

SINGAPORE ASSOCIATION FOR MENTAL HEALTH

Hearts
for
Minds

CELEBRATING FIFTY YEARS OF
COMMUNITY MENTAL HEALTH SERVICES

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COMMUNITY MENTAL HEALTH SERVICES



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Foreword by President of the Republic of Singapore and Patron of SAMH



With a focus on prevention, rehabilitation and education, SAMH plays a critical role in strengthening our social fabric by cultivating and building a more inclusive and empathetic community.

All of us have probably met someone with a mental health disorder or who has a loved one with the condition. Mental illness can strike anybody at any time. When it does, it is often debilitating and affects the individuals and their caregiver, both physically and emotionally.

Fortunately, Singapore has made remarkable progress in the mental health sector. Today, organisations are equipped to provide a wide range of services, from institutionalised mental healthcare to care facilities within the communities.

The Singapore Association for Mental Health (SAMH) has been a key partner in this transformation. Established in 1968 by a group of like-minded medical and mental health professionals as well as social workers, SAMH has expanded its initiatives and contributed significantly to the mental health care system in Singapore. SAMH's suite of programmes and services complements the Government's efforts to provide holistic mental healthcare. With a focus on prevention, rehabilitation and education, SAMH plays a critical role in strengthening our social fabric by cultivating and building a more inclusive and empathetic community.

SAMH's leaders and staff have been fundamental in ensuring that the organisation remains relevant to society's evolving needs. They have expanded SAMH's touch points by providing quality community care and rehabilitative services to every region in Singapore, allowing more to benefit from SAMH's initiatives. SAMH's sponsors also deserve recognition for being instrumental to the organisation's success over the last five decades.

I am heartened to see the far-reaching impact of SAMH over the years. This book is a fitting tribute to all who have been part of SAMH's journey. I hope it will inspire more to serve the mental healthcare community through organisations such as SAMH. I also hope that it will raise awareness of the community in mental health issues, so that we can all help mental health patients better integrate into society.

Congratulations to SAMH on its Golden Jubilee. I wish you many more years of success to come.

Halimah Yacob
President of the Republic of Singapore
Patron of Singapore Association for Mental Health

Message from our President



Many individuals and organisations have played a part in helping SAMH to become what it is today. We celebrate this 50th anniversary milestone together!

Hitting the half-century mark is a very significant milestone for any person or organisation! The Singapore Association for Mental Health (SAMH) has certainly come a long way since it was established back in 1968 as the first community mental health agency in Singapore.

From a small wholly volunteer-run charity in the early years, SAMH has since grown to be a key player in the community mental health space in Singapore, with more than a hundred staff, serving several thousand clients yearly across a growing number of centres spread over the country. The focus over the years has always been on the rehabilitation and re-integration of persons with mental illness, helping them to live and work normally in the community.

So what does a social service organisation do upon reaching the great age of 50? Not a lot different from a person hitting 50 actually.

Firstly, it is an occasion to be thankful. Thankful for the opportunity and privilege to serve those in our midst who need help dealing with mental health issues, as well as their families and caregivers. Thankful for the support and trust of clients, partners, volunteers, funding agencies and donors that have sustained SAMH and enabled it to continue to grow in scale and scope. Thankful for the dedicated staff, management and board members over the years who have worked tirelessly for the cause of mental wellness.

The half century mark is also a time of reflection. Of looking back at all the activities undertaken and all the effort expended, to honestly evaluate the extent to which the desired outcomes have been realised. Of identifying failures that have occurred and mistakes made so that learning is achieved and improvements put in place. Of reviewing whether adequate attention has been directed to the right areas of need and resources optimally allocated.

Finally, turning 50 is a good time for gazing into the future. How could SAMH build on the solid foundation established over the last 50 years to greatly multiply its impact? Where and how could SAMH make the biggest difference to the community it serves? To the greater ecosystem it operates within? How could SAMH employ new technology and innovations to reach out to clients more effectively, without losing the human touch?

These will be the important questions my board members and I will seek to answer this Jubilee year as we take the initial steps into the next half century.

For all who have played a part in helping SAMH to where it is today, may I express my heartfelt gratitude and appreciation. We celebrate this eventful milestone together. Happy 50th Anniversary SAMH!

*Dr Francis Yeoh
President (2016–present)*

Message from our Immediate Past President



There is also a need to develop a good leadership succession plan for both management and board that allows us to continuously improve and renew.

Back to the future: fifty years of recovery

I joined SAMH officially in 2001 after I returned from my Ministry of Health sponsored training in Toronto at The Hospital for Sick Children. The President of SAMH, A/Prof Leslie Lim had approached me to help in the Management Committee. It was something I could hardly have refused, firstly because Prof Lim was my previous supervisor when I was a trainee and remains a good mentor to my work. Secondly, when I was in Canada, it was very clear to me that Non-Governmental Organisations (NGO) had very important roles in developing mental health ecosystems that interfaced with hospitals and clinics. In fact, I was very impressed at the support I received from a NGO to help kickstart a support group on selective mutism in Toronto. I learned a few things then, a good NGO develops programmes that are niche and

within their mission and vision. They are focused on what they do, and do them well. They measure their progress and are accountable for what they do so they continue to receive funding, often a mixture of government and publicly raised funds.

One of the first things I was involved in was the development of Activity Hub in Pelangi Village. Pelangi Village commenced as a complex with six welfare homes housing destitutes, elderly and persons with mental illness. SAMH was appointed to run the Activity Hub, a centre to help them reintegrate into the community. Working with institutionalised individuals was a huge challenge for our occupational therapists. The complex provided a step down from the long term facilities with more intensive rehabilitation efforts by SAMH. We could discharge a handful each year for return to the community.

Strategy development and reviewing our mission and vision

Management committee meetings were among the most intensive I have attended. We used to meet every month and it was as the name suggested, management issues being raised with volunteers who had expertise beyond just the day-to-day running of a Voluntary Welfare Organisation (VVO). We have since moved most of the management issues to be discussed offline with appointment holders (e.g. President meets Executive Director regularly) as needed. This allowed the Management Committee to focus on broader issues and strategic planning. Prof Lim started us on regular retreats that focused on three to five-year plans and when he handed over the presidency to me, he gave some directions on how we could focus SAMH's work, its mission and to prevent mission creep.

When I took on the presidency in 2009, I wanted to do several things; one was to make sure that the board was diverse and had many skill sets to help provide oversight and governance. We were largely a specialty-driven management committee up till then. Our board was dominated by professionals in mental health with little else. Over time, we started to have other professionals with legal, business and financial backgrounds to help do our work. We were fortunate to have enlisted the help of Mr Hsieh Fu Hua as Advisor and also the help of the Centre for Non-Profit Leadership (CNPL) who helped us develop our strategic direction, beefed up our Board with Board match and worked closely with Mr Hsieh to focus our mission of "Mental Health for All".

Branding

We took some time to discuss what SAMH stood for and we refreshed our logo and tagline in the turn of the millennium, but that was superficial, as the organisation was often seen as one which helped persons with severe mental illness in the community. SAMH was not just an extension of hospital services in the community (which its founding members had envisioned). It is a community agency that was helping people with mental illnesses (PMIs) recover and reintegrate back to the family and workplaces. Our strengths were in developing what we technically call psychosocial rehabilitation and recovery programmes. We were the first to develop peer development programmes and hire peers in SAMH well before any other agency even thought of doing so. We have, and still are, the only ones running step-down group homes for PMIs in the community who need short-term support.

Our partnership with MINDSET Care Limited, the charity arm of the Jardine Matheson group of companies allowed us to provide a wide range of rehabilitation programmes aimed at PMIs who are preparing, entering and maintaining their place in the workforce. For those who cannot be supported in work, we have recreational and learning programmes to keep them meaningfully occupied.

Measuring our work and fundraising

Throughout 2000, we spent time with the two Executive Directors, Rajeswari and Li Li to focus on measurement. Previously, we measured work based on output, number of clients served but by 2010, we were seriously looking at outcomes for all our programmes. Keeping finances balanced was important and up till 2010, we were largely funded by government grants. We made a conscious effort to fundraise so that we can do things that government cannot fund easily. This was because of the difficulties faced when funding needs to come from more than one ministry. Supported training and employment was one such area, as was the work with youths.

The future

I see two areas that SAMH has to further develop as it celebrates its 50th anniversary, that of encouraging targeted volunteerism from organisations to support the psychosocial rehabilitation that we are good at. Becoming involved in the corporate social responsibility efforts of companies, will allow us to expand our informal workforce and reduce the stigma associated with PMIs. There will be a need to develop close relationships with local and multinational companies, the way we have done with Jardine Matheson Group and MINDSET Care Limited. There is also a need to develop a good leadership succession plan for both management and board that allows us to continuously improve and renew. Training for Board Members (we have now changed our constitution to use that term instead of Management Committee) to prepare them for the work and constantly find passionate people to serve is critical to SAMH's future success. The senior management team of SAMH with a staff of almost 100 will also need a leadership plan that focuses on how we can improve and innovate to support PMIs as our world changes.

*A/Prof Daniel Fung
President (2009–2016)*

Message from our Long Serving Past President



Perhaps the experience with siting these centres in void decks has helped further destigmatise our services and clients, because we managed to start new centres in other estates without facing any objections from their residents. Stigma is all about misperception.

I was introduced to the Singapore Association for Mental Health in 1990 having returned from the United Kingdom the same year. I was co-opted into the management committee as Honorary Secretary. Dr Lim Hsin Loh was then President, and the Executive Director was Mr Nachatar Singh Sandhu. Subsequently, I was elected President in 1997 and served in this capacity till 2009.

We initially met for meetings in an old shop-house in Toa Payoh, which served as the association's Headquarters. The place was cramped, and next door was a pet-shop selling birds, fish and small animals. I still recall the chirping of birds from cages hanging overhead while walking to the shop-house for meetings. We still retain these premises to this day. Owing to budgetary constraints the premises has only undergone a couple of renovations over the years. Prior to one of the renovations, I happened

to pay a visit and was shocked to observe how threadbare the Executive Director's carpet appeared. He had endured these conditions without any fuss. The toilet in those days was the squatting type. At the time we had an American as Clinical Director, and I often wondered how he coped with this type of environment.

Stigma remains a huge problem in Singapore. One of the aims of SAMH is to combat stigma. In the mid-90s our attempt to bid for void deck space in one of the housing estates was unsuccessful. The Member of Parliament consulted and obtained feedback from his residents. We were dismayed to learn that our request was turned down, as the residents were not keen for a mental health organisation to be set up at their doorstep. More recently, research into public attitudes on stigma confirmed what we knew all along. The public typically view persons with mental illness in a negative light, dangerous

and unpredictable. Finally, we were able to secure two void deck spaces in Potong Pasir, where our Oasis Day Centre and Head Office are now located. We have been in Potong Pasir for over two decades, without any complaints from residents.

Perhaps the experience with siting these centres in void decks has helped further destigmatise our services and clients, because we managed to start new centres in other estates without facing any objections from their residents. Stigma is all about misperception. Residents need not have feared. A mental health facility in the neighbourhood does not attract dangerous and unpredictable people because the facility only accepts stabilised clients into its programmes. Staff interacting with clients would be in a good position to detect early signs of relapse and refer them for psychiatric evaluation expeditiously. Most General Practitioner clinics are sited in the community without residents raising any objections for fear that their health is compromised. Hence there should be no need for apprehension about having mental health facilities sited in housing estates.

One of the main constraints in the early days was the shortage of funding. Some of our programmes were not funded. We had to second staff from one programme to serve in another. This may compromise quality and effectiveness of both programmes. Over the years we have embarked on fund raising initiatives. We thank our many sponsors who believed in our cause and saw the value in supporting our work. We thank all our partners for helping us in our fund raising efforts. Over the years we have organised charity dinners to raise funds. The Singapore Chefs Association (SCA) partnered us to raise funds. Chefs from SCA prepared gourmet food for the dinner guests. When we first forged our partnership with SCA, the team from SCA won first prize in the Culinary World Cup held in Luxembourg that year. The selling point for the charity dinners was the fine dining cuisine prepared by these award winning chefs. We have had numerous VIPs attend our charity dinners, including ambassadors from several countries. One year, then President Dr Tony Tan was Guest of Honour. This year, we are honoured to welcome President Halimah Yacob as Guest of Honour. President Halimah Yacob is also the Patron of SAMH.

Funding is key to the expansion of our services. We have over the years been blessed with a variety of funding sources. As a result, we have seen a multiplication of programmes and have since opened centres in different locations in Singapore.

Governance lapses have sullied the reputation of many voluntary welfare organisations (VWOs). We need to maintain the highest standards of governance. The Singapore Association for Mental Health was one of two VWOs that won the Inaugural Charity Governance Award on 6th November 2012. The awards were given to charities with good governance to promote a culture of accountability in the charity sector. The awards were organised by the Charity Council in partnership with the NUS Business School's Asia Centre for Social Entrepreneurship and Philanthropy (ASCEP).

In my duties as President, I was capably assisted by a dedicated team of Board Members and staff. Several members who were introduced to SAMH took up positions of leadership. Associate Professor Daniel Fung was one such outstanding member. He had been Vice President for several years before taking over the baton in 2010. Under his leadership, new Board Members were introduced into the Board. A new Executive Director, Ms Tan Li Li, joined us. We continued to grow and expand. He has, in turn, passed the torch to Dr Francis Yeoh. For the first time, a non-medical professional was elected President, thus bringing new perspectives and insights into the leadership of the Association. This is a good sign for better things to come for SAMH.

This year, SAMH has reached the 50 year mark, indeed a momentous occasion. I would like to take this opportunity to wish SAMH a happy 50th birthday. With Board and staff working together in one accord, may we see SAMH soar to new heights in the next 50 years, and beyond.

*A/Prof Leslie Lim
President (1997-2009)*

Message from our Past Executive Director



Partnership and support holds the key for future mental health endeavours at the community level.

It is indeed a privilege and an honour to have been a humble part of SAMH's progress and development from 2000 to 2014 as a staff member. I hold dear to my heart those precious moments to be part of a wonderful team to develop services for people affected with mental health condition. It was a wonderful opportunity. Very early in 2000, SAMH was struggling with a low budget and work was being done to streamline the programmes in accordance. The first two staff retreats held during the critical time assisted in garnering support and spiralling the services to the next level of development. There was a quick turn around due to the focus on staff training and the introduction of evidenced based practices at the community level. Partnerships with other like-minded and government organisations led to the continued breaking down of boundary walls both real and imaginary to overcome the stigma associated with mental illness. This work continues. As one wall breaks down, another is being erected somewhere else.

SAMH has indeed come a long way.

Some of the outstanding work undertaken by SAMH over the years: Certification and training of mental health workers in partnership with other agencies, pioneering the peer recognition and development programmes, developing services for the youth, work with families, elderly, the introduction of the art, educational and vocational training programmes. Much to the credit of SAMH board and direct service staff, the work continues to grow and multiply.

As we embrace the future, more work can be pioneered in terms of promoting a mental wellness strategy for Singapore for the different strata of society with compassion at its core. An overall goal of stress reduction and true acceptance of the health condition of the individual. Listening to and educating the individual to manage his or her illness is truly important as SAMH moves forward in its endeavours. The power of sharing information and knowledge that the social media offers is growing at a phenomenal level. People in recovery from a mental illness will have access to many strategies both evidence based and otherwise to heal themselves. The nature of assisting someone to recover is fast changing as people in recovery share what works for them from medication to alternatives. The right to question and challenge the strategies or medication prescribed for an individual's recovery is one key challenge that the mental health worker would be facing at an increasing rate. It is important to hear and address this voice from a Mental Health perspective and respond. It would be helpful for Mental Health Organisations to work together to address the growing voice of the social media. Partnership and support holds the key for future mental health endeavours at the community level.

Wishing the best for SAMH as always.

*Ms Rajeswari Kulanthaivelu
Executive Director (2001-2014)*

Message from our Executive Director



People are at the heart of SAMH. Much of what we do stems from the collective efforts and contributions of the community, including our partners, donors, funders, volunteers, staff and clients who have been instrumental in supporting SAMH to help persons-in-recovery.

Reflecting on Singapore Association for Mental Health's (SAMH) 50th year gives me a great sense of gratitude in the role that we, as an agency, are playing in supporting the mental health needs of our society. Four years on, I have witnessed first-hand the extent and impact of SAMH's work on individual lives and have been continuously encouraged by our clients' recovery stories and their trust in us.

People are at the heart of SAMH. Much of what we do stems from the collective efforts and contributions of the community, including our partners, donors, funders, volunteers, staff and clients who have been instrumental in supporting SAMH to help persons-in-recovery. A special thanks to my predecessors, the Board and staff for the excellent work they have done over the years and for laying the solid foundation for me to build on. I could not be more proud to be part of such a dedicated and talented team that has made this all possible.

Over the last 50 years, we have diversified our outreach efforts to include a broader spectrum of clients ranging from youths, working adults and caregivers through our wide array of centres and services. We have grown and now have 10 centres across Singapore serving the needs of our clients through various avenues.

One of our recent efforts include MINDSET Learning Hub, a one-stop specialised training and employment placement centre, providing integrated hands-on-training and community care to persons-in-recovery in a supportive environment. We understand the significance of employment in the recovery journey of our clients and their desire to contribute back to society which is why the MINDSET Learning Hub came into fruition through a corporate partnership. We wanted to not only equip clients with the right skill sets, but also educate and seek the support of employers on how to best integrate persons-in-recovery into their workplaces.

With the prevalence of mental illness increasing, intervention and preventive care have been pivotal areas of focus. SAMH's Creative Services came

about in response to this need as it seeks to promote mental health recovery and psychological wellness through expressive therapies such as arts and sports.

With teen suicide rates on the rise in Singapore and more media prominence on young celebrity deaths associated with mental illness, it is becoming increasingly critical to build the physical, emotional and mental resilience of the younger generation to face life's ups and downs. Prevention and early detection are key and Creative SAY!, our latest centre, seeks to provide a safe haven for youths to express freely, and to connect with their emotions.

In a fast-paced society like Singapore, the level of stress we face is on the increase day by day. Mental health related issues are on the rise with depression and anxiety becoming some of the common conditions that people struggle with. As we look to the future, organisations like SAMH will continue to play an essential part in caring for the mental health needs of society. However, we cannot do it alone. The onus once again lies in each and everyone's hands to fight the stigma attached to mental illnesses.

"Coming together is a beginning; keeping together is progress; working together is success." - Henry Ford, founder of the Ford Motor Company

In the same vein, this commemorative book reflects on SAMH's past and seeks to encourage readers to become part of the journey ahead, working towards creating an inclusive society where everyone, regardless of mental health conditions, can be part of.

Our work in the community does not stop with our Golden Jubilee celebrations. Each milestone achieved drives us to renew our aspirations. Much efforts are still needed in overcoming stigma, build resilience, and promote mental wellness for all. Together, we can bring Mental Wellness to all!

*Ms Tan Li Li
Executive Director (2014–present)*

Our Leadership Team



Our Current Board

- | | | |
|---|--|---|
| 01 Mr Danny Koh Thong Meng
Board Member | 06 Ms Joanne Chio
Honorary Treasurer* | 11 Ms Caroline Kwong
Board Member |
| 02 Dr Ong Say How
Board Member | 07 Ms Jasmine Oh
Board Member | 12 Dr Lambert Low
Board Member |
| 03 Ms Saw Seang Pin
Honorary Secretary* | 08 A/Prof Daniel Fung
Board Member | 13 Dr Derrick Yeo
Board Member |
| 04 Dr Joseph Leong Jern-Yi
Board Member | 09 Dr Francis Yeoh Song Chian
President* | 14 Ms Lim Cheng Pier
Board Member |
| 05 A/Prof Leslie Lim Eng Choon
Board Member | 10 Dr Lee Cheng
Vice President* | |

* Office bearers

Our Presidents

1969 - 1971	Dr Koh Eng Kheng	1991 - 1995	Dr Ang Peng Chye
1971 - 1973	Dr Paul W Ngui	1995 - 1997	Dr G Sathya Devan
1973 - 1975	Dr Tsoi Wing Foo	1997 - 2009	Dr Leslie Lim Eng Choon
1975 - 1988	Dr Paul W Ngui	2009 - 2016	Dr Daniel Fung
1988 - 1991	Dr Lim Hsin Loh	2016 - Present	Dr Francis Yeoh

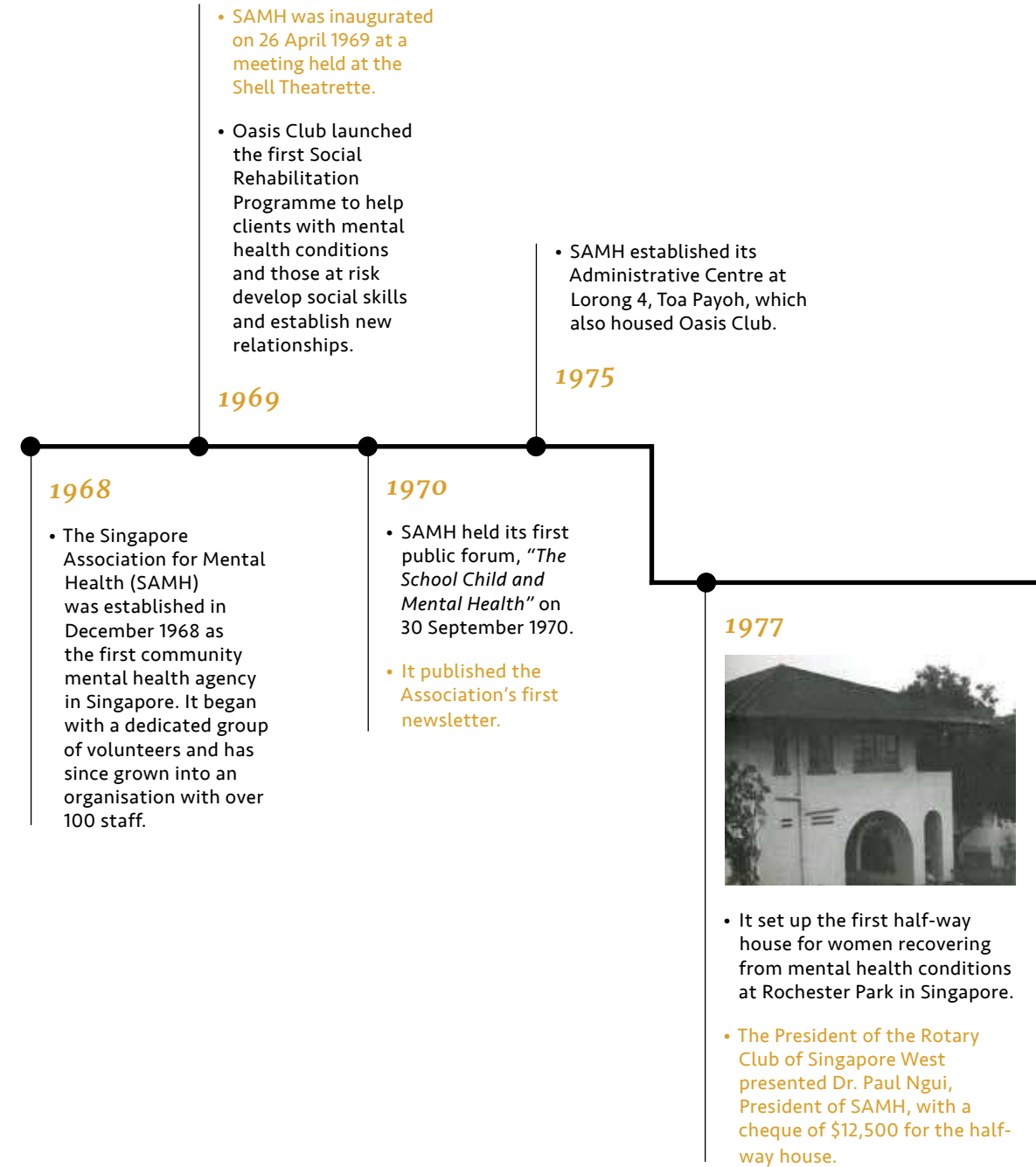
Our Executive Directors

1978 - 2000	Mr Nachatar Singh Sandhu (deceased)
2000 - 2014	Ms Rajeswari Kulanthavelu
2014 - Present	Ms Tan Li Li





A snapshot of many of the programmes and activities that SAMH has undertaken over the years.



- SAMH held its first fund raising fair at the Shangri-La Hotel, graced by Dr Ahmad Mattar, Honourable Acting Minister for Social Affairs.
- Launched SAMH's annual magazine, *Insight*.

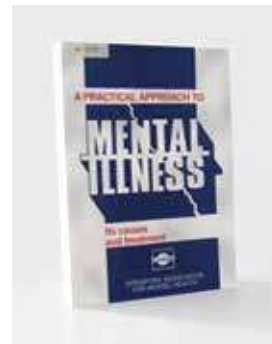
1978

- It launched the Community Mental Health Education Programme to help educate and promote mental health amongst the public in Singapore.

1982

1981

- SAMH began providing free counselling services on a regular basis on 9 January with the help of mental health professionals.



- A Practical Approach to Mental Illness – Its Causes and Treatment was published in English. Published the Mandarin version in 1989.

A General Health Survey was carried out to assess the mental health needs of the general population.

1987

1986

- SAMH was one of the partners providing aftercare service for the victims of the collapse of Hotel New World.

- The survey findings of the *General Health of the Singapore Population* was published, establishing the prevalence of minor psychiatric morbidity amongst the Singapore population. The results of the findings were presented at the 2nd ASEAN Congress on Psychiatry and Mental Health in Singapore.

1989

1988

- President Wee Kim Wee visited SAMH's half-way house on 27 September.



Image credit: Ministry of Information and the Arts Collection, Courtesy of National Archives of Singapore

- SAMH Insight Centre started operating on 4 April and Oasis Day Centre at Potong Pasir opened its door on 5 September. The larger premises allowed the Counselling Programme, the Community Mental Health Education Programme and the Family Support Group to find a home at the Insight Centre.

- SAMH jointly organised the Mental Health Awareness Week with the National Council of Social Service (NCSS).

1994

1991 - 1992

- The Family Education Group, comprising family members, relatives, and significant others of persons with mental health conditions, came under the umbrella of SAMH.
- The Oasis Club started an arts therapy group with the assistance of Mr. Tang Da Wu, a renowned local artist with experience in art therapy work.

1995

- The Bukit Gombak Group Homes (BGGH), an independent living facility, commenced operations to help clients who were discharged from IMH re-integrate into society gradually.



World Mental Health Day 1997 at Tampines Regional Library.

- The Family Support Group was restructured as the Caregiver Support Group and the Patient Support Group. The latter was introduced for persons with schizophrenia, depression and anxiety disorders.

- *The Healing Art*, a gallery exhibition featuring 30 art pieces and 18 types of handicraft created by trainees at the Oasis Day Centre, was held at the Substation Art Gallery.

1997

1999

- SAMH was appointed the managing agent for the Activity Hub at Pelangi Village. The Hub strived to provide psychosocial rehabilitation of destitute persons and persons with mental health conditions.



SAMH held a public forum on Overcoming Mental Health Problems in English and Mandarin.

- Oasis Day Centre organised its first one-and-a-half-day camp at Sentosa for clients.
- Bukit Gombak Group Homes implemented aftercare services, support groups, as well as bi-monthly case conferences.
- SAMH began running the Familiarisation Programme for potential service users, particularly targeted at clients who were about to be discharged from the IMH as well as their caregivers.

2000

2001

- Ministry of Community Development of Singapore (MCDS) Mandatory Counselling Programme appointed SAMH as the agent for helping families deal with domestic violence and mental health issues.
- Bukit Gombak Group Homes introduced the Emergency Workloan Assistance Scheme to help residents tide through times of financial difficulty.



- Club 3R, a drop-in centre for persons recovering from mental health conditions, was officially opened by the Mayor of Central Singapore District, Mr. Heng Chee How.
- A programme developed in Hong Kong, known as the Family Link Programme, was launched by SAMH and conducted in English and Mandarin, and aimed to provide caregivers with knowledge and skills to support their loved ones with mental health conditions.

2004



2003

- Minister for Community Development & Sports Dr. Yaacob Ibrahim graced the official launch of Pelangi Village. Fitness, wellness, art, music and drama were introduced for residents at the Activity Hub.
- SAMH began sending its staff for Psychiatric Rehabilitation Certification training to enhance the professionalism and service delivery at SAMH.

2005

- SAMH went through a re-branding exercise and unveiled a new logo and tagline "Towards Mental Wellness."
- The Hope Newsletter was launched, showcasing the services and activities of SAMH to mental health providers, voluntary welfare organisations, and government agencies.
- Youth Group @ Oasis Day Centre was set up to reach out to youths with mental health conditions. It catered to referrals from the Child Guidance Clinic as well as those who take leave from school or who have been suspended from school due to mental health conditions.

2006

- To equip those with mental illness with knowledge and skills to cope with their illness, the Illness Management & Recovery Programme was introduced.

The last ten years saw great changes at SAMH. The organisation extended its care and education services beyond its clients to include caregivers, employees, as well as the general public. There was greater emphasis on collaborations with other social service organisations as well as private enterprises to raise awareness of mental health. Staff were routinely supported to attend local and international conferences as part of their development. Such opportunities allow them to upgrade their skills and engage in the exchange of knowledge and experience with other mental health professionals.

2007



- YouthReach was launched to help youths with emotional and psychological issues. It shared the premises of Oasis Day Centre and later moved to Jurong East. Ms. Elim Chew was appointed as the Ambassador for the YouthReach Programme.

- Ministry of Community Development, Youth and Sports awarded SAMH with a pilot six-month casework management scheme for probationers with mental health conditions.
- SAMH partnered with IMH to hold bi-monthly care conferences to facilitate the management of clients and provide a platform to discuss critical issues relating to common clients.
- SAMH organised the first joint flag day with Metropolitan YMCA.

2008

- Sunshine Path, a peer support group for persons with mood and/or anxiety disorders, launched an online forum on World Mental Health Day 2008.

2009



- Mrs. Yu-Foo Yee Shoon, Minister of State at the Ministry of Community Development, Youth and Sports, graced the official opening of YouthReach.
- The Illness Management & Recovery Programme conducted its first Mandarin session to reach out to Mandarin-speaking clients.
- SAMH held its first Charity Dinner — *Touching Hearts, Reaching Minds*, at the Grand Copthorne Waterfront Hotel. A charity auction was held at the event and art pieces donated by local renowned artists were auctioned off to raise funds for SAMH's non-funded programmes.
- Recovery through Art: An Art Exhibition was held from 29 December 2009 to 1 January 2010 to raise public awareness for mental wellness. The art exhibition was organised in collaboration with local renowned artist, Ms. Chng Seok Tin. It featured art pieces created by Ms. Chng, and clients of SAMH.

- YouthReach relocated from Jurong East to the Social Service Hub @ Tiong Bahru Central Plaza. The new location, made it more accessible for clients and their caregivers.

2010



- More than 200 jobs were made available at the first Job Fair & Family Wellness Fair organised by SAMH at the Ang Mo Kio Central Stage. The job fair was organised for persons with mental health challenges and other job seekers. SAMH presented tokens of appreciation to employers who have supported SAMH in providing job opportunities for our clients.
- The Family Wellness Fair served to provide families with information on promoting mental wellness within the family. There were more than 600 attendees and 10 vendors at the fair. The vendors, a mixture of traditional chinese medicine retailers and yoga centres, provided valuable information and services to visitors. SAMH counsellors also conducted talks on family and mental wellness. There were art activities organised by the Association of Art Therapists, Singapore.
- Job Connect was launched during the job fair. Its purpose was to support companies that have employees with mental health issues.

- Creative Hub opened at the Goodman Arts Centre. It was part of SAMH's longer term plan to expand services to the community. Its goal was to promote psychological wellness and mental health recovery through the use of expressive arts such as music, dance, and art.



Image credit: Ministry of Information and the Arts Collection, courtesy of National Archives of Singapore

2011

2012

- SAMH partnered Northwest Community Development Council to bring Workforce Skills Qualifications (WSQ) courses to the residents at Activity Hub. 15 residents graduated from the Environmental Cleaning Course and 16 other residents graduated from a Food & Beverage Course. These activities were part of SAMH's efforts to promote confidence and vocational competency, as well as improve the prospects of recovery and employment for its clients.



- SAMH won the Inaugural Charity Governance Award affirming its good governance standards in the charity sector.
- Ms Molly Clouse from USA was invited by SAMH to conduct Peer Support Training for staff and clients from SAMH, IMH and other mental health organisations, with the aim of encouraging peer support services in mental health settings. After the Peer Specialist Certification exams were conducted in mid-2012, SAMH recruited qualified peer specialists as staff to develop and implement programmes to journey with those recovering from mental health conditions. SAMH employed Mr Julius Athanasius Chan, Singapore's first full-time peer specialist.

2013

- SAMH updated its Vision, Mission and Values statements to stay relevant to society and the people it serves. It changed its tagline from "Towards Mental Wellness" to "Mental Wellness for All"
- Dr. Daniel Fisher and co-trainer Ms. Sam Ahrens launched and conducted the Emotional CPR (Connecting, Empowering, Revitalising) and Train-the-Facilitator Workshop, an educational programme that teaches how one could assist others in an emotional crisis.
- In response to a growing need for its services, Club 3R in Toa Payoh launched a branch in Jurong to reach out to clients in the west.

2014



- In conjunction with The Arts House 10th Anniversary Exhibition, SAMH published *Rainbow Voices: An Anthology of Creative Writings*, edited by poet Cyril Wong. The book launch was held at The Arts House along with an exhibition to showcase the written works of the clients who attended the series of writing workshops conducted by Cyril in 2013.

This was part of SAMH's programme to leverage creative art forms to encourage those with mental health conditions to articulate their hopes and dreams.

- SAMH specially invited open dialogue experts from Finland to share about endurance based best practices with staff and partners on World Mental Health Day 2014.
- The Mobile Support Team was launched.

- Creative MINDSET was set up with the support from MINDSET Care Limited, the charity arm of the Jardine Matheson Group.
- Mental Muscle 1.0, consisting of four medical students ran 250km in the Namibia Desert in five days to raise funds for SAMH and awareness of mental health.

2015

2016



- Anglo-Chinese School (Independent) and SAMH joined hands to raise funds and awareness for mental health issues. 130 different performance acts were staged along the pedestrian walkway between ION Orchard and Mandarin Gallery.
- The Symposium on Peer Support Service *The Power of Collaboration* was held from 27-28 June in Hong Kong. SAMH co-hosted the event with partners in Hong Kong and Thailand.
- New Ubin Seafood restaurant hosted a charity lunch called *Meaningful Makan* to help raise funds for YouthReach. Participants got to enjoy a spread of mouth-watering dishes such as lobster ee fu noodles and prawn masala.
- Mr. Anthony Stratford, a Senior Advisor with lived experience, from MIND Australia, conducted a Peer Support training session for aspiring peer supporters.



- MINDSET Learning Hub was officially launched with the generous support of a \$2 million pledge from the Jardine Matheson Group over a five-year period. It helps people recovering from mental health issues reintegrate into the workforce by providing them with WSQ training and job placements.



- Mental Muscle 2.0, consisting of six medical students, embarked on a run along the 200km Kathmandu Rim to raise \$25,000 for YouthReach. The journey took them five days and the team made history by being the first to complete the Kathmandu Valley Rim as a group.

2017

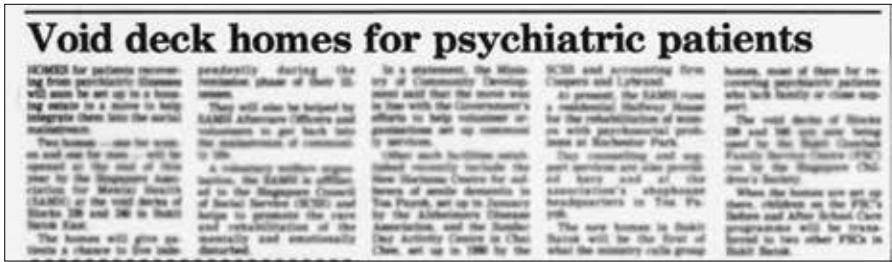
- Oasis Day Centre and Club 3R merged to allow for more activities to be offered to beneficiaries. The activities were divided into three categories: recreational, psycho-education, and peer-run.
- *In Process/In Progress* was an art exhibition held at Goodman Arts Centre. It featured 40 artists from SAMH's Creative Hub programme.
- Then Speaker of Parliament Halimah Yacob accepted SAMH's invitation to be Patron
- On 15th July, SAMH's Patron, Madam Halimah Yacob, launched Creative SAY!, which was funded by The Ireland Funds (Singapore) and AON Risk Solutions. The centre provides support for youths through arts, sports and music engagements.



Some art works from the *In Process/In Progress* art exhibition.



SAMH Makes the Headlines



Void deck homes for psychiatric patients, 1 May 1992.



Penolong pengurus tekad bantu pesakit kembali ke alam pekerjaan, 19 October 2017.



Helping the lost ones find their way back into society, 27 April 1969.



A shelter from the storm for female mental patients, 28 November 1975.



主题手链望提高公众心理健康意识, 3 October 2017.



Campaign to break prejudice against mentally ill, 21 October 1972.



'Harap majikan lebih faham keadaan kami', 19 October 2017.



“创跃中心” 借体育艺术 助年轻精神病患康复, 16 July 2017 (Creative SAY!).



Stepping up to raise \$380k for those with mental health issues, 30 October 2017.



Programme helps youth cope with mental illness, 11 January 2009



Two charities win inaugural prize for good governance, 7 November 2012.



120 call at mental health centre in T. Payoh, 25 February 1981.

Logo Refresh



Our first logo (1968)



Our previous logo (2005)



Our new logo (2018)

Rehabilitative Services

*Whether an illness affects your heart,
your leg or your brain, it's still an illness,
and there should be no distinction.*

Michelle Obama

SAMH's services cover a wide spectrum of activities and support groups, targeting clients at different life stages. Our rehabilitative services consist of Oasis Day Centre, YouthReach, MINDSET Learning Hub and Activity Hub @ Pelangi Village. Additionally, at our Bukit Gombak Group Homes, we provide our clients with a normalised environment that is located within the heartlands.





YouthReach

Through activities and outings at YouthReach, our youths find a place to interact with other young people experiencing similar struggles and find strength in their shared path towards recovery.

Left: YouthReach shares its innovative service, with local and international partners, such as doctors and healthcare practitioners from Surabaya.



In 2014, YouthReach collaborated with a passionate team from the Equestrian Federation of Singapore. Through sponsorship from external parties, the team conducted two eight-day EQUAL (Equine Assisted Learning) sessions which provided our youths an alternative therapeutic environment that focused on strengthening mental resilience.



Much like the flower, our youth will eventually blossom as they attend more of our events.

An art piece done by one of our YouthReach clients.

YouthReach

was instrumental in assisting the recovery of youths with mental health issues



In 2016,

YouthReach reduced the rate of re-hospitalization of its youth beneficiaries with

91%

of those served not requiring or reducing their need for in-patient services in the hospitals.



2009

when YouthReach first began, it served

62 Youths

2017

YouthReach served

137 Youths

MINDSET Learning Hub

Ms Grace Fu, Minister for Culture, Community and Youth, was the Guest-of-Honour at the official launch of MLH on 1 October 2016. Distinguished guests from the Jardine Matheson Group, MINDSET Care Limited, Yuhua constituency, representatives from various mental health agencies, community partners, government agencies, as well as training and employment partners were present to witness this momentous event.

MLH is Singapore's first training and placement centre that provides Workforce Skills Qualifications (WSQ) training to people recovering from mental health issues.



Spontaneous sketch by one of our customers capturing the amazing food and ambience at our MLH Cafe housed within the MINDSET Learning Hub. It provides training for our clients seeking employment in the F&B sector.



Our MLH isn't just about food. We have a whole collection of board games too, ensuring our guests have a fun time when they visit us!

The MINDSET Learning Hub (MLH) has a wide array of training facilities



3 Classrooms



Activity Room



Training Cafe



Nursing Home Simulation Room



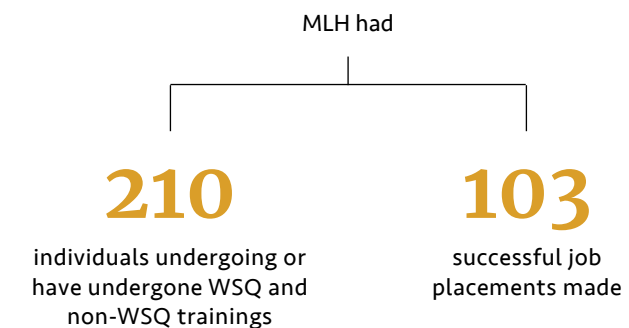
Food & Beverage Training Room



Hotel Housekeeping Simulation Room



As of February 2018



Peer Support Specialist course

SAMH is the first organisation in Singapore to conduct a certified Peer Support Specialist (PSS) training for persons with lived experience.



Art Therapy Sessions at Pelangi Village

Art can be harnessed as an outlet for the expression of feelings. SAMH actively works with local artists to provide art therapy sessions for the residents at Pelangi Village.



Sale of handicrafts made by the residents of Activity Hub.



Placement and Employment

After undergoing various training courses, our clients are then paired with our team of experienced occupational therapists and vocational placement officers who work with them to set realistic and achievable employment goals. Clients are assisted in evaluating personal goals, work expectations and skills gaps. These courses help them to improve their chances of securing employment. SAMH also collaborates with employers who are willing to recruit clients in recovery through education, workplace support and communication.

Bukit Gombak Group Homes



345

clients have **benefitted** from the rehabilitation service at BGGH since 1995.

104

clients have **successfully discharged** into the community to live in their own accommodation, with friends, or back to their families from 2005.



Bukit Gombak Group Homes couple

In 2011, two residents got married after meeting and falling in love at BGGH. The couple then moved into a rental flat after their wedding. They eventually applied and owned their BTO flat in 2013.



BGGH staff helped me to realise that there is really no easy way out in life. When you want something in life, you have to work hard and fight for it. When you get tired, learn to rest but not quit. Whether mental illness is a curse or blessing is very much our own perception. Changing our perceptions will change how we shape our lives.

Edmond and Bernie

Oasis Day Centre

Oasis Day Centre (ODC) provides psychosocial rehabilitation for adults with psychiatric conditions. With a wide variety of activities at ODC, clients are given the opportunity to make choices for themselves. The main objective of ODC is to assist clients to reintegrate into the community by helping them improve the management of their psychiatric conditions.

The activities are divided mainly into three categories; recreational, psycho-educational, and peer-run opportunities.



Clients participating in Sports Day 2017.



Clients at Grooming Session, learning how to do facial.



Yoga session conducted by volunteer.



Clients playing "take-the-bottle" game during exercise

Outreach Services

Having a positive mental attitude is asking how something can be done rather than saying it can't be done.

Bo Bennet

We believe that there is a constant need to educate and increase awareness of mental health in Singapore and enhance the mental wellness for all. Therefore, we run a variety of programmes and services that serve to help the public understand mental health better as well as to extend a helping hand to those in need.



In 2016

ODC had

43 clients

attendance averaging at 24 clients per day

As of February 2018

ODC had

57 clients

attendance averaging 30 clients per day

Mobile Support Team

The Mobile Support Team reaches out to those who are unable to physically access help themselves.



Engaging client during a home visit.



Making their home more complete with a donated TV.

Served a total of

450

clients and caregivers
since 2016



“For some patients — especially the elderly and those who are sometimes trapped physically — they are trapped emotionally, (where) because of their illness they are frightened of going out. We can go to their homes, providing support (at) their doorsteps.”

*Former President of SAMH,
A/Prof Daniel Fung for Today Online,
June 18, 2014*

SAMH uses Psychiatric Rehabilitation as a service delivery approach to help our clients attain their goals in recovery, community integration and enhancing their quality of life.



Educating the Public

Throughout the years, we have been consistent in our efforts to educate the public with knowledge on mental health. Through our own efforts as well as the combined efforts with industry partners, we have been able to hold many conferences and educational seminars to change the public's perception on mental health issues.



Educating the public — Beat The Stress Mess talk by Dr Victor at the Bukom Club in 1997.



The late Mr Nachatar Singh Sandhu (former Executive Director) with Dr Chen Ai Ju and A/Prof Leslie Lim at the public forum on World Mental Health Day 1999.



We designed a series of educational posters for our public forum in 2004.



World Mental Health Day 2006; we participated in a ceremony to symbolise the breaking of stigmas surrounding mental health.



World Mental Health Day 2013; with Associate Professor Muhammad Faishal bin Ibrahim, then Parliamentary Secretary at the Ministry of Health and the Ministry of Transport.



A booth was set up to raise awareness on programmes and services and to sell crafts made by our clients



At the Singapore Mental Health Conference with our partners, Agency for Integrated Care (AIC), Brahm Centre, and Club Heal.



Bringing Services Closer to Home - Care in the Community; a talk by Helen Yong, Assistant Director, Outreach Services, at the Singapore Mental Health Conference 2014.



Since the year **2000 till 31 March 2017,**



we conducted a total of

18279

face to face counselling sessions,

and attended to a total of

56810

helpline calls.



Creative Services

*"Art can permeate the very deepest part of us,
where no words exist."*

Eileen Miller, The Girl Who Spoke with Pictures

Creative Services actively promotes psychological wellness and mental health recovery through expressive art therapies, sports, and outdoor activities. We want to be able to help our clients make progress through holistic interventions – a combination of multi-disciplinary approaches with visual arts, music, and dance.



In Process / In Progress 程

The Artist-in-Residency Programme allowed various local artists to share their expertise with the community and to promote Expressive Arts. The project culminated in an art exhibition held at Goodman Arts Centre from 17-21 February 2017. Titled "In Process / In Progress", the exhibition showcased more than a hundred artworks.



Madam Halimah Yacob, then Speaker of Parliament, who has been a passionate supporter of our cause, was the Guest-of-Honour at *In Process / In Progress*. She is pictured with some of our staff and volunteers.



Sensory Toolkit

The Sensory Art Toolkit project is a collaboration between SAMH and National Arts Council (NAC). The key feature is the inclusion of an Occupational Therapist's perspective to the art making process. The toolkit aims to equip social work and health care practitioners with the knowledge to facilitate and plan sensory art activities. Currently, this toolkit workshop is delivered through our partnership with Agency for Integrated Care (AIC) and targeted at Intermediate and Long Term Care (ILTC) staff who are involved in facilitating activities with the elderly. To date, we have conducted three runs, benefitting 57 participants from 16 different ILTC organisations.



Mr Desmond Lee, the then Minister of State for National Development, graced the opening of Creative MINDSET.

Creative MINDSET

Opened in 2015, Creative MINDSET promotes mental wellness through the benefits of expressive arts and sports. Led by a multi-disciplinary team consisting of an art therapist, counsellor, occupational therapist and art facilitators, we utilise an integrated model to help our beneficiaries relieve daily stresses and improve their quality of life.

Launch of Creative SAY!

CreativeSAY! stands for Sports, Arts, and Youths, and our belief that youths should have a SAY! in their lives.

CreativeSAY! works with a wide spectrum of youths—youths who may need a more accepting environment to learn new interests or build new friendships as well as youths deemed at risk of mental health concerns by school and community agencies. We seek to create an inclusive environment where youths learn to share and accept one another.

The centre depends a lot on volunteers who have helped to engage youths for at least one core sport activity every month; students from Singapore Polytechnic, Hwa Chong Institution, CampusPsy, Republic Polytechnic, Marsiling Youth Executive Committee, Anglo-Chinese School (Independent), College of Alice and Peter Tan, and Temasek Polytechnic. We would like to extend our heartfelt gratitude to these volunteers.



Madam Halimah Yacob with our volunteers from Singapore Polytechnic and Hwa Chong Institution.



A group of youths from Fuchun Secondary School put up a song and dance performance that they had co-created with Volunteer Guitar Connection. They overcame stage fright and won the applause of our guests.



The then Speaker of Parliament, Madam Halimah Yacob, graced the official opening of Creative SAY! on 15 July 2017. She unveiled the plaque that marked the opening of our premises at Marsiling.



Leaping Forward, Moving Beyond

Leaping Forward, Moving Beyond was an annual exhibition organised by Creative Services from 1-5 July 2015. The exhibition showcased artworks by participants of Creative Hub.

This project also included guiding some seniors from Thye Hua Kwan Senior's Activity Centre (MacPherson) to paint colourful umbrellas that were used in a performance by the seniors and Glowers Drama Group. The opening night was graced by Minister at the Prime Minister's Office, Mr. Chan Chun Sing.

Stories of Hope and Recovery

*The world breaks everyone, and afterward,
many are strong at the broken places.”*

Ernest Hemingway



*I constantly remind myself that my
core does not need to change. For
me, recovery starts from within
and we walk the journey together.*

Ms. Ruth Komathi

After battling bipolar disorder from the age of 15, Ms. Ruth Komathi, now 26, overcame her illness with the help of her psychiatrist, and eventually joined the SAMH Peer Specialist Training Programme in 2013.

Ms. Komathi successfully gained her certification and is now part of SAMH's Mobile Support Team where she goes on house visits to speak to undiagnosed clients and their caregivers.

Since the article was written, Ruth has gone on to do a Masters in Counselling and is now a full-time counsellor with SAMH.

*First published in The New Paper,
She Helps Spot Those With Undiagnosed
Mental Illness, 28 May, 2016.*



My previous Executive Director, Ms Rajeswari, told me, if I can touch ONE life with my sharing; is good enough.

Mr. Julius Athanasius Chan

After struggling with chronic schizophrenia for 16 years, Mr. Julius Athanasius Chan was referred to SAMH's Insight Centre and went through counselling and the Illness Management & Recovery Programme. Through the programme, he managed to gain control over his illness and eventually took and passed the Peer Support Training exam to become the first certified peer support specialist in Singapore in 2013.

Excerpt from The New Paper Article, 9 March 2014



BGGH is like our long-term prayers answered. My family is very appreciative of the guidance and strong support the Home has given to Jackson and us. The programmes in place are not just systematic and practical, they are also highly effective to help Jackson gain his confidence and independence, to re-integrate back to the society. Thank you, BGGH!

Cuilin, Jackson's sister

Jackson

In May 2015, Jackson was referred to BGGH from IMH. He was diagnosed with Schizoaffective Disorder and needed help to learn to be more independent as well as to secure a job.

While he was living in BGGH, he underwent counselling to help sort out his emotions. During this period, his caseworkers also assisted him in exploring job options and to source for employment opportunities. They also worked with his family to gradually help him gain greater independence.

Jackson eventually decided that he wanted to be a security guard. He applied for the training and acquired the necessary certification as well as completed a course that allowed him to be promoted to senior security officer.

Jackson's success did not stop there. He has also applied for a BTO flat and is eagerly waiting to get his house keys. He is putting aside some money every month to buy furniture and appliances for his new home.

Overall, Jackson has grown to become a more positive and confident person. His relationship with his family has improved tremendously. Jackson's

greatest motivation is his desire to honour his parents and family. He extends a helping hand to his peers at BGGH who are in need and shows his concern by praying for them.

Jackson has also developed an interest in writing poetry. He wrote the poem below as an expression of his appreciation to BGGH.

*A safe home that's what I long for,
Remembering the days of trauma,
Found by human interceders,
I was sent to a place I reluctantly call home,
Days had pain, weeks had sorrow,
Now I have overcome the setback,
In the night, I have a roof over my head,
I am no longer dependent but become independent,
Thanks to the home,
Thanks to the people running the home,
And great thanks you to the Divine interceders,
I finally respect Bukit Gombak Group home.*

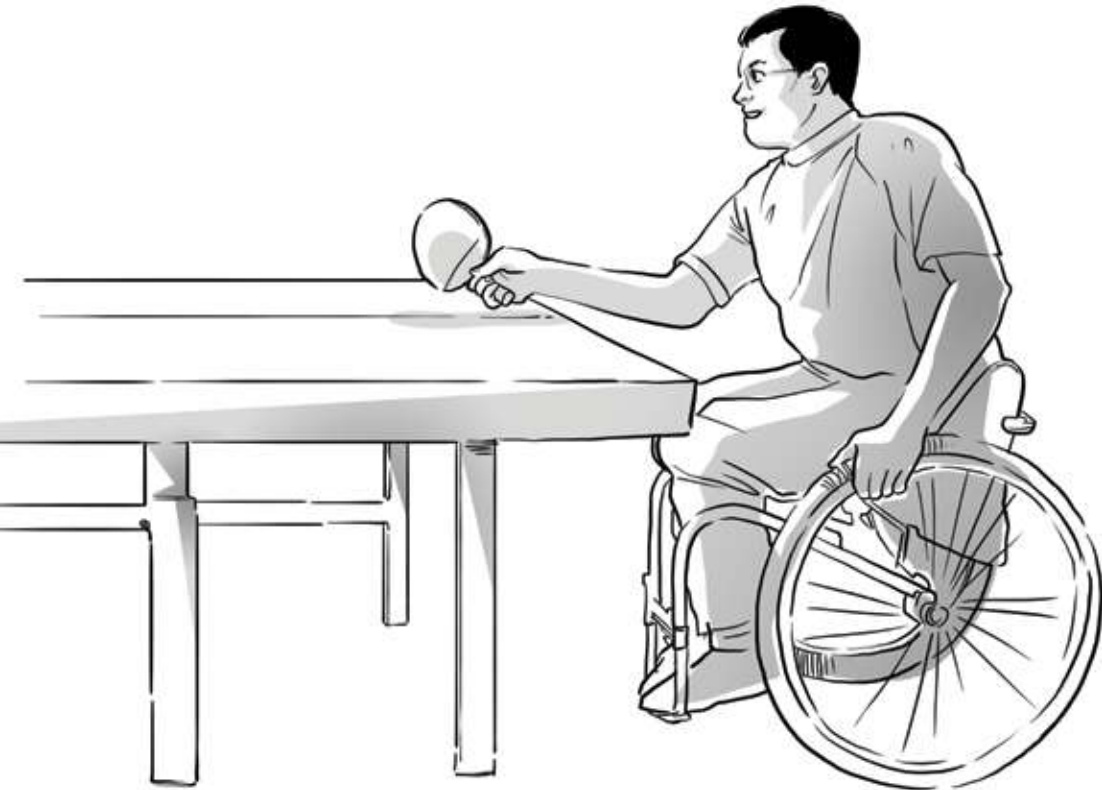
*Written by:
Jackson
23/9/16*

Mr. Fong Chun Cheong

Mr. Fong Chun Cheong had an accident in 2008 which left him physically disabled and suffering from Post-Traumatic Stress Disorder (PTSD). The counsellors at Insight Centre helped him recover gradually and encouraged him to take up sports. Despite being wheelchair-bound, Mr. Fong took up table tennis and bowling. He later became a Wheelchair Triathlete.

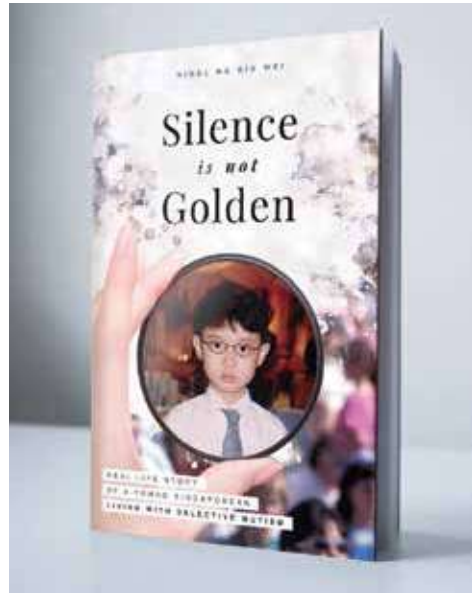
In March 2013, Mr. Fong took part in a triathlon in an attempt to raise funds for SAMH. Today, he maintains the website [ccfong.com](http://www.ccfong.com) to share his experiences with others.

Excerpt from <http://www.ccfong.com/>



Mr. Tan Choon Heng

54-year-old Mr. Tan Choon Heng suffers from schizophrenia and has been unemployed for seven years as his medication caused his hands to shake. He was referred to SAMH in 2011. Mr. Tan began to use our creative services where he learnt pointillism, a painting technique. Painting helped him to focus and concentrate better, and pointillism also helped him to stabilise both his hands and his mood. Two of his paintings were displayed at an exhibition held at *In Process, In Progress*, Goodman Arts Centre.



Nigel is also the author of the book *Silence is not Golden*.

Nigel Ng Qin Wei

"I first joined YouthReach in late May 2011. I was referred to this rehabilitative programme by my psychiatrist as I was diagnosed with Selective Mutism, an anxiety disorder. This programme came in time to keep me occupied, as I didn't continue my studies after my 'N' levels and was spending my days cooped up at home. Initially, I felt reluctant and hesitant to attend activities as I was fearful. It took me time to get used to the environment, staff and youths there. YouthReach played one of the important roles in my recovery. My communication skills and interaction with others improved. I learnt to set realistic and manageable goals with my social worker and manage my condition with small and simple steps. It was a second home for me as I felt very comfortable. YouthReach was a place I could rely on, to integrate back to society gradually. I made friends with other youths and it was like a safe and inclusive community. After spending one year in YouthReach, I regained the confidence to apply for a course in ITE. They provided lots of support for me, even when I was in school."

Our Partners, Volunteers and Collaborations

*"Alone we can do so little;
together we can do so much."*

Helen Keller

We know that we can only go so far with our own efforts. We are grateful to all who have lent a helping hand along the way.





Jardine Matheson Group

The Jardine Matheson Group has been a strong supporter of mental health. In the last three years, they have successfully raised over S\$1.2 million for SAMH via their annual fund-raising event, The MINDSET Challenge & Carnival. The amount is used to support MINDSET Learning Hub, a vocational training and employment placement centre to help persons recovering from mental health issues seek meaningful employment.

Mr. Alex Newbigging, Chairman of MINDSET Care Limited and Group Managing Director of Jardine Cycle & Carriage once said, "The fight against the social stigma associated with mental illness is like scaling the 33-floor MBFC Tower 1. It requires dedication, endurance and support."



Mediacorp Artistes for Charity

We were privileged to have many artistes from Mediacorp volunteering to help us raise funds for our programmes through a Car Wash Fundraiser. They washed the many vehicles that passed through the petrol station and helped to spread the word that mental health issues can be overcome.



New Ubin Seafood

New Ubin Seafood treated clients of SAMH to a sumptuous lunch for the second year running. Paintings and handicrafts done by our clients were displayed for sale and our youths, case worker and an intern from Creative SAY!, performed for the patrons that afternoon.



Members of the Fundraising committee with Joline from New Ubin Seafood, who has made this Meaningful Makan session possible.



Campus PSY

"As part of the three months' Youth Mental Health Peer Support Training Programme, our pioneer batch of Campus PSY Ambassadors were grateful to have Ms Helen Yong and Ms Ruth Komathi from SAMH train them in various topics on Ethics & Boundaries, Resilience, and Verbal De-escalation skills to better support youths in tertiary institutions who might be in distress."



Cho Ming Xiu, Founder of Campus PSY (Peer Support for Youths)



Project Outdoor

Launch of Project Outdoor by Mdm Halimah Yacob in 2015 with seed funding from New Union.



Mental Muscle

In 2015, a group of 4 medical students, known as Mental Muscle, pioneered an initiative for SAMH to raise funds and awareness for persons with mental health issues. To date, Mental Muscle 1.0 and 2.0 have completed their physical challenges at the Sahara Desert and Kathmandu Rim respectively with the third team completing their challenge in 2018. They helped create awareness on the importance of mental health and raised funds for SAMH.



Mental Muscle 1.0 (top) and Mental Muscle 2.0 (above).



Meet the Mental Muscle team for 2018. Seven brave medical students willing to scale the highest volcanoes in Indonesia to raise awareness for mental health.

Anglo-Chinese School

2016 marked the 130th Anniversary for the Anglo-Chinese School community. To celebrate this momentous event, Anglo-Chinese School (Independent) decided to raise funds for SAMH by busking along Orchard Road. The event was open to all who wanted to participate and a total of 350 parents, students and teachers volunteered their time and efforts for this cause.



From left to right: The bracelet charms represent dreams, family, gratitude (the appreciation of the small things in life), growth and knowledge.

The Mindful Company

The Mindful Company, a homegrown jewellery brand, collaborated with SAMH to create a series of bracelets called the "What's Important Series".

Inspired by the courageous personal stories of youths from our YouthReach programme, The Mindful Company designed with SAMH, five bracelets representing the five themes that arose from the youths' stories.

25% from the sale proceeds of the bracelets will be donated to YouthReach.

The 1st International Recovery Alliance Conference

SAMH delivered a talk on "Recovery-oriented Services: The SAMH Singapore Experience" at one of the Break Out Sessions.



A team of seven staff, led by our Executive Director, at the Bangkok Conference with fellow Singapore community partners.



Peer Support Symposium

SAMH co-hosted the Peer Support Service Symposium, "The Power of Collaboration", with partners in Hong Kong and Thailand. Held in Hong Kong over two days, the Symposium aimed to bring attention to the importance of peer support in the mental health and social service settings, as well as to encourage and enhance peer support service through meaningful engagement and community partnership.

Aon Risk Solutions Asia

Apart from organising several fundraising events, such as “Enter the Komodo Drag-Aon 2017 Challenge”, Aon Risk Solutions continues to volunteer and inspire others. They have raised over \$170,000 to help our youths in their life journey through art and sports.



Therapy Conference in Hong Kong

SAMH was invited to present at the Moving Circle Dance & Movement Therapy Conference in October 2016 with therapists and other practitioners from the United States and Hong Kong. The conference also consisted of several enriching workshops and talks relating to dance and movement within the field of mental health.

Study Trip to USA

SAMH participated in the study trip organised by NCSS in October 2015 to learn about the mental health landscape in USA.



2017 Asia Pacific Mental Health Conference

Our Assistant Director, Clinical Services, Ms Voon Yen Sing, was invited to speak at the 2017 Asia Pacific Mental Health Conference in Macau. She presented on "Developing Community Mental Health Care: The Singapore Experience." Speakers from China, Macau, Hong Kong and Taiwan presented on various topics. About 500 participants attended the conference. Mr Ang Poh Hee, Principal Social Worker/Senior Head, YouthReach, also shared on SAMH YouthReach's services during one of the workshops.



The Ireland Funds (Singapore)

The Emerald Ball, which has been running for eight years, was held at St. Regis Singapore in 2016. The sole beneficiary that year was SAMH—we received S\$140,000 which went towards the renovation of our new centre, Creative SAY!.

SAMH Charity Dinners



From top to bottom:
 Charity Dinner 2011 with the Guest-of-Honour, then Minister for National Development Khaw Boon Wan.
 Charity Dinner 2012 with the Guest-of-Honour, former President Tony Tan Keng Yam.
 Charity Dinner 2013 with the Guest-of-Honour, Deputy Prime Minister Teo Chee Hean.



From top to bottom:
 Successful bidders Dato Derek Goh & Mrs Goh, with Senior Minister of State Mrs Josephine Teo.
 Charity Dinner 2014 with the Guest-of-Honour, Senior Minister of State Mrs Josephine Teo.
 Charity Dinner 2016 with the Guest-of-Honour, Senior Minister of State Dr Amy Khor.

Team SAMH

"The achievements of an organisation are the results of the combined efforts of each individual."

Vince Lombardi

Skills of individual players are important but the strength of the team depends on how well the players work together. Thank you for helping to make SAMH what it is today.



Staff Welfare and Development



Dolling up for our annual staff dinners from 2013-2017.



Staff welfare event to Universal Studios Singapore in 2017.



Staff enjoying a durian feast at the Staff Welfare Outing to Johor Bahru in 2014.



One of the many staff sharing and training sessions to build staff capabilities.



As part of staff development and welfare, SAMH staff are given opportunities to attend personal coaching sessions run by the International Coach Federation.



Staff retreat at ROHEI Corporation in 2017.

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- 12 The Straits Times - Stepping up to raise \$380k for those with mental health issues, 30 October 2017
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Acknowledgements

We are grateful to our funders, partners, donors, volunteers, numerous organisations and individuals who have walked with us, inspired and encouraged us during our first half century journey. You have warmed our hearts greatly.

- Agency for Integrated Care
- Anglo-Chinese School (Independent)
- Aon Risk Solutions
- Campus PSY
- Centre for Non-Profit Leadership
- Club Heal
- EPL Alliance
- Institute of Mental Health
- International Coach Federation
- Jardine Matheson Group
- Kwang Im Thong Hood Cho Temple
- Lee Foundation
- Mental Muscle
- MINDSET Care Limited
- Ministry of Culture, Community and Youth
- Ministry of Health
- Ministry of Social and Family Development
- National Arts Council
- National Council of Social Services
- National Volunteer and Philanthropy Centre
- National University Hospital
- New Ubin Seafood
- New Union
- Ng Teng Fong General Hospital
- People's Association
- Serial System
- Shaw Foundation
- Singapore Anglican Community Services
- Singapore Chef's Association
- Singapore General Hospital
- Singapore Totalisator Board
- The Ireland Funds, Singapore
- The Mindful Company
- The Social Co
- Tower Capital
- Wilmar International Limited
- Workforce Singapore
- Youth Corps Singapore

Head Office