

## **FACTSHEET**

### **COMMUNITY INTERVENTION TEAM**

#### **1. Overview**

The COMmunity Intervention Team, also known as COMIT, is embedded in the community to provide holistic services for clients with mental health needs and their caregivers so they can live and age well at home and in the community. It is an allied health-led team which provides psycho-social therapeutic intervention for clients with mental health needs and supports their caregivers in coping with caregiving for their loved ones.

With the COMIT team, clients with mental health needs can be cared for in the community without being referred to institutional care. The team also works with other community partners to provide person-centered care that caters to their other health and social needs.

#### **2. Services**

Each COMIT comprises of a multi-disciplinary team of counsellors, occupational therapists, psychologists, nurses and programme coordinators that provides the following services:

- Performs needs assessments for clients and caregivers
- Develops individualised intervention plans for clients
- Provides counselling and other psycho-social therapy for clients and caregivers
- Conducts home visits for assessment and close follow ups on clients and caregivers to help them cope better

- Provides case management, care coordination and service linkages for clients to appropriate services based on their care needs
- Conducts awareness training and community outreach engagements
- Supports general practitioners (GPs) and physicians in polyclinics and hospitals in monitoring clients' condition in the community

### 3. Service Providers

There are currently 11 COMIT teams island wide, managed by seven providers. Below are the teams and their locations:

COMIT Team Location		Providers
1.	Blk 643 Ang Mo Kio Ave 5 #01-3001 Singapore 560643	AMKFSC Community Services Ltd
2.	Bedok South CHC Siglap Community Centre 300 Bedok South Ave 3 #01-04 Singapore 469299	Bedok Community Health Centre (CHC) Health Wellness Programme
3.	Blk 854 Yishun Ring Road #01-3511 Singapore 760854	Clarity Singapore Limited
4.	244 Bukit Batok East Ave 5 #01-02 Singapore 650244	Club HEAL
5.	317 Woodlands Street 31 Singapore 730317	Club HEAL
6.	Blk 707 Yishun Ave 5 #01-36 Singapore 760707	Community Rehabilitation Support Services (CRSS)
7.	Blk 267 Bukit Batok East Ave 4 #01-206 Singapore 650267	Community Rehabilitation Support Services (CRSS)
8.	Blk 534 Pasir Ris Dr 1 #01-266 Singapore 610534	Community Rehabilitation Support Services (CRSS)

9.	Blk 5 Upper Boon Keng Rd #02-10 Singapore 380005	O'Joy Care Services
10.	Social Service Hub @ Tiong Bahru 298 Tiong Bahru Road #10-06 Central Plaza Singapore 168730	Singapore Association of Mental Health (SAMH)
11.	1 Jurong West Central 2 #06-01 Jurong Point Shopping Centre Singapore 648886	Singapore Association of Mental Health (SAMH)