself as a quiet and reserved young lady. She spoke softly, so softly that we often need to listen very closely in order to hear her. This apparent lack of confidence to speak is the result of her being a victim of bullying at school.

During the Intake Interview, Celine shared that her goal was to get a job and that sentiment was shared by her mother too. Yet, her mother expressed a common caregiver's worry that Celine will not be able to cope and was afraid to let Celine work or participate in rehabilitation programmes but, at the same time, her mother hopes that Celine will be able to gain skills and lead an independent life.

Upon admission to the day centre, caseworkers started working with both Celine and her mother. For Celine, we worked on her recovery goals with the aim of attaining employment. For her mother, we helped her to understand the recovery process and discussed ways to encourage and allow opportunities for Celine to be more independent. Celine's mother would personally send Celine to the day centre daily at the initial stage and request if she could hang around to observe Celine from the window outside. Caseworkers encouraged her mother to take a break from her caregiving responsibilities when Celine is at the day centre, emphasising the importance of self care, and reassuring the caregiver that she will be updated on the assessment and progress of Celine's functional skills. Such communication gave her mother the confidence that Celine is in a safe environment to learn how to manage.

After three months of rehabilitation, Celine chose, found and kept her job at a fast food restaurant. At the point of writing this report, Celine has been working at the same fast food restaurant for six months.

SUPPORT GROUPS & PSYCHO-EDUCATIONAL WORKSHOPS

SAMH offers a variety of support programmes to beneficiaries and caregivers to promote resilience and community integration. These programmes are: Caregivers Support Group, Mental Health Interactive Group, Illness Management & Recovery (IMR), as well as Support for Eating Disorders, Singapore (SEDS).

CAREGIVERS SUPPORT GROUP (CSG)

The Caregivers Support Group is for people who are concerned for the emotional and mental well-being of their loved ones who have mental illness. It is facilitated in both English and Mandarin. Members meet regularly to share their experiences, learn mutual ways to support their loved ones and provide emotional support to each other. The support group aims to create a safe and supportive environment for caregivers to open up and share about the challenges they face as well as exchange useful coping strategies.

Objectives

- To provide support for caregivers.
- To equip caregivers with the necessary knowledge and skills to support their loved ones affected by mental illness.
- To allow caregivers the opportunity to share their experiences and to learn from each other's experiences.
- To increase social networking among caregivers.
- To encourage caregivers and significant others to assume a pro-active role in advocacy efforts for people with mental illness.

Membership/Group Activities

This year, in addition to introducing the resources available in the community, three Peer Support Specialists (PSS) were invited to share about their

recovery journey with the caregivers. Caregivers often experience mixed emotions while caring for their loved ones and they may feel helpless when their loved ones do not seem to be getting better from their illness. With the sharing from our PSS, caregivers are better able to understand the difficult journey that their loved ones are going through and more importantly, that recovery is possible. To further enhance caregivers' communication skills with their loved ones, two workshops were facilitated to highlight the importance of heart-to-heart connection for our caregivers.

On November 2016, our caregivers participated in a community service at a recycling centre. This was the first time that our caregivers were involved in volunteering work as a group outside the mental health field. Caregivers feedback that the experience was meaningful and they had learnt new ideas about recycling which can be applied in their daily life.

A total of 11 sessions were held in FY 2016, with an average attendance of eight members each session.

MENTAL HEALTH INTERACTIVE GROUP (MHIG)

The Mental Health Interactive Group is an open group for persons recovering from mental illness. Members meet to share information and experiences with fellow peers. They are empowered in the process of learning, giving and receiving social and emotional support from one another.

Objectives

- To develop a social and emotional support network.
- To increase competencies in coping with stresses of daily living.
- To gain deeper self-awareness through group experience.
- To learn and develop coping strategies in managing life situations.

Types of Open Groups

MHIG for Persons Recovering from Schizophrenia/Psychosis

Members meet regularly and the sessions are facilitated by a Peer Support Specialist or clinical staff. During the sessions, members will bring up topics that are of concern to them (gender differences, afterlife issues, etc.) and have an in depth dialogue on it. There is a total of 64 active members in FY 2016, with an average attendance of 13 participants per session.

Sunshine Path for Persons with Depression, Bipolar Disorder or Anxiety Disorders

Members gather from 7.30pm to 9.30pm on the first Monday of every month. Meetings are facilitated jointly by SAMH staff and the Sunshine Path Committee, who are members from the support group itself. It is a semi-structured group where the content of sessions is planned together by the Committee and staff. Each support group meeting typically includes smaller group discussions to facilitate deeper sharing.

In FY 2016, members experienced "Laughter Yoga" where they learnt how laughter can contribute to well-being; as well as learnt from a psychodrama session, another way of managing stress and enhancing self-awareness through role-play.

A total of 11 sessions were conducted in FY 2016, with an average of 14 attendees at each session.

ILLNESS MANAGEMENT & RECOVERY (IMR)

This programme was launched in July 2006 with the purpose of educating and equipping persons with mental illness with the knowledge and skills to better manage their illness.

The programme utilises the IMR manual developed by New Hampshire-Dartmouth Psychiatric Research Centre and West Institute in USA. It comprises nine topics designed to help persons with Schizophrenia, Bipolar Disorder and/or Depression develop personalised strategies for managing their mental illness and moving forward in their lives. Each topic is covered in a two-hour session, and the programme is held over nine weeks.

Four IMR workshops were conducted in FY 2016 and a total of 19 participants attended. All who completed the survey (total: 8) reported that they were better able to manage their condition after attending IMR.

SUPPORT FOR EATING DISORDERS SINGAPORE (SEDS)

SAMH officially launched the SEDS group on 25 February 2001, which is a collaboration with Singapore General Hospital. It was started as a self-help group started in 1999 by persons recovering from eating disorders. SEDS is

an open group, i.e. both survivors recovering from eating disorders and their supporters can join the group at any time.

Objectives

- To educate and support persons with eating disorders and their supporters in a caring and supportive environment.
- To educate the public and disseminate information on the prevalence and nature of the illness in order to de-stigmatise the illness and encourage early treatment, recovery and advocacy.

Structure of Group

The group meets from 7.15pm to 8.45pm on the first Thursday of every month at LIFE Centre of Singapore, Singapore General Hospital (SGH). Topics such as positive and negative body image, healthy versus unhealthy exercise, eating disorders and the brain, methods of treatment for eating disorders and eating for recovery are discussed. Supporters and survivors are also invited to share their experiences and journeys with the group.

The support meetings are co-facilitated by SGH healthcare professionals, volunteer counsellors and SAMH staff. A total of 12 sessions were conducted in FY 2016 with an average attendance of 14 participants per session.



Above: A visit to the recycling centre.

MINDSET LEARNING HUB

MINDSET Learning Hub (MLH) is a training and employment support centre for persons in recovery (PIRs). With a multidisciplinary team, we work with PIRs on their vocational skills training and employment needs through individualised learning and employment plans as a collaborative effort between SAMH and MINDSET Care Limited, which is the registered charity arm of the Jardine Matheson Group.

OFFICIAL LAUNCH

Renovations was completed at the end of June 2016 and operations commenced from July 2016.

Launched on 1 Oct 2016, the centre was officially opened by Ms Grace Fu, Minister for Culture, Community and Youth, and was attended by distinguished guests from the Jardine Matheson Group, MINDSET Care Limited, Yuhua constituency, SAMH Board and Committee Members, SAMH Staff, representatives from various mental health agencies, community partners, government agencies as well as training and employment partners.

Programme Objectives

At MINDSET Learning Hub, we believe in the potential of every PIR and work towards promoting acceptance and respect for them. With training to enhance their soft and employability skills, mental wellness management and recovery programmes, as well as Workforce Skills Qualifications (WSQ) training, we are dedicated to furnishing them with a conducive and supported learning environment. With the support of industry partners, efforts are put into the training to simulate actual work environments so as

to allow PIRs to gain practical workplace skills prior to job placements. Customised pre-vocational and on-the-job training are also offered by an Occupational Therapist and friendly staff are available to support them in their journey of learning and employment.

Centre Facilities

- 4 Classrooms with a maximum capacity of 12pax
- 1 Activity classroom with maximum capacity of 20pax
- 1 Training café with maximum capacity of 34pax
- 1 Nursing home room (for simulated training purposes)
- 1 Hotel room (for simulated training purposes)
- 1 Food & Beverage room (for simulated training purposes)
- 1 Staff room/1 pantry

Programme Intake Procedures and Eligibility

Every individual who come to the centre through referrals, emails or walk-in are required to attend a meeting with our staff to assess their suitability for training and for work. The trainee must be a Singaporean or Singapore Permanent Resident (PR), above 18 years old, with a diagnosis of any mental health conditions to be eligible for this programme.



WSQ TRAINING

WSQ training is a highlight in MINDSET Learning Hub. We are the first centre in Singapore providing WSQ courses specifically to PIRs and we do this through collaboration with training partners as well as being an Approved Training Organisation for WSQ retail courses.

The centre currently offers WSQ training in Environmental Cleaning and Food & Beverage. Both are professionally conducted by reputable and reliable trainers in the market who worked with us in making adjustments to the learning pace of our PIRs. In addition, we have started providing WSQ retail training in February 2017, which is facilitated by in-house trainers.

Other trainings and workshops conducted include Workplace Communication, Recovery@the Workplace, Workplace Team Work, Saving For Rainy Days, Grooming Workshops and basic Yoga stretching and breathing sessions that encourage trainees to manage stress and tensions from within.

PLACEMENT & EMPLOYMENT

Our friendly and experienced Occupational Therapist works with the PIRs in setting realistic and achievable employment goals. The initial meeting serves as a crucial evaluation of personal goals, work expectations and skill gaps. This helps in forging a recovery plan through the eventual goal of securing employment. The importance of work has a role in recovery and can be a boost to one's confidence. Besides supporting PIRs, collaborating with employers through education, workplace support and communication, if they recruit or have intentions to recruit PIRs. The key to sustaining employment is also dependent on working relations with their employers and supervisors.



FUTURE DIRECTIONS

Volunteers, with experience in training or possess skills and knowledge that could enhance the employability of our PIRs, are welcome to join us as volunteer trainers or mentors. In addition, the training cafe will be opening in June 2017 and volunteers, with current or prior kitchen or service experience in the hospitality or Food & Beverage sectors, are welcomed to work alongside the trainees in MLH Café and to share with them authentic workplace dynamics and practices.

Interested employers are welcomed to join us as employment partners where opportunities can be provided to our PIRs in gaining work experiences and sharpening their skills for sustainable employment.

PROGRAMME STATISTICS FROM JUN 2016-MAR 2017

	JUN TO SEP (PRE-LAUNCH)	OCT (OFFICIAL LAUNCH)	NOV	DEC	JAN	FEB	MAR	TOTAL
No. of Individuals Registered	66	42	14	11	11	17	15	176
Accumulative No. of Individuals Trained &/or Undergoing WSQ/ Non-WSQ training	31	57	60	75	75	79	97	97
No. of Interviews Arranged	3	4	3	3	9	3	5	30
No. of Placements	1	0	2	1	6	1	2	13
Accumulative No. of Individuals Placed	1	1	3	4	10	10	12	12

"I wish to express my gladness that a place like MINDSET Learning Hub exists that caters specially to mental (health) patients who can receive education and learn skills, which help in their employability. I hope that one day I can see MLH providing a wider range of courses. I find that MLH has conducive environment with friendly staff and trainers who are sensitive and helpful to the needs of mental (health) patients."

Tan

A person in recovery, completed the WSQ Certificate in Culinary Skills at MINDSET Learning Hub and is currently working part-time as a kitchen crew in an F&B establishment



Left: Making a sandwich in a WSQ F&B training course. Opposite page (top to bottom): PIRs learn about appropriate footwear for work in a grooming workshop; Saving for Rainy Days workshop; PIRs practising some steps of basic Yoga stretching to help relieve stress. Previous page: Official launch of MINDSET Learning Hub, with Guest of Honour Ms Grace Fu.



CELEBRATING TRIUMPH &

Determination

Mental Muscle is a student led initiative run by a group of medical students from the National University of Singapore, with a common vision to serve the Mental Health community. The initial team of four close friends founded Mental Muscle back in the Summer of 2015, with the aim to raise Mental Health Awareness in the community. They completed their 250km Sahara Race in the Namib Desert in the Summer of 2016 and raised a total of \$44,939.51 for programmes run by SAMH. The baton was passed to a new team of six later that year. The new team consists of Keith Ching, Navkaran Singh, Hargaven Singh, Huang Juncheng, Thaddaeus Tan and Ho Jun Kiat, aged between 21 to 22. In December 2016, they ran the 200km trail in the mountainous regions of Kathmandu, Nepal. They hope that through this race it will personify the psychological difficulties faced by individuals with mental health issues.

Why did you choose this cause?

Through our yearly involvement in a myriad of local and overseas Community Involvement Programmes (CIP), we were exposed to the intrinsic and intangible psychological needs both patients and caregivers faced. Many of these issues were unjustifiably regarded as taboo topics, or invoked such a strong sense of vulnerability that they never surfaced.

Through our psychiatry rotation in medical school, we learnt that Mental Health Issues caused great morbidity for the patient and their families alike, for which stigma was a significant proportion of it. We thus saw value in continuing the efforts of our seniors to champion the Mental Health community and further our partnership with SAMH.

What were some of the challenges face?

Physically training for a 200km ultramarathon was difficult. Some of us were training for concurrent Sports' tournaments during the same timeframe, and others had yet to run their first full marathon.

Finding sponsorship for equipment and nutrition for our relatively new project was a challenge, due to a lack of track records for sponsors to rely on for judgement.

Acquiring donations required tremendous effort and publicity to generate trust and belief in our donors for our meaningful cause. SAMH was very supportive and provided us with opportunities to speak to their higher management and partners to share our story, journey and project.

What kind of outcomes have you seen since organising this project?

Our efforts for 2016/2017 were directed towards YouthReach of SAMH. We have raised \$36,000 as of December 2016, far surpassing our target of \$25,000. Our donation drive for YouthReach closes in July 2017 and we will be continuing our fundraising efforts till then.

As of December 2016, Mental Muscle had officially completed its second ultramarathon in Kathmandu, Nepal, running 200km in just five days! That is equivalent to five full marathons in five days.

In October 2016, Mental Muscle was awarded the Singhealth Medical Student Talent Development Award (SMSTDA) for community involvement and development. This provided recognition, support, and a \$5,000 funding boost for our project.

Media platforms have also increasingly recognised the efforts of Mental Muscle. In 2016, The Straits Times published an article on the relevance and value of Mental Muscle in our community. Subsequently in 2017, the Singapore Medical Association published an article in the SMA Magazine, recognising the value our project brought to the community. Other media features for Mental Muscle over the course of two years include: CNA radio interview, Vasantham's News Channel, Run Magazine, JustRunLah! and NUS MediCine Newsletter.

With regards to our awareness campaigns, we have published interviews on Facebook of individuals battling mental health issues and their journey. This is in addition to regular news articles and sharing posted on Facebook, Instagram and our website.

With studies and training, how did you balance both and still have time for yourself?

At some point, it becomes a matter of priorities and deciding what matters more. For us, being both good medical students and advocates for Mental Muscle were important. The 200km trail run was a few weeks before our fourth year professional exams, but our team collectively saw the need to allot time and effort for a cause bigger than ourselves. Having supportive mentors and camaraderie in the team also played a huge role in helping us balance our commitments.

What advice would you share with other young volunteers who want to start a fundraising/outreach project like this?

Kickstarting a new initiative will always be difficult. A clear purpose, vision and passion are only some of the many ingredients required of you to see it to fruition. A committed team of individuals are necessary, and supportive mentors and staff are a blessing, such as the ones we have had the pleasure to have. Throughout the journey, never give up be tenacious, and your plans will materialise!

What can society do to support people with mental health issues?

Stigma is a significant portion of the burden and morbidity that individuals and families of those with Mental Health issues face. To be supportive of them through our kind words, helpful gestures, job opportunities and any other means, will not only help them in their recovery, but it will also nudge those undiagnosed and struggling with similar issues to step forth and seek help. We need to be inclusive, cohesive and supportive as a community if we ever hope to achieve the ideals of a truly inclusive and meritocratic society.

VOLUNTEER PROGRAMME

SAMH has a pool of executive and direct/indirect service volunteers. The executive volunteers include our Management Committee. Besides involvement in committee activities, SAMH executive volunteers also serve as resource persons and speakers for Community Mental Health Education outreach events at public forums and training workshops. Direct/indirect service volunteers are mainly involved in SAMH service programmes held at our various centres. Direct service volunteers may interact with beneficiaries as befrienders or teach a skill as instructors or programme facilitators while indirect service volunteers help with ad-hoc projects in special events or provide administrative support. We also have a number of group volunteers who organised activities and outings for the different programmes. They are usually tertiary students, corporate groups, interest groups, religious groups or clubs.

The following table shows the number and type of volunteers for the past two years.

Type of Volunteers	FY 2015	FY 2016
Management Committee	13	11
Individual Direct/Indirect Service Volunteers (Excluding Volunteers From Groups and Corporates)	97	98
Total of Individual Volunteers	110	109
Number of Volunteer Groups	14	32

DIRECT/INDIRECT SERVICE VOLUNTEER OVERVIEW

Activity Hub

Annual Sports Day

Activity Hub held its annual Sports Day on 9 April 2016. The main purpose of the Sports Day is to enhance bonding among residents and to encourage them to keep fit and stay active. This is the thirteenth time the Sports Day was conducted jointly by the Church of the Holy Spirit and SAMH. We would like to extend our gratitude to their dedication and commitment. 139 residents from the five Welfare Homes had a great time competing against each other in a variety of simple games designed by the church. The volunteers from the church also encouraged residents who enjoy singing to sing in front of the crowd. 29 volunteers from the church participated in the Sports Day. We certainly look forward to the Sports Day next year!

Flamenco Sin Fronteras

Flamenco Dance is a collaboration with Flamenco Sin Fronteras. Flamenco dance allows individuals to express themselves and create wonderful works of art. It acts as an avenue for people to release their pent-up emotions. Two volunteers have been coming to Activity Hub to teach the residents Flamenco dance, twice a week, since March 2016. 12 beneficiaries from the five welfare homes were involved in the dance. Despite the steps being hard to remember and execute, the residents were very keen and interested to learn. All of them looked forward to going for the sessions and wanted to continue even after the eight sessions ended. It was also a good opportunity to socialise with beneficiaries from other centres.

Jabil Circuit

As part of Jabil Circuit Singapore's corporate social responsibility initiative, 25 staff under Mr Adam Ng and Mr Christopher Goh came together to volunteer their time to clean Activity Hub, a fifty thousand odd square feet building with 34 toilets. They came early on the morning of 16 April 2016,



Left: Staff from Jabil Circuit at Activity Hub; Volunteers from Youth Corp organised a Food Trail Event for BGGH residents. **Opposite page:** Creative Mindset's volunteers organised outdoor activities like kayaking for our beneficiaries.



with scrubs, mops, pails, cloths and detergent to do the job. They have done a great job and their energy and exuberance were infectious. Activity Hub would like to thank Jabil Circuit Singapore for their contribution and also for donating to SAMH in support of our Charity Dinner.

Bukit Gombak Group Homes

Annual Beneficiary Satisfaction Questionnaires

Bukit Gombak Group (BGGH) Homes have received a myriad of support from our volunteers over the years. In May 2016, 10 psychology students from Ngee Ann Polyclinic (NP) helped BGGH to conduct annual beneficiary satisfaction questionnaires for FY 2015. The results of which would determine how effective our rehabilitation efforts at BGGH have been in preparing the beneficiaries for community living. This also allowed us to identify areas of success and improvements, so that we can continue to meet the needs of our beneficiaries.

Food Trail Event

We had another group of volunteers, from Youth Corp Singapore (YCS), who organised a Food Trail event for BGGH

residents in June 2016. The aim was to build bonds between the volunteers and the residents over food. The volunteers brought the residents to one of the well-known "prata" (local Indian flatbread) shops and actively engaged the residents during the journey. Each resident was given a goodie bag as a token of participation at the end of the activity. The residents were satisfied and grateful for the hard work the volunteers had put in. One of the residents was even inspired to join YCS as a volunteer.

YouthReach

YouthReach continued to receive support from both individual and group volunteers. Individual volunteers provided our youth beneficiaries with educational support, and conducted craft related activities. A group of senior volunteers planned craft activities on a monthly basis for our youths. They taught interesting methods to create unique yet practical pieces out of the simplest materials. Through these sessions, our youths found an outlet to work on their creativity and socialise with members of the community. This year, a new batch of students from Hwa Chong Institute once again volunteered with us by organising a photography

walk session on their school premises. Our youths had the opportunity to learn simple photography skills such as framing and lighting techniques.

Two groups of National University of Singapore (NUS) volunteers planned activities for our major events in FY 2016. One group planned out a Halloween themed escape room during our "Halloween Boo..Nival" event, while another conducted engaging and fun group games with our youths during the annual Christmas Party.

Our youths were also provided the unique opportunity to be involved in a drama production. This was made possible by a group of corporate volunteers from Singapore Drama Educators Association (SDEA), together with students and a lecturer from Singapore Polytechnic (SP) who guided and taught them the ropes. They put together an amazing drama performance, STIGMA, which touched the hearts of the audience by bringing to light the struggles of people with mental illnesses against stigmatisation from the public. Students from the School of the Arts (SOTA) conducted a series of workshops for our youths which included dance,

theatre and photography. The interaction between our youths and peers of their age group allowed them to feel connected with the community once again.

Volunteers play a very important role in supporting the work that YouthReach does with our youth beneficiaries. The skills and knowledge imparted by volunteers are diverse and help to widen the exposure of our youths to various experiences. We truly appreciate all the contribution made by each and every volunteer towards mental wellness with our youths at YouthReach!

Creative Hub

Since April 2016, six volunteers have engaged beneficiaries through an extensive range of programmes such as portrait-sketching, sewing, I-clay, watercolour painting and photography skills. One volunteer has been actively helping out during Closed Studio sessions. We have two long-term volunteers who conducts monthly watercolour and photography sessions. Another volunteer conducted Basic Body Awareness therapy sessions for two of our youth beneficiaries, which helped them to be more aware of their body

and movements.

In February 2017, 14 volunteers helped out in the setting up, tearing down and gallery sitting for our National Arts Council (NAC) funded exhibition "In Process/ In Progress" at Goodman Arts Centre. This annual art exhibition is a collaborative effort between the staff of Creative Services, beneficiaries of SAMH, and members of the public.

Creative Mindset

Creative Mindset's volunteers have engaged our participants and beneficiaries in expressive arts sessions and activities such as music, craft, outdoor activities and sports since April 2016.

For music, we have National University of Singapore (NUS) students who held music sessions for our beneficiaries over a period of two months in both 2016 and early 2017. Beneficiaries made their own musical instruments with the guidance of the students and had interacted with one another through music making. Recordings of the music were given to participants in 2016, while participants led the drumming in the final session in 2017. Several volunteers

also taught our beneficiaries craft-making, yoga, keyboard and gave talks on photography to beneficiaries to expose them to different art-forms.

For outdoor activities and sports, we have a group of volunteers to support and execute the activities in the centre. Titled "Project Outdoors", the project provides exposure for beneficiaries to experience the outdoors and boost their confidence. Through activities like Muay Thai, dragonboating and kayaking, beneficiaries managed to participate in team sports that are usually not accessible to them.

In January 2017, volunteers from Youth Corp Singapore (YCS) partnered with us to plan a series of outdoor activities for both beneficiaries and the general public with the aim to create a cohesive and inclusive environment to reduce stigma in the society. This includes activities like island trail and cycling to allow the general public and people with mental illnesses to know one another better.

Creative SAY!

Creative SAY!'s volunteers have engaged participants and



beneficiaries in sessions such as High Element Obstacle Course, floorball, photography and in groups, such as NUS Capstone, Temasek Polytechnic Enactus and Campus PSY since December 2016. Three volunteers have also co-facilitated sessions with us, one of whom is a peer we are supporting in his recovery.

Sporting Saturdays

Sporting Saturdays is a series of four Saturdays where beneficiaries from various SAMH programmes can participate in different sports. This programme was supported by Marsiling Youth Executive Committee, a group of tertiary youth volunteers, from Marsiling-Yew Tee GRC who organised and funded the sports activities. Campus PSY, a group of tertiary youth volunteers, also supported the programme by partnering our beneficiaries. We have a one beneficiary to one volunteer ratio, so that a more in depth befriending can take place. Also, there is one to one debrief after the event, which allows beneficiaries to process their experiences with a trained volunteer.

NUS Capstone Project

Floorball with National University of Singapore (NUS) was done as part of a group of NUS students' Capstone Project. Through rapport-building with our beneficiaries, they gradually developed a four-session floorball programme to engage our youth beneficiaries and teach values like constructive feedback and respect. Upon reflection of their experience, this group of students also came up with a mini toolkit for future volunteer groups to implement similar values-infused sports activities for youths with mental health concerns.

Oasis Day Centre

ODC/Club 3R has a group of individual and group volunteers

Left: Creative SAY! youths and volunteers enjoying outdoor high elements obstacle course with Marsiling YEC Floorball programme organised by students from National University of Singapore (NUS); Student volunteers from National Institute of Education (NIE) facilitated activities for our beneficiaries at Oasis Day Centre.

who have been volunteering with us regularly in the past years. Students from St Andrew's Junior College continued to facilitate fun and interactive games for our beneficiaries, and our beneficiaries also travelled to one of the Yoga schools once a week to learn Yoga from the volunteer instructor.

In December 2016, a group of volunteers called "Cookerama" organised a Christmas party for our beneficiaries at ODC/Club 3R, on top of their usual cooking classes for our beneficiaries. It was a fun-filled time for the beneficiaries from ODC/Club 3R as they get to know each other and enjoy the food that was prepared by the volunteers for the party.

The individual volunteers facilitated leisure activities such as singing and dancing, and taught beneficiaries how to decorate the centre with art and craft.

"Volunteering at Creative Hub is a rewarding experience for me. It provides the opportunity for me to meet kind and interesting people, as well as the chance to share my love for art with them. Practising art has helped me through stressful times and I feel grateful to be able to volunteer for an organisation that supports mental wellness through art."

Sandra
Volunteer from Creative Hub

COMMUNITY MENTAL HEALTH EDUCATION

SAMH Community Mental Health Education Programme aims to spread awareness about mental health issues and strives to reduce social stigma against mental illness through talks, workshops, public forums, seminars and art exhibitions.

Post-Discussion Panel List for Performances

In FY 2016, SAMH was actively involved in the panel list for post discussion in a dance theatre production and a stage performance. Bharathanatyam dance theatre production commemorated Annual World Mental Health Day while "Dear Jay" was about exploring another side of grief and understanding mental illness. In addition, we had booths to increase awareness on mental health issues and to de-stigmatise mental illness. We are grateful for the invitations to share our expertise.

First Peer Supporter Workshop

Community Mental Health Education Programme conducted its first Peer Supporter Workshop at the National University of Singapore (NUS) to some students from the College of Alice & Peter Tan (CAPT). The workshop focused on mental wellbeing & managing stress, self-care & setting boundaries, common mental illnesses, resilience, confidence and self-esteem. The workshop also included activities such as writing yourself an encouragement note and doing origami. One of the students commented, "I think the workshop has given me a better understanding of myself (self-awareness) as well as teaching me self-care strategies. It has also taught me certain skills and strategies to help our friends." The other take away from another student was, "Keep the whole thing real in terms of connecting a needy person to resources and drawing boundaries so that both the supporter and the supported can share in the

healing journey well. And also, the diversity of self-care methods." Another participant shared, "Hold the hope for your friends. It's not so much about curing or rescuing the person, but being there for the person." Basically, it is about how to encourage a healthy mindset in peers and developing a more holistic understanding of mental health and its relevance to the self and the community.

Peer Specialists Recovery Journey Sharing

Peer Specialists shared their recovery journey to 365 Meriden Junior College students at their "Breaking Perspectives" event. The sharing benefitted the students as one student found the courage to come forward. A few weeks later, their counsellor wrote to us that a student came to seek help. The Peer Specialist also shared with 104 students at the College of Alice & Peter Tan Student Symposium (CAPTISS) HUMAN LIBRARY, 100 students at NUS CAPT and 15 students at NUS Chua Thian Poh Hall. The event at NUS Chua Thian Poh Hall consisted of exploring our own attitudes towards mental health conditions, and trying to get a sense of what the other person may be feeling. Also, there were activities on sharing and receiving information about others literally in the dark. One participant commented what one Peer Specialist shared was very practical and detailed in the kind of steps to engage a peer. We hope to raise awareness about the importance of mental health and to spread the word that recovery is possible.

TALKS/WORKSHOPS FROM APR 2016–MAR 2017		NO. OF TALKS/WORKSHOPS	NO. OF PARTICIPANTS PER TALK/WORKSHOP
APR	Talk on “Coping with Imagery”	1	25
	Dialogue Session on Caregivers Issues	1	25
	Talk on “Stress Management”	1	25
MAY	Talk on “Creating Wellness Through Art”	1	27
	Talk on SAMH Services and Understanding Mental Health	2	1200
JUN	Talk on “Destigmatising Mental Health”	1	25
	Talk on “Development Ad Implication of Peer Support Work”	1	40
JUL	Talk on “Healthy Aging & Elderly Depression”	1	80
JUL	Talk on “Understanding Mental Health” & Peer Sharing	1	25
AUG	Workshop on “Relaxation Techniques”	1	27
SEP	Talk on “Finding Your Strengths & Purposeful Engagement”	1	31
	Talk on “Staying High at Social Work”	1	30
	Talk on “Positive Living”	1	30
OCT	Mandarin Talk on “Stress Reduction”	1	60
	Workshop on “Communication of Tactics for Parents (of Teens)”	1	80
	Talk on “Managing Stress” for Staff Wellness Day	1	83
	An Open Studio Experience - “De-stress Through Pointillism”	1	10
JAN	Talk on “Elderly Depression”	1	16
NOV	Wellness Talk	2	19
JAN	Peer Supporter Workshop	2	14
	Talk on “Stress Management”	1	140
FEB	Work as a Counsellor & Introducing SAMH, CS and a PSS Sharing	1	50
	Resilience Talk	1	408
MAR	Talk on SAMH Services	1	55
	Mandarin Talk on “Coping with Insomnia”	1	35
	Resilience Talk	1	37

OUTREACH EVENTS FROM APR 2016–MAR 2017		NO. OF PARTICIPANTS
MAY	Anglo-Chinese School (Independent) “Busking for Change” @ Orchard	1000
JUL	NTUHealth Cluster Support Opening	20
AUG	Meaningful Makan Session at New Ubin Seafood	100
SEP	Conversations in the Dark at National University of Singapore	15
	Sharing of Recovery Journey at National University of Singapore	104
	“Towards A Healthy Mind” for CE Sports Week at National University of Singapore	100
OCT	Stress Management for Mandarin Speaking Elderly at Yio Chu Kang Community Centre	190
	Last Day of School Before A-Levels at Jurong Junior College	40
	“Don’t Worry, Be Happy” for World Mental Health Day at Bukit Batok East Constituency	35
	Finding Dignity Dance (with Art Display) at School of the Arts	100
	World Mental Health Day (with Hama Beads Making Booth) at PSB Academy	120
	Meet the Parents Session at Academy English School	45
NOV	Silver Ribbon 10th Anniversary at Punggol Park	150
NOV	“Healthy Minds, Happy Minds” at Community Rehabilitation and Support Services	50
DEC	“Dear Jay” Performance at Esplanade	100
JAN	Evergreen Secondary 1 Open House	30
	Nanyang Polytechnic Wellness Roadshow	50
FEB	Raffles Science Symposium at Raffles Institution	50
	Peer Helper Symposium at Singapore Management University	50
	Sharing of Recovery Journey at Meridien Junior College	365
MAR	Marsiling GRC Event	35
	Creative SAY! Open House	80
	Bukit Batok East Community Health Fair	500
	Institute of Mental Health Social Work Day 2017	35

ART EXPERIENTIAL EVENTS FROM APR 2016–MAR 2017		NO. OF SESSIONS	NO. OF PARTICIPANTS	ART EXPERIENTIAL EVENTS FROM APR 2016–MAR 2017		NO. OF SESSIONS	NO. OF PARTICIPANTS		
APR	Pointillism Sensory Workshop (Pilot Run) at St Andrew’s Autism Centre	2	18	AUG	Pointillism Sensory Workshop at St Andrew’s Autism Centre	4	10		
	“Hope & New Life” at Brain Empowerment Support Group	1	27		Splash of Expression at ProAge	1	27		
MAY	Pointillism Sensory Workshop at St Andrew’s Autism Centre	4	9	SEP	Introduction to Art Therapy at Singapore Polytechnic	1	27		
	Art Experiential at Deutsche Telekom Asia	1	10		Pointillism Sensory Workshop at St Andrew’s Autism Centre	4	10		
	“Creating Wellness Through Art” Workshop at Lifelong Learning Institute	1	27	Art Experiential Workshop for Team Bonding at Parkway Hospitals	1	20			
	Holiday Group Art Experiential at St Andrew’s Canossa Primary School	1	20	OCT	Art Exhibition at National University of Singapore	3	90		
JUN	Art Experiential at Greendale Secondary School	1	10		Arts in Eldercare at National Arts Council	1	30		
	Pointillism Sensory Workshop at St Andrew’s Autism Centre	4	9	Pointillism Sensory Workshop at St Andrew’s Autism Centre	4	10			
	Pointillism Session at Agency for Integrated Care (and Site Visit to Creative Mindset)	1	11	Sensory Art Toolkit Training at Jurong Health Services	2	18			
JUN	Art Experiential at Ministry of Education	1	26	NOV	Pointillism Sensory Workshop at St Andrew’s Autism Centre	3	10		
	Car Free Sunday at National Arts Council	1	140		Sensory Art Toolkit at Agency for Integrated Care	2	19		
	Pointillism to De-stress Workshop at Lifelong Learning Institute - Part 1	1	10	DEC	Pointillism Sensory Workshop at St Andrew’s Autism Centre	2	9		
JUL	Pointillism Sensory Workshop at St Andrew’s Autism Centre	3	10		CDAC Parent - Child Art Experiential at National Junior College	1	19		
	Art As Therapy at Morning Star Community Service	1	10	JAN	“A Box of Dreams Floral Zentangles” GAC Open House at National Arts Council	1	18		
	Pointillism to De-stress Workshop at Lifelong Learning Institute - Part 2	1	10		Art Exhibition “In Process, In Progress” at Goodman Arts Centre	5	100		
	“Create, Learn & Share” Talk/Art Experiential at Jardine Mindset	1	20	MAR	Art As Therapy at St Andrew’s Autism Centre	4	10		
			Sensory Art Activity at Tembusu Seniors Activity Centre		1	30			
							Sensory Art Toolkit at Agency for Integrated Care	2	21

CENTRE VISITS FROM APR 2016–MAR 2017		NO. OF PARTICIPANTS
JUL	Visit by NHG Resident Doctors Bukit Gombak Group Homes	8
	Visit by Staff of Nexus Family Resource Centre to Bukit Gombak Group Homes	7
MAR	Visit by IMH Caseworkers to Mindset Learning Hub, Bukit Gombak Group Homes, and Creative Mindset	16
TRAINING FROM APR 2016–MAR 2017		NO. OF PARTICIPANTS
JUN	Emotional CPR for Mental Health Workers in Hong Kong	19
JUL	Emotional CPR for NUS Mental Health Wing	10
MEDIA COVERAGE FROM APR 2016–MAR 2017		ARTICLE ON
4 APR	Lianhe Wanbao	SAMH Peer Specialist Rosalind and Her Recovery Story
19 APR	TodayOnline	“New Course to Boost Job Prospects of Those Recovering from Mental Illness”
8 MAY	The Sunday Times	“Tackling Self-Stigma - Facing Their Fears, at Sea”
8 MAY	The Sunday Times	“Tackling Stigma From the Community - The Art of Making Friends”
28 MAY	The New Paper	“She Helps Spots Those with Undiagnosed Mental Illnesses”
27 MAR	Channel News Asia - First Look Asia	“60 Million People with Bipolar Disorder Condition” With Ruth and Dr Lim Boon Leng

COUNSELLING

SAMH started its counselling service in 1981 at the SAMH Centre in Toa Payoh, which was headed by a psychologist and a social worker, and backed by a panel of mental health professionals. In the year 1994, the counselling service shifted to SAMH Insight Centre at Potong Pasir. Since then, the counselling team grew from two to a current team of four, including the Programme Head.

The aim of the counselling service is to meet the emotional and psychological needs of individuals, couples and families with mental health related issues. Counselling is provided through face-to-face sessions, while information on mental health issues and supportive counselling are usually provided through telephone helpline and email.

HELPLINE SERVICE

SAMH's toll-free helpline 1800-283 7019, as well as the counselling email counselling@samhealth.org.sg, serve as the first point of contact with mental health professionals. Our helpline and counselling email have also been a key avenue of access for existing beneficiaries requiring emotional support and seeking to enhance their coping skills. Callers are provided, if and when necessary, with the option of face-to-face counselling to work on their issues.

The table on the right lists the number of helpline calls attended to in the past three years, categorised according to types of issues discussed. As with previous years, majority of the calls attended to are related to mental health issues.

NO. OF HELPLINE CALLS

Types of Difficulties/Problems Discussed	FY 2014	FY 2015	FY 2016
Schizophrenia	604	343	235
Mood Disorders	538	525	488
Anxiety Disorders	432	434	442
Family, Child & Adolescent (Caregiving-related Issues)	595	520	342
Stress-related Issues	127	94	55
Interpersonal/Relationship Issues	125	201	95
Marital Issues	63	66	80
Sexuality & Gender Identity Issues	12	7	19
Employment-related Issues	109	120	86
Others (SAMH Programmes, Mental Health, Community Resource Referrals And Issues Not Otherwise Mentioned Above)	1169	1058	1057
Total	3774	3368	2899

FACE-TO-FACE SESSIONS

The following table shows the number of direct beneficiaries (i.e., beneficiaries who sought counselling to work on their issues), number of indirect beneficiaries (i.e., caregivers, family members or friends of direct beneficiaries who attended the counselling sessions), and the number of face-to-face sessions for the past three years. The number of direct and indirect beneficiaries includes both voluntary (i.e., those who seek services voluntarily) and mandated beneficiaries.

FACE-TO-FACE COUNSELLING CASELOAD

	FY 2014	FY 2015	FY 2016
No. of Direct Beneficiaries	335	337	343
No. of Indirect Beneficiaries	96	83	89
No. of Sessions (Face-to-Face)	1635	1543	1542

The number of beneficiaries served and number of sessions conducted remain relatively stable, with a slight increase in the number of direct and indirect beneficiaries served.

REQUESTS FOR COUNSELLING SERVICE

	FY 2014	FY 2015	FY 2016
Helpline Calls Attended	3774	3368	2899
No. of Sessions (Face-to-Face)	1635	1543	1542
Email Enquiries	1247	1201	1963
Total	6656	6112	6404

While the helpline calls have reduced by 13.9% in FY 2016, as compared to FY 2015, the number of email correspondences have increased by more than 60%. The table above shows the total number of requests for counselling service that were attended to. The total number of requests for counselling service has remained steadily at over 6,000 in the past three years.

FUTURE PLANNING

The caseload for counsellors is stable and we will be shifting back to SAMH Centre at Toa Payoh in FY 2017. With that, we hope to take in more counselling interns to better equip them to work with persons with mental health issues, and at the same time reach out to more members of the public who may be in need of counselling services.

SUCCESS STORY

John (not his real name) was diagnosed with depression a couple of years ago. He isolated himself and had difficulties in trusting people. He didn't understand what having depression meant and thought his life was over.

When John called the SAMH Helpline, he was struggling to cope with depression, frustration, and low self-esteem. That affected his relationship with others which further pushed him into isolation and being withdrawn from the society. John initially called SAMH helpline everyday, and at times several times within a day. He tended to be negative and constantly found reasons to put himself down. Our counsellor attended to him patiently and John felt heard. He eventually agreed to come down for face-to-face counselling session after weeks of calling the helpline.

A therapeutic relationship was developed and our counsellor assisted John to work through his issues. Over time, both recognized that the depression and anger was triggered by unresolved negative memories from childhood and work experiences; and that John was not angry with others but was experiencing an internal struggle that was overwhelming.

Our counsellor also helped John to see from the broader perspective that he was not alone in his struggles. Through the therapeutic relationship, John felt connected, understood and supported. Our counsellor affirmed John's action plan which was recovery focused and pace him to take steps towards recovery. His emotions were better managed and the frequency of sessions were reduced.

John continued to do well and during sessions, he would update his counsellor on his progress and how he was re-building relationships in his life. In the final session, he thanked the counsellor for her support and that counselling has been helpful as it provided an outlet for him to talk about his issues, which helped him to move forward in life without having pent up emotions. The empathic and non-judgemental approach by the counsellor was crucial in building their therapeutic relationship, and built the foundation for counsellor to work collaboratively with John to achieve his goals.

MOBILE SUPPORT TEAM

The Mobile Support Team is a community-based allied health-led team who provides psychosocial therapeutic intervention for beneficiaries with mental health needs and support for their caregivers to cope with caregiving to maintain beneficiaries well in the community, catering specifically for those in the West and Central regions.

This allowed a holistic service and improved the functioning and quality of life for many beneficiaries and caregivers, equipping them with information to make informed decisions for the management of their condition and to support social re-integration.

Services provided include:

- Performing needs assessments of beneficiaries and caregivers.
- Developing individualised intervention plans, case management and monitoring of beneficiaries in the community, in close collaboration with GPs or hospitals for further assessments and treatment/interventions.
- Providing counselling and other psychosocial therapy.
- Home visits for assessment and follow-ups on beneficiaries and caregivers for more effective coping.
- Provide case management, care coordination and service linkages for beneficiaries to appropriate services based on their needs.
- Training and outreach, e.g. To increase awareness and understanding of mental disorders for the general public.

Mobile Support Team commenced in January 2014 comprising of a caseworker and a peer specialist. Mobile Support Team subsequently expanded and in FY 2016, Mobile Support Team served a total of 318 caseload.

The Team uses the following assessment tools with both beneficiaries and caregivers (Figure 1):

- Global Assessment of Functioning (GAF) Scale: A tool based on observation to measure the psychological, social and occupational functioning of beneficiaries on a hypothetical continuum of mental health-mental illness.

- Sheehan Disability Scale (SDS): A brief self-reporting tool to assess functional impairment in three inter-related domains: work/school, social and family life.
- Zarit Burden Interview: A self-report by the caregiver measuring personal strain and role strain.

Counselling sessions, group work sessions and home visits were conducted as part of case management interventions. The counselling attendance reflected in Figure 2 included both in-house counselling sessions as well as out-of-centre intervention sessions.

Future Directions

There is a rising need for case management interventions by the Mobile Support Team to help people in the community who are actively psychotic, suspected to be psychotic, actively suicidal or with violent tendencies. About 80% of the cases attended to by the Team falls under this criteria as there is limited or no accessible service available in the community. There is thus a need for the Team to also grow a base in the Central region.

There is also a rising need for services catering to the needs of children and youths below the age of 18 although Mobile Support Team currently only attends to beneficiaries aged 18 and above. It is unfortunate that there is also limited case management services to support caregivers with children of such young age who has or are at risk of mental health concerns. Given the spike of teen suicide in recent years, such interventions are indeed necessary as a preventive measure. Mobile Support Team hopes to close the service gaps by serving beneficiaries below the age of 18 and their caregivers.

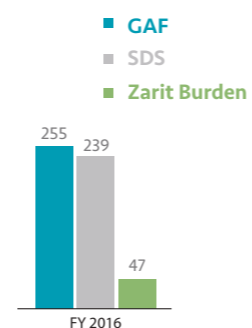


Figure 1. Assessments Conducted

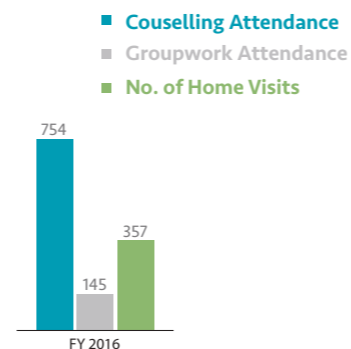


Figure 2. Interventions

COMMUNITY RELATIONS & FUNDRAISING



“This is a wonderful way to bring the entire school family together for a good cause. Our students, staff, parents and Old Boys have put much heart and effort to organising this, and we hope this event will enable more people become aware of mental wellness and how they can support those affected by mental health issues and their families.”

Mr Winston Hodge
Principal, Anglo-Chinese School (Independent)

BUSKING FOR CHANGE, AC @ ORCHARD

In celebration of their 130th Anniversary, Anglo-Chinese School (Independent) organised “AC @ Orchard”—a performing arts carnival on 28 May 2016 in Orchard Road. SAMH is happy to be the partner & beneficiary for this event. The project aimed to raise awareness and support for persons recovering from mental illness, and raise funds for SAMH. Students staged various performances like juggling, dance, band performance and drama skits. The school raised a total of \$23,000 for SAMH, and with an additional sum of \$4,700 matched from Tote Board grant.

MEANINGFUL MAKAN CHARITY LUNCH

On 20 August, SAMH and New Ubin Seafood co-organised a charity lunch—“Meaningful Makan”. Each donation made by a customer went towards the provision of a meal for one beneficiary and his/her family. Donors, as well as our beneficiaries and their families, got to indulge in a delectable spread of local delights, such as lobster ee fu noodles and prawn masala with briyani, while learning more about mental health. The programme for the day included performances and speeches by SAMH, as well as an exhibition of art pieces created by beneficiaries. A total of \$15,115 was raised and donated to our YouthReach programme. We would like to express our heartfelt thanks to New Ubin Seafood and their customers for their generous donations to SAMH.





This page: President Colin MacDonald and Chairman Dr Stanley Quek from The Singapore Ireland Fund presenting the cheque to Dr Francis Yeoh; Team from Aon Risk Solutions with Ms Tan Li Li and Dr Ong Say How. **Opposite page:** Performance put up by students from Anglo-Chinese School (Independent) along Orchard Road; At the end of Mental Muscle campaign (as they finished their 200km in Kathmandu) comprising their team of six along with two running guides.

THE SINGAPORE IRELAND FUND EMERALD BALL
The Emerald Ball, which has been running for eight years, was held at St. Regis Singapore in 2016. The main beneficiary this year was SAMH—we received S\$140,000 which went towards the renovation of our new centre, Creative SAY! at Woodlands. This centre targets youth at risk (13-35 years old), to enhance their resilience. The goals of this new facility are to do early engagement with youths through the use of sports and expressive arts, and to encourage them to seek help early when faced with emotional challenges. The centre also reaches out to the youths by providing counselling and case management support to help them in their journey towards mental wellness.

SAMH TOUCHING HEARTS, REACHING MINDS CHARITY DINNER 2016
The biennial event was held at Chui Huay Lim Club on 23 September 2016 and graced by Dr Amy Khor, Senior Minister of State, Ministry of Health. Guests were treated to a sumptuous eight-course Teochew cuisine while they enjoyed song performances followed by a presentation by the first Mental Muscle team on their race in the Sahara Desert before they officially handed over the fundraising project to

the second team who will be attempting a 200 km trail-run in Nepal's Kathmandu Rim. The presentation was followed by a live auction where four art pieces created by SAMH's beneficiaries were auctioned. Mr Ong Tze Boon and Mr Ong Yu-Phing, from the Ong Foundation, then shared about their experience completing the World Marathon Challenge. The dinner concluded with more song performances and a total of \$260,804.85 was raised.

MENTAL MUSCLE TEAM KATHMANDU
In December 2016, six students embarked on a run along the 200km long Kathmandu Rim, the Nepalese capital, to raise funds and awareness for mental health. After five days of persevering through the aches, sprains and bruises, Mental Muscle is the first team in history to have completed the Kathmandu Valley Rim as a group. As of March 2017, the team has raised \$57,412.40. Donation drive for YouthReach closes in July 2017 and the team will be continuing their fundraising efforts till then.

KOMODO DRAG-AON FUND RAISING
"Enter the Komodo Drag-Aon" is a fundraising project by Aon Risk Solutions. A fundraising cocktail evening was

organised on 30 March 2017. As of April 2017, the team has already raised \$100K. The donations received will be channelled to youths to help them in their life journey through art, sports and vocation.

"This initiative is aligned with our strategy as Aon United to empower communities in Singapore through youths. Our young people hold the key to the future, and we're delighted to be able to work with SAMH to enable youths with, or at risk of, mental illness, with the support and skills they need to lead functional lives"

Ms Fiona Morement
Regional Operations Director at Aon Risk Solutions, Asia



*Service to others is
the rent you pay for the
room here on earth.*

Muhammad Ali

FINANCIAL STATEMENTS

STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2017

	2017 SGD	2016 SGD
RESERVES ¹		
Unrestricted funds	4,433,380	3,466,497
Restricted funds	2,844,420	2,035,395
	<u>7,277,800</u>	<u>5,501,892</u>
Represented by:		
NON-CURRENT ASSETS		
Plant and equipment	667,207	309,122
CURRENT ASSETS		
Other receivables, deposits and prepayments	166,919	137,848
Grant and donation receivable	1,529,157	1,065,592
Fixed deposits	641,176	140,710
Cash at banks and on hand	7,095,404	7,431,177
	<u>9,432,656</u>	<u>8,775,327</u>
Less:		
CURRENT LIABILITIES		
Other payables and accruals	424,746	384,745
Deferred capital grants	76,342	45,644
Deferred grant income	2,010,638	3,035,760
	<u>2,511,726</u>	<u>3,466,149</u>
NET CURRENT ASSETS	<u>6,920,930</u>	<u>5,309,178</u>
	7,588,137	5,618,300
Less:		
NON-CURRENT LIABILITY		
Deferred capital grants	310,337	116,408
	<u>7,277,800</u>	<u>5,501,892</u>

The above summary financial statements are based on financial statements audited by Cypress Singapore, Public Accounting Corporation. A copy of the full audited financial statements can be viewed online at www.samhealth.org.sg

FINANCIAL STATEMENTS

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 31 MARCH 2017

	2017 SGD	2016 SGD		2017 SGD	2016 SGD
INCOME			EXPENDITURE (cont'd)		
Grants from Singapore Government	5,330,414	5,113,324	Insurance	4,531	4,229
Grants/fundings from non-government entities	696,035	379,257	Maintenance of land and building	130,575	89,404
Donation income:-			Maintenance of equipment	22,758	16,180
- Tax deductible	1,060,573	686,541	Maintenance of vehicle	17,496	17,054
- Non tax deductible	511,211	113,423	Miscellaneous expenses	6,737	8,036
- Donation in Kind	22	29,576	Professional services	181,917	138,787
Designated projects income	90,532	100,293	Plant and equipment written off	3,727	5,388
Sales of art works	25,477	21,435	Support contract services	39,844	31,178
Programme fees	152,899	102,610	Recruitment expense	4,437	2,497
Interest income	1,250	805	Rental of building under operating leases	156,004	130,553
Miscellaneous income	864	631	Staff benefits	63,048	55,629
	<u>7,869,277</u>	<u>6,547,895</u>	Staff salaries and CPF contributions ¹	4,670,879	4,265,267
			Staff training	104,458	97,664
EXPENDITURE			Supplies and materials	257,186	252,254
Auditors' remuneration			Transport	15,957	19,874
- Statutory audit	12,519	9,550	Utilities	93,190	109,614
- Special audit	9,220	5,084		<u>6,093,369</u>	<u>5,548,636</u>
Bank charges	1,118	2,139	NET SURPLUS FOR THE YEAR	1,775,908	999,259
Beneficiaries' training programme	19,064	11,109	OTHER COMPREHENSIVE INCOME		
Beneficiaries' job contract payment	30,679	23,480	Items that may be reclassified subsequently to profit or loss	-	-
Communication	37,815	33,962	Items that will not be reclassified subsequently to profit or loss	-	-
Depreciation of plant and equipment	118,800	91,166	Other comprehensive income, net of tax	-	-
Designated project expenses	70,142	80,119		<u>1,775,908</u>	<u>999,259</u>
Restricted donation expenses	8,211	36,546	Total comprehensive income for the year		
Expenses related to sales of art works	13,057	11,873			

¹The Society had four key management staff with annual remuneration exceeding SGD100,000.

¹ The Reserves Policy – The Society sets a mid-term target of achieving a reserve level which is approximately three years' operating expenses. The reserves set aside provide financial stability and the means for the development of the Society's principal activities. The Management Committee reviews the amount of reserves on a regular basis to ensure that they are adequate to fulfil the Society's continuing obligations.

CODE OF GOVERNANCE EVALUATION CHECKLIST FOR SAMH

SN	CODE DESCRIPTION	CODE ID	COMPLIANCE	EXPLANATION (IF THE CODE GUIDELINE IS NOT COMPILED OR NOT APPLICABLE)
BOARD GOVERNANCE				
1	Are there Board members holding staff appointments? (Skip items 2 and 3 if "No")		No	SAMH does not allow staff to become Board members.
2	If the governing instrument permits staff to become Board members, they should comprise not more than one-third of the Board.	1.1.2	N.A.	
3	Staff does not chair the Board.	1.1.2	N.A.	
4	There is a maximum term limit of four consecutive years for the Treasurer position (or equivalent, e.g. Finance Committee Chairman).	1.1.6	Complied	Term limit for the Hon. Treasurer is 3 consecutive terms of 1 year each i.e. up to 3 years.
5	There are Board committees (or designated Board members) with documented terms of reference.	1.2.1	Complied	Terms of reference are provided to each member.
6	The Board meets regularly with a quorum of at least one-third or at least three members, whichever is greater (or as required by the governing instrument).	1.3.1	Complied	Board meets at least once every 3 months, with a quorum of not less than 6 members.
CONFLICT OF INTEREST				
7	There are documented procedures for Board members and staff to declare actual or potential conflicts of interest to the Board.	2.1	Complied	Yes, and these are issued annually to the Board and staff.
8	Board members do not vote or participate in decision-making on matters where they have a conflict of interest.	2.4	Complied	Board and staff declare potential or actual conflicts of interest, & do not participate in such decision making.
STRATEGIC PLANNING				
9	The Board reviews and approves the vision and mission of the charity. They are documented and communicated to its members and the public.	3.1.1	Complied	The Board has a Vision, Mission & Values review periodically, and these are communicated in staff announcements, website and annual reports.
10	The Board approves and reviews a strategic plan for the charity to ensure that the activities are in line with its objectives.	3.2.2	Complied	Board regularly reviews and approves all strategic plans, especially at its Board meeting.
HUMAN RESOURCE MANAGEMENT				
11	The Board approves documented human resource policies for staff.	5.1	Complied	HR policies are documented and approved by the Personnel Committee.
12	There are systems for regular supervision, appraisal and professional development for staff.	5.6	Complied	Annual appraisals, mid-year reviews, career development and training plans are in place.
FINANCIAL MANAGEMENT & CONTROLS				
13	The Board ensures internal control systems for financial matters are in place with documented procedures.	6.1.2	Complied	Financial policies and procedures are documented.
14	The Board ensures reviews on the charity's controls, processes, key programmes and events.	6.1.3	Complied	The Board conducts regular reviews during Committee and Sub-Committee Meetings.
15	The Board approves an annual budget for the charity's plans and regularly monitors its expenditure.	6.2.1	Complied	Annual work plans and budgets are approved by the Finance Committee and Board.
16	The charity discloses its reserves policy in the annual report.	6.4.1	Complied	Reserves policy is disclosed in the annual report.
17	Does the charity invest its reserves?		Yes	
18	The charity invests its reserves in accordance with an investment policy approved by the Board. It obtains advice from qualified professional advisors, if deemed necessary by the Board.	6.4.4	Complied	The Committee approves the placement of reserves, currently in the form of Fixed Deposit.
FUNDRAISING PRACTICES				
19	Donations collected are properly recorded and promptly deposited by the charity.	7.2.2	Complied	Donations are received in compliance with Finance policies and procedures.

SN	CODE DESCRIPTION	CODE ID	COMPLIANCE	EXPLANATION (IF THE CODE GUIDELINE IS NOT COMPILED OR NOT APPLICABLE)
DISCLOSURE & TRANSPARENCY				
20	The charity makes available to its stakeholders an annual report that includes information on its programmes, activities, audited financial statements, Board members and executive management.	8.1	Complied	Copies of Annual Reports are sent to all SAMH members prior to its AGM and when adopted, is published on its website.
21	Are Board members remunerated for their Board services? (Skip items 22 & 23 if "No")		No	SAMH does not provide remuneration to the Board.
22	No Board member is involved in setting his or her own remuneration.	2.2	N.A.	N.A.
23	The charity discloses its exact remuneration and benefits received by each Board member in the annual report.	8.2	N.A.	N.A.
24	Does the charity employ paid staff?		Yes	
25	No staff is involved in setting his or her own remuneration.	2.2	Complied	
26	The charity discloses in its annual report the annual remuneration of its three highest paid staff who each receives remuneration exceeding \$100,000, in bands of \$100,000. If none of its top three highest paid staff receives more than \$100,000 in annual remuneration each, the charity discloses this fact.	8.3	Complied	
PUBLIC IMAGE				
27	The charity accurately portrays its image to its members, donors and the public.	9.1	Complied	Information is published in brochures, newsletters, website and other PR collaterals.

CELEBRATING TWELVE MONTHS OF

Hard Work



359

VOLUNTEERS

helped out at special events or provided administrative support, organised activities and outings for our various programmes

OUR TEAM OF
COUNSELLORS
ATTENDED TO



2899

CALLS THROUGH SAMH'S
TOLL-FREE HELPLINE

THE FIRST MENTAL MUSCLE TEAM OF 4 MEDICAL STUDENTS FROM NUS CONQUERED THE SAHARA RACE IN 5 DAYS, RAN 250KM IN THE NAMBIAH DESERT AND RAISED OVER

\$37,500

2597

PARTICIPANTS ATTENDED 29 WORKSHOPS
CONDUCTED BY VARIOUS SAMH SERVICES



20



YOUTHS exited from our YouthReach programme as they **attained their goals in their recovery** and moved on with their life in greater confidence

97



INDIVIDUALS

trained &/or undergoing WSQ/ non-WSQ training since MINDSET LEARNING HUB's operation in 2016

CONTACT US

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www.samhealth.org.sg

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