




Stepping Stones
Rehabilitation Centre



**Supporting personal recovery
via
co-production in an inpatient
psychiatric rehabilitation
programme**

Presenters:

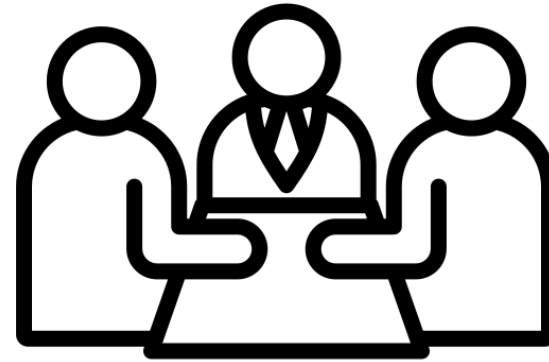
- Senior Medical Social Worker, Teo Jia Yan
- Peer Support Specialist, Muhammad Arif Bin Talip

Authors:

- Senior Medical Social Worker, Teo Jia Yan
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- Principal Medical Social Worker, Roger Tan Boon Meng

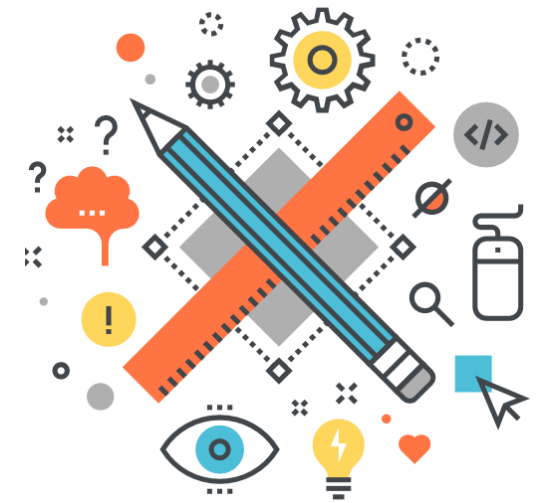
Co-production

Roper, C., & Cadogen, E. (2018). *Co-Production Putting Principles into Practice in Mental Health Contexts*.

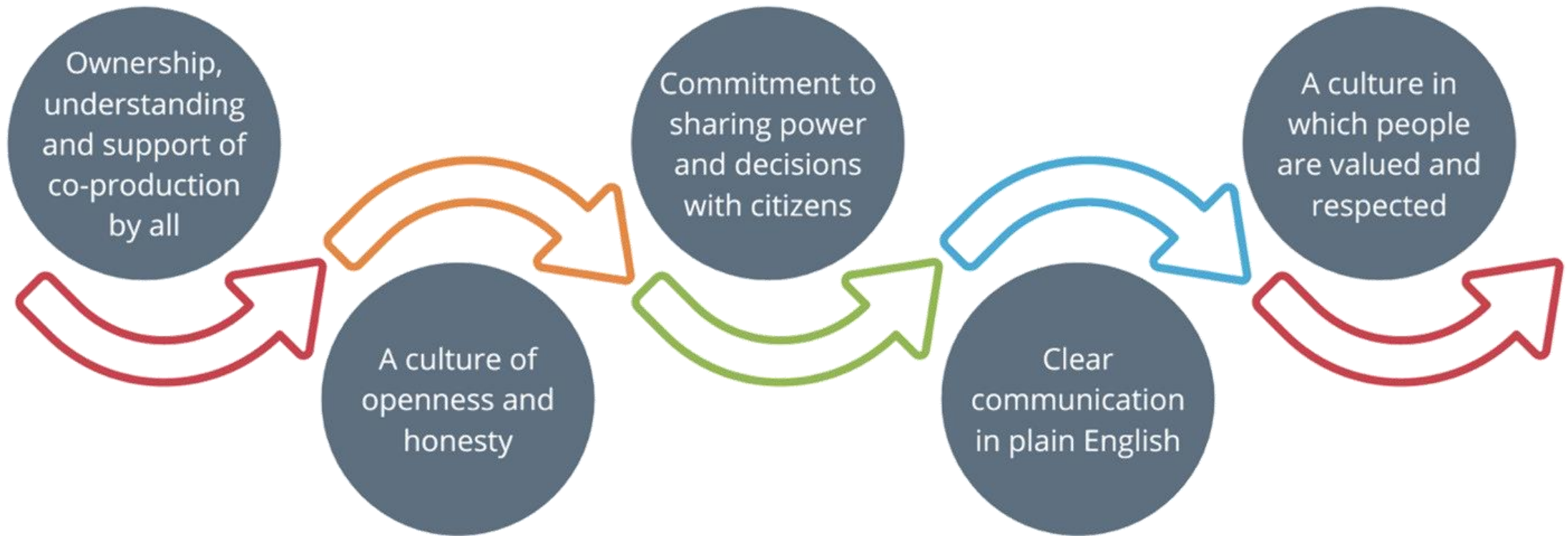


Planning, designing and producing services with people that have experience of the problem or service.

Shifting the mindset and establishing a culture that embraces exploration, learning, and values one's knowledge and expertise



Co-production - Values



NHS. *Co-production*. NHS choices. <https://www.england.nhs.uk/always-events/co-production/>

Co-production

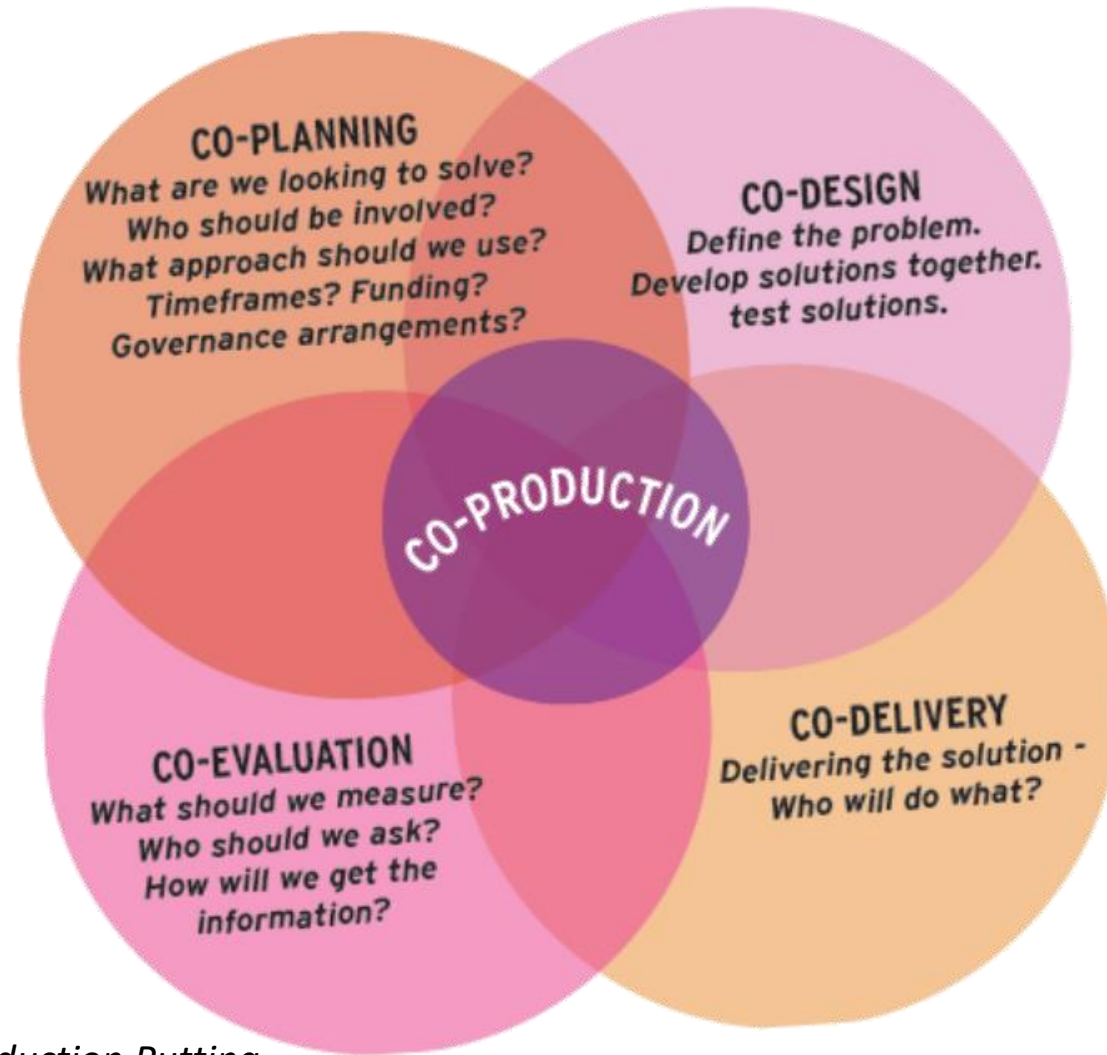


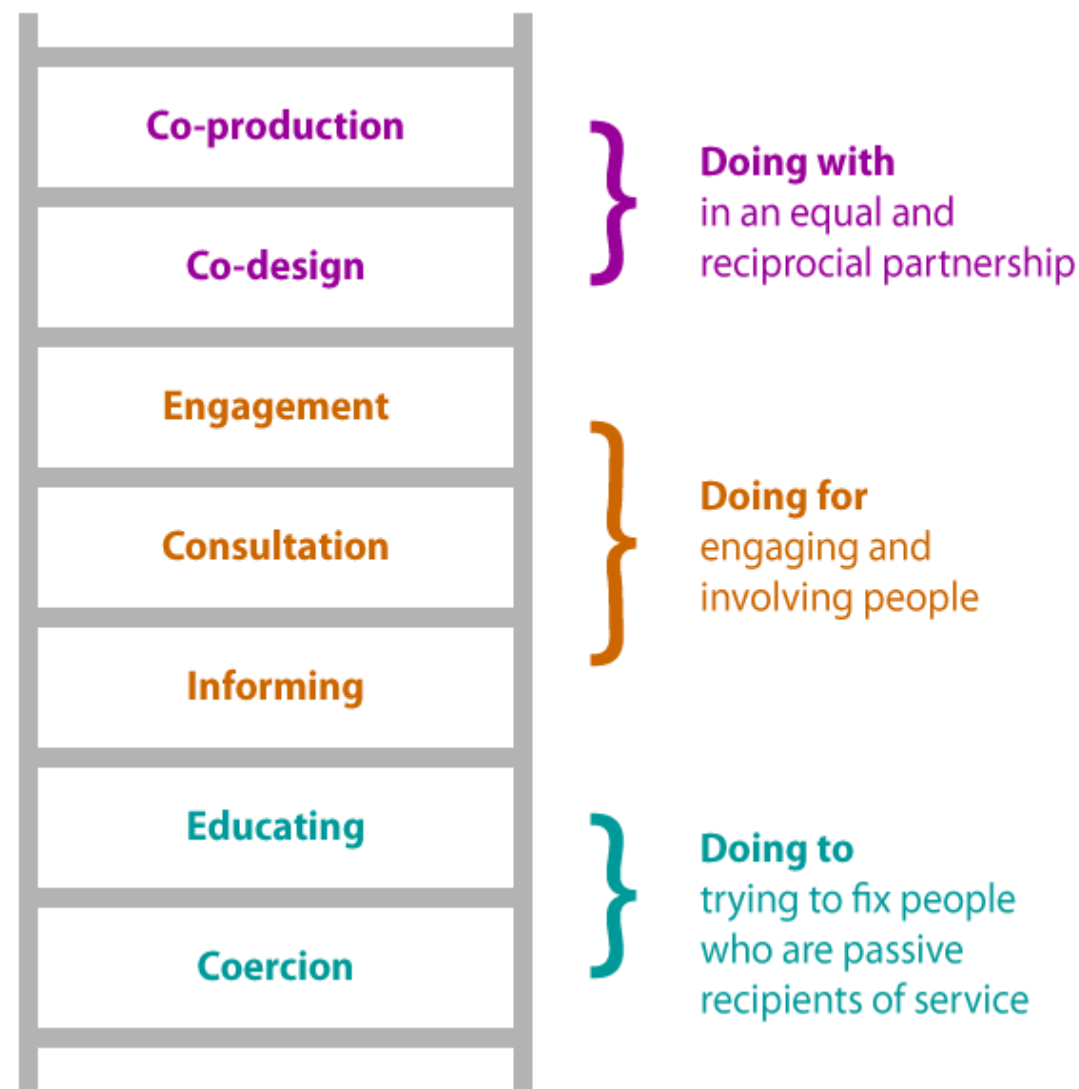
Figure 1. What does co-production involve?

Roper, C., & Cadogen, E. (2018). *Co-Production Putting Principles into Practice in Mental Health Contexts*.

Consumers' participation - Arnstein's ladder

Co-production sits within a spectrum of participation levels, as detailed in Arnstein's Ladder.

Where do you think you are at?

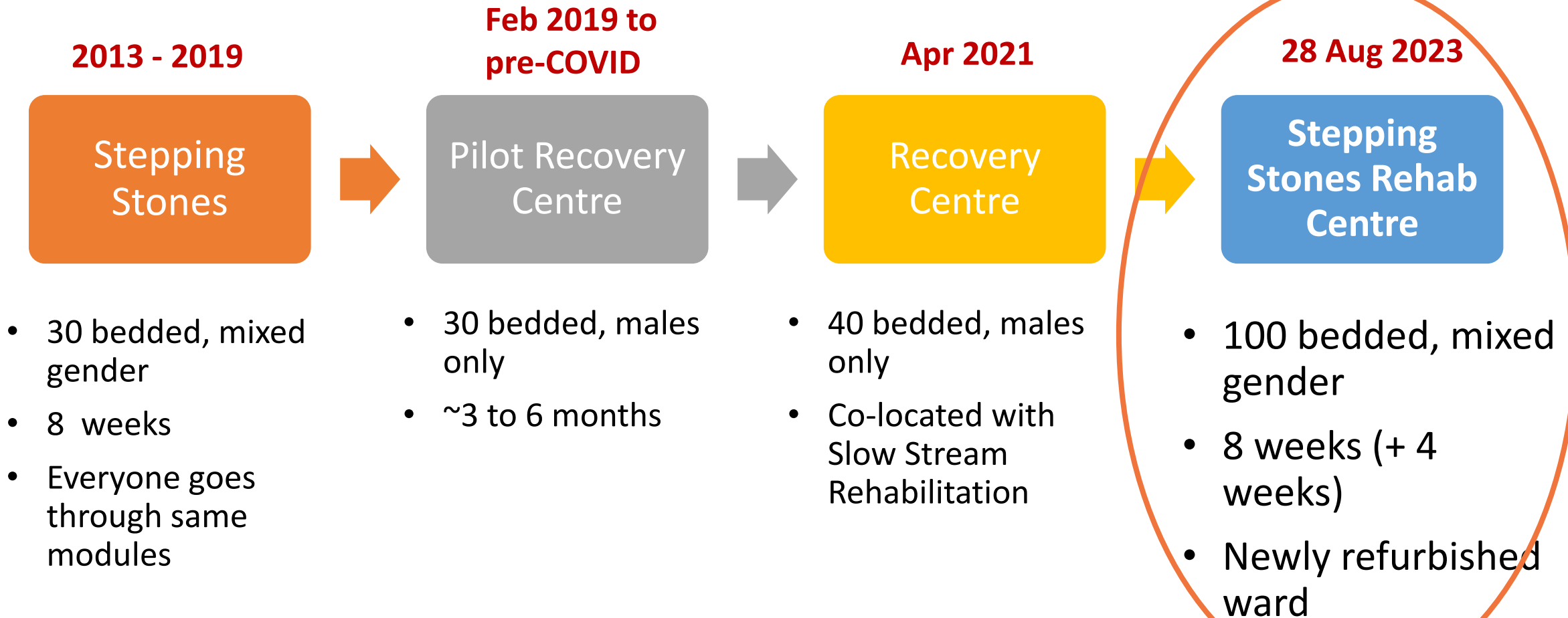


Roper, C., & Cadogan, E. (2018). *Co-Production Putting Principles into Practice in Mental Health Contexts*.



Acute Inpatient Rehabilitation Services in IMH Singapore

IMH ACUTE INPATIENT REHAB SERVICES





Stepping Stones

An Inpatient Rehabilitation Psychiatric Centre

Overview of Stepping Stones (Ward 50)

**Started on 28 Aug 2023 as
service under acute care**

**Focus will be on skills-building
and skills-testing**

- **8 weeks** structured rehab
(extend to 12-weeks on case-
by-case basis)
- **Voluntary** programme
- **A chargeable programme**

Overview of Stepping Stones (Ward 50)



3 Consultants
2 Medical Officers



2 Peer Support Specialists



Nurse Clinicians
Advanced Practice Nurse
Staff nurses
Healthcare Attendance



1 Psychologist



1 Pharmacist



**5 Occupational
Therapists**



3 Medical Social Workers

Overview of Stepping Stones (Ward 50)

Open-ward setting

**100 mixed gender (30F, 70M)
class C beds**

Patient population

- Not currently meeting criteria for / repeatedly not accepted by step-down residential facilities
- Need help to prepare for independent living at home

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday				
7:00 AM	RISE & SHINE GROOMING / BEDMAKING / BREAKFAST										
7:30 AM	DAILY BRIEFING / MEDICATION										
8:00 AM											
8:30 AM											
9:00 AM	Community Living Skills (OT) Venue: Libra	Cognitive Remediation Group (OT) Venue: Media Room	MSWPSS Reconnect Group: Problem Solving Venue: Libra	Recovery Workshop (PSS) Venue: Libra	Cognitive Remediation Group (OT) Venue: Media Room	MDT Venue: MPR1 Dr. Timothy	MSWPSS Reconnect Group: Social Skills Venue: Gemini	Community Living Skills (OT) Venue: Libra	House keeping	Community Meeting (MDT)	
10:00 AM	MSWPSS Reconnect Group: Cognitive Venue: Gemini		MSW Reconnect Group: Social Skills Venue: Libra			Psychology Group	MSWPSS TC@SS Venue: Libra	Leisure /volunteer/ Home Leave			
10:30 AM											
11:00 AM											
11:30 AM	Lunch										
12:00 PM	AFTERNOON MEDICATION										
12:30 PM											
1:00 PM											
1:30 PM											
2:00 PM											
2:30 PM					Job Preparation Group / Work (OT) Venue: Gemini	Ad-Hoc: Sharing of Community Services (MSW) Venue: Libra room	Tech Group (OT) Venue: Gemini				
3:00 PM		Community Outing Group (OT)	MDT Venue: Gemini Dr. Alex	MDT Venue: Libra Dr. Zhao	Cognitive Remediation Group (OT)				Cooking Group (OT)	Leisure /volunteer/ Home Leave	Leisure /volunteer/ Home Leave
3:30 PM					Work Social Skills Group (OT) Venue: Gemini						
4:00 PM	Domestic Skill Planning session					IT@SS (PSS) Venue: Libra					
4:30 PM					Medication Management (Nursing) Venue: Gemini						
5:00 PM											
5:30 PM											

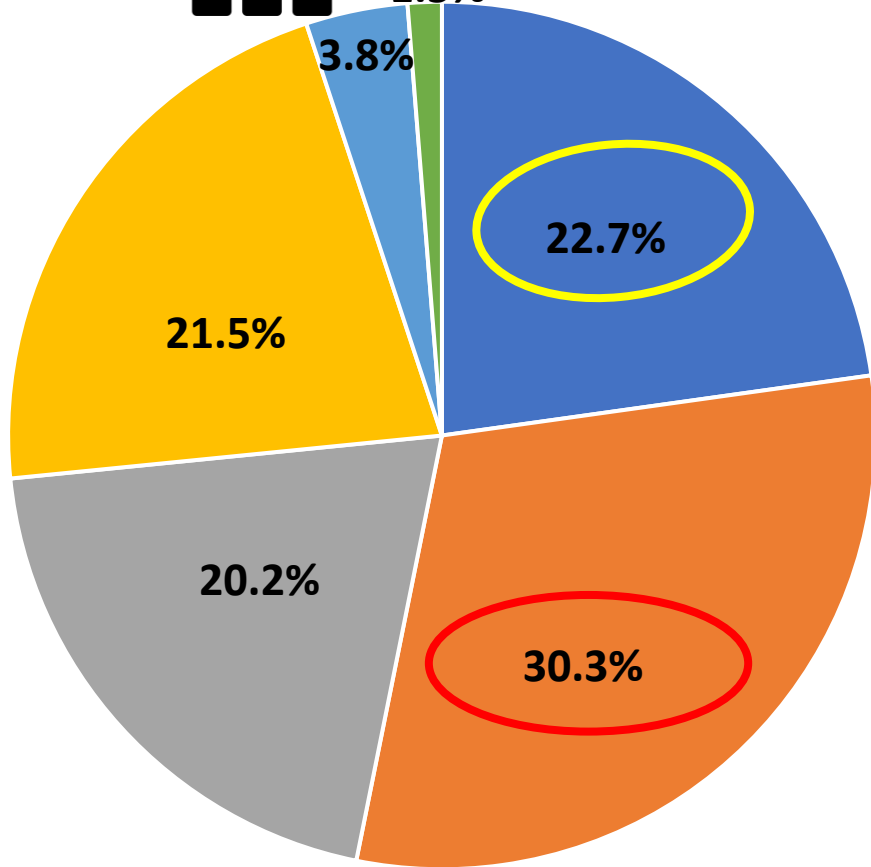
Stepping Stones Programme Schedule

Demographics



Age

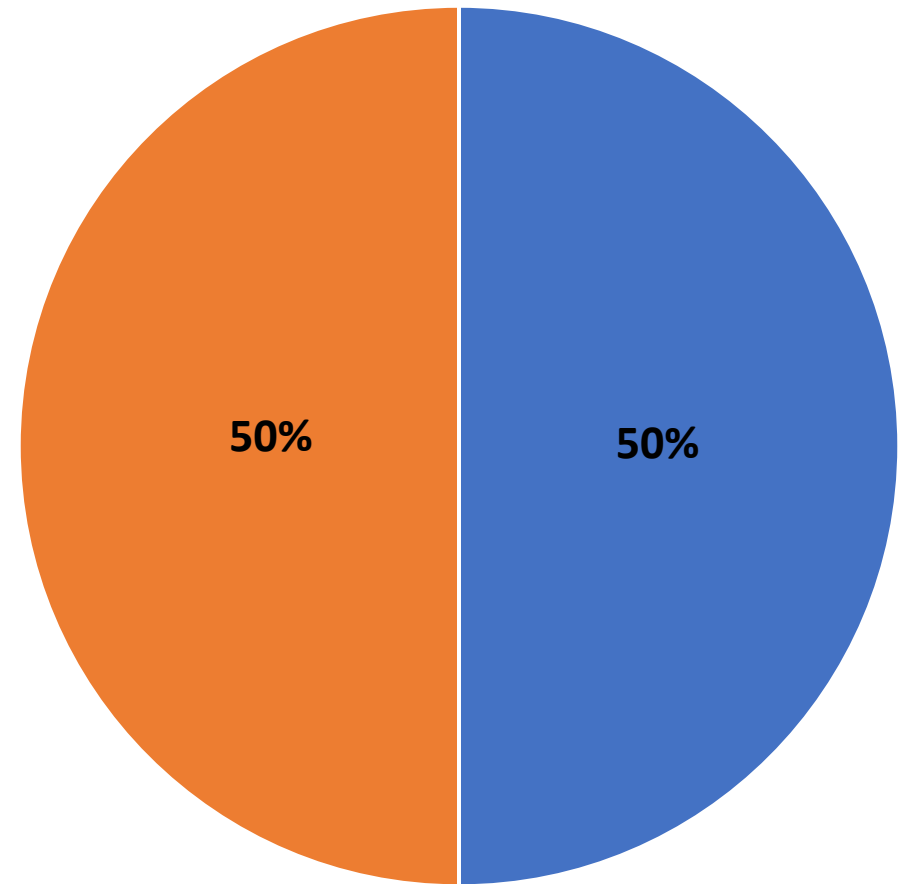
1.5%



■ 20-29 ■ 30-39 ■ 40-49 ■ 50-59 ■ 60-69 ■ 70 ■



Gender



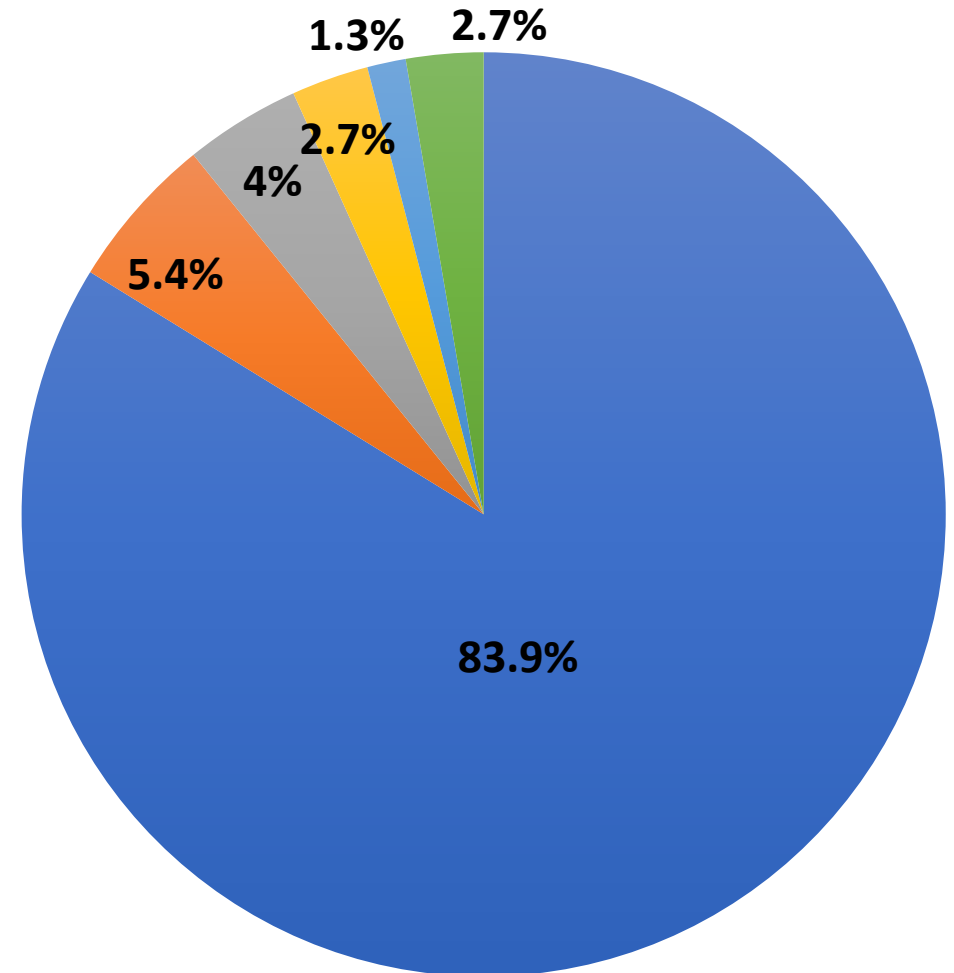
■ Male ■ Female

Demographics



Diagnosis

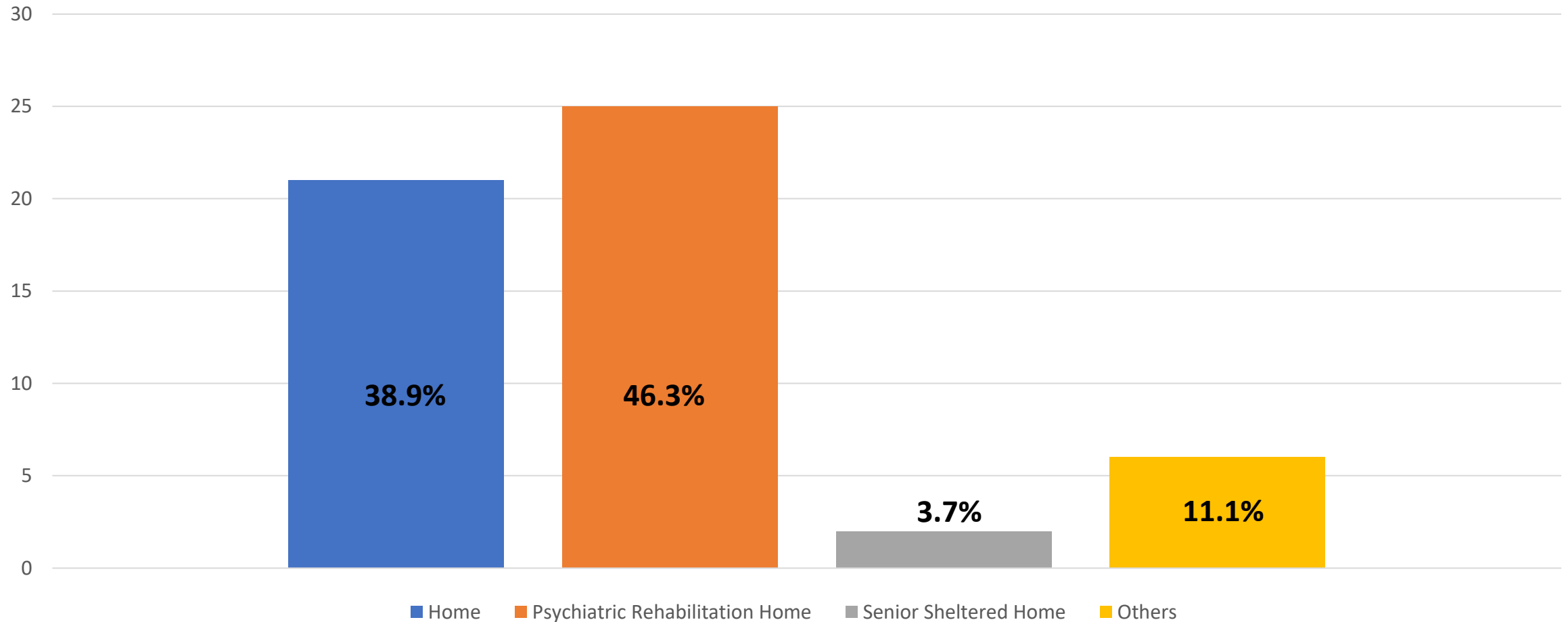
- Schizophrenia
- Schizoaffective Disorder
- Anxiety Disorder
- Disability eg Borderline Intellectual Disability / Autism Disorder
- Obsession Compulsive Disorder
- Others eg Adjustment Disorder, Psychosis



Discharge Destinations

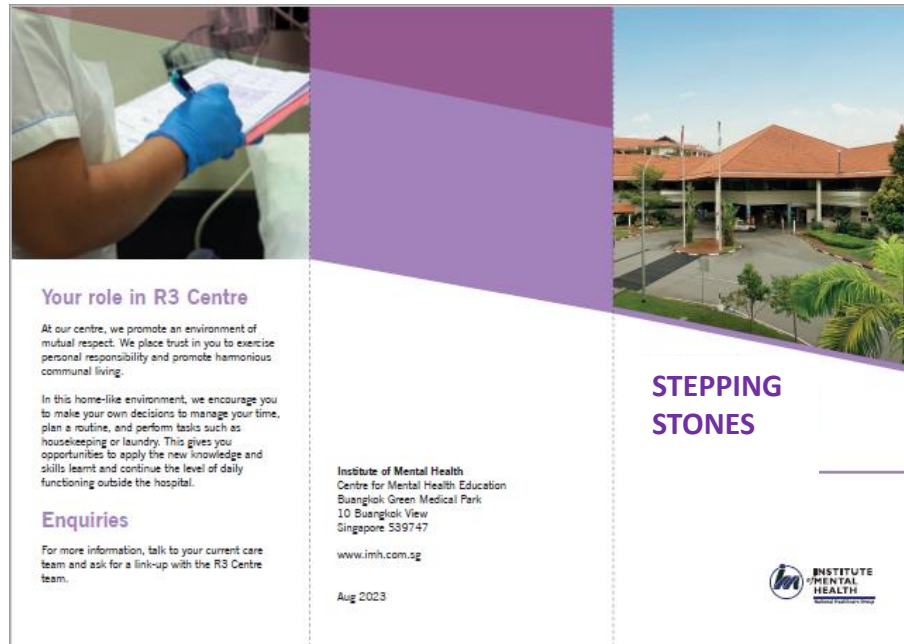


Discharge placement types



Building Awareness of Stepping Stones and Recovery

Service Brochure for Clients and Caregivers



The brochure is divided into three main sections. The top left features a photograph of a person in a white lab coat and blue gloves writing on a clipboard. The top right shows an aerial view of a large, modern building with a red roof, identified as the Institute of Mental Health. The bottom left section contains text about the R3 Centre, including a description of the environment, encouragement for decision-making, and contact information for enquiries. The bottom right section features the 'STEPPING STONES' logo and the Institute of Mental Health logo.

Your role in R3 Centre

At our centre, we promote an environment of mutual respect. We place trust in you to exercise personal responsibility and promote harmonious communal living.

In this home-like environment, we encourage you to make your own decisions to manage your time, plan a routine, and perform tasks such as housekeeping or laundry. This gives you opportunities to apply the new knowledge and skills learnt and continue the level of daily functioning outside the hospital.

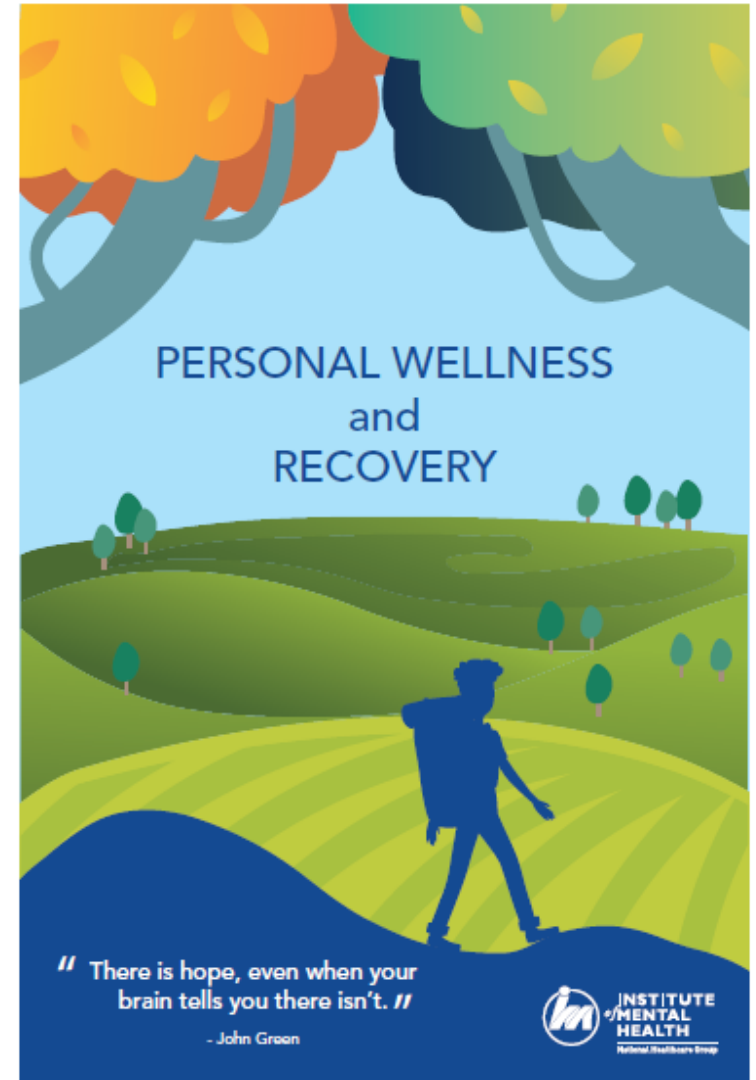
Enquiries

For more information, talk to your current care team and ask for a link-up with the R3 Centre team.

Institute of Mental Health
Centre for Mental Health Education
Buangkok Green Medical Park
10 Buangkok View
Singapore 539747
www.imh.com.sg
Aug 2023

STEPPING STONES

INSTITUTE OF MENTAL HEALTH
National Healthcare Group



The cover features a stylized illustration of a person walking across rolling green hills under a blue sky with colorful trees. The text 'PERSONAL WELLNESS and RECOVERY' is prominently displayed in the upper middle. At the bottom, there is a quote by John Green and the Institute of Mental Health logo.

PERSONAL WELLNESS and RECOVERY



“ There is hope, even when your brain tells you there isn’t. ”
- John Green

INSTITUTE OF MENTAL HEALTH
National Healthcare Group



Recovery Assessment Scale – Domains and Stages (RAS-DS)

Pre-Post RAS-DS in SS (N = 34)

Overall	
Mean difference	+18.6
Positive change	30/34 (88.2%)
 Female Mean Difference	Male Mean Difference 
+21.7	+14.2

Doing Things I Value

- Mean difference: +9.31
- Positive change: 22/34 (64.7%)

Looking Forward

- Mean difference: +8.05
- Positive change: 27/34 (79.4%)

Mastering My Illness

- Mean difference: +12.5
- Positive change: 25/34 (73.5%)

Connecting & Belonging

- Mean difference: +12.82
- Positive change: 29/34 (85.3%)

MSW and PSS Services

Individual interventions

- Joint sessions between MSW and PSS
- MSW individual sessions
- PSS individual sessions

Group interventions



MSW and PSS Groupwork in Stepping Stones

Groupwork interventions – MSW and PSS

- Adopting the concepts and value from co-production in planning for group work

Group work

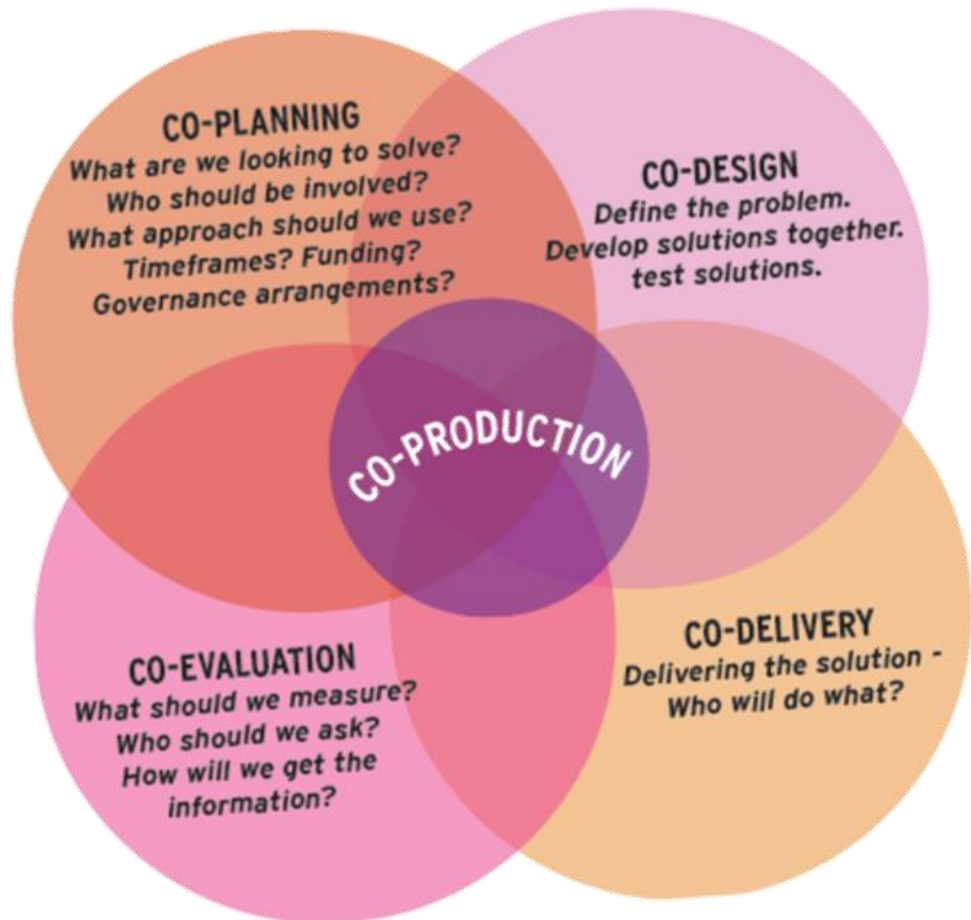
Reconnect group

- Focuses on social skills, problem solving skills and cognitive skills set
- Run by MSW and PSS
- Clients leading ice breaker



Group work

Therapeutic Conversation @ Stepping Stones



Co-planning: Co-discussions and selection of topics

Co-design: Develop materials

Co-delivery: Discussion on the delivery mode of the group interventions. Constant discussions on amending the content to suit clients' needs, base on clients' feedback

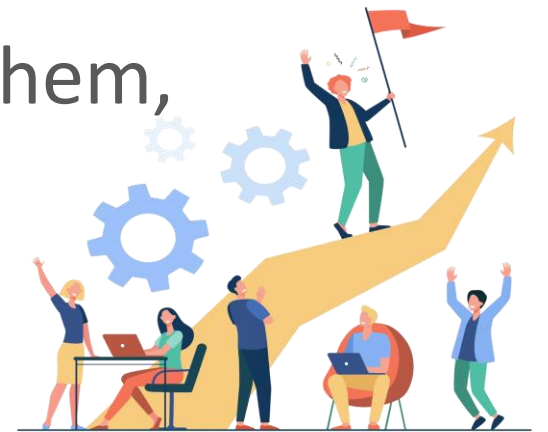


MSW Interventions

MSW Interventions – Individual work

- **Care planning**

- Co-producing with clients and their family members on care plans
- Tapping on their strengths and expanding on them, influencing other clients who are in recovery



- **RASDS workbook to explore recovery concepts**



PSS Interventions

PSS Interventions

PSS Outings

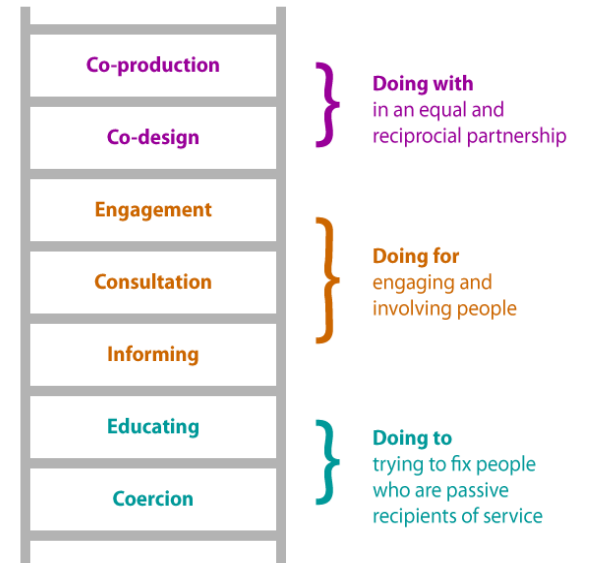
- A PSS-led outing which focuses on helping peers rebuild their confidence in exploring the community before discharge
- Works closely with MSW for tailored outings
- Outings have objectives:
 - Building Confidence & independent living skills when exploring the community
 - Exploring their problem-solving skills in unfamiliar areas

PSS Interventions

PSS Outings

- Outing destinations are chosen by peers
- PSS plays primarily a supportive role, peer will lead their outings
- Group rules & Community agreements are stated before outings

Client led initiatives



Recovery and Empowerment

Aim to promote recovery through empowering our clients

- Hearing from them
- Identifying their strengths and tapping on them to facilitate change, within themselves and influencing others
- Believing in them that they can do it



Recovery is remembering who you are, and using your strengths to become all that you are meant to be.

– Dr Lori Ashcraft

THANK YOU!

References

Roper, C., & Cadogen, E. (2018). *Co-Production Putting Principles into Practice in Mental Health Contexts*

NHS. *Co-production*. NHS choices.

<https://www.england.nhs.uk/always-events/co-production/>