KK Women's and Children's Hospital
SingHealth

DayOne Mental Health Intervention

The DayOne Mental Health Intervention, an 8-session programme for caregivers of children with developmental, emotional or behavioural needs, aims to support and improve caregivers' mental well-being.



What are the benefits for caregivers?

- Help manage caregiver stress and prevent burnout
- Improve mental and emotional well-being
- Develop better coping strategies
- Enhance ability to care for their child.

What topics may be covered?

- Understanding and managing caregiver stress
- Developing coping strategies
- Self-care practices
- Creating support systems

Why caregivers?

- Caregivers of children with developmental needs may encounter more challenges in their caregiving responsibilities. This may result in higher caregiver stress or burn out.
- Research shows that the well-being of caregivers is related to their child's well-being. Hence, these sessions are designed to support the mental well-being of caregivers.

What happens during the sessions?

- All sessions are for caregivers only.
- Each session lasts between 1 and 1.5 hours.
- Session 1: The Allied Health Professionals (AHPs) will find out more from you about your main concerns and background information on those concerns. You will also be asked to complete a number of questionnaires.
- Session 2: The AHPs will review the information provided and then work with you to develop the treatment goals (i.e., what do you want to change) and plans for change (i.e., how you can make the change).
- Session 3-7: These sessions will focus on carrying out and troubleshooting the plans for change. Sessions can either be conducted at the clinic or via tele-consults.
- Session 8: This will be the final session, to reflect on the intervention and provide additional resources.
- The number of sessions, up to 8, may vary according to the needs of the caregiver.
- The sessions with the DayOne AHPs are currently fully funded by our sponsors.

If you are interested in attending our DayOne Mental Health Intervention programme, please contact your DayOne Care Coordinator.

Alternatively, please email us at dayone@kkh.com.sg with the subject: **ATT: Mental Health Intervention.** Please provide your child's full name and BC number.

We look forward to sessions with you.



DayOne is a programme by the Department of Child Development KKH and the Lien Foundation.

DayOne Mental Health Intervention

Welcome to the programme! Our care coordinators will be contacting you for your first appointment with our therapist soon.

How to make the best out of the sessions:

To ensure that you make the most of the sessions, we ask you to:

1. **Attend the sessions regularly**: This means a session every 2 to 4 weeks.

2. **Be open and active in your sessions**: We invite you to be open in your communication with us – ask questions, raise concerns about what we suggest, and to participate in the activities that we share with you. We will regularly ask about your experience with the sessions to ensure we are meeting your needs and can improve how we support you.

3. **Complete the home programme between sessions:** The home programme will help you gain more from the intervention and make positive changes in your everyday life and interactions with your child.

4. **Complete questionnaires asked of you**: We will ask you to fill in questionnaires at specific points throughout the course of the sessions, to help us know how you are progressing. These questionnaires may take between 10-15 minutes of your time.

5. **Let us know as early as you can if you are not able to make it for a session:** We understand that there might be times when something gets in the way of you coming for your session. We will discuss a back-up plan for when such situations happen. You can let us know if you would still like a video-consult or a brief telephone check-in. This will help you continue to practice the skills discussed until your next scheduled appointment.

We look forward to sessions with you.