Role of VWO’s in Community Management of Schizophrenia

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Regional Vice President (Asia Pacific), World Federation for Mental Health
VWOS in Mental Health Promotion & Advocacy

• Action Group for Mental illness

• AWWA

• Caregivers' Association of the Mentally Ill

• Clarity Singapore Limited

• Lejia Society

• Singapore Association for Mental Health
  (Club 3R, Gombak Home, Family Link Programme, etc)

• Singapore Anglican Community Services
  (Hougang Care Centre, Simei Care Centre, CRSS, etc)

• Samaritans of Singapore

• Silver Ribbon (Singapore) and more.....
• Silver ribbon is a global symbol to promote positive mental health.

• Other silver ribbon movements are available in United States, Japan, Mexico, India, and UK.

• Silver Ribbon (Singapore) was launched by former President S R Nathan on 4 Feb 2006 to combat mental health and encourage early treatment.
Medication algorithm for schizophrenia

Diagnosis of Schizophrenia

Use a single Typical or Atypical Antipsychotic (except Clozapine)

Inadequate or No Response

Use a single Typical or Atypical Antipsychotic (except Clozapine) not previously tried

Inadequate or No Response

Clozapine

No Response

Clozapine + Augmenting Agent (Atypical or Typical Antipsychotic or ECT)

Refusal or intolerable side effects

No Response

Combination Therapy

e.g. Antipsychotic combinations (either Atypical + Typical or Atypical + Atypical), Antipsychotic + either ECT or other agent (e.g. mood stabilizer)

Adequate response and No intolerable side effects and Compliant

Continue

Patients’ concerns

Before treatment

• Do I require treatment now?

• Where to seek help?

• Would there be any side effects?

• Is the treatment affordable?

During treatment

• How would others view me if I am diagnosed with a mental disorder?

• How long do I have to be on med?

• How shall I manage my condition?

• How to handle side effects?

• Should I stop my treatment?

• How shall I move on from here?
How stigma and discrimination develop

People notice a difference

People develop an attitude towards the difference

Stigma
*a belief that we hold about someone*

Discrimination
*an expression of negative attitudes*

(source: The World Psychiatric Association)
Case Study 1
案例研究 3

母亲煮鸡汤，围攻我。
毒气味，乱喷我。
言我脸，鼻暗疮，生不耐。
身体手脚也遭殃！

腹泻等病症又添。
鸡太毒，食后财弃良附近。
新城人，丧天良！

eștețește！结果越发甚！

eștețește！

母亲煮鸡汤，母亲煮的呀！
Actions taken by Silver Ribbon (Singapore)

- Provision of a platform by setting outlets for person at risk and/or their caregivers to make enquiries on mental health issues.
- Provision of emotional support by providing complimentary counselling service where we could identify at-risk group and refer person at risk and/or their caregivers to the relevant organisations will address their needs.
- Introduction of community outreach programmes and provision of public education to improve the mental health literacy among all stakeholders.
Provision of a platform by setting outlets for person at risk and/or their caregivers to make enquiries on mental health issues

28 Oct 2007

Mr Yeo Guat Kwang took less than 3 months to respond to our proposal by converting a RC into Tze Hng Wellness Studio and launch it on 28 Oct 2007.

To date, we have offered assistance to hundreds residents and received local and oversea guests from countries such as United States, India, Korea and Malaysia.
Provision of emotional support by providing complimentary counselling service

SILVER RIBBON (SINGAPORE) 銀丝帶 (新加坡)

Complimentary Counselling Service 免費心理輔導

Appointment Line 預約熱線

6386 1928
info@silverribbonSingapore.com

Locations 地點

Tze Hng Wellness Studio, Blk 616 Hougang Ave 8 #01-386 S(530616)
Launched by Mr Yeo Guat Kwang, MP for Ang Mo Kio GRC, on 28 Oct 2007

The Linkage, Geylang Serai Community Club, 99 Haig Road S(438748)
Launched by Prof Fatimah Lateef, MP for Marine Parade GRC, on 3 Oct 2010

The W.A.R.M. Corner, Blk 852 Woodlands St 83 #01-262 S(730852)
Launched by Ms Ellen Lee PBM, MP for Sembawang GRC, on 11 June 2011

*We provide basic counselling service at the above locations via appointment. All discussion topics would be kept confidential. For urgent cases, please seek help from any nearby hospital or police. To learn more about mental health issues, please visit www.silverribbonSingapore.com
Refer person at risk and/or their caregivers to the relevant organisations will address their needs

Referral sources
• MPs
• Grassroots leaders (CCC & RC)
• Community Clubs
• CDCs
• Police
• HDB
• Town Council
• Religious leaders
• Self
• Mental health first aiders
• Mental health advocates

Financial issues
• MPs and grassroots
• MSW of hospital

Mental health issues
• Treatment
  GPs, Polyclinics, IMH, RH, Private Psychiatrists
• Rehabilitation
  SAMH and SACS

Social issues
• CDCs
• FSCs
• VWOs

Family issues
• Family members
• Religious leaders

Employment issues
• IMH Job Club
• Work Care Agents
Introduction of Community Outreach Programmes

1) General Public (Youth, adult, elderly)
   E.g. Silver Ribbon Film Festival, Friday the 13th – Psychosis Vs Possession, etc

2) Grassroots leaders, religious leaders, teachers, school counsellors, staffs of VWOs, etc
   • 1st Asia Pacific Conference and Meeting on Mental Health
   • Explore collaboration. E.g. Woodlands Community Day, Mental Health Symposium @ SSA, etc

3) Students
   • Engage them in mental health projects. E.g. VIBES Song Writing Competition, Stamp Out Stigma Mental Health Carnival, Stamp Out Stigma Graphic Art Competition, Saving Grace, CAGED.
   • Train them to be mental health ambassadors from RI, SMU, NUS, NTU, Temasek Polytechnic, etc
   • Introduce internship programme to institutions such as Ngee Ann Polytechnic, NTU, NUS, JCU, etc
Introduction of Community Outreach Programmes

Shopping Malls

Silver Ribbon
X'mas Lucky Dip

Draw Date - 23 Dec 2010

Silver Ribbon is a global symbol to fight mental health stigma and encourage early treatment.

5 winners from each mall will walk away with $100.00!

For enquiries, please contact 0386 1928 or info@silverribbonsingapore.com

Organiser
Silver Ribbon (Singapore)

Supporting Organisation
Health Promotion Board

Supporting Malls
Tiong Bahru Plaza
Century Square
Hougang Mall

White Sands
Liang Court
Tampines
Introduction of Community Outreach Programmes

Singapore Soka Association

Bethesda

Changi Bethany Church
Introduction of Community Outreach Programmes

Policymakers

- President S R Nathan
- PM Lee Hsieh Loong
- Mr Teo Chee Hean, Deputy Prime Minister cum Minister for Defence
- Mrs Lim Hwee Hua, Senior Minister of State, MOF & MOT
- Dr Amy Khor, Mayor, Southwest CDC
- Ms Indranee Rajah, MP for Tg Pagar GRC
- Ms Jessica Tan, MP for East Coast GRC
- Er Lee Bee Wah, MP for Ang Mo Kio GRC
- Ms Denise Phua, MP for Jalan Besar GRC
- Dr Lim Wee Kiat, MP for Sembawang GRC
- Ms Ellen Lee, MP for Sembawang GRC
- Mr Khaw Boon Wan, Minister for Health
- Mr George Yeo, Minister for Foreign Affairs
- Mr Abdullah Tarmugi, Speaker of Parliament
- Dr Fatimah Lateef, MP for Marine Parade GRC
- Mr Yeo Guat Kwang, MP for Aljunied
- Ms Ellen Lee, MP for Sembawang GRC
- Mdm Halimah Yacob, MP for Jurong GRC
Provision of Public Education

Key points

- Involving mental health professionals, consumers and caregivers
- Introducing local and overseas programmes
- Customising our programmes according to the targeted groups
- Through innovative means

1) Mental Health First Aid
2) Reason To Hope
3) Mental Health Advocates
THANK YOU

www.silverribbonsingapore.com