



DISCOVERING THE NUTS AND BOLTS OF YOUTH-FRIENDLY MENTAL HEALTH SERVICE

.....



OVERVIEW

The prevalence of mental health disorders in young people is the highest of any age group, with approximately 1 in every 4-5 youths in the United States, and 1 in 10 Australian youths meeting the criteria for a mental health disorder. The Singapore Mental Health Study (2010) found that the onset of majority of mental illnesses occurred by the age of 26 years. Early intervention ensures good recovery; however, less than a third will seek professional help.

For mental health services to be beneficial for youths, it is important that they are youth-friendly, as defined by the World Health Organization (WHO): accessible, acceptable, equitable, appropriate and effective for different youth subpopulations.

Do you ever feel challenged in providing individual support and/or group work to youths/young adults with mental health disorders? Are you curious about how other mental health services strive to engage and support distressed youths/young adults in youth-friendly ways?

Good news! With support from the Agency of Integrated Care (AIC) and National Council for Social Service (NCSS), the Community Health Assessment Team (CHAT) and Early Psychosis Intervention Programme (EPIP) from the Institute of Mental Health (IMH) are offering an attachment programme which aims to help community-based mental health professionals gain clarity and strategies to develop a youth-friendly mental health service. The attachment comprises of clinical observations and practices, with session readings and short reflective papers. Each participant's learning will also be reviewed and supported by an assigned supervisor from the CHAT/EPIP team.

Organised by



Community Health
Assessment Team

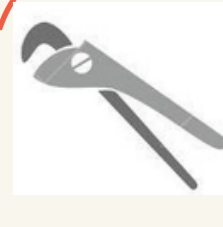
Supported by



agency for
integrated care



NCSS
National Council
of Social Service





DISCOVERING THE NUTS AND BOLTS OF YOUTH-FRIENDLY MENTAL HEALTH SERVICE

.....

At the end of the attachment, participants will achieve the following learning objectives:

1. Describe qualities of youth-friendly mental health service
2. Examine strategies used by two local mental health services to achieve positive experience of care for youths/young adults with varying levels of mental health distress
3. Practice skills to assess distressed youths/young adults for common mental health disorders like depression, anxiety disorders, psychosis and its associated risks
4. Practice skills to engage and support youths/young adults and their caregivers affected by depression, anxiety disorders, psychosis and its associated risks
5. Demonstrate collaboration with a multi-disciplinary team in caring for distressed young people

TARGET PARTICIPANTS

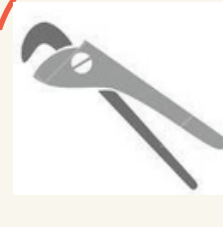
This attachment is designed for community mental health workers and all helping professionals in the community who have had at least TWO (2) years of working experience with persons with mental illness.

Organised by



Community Health
Assessment Team

Supported by





We cater to individualized learning needs!

Please select your modules.

Note: All modules (other than Module 4) include reflection assignments to be submitted after every module.

Module 1: Assessment & engagement of young person with mental health distress at community setting

Learning objectives:

- 1) Describe qualities of youth-friendly mental health service
- 2) Examine strategies used by a local mental health services to achieve positive mental health experience of care for youths/ young adults with varying level of mental health distress
- 3) Practice skills to assess youths/ young adults for common mental health disorders like depression, anxiety disorder, and its associated risks
- 4) Practice skills to engage and support youths/ young adults and their caregivers affected by depression, anxiety disorder, and its associated risks

Duration: 2 discussions (2h each) at own agency
3 afternoons at CHAT

Activities: 1.1 Discussion on 'What and How to ask' in psychiatric interviewing
1.2 Discussion on 'Mental State Examination'
1.3 Conduct face-to-face psychiatric assessment at CHAT
1.4 Participate in supervision session with supervisor

Organised by



Community Health
Assessment Team

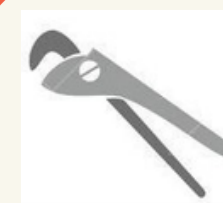
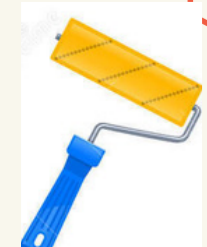
Supported by



agency for
integrated care



NCSS
National Council
of Social Service





We cater to individualized learning needs!

Please select your modules.

Note: All modules (other than Module 4) include reflection assignments to be submitted after every module.

Module 2: Assessment & engagement of young person with psychosis at acute setting

Learning objectives:

- 1) Describe qualities of youth-friendly mental health service
- 2) Examine strategies used by a local mental health services to achieve positive mental health experience of care for youths/ young adults with varying level of mental health distress
- 3) Practice skills to access youths/ young adults for common mental health disorders like psychosis and it's associated risks
- 4) Practice skills to engage and support youths/ young adults and their caregivers affected psychosis and it's associated risks
- 5) Demonstrate collaboration with a multi-disciplinary team in caring for distressed young people

Duration: 2 discussions (2h) each at own agency

6 half days (3 half days per week for a consecutive of 2 weeks)

- Activities:
- 2.1 Discussion on 'What and How to ask' in psychiatric interviewing
 - 2.2 Discussion on 'Mental State Examination'
 - 2.3 Conduct face-to-face psychiatric assessment at EPIP
 - 2.4 Participate in multi-disciplinary team discussions
 - 2.5 Participate in supervision sessions with supervisor
 - 2.6 Conduct family sessions
 - *2.7 Conduct home visits (*subjected to availability)

Organised by



Community Health
Assessment Team

Supported by





We cater to individualized learning needs!

Please select your modules.

Note: All modules (other than Module 4) include reflection assignments to be submitted after every module.

Module 3: Group work

Learning objectives:

- 1) Describe qualities of youth-friendly mental health service
- 2) Examine strategies used by two local mental health services to achieve positive mental health experience of care for youths/ young adults with varying level of mental health distress
- 3) Practice skills to engage and support youths/ young adults and their caregivers affected by depression, anxiety disorder, psychosis and its associated risks
- 4) Demonstrate collaboration with a multi-disciplinary team in caring for distressed young people

Duration: 3 half days (Mon, Wed & Fri afternoons)

- Activities:
- 3.1 Participate in training sessions with Peer Support Specialist
 - 3.2 Participate in training sessions with Occupational Therapist
 - 3.3 Conduct an inpatient group work
 - 3.4 Participate in planning sessions (where necessary)
 - 3.5 Participate in debrief sessions

Organised by



Community Health
Assessment Team

Supported by





We cater to individualized learning needs!

Please select your modules.

Note: All modules (other than Module 4) include reflection assignments to be submitted after every module.

Module 4: Tour of youth-friendly mental health service

Learning objectives:

- 1) Describe qualities of youth-friendly mental health service
- 2) Examine strategies used by two local mental health services to achieve positive mental health experience of care for youths/ young adults with varying level of mental health distress

Duration: 1 half day (dates are negotiable)

*(Module 4 will be automatically included if you select Module 1 & 2)

Activities: 4.1 Tour of EPIP ward
4.2 Tour of CHAT hub

Organised by



Community Health
Assessment Team

Supported by



agency for
integrated care



NCSS
National Council
of Social Service





NEW!

Please select your modules.

Note: All modules (other than Module 4) include reflection assignments to be submitted after every module.

Module 5: Risk assessment & Safety planning

Learning objectives:

- 1) Practice risk assessment
- 2) Practice safety planning

Mode of learning:

- live session (with your client) with debrief;
- or debrief of recorded session (with your client)
- or case discussions

Duration: 2 sessions (2h each) at your own agency

Organised by



Community Health
Assessment Team

Supported by





NEW!

Please select your modules.

Note: All modules (other than Module 4) include reflection assignments to be submitted after every module.

Module 6: Understanding mental illness

Learning objectives:

- 1) Practice psycho-educating clients to understand their illness
- 2) Practice recovery language

Mode of learning:

- live session (with your client) with debrief;
- or debrief of recorded session (with your client);
- or case discussions

Duration: 2 sessions (2h each) at your own agency

Organised by



Community Health
Assessment Team

Supported by





Registration

Intake will commence from April 2019.

The exact schedule will be discussed and individualised.

This attachment is fully funded for a *limited time only and is available only for up to 12 participants. For registration and queries, please contact Rani at Tel: 63893878 or email: rani_murugesan@imh.com.sg

**subjected to availability*

About us

CHAT

Initiated under the auspices of the Ministry of Health, Singapore in 2009, the Community Health Assessment Team (CHAT) is a national youth mental health outreach and assessment programme under the Institute of Mental Health (IMH). Our team of mental healthcare professionals is dedicated to promoting awareness of mental illness, improving access to mental health resources and providing free and confidential mental health checks for young people aged 16 to 30 years old. With a centre (CHAT Hub) at *SCAPE Orchard, extensive outreach programmes and collaborations with passionate young people and various community partners, CHAT has helped thousands of young people with mental health concerns since 2009.

EPIP

Early Psychosis Intervention Programme (EPIP) was initiated in 2001, under the auspices of the Ministry of Health, Singapore. Our multidisciplinary team of psychiatrists, case managers, psychologist, medical social worker, nurses, occupational therapists, and peer support specialists are dedicated towards providing comprehensive, integrated, phase-specific treatment and client-centred care to individuals with first episode psychosis (FEP) between the ages of 16 to 40 years and their families. EPIP is one of the award recipients of the Inaugural Singapore Patient Action Awards 2015. EPIP's psychosocial interventions incorporating Club EPIP and Peer Support Programme also won the category of the Singapore Patient Engagement Initiative (Team-based).

Supervisors

Supervisors for this internship are experienced case managers who have expertise in the identification of common mental illnesses such as mood disorders, anxiety disorders, psychosis and supporting distressed youths and young adults achieve recovery from these disorders.

Organised by



Community Health Assessment Team

Supported by

