

# Clarity Singapore Limited

A Catholic charity that lights the way to mental well-being



## Annual Report 2014



A member organisation of CSCC and NCSS / UEN 201021634E / IPC 000714

# Content

Page	
3	Principles of Service
4	Chairman's Address
7	Review of FY2014
12	Organisation
16	Clarity Media
17	Journeys and Partnerships
22	Auditors' Report
46	Corporate Information

## Mission

As witness to our Catholic faith, our vision and aim is to be able to assist persons struggling with or recovering from mental illness to find hope and acceptance; and to help and guide them so that they are able to overcome their difficulties and develop their abilities

## Vision

To provide community-based rehabilitation, support and essential training to help people, especially those from low to middle income families, to recover from and manage their mental health conditions, so that they can regain independent living skills, self-confidence, and integrate back into the community.

## Principles Of Service

### Serving in a manner that upholds dignity

The design and provision of services and all processes involved should be done or organised in a way that preserve or enhance the dignity of those being served.

### Choice and Participation

Those being served and/or their families or caregivers should have a choice of services that they will receive and participate in making that choice with the relevant information.

### Personal and Family Responsibility

Those being served and/or their families or caregivers should tap on their resources and strengths where possible and take responsibility for the outcome of services that they seek and receive.

### Balance between longer term improvement and shorter term relief

Services should be designed to address immediate needs as well as longer term sustained improvement in the lives of those being served.

### Empowering rather than creating dependency

Services, programmes and any direct help provided to those in need should empower them to take responsibility and where possible reintegrate into society.

## Chairman's Address



I am pleased to report that in 2014, we have developed two new programmes responding to unmet mental health needs in the community. "Fridays with Clarity", our in-house developed mental health rehabilitation programme, was piloted to cater to persons or their loved ones struggling with some form of mental illness but do not wish to seek psychiatric help or psycho-therapy. The programme also caters to those who have completed their psycho-therapy and require a group support. The participants of this programme are referred to us by our community partners such as the Family Services Centres and Khoo Teck Puat Hospital Psychological Medicine Department. Our weekly programme brings together small groups of these individuals, and through creative arts and social integration activities, we encourage sharing and peer support. Psycho-education is weaved into every activity to open their minds to a different world; thus motivating them to make shifts in their thinking and adopt better mental health habits. The participants particularly enjoy the monthly outings to the parks with mindfulness exercise. It is encouraging to see the groups forming up, with support and care growing for each other.

"Empowerment Integration Programme" is the other new programme we have developed during the year. This programme is offered to those with relatively more severe mental illness and lack family, social and community support. All of them are on some form of financial assistance scheme and a few of them are homeless. Catholic Welfare Service (CWS), our partner on this programme, provides the participants, who are mostly also their clients, with further financial assistance and social support. This programme is a platform which brings these isolated and marginalised individuals together on a bi-weekly basis. Activities are conducted with an aim to help them gain an insight into their personal issues and empower them to own their problems with the group support.

As part of our programme, we invited a psychiatrist from Khoo Teck Puat Hospital to meet with the participants to talk through any concerns they have about their mental health conditions and psychiatric medication management. The participants appreciated this session tremendously.

Through various psycho-education activities, our team on the programme offers the participants hope and acceptance, and motivates them to

desire changes in their lives. Almost all the participants come with very deep-seated and multi-faceted issues. This will be an on-going programme as this group of clients require long-term commitment, support and intervention on our part. I am pleased that through this programme, we are privileged to work with CWS to meet some real mental health needs on the ground.

On 10 October 2014, Clarity celebrated both our fourth anniversary and World Mental Health Day. This anniversary was particularly memorable because we officially received St Dymphna, a remarkable 7th century Irish saint, as Clarity's patron saint to support us in our work through her prayers. Being a Catholic charity, we believe that we are not alone in the work we do. God is at work – with us, using us and through us, and all of life's events, to bring about healing and restoration of the world.

I would also like to take this opportunity to especially thank our donors for their kind and generous donations in 2014. Their donations not only enable us with resources to do our work; their belief in our cause also spurs us on to do more and greater good. I would also like to acknowledge and express our gratefulness to the Government of Singapore for matching all donations we received in 2014

through the Care and Share Movement co-ordinated by National Council of Social Service.

2015 will be another exciting year for Clarity. I am happy to share that from July this year, Clarity will be operating a second service location in Toa Payoh at Agape Village. This will make our services more accessible and enable us to work more closely with the other Catholic charities affiliated to Caritas Singapore under one roof, as well as with other partners in that region – to provide a more holistic and timely service to our clients.

I pray that in 2015, we will continue to see, listen and understand better the real needs on the ground and to respond with justice and charity for the greater good of our society, especially for persons with mental illness.



**Tan Peng Chin Joseph**  
Chairman

# Highlight for the Year



## Official Opening

Clarity's premises @ Yishun was officially opened on 10 October 2013 by our Guest-of-Honour His Grace Archbishop William Goh and Member of Parliament for Nee Soon GRC Er Dr Lee Bee Wah.





<b>Service Reach</b>	<b>Number</b>
Beneficiaries - Direct	216
Beneficiaries - Indirect	223
Total Participants at Public Talks and Psycho-education Programmes	886

## Review of FY2014

<b>Programmes and Events</b>	<b>Number</b>
Public Education Talks	4
Psycho-education Programmes	18
Psycho-Spiritual Sessions	3
Publicity Drives	10
Social Activities	3
Volunteer Trainings	3
Support Groups	2
Community Partnerships	2

## Public Education Talks



Date	Topic	Speaker
2 Nov 2013	Stress Management	Huang Zhang Jin
22 Feb 2014	Anxiety Management	Teresa Foong
17 May 2014	Thinking Matters	Koh Sue Ann
30 Aug 2014	Understanding Personality	Dr Surej John
1 Nov 2014	Anger Management	Dr Ishaan Gosai

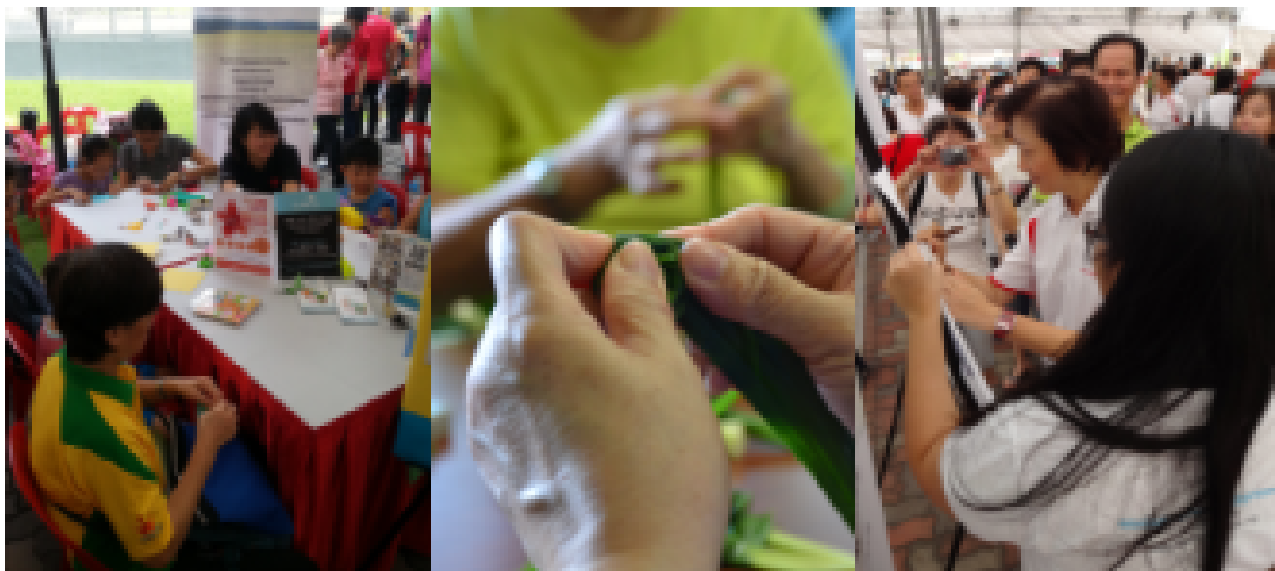


## Psycho-education Programmes



Date	Topic
2 Oct 2013 - 20 Mar 2014	Relaxation Exercise
16 Oct 2013 - 27 Mar 2014	Relaxation Exercise (Mandarin)
29 Oct 2013 - 26 Nov 2013	Relax with Art
7 Feb 2014 - 17 Apr 2014	Mental Wellness Screening and Support Pilot
7 Jun 2014	Understanding Mental Health
25 May 2014 - 14 Sept 2014	Happiness Programme with Foreign Domestic Helpers
12 Apr 2014	Individual Reflection on Lent through Art and Music
25 Apr 2014	Pandan Rosette Making Tea Session
30 May 2014 - 11 Jul 2014	Fridays with Clarity (1st run)
19 Jul 2014	Art Jamming (5th run)
25 Jul 2014	Origami Workshop with Tea
6 Aug 2014 - 27 Aug 2014	Experiencing Art: In Times of Loss
8 Aug 2014 - 3 Oct 2014	Fridays with Clarity (2nd run)
5 Sep 2014	Pandan Rosette Tea Session

## Publicity Drives



Date	Topic
27 Oct 2013	Active Aging Carnival
27 Oct 2013	World Mental Health Day 2013: "Enrich Your Mind" Learning Festival
17 Nov 2013	All Care Nee Soon East 2013
15 Feb 2014	Wellness for Life! @ Nee Soon South Members Gathering
17 Feb 2014	Visit by Association of Chartered Certified Accountants Council
1 Jun 2014	Nee Soon South Community "Spring into Health" Fair
19 Jul 2014	Whampoa Health Carnival 2014
23 Aug 2014	The Social Mission Conference 2014
26 Aug 2014	The Challenges of Coming to Term with Mental Illness
6 Sep 2014	Church of St Anthony: Steps to Happiness with Clarity

## Support Groups

Date	Topic
21 Oct 2013 - 3 Jan 2014	Anxiety and Depression Support Group

## Social Activities

Date	Topic
10 Oct 2013	Official Opening cum 3rd Year Celebration
18 Nov 2013	Staff Bonding Day
24 Jan 2014	Chinese New Year Celebration for Clients

## Volunteer Trainings

Date	Topic
25 Oct 2013	What is Dementia?
25 Nov 2013	Community Temperature Reading
30 Dec 2013	Tapestry
16 Jun 2014	Works of Mercy
11 Dec 2013 - 6 Jan 2014	Relaxation Training

## Attendance at Key Conferences and Events

Conference/Event
Caritas Leaders' Council Conferences and Meetings
Caritas Social Mission Conference 2014
Association of Certified Chartered Accountants Health Conference
Charity Council Conference 2014
Khoo Teck Puat Hospital Ageing-In-Place Forum
International Social Workers' Day 2014 Symposium and dinner
Singaporeans Against Poverty: Community In Action Roundtable
National Council of Social Services Conference and Annual General Meeting 2014
Restorative Integration Conference organized by Singapore Prison Fellowship

# Organisation

	Number
Board Members	10
Spiritual Director	1
Staff	8

## Board Members



Chairman	Joseph Tan Peng Chin
Vice-Chair	Denise Pang Kiem Lan
Company Secretary and Board Member	Belinda Young Hsien Lin
Board Member	Dr. Christopher Cheek Cheng Soon
Board Member	Professor Phillip Choo Wee Jin
Board Member	Michael Seow Choon Guan
Board Member	Thomas Tan Chwee Leng
Board Member	Cynthia Phua Siok Gek
Board Member	Ignatius Hui Yew Peng
Board Member	Linda Tan Ling Yin
Spiritual Director	Sr Linda Lizada, RC

## Board Committees

### Audit

Chair	Wendy Chia
Members	Belinda Young Hsien Lin Sherraine Chan

### Finance

Chair	Cynthia Phua Siok Gek
Members	Belinda Young Hsien Lin Professor Phillip Choo Wee Jin

### Human Resource and Development

Chair	Denise Pang Kiem Lan
Members	Michael Seow Choon Guan Ignatius Hui Yew Peng Cynthia Phua Siok Gek

### Marketing, Public Relations and Fundraising

Chair	Michael Seow Choon Guan
Members	Ignatius Hui Yew Peng Thomas Tan Chwee Leng Linda Tan Ling Yin

### Mental Health Programmes and Services

Chair	Dr. Christopher Cheok Cheng Soon
Member	Thomas Tan Chwee Leng



## Staff



Executive Director	Grace Ang
Clinical Psychologist	Sivagnanam s/o Periasamy
Counsellor	Joyce Charley
Community Outreach Manager	Lyn John Pereira
Community Outreach Executive	Rebecca Oh
Programmes Executive	Freeling Duke Rudy
Administration Executive	Ellen Tan
Special Projects Executive	Claire Yuen

# Organisation offering mental health care services hopes to expand



Members of Clarity pose for a photo with their chairman, Joseph Tan Peng Chin (8th from right) and Fr John Joseph Fenechon.

By Lorna O'Hara

A possible development for Clarity, an organisation providing mental health services, would be to set up a day care centre for those who have been discharged from the Institute of Mental Health (IMH).  
Chairman for Clarity, Joseph Tan Peng Chin, shared this with CatholicNews after a special World Mental Health Day Mass and Clarity's fourth anniversary celebration. The event was held on Oct 10 at the Church of Our Lady Star of

"The reality is that IMH is the main hospital dealing with mental health but they don't have enough beds to cater to all the patients," said Mr Tan. "Patients who have been discharged may like to still stay in the hospital or go somewhere" where they can be taken care of.  
Clarity will also set up another centre at Agape Village when it opens in May 2015.  
Mr Tan said that Clarity welcomes retired counsellors and clinical psychiatrists who would

health, to come onboard and help the team.  
Mr Tan noted that it is hard for Clarity which has 12 staff, to get more volunteers, counsellors and clinical psychologists as they are also in high demand in local hospitals.  
"It's very difficult for us to be competing for this small pool of professionals," he said.  
During his homily, parish priest Fr John Joseph Fenechon, thanked Clarity for its services. He said 100 beneficiaries,



Mr Michael Tan, an intern, and Ms Claire Yuen, a staff member, stand behind a table displaying artwork done by beneficiaries.

was grateful for the organisation's work and added that he relieves prisoners who might be suffering from mental illnesses to Clarity.  
After Mass, there was a cake cutting ceremony and some Clarity staff manned booths in the church's canteen.  
For four years, Clarity has been working closely with Khoo Teck Pau Hospital, agencies who run homes, as well as with several private universities.  
Clarity takes in interns who are taking their masters degree in clin-

the graduate programme in clinical psychology at Nanyang Technological University, Monash University, the Singapore Institute of Management, said Ms Colette, executive director of Clarity.  
She added it has benefited the organisation over the past four years.  
To find out more services and programmes, visit their website at [www.clarity.org.sg](http://www.clarity.org.sg) or call 9711 1111.



# Clarity Media

Publication	Date	Title
The Nee Soon Link	Aug 2014	The happiness in doing something different
The Nee Soon Link	Aug 2014	乐在从事与众不同的工作
Catholic News	7 Sep 2014	Reaching out to the marginalised in society
Catholic News	2 Nov 2014	Organisation offering mental health care services hopes to expand
HappyTV	17 Dec 2014	Depression in Singapore Dr Christopher Cheok, Board Member, was one of the panelist speakers.

# Journeys and Partnerships

Stories of our clients' journeys with Clarity and reflections of our partners.



## Eve (not her real name), Client

Matters of the mind are not always visible to the eye. At the age of 65, cancer survivor Eve (not her real name), still manages to enliven a room with her cheerful voice, drawing people to her with her welcoming presence and good humour. With her cheery disposition, one would not be able to guess the hard battles Eve had fought in her life.

One such trial was having to overcome her grief due to the death of a sibling. This tragedy was an emotional burden which had weighed her down for eight years. Although Eve was not clinically diagnosed, many elderly like her are prone to depression – which can be triggered by major life events such as death, illness, retirement or even, children moving out. Depression can affect anyone, regardless of gender, race or age: as many as one in five people are at risk of developing depression during their lifetime.

Eve's journey of healing was sparked by an inspiring homily which had moved her to tears. After Mass, she noticed an insert in the church bulletin on professional counselling services provided by Clarity, a Catholic mental health charity and made an appointment to meet with a therapist.

"When I need help, I ask," she said. Eve's honest and open attitude towards

seeking mental health treatment is rare, as research has shown that the average time taken for a person to start seeking for help could range between five and fourteen years.

Through participating in individual therapy and being part of a support group at Clarity, Eve learnt practical techniques to cope with grief. The techniques focused on reducing unhelpful thinking patterns and managing difficult emotions, which helped put her life in perspective. "My mindset changed. I developed the confidence to move forward without guilt."

Working through various mental and emotional issues together with a therapist can be a tough process, but Eve gently underscored the importance of persistence: "There are coping skills you learn, but you must sit still and work on it. It's all in your hands, and then, there is also God who is always there for you."

Even with physical ailments and ongoing treatment in hospital, Eve still has a breezy grace and passionate appreciation of life. Her receptiveness and determination has enabled her to take positive strides and move on with her life. "I continue to treasure the fond memories of my late sibling, but not with overwhelming grief."

## Daniel (not his real name), Client

Daniel has eczema - a chronic condition of skin inflammation that makes it hypersensitive and prone to flaking, cracking and oozing pus. The implications of another flare-up go beyond physical: besides having to endure another episode of intense pain, he could face termination of his job as an engineer. With a newborn in tow, the responsibility of being the head of a young family weighs down acutely on him.

As a caregiver, Daniel's wife, Sarah, is his greatest pillar of strength, but she too was showing signs of burn-out: mood swings, insomnia, being emotionally tensed and stressed. For many months, Daniel's skin condition left him bedridden and even a basic task like showering had become excruciating. Previously outgoing and athletic, his active lifestyle had also taken a turn. "I can cook, clean, and take care of his every physical need; but watching him cry in pain, and not being able to help - that emotional hurt is indescribable," his wife said.

The couple still managed to find tiny rays of hope shining through this dark cloud. They found faith in Christ after their Christian neighbors reached out to them, and provided them with support and encouragement. Initially resistant, the couple gradually relented and found the relief they had sought for. "God provides help through His children," Sarah said without hesitation. "My husband and I have learned to

gratefully accept assistance and support from family, friends and good-hearted strangers whom we believe have been sent by God into our lives."

Through a chance meeting, Sarah was led to Clarity Singapore, where the couple accepted counselling to manage the stress and problems of coping with eczema. At the sessions, Daniel and Sarah systematically worked through their problems with the counsellors. They were able to gain a clearer perspective on their options, which helped them face their problems with greater confidence. "Counselling at Clarity is something Sarah always found relief in," Daniel observed. "She is much calmer." Sarah agrees: "My counsellor is not just a listening ear. She has the expertise to help, which is something friends sometimes do not have. I leave each session feeling enlightened."

Seeking to wean off steroids (a common form of eczema medication), Daniel also found much improvement in his condition through alternative natural treatments, and the couple has also started a support group for those suffering from similar conditions. "God wants me to go through this so that I can help other people," It may be a simple calling to Daniel, but its impact will be greater than that as he pays it forward.

## Archdiocesan Commission for Migrant Itineraries (ACMI), Partner

In a society like Singapore where there are many stress factors, mental wellbeing is an important aspect that we often take for granted.

So when Clarity offered their services, some of the ACMI Foreign Domestic Workers (FDW) students took the opportunity to find out more. With interesting workshops, simple games and activities, friendly facilitators, and participative students, it was no wonder that many found the introductory

programmes enlightening and had positive comments on their experiences.



ACMI is glad to have Clarity's programmes for our FDW students, and look forward to more mental wellness and relaxation sessions for our beneficiaries.

*(Contributed by Timothy Karl, Executive Director)*





## Harmony Activity Center, Partner

It all started with a casual chat with Ms Grace Ang, the Executive Director of Clarity, about our Aljunied work in 2012. Soon, our minds met when we touched on the challenges faced in our daily encounters with the elderly and some other residents from the lowest strata of our society. One of the biggest tasks, so apparent and daunting, was helping those elderly and middle-aged residents with mental illnesses. That chat has mushroomed into a strong partnership since then.

In the course of two years, both Clarity and Harmony Activity Centre (subsidiary service of Geylang East Home for the Aged) had been working hand in hand, very intensively, on ways to fulfil the following agreed goals:

1. to bring about greater self-awareness in clients and empowerment of independent living skills;
2. to integrate clients into a community of acceptance;
3. to integrate clients into larger society in daily living.

And we are glad that all three goals have been achieved with varying degrees of success. Some outcomes have been “miracles” to us in fact.

For example, witnessing the transformation of a non-communicative female elderly to one who is now proactive

in her interaction with people around her has been extremely encouraging. Additionally, knowing that a middle-aged client went to great lengths, overcoming his own mental challenge and psychological obstacles, to escort another elderly participant to hospital appointments was uplifting. And it was heart-warming to hear one asking after another even after the completion of the programme. However, I figure that the most important step has been to get more locals from the community to stand with them in the long run without biases, but with wisdom.

What had commenced first as an adventure - as both parties were new in such a practice right in the heart of a local community - has turned out to be a blessing for all. It has been a risk worth taking indeed.

Positive outcomes aside, we know full well the challenges that are still facing us in the areas of sustainability. And we are all aware that the community is still not equipped enough to manage and help people with mental illnesses much as we desire. But at least, now we understand the importance of having a good and faithful partner with the specialized knowledge and skills to fight along with us; and we have the assurance that this partner will stand with us in the best possible way whenever we are in need.

Thank you, Clarity!  
(Contributed by Rui QuiRui, Centre Manager)





## Catholic Welfare Services, Partner

Being a social worker in Catholic Welfare Services (CWS) and working with clients with mental health conditions and after experiencing 10 months under our 'Can Do' Programme together with CLARITY Singapore, it has been a most intensive learning experience for me. I have learnt about the impacts and effects of mental and emotional well-being in lifespan development within the framework of social work, particularly in casework management techniques for this special group of people. Nowadays, stress, depression, anxiety, and worries are common lifestyle issues. However, the stigma of going 'mental' is still a problematic social phenomenon.

Perhaps from a social worker's perspective, it is like helping the community to see the active healthy living beyond the social stigma of mental sickness. The professional approach in group work with this special group has been a very challenging one. However this awareness has to start from that individual and then his/her family member to see to that healing process. Throughout these 10 months or 20 sessions of seeing how our clients responded and reacted as a group, we are able to understand how each person sees to the awareness and healing process as well. Thus we see to each person's mental and emotional functionality while in a group work environment and how each relationship affects the overall social group functioning.

It has been a very enriching journey to observe some small achievements made by certain individuals knowing that the whole group cares and how through the professionals' effort from CWS – CLARITY, we succeeded with this on-going helping process. We also benefitted in planning, serving and observing how the averagely 15 attendees' responses to our programme, although the drop-out rate was high when we first started the programme. Engaging them to participate actively is still currently an issue, especially the inertia and negative thought processes when this group of people is going through. Invitations to responsibility from these individuals have been the main thrust but their commitment is always a constant individual problem.

The 'Can Do' Programme allows us as social workers to work with people with medical condition as well as the community to de-stigma the impact of mental health. Being mindful of what stress, depression, anxiety, and worries in daily lifestyle is important, and these mental and emotional issues can be easily overcome if we maintain a positive mental health outlook. As a reflection, this programme will continue to benefit all stakeholders especially the clients who are most in need of healing and support. Besides, its benefits to the community and families add further value to the 'Can Do' Programme.

*(Contributed by Karl Koh, Social Worker)*

# Auditors' Report

# Corporate Information

<b>Registration</b>	Clarity Singapore Limited is a company limited by guarantee (ACRA Registration No. 201021634E) and a registered charity (IPC000714) with Institute of Public Character (IPC) status till 3 June 2015.
<b>Date of Incorporation</b>	10 October 2010
<b>Auditors</b>	Fiducia LLP
<b>Bankers</b>	DBS Bank Ltd, 6 Shenton Way, DBS Building Tower One, Singapore 068809
<b>Registered Office</b>	Block 854 #01-3511 Yishun Ring Road Singapore 760854
<b>Service Location</b>	Block 854 #01-3511 Yishun Ring Road Singapore 760854
<b>Telephone</b>	6757 7990 / 9710 3733
<b>Website</b>	<a href="http://www.clarity-singapore.org">http://www.clarity-singapore.org</a>



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