

OcTAVE @ IMH
Occupational Therapy Department
Institute of Mental Health
Buangkok Green Medical Park
Block 1, 10 Buangkok View
Singapore 539747
General Enquiries: 6389 2904
Buses: 88, 43, 109, 101, 156, 159, 161, 325
Nearest MRT Stations: Buangkok or Hougang

www.imh.com.sg

Jan 2018



Referrals

If you are interested in these programmes, please ask your psychiatrist for a referral to OcTAVE.

You will be required to attend an appointment for an initial assessment. We encourage you to bring your family members along for this assessment.



Job Club

Job Club is a one-stop centre which assists clients with their employment needs. Run by vocational specialists and job placement officers, the team provides vocational counselling and assessment, as well as job matching.

During the job seeking and placement process, the team works closely with both employers and potential employees to ensure job fit and placement success.

Programmes and services available at Job Club:

- Individually-tailored rehabilitation counselling
- Job preparation
- Support groups
- Job placement support for clients and employers
- Employer education workshops



Occupational Therapy: Activities, Vocation and Empowerment



*Occupational Therapy:
Activities, Vocation and
Empowerment (OcTAVE)*

OcTAVE, which stands for Occupational Therapy: Activities, Vocation and Empowerment, comes under the auspices of the Occupational Therapy department at the Institute of Mental Health (IMH). OcTAVE offers a range of outpatient rehabilitation programmes aimed at promoting community independence, providing therapeutic support, nurturing clients’ potential and facilitating their recovery.

The programmes available are categorised into four major domains, namely Clinical Rehabilitation, Empowerment, Vocational Training and Job Club.

The OcTAVE centre located in IMH offers a different selection of programmes. For more information, please call 6389 2904.

*Charges apply



Clinical Rehabilitation

Our clinical rehabilitation programme consists of group psychosocial interventions aimed at empowering clients to manage their own health and well-being. This supports their recovery and enables them to pursue a meaningful life.

Participants will need to apply what they learn in the activities and skills training, and share their experiences in group sessions. As such, a proactive attitude is very important.

- The group programmes available are:
- **Illness Self-Management and Recovery (ISMR)** – this aims to equip clients with the knowledge, personal strategies and coping skills to manage their symptoms and reduce relapses so they can achieve their personal goals;
 - **Cognitive Remediation** – using computer programmes and group exercises, this aims to improve attention, memory, problem-solving skills and thinking skills to help patients gain vocational competence and community living skills; and
 - **Mindfulness** – using a range of mindfulness practices, this aims to equip clients with the skills to manage emotional states so as to overcome stress, anxiety and depression.



Empowerment Programme

The Empowerment Programme aims to provide rehabilitation and promote recovery in persons with mental health conditions through the use of meaningful activities. We provide a safe environment for personal development and skills development through a variety of activities. Clients are encouraged to take an active role in their rehabilitation and recovery, and can sign up for activities of their choice each week.

- The activities available include:**
- Craftwork
 - Sports/Gym/Dance
 - Cooking/Baking
 - Team-building activities
 - Community outing/ volunteering opportunities
 - Relaxation
 - Basic computer skills
 - Selling craft items at a pushcart
 - Recovery-oriented group session (led by a peer support specialist)

Volunteering

We also network and collaborate with agencies and organisations in the community to provide volunteering opportunities for our clients, so as to promote skills development and community integration.



Vocational Training

Vocational training serves as a rehabilitation platform for persons with psychiatric conditions, prior to them seeking competitive employment in the community. Clients who have been unemployed for long periods and who have low confidence levels will benefit from this programme.

Upon completion of the programme, occupational therapists will facilitate clients’ transition to Job Club services for employment assistance.

- Programme objectives:**
- To equip clients with the skills relevant to an industry;
 - To improve work behaviours (e.g. work habits, work endurance and social skills);
 - To facilitate reintegration into competitive employment; and
 - To improve clients' tolerance and confidence levels for work
- We offer vocational rehabilitation programmes in the following areas:**
- Food and Beverage
 - Retail
 - Basic administrative work
 - Cleaning