

# Unravel The Road Less Travelled

5 & 6 AUGUST 2019

9:00AM TO 5:30PM

INSTITUTE OF MENTAL HEALTH

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Common mental health disorders like Depression, Obsessive-compulsive Disorder and Psychosis begin early in life. 1 in 5 young people experience a mental health distress. Yet, in Singapore, less than a third will seek professional help.

Is your young person's mental health distress affecting your work with him/her? Are you planning to work with other healthcare professionals but don't know how to start? Do you want to find mental healthcare community resources but don't know where to start? This workshop aims to help you answer these questions.

## LEARNING OBJECTIVES

By the end of the course, learners will be able to:

1. Understand youth mental health
2. Identify mental health distress in young people
3. Understand Singapore mental health landscape
4. Explore how you can value add as a community helping professional
5. Conduct mental health assessment and risk assessment for a young person
6. Understand impact of mental illness on young persons
7. Collaborate with a multi-disciplinary team to help distressed young people
8. Know ways to promote good mental health

## TARGET PARTICIPANTS

Youth workers, social workers and social service practitioners who are directly involved in working with young persons aged 16 to 30 years old.

## CHAT

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. Marrying Advanced Training in Certificate and Assessment (ACTA) training skills with professional mental healthcare skills, CHAT trainers share real experience, while making learning fun and impactful.

## Registration

Good news! This workshop is fully funded for a \*limited time only. So hurry, come join us on a fun learning journey!

For registration and queries, please contact **Rani at 63893878 | email: rani\_murugesan@imh.com.sg**

Organised by

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\*Replacement of registered participants is allowed and request must be made in writing to CHAT at least 1 working day before the commencement of training. Registered participants who fail to attend the full two days training will be charged a full course fee of \$256.80 (GST included). Waiver of full course fee will only be granted on valid grounds such as medical and/or compassionate reasons and request must be made in writing to CHAT.

Photography and videography taken during the event will be retained by the organizer and used for publicity and archival purpose.

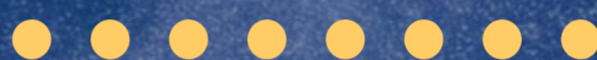
# Trainers Profile



**LEE Yi Ping**  
Senior Youth Support Worker  
Community Health Assessment Team  
Institute of Mental Health

After graduating with first class honours in Psychology from James Cook University, Ms Lee Yi Ping worked on research projects with National University of Singapore and the Child Guidance Clinic of the Institute of Mental Health (IMH). For example, she was the main research assistant in a Singapore children mental health epidemiology project.

Yi Ping went on to join the Early Psychosis Intervention Programme at IMH. As a case manager with a multi-disciplinary team, she provided not just individualised case management, but also psycho-education and counselling for clients with first-episode psychosis and their families. A Certified Master Solution-Focused Practitioner by the International Alliance of Solution-Focused Teaching Institutes (IASTI), Yi Ping has extensive experience in clinical work. Her next role was a Team Leader and Senior Youth Support Worker with IMH's Community Health Assessment Team (CHAT). Besides conducting mental health assessments and supporting young people in distress, she works closely with tertiary educational institutes and voluntary welfare organizations to provide youth mental health education and training for young people, peer helpers, caregivers, educators and counsellors.



**YONG Yee Huei**  
Youth Support Worker  
Community Health Assessment Team  
Institute of Mental Health

After graduating with a Bachelor in Social Science (Psychology) from the National University of Singapore, Ms Yong Yee Huei has worked with young people and their families and subsequently in a mental health setting for 9 years. She also completed a Masters in Social Science (Counselling) with Edith Cowan University and has experience with individual counselling, marital therapy and family therapy. She just completed her Post-graduate Diploma in Social Work, and hopes to contribute more in group work and community work.

Prior to Community Health Assessment Team, Yee Huei was a case manager with the Early Psychosis Intervention Programme multi-disciplinary team, where she provides personal case management, counselling and psycho-education for clients with first-episode psychosis and their families.

Yee Huei's experience in the education sector has complemented her role as a trainer with Community Health Assessment Team. She hopes to change people's negative perceptions of individuals with mental health concerns to improve acceptance and understanding.