Early Psychosis Intervention Programme
Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747

General Enquiries: 6389 2000
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Intake Criteria

- Age 12 to 40 years old
- Newly-diagnosed First Episode Psychosis
- Our team will do an assessment to rule out psychosis due to drugs or medical conditions. For individuals with intellectual disability or forensic complications, we may refer to the appropriate services.

Referral Process

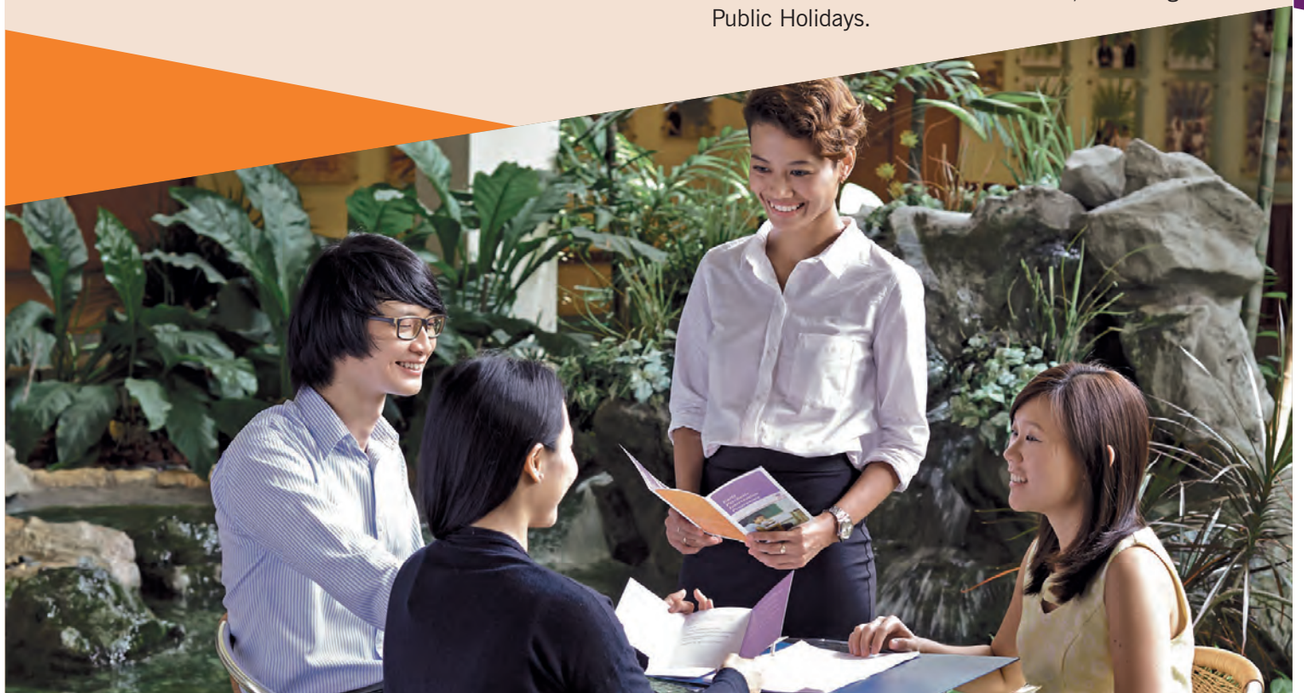
Your hospital or family/ polyclinic doctor can refer you to the EPIP clinics which are located at:

Institute of Mental Health
Buangkok Green Medical Park
10 Buangkok View Singapore 539747

- Bus Service No:
43, 101, 156, 159, 161, 325, 109

- Nearest MRT:
Sengkang / Buangkok / Ang Mo Kio/ Hougang

IMH provides free shuttle bus service between Hougang MRT Station and Buangkok Green Medical Park. Available ONLY from Mon - Fri, excluding Public Holidays.





Early Psychosis Intervention Programme

epip early psychosis intervention programme

The Early Psychosis Intervention Programme

The Early Psychosis Intervention Programme (EPIP) was initiated in April 2001 under the auspices of the Ministry of Health, Singapore.

EPIP offers comprehensive and patient-centred treatment of a high quality, via an integrated approach. EPIP's services are available across inpatient, outpatient and community settings.

For inpatients, our EPIP Inpatient Centre is a 24-bedded C-type facility designed with therapeutic work and recovery in mind. Aside from features like an open pantry, a night lounge and an outdoor garden, there are programmes and activities designed for meaningful engagement towards recovery.



About Psychoses

Psychoses are serious and potentially chronic mental disorders which profoundly impact patients, their families and society. Worldwide, they are recognised as one of the most disabling medical conditions, and are possibly among the most costly disorders to treat. Therefore, psychoses impose a huge burden in economic cost and human suffering. Schizophrenia, which afflicts 1% of the general population, is the most severe of several types of psychotic disorders.

Early detection and treatment, however, could lead to a better outcome in terms of reduced morbidity, mortality and costs.

Common Psychotic Symptoms

- Hearing or seeing something that is not there
- A constant feeling of being watched
- Peculiar or irrational way of speaking or writing
- Inappropriate or bizarre behaviour (for example, irrational, angry or fearful response towards others)

These could result in:

- A deterioration in academic or work performance
- A change in personality
- Increasing withdrawal from social situations
- Inability to sleep or concentrate

Accolades:

- EPIP was awarded the inaugural National Medical Excellence Team Award in 2008 by the Ministry of Health, Singapore, recognising our contributions in clinical work and research leading to positive outcomes in healthcare delivery that have benefited patient care.
- In 2006, EPIP received the inaugural State of Kuwait Prize in Health Promotion awarded by the World Health Organisation (WHO).

Published Research Articles:

- Kinson, R., Hon, C., Lee, H., Abdin, E., & Verma, S. (2018). Stigma and discrimination in individuals with first episode psychosis; one year after first contact with psychiatric services. Psychiatry Research, 270, 298-305. doi: 10.1016/j.psychres.2018.09.044
- Polari, A., Lavoie, S., Yuen, H., Amminger, P., Berger, G., & Chen, E. et al. (2018). Clinical trajectories in the ultra-high risk for psychosis population. Schizophrenia Research, 197, 550-556. doi: 10.1016/j.schres.2018.01.022
- Tan, C., Abdin, E., Liang, W., Poon, L., Poon, N., & Verma, S. (2018). Medication adherence in first-episode psychosis patients in Singapore. Early Intervention In Psychiatry. doi: 10.1111/eip.12559
- Abdin, E., Chong, S., Vaingankar, J., Peh, C., Poon, L., & Rao, S. et al. (2017). Trajectories of positive, negative and general psychopathology symptoms in first episode psychosis and their relationship with functioning over a 2-year follow-up period. PLOS ONE, 12(11), e0187141. doi: 10.1371/journal.pone.0187141
- Basu, S., Ali, S., Poon, L., & Verma, S. (2017). Reducing Lost-to-Follow-Up Rates in Patients Discharged from an Early Psychosis Intervention Program. Journal Of Clinical Outcomes Measurement, 24(9), 412-416
- Csillag, C., Nordentoft, M., Mizuno, M., McDaid, D., Arango, C., & Smith, J. et al. (2017). Early intervention in psychosis: From clinical intervention to health system implementation. Early Intervention In Psychiatry, 12(4), 757-764. doi: 10.1111/eip.12514
- Hartmann, J., McGorry, P., Schmidt, S., Amminger, G., Yuen, H., & Markulev, C. et al. (2017). Opening the Black Box of Cognitive-Behavioural Case Management in Clients with Ultra-High Risk for Psychosis. Psychotherapy And Psychosomatics, 86(5), 292-299. doi: 10.1159/000477551
- Wong, H., Yong, Y., Shahwan, S., Cetty, L., Vaingankar, J., & Hon, C. et al. (2017). Case management in early psychosis intervention programme: Perspectives of clients and caregivers. Early Intervention In Psychiatry. doi: 10.1111/eip.12534

EPIP Services

Services provided by EPIP for an average of three years include:

- Individualised counselling and case management to support recovery
- Ongoing psychoeducation
- Psychological and vocational assessments
- Psychotherapy
- Crisis management
- Psychosocial and recreational activities at Club EPIP
- Services provided by our Peer Support Specialists

EPIP Team

- Psychiatrists
- Case Managers
- Psychologist
- Occupational Therapists
- Medical Social Worker
- Nurses
- Administrative Staff
- Peer Support Specialists (persons in recovery and caregivers supporting other patients and caregivers)

