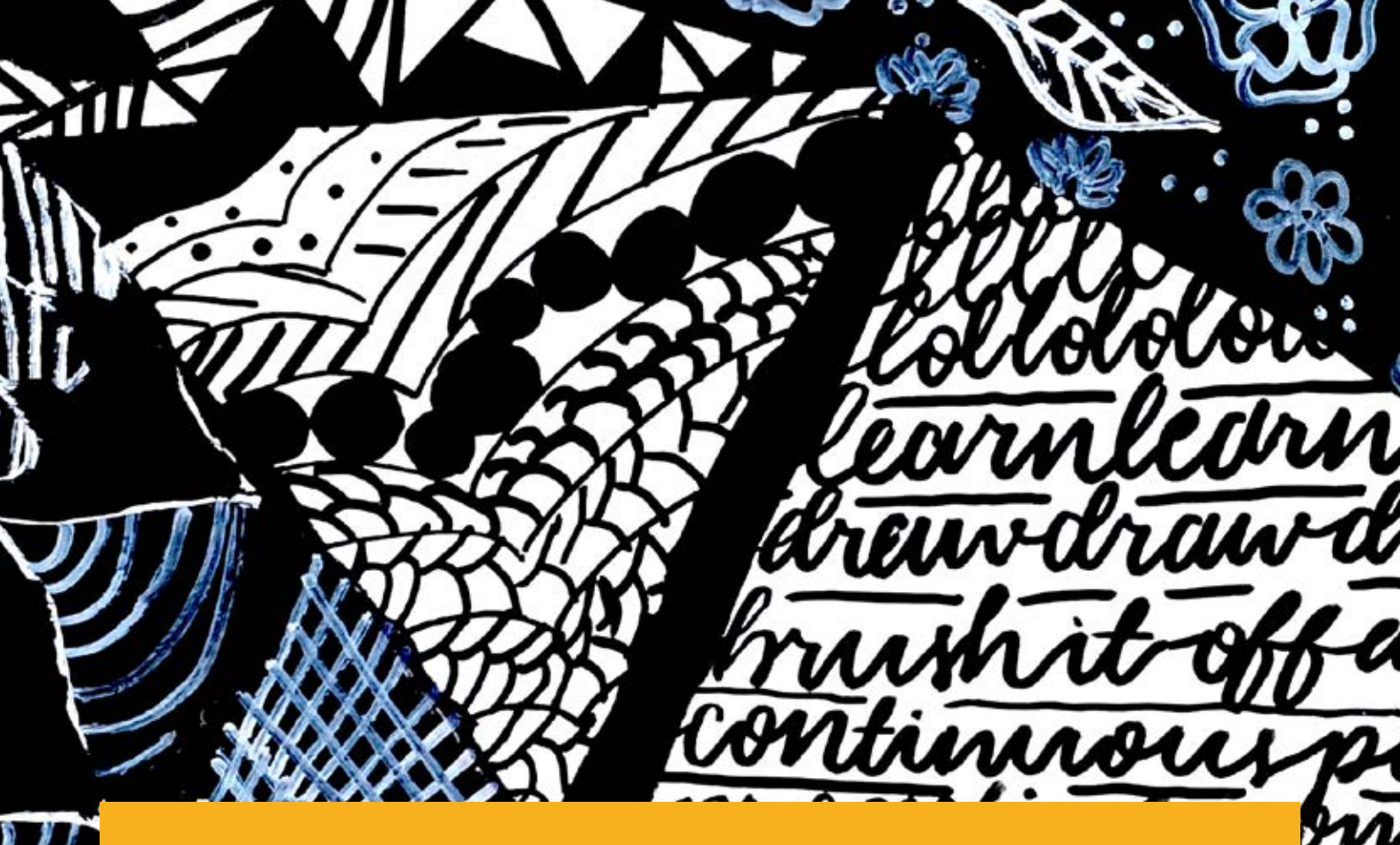


Forging an Inclusive Community





Singapore Association for Mental Health (SAMH)

has been uplifting lives in Singapore's mental health community since 1968. Our clients include youths, adults and seniors. We are with our clients every step of their journey to wellness, while also providing emotional and practical support to their families and caregivers.

VISION

Mental Wellness for All

MISSION

To improve the lives of persons with mental illness and provide support for their families

To promote acceptance and respect for persons with mental illness

To improve the mental resilience of our community


VALUES

Professionalism & Respect

Compassion & Acceptance

Hope & Empowerment

Engagement & Collaboration



“Inclusion
elevates
all.”

- Elaine Hall

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PRESIDENT'S MESSAGE

Dr Francis Yeoh President

Youth Mental Health

Local media reported that a survey by international research agency YouGov found that 1 in 3 young adults in Singapore has engaged in self-harm. A comprehensive study on 11,000 people in the UK by University College London's Institute of Epidemiology and Health Care indicated that 12% of light, and 38% of heavy social media users (more than 5 hours a day), showed signs of having more severe depression. These alarming statistics have serious implications for Singapore, which is among the top 3 countries globally for social media penetration, with some 4.4 million active social media users, making up 77% of the resident population!

The Child Guidance Clinic at the Institute of Mental Health alone has seen some 2,400 new cases of stress-related, anxiety and depressive disorders each year. Addressing youth mental health is clearly a matter of urgency today. This is why SAMH has stepped up efforts in recent years in our youth work. We reached out to 500 youths through our SAMH YouthReach programme supporting youths with a diagnosed condition and our SAMH Creative SAY! that helps build resilience among the young through the arts and sports.

Employment for Persons in Recovery

In adult rehabilitation work, we continue to seek employment for clients through SAMH Mindset Learning Hub, our major collaborative programme with MINDSET Care Limited, the charity arm of Jardine Matheson Group. Multiple studies have shown that the best way for persons in recovery to be re-integrated into society is through employment. The 2017 Quality of Life study by the National Council of Social Service identified how the lack of a personal income and employment negatively affects a person's perception of the quality and meaning of life.

Successful re-integration into the workplace cannot be achieved by skills training alone. A myriad of factors has to be in place, such as the understanding of employers, colleagues, the right HR policy and the work environment. SAMH is thus taking a holistic approach to work re-integration for our clients. Besides providing training on work and social skills, SAMH also offers a range of services to help employers understand mental health conditions better and learn how to provide an inclusive work environment for persons in recovery.

Appreciation to the President

SAMH had a very special year last year. We had the honour of hosting our patron, President Halimah Yacob, at several events during the year! She graced our YOUth Alive! Carnival at Youth Park in October last year, launched SAMH Creative MINDSET Hub at Our Tampines Hub in

December 2018 and made a visit to SAMH Creative SAY! in February this year. We are extremely grateful to President Halimah for her staunch support for charities, particularly for the mental health community. We are delighted that President Halimah has decided to make mental health the focus of President's Challenge 2019!

Welcome and Farewell

We are very pleased to welcome Ms Ngo Lee Yian as the new Executive Director of SAMH. Lee Yian comes to SAMH with a distinguished and varied career in social service, including being a recipient of the Outstanding Social Worker Award in 2003. We look forward to her leadership in guiding SAMH to greater heights in the coming years.

On behalf of SAMH, I wish to express our deepest appreciation to 3 Board members who stepped down last year. Former SAMH President, Assoc Prof Daniel Fung, had played a key role in steering the Association during a period of fast growth from 2009 to 2016. Mr Danny Koh had contributed much at the strategic level as well as in fund raising. Practising psychiatrist, Dr Lambert Low, had helped not just on matters relating to mental health, but also in our recent exercise on branding and organisational development. We thank them for their past contributions and look forward to their continued support in the future.

I am grateful for the good efforts of our donors, funders, partners, Board members, staff, volunteers and supporters who have worked tirelessly to achieve our vision of Mental Wellness for All!

“ SAMH is thus taking a holistic approach to work re-integration for our clients. Besides providing training on work and social skills, SAMH also offers a range of services to help employers understand mental health conditions better and learn how to provide an inclusive work environment for persons in recovery. ”



EXECUTIVE DIRECTOR'S MESSAGE

Ms Ngo Lee Yian Executive Director

Joining SAMH in January this year marks a new chapter in my vocation in social service. I am thankful for this privilege to contribute to the betterment of Singapore's mental health landscape.

In the last financial year, SAMH continued its mission towards improving lives of persons with mental illness, providing support for families, promoting mental wellness for all, and facilitating acceptance and respect for persons with mental illness to forge an inclusive community.

Community Engagement

Active support of mental health professionals, caregivers, peers and the community is vital for the recovery of persons with mental illness. To further promote such support for persons with mental health concerns, we relocated and launched SAMH Creative MINDSET Hub at Our Tampines Hub in December 2018. Our community engagement ran deeper with this relocation. SAMH Creative MINDSET Hub has since been SAMH's new model of offering artmaking and art therapy services to the community in partnership with public and community agencies, such as People's Association, Tampines GRC Community Arts and Culture Clubs, National Heritage Board and National Arts Council. In July 2018, we were part of the Tampines Urban Arts Festival 2018 that saw the community contribute to the longest wall-to-wall pen line mural that created a new milestone for SAMH in the Singapore Book of Records. In March this year, SAMH Creative MINDSET Hub held ARTMAKINGS, a two-day visual arts community event facilitated by clients and volunteers. The continued involvement of the community reflected the collective efforts required in working towards better mental health for all.

Workforce Integration

Gainful employment for clients remained a priority of SAMH for the past year. SAMH continued to foster and actualise workforce integration for people with mental health concerns. We equipped clients with employable skillsets, while inculcating practical means of managing their mental health at work. We engaged more employers on supporting people with mental health concerns and broadened our workforce integration offerings through traineeship placement with potential employers.

Extending Reach

A large part of our services included outreach to persons with mental health concerns and those at risk by developing and running innovative programmes that appealed to them. In 2018, our collaboration with The Mindful Company created bracelets that represented the courage and stories of youths on their recovery journey, and the normalisation of conversations about mental illness among the young adult population. Moreover, Chan+Hori Contemporary, together with Johnson & Johnson Singapore, brought about the Castles In The Air exhibition to display the artistic side of persons in recovery, conveying the message that recovery and re-integration were possible with the right platform and support.

Throughout the year, we provided the younger generations with the means to understand mental health issues even before they were at our doors. Public sharing of common mental health topics through social and media channels was made possible by courageous clients who had successfully re-integrated back into society. In commemoration of World Mental Health Day last year, SAMH organised YOUth Alive! 2018 to highlight that mental illness knows no age limit. Youths stepped forward to share recovery stories and affirmed the possibility of leading highly productive lives while managing mental health issues.

Champion For Mental Health

Local media reports and public conversations are shaping up to be more open towards discussing mental illness. We look forward to continue our efforts in promoting awareness on mental health and its impact on our well-being. Going forward, we hope to collaborate with more partners in delivering higher quality mental health support and bringing more meaningful programmes to the community. I thank the SAMH Board, staff, partners, donors, volunteers and supporters who have made my first few months in SAMH deeply meaningful. I look forward to your continued support and together, let's bring SAMH's role as a champion for mental health to even greater heights.



“ We look forward to continue our efforts in promoting awareness on mental health and its impact on our well-being. Going forward, we hope to collaborate with more partners in delivering higher quality mental health support and bringing more meaningful programmes to the community. ”



From Left to Right (Front) :

Ms Caroline Kwong
Board Member

Ms Joanne Chio
Honorary Secretary

Dr Francis Yeoh
President

Adj Assoc Prof Lee Cheng JP
Vice President

Assoc Prof Leslie Lim
Board Member

Dr Derrick Yeo
Board Member

From Left to Right (Back) :

Ms Saw Seang Pin
Honorary Treasurer

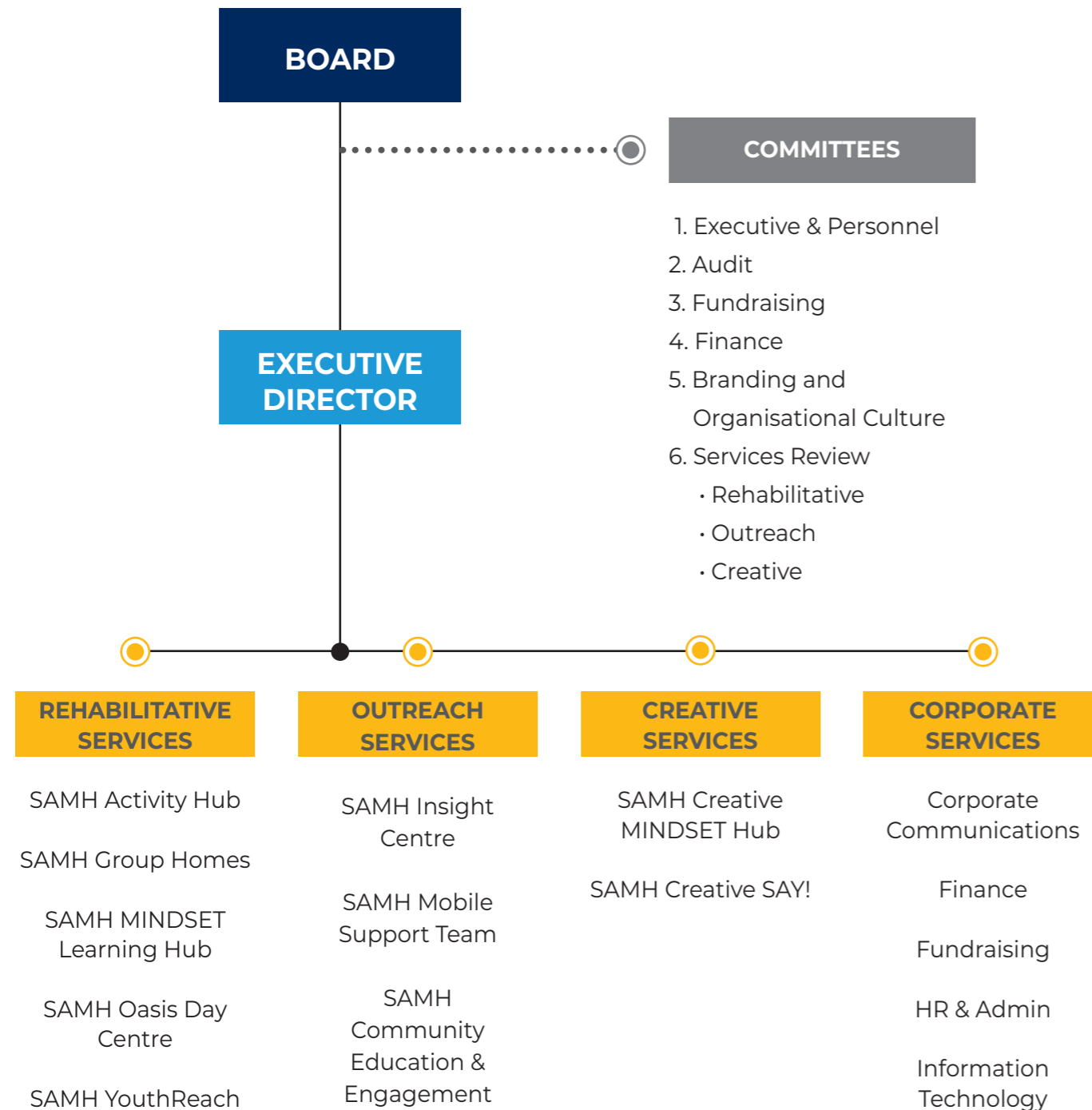
Dr Ong Say How
Board Member

Ms Lim Cheng Pier
Board Member

Dr Joseph Leong Jern-Yi
Board Member

Ms Jasmine Oh
Board Member

ORGANISATIONAL STRUCTURE



SAMH CENTRES & SERVICES



SAMH Head Office
SAMH Community Education & Engagement
 Block 139 Potong Pasir Avenue 3
 #01-136 Singapore 350139
 T: +65 6255 3222
 E: comed@samhealth.org.sg

SAMH Activity Hub
 8 Buangkok Green
 Singapore 539752
 T: +65 6315 6778
 E: ah@samhealth.org.sg

SAMH Mobile Support Team
 Block 139 Potong Pasir Avenue 3
 #01-136 Singapore 350139

 Block 257 Jurong East Street 24
 #01-405 Singapore 600257
 T: +65 8511 2678
 E: samhmobile@samhealth.org.sg

SAMH Oasis Day Centre
 Block 139 Potong Pasir Avenue 3
 #01-132 Singapore 350139
 T: +65 6282 6332
 E: oasis@samhealth.org.sg

SAMH MINDSET Learning Hub MLH Cafe
 Block 257 Jurong East Street 24
 #01-405 Singapore 600257
 T: +65 6665 9220
 E: mindsetLH@samhealth.org.sg

SAMH Creative MINDSET Hub
 Our Tampines Hub
 1 Tampines Walk #03-06
 South Plaza (Lift Lobby J)
 Singapore 538523
 T: +65 6344 8451
 E: creativemindsethub@samhealth.org.sg

SAMH YouthReach
 Social Service Hub @ Tiong Bahru
 298 Tiong Bahru Road #10-06
 Central Plaza Singapore 168730
 T: +65 6593 6424
 E: youthreach@samhealth.org.sg

SAMH Group Homes
 Block 239 Bukit Batok East Ave 5
 #01-165 Singapore 650239
 T: +65 6564 7003
 E: grouphomes@samhealth.org.sg

SAMH Insight Centre
 Block 69 Lorong 4 Toa Payoh
 #01-365 Singapore 310069
 T: +65 6283 1576
 E: counselling@samhealth.org.sg

SAMH Creative SAY!
 Block 317 Woodlands Street 31
 #01-196 Singapore 730317
 T: +65 6362 4845
 E: creativesay@samhealth.org.sg

STATEMENT OF COMPREHENSIVE INCOME FOR THE YEAR ENDED 31 MARCH 2019

	2019 S\$	2018 S\$
INCOME		
Donation income		
- Tax deductible	612,074	846,114
- Non-tax deductible	118,588	379,380
Grants from Singapore Government	5,364,118	6,139,743
Grants / funding from non-government entities	193,304	221,973
Designated projects income	132,902	112,800
Interest income	8,707	5,197
Programme fees	109,705	136,047
Sales of art works	13,276	10,836
Talks and workshops	28,820	64,925
Others	400	213
	<u>6,581,894</u>	<u>7,917,228</u>
EXPENDITURE		
Auditor's remuneration		
- Statutory audit	11,770	18,993
- Special audit	5,778	8,981
Activities	63,878	50,691
Art therapy	7,590	9,940
Bank charges	1,196	1,075
Beneficiaries' job contract expenses	54,357	51,798
Beneficiaries' training programmes	58,916	49,491
Communication	39,878	42,505
Depreciation	167,677	146,212
Designated project expenses	67,991	65,285
Expenses related to sales of artwork	4,115	5,951
Equipment / assets expense	16,629	13,057
General / social expenses	108,022	171,741
Insurance	25,147	26,172
Maintenance of equipment	20,571	21,706
Maintenance of land and building	136,771	174,098
Maintenance of vehicles	14,936	17,514
Miscellaneous expenses	13,933	17,831
Printing and postage	32,206	32,826
Property, plant and equipment written-off	8,612	3,027
Professional services	250,935	258,043
Recruitment expenses	2,888	2,333
Rental of premises	151,380	195,714
Restricted donation expenses	17,417	16,911
Specific assistance	346	442
Staff benefits	36,900	29,933
Staff salaries and CPF contributions	5,122,371	4,974,723
Staff training	98,997	107,545
Supplies and refreshment	17,895	16,223
Support contract services	150,960	108,225
Talks and workshops expenses	4,631	3,313
Transport	20,056	17,121
Utilities	117,009	101,373
	<u>6,851,758</u>	<u>6,760,793</u>
NET (DEFICIT)/ SURPLUS	<u>(269,864)</u>	<u>1,156,435</u>

STATEMENT OF FINANCIAL POSITION AS AT 31 MARCH 2019

	2019 S\$	2018 S\$
ASSETS		
Current assets		
Cash and cash equivalents	6,984,154	7,230,933
Fixed deposits	1,144,362	1,142,766
Grants receivable	986,212	961,476
Trade and other receivables	283,284	241,993
	<u>9,398,012</u>	<u>9,577,168</u>
Non-current asset		
Property, plant and equipment	745,286	882,151
	<u>745,286</u>	<u>882,151</u>
Total assets	<u>10,143,298</u>	<u>10,459,319</u>
LIABILITIES		
Current liabilities		
Other payables	402,643	561,530
Deferred capital grants	57,492	85,859
Deferred grant income	1,173,870	970,156
	<u>1,634,005</u>	<u>1,617,545</u>
Non-Current liability		
Deferred capital grants	344,922	407,539
	<u>344,922</u>	<u>407,539</u>
Total liabilities	<u>1,978,927</u>	<u>2,025,084</u>
NET ASSETS	<u>8,164,371</u>	<u>8,434,235</u>
FUNDS		
Unrestricted funds	4,452,300	5,015,852
Restricted funds		
Programme funds:		
National Council of Social Services	1,090,504	1,074,854
Ministry of Social and Family Development	2,597,063	2,319,025
Donations funds	24,504	24,504
	<u>3,712,071</u>	<u>3,418,383</u>
TOTAL FUNDS	<u>8,164,371</u>	<u>8,434,235</u>

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

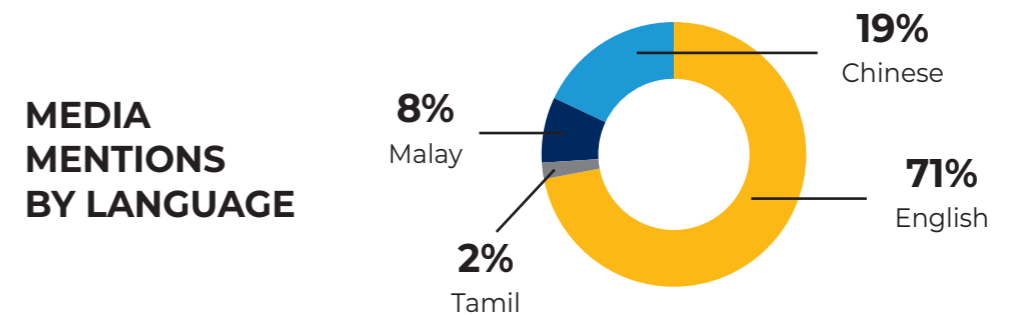
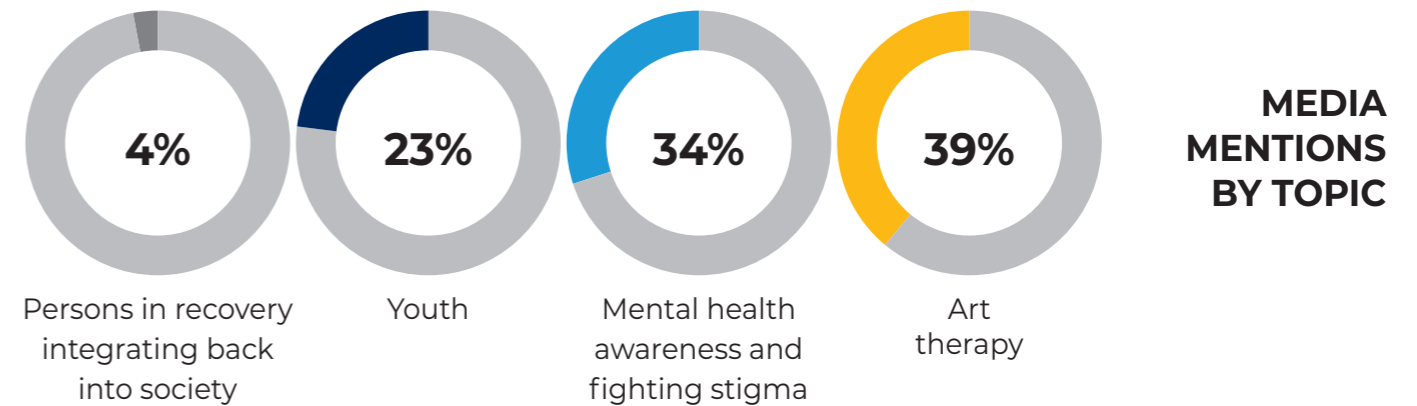
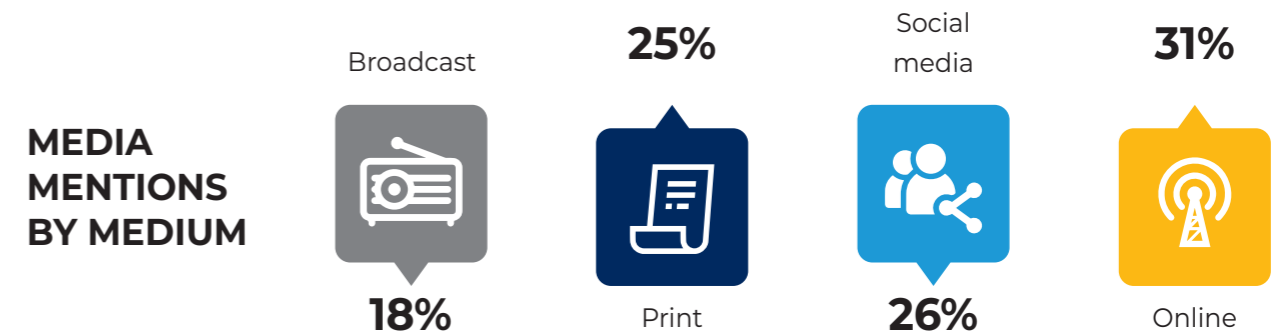
A copy of the full audited financial statements can be viewed online at www.samhealth.org.sg

CODE OF GOVERNANCE

S/N	Code Guideline	Code ID	Compliance	Explanation (If the code guideline is not complied with)
Board Governance				
1	Induction and orientation are provided to incoming governing board members upon joining the Board. Are there governing board members holding staff appointments? (skip items 2 and 3 if "No")	1.1.2	Complied	No
2	Staff does not chair the Board and does not comprise more than one third of the Board.	1.1.3	NA	
3	There are written job descriptions for the staff's executive functions and operational duties, which are distinct from the staff's Board role.	1.1.5	NA	
4	The Treasurer of the charity (or any person holding an equivalent position in the charity, e.g. Finance Committee Chairman or a governing board member responsible for overseeing the finances of the charity) can only serve a maximum of 4 consecutive years. If the charity has not appointed any governing board member to oversee its finances, it will be presumed that the Chairman oversees the finances of the charity.	1.1.7	Complied	
5	All governing board members must submit themselves for re-nomination and re-appointment, at least once every 3 years.	1.1.8	Complied	
6	There are documented terms of reference for the Board and each of its committees.	1.2.1	Complied	
Conflict of Interest				
7	There are documented procedures for governing board members and staff to declare actual or potential conflicts of interest to the Board at the earliest opportunity.	2.1	Complied	
8	Governing board members do not vote or participate in decision making on matters where they have a conflict of interest.	2.4	Complied	
Strategic Planning				
9	The Board periodically reviews and approves the strategic plan for the charity to ensure that the charity's activities are in line with the charity's objectives.	3.2.2	Complied	
Human Resource and Volunteer² Management				
10	The Board approves documented human resource policies for staff.	5.1	Complied	HR policies are documented and approved by Personnel Committee
11	There is a documented Code of Conduct for governing board members, staff and volunteers (where applicable) which is approved by the Board.	5.3	Complied	
12	There are processes for regular supervision, appraisal and professional development of staff.	5.5	Complied	
Financial Management and Internal Controls				
13	There is a documented policy to seek the Board's approval for any loans, donations, grants or financial assistance provided by the charity which are not part of the charity's core charitable programmes.	6.1.1	Complied	
14	The Board ensures that internal controls for financial matters in key areas are in place with documented procedures.	6.1.2	Complied	Finance policies are documented and approved by Finance Committee
15	The Board ensures that reviews on the charity's internal controls, processes, key programmes and events are regularly conducted.	6.1.3	Complied	The Board conducts regular reviews during Board and Sub-Committee meetings
16	The Board ensures that there is a process to identify, and regularly monitor and review the charity's key risks.	6.1.4	Complied	The Board conducts regular reviews during Board and Sub-Committee meetings
17	The Board approves an annual budget for the charity's plans and regularly monitors the charity's expenditure. Does the charity invest its reserves (e.g. in fixed deposits)? (skip item 18 if "No")	6.2.1	Complied	Yes
18	The charity has a documented investment policy approved by the Board.	6.4.3	Complied	The Board approves the placement of reserves currently in the form of Fixed Deposits
Fundraising Practices				
Did the charity receive cash donations (solicited or unsolicited) during the financial year? (skip item 19 if "No")				
19	All collections received (solicited or unsolicited) are properly accounted for and promptly deposited by the charity.	7.2.2	Complied	
Did the charity receive donations in kind during the financial year? (skip item 20 if "No")				
20	All donations in kind received are properly recorded and accounted for by the charity.	7.2.3	Complied	
Disclosure and Transparency				
21	The charity discloses in its annual report — (a) the number of Board meetings in the financial year; and (b) the attendance of every governing board member at those meetings. Are governing board members remunerated for their services to the Board? (skip items 22 and 23 if "No")	8.2	Complied	The Board meets at least once every 3 months with a quorum of not less than 50% of the members
22	No governing board member is involved in setting his own remuneration.	2.2	NA	
23	The charity discloses the exact remuneration and benefits received by each governing board member in its annual report. QR The charity discloses that no governing board member is remunerated.	8.3	NA	
Does the charity employ paid staff? (skip items 24 and 25 if "No")				
24	No staff is involved in setting his own remuneration.	2.2	Complied	
25	The charity discloses in its annual report — (a) the total annual remuneration for each of its 3 highest paid staff who each has received remuneration (including remuneration received from the charity's subsidiaries) exceeding \$100,000 during the financial year; and (b) whether any of the 3 highest paid staff also serves as a governing board member of the charity. The information relating to the remuneration of the staff must be presented in bands of \$100,000. QR The charity discloses that none of its paid staff receives more than \$100,000 each in annual remuneration.	8.4	Complied	

SAMH IN THE NEWS

From April 2018 to March 2019, SAMH had a total of 96 media mentions across different news media platforms. This was an increase of about 39% of media mentions, compared to FY 2017.



HIGHLIGHTS OF THE YEAR

Rebranding of SAMH



The rebranding of SAMH created a new identity to enhance SAMH's connection with stakeholders.

Let's Art @OTH



Two-day art-themed event held by SAMH Creative MINDSET Hub on 21 and 22 April 2018 at Our Tampines Hub (OTH).

Longest Display of Pen Line Art



SAMH entered Singapore Book of Records for "Longest Display Of Pen Line Art" after taking part in Tampines Urban Arts Festival 2018 on 21 July 2018.

Expedition by Mental Muscle 3.0



NUS undergrads took part in a two-week mountain-hiking expedition organised by Mental Muscle, in Java, Indonesia that raised \$9,100 for SAMH.

Asia Pacific Accessible Arts Festival 2018



Artworks created by SAMH clients were displayed at the exhibition during Asia Pacific Accessible Arts Festival 2018 in Hong Kong from 18 to 20 May 2018.

Citi-YMCA Youth for Causes 2018



The Sweetster Idea from St Joseph's Institution (International), and Project Helios from Hwa Chong Institution raised funds for SAMH from street sales, busking, a bazaar and a school concert.

YOUth Alive 2018!



An inaugural event held by SAMH at Youth Park and The Red Box from 10 to 13 October 2018 that reached out to the public about mental health issues affecting youth.

Charity Transparency Award 2018



SAMH received the Charity Transparency Award 2018 at the Charity Transparency and Governance Awards on 29 November 2018 at Gardens by the Bay.

Art Loops



In November 2018, SAMH Creative MINDSET Hub held workshops on 'Art Loops' for participants to create rings to form a 3D installation for showcase at Our Tampines Hub.

Official Opening of SAMH Creative MINDSET Hub



SAMH Creative MINDSET Hub was officially launched by President Halimah Yacob, Patron of SAMH, on 1 December 2018 at Our Tampines Hub.

President Of Singapore's Visit to SAMH Creative SAY!



President Halimah Yacob, Patron of SAMH, visited SAMH Creative SAY! on 25 February 2019 to show support and care for youths at the centre.

Artmakings @OTH



Two-day community event held on 30 and 31 March 2019 at Our Tampines Hub that was facilitated by SAMH clients and volunteers.

REHABILITATIVE SERVICES

SAMH focuses on journeying together with clients on the path to recovery through holistic and individualised rehabilitative services. Through SAMH Activity Hub, SAMH Group Homes, SAMH YouthReach, SAMH MINDSET Learning Hub and SAMH Oasis Day Centre, we offer psychosocial and vocational support. We help persons with mental health issues gain skills, manage their mental health conditions and reintegrate back into the community.

SAMH Activity Hub

Providing Psychosocial Rehabilitative Programmes

For FY 2018, SAMH Activity Hub, located within Pelangi Village, provided residents with psychosocial rehabilitative programmes to support recovery and reintegration into the community. Among the services we provided were occupational therapy, social work, psychological services, and vocational training and placements.

Supporting Self-Sufficiency of Residents

SAMH Activity Hub offered occupational therapy services, life skills training and psychological services to promote an enhanced quality of life and community integration for residents. These services and training helped promote self-sufficiency of residents, with some residents advancing to securing a job in the community or working towards discharge.



"Taichi for Health" and "Balance Training" sessions



Volunteers and staff at SAMH Activity Hub's National Day celebrations

Meeting Vocational and Training Needs

During the year, we equipped residents with vocational skills to better meet vocational and training needs, and increase employability in the community.

While Resident Earning Scheme provided residents with vocational placements within SAMH Activity Hub before community employment, Sheltered Workshop helped residents develop skills, and work routines and behaviour within a controlled environment. We matched residents' job interests with potential employers.

Promoting Social Enterprise

In FY 2018, the Social Enterprise programme of SAMH Activity Hub trained 53 new residents. This programme created attractive and modern products, raising greater awareness for SAMH services and programmes. Since 5 October 2018, SAMH Activity Hub set up a pushcart store outside Tampines Giant, which was managed by 42 residents.



From left to right: Selling products made by SAMH's clients during Dairy Farm Family Day 2018

Pushcart store outside Tampines Giant

Moving Forward

We strive to ensure that psychiatric rehabilitation is more accessible to all residents at Pelangi Village. We hope to encourage more volunteering among residents as well as pilot animal-assisted therapy and conduct financial literacy workshops for residents. We also hope to work with more corporate companies and schools to engage residents for the Social Enterprise programme. We will also expand the Sheltered Workshop programme for residents to create more products and aim to put them out for sale on the internet.

SAMH Group Homes

Support Within the Community

The past financial year saw SAMH Group Homes, which began in 1995, supporting clients to rehabilitate within the community. SAMH Group Homes, located under the void deck of two HDB blocks, provided clients with an environment within a community for recovery, integration and a better quality of life.

By freely moving and recovering within the community, clients could better relate to the management of symptoms and medications in the public eye. This promoted de-stigmatisation as clients demonstrated they could manage their psychiatric conditions within the neighbourhood.

Admissions into the Programme

For FY 2018, there were 16 new admissions into the programme. SAMH Group Homes collaborated with Institute of Mental Health to grant potential clients “home leave” for a trial stay lasting two to six weeks before official discharge from hospital. This gradual move allowed clients’ rehabilitative potential to be assessed more thoroughly and facilitated employability. Institute of Mental Health remained the key source of referrals for SAMH Group Homes.

Occupancy and Caseload

Although SAMH Group Homes had a maximum capacity of 36 clients, we managed a caseload of 49 clients in FY 2018.



Recreation and Community Activities

In the past year, we introduced clients to a variety of community resources to aid normalisation in daily experiences. Clients were encouraged to know more about these resources and to participate in community activities beyond work and their residence, including various recreational activities in the community publicised by SAMH Group Homes.



Students of Ngee Ann Polytechnic Psychological Studies visiting SAMH Group Homes in April 2018



Jurong Health Campus staff visiting SAMH Group Homes in June 2018

Looking to the Future

SAMH Group Homes will explore expanding our capacity to address increasing needs for group home services. We will strengthen our rehabilitation framework for residential programmes and look at how we can better integrate clients with the community through optimising communal space within the vicinity.

Mr P's Story

After Mr P was discharged from hospital in 2012, he worked hard as a cleaner and a car washer. However, the conflicts at home and stress at work took a toll on him, and he was hospitalised for a year and a half. He moved to SAMH Group Homes after his discharge.

Throughout his recovery, Mr P supported his father, who had been ill for some time. When his father died at the age of 91, Mr P felt gratified that he had managed to give his father a sum of \$1000.

Mr P wanted to plan for his own future and applied for a BTO flat in 2017. During Mr P's stay at SAMH Group Homes, he showed that he was a great handyman who could skilfully replace locks and taps. Doing these repair works gave Mr P a sense of fulfilment.

When Mr P got his BTO flat, staff of SAMH Group Homes helped acquire donated furniture and appliances for his flat. Mr P shared that he would be happy to volunteer as a handyman, having benefited much from SAMH Group Homes.



SAMH YouthReach

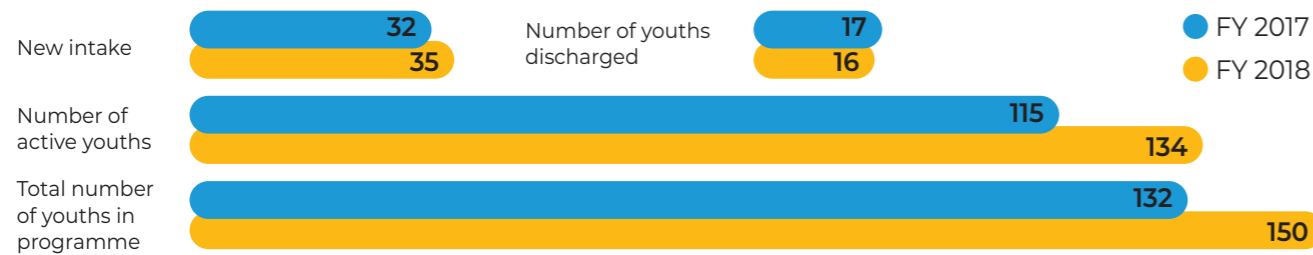
Supporting the Needs of Youths

In FY 2018, SAMH YouthReach, a youth-centric and family-centered programme which began in 2006, offered guidance and help to meet the emotional and psychological needs of youths between 12 and 21 years old. The intervention approach was both age-specific and individualised, helping youths develop social and functional competencies through life skills training. We encouraged youths to join the activities organised, which were opportunities for social interaction and self-development. We also partnered families to create a safe, caring and supportive environment for these youths.

Increase in Youth Clients

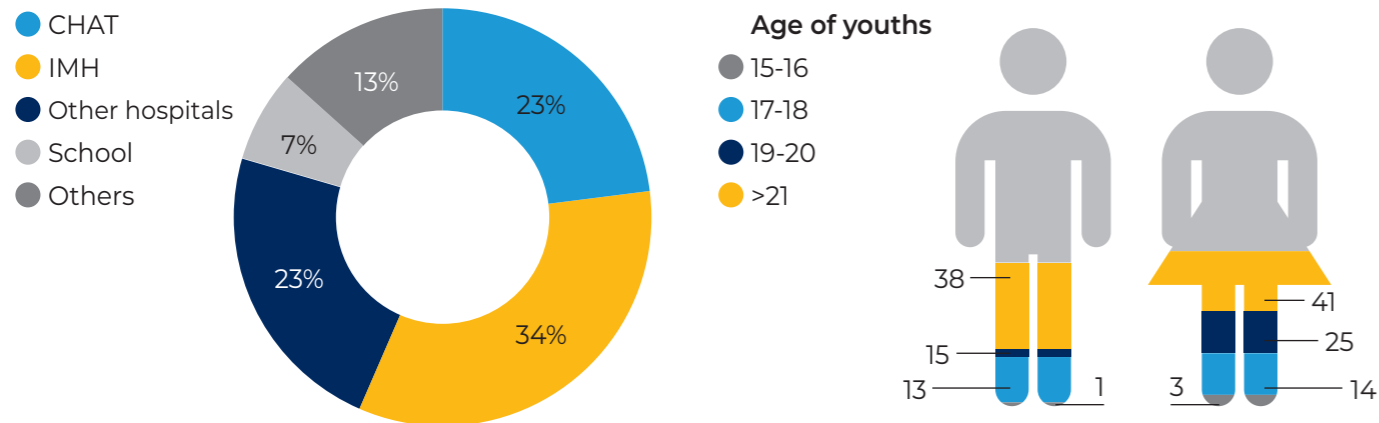
SAMH YouthReach saw an increase of youth clients served, from 132 clients in FY 2017 to 150 clients in FY 2018. 16 youths “graduated” from the programme, with some attaining their goals in their recovery and had moved on with their life with greater confidence.

NUMBER OF YOUTHS IN SAMH YOUTHREACH PROGRAMME

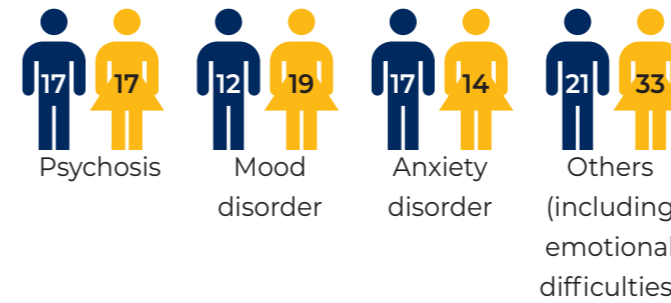


Source of Referrals

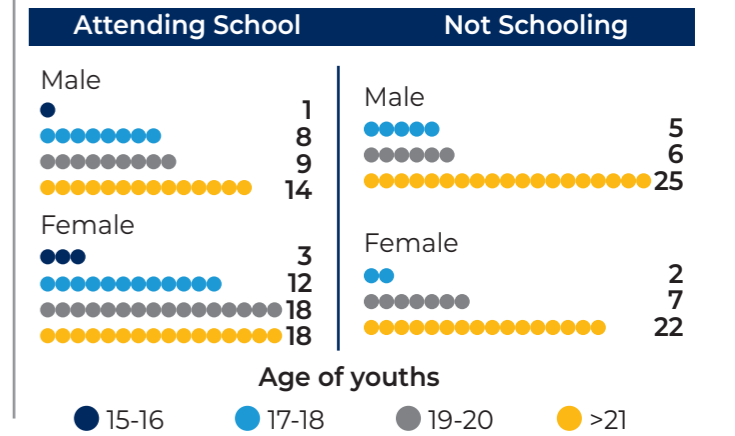
SAMH YouthReach received 57% of total referrals from the Institute of Mental Health, including the Community Health Assessment Team. About 23% was referred by other restructured hospitals while the remaining referrals came from private psychiatrists, schools, Social Service Agencies, and the Ministry of Social and Family Development.



PROFILE OF CLIENTS OF SAMH YOUTHREACH ACCORDING TO DIAGNOSIS



PROFILE OF CLIENTS OF SAMH YOUTHREACH ACCORDING TO EDUCATIONAL STATUS



Building Relationships While Having Fun

The past year saw more focus on interactive and innovative activities, designed to provide a safe environment for youths to build relationships. During such activities, youths worked in teams, building on problem-solving and social skills.

SAMH YouthReach organised competitions, such as Food Hunt, Amazing Race and Cook-off, for youths, equipping them with life skills.



Youth clients participating in competitions that equipped them with life skills

“ I really enjoyed the cooking and the amazing race. Everyone was very friendly and accepting. ”

-Alicia, client of SAMH YouthReach

Community Involvement

Another new initiative of SAMH YouthReach was community involvement. Youths learnt and understood their potential to contribute to society and the attitude of gratitude.

Organised by SAMH YouthReach, youths volunteered monthly with Food from the Heart, an independent non-profit organisation. Youths sorted food rations, repackaged rice and packed food into bags ready for delivery to needy families, helping them learn to give back to society.

Some youths participated at a booth set up at “Appreciation Through Service”, a carnival organised by Heartware Network. President Halimah Yacob was the Guest-of-Honour. Youths represented SAMH to help raise awareness on mental health through a fun and engaging game planned and created together as a group.



Youths volunteering with Food from the Heart

Sports and Discovering Nature

SAMH YouthReach organised weekly exercises, like gym, basketball, dodgeball, cycling and roller blading, where youths sweated it out while having fun. We also brought youths for monthly nature walks at different parks and hiking trails in Singapore. These walks provided an opportunity for youths to explore “hidden gems” around Singapore.



Future Plans

In the new financial year, SAMH YouthReach will continue to engage with youths through active and persistent outreach to both youths and caregivers. Education is important in the development of youths, including pursuits of a higher education and employment. SAMH YouthReach will work towards developing more resources and building greater support for youths to thrive in educational endeavours.

“ I wouldn’t be here right now if I didn’t join SAMH YouthReach. They taught me how to be more emotionally mature, how to deal with people that didn’t like me by giving me emotional support and advice, and just being there to talk to. They’ve helped me find hope. ”

- Client of SAMH YouthReach

SAMH MINDSET Learning Hub

Providing Vocational Training and Employment Support

SAMH MINDSET Learning Hub, a collaboration between SAMH and MINDSET Care Limited, the charity arm of Jardine Matheson Group, continued to focus on providing vocational training and employment support to persons in recovery for FY 2018. The training and workshops equipped persons in recovery with illness management and recovery knowledge as well as better awareness of self and others for sustained employment.



Pre-vocational training in progress

523
training attendances

106
new trainees



Trainees undergoing vocational training on cleaning

As part of employability skills and work-preparedness training, resume writing and interview skills workshops were facilitated by Jardine Ambassadors at SAMH MINDSET Learning Hub. Our traineeship programmes also expanded to include basic office administrative skills, cleaning, outreach and event support. By engaging and providing simulated workplace learning, more trainees were trained and deployed for workplace learning in SAMH MINDSET Learning Hub and across various centres within SAMH.

Assisting with Employment

For FY 2018, SAMH MINDSET Learning Hub placed 76 persons in recovery in employment, 58 of whom were newly placed during the year. We also began to engage social enterprises in the training and hiring of persons in recovery.



F&B trainee learning how to make coffee at MLH Cafe

MLH Café — Not Your Ordinary Café

MLH Café, located at SAMH MINDSET Learning Hub, continued to focus its efforts on training and refining the menu to delight customers. MLH Café provided a learning environment replicating actual F&B establishment that enabled trainees to learn skills, such as basic service delivery, food preparations, café housekeeping and operations.

439 enquiries received	36 traineeship places filled	270 intake assessments	148 interviews arranged
74 individuals placed (comprising 58 new individuals placed for first time and 16 placed more than one time)	557 sessions conducted (such as casework, occupational therapy, workplace support, intervention and more)	76 placements (such as administration, cleaning, customer service, F&B, retail and others)	317 individuals trained (comprising 106 new individuals)

Moving Forward

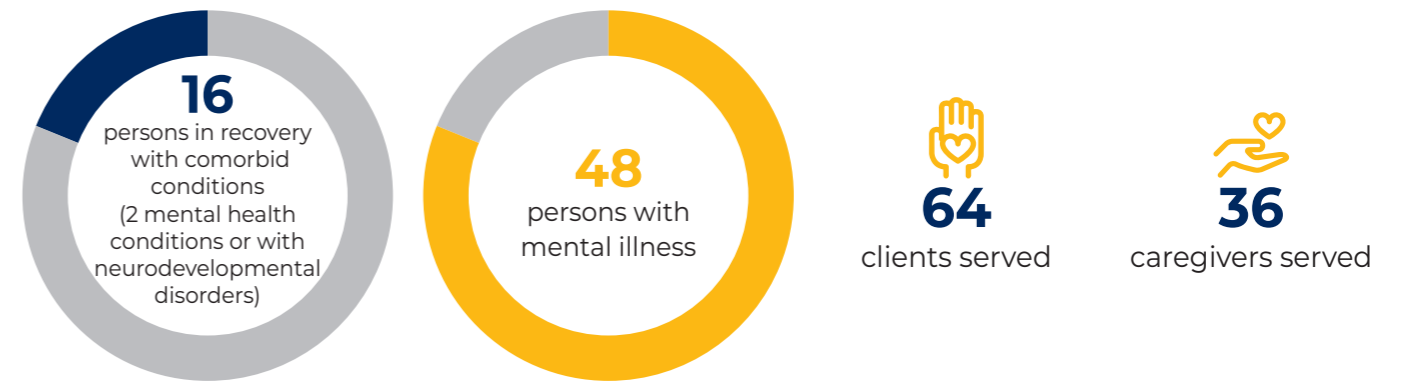
As SAMH MINDSET Learning Hub moves into the 4th year of operations, we are refining processes and enhancing support for our clients. Instead of focusing solely on skills training and job placements, we hope to provide clients with integrated vocational rehabilitation support that can improve the quality of job placements and employment sustainability.

SAMH Oasis Day Centre

Building and Supporting Towards Recovery

In FY 2018, SAMH Oasis Day Centre, our rehabilitation centre that provided psychosocial support and training for persons in recovery, served a total of 64 clients and 36 caregivers. SAMH Oasis Day Centre worked on client's personal recovery and focused on collaborating and building trusting relationships with caregivers.

DEMOGRAPHICS OF CLIENTS OF SAMH OASIS DAY CENTRE FOR FY 2018



Harnessing Strengths Through Recreation

SAMH Oasis Day Centre organised meaningful group activities and outings that explored and built strengths and capabilities of clients.

During group activities, such as Non-verbal Team Activity, we encouraged clients to communicate with one another using gestures and other non-verbal cues when designing and creating a model airplane. This further built clients' problem-solving skills through learning how to articulate ideas with one another. Through these group activities, clients also fostered a sense of teamwork and learnt

how to make compromises when required.

Outings to places of interest, such as East Coast Park, allowed clients to step out of comfort zones and expand their horizon. These outings helped clients to learn new skills like cycling.

Last year, SAMH Oasis Day Centre organised a carnival to celebrate the 50th Anniversary of SAMH with clients. There were game booths, free snacks and drinks, prizes and a lucky draw. Clients displayed perseverance and focus as they encouraged one another to keep trying to achieve success at the game booths.



Non-verbal Team Activity to create a model airplane

Carnival organised by SAMH Oasis Day Centre

Outing at East Coast Park

Education with a Focus

Psychoeducation sessions were held at SAMH Oasis Day Centre to help clients adopt a recovery-oriented mindset. These sessions enhanced clients' knowledge on mental illness, and ways to cope and manage the illness. Clients learnt and implemented techniques of basic mindfulness. These weekly sessions helped to improve clients' physical and mental health through relieving stress and anxiety.

Peer-run Activities

Clients of SAMH Oasis Day Centre facilitated sessions to share knowledge and skills with other clients at the centre. Clients planned and conducted sessions which helped to increase confidence, sense of self-empowerment and contribution, and communication skills.



Two clients teaming up to conduct a simple cooking activity of making French toasts, using leadership and communication skills to engage other clients

Individual and Group Volunteers

In FY 2018, SAMH Oasis Day Centre worked with many volunteers, both individuals and groups. Volunteers facilitated activities for clients, with some visiting the centre monthly to give free haircuts. The Healing Paws team from the organisation, Save Our Street Dogs, had been organising monthly sessions of animal-assisted activity since 2017, bringing much joy to clients.

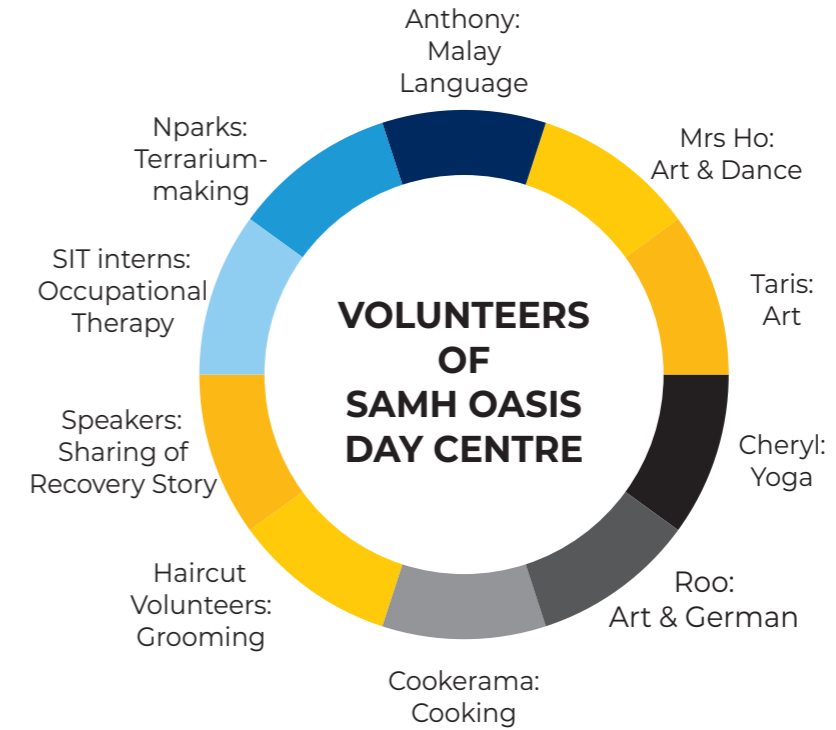
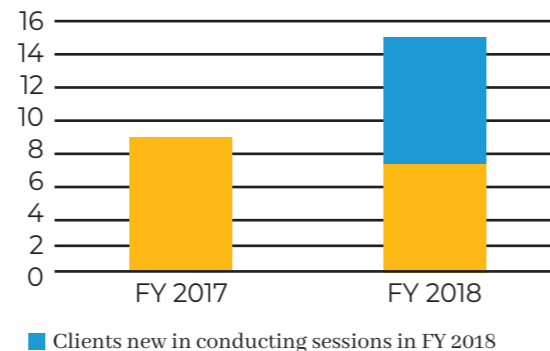


A client showing her art work which she had learnt to create with the help of volunteer, Taris

The Positive Influence of Peers

For FY 2018, about 23% of clients of SAMH Oasis Day Centre conducted activities at the centre. Half of these clients had just started to take up the challenge of conducting these sessions, with the positive influence of other peers at SAMH Oasis Day Centre. More clients were willing to step out of their comfort zone to try new things.

CLIENTS WHO CONDUCTED SESSIONS



Moving Forward

We will continue to expand person-centred rehabilitative services to cater to different needs of clients. We will also strive to build more trusting relationships, conduct purposeful activities and build a sense of community and connection within the centre.

Adopting a more holistic approach towards wellbeing, we have started to collaborate with more external agencies, such as Health Promotion Board, on healthy lifestyle activities, including exercise programmes like Zumba and nutrition sessions.

“ I would like to find a job with a pay that allows me to save for my future. SAMH has helped occupy my time. In the morning, I do contract work and in the afternoon, we have activities. Sometimes, I even facilitate a few sessions. ”

-Steven, client of SAMH Oasis Day Centre

OUTREACH SERVICES

SAMH believes that no one should be left behind due to a lack of access to mental health services. Through SAMH Insight Centre, SAMH Mobile Support Team and SAMH Community Education & Engagement, we reach out and bring mental health services right into the community, to those in need.

We deliver counselling and mobile support services, raise awareness about mental health and services available, provide referrals to services and more.

SAMH Insight Centre

For FY 2018, SAMH Insight Centre offered core services, such as helpline and face-to-face counselling, to meet emotional and psychological needs of individuals, couples and families with mental health-related issues.

The number of direct clients served by SAMH Insight Centre increased by 16%, while the number of counselling sessions increased by 8%, as compared to FY 2017. About 89% of direct clients shared that after counselling, they felt or coped better with issues that had led them to seek counselling. A follow-up was scheduled with clients a month after the last

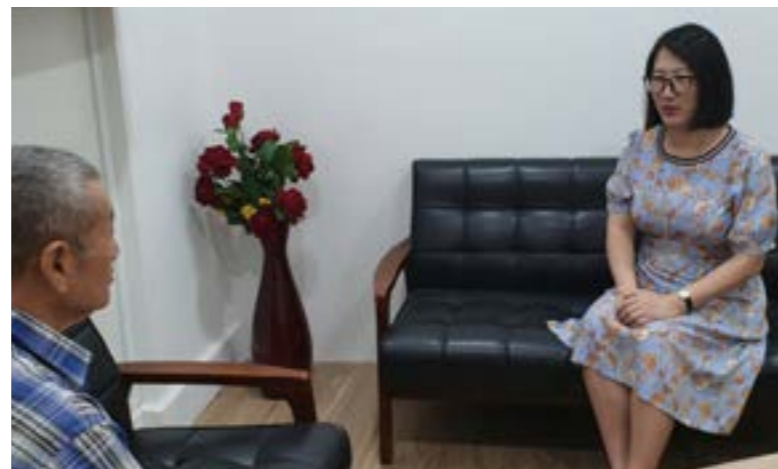
counselling session, and about 68% were able to maintain similar level of wellness.

Helpline and Email Services as First Points of Contact

Majority of the calls that SAMH attended to were related to mental health issues. SAMH's toll-free helpline and counselling email continued to be first points of contact with mental health professionals. They were also avenues of access for new callers seeking information on mental health resources and for existing clients requiring emotional support to enhance their coping skills. If necessary, callers were provided with the option of face-to-face counselling to work on their issues.

Compared to past years, the number of enquiry calls on mental health resources declined for FY 2018, possibly due to the availability of these resources on other platforms.

Existing clients could use messaging to share thoughts and emotions with counsellors, besides using it to make appointments. Existing clients thus had alternative avenues to seek support from counsellors, such as through messaging, instead of calling SAMH's helpline or sending an email.



NUMBER OF HELPLINE CALLS ATTENDED TO BY SAMH

Types of difficulties / Problems discussed	Financial Year (FY)	
	FY 2017	FY 2018
Schizophrenia	198	333
Mood Disorders	453	308
Anxiety Disorders	335	429
Interpersonal / Relationship Issues	78	64
Marital Issues	55	28
Family, Child & Adolescent (caregiving-related issues)	307	298
Stress-related Issues	74	64
Sexuality & Gender Identity Issues	9	12
Employment-related Issues	11	29
Others (SAMH programmes, mental health, community resource referrals and issues not otherwise mentioned above)	1083	893
Total	2603	2458

Face-to-Face Counselling

Overall, there was an increase in the number of direct clients who sought counselling to work on their issues, the number of indirect clients (caregivers, family members or friends) and the number of face-to-face sessions.

FACE-TO-FACE COUNSELLING CASELOAD

Financial Year	Direct Clients	Indirect Clients	Face-to-Face Sessions
FY 2017	303	63	1325
FY 2018	351	66	1437

Moving Forward

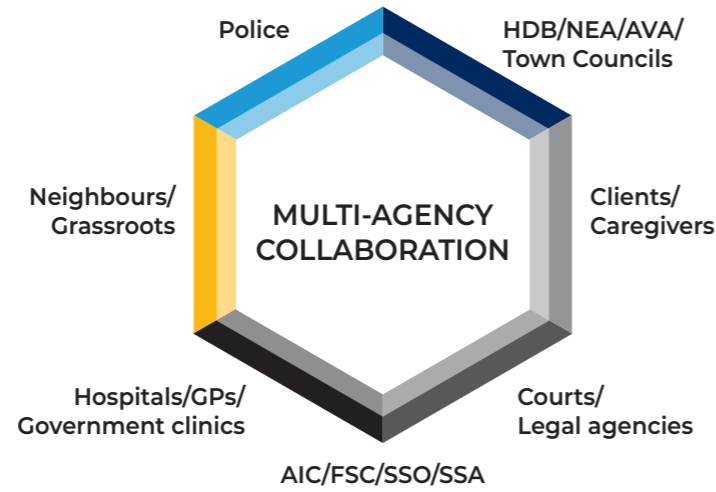
Counselling to address mental health issues remains a much-needed service in the community. SAMH Insight Centre will continue to reach out, support those in need and enhance coping strategies to help clients function better in the community.

SAMH Mobile Support Team

SAMH Mobile Support Team entered our fourth year of operations in FY 2018. A funded project by the Agency for Integrated Care and Ministry of Health, we continued to focus on improving accessibility of mental health services to people in recovery and those who are at risk in the community. As a community-based team, we provided psychosocial therapeutic interventions for clients and support for their caregivers in the past year.

Multi-agency Collaboration

For FY 2018, allied health professionals of SAMH Mobile Support Team worked closely with partnering agencies. This approach helped achieve alignment of care plan and management of clients' goals.

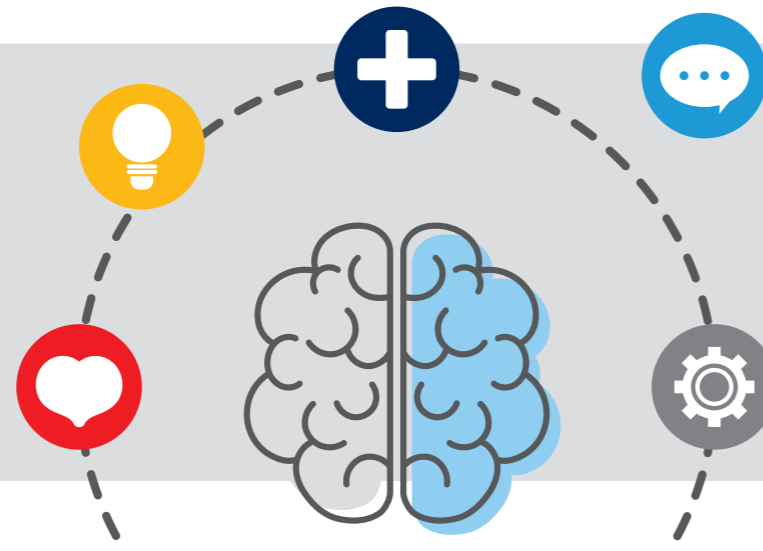


Providing Holistic Service to Improve Quality of Life

In the past year, SAMH Mobile Support Team catered primarily to those residing in the western and central regions of Singapore. We focused on improving the functioning and quality of life of clients, providing a more holistic service that included needs assessment, case management, counselling, psychosocial rehabilitation, care coordination, psychoeducation, family work and group work.

TO ACHIEVE A BETTER QUALITY OF LIFE

- Knowledge about mental health
- Openness to seek treatment
- Stress management
- Social skills
- Knowledge about resources
- Problem-solving skills



OUTCOMES ACHIEVED BY SAMH MOBILE SUPPORT TEAM



FUNCTIONAL ASSESSMENT

GAF Target: 20% Achieved: 30%	Zarit Burden Target: 70% Achieved: 78%	Sheehan Target: 20% Achieved: 30%
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GAF (Global Assessment of Functioning) Scale is a tool which uses observations to measure psychological, social and occupational functioning of clients on a hypothetical continuum of mental health.

Sheehan Disability Scale is a brief self-reporting tool to assess functioning impairment in three inter-related domains which are work/school, social and family life.

Zarit Burden Scale is a self-report by the caregiver that is used to measure personal strain and role strain.

CLINICAL

Individual interventions 1312	Home visits 1496	Groupwork attendance 107
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Pathma of SAMH Mobile Support Team conducting an Illness Management & Recovery session



Glennys of SAMH Mobile Support Team sharing about SAMH services to medical social workers at Khoo Teck Puat Hospital



Bi-weekly case discussion of SAMH Mobile Support Team



Valentina and Pathma of SAMH Mobile Support Team with Minister Grace Fu at Yuhua Constituency's Chinese New Year celebrations



John and Camelia of SAMH Mobile Support Team with Minister Desmond Lee at Jurong Spring Chinese New Year celebrations



Lance of SAMH Mobile Support Team conducting a home visit

Looking to the Future

There is a rising need for case management of youth at risk, including youths exhibiting school refusal and isolation in their home environment, and those with psychotic symptoms in the community. Due to a high client-staff ratio and intensity of complex cases, our focus has shifted to address these clients' needs, compared to clients with more stable conditions. To better serve clients' needs, SAMH Mobile Support Team will further train staff in psychiatric rehabilitation and increase their awareness of community resources.

“ SAMH Mobile Support Team visited me at home after my discharge from hospital and persuaded me to go to SAMH MINDSET Learning Hub for traineeship. After the traineeship, SAMH got me a cleaner job at a hotel. ”

-Client of SAMH Mobile Support Team

SAMH Community Education & Engagement

For FY 2018, SAMH Community Education & Engagement continued to enhance mental health literacy in the people-private-public sectors. We strived to reduce stigma through talks, workshops, panel discussions, sharing sessions and informational booths. We also hosted visits and engaged with our community partners through various events.

Promoting Mental Health Literacy through Education

Apart from Mental Health and Wellness Talks, SAMH Community Education & Engagement also conducted SAMH-curated or licensed workshops, such as Emotional CPR, Mental Health Preparedness Training, Peer Mental Health Training, Psychiatric Rehabilitation in Welfare Homes and Sensory Art Toolkit.

Supporting Holistic Wellness

On 23 March 2019, in collaboration with Diabetes SG, Wen Xiang, Senior Occupational Therapist of SAMH MINDSET Learning Hub, gave a talk on stress management to participants of a Singapore-wide course on diabetes.

The course, a first-of-its-kind to be empanelled under National Silver Academy, was also a collaboration with Council for Third Age.

REACHING OUT

<p>3345 participants</p> <p>attended 62 talks and workshops conducted by various SAMH staff</p>	<p>47 partners</p> <p>collaborated on educational talks and workshops, including schools, tertiary institutions, corporates, statutory boards, ministries and Social Service Agencies</p>
<p>3695 members of the public</p> <p>reached through SAMH public education booths, sharing of recovery stories and panel discussions</p>	<p>226 visitors</p> <p>from local and overseas organisations were hosted at various SAMH centres</p>



Wen Xiang of SAMH MINDSET Learning Hub sharing about effective stress management

Inspiring Corporate Wellness

On 28 November 2018, SAMH Community Education & Engagement and SAMH Creative Services curated a team-building art experiential workshop for staff of EPIC Ship Management Pte Ltd. The session included individual and group art, as well as reflective and interactive segments, which ultimately culminated in staff piecing together a world map to reflect their company's operational presence.

“ From the workshop, we learnt more about expressing through art which reminded us of our childhood experience of having fun with it. We also gained more understanding about our mental wellness as we learnt how to de-stress ourselves through the many resources available out there. ”

- Ms Joann Lim , EPIC Ship Management Pte Ltd



SAMH Creative Services' Chui and Eugene facilitating the experiential workshop



Participants painting parts of the world map



Completed art piece along with paperboats, denoting the company's footprint

Engaging Youths Through YOUth Alive! 2018

YOUth Alive! 2018 was SAMH's inaugural event that reached out to the general public in Singapore, especially families and young adults. The aim was to bring greater knowledge and awareness about mental health issues affecting our young people.

In conjunction with the theme of World Mental Health Day 2018, "Young People and Mental Health in a Changing World", YOUth Alive! 2018 was held to engage the community in "Connecting, Communicating and Caring for Our Youth". The four-day event included three days of interactive sessions and exhibits at the Red Box from 10th to 12th October 2018. It culminated with a carnival on 13 October 2018, showcasing booths by partnering agencies and performances. President Halimah Yacob presided as Guest-of-Honour.

The carnival featured SAMH's "Tree of Hope", a visible symbol of solidarity, inclusivity and hope, which made its maiden appearance. The public was invited to pen thoughts and words of encouragement on "leaves" that were hung on the tree, in support of youth mental health.



SAMH's Tree of Hope making its maiden appearance at YOUth Alive! 2018



President Halimah Yacob expressing her hope for "Youth (to) stand up against stigma"

Raising Awareness Through Community Partnership

In conjunction with World Mental Health Day in October 2018, SAMH was a supporting partner for the Mental Health Awareness Singapore Learning Series 2018. Organised by the Agency for Integrated Care, Institute of Mental Health, National Council of Social Service, MINDSET Care Limited and other community partners, the five Learning Series focused on raising awareness about mental health conditions and rallying support for those with such issues.



"MindStories" Exhibition @AMK Central Stage showcasing SAMH peer stories on 14 Oct 2018

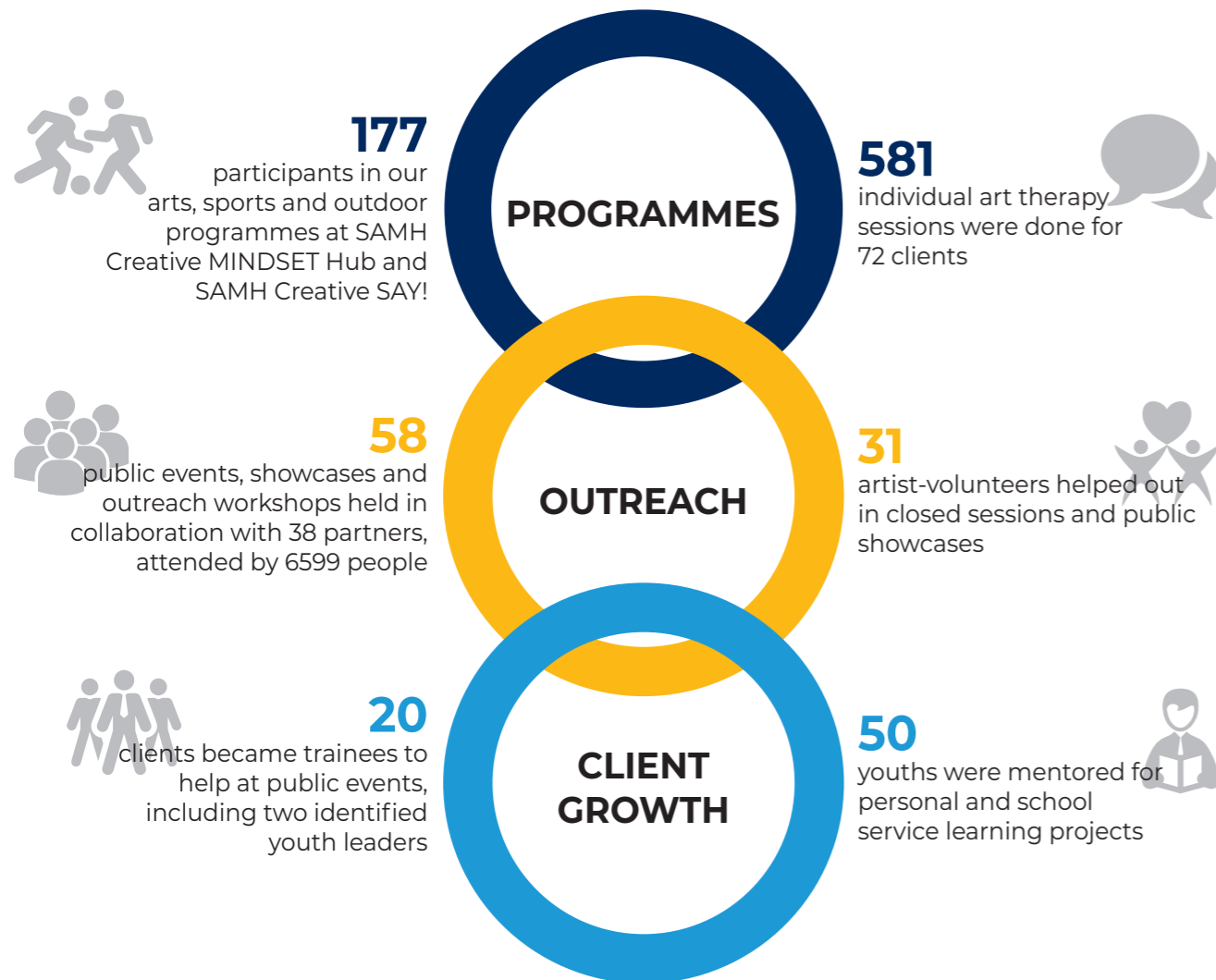


SAMH staff eagerly anticipating to engage with students at "Stay Woke" Youth Fest on 31 October 2018 at University Town, NUS

CREATIVE SERVICES

SAMH acknowledges the positive impact of the arts, sports and outdoors on mental well-being, and on fostering a sense of belonging, community and inclusivity for all ages.

Through SAMH Creative SAY! and SAMH Creative MINDSET Hub, SAMH Creative Services offers diverse creative arts, sports and outdoors programmes that support the mental well-being of persons in recovery and for the community at large.



SAMH Creative MINDSET Hub

Relocation to Our Tampines Hub

In April 2018, SAMH Creative MINDSET Hub relocated to Our Tampines Hub, Singapore's largest integrated hub that also houses multiple agencies offering services and facilities. Our new creative centre was officially launched by Mdm Halimah Jacob, President of Singapore and Patron of SAMH, on 1 December 2018 at Our Tampines Hub.

The move from Goodman Arts Centre and Jurong Point to Our Tampines Hub further enabled SAMH Creative MINDSET Hub to promote SAMH as a help centre for mental health issues and the arts as a means towards greater community wellness.

Therapeutic Power of the Arts

In collaboration with Our Tampines Hub, People's Association and National Arts Council, SAMH Creative MINDSET Hub set up information booths and public art experientials at several outreach events. These events included 'Let's Art @OTH' in April 2018, 'Tampines Urban Arts Festival 2018' in July 2018 and 'National Day @OTH' in August 2018.

We reached out to community partners and clients in the east, sharing know-how of using the therapeutic effect of the art-making process to improve mental well-being. These community partners included St. Andrew's Senior Care, St. Luke's Eldercare, Cerebral Palsy Alliance Singapore, Anglican Care Centre (Pasir Ris) and community clubs in Tampines.



Creating Art Loops with Temasek Polytechnic students

“ I started attending individual art therapy because I struggled with the meaning of life and over time, developed an eating problem. As I reflected, I realised that my decision to take up individual art therapy affirmed my decision to be in control of my life through confronting difficult issues. It has also helped me feel more grounded and realise that I was not journeying on alone. ”

-Art Therapy participant of SAMH Creative MINDSET Hub

Partners in Mental Health

Apart from calling on volunteers, we trained clients in various skills, such as preparation of event materials, speaking about their artwork in public and co-facilitating workshops. We saw clients grow in confidence and communication skills.



Client co-facilitating an art workshop and sharing of own artworks



'Art Loops' exhibition showcasing sensory art loops installation during the launch of SAMH Creative MINDSET Hub at Our Tampines Hub

Spearheading Collaborative Arts for Wellness

With the support of collaborative partners, we spearheaded several events, including 'CMH Showcase' in April 2018, 'CMH Launch' in December 2018 and 'Artmakings' in March 2019. An exhibition of artworks was created by our centre participants, with stories and artworks by our art therapy clients. We conducted more than 20 Art Loop sessions which were attended by 800 community participants that contributed to the final showcase exhibited at Festive Walk East in Our Tampines Hub.



President Halimah Yacob officiating the launch of SAMH Creative MINDSET Hub on 1 December 2018



SAMH Creative SAY!

Engaging Youth in Sports Interest Groups

In the past year, SAMH Creative SAY! engaged youths in four main sports interest groups, namely floorball, running, kayaking and sailing. These sports were chosen based on youths' interest which was the most effective way of securing interest and growing commitment.



Floorball practice sessions with Special Olympics

“ My experience in floorball interest group has been fun & memorable. I could be with my schoolmates and meet new people like the Special Olympic athletes. Throughout the sessions & competitions, I could understand more about my teammates and communicate with them through the games. ”

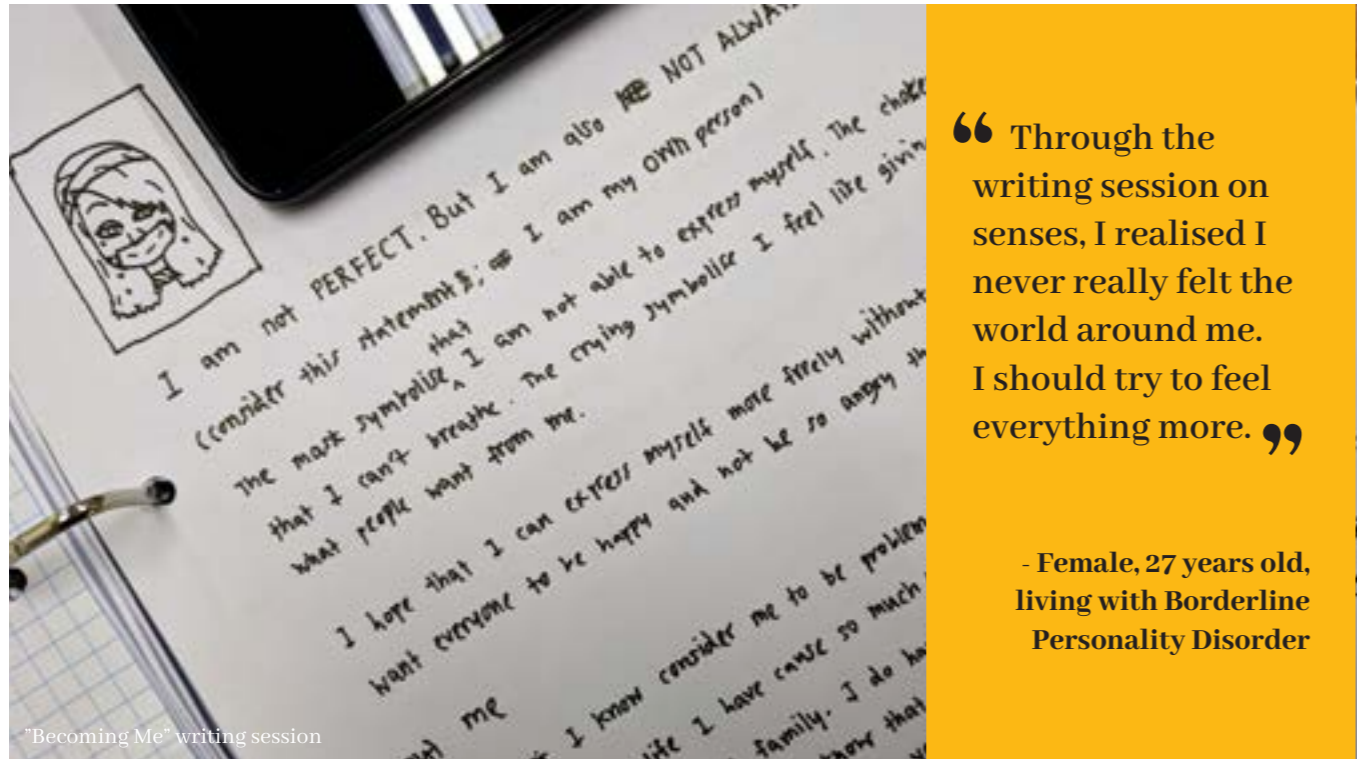
– Nurin, 16-year-old secondary school student

“ This experience has expedited my recovery, evident by the shortening of my home leave and my earlier discharge by 2 months. I felt very happy and slept very well after each day of volunteering. I am very grateful for this opportunity to volunteer and look forward to more opportunities in the future. ”

– NY, volunteer



Future Ready Sailor Programme, a collaboration with National Sailing Centre in December 2018



“ Through the writing session on senses, I realised I never really felt the world around me. I should try to feel everything more. ”

- Female, 27 years old, living with Borderline Personality Disorder

"Becoming Me" writing session

Communicating through Arts and Writing

For FY 2018, SAMH Creative SAY! continued with the arts and writing programmes, which were well-received by clients. Art was a good way to invite non-verbal responses from youths regarding events of their lives. Writing enhanced youths' ability to communicate and share about themselves and their experiences.

Engaging with Youths' Support Ecosystem

Apart from regular arts, sports and outdoors programmes, SAMH Creative SAY! also helped support family and fellowship, school engagements, and mentoring of volunteers. Family and immediate support networks have been especially important in maintaining mental wellness of youths.



Outdoor cooking during 2D1N Family Camp in June 2018

“ Arts and heritage have the power to connect communities and strengthen social bonds. They also have great potential to break down the barriers of stigma and lead to a profound impact on our mental well-being. ”

- Mdm Halimah Yacob, President of Singapore and Patron of SAMH

Educating School Volunteer Groups on Mental Health

Students from Catholic Junior College, Temasek Junior College and LASALLE College of the Arts, as well as trainee teachers from National Institute of Education attended our volunteer training. They were trained in basic mental health, communication and facilitation skills. They practised these skills by planning and carrying out sessions and events for youth clients. Some youths stepped up as leaders to organise activities and events, signalling their growth in the last few years.



“ I've learnt the true importance of addressing mental health. This block party has reinforced my beliefs that dance has the ability to impact lives. ”

- Joern, 20, LASALLE College of the Arts Diploma in Dance



Block Party @ Marsiling co-organised by LASALLE College of the Arts student on 30 March 2019

FUNDRAISING & COMMUNITY RELATIONS

SAMH thanks the many people who believe in caring for the community and have offered support through financial contributions. Increasingly, businesses and corporations have also joined the call for social responsibility, making corporate social responsibility a priority in operations. These financial contributions received from government agencies, charitable foundations, individuals as well as businesses and corporations have helped advance the cause to promote mental wellness in Singapore.

Raising Funds for MINDSET Learning Hub

On 28 October 2018, more than 280 participants, including persons in recovery and caregivers, took part in an annual fundraising event organised by MINDSET Care Limited, the charity arm of Jardine Matheson Group. MINDSET Challenge & Carnival is a 33-floor vertical race up Marina Bay Financial Centre Tower 1 and a retro-themed carnival at The Lawn @ Marina Bay. The vertical race symbolises the uphill battle against stigma and the challenges that persons in recovery undergo in daily lives, while attempting to reintegrate back into society.



Collaborating with SAMH YouthReach

SAMH and The Mindful Company designed a second series of bracelets representing four themes inspired by courageous personal stories of youth clients from SAMH YouthReach. These themes were new beginnings (sun), growth (leaf), dreams and aspirations (cloud) and turning challenges into opportunities (lemon). The series helped raise awareness and understanding about mental wellness, and celebrated the courage needed to ask for help. Funds raised from the sale of the bracelets went towards programmes offered by SAMH.



Raising Funds Through Community Initiative

SAMH worked with The Sweetser Idea from St Joseph's Institution (International), and Project Helios from Hwa Chong Institution for Citi-YMCA Youth For Causes 2018. The two teams raised around \$10,800 and \$6,800 respectively for SAMH, from street sales, busking, a bazaar and organising a school concert.



Citi-YMCA Youth For Causes, funded by Citi Foundation, is a community initiative launched by Citi and the YMCA of Singapore in 2003. The programme promotes social entrepreneurship and community leadership development among Singapore youth, aged 15 to 25.

“ We are determined to keep speaking about the pertinent issue of mental health, especially to people of our age, because of its social relevance in this day and age. ”

- The Sweetser Idea, St Joseph's Institution (International)

Creating Special Collection

In commemoration of World Mental Health Day, SAMH and With Every, a home grown online flower shop, collaborated to create a special collection of beautiful flower arrangements to promote mental wellness. Inspired by the universal ingredients for wellbeing, each product in the collection came with a Mental Wellness Care Card, and tips and reminders to practise good self-care. 30% of total sales from the collection was donated to SAMH.



“ Flowers have the power to comfort, uplift emotions and bring calmness and healing. And each item in the collection comes with a Mental Wellness care card with tips on self-care. Because just like flowers, people need love and care too. ”

- Natalie Seng
Co-Founder, With Every

OUR VOLUNTEERS

SAMH appreciates all volunteers for their devotion, commitment and selfless sense of giving back to the community. Many SAMH volunteers find volunteering both inspiring and rewarding.

Connecting Through Volunteering

In the past year, people from all walks of life contributed through service-based, skills-based and events-based volunteering with SAMH. They volunteered by facilitating programmes or helping out at activities and events organised or supported by various SAMH centres. Through these platforms, volunteers helped to promote mental wellness as well as befriend clients of SAMH, offering emotional support and friendship. SAMH clients benefited and appreciated the dedicated efforts of individual and group volunteers in making a positive impact on their lives.



Volunteers and their dogs visiting clients of SAMH Oasis Day Centre once a month, as part of "Healing Paws", a community outreach programme of Save Our Street Dogs. Clients of SAMH YouthReach, together with caregivers, joined the activity at times



Long-time SAMH volunteer, Mrs Ho-Tan S. L., a trained educator, pedagogist and musician, facilitating an activity for clients of SAMH Oasis Day Centre

Moving Forward

SAMH hopes for many more people from all walks of life to step forward to volunteer with SAMH. We will continue to reach out to more volunteers as well as engage and motivate them to journey with us in supporting clients and promoting mental wellness for all.

“ Long-term volunteering needs lots of perseverance. But all these are worthwhile when you see the smiles on clients’ and trainees’ faces and their abilities to achieve something for themselves, no matter how small it may be. It is even more heart-warming to witness some of them re-integrating back into the community and holding jobs for themselves. ”

-Mrs Ho-Tan S.L., long-time volunteer of SAMH Oasis Day Centre

OUR PEOPLE

SAMH values our staff's dedication and commitment to our vision and mission. At SAMH, every individual plays a vital role in serving a greater purpose, promoting mental wellness and forging an inclusive community. Our staff are stewards to safeguard the mental well-being of clients, collaborating with stakeholders to meet changing needs of the community.

Awarding Scholarships to Inspire Learning

SAMH supported staff in pursuit of knowledge and in-demand skills in the past year. SAMH provided opportunities for staff to attend courses conducted by training partners that met diverse learning needs and helped staff stay relevant. SAMH also offered scholarships to passionate and committed staff to further their studies in counselling, social work and related disciplines that would contribute to the mental health community.

Dorothy Lim joined SAMH Activity Hub in 2012 as an art coordinator and moved to SAMH Creative Services in 2014. She facilitates art skills as a form of therapy for clients and the community.

With support from SAMH, Dorothy pursued a course on Master of Counselling under the SHMDP-ILTC scholarship from Agency for Integrated Care. Offered on a part-time basis with classes on Saturdays, this course allowed Dorothy to study while working.

Dorothy had to balance work during weekdays, classes on Saturdays and other aspects of life. She coped with flexi-work arrangements and support from colleagues who covered her work duties in her absence.

The course helped Dorothy gain awareness about triggers and issues that might potentially hinder good work with clients, and prompted her to constantly reflect and work on her own issues.

It also provided her with counselling micro-skills that would help in interaction with clients. Dorothy learnt to consider clients and issues from a clinical perspective, based on theoretical frameworks studied during the course.

Moving forward, Dorothy hopes to use her skills and knowledge attained during the course to work as a counsellor in SAMH and aims to be a registered counsellor under Singapore Association for Counselling.



Dorothy at the mountain-top of Sri Lanka



OUR PEOPLE



**Working hard. Having fun.
Making a difference.**



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Email : enquiry@samhealth.org.sg

Website : www.samhealth.org.sg



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