Community Mental Health Care in Singapore: A Multi-Disciplinary Multi-agency Approach

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Agenda

- Singapore
- Mental health landscape in Singapore
- Recognising mental health issues
- Addressing the gaps - National Mental Health Blueprint
- Next step - Community Mental Health Masterplan
About Singapore
Republic of Singapore

- **Location**: An island and islets in the heart of Southeast Asia, between Malaysia and Indonesia
- **Area**: 710.3 sq km
- **Climate**: Tropical 23 – 31 Degrees Celsius
- **Population**: 5.18 million (2011)
- **Life Expectancy**: 81.48 years
- **Ethnic Groups**: Chinese 74%, Malay 13%, Indian 9%, other ethnicities 3%
- **Religions**: Buddhism, Islam, Christianity, Taoism and Hinduism
- **Literacy**: 96% (15 years old and above)
- **Mobile Phone**: 149.6% penetration rate in 2011

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**S’pore, World’s Healthiest Country?**

*World’s Healthiest Countries*

*By Bloomberg News - Aug 13, 2012 11:20 PM GMT+0800*

**Singapore**
- Rank: 1st
- Health Grade: 89.45%
- Total Health Score: 92.52%
- Health Risk Penalty: 3.07%
Healthcare Services & Facilities

- **Primary healthcare services**
  - 18 polyclinics
  - About 2,400 private medical clinics

- **Hospital services**
  - 7 public hospitals: 5 acute general hospitals, a women’s and children’s hospital and a psychiatric hospital
  - 6 national specialty centres for cancer, cardiac, eye, skin, neuroscience and dental care

- **Intermediate and Long Term Care**
  - Community-based day services
    - Home-based: medical, nursing, palliative types of care
    - Centre-based: rehabilitation, dementia day care services
  - Residential-based: Community hospitals, chronic sick hospitals, nursing homes, inpatient hospices and sheltered homes for mentally-ill

Mental Health in Singapore
Burden of Disease by Broad Cause Group
Singapore 2007

- Cardio-vascular diseases: 19%
- Chronic respiratory disease: 11%
- Injuries: 6%
- Musculo-skeletal diseases: 5%
- Diabetes mellitus: 13%
- Mental disorders: 11%
- Neurological, vision and hearing disorders: 10%
- Cancers: 4%
- Others: 14%

What is the mental health situation in Singapore today?

Singapore Mental Health Study 2010
What is the mental health situation in Singapore today?

**Major Depressive Disorder**
1 in 17

**Alcohol abuse**
1 in 32

**Obsessive Compulsive Disorder**
1 in 33

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What is the mental health situation in Singapore today?

HELP?
- 22.1% Psychiatrist
- 21.6% Counsellors
- 18.0% General Practitioner
- 12.0% Religious or Spiritual Healer

The majority of mental illness occurred by 29 years old

Average no. of years taken to seek help

13 9 4
National Mental Health Blueprint (2007 to 2012)
Focus Areas

- Integrated Mental Health Care
- Mental Health Research
- Manpower Development
- Mental Health Promotion

Community-Based Services

- YOUNG REACH CHAT
- ADULTS CMHT Job Club GP-Partnership
- ELDERLY APCATS

National Mental Health Blueprint Programmes
REACH
Response, Early Intervention and Assessment in Community Mental Health

A multidisciplinary team work with school counsellors and family service centres to identify children (aged 6 to 19 years) who need additional mental health assistance.

- 4 school zones – more than 350 schools
- All 20 Special Education schools
- Types of problems: ADHD, emotional and learning disorders, psychosis
720 cases seen at IMH, NUH, KKH, KTPH
1,571 cases referred to REACH
1,437 case conferences
18,159 calls received by Helpline
35,239 students seen by school counsellors
356 schools 511,659 students

Patient Outcomes

EQ VAS

Prosocial Behaviours

Conduct Problems

Emotional Problems

Pre
Post

Pre
Post

Pre
Post

65
66
67
68
69
70
71
72
73
74
75

FY 11
FY 11
FY 11
Reaching Out to School-Going Children

**Multidisciplinary**
- Doctors
- Nurses
- Psychologists
- Occupational Therapists
- Speech & Language Therapists
- Administrators

**Multiagency**
- Institute of Mental Health
- KK Hospital
- National University Hospital
- Ministry of Health
- Ministry of Education
- MCYS

Buy online at www.imh.com.sg/eshop
CMHT
Community Mental Health Team

Loving Hearts, Beautiful Minds
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Training for community agencies
CMHT Outcomes

- Number of episodes of hospitalisation:
  - reduced by 57.61% in FY2007; reduced by 74.5% in FY2011

- Length of stay per hospitalisation episode:
  - reduced by 30% in FY2007; reduced by 83.8% in FY2011
Multidisciplinary
- Doctors
- Nurses
- Psychologists
- Occupational Therapists
- Speech & Language Therapists
- Administrators

Multiagency
- Institute of Mental Health
- MCYS – NCSS
- Family Service Centres
- Town Councils
- Housing Development Board
- Singapore Police Force

CMHT Programme Report
www.imh.com.sg/publications

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APCATS
Aged Psychiatry Community Assessment & Treatment Service
Reaching Out to The Old and Frail

EPIP
Early Psychosis Intervention Programme

The multidisciplinary team involves patients and caregivers: Peer specialists, people with ‘lived experience’
**Assessment Service for Youths**

**Multi-agency:** private and public sectors working together, specialist and GPs partnering to care for patients

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**Mental Health GP-Partnership**

*Multi-agency:* private and public sectors working together, specialist and GPs partnering to care for patients.
Job Club
Community Re-integration

Multi-agency effort:
• IMH
• Multiple employers
• Patient advocacy groups
• NGOs

Blueprint Outcomes

Improved mental health awareness
Enhanced early detection and access to treatment
Improved outreach
Decreased acute hospital utilisation
Re-integration of mentally ill persons into the community
Community Mental Health Masterplan
(2013 to 2017)

Intermediate & Long-term Care

Primary Care
Community Teams led by Pri Care & Community Partners

Secondary Care
Community-based Programmes

Tertiary Care

Psychiatric Nursing Home

Care Model for Mental Health

- National Helpline & Crisis Intervention Team
- Mental Health Promotion
Service Providers and Services

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Mental Health Integrated Network

Community
- COMITs
- ASCAT
- e-Room & Inpatient Care

Hospital
- SOC
- Mental Health Helpline
- Acute & Emergency Care

GPs
- Partner in Care Delivery

Supportive Care Conference
- Referral
ASCAT (Assessment and Shared Care Team)

- Provide clinical care, assessment, diagnosis, stabilisation and treatment for persons with mental health issues
- Develop capabilities of providers including primary care physicians – NHG Polyclinics, General Practitioners and community agencies to provide quality mental health care through training and professional support
- Develop community support initiatives and provide clinical leadership in the development of integrated community mental health network

- Better health outcomes for mental health
- Efficient utilisation of resources
- Reintegration back into work, social and family life in the community

Allied Health / COMIT

ASCAT (Assessment and Shared Care Team)

NHGP FP + GP with Patient

IMH Psychiatrist
Tele-Consultation and/or Video-Conferencing

Shared Care Approach via Case Conferencing
Mental Health Helpline

Caregiver Calls for Help (eg. danger)

Triage and Risk Assessment by Helpline Counselors

Home Visit Team activated and attends to person

Escort to IMH / RH for assessment / treatment

Mental Health Helpline

Extended to social service providers and their clients
Includes training to community partners to manage their existing clients with mental illness
Summary

- Mental Healthcare is a multidisciplinary effort
- Mental Healthcare straddles the health and social sectors (including education, housing and employment)
- New models of care, new structures must be tried – passion, trust and common goals are key ingredients
- Mental Healthcare design and delivery must involve the patients and caregivers
Thank You