



RMHC SINGAPORE

Keeping families close

RONALD McDONALD HOUSE CHARITIES (RMHC)

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RMHC'S PILOT PROJECT – "CARDS FROM THE HEART" – REACHES OUT TO THE YOUNG AT INSTITUTE OF MENTAL HEALTH (IMH)

Mental health is about how we think, feel and behave as we cope with our lives. In today's society, mental health issues also affect young people. IMH's Sunrise Wing sees a significant number of affected children and adolescents each year: about 5000 outpatient visits (Child Guidance Clinic) and 400 in-patient admissions in its 20-bed ward. Some causes of mental health problems among these patients include academic stress, strained family relationships, peer-relationship difficulties and poor coping mechanism. Further, many are afflicted with suicide ideation, attempted suicide and self-harm. Upon discharge from treatment, some patients relapse and must be re-admitted for treatment. This underscores a gap in the post-care of this vulnerable group.

Thus, in late 2019, RMHC Singapore collaborated with IMH to initiate a new community outreach programme called Cards from the Hearts Programme. The programme targets children and adolescent's inpatients, aged between 13 and 18, with a history of chronic self-harm or recurrent suicidality. The patients will receive a series of postcards with cheerful illustrations accompanied with motivational quotes. The intention of the programme is to act as an extension of treatment to counter feelings of isolation and foster positive emotions, to reconnect and improve patients' sense of social connectedness, and to simply show care.

Since October 2019, the pilot project has reached out to 40 youths for a period of 12 months after their discharge from the ward. Besides the postcards, these youths also received McDonald Gift Certificates that would greatly encourage them to have meals with family members or friends whom they could bond with.

Many of them were receptive to the programme and appreciated the nice gesture.

"I like the handwritten notes at the back of the postcards. When I got them, it felt like someone cared about me."

"The postcards cheered me up, encouraged me to keep going and made me feel like I'm not alone."

"The unexpected positivity can help to improve one's day upon receiving the postcards."



MOTIVATIONAL QUOTES ON THE POSTCARD TO ENCOURAGE THE YOUTHS ON THEIR JOURNEY TO RECOVERY.

INTRODUCING OUR NEWEST STAFF, EIFFAH!



Joined RMHC Singapore in February 2021. Our newest team member shares her thoughts on working at RMHC Singapore.

"I am amazed at how cosy and inviting our facilities are. Just a few months in and I was able to witness how detailed the team is in managing the facilities such as ensuring that the pantry is constantly filled with food and beverages so that parents and caregivers are able to grab anything they need at any time.

Also, at this job, I had to quickly learn how to manage my feelings and foster emotional resilience. It was initially challenging when I had to go through the check out process with a family that had just suffered a loss. Yet, knowing that we have made an impact on these families during their trying times motivates me to keep going."

MAKE A DONATION



Help bring a smile to families caring for their sick children. If you're able to help in any way, despite the challenging CoVID-19 times, we'd appreciate it.

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