



RAFFLES

SCIENCE SYMPOSIUM

Mental Health Science Strand

Programme Synopsis



Raffles Institution

Virtual Event

0815 - 1515, 16 February 2022



The Raffles Science Symposium (RSS) is an annual event organised in Raffles Institution that features research and workshops from the fields of natural science, sports science and mental health science. For the Mental Health Science Strand, Raffles Guidance Centre (RGC) and the Peer Helpers Programme (PHP) invite speakers from different organisations to share on mental health topics to advocate for and increase awareness in mental health in RI.

PROGRAMME

TIME	EVENT	SPEAKER
0820 - 0830	Welcome and Opening Address	Deputy Principal Ms. Ng Mei Sze
0830 - 0930	Keynote lecture Mindful Social Media Practice	Dr. Christopher Willard Clinical Psychologist, Educational Consultant & Author

Professional Track

0935 - 1035	Talk #phasingYMH: Smoothing the Help-seeking Journey for Young People	Ms Lee Yi Ping Principal Case Manager/CHAT Programme Lead, Institute of Mental Health (IMH) / Community Health Assessment Team (CHAT)
1035 - 1045	Break	
1045 - 1215	Talk Understanding Self-Harm Behaviours Among Teenagers	A/Prof John Wong Senior Consultant, NUH

END OF SYMPOSIUM

Student Track

0930 - 0940	Break	
0940 - 1040	Talk Coping With Life When Life Doesn't Work Out	Mr Marvin Kang Co-founder, The Astronauts Collective
1040 - 1100	Break	
1100 - 1230	Talk Students Mental Health Projects Sharing	Raffles Peer Helpers
1230	End of symposium for students	

For RI staff only

1400 - 1515	Talk Understanding the Psychosocial World of High-Ability Students	Ms Tan Nga Hoon Gifted Education Branch, Ministry of Education
-------------	--	--

HIGHLIGHTS

Dr. Christopher Willard

Dr. Christopher Willard, a psychologist & educational consultant teaching at Harvard Medical School and published author of *Child's Mind* (2010), *Growing Up Mindful* (2016), *Raising Resilience* (2017), will be speaking on mindful social media practice.

Ms Lee Yi Ping

Yi Ping, a Principal Case Manager and Programme Lead in CHAT and a master Solution-Focused Practitioner certified by the International Alliance of Solution-Focused Teaching Institutes (IASTI) and an Associate Certified Coach with the International Coach Federation (ICF), will be speaking on smoothing the help-seeking journey for young people.

Ms Tan Nga Hoon

Nga Hoon, a Gifted Education Officer, holds a Master degree in Professional Counselling. She will be sharing more about understanding the Psychosocial World of High-Ability Students.
(For RI Staff only)

A/Prof John Wong

Dr John Chee Meng Wong, the Lin Jo Yan and Yeo Boon Khim Professor in Mental Health and Neuroscience at the Yong Loo Lin School of Medicine, National University of Singapore, and Senior Consultant Psychiatrist at the National University Hospital, will be speaking on understanding self-harm behaviors among teenagers.

Mr Marvin Kang

Marvin, the co-founder and Executive Director of The Astronauts Collective (TAC), will be sharing with us about coping with life when life doesn't work out

RI Peer Helpers

Sharing and presentations on mental health projects by RI Peer Helpers.

**This event is FREE.
Everyone is welcome. Do join us!**

For more information please email
kahhwee.chua@ri.edu.sg or meihui.woo@ri.edu.sg



Keynote Lecture: DR. CHRISTOPHER WILLARD

Clinical Psychologist, Educational Consultant & Author



Mindful Social Media Practice

How many times a day do you check into your social feeds? How many times do you hit refresh in one visit? Our need to be social can backfire on social media, when we accidentally activate the comparing mind, which is a source of much unhappiness. Predictably, psychology research consistently shows that social media is making us unhappier and more narcissistic. The sheer volume and instant nature of digital media means that when we log in, we are drinking from a fire hose of emotional stimulus. We can be anywhere in the world and be met by friends' posts that trigger joy, resentment, sadness, laughter, grief, jealousy, and more—all within moments. None of us, adults or children, are wired to take in that much emotional content at once without reacting.

Research also reveals that social rewards and punishments feel the same online and off. If someone interacts with us in a positive way online, we get the same neurochemical rewards in our brain as we would in person. When we (or our children) are rejected or ignored online, we get the same feeling of rejection as we would in person. So, how can we teach ourselves, and the young people around us, to approach social media feeds with mindfulness, even occasionally?

In this talk, we will discuss how to approach social media with mindfulness and become more aware of the emotions we are inviting into our day as we visit social media sites. This will help us make better decisions about how often to visit those sites, and examine and change our own relationship with technology, so that we can practice new ways of making technology foster community and wellness.

ABOUT THE SPEAKER: Dr. Christopher Willard (PsyD) is a psychologist and educational consultant based in Boston specializing in mindfulness. He has been practicing meditation for 20 years, and has led hundreds of workshops around the world, with invitations to more than two dozen countries. He currently serves on the board of directors at the Institute for Meditation and Psychotherapy, and is the president of the Mindfulness in Education Network. He has presented at TEDx conferences and his thoughts have appeared in the New York Times, The Washington Post, mindful.org, and elsewhere. He is the author of *Child's Mind* (2010) *Growing Up Mindful* (2016) *Raising Resilience* (2017) and eight other books for parents, professionals and children, along with six sets of cards and therapeutic games, available in more than ten languages. He teaches at Harvard Medical School. On the personal side, he enjoys traveling, hiking, cooking, reading and writing, and being a father.

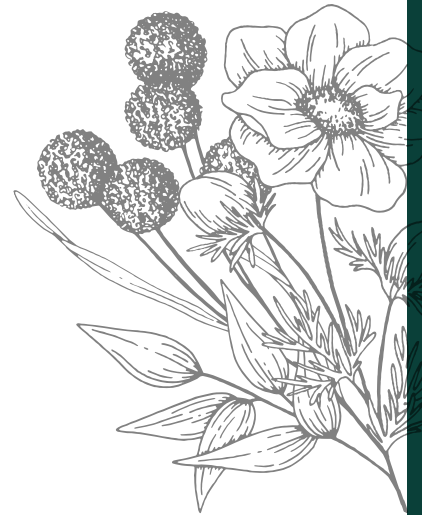
Professional Track:

MS LEE YI PING



Principal Case Manager/CHAT Programme Lead,
Institute of Mental Health (IMH) / Community Health
Assessment Team (CHAT)

#phasingYMH: Smoothing the Help-seeking Journey for Young People



Established in 2009, CHAT is a national youth mental health assessment and outreach programme under the Institute of Mental Health (IMH). Join our talk as we share insights from our experience in supporting young people with mental health concerns and learn about CHAT's capability building efforts aimed at building a more youth-friendly mental health landscape in Singapore.

ABOUT THE SPEAKER: Yi Ping is a Principal Case Manager and Programme Lead of the Community Health Assessment Team (CHAT). She is also a Master Solution-Focused Practitioner certified by the International Alliance of Solution-Focused Teaching Institutes (IASTI) and an Associate Certified Coach with the International Coach Federation (ICF). Yi Ping has 15 years of clinical experience as a youth mental healthcare professional, supporting the recovery of individuals aged between 16 and 40 years and their families, whose lives have been interrupted by psychosis, mood and anxiety disorders. A recipient of the Institute of Mental Health (IMH) Sayang Award in 2018 and National Healthcare Group (NHG) Teaching Award for Inter-professionals in 2019, Yi Ping's outstanding performance as a youth mental health professional and passion in capability building as a trainer, facilitator and supervisor is well recognized within the local youth mental health landscape. She has also contributed to three CHAT research publications and a book chapter in Solution Focused Practice in Asia.

A/PROF JOHN WONG

Senior Consultant, Department of Psychological Medicine, National University Hospital



Understanding Self-Harm Behaviours Among Teenagers

Schools are a key setting where intervention for self-harm behaviours can take place. Teachers, mental health providers, and all other school personnel who interact with students can play an important role in influencing students' overall mental health and emotional wellbeing.

Addressing Self-Harm Behaviours in school:

- Providing a safe school environment
- Advocating for mental health literacy and student profiling
- Improving students' mental health and emotional wellbeing
- Shaping a positive learning experience and performance in school.

ABOUT THE SPEAKER: Dr John Chee Meng Wong is the Lin Jo Yan and Yeo Boon Khim Professor in Mental Health and Neuroscience at the Yong Loo Lin School of Medicine, National University of Singapore, and Senior Consultant Psychiatrist at the National University Hospital.

He is the immediate past Head of Department of Psychological Medicine at the NUS and NUH, and previously Vice Chairman Medical Board(Education) at NUH, founding Executive Director of the Regional Health Planning Office and founding Director of the CARE Hub at the National University Health System (NUHS). He is currently the Director of NUHS/ NUS Mind Science Centre, Immediate Past President of the College of Psychiatrists/ Academy of Medicine Singapore, and Council member of the Pacific Rim College of Psychiatrists.

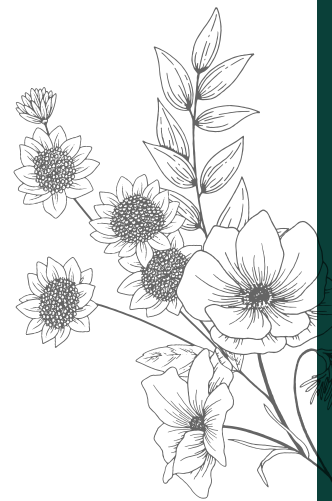
His research includes the Singapore YEAR Study, a national youth mental health epidemiology study, clinical trials and non-pharmacological treatment trials in ADHD and Autism Spectrum Disorder, adolescent resilience and suicide prevention studies.

MS TAN NGA HOON

Gifted Education Officer, Gifted Education Branch



Understanding the Psychosocial World of High-Ability Students (For RI staff only)



How are high-ability students different from their age peers? What implications does this knowledge have on the way we support their social-emotional needs? This sharing aims to address these questions, discuss how the psychological and personal characteristics (such as perfectionism and over-excitabilities) impact on students' functioning, and the challenges that may arise when their needs are not met. A few common profiles of cases will be used to illustrate underlying issues, and some strategies will be suggested to support students' needs.

ABOUT THE SPEAKER: Nga Hoon has worked with children and youths in various capacities for the past 40 years. Her passion is in guiding and helping them, collaborating with their teachers and parents to provide the nurturing environment for their well-being and to reach their fullest potential. She holds a Master degree in Professional Counselling. For 9 years now, she has been working at MOE Gifted Education Branch (GEB) as a Branch Counsellor to focus on gifted and high-ability students. Raising two daughters, now working adults, together with her husband, has given her useful insights and first-hand experience in managing some of the issues high-ability students face. Both daughters benefited from their education in the Raffles family as well as the work of MOE GEB, so she is glad to be able to pay it forward in a small way with this sharing.

Student Track:

MR MARVIN KANG



Co-Founder, The Astronauts Collective (TAC)

Coping With Life When Life Doesn't Work Out

We all (say we) know that life doesn't always work out the way we think it should. Yet when failure strikes us personally, it hits hard, especially when we did not expect to fail. In our conversation, I will share about how my life at 18 turned out quite differently from what I thought it would be, how I unknowingly relied on gaming as a work avoidance and coping mechanism for my failures and how I found myself over time and in the process, develop meaningful interests and pursuits. This is a conversation, not a lecture, so I would also love to hear from you too - your thoughts, questions and challenges about coping with life when life doesn't work out.

ABOUT THE SPEAKER: Marvin is the co-founder and Executive Director of The Astronauts Collective (TAC), a charity that supports youths to explore and discover meaningful careers, just like how astronauts explore and discover new worlds!

Helping youths to discover meaning means a lot for Marvin, given his personal journey. After flunking his A-Levels at Raffles Junior College, he could not get into a university and was clueless about what else he could do next, which eventually resulted in a long battle against a gaming addiction. One of the turning points in Marvin's journey was being enrolled in Ngee Ann Polytechnic at 24 years old. He subsequently received a Public Service Commission scholarship to study business at the National University of Singapore, followed by a Master in Public Policy at the Harvard Kennedy School of Government.

Marvin is also a policy officer with the Singapore Government, with policy-making experiences in higher education, manpower and transportation issues. With support from his bosses, Marvin is currently on a no-pay leave to focus on scaling up TAC so that more youths can benefit from career exploration and mentoring opportunities.

Student Presentations: PEER HELPERS 2021 BATCH

Raffles Institution



Presentations

Every year, during Mental Health Awareness Week in August, our peer helpers work very hard on their group projects. They design posters and collaterals, as well as do a short presentation on a mental health issue of their choice to shine a spotlight and increase awareness. We are pleased to showcase the best projects from our 2021 batch of Peer Helpers. They will be presenting on various mental health related topics, including: FOMO (fear of missing out), languishing, attachment styles, and imposter syndrome.

In addition, we have 2 very special presentations from 2 groups of peer helpers. They have initiated projects over the year-end holidays, coming up with an immersive virtual journey into agoraphobia, and conducted surveys and focus group discussions collecting students' opinions on mental health and mental health initiatives in RI.

ABOUT THE SPEAKERS: The Peer Helpers in RI have been specially selected through a rigorous application and interview process and have undergone months of training in basic counselling skills and mental health education when they were in Year 5. The Peer Helpers have attended various virtual learning journeys and have learnt from mental health professionals practising in the field, and people with lived experience of mental health issues. Peer Helpers have helped to organize the Mental Health Awareness Week in 2021, and advocated for mental health and wellbeing in the RI community through various channels, activities, civics sharing, and peer helping.

Student Presentations:

ULRICO NOLAN ORLANDO (22S06S)

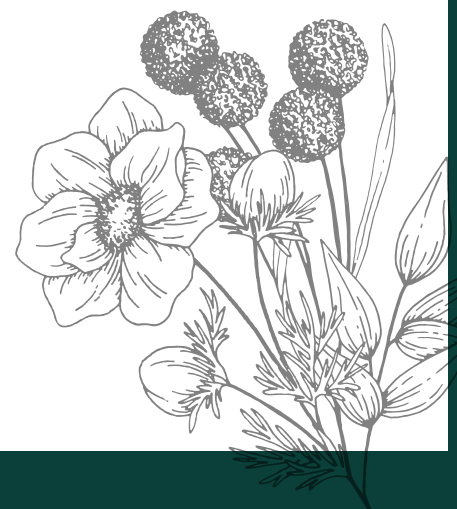


Assisted by: Faith Ho (22A01A), Chloe Tan (22A01A),
Tjan Yi Xin (22S03F) & Ng Li Wen (22S03I)

Anxiety, Fear, and Fried Rice

Walk through the story of Chao Fan, a young man suffering from Agoraphobia, and understand what anxiety truly feels like in the form of an immersive story showcased in our PHP website. As students, we often encounter scenarios where we feel anxious and concerned about the many important things happening in our lives. This story will allow you to become more familiar with anxiety and better recognise possible symptoms so that you could also be there for your anxious friends who need you.

ABOUT THE SPEAKER: Ulrico is a J2 student in Raffles Institution. He is passionate about many things, one of them is helping others better understand each other and the many difficulties they face in the hopes of creating and strengthening bonds. He also understands that he could never escape anxiety as it will always appear in many shapes and forms either in himself or the people close to him. As such, he chooses to highlight this topic that is becoming increasingly relevant nowadays.



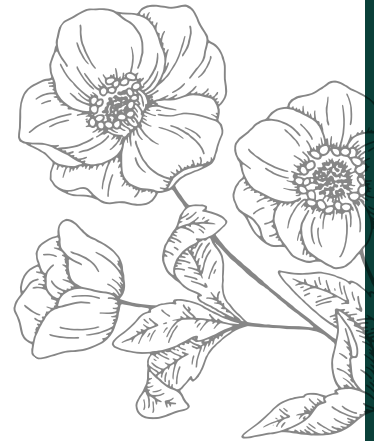
Student Presentations:

FAITH HO (22A01A)

GENEVIEVE LIM LEE ANNE (22S03C)



Investigating RI's Mental Health



Have you ever wondered what students think about mental health? Ever wanted to find out just how stressed Rafflesians are, or just looking to find some solidarity?

We will be sharing our findings from a survey and focus group discussion that aimed to find out more about mental health of students in RI, and their thoughts on the mental health initiatives in RI.

ABOUT THE SPEAKERS: Faith and Genevieve are two Peer Helpers who are interested in mental health 😊

