



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

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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 8 week 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 once a week clinical observation and practice consecutively for 8 weeks, with weekly readings and short reflective papers. Each participant's learning will also be reviewed and supported by an assigned supervisor from the CHAT/EPIP team.

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

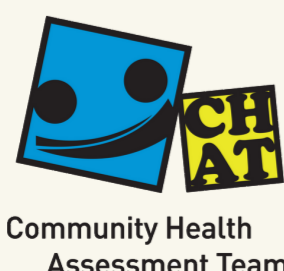
1. Describe qualities of youth-friendly mental health service
2. Examine strategies used by two local mental health services to achieve positive experience of care for youths/young adults with varying levels of mental health distress
3. Practice skills to assess distressed youths/young adults for common 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



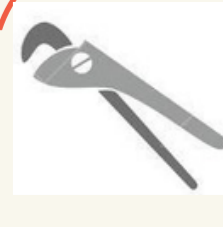
TARGET PARTICIPANTS

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.

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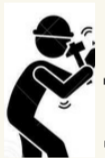
Module 1: Assessment & engagement of young person with mental health distress

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 assess youths/ young adults for common mental health disorders like depression, anxiety disorder, psychosis and its associated risks
- 4) Practice skills to engage and support youths/ young adults and their caregivers affected by depression, anxiety disorder, psychosis and its 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 at EPIP & CHAT
(dates are negotiable)

- 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 EPIP
 - 1.4 Conduct face-to-face psychiatric assessment at CHAT
 - 1.5 Participate in multi-disciplinary team discussion
 - 1.6 Participate in supervision session with supervisor



Module 2: Engagement of sub-systems

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) Demonstrate collaboration with a multi-disciplinary team in caring for distressed young people

Duration: 3 half days (Dates subjected to availability)

- Activities:
- 2.1 conduct family sessions
 - 2.2 conduct home visits
 - 2.3 participate in multi-disciplinary team discussions

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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



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)

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



Registration

Attachment will start from August 2018.

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

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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.

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