



## *Referral Process*

School counsellors are to contact students' parents to obtain their consent before the REACH assessment. The assessments are typically conducted in the schools. This offers greater convenience for both schools and parents.

Appointments are made through the school counsellors only.

REACH (North) Office  
Buangkok Green Medical Park  
10 Buangkok View  
Singapore 539747  
Fax: 6387 7916

REACH (South) Office  
HPB Building #03-01  
3 Second Hospital Avenue  
Singapore 168937  
Fax: 6438 5349

REACH (East) Office  
No. 5 Jalan Masjid  
#01-07 Kembangan Court  
Singapore 418924

REACH (West) Office  
Department of Psychological Medicine  
University Medicine Cluster  
National University Hospital  
1E Kent Ridge Road  
NUHS Tower Block, Level 9  
Singapore 119228  
Fax: 6779 2717

[www.imh.com.sg](http://www.imh.com.sg)

Jan 2016

## *Response, Early intervention and Assessment in Community mental Health*

**REACH**



*REACH is a community-based mental health service set up to work closely with schools, community agencies and family doctors to help students with emotional, behavioural and/or developmental disorders. As mental health professionals, we support school counsellors and broaden the scope of the care given to students within the school by taking on the role of consultants and external advocates of mental health in schools.*

## **Community Support**

REACH aims to improve response time and offer front-line support to students within the community. We hope to:

1. Improve the social and emotional well-being of children and adolescents in schools
2. Provide early interventions
3. Develop an integrated support network for youths in the community involving:
  - a. Primary and secondary schools as well as junior colleges
  - b. Family doctors and paediatricians
  - c. Voluntary welfare organisations

Our multi-disciplinary team comprises medical doctors, clinical psychologists, medical social workers, occupational therapists, nurses and administrators. We work closely with school counsellors who act as spokespersons for students' needs and liaison persons between REACH and students' parents.



## **Reaching Out to Youths**

The majority of children and adolescents do not suffer from mental illness. However, when a student has been identified, the school counsellor with consultation from the school's case management team will look into managing the care of the student. When necessary, guidance specialists and educational psychologists from the Ministry of Education will render additional support.

Students with severe emotional and behavioural problems may need more help. The REACH team collaborates with school counsellors to provide suitable school-based interventions to help these students. Such school-based interventions often provide the requisite, timely help that these students need.

Further specialised assessment or treatment may be necessary for more severe cases. The student will be referred to the Child Guidance Clinic after assessment by the REACH team for further psychiatric evaluation and intervention. These interventions may include medications, psychotherapy, group or family work and further assessments\*.

\* Standard clinic charges apply.

## **A Nurturing Partnership**

School counsellors play an important role, advocating for their students' mental health. They represent their school care team and are responsible for gathering essential information about their students before our first clinical assessment. School counsellors and the school case management team will work together to construct interventions to support the majority of students needing help.

When a student is identified to be suffering from a possible mental health condition, the school counsellor can call the REACH helpline so that we can assess how best to support the school and the student.

In the case where REACH recommends an on-site clinical interview, we require at least one parent or caregiver to be present. This is necessary as we need additional information about the student which helps us better understand and provide relevant help to both the students and their families.

