

YEO BOON KHIM MIND SCIENCE CENTRE

A research centre of:



FY2024 NEWSLETTER #1

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THE PATH AHEAD

Singapore unveils the National Mental Health and Well-being Strategy: a commitment to prioritising mental health. Our board shares their visionary insights and aspirations for Yeo Boon Khim Mind Science Centre, highlighting a deep commitment to advancing mental health initiatives.



Professor Liu Bin
Deputy President
(Research and Technology)
Tan Chin Tuan Centennial Professor
National University of Singapore

Q: What is the research/knowledge gap MSC can explore to maximise human potential across ages?

A: There is a need to understand the complex interconnections between mental health and distinct life stages. This knowledge is essential for developing tailored strategies that ensure that mental health support is contextually relevant and effective throughout the diverse stages of an individual's lifespan.

Q: What can MSC leverage to synergise with NUS research in emerging technology for mental well-being?

A: AI, as our interdisciplinary research platform, can potentially be applied to aid in mental health detection and diagnosis, offer 24/7 support and resource guidance, customise treatment plans, predict relapses and expedite mental health prevention research with data insights.



Mr Abdullah Tarmugi
Chairman, Management Board
Yeo Boon Khim Mind Science Centre

Q: With the new National Mental Health and Well-being Strategy, how would MSC align its efforts to complement the government's initiatives?

A: MSC will continue to focus on targeted research that aligns its vision of resilience building with the government's priorities. MSC's approach is non-drug, preventive mental health. It would continue to forge partnerships with community stakeholders and translate findings into impactful programs, foster active ageing, support mental health and dementia prevention, and improve overall population well-being.

Q: What are the tangible outcomes that MSC aims to attain in the coming years?

A: We are actively exploring avenues to address mental health challenges before they escalate. For instance, our webinars provide psychoeducation to help people identify early signs of dementia and mental health distress. We invite experts to discuss new findings and prevention strategies for mental health issues. In the coming years, we look to strengthen our community partners network to enhance the sustainability of our programs. By building local capacity and fostering community ownership, we aim to create solutions that are more likely to be embraced and sustained over the long term.

[Learn more about MSC's collaborative journey and transformative initiative!](#)



Professor Chong Yap Seng
Lien Ying Chow Professor in Medicine
Dean, Yong Loo Lin School of Medicine,
National University of Singapore

Q: Why is it necessary to offer human capital training and development within master's programs in mental health?

A: We have identified the need to provide more training to enable the community mental health professionals to better manage people who are struggling to cope with difficult circumstances in their lives. In 2020, the statistic stood at 4.4 psychiatrists and 8.8 psychologists per 10,000 population in Singapore, which is not sufficient. As such, we need to build a larger interdisciplinary team of mental health professionals to improve the accessibility of mental health care resources.

Staff spotlight

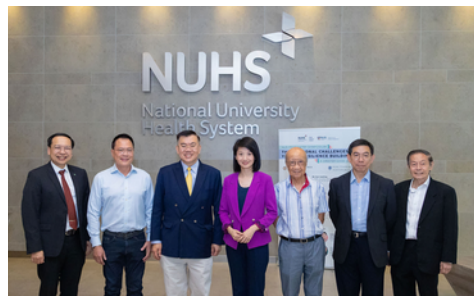
Meet Dr Pearlene Ng



I am thrilled by the strides made by the MSC in launching diverse educational programs such as the new innovative and the Master of Clinical Mental Health & Psychotherapy (MCMHP). The programme offers evidence-based research and clinical skills training to healthcare and social service professionals. As a Clinical Psychologist, my aspiration is to enhance the accessibility of good quality mental health care services for all Singaporeans through the collaborative efforts of the MSC.

— Dr Pearlene Ng
Deputy Programme Director &
Education Director (Psychology),
Master of Clinical Mental Health &
Psychotherapy (MCMHP)

NUS PSYCHIATRY SYMPOSIUM



26 APR 2023

EMPOWERING YOUTH: OVERCOMING EMOTIONS AND BUILDING RESILIENCE

Associate Professor John Wong, the Lin Jo Yan and Yeo Boon Khim Professor in Mental Health and Neuroscience, unveiled critical insights from the Youth Epidemiology and Resilience (YEAR) study, exploring identity development and media influences. He revealed that one in three respondents experienced symptoms such as depression. Guest-of-Honour, Ms Sun Xueling, Minister of State for Home Affairs & Social and Family Development, emphasised the importance of community programs for youth resilience. Renowned experts presented key findings on clinical tools, significantly enhancing our approach to addressing youth mental health challenges.

[Find out more](#)



27 APR 2023

RESHAPING AGEING-IN-PLACE

Associate Professor Rathi Mahendran shed light on the concept of ageing-in-place, providing valuable insights from the Community Health and Intergenerational (CHI) Study, which examines the biological and psychological aspects of older adults living within the community. Guest speakers underscored the importance of lifestyle choices and healthy longevity practices in Hong Kong, emphasising the crucial role of family connections and community support in successful ageing-in-place. CHI study collaborators shared findings on variety topics, including the correlation between olfactory dysfunction and mild cognitive impairment, the health and social challenges faced by older adults living alone and the use of narrative reminiscence intervention for strengthening intergenerational family bonds.

[Find out more](#)



2 NOV 2023

CAMPUS MENTAL HEALTH *Tow Tiang Seng Distinguished Lecture Series*

Emerging adults face unique challenges due to digital exposure, reduced parental involvement, and growing autonomy. Encouraging a sense of purpose, beyond the self-centredness orientation, is crucial for holistic development. The webinar presented the latest research findings on youth resilience, mental health trends, and services at NUS, highlighting a study on therapeutic rainforest walks' impact on undergraduates' well-being. Keynote speaker Associate Professor John Wong, alongside Mr. Goh Zhengqin (NUS HWB) and Dr. Lynette Tan (NUS RC4), offered recommendations for fostering a supportive environment that allows for youth to flourish.

SEP - NOV 2023

MBCT-L: NURTURING MIND- BODY AWARENESS

MindGym



8 JUN 2023

ARE WOMEN AT HIGHER RISK OF MENTAL ILLNESS?

*Tow Tiang Seng Distinguished
Lecture Series*

Studies suggest that women, particularly older individuals, confront an elevated risk of depression and cognitive impairment. Keynote speaker, Dr. Rathi Mahendran, highlighted women's increased dementia risk, attributing it to longer life spans but noted that interventions like psychosocial activities could help. Associate Professor Wong Mun Loke discussed the link between dental health and mental well-being, while Emeritus Professor Kua Ee Heok explored the impact or parenting styles on aging and caregiving, emphasising the importance of family and community support in active aging.

[Find out more](#)



The inaugural run of Mindfulness-Based Cognitive Therapy for Life took place from September to November 2023 at MindGym, Alexandra Hospital. The session welcomed a diverse group of social workers, staff, lecturers, and post-graduate students from NUS and Duke-NUS. Led by Dr Virginia Lien and Associate Professor Mabel Yap, the MBCT-L course integrates Cognitive Therapy with adapted mindfulness meditation practices, such as breathing and movement, to enhance mind and body awareness.



Our Mission

With our key focus in Research, Education and Upstream Intervention Services, we strive to make a difference in the mental health scene across the age continuum. We are the first mental wellness centre in the world focusing on the Asian culture, lifestyle, phenotype and issues, so as to develop innovative holistic solutions that are uniquely Asia. Our ongoing research seeks to discover the potential benefits of engaging in *Mindfulness, Art Reminiscence, TaiChi, Horticulture, Rainforest Therapy, Choral Singing and Chinese Ink Painting*. **Support our meaningful cause by funding our research work!**

3 FEB 2024

CELEBRATING CHAMPIONS: AWE VOLUNTEER APPRECIATION

The Age Well Everyday Volunteer Appreciation at Marymount Community Club was graced by Ms Gan Siow Huang, Minister of State for Education & Manpower. Partners including Bukit Timah CC, Eunus CC, Queenstown CC, Kong Meng San Phor Kark See Monastery, Marymount CC, RSVP Singapore, Punggol 21 CC and Tampines-Changkat CC shared their successful implementation of AWE's dementia risk prevention program. We also welcomed Jurong Spring CC as a new AWE centre and thanked our dedicated volunteers who are integral members of the AWE family for their support. The celebration ended with a Chinese New Year *lo hei*, symbolising the ushering in of good fortune in the year ahead.



AWE Volunteer Appreciation was honoured by the presence of Ms. Gan Siow Huang, Minister of State in the Ministry of Education & Manpower.



Professor Lim Soo Ping, Adjunct Faculty, School of Accountancy, Singapore Management University, joined by A/Prof John Wong, Dr Pearlene Ng and Mr. Surein Sandrasageran on a discussion panel on leadership.

JAN - FEB 2024

EMPOWERING NUH LEADERS: A JOURNEY OF WELLBEING AND MINDFUL RESILIENCE

In the opening months of 2024, Associate Professor John Wong, Dr Pearlene Ng, and Mr Surein Sandrasageran, led a series of two-day leadership workshops at the National University Hospital (NUH). Engaging 149 participants, including nurses, allied health professionals, and administrators, these sessions delved into 'Wellbeing & Resilience,' emphasizing mental, physical, and social health, along with strategies for building resilience and a leadership panel discussion. The program also featured a mindfulness workshop titled 'Caring for Others without Losing Yourself' mindfulness workshop, inspired by the Finding Peace in a Frantic World curriculum.

Our 2022 musical drew inspiration from Prof Kua Ee Heok's book of the same name, "An Undefeated Mind".



Stay Tuned!

**"I'm Perfect"**

A Musical Triumph Through Youth and Resilience

Get ready to groove with "I'm Perfect", a jukebox musical diving into the mental health challenges faced by today's youth. Beyond catchy tunes, this musical unfolds the struggles of Singaporean youth and the transformative power of support from friends, family, and the community. Come and enjoy a captivating performance that not only entertains but also sheds light on building resilience.

Proceeds will be channelled to support Yeo Boon Khim Mind Science Centre's translational research in mental resilience, programme development, volunteer and caregiver training, and community outreach efforts.

Receive a pair of complimentary tickets for every S\$1,200 you donate and enjoy tax deductions of 2.5 times the donation amount.

📅 25 August, 2024, Sunday

📍 Esplanade Concert Hall

🕒 7:30pm – 9:00pm

🎫 Tickets from \$38 onwards

Follow us on Facebook
@mindsciencecentre
for updates and ticket sales.

**Make a difference**

Your generosity will help support research, break barriers, challenge stigmas, and pave the way for a brighter, more inclusive future for mental health. Your gift to Yeo Boon Khim Mind Science Centre will be eligible for a tax deduction at the prevailing tax rates set by IRAS*.

Scan to donate via



Official Website



Secured PayNow platform

*Singapore tax residents are eligible for a tax deduction that is 2.5 times the gift value for gifts made in 2024. For inquiries regarding donations, please contact wileen@nus.edu.sg.

"The ability to give is a blessing." — The late Mr Wee Sin Tho, The Founding Chairman of Yeo Boon Khim Mind Science Centre

As an organisation dedicated to building mental resilience across the demographic profiles in the community, we have invested in continuous research and rolled out evidence-based intervention and prevention programmes. These efforts have touched the lives of more than 14,000 seniors, healthcare workers and youths. As we are fully dependent on philanthropic support and grants, we sincerely appeal for your generous support of a memorial donation, which will go a long way in enabling MSC to persevere in our mission.

MAELAB 3RD CURATION

22 March – September, 2024

"Nature's Embrace: A Gift to the Mind" offers an immersive exploration of the profound connection between nature and mental well-being, curated by MAELab with support from Nparks. This exhibition blends creative exhibits with the healing elements of nature, exploring the transformative link between mindfulness and the mind-body-nature connection. The exhibition is curated by See Yee Thien, Associate Professor John Wong, Dr Pearlene Ng, and Mr Surein Sandrasageran.



In conjunction with the exhibition, MAELab is conducting a range of enriching workshops exploring well-being, creativity, and the therapeutic wonders that nature can offer, such as forest bathing (*Shinrin-yoku*), terrarium making and moss art workshop.

For enquires, please contact pcmbbox6@nus.edu.sg

New Master's Programme Unveiled!

Master of Clinical Mental Health & Psychotherapy (Full-time & Part-time)



We're thrilled to share the launch of our new Master's Degree by Coursework in Clinical Mental Health and Psychotherapy (MCMHP), set to kick off in AY2024/25. Designed for social service and healthcare professionals aiming to specialising in mental health, this programme aligns with the National Mental Health Competency Training for Tier 2 and 3 care. Developed through consultation with industry experts, it offers comprehensive training in mental health conditions, psychological interventions, psychotherapy & counselling, and case management and care coordination. Elevate your expertise with us!



**Applications
are now open!**

Visitors are invited to engage with the captivating programs to discover the transformative power of arts and nature through mindful contemplation, delve into the latest research in the field, reignite a passion for cultivating a more mindful lifestyle, and deepen connections with community, people, and nature.

Free entry

From 22 March - 22 April, MAELab is open for walk-in at these special opening hours:
Mon - Fri: 10am-5pm (Last Entry 4pm)
Sat: 10am-2pm (Last Entry 1pm)

From 23 April onwards, visitors may book an appointment on Form SG.

Alexandra Hospital, 378 Alexandra Road, Blk 29 Level 2, Singapore 159964

[Scan the QR code to
book your appointment](#)



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The programme is comprehensive and excellent for training mental health professionals in delivering tier 2 & 3 services. We have a need for mental health practitioners in the frontlines with the rising prevalence of mental illness.

— **ADJ ASSOC PROF DANIEL FUNG**

Chief Executive Officer (CEO),
Institute of Mental Health (IMH)

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Programme Directors



A/Prof John Wong CM

Programme Director &
Education Director

Lin Jo Yan and Yeo Boon Khim
Professor in Mental Health &
Neuroscience

Senior Consultant Psychiatrist,
Department of Psychological Medicine,
NUS Yong Loo Lin School of Medicine



Dr Rathi Mahendran

Deputy Programme Director &
Education Director (Psychiatry)

NUS Yong Loo Lin School of Medicine



Dr Pearlene Ng

Deputy Programme Director &
Education Director (Psychology)

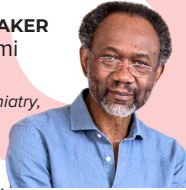
NUS Yong Loo Lin School of Medicine

POETRY AND THE UNQUIET MIND

*Tow Tiang Seng
Distinguished
Lecture Series:*

KEYNOTE SPEAKER
Professor Femi Oyebo

Professor of Psychiatry,
University of
Birmingham, UK



Poetry allows us to connect with and fully appreciate the depth of human feelings. Uncover the nuances of joy, sorrow, love, grief, ageing, and hope within poetic expressions. Join us to explore how it enhances mental resilience and soothes an unquiet mind.

22 March 2024

12.30pm - 2:00pm

ZOOM

[Scan for more
information](#)



RIISING TIDE OF DEMENTIA IN ASIA Webinar

The ageing demographic across Asia is poised to result in a significant surge in the prevalence of dementia. This upward trend will not only impact family caregiving and support services but also has far-reaching implications for healthcare economics. Join us as we delve into the epidemiology, service infrastructure, and research surrounding dementia in China, Taiwan, and Singapore.

30 May 2024

12.30pm - 2:00pm

ZOOM

[Scan for more
information](#)

