

Foreword

A wave of change is sweeping over the practice of psychiatry in Singapore. Standing tall at the forefront of the change is the Institute of Mental Health, which rings in its 80th birthday this year, bringing in its wake the 38th year of its establishment of the Department of Child and Adolescent Psychiatry.

Key to the change is the government's watershed five-year National Mental Health Blueprint of 2007, which highlights the importance of, inter alia, mental health promotion and integrated mental healthcare in the community. Important aspects include the training of primary care physicians, to share in the management of appropriate stable patients, a concept known as the "right siting of care," which has hitherto not been in evidence in the history of psychiatric practice in Singapore.

The launch of *A Primer of Child and Adolescent Psychiatry* at this time is nothing short of impeccable. This book fills a void as the first local Child and Adolescent Psychiatry text that doctors and allied health professionals will find useful. As well, the book's sound principles and guidelines are generic to practice anywhere in the world, and in fact, parents and teachers alike would benefit from the book too.

At a current fertility rate of 1.29, children are indisputably Singapore's most precious and scarce resource. Even if we managed to ramp the rate to the desired 2.1, every available child should be nurtured and developed to the best of his potential. IMH is proud that

its two widely respected senior child psychiatrists Dr Daniel Fung and Dr Cai Yiming, have painstakingly undertaken the writing of this book of quintessential local experience.

Dr Wong Kim Eng
Senior Consultant Psychiatrist & Clinical Associate Professor
Chairman Medical Board, IMH/WH (1 July 2002 – 30 June 2008)
Clinical Director, National Addiction Management Service
Institute of Mental Health & Woodbridge Hospital