

CAROLINE SHENG FOONG LIM

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EDUCATION

UNIVERSITY OF SOUTHERN CALIFORNIA, Los Angeles, California **Sept. 2009 - present**

Doctor of Philosophy in Social Work (Student)

Research interest: psychosocial risk factors for schizophrenia and other psychotic disorders, psychosocial factors associated with positive outcomes specifically among individuals with first-episode psychosis, community services for individuals with chronic schizophrenia

COLUMBIA UNIVERSITY SCHOOL OF SOCIAL WORK, New York, New York **Sept. 2002 - May 2004**

Master of Science in Advanced Clinical Social Work Practice and Social Research

Thesis titled "The Effects of Social Support on Depression among Asian American Elders"

GPA: 3.87

UNIVERSITY OF MICHIGAN, Ann Arbor, Michigan **Sept. 1999 - May 2002**

Bachelors of Arts in Psychology

National Honors Society of Psychology

Undergraduate Research Opportunity Program

Alternative Spring Break Volunteer

GPA: 3.56

CONTINUING EDUCATION

Institute of Mental Health, *Workshop on Focus Groups and Semi-Structured Interviews*, attended January 2009

Institute of Mental Health, *Training Workshop on Endnote*, attended December 2008

Center for Development of Teaching and Learning of National University of Singapore, *Refresher Course on Biostatistics Using SPSS*, attended May 2008

Social Service Training Institute, *Working with Youths-Introduction*, attended May 2008

National Healthcare Group, *Abstract and Manuscript Writing Workshop*, attended September 2007

Social Service Training Institute, *Family and Juvenile Law for Social Service Professionals*, attended May 2007

Institute of Mental Health, *Training Workshop on Neurocognitive Assessments in Schizophrenia*, attended September 2006

National Healthcare Group, *Clinical Practice Improvement Programme*, attended November 2004

CLINICAL EXPERIENCES

INSTITUTE OF MENTAL HEALTH / WOODBRIDGE HOSPITAL, Singapore

Early Psychosis Intervention Programme

Case Manager Officer

Aug. 2004 – Feb. 2008

Senior Case Manager Officer

Feb. 2008 – Aug. 2009

A clinical program that provides early detection and intervention to persons between 16 to 40 years old with or at high risk of developing early psychosis

- Provided case management services to approximately 50 inpatients and outpatients at any one point
- Manage the care of the patients with a multidisciplinary team of clinicians from the outset of treatment commencement
- Conducted intake assessments using the Comprehensive Assessment of At-Risk Mental State (CAARMS), a semi-structured questionnaire to identify individuals at high risk of developing a psychotic disorder

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- Carried out biopsychosocial needs assessment at intake on every new patient admitted into the programme
- Conducted psychoeducation sessions with the patients and their caregivers on the symptoms of psychosis, the treatment options, relapse prevention through medication compliance and stress management, early warning signs of relapse, crisis intervention, and strategies to cope with unresolved psychotic symptoms
- Conducted individual counseling sessions for the patients and their caregivers
- Provided close monitoring of the patient's mental state in the community either through home visits or regular telephone contacts with the patients and/or the caregivers
- Coordinated community rehabilitation services for the patients
- Collaborated with the appropriate community partners (e.g. school counselors, general practitioners) to ensure that the patients receive the necessary support for a smooth re-integration
- Attended tri-weekly clinical rounds involving a multidisciplinary team of clinicians, and performed case presentations for every newly accepted patient
- Implemented a series of psychosocial interventions; initiated a multi-family psychoeducation workshop for the caregivers; conduct regular psychoeducation workshops for the caregivers in English and Mandarin; primary author of a resource guide book for the caregivers; conducted a series of social skills training; introduced and maintained an online peer support group for the patients
- Involved in outreach efforts to educate the general public and community partners on psychosis and the benefits of early intervention; developed training materials and conduct workshops to equip our community partners with skills to identify individuals with or at risk of developing psychosis; provide information and referral services to the general public who call the crisis hotline
- Consistently received a distinction in the annual job performance appraisal since 2005

HUNTER COLLEGE LIBERTY PARTNERSHIP PROGRAMME, New York, New York Sept. 2002 – May 2003

Social Work Student Intern

A dropout prevention programme serving at-risk youth at the Rafael Cordero Bilingual Academy in East Harlem

- Carried out psychosocial assessments; conducted individual counseling sessions; led eight sessions of group counseling; conducted family meetings; coordinated services for students and their families; performed case presentations at staff meetings
- Co-led an after school program twice a week; supervised college student mentors in the after-school program; planned and coordinated after school activities; provided students with tutoring services

SOUTHWEST COUNSELING DEVELOPMENT AND SERVICES, Southwest Detroit, Michigan Jun. 2001- Undergraduate Research Opportunity Program @ University of Michigan Aug. 2001

Summer Student Intern

A case management agency serving special needs children and their families in Southwest Detroit

- Compiled a family resource guide book with a listing of over 200 social service organizations and the respective services provided; conducted research to identify all the social service organizations within the community; carried out phone interviews with organization representatives to identify services offered; translated (Spanish), printed, and distributed the family resource guide to social service organizations and individuals in the community

RESEARCH EXPERIENCES

INSTITUTE OF MENTAL HEALTH / WOODBRIDGE HOSPITAL, Singapore Aug. 2004 – Aug. 2009 Early Psychosis Intervention Programme

Led or participated in the following projects:

- Principal investigator of an Institute of Mental Health funded study which aimed to examine the experiences related to care giving among the family members of individuals with first-episode psychosis; performed literature review; designed research methodology; prepared proposal for research grant and ethics approval; recruited research participants; conducted data collection through interviews using semi-structured questionnaires (Family Problem Questionnaire, Family Coping Questionnaire, Social Network Questionnaire); coded and analyzed data

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- Conducted a study as part of the Clinical Practice Improvement Programme (CPIP) to increase the participation rate in the multi-family psychoeducational (MFP) workshop; needs assessment was conducted among the caregivers of patients with first-episode psychosis to better understand their preferences pertaining to the MFP workshop; designed the data collection form; recruited participants; conducted data collection through the administration of the needs assessment questionnaire; coded and analyzed the data; implemented a series of interventions to increase the participation rate; the interventions succeeded in increasing participation rate of each cohort of caregivers in the MFP workshop from a baseline of 10% to 45% within six months, and contributed to better treatment adherence among the patients
- Principal investigator of a study which aimed to examine the socio-demographics and clinical characteristics of first-episode schizophrenia patients on Clozapine; performed literature review; designed research methodology; prepared proposal for ethics approval; conducted data collection through the review of the patients' medical records; coded and analyzed data; presented research findings through a poster presentation at an international conference on early psychosis
- Principal investigator of a study which aimed to compare the psychopathology and functioning of first-episode psychosis patients based on their ethnicity; performed literature review; designed research methodology; performed a secondary analysis on first-episode psychosis patients; presented research findings through a poster presentation at an international conference on early psychosis
- Co-investigator of a government-funded study which aimed to determine the validity and reliability of the Schizophrenia Cognition Rating Scale (SCoRS), an interview-based assessment of cognition specifically designed by A/Prof. Richard Keefe of Duke University, to measure the severity of cognitive deficits in individuals with schizophrenia; recruited research participants; conducted data collection using a set of research instruments (PANSS, GAF, SCID, SCoRS)
- Co-investigator of a government-funded study which examined the factors that leads individuals with schizophrenia and their family members into financial hardship; assisted in designing the research methodology and research instrument for data collection; recruited research participants; conducted data collection through qualitative interviews
- Assisted in the development of the research arm of a newly established clinical programme for individuals who are at ultra-high risk (UHR) of developing a psychotic disorder; performed literature review of outcome studies on UHR individuals and the research instruments used to measure such outcomes; assisted in putting together a set of research instruments to measure the outcomes of the UHR individuals on a regular interval (PANSS, SCID, GAF, CAARMS, BDI, BAI, SF-36, GF-Social and Role); collected and maintained a database with socio-demographic and clinical information of the UHR individuals; performed statistical analysis on the data and presented the baseline socio-demographic and clinical characteristics of the UHR individuals through a poster presentation at an international conference on early psychosis

**NEW YORK CITY DEPARTMENT FOR THE AGING, New York, New York
Research, Policy, and Planning Unit**

Sept. 2003 – May 2004

Social Work Intern

A city agency with an array of programs and services such as advocacy, education, and coordination and delivery of services, which are designed to help improve the quality of life of New York City older adults and their families.

- Designed and implemented a program evaluation of Foster Grandparents Program to examine the impact of program participation on the well-being of foster grandparents and Head Start children; carried out literature review; developed research methodology; designed research instrument for data collection; conducted data collection through qualitative interviews; coded and analyzed data; prepared reports of research findings; presented results to panel of directors
- Conducted a needs assessment among Asian American elders at four senior centers; designed research methodology; designed bilingual materials (Mandarin/English) for recruitment of participants; developed a bilingual questionnaire (Mandarin/English) for data collection; co-led four qualitative focus groups in Mandarin and Cantonese with Asian American seniors; coded and analyzed data; prepared reports on research findings; provided recommendations to senior centers on how to better serve their Asian population based on research findings; presented findings to the Commissioner of the department
- Coded, cleaned, and analyze a survey that examined the training needs of over 100 agencies and organizations funded by the department; prepared reports of research finding
- Performed mental health screening interviews with elders at senior centers as part of a mental health research project focused on identifying community dwelling elders with mental health needs

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- Prepared reports of public meetings which were held to gather public's feedbacks on the department's annual plan

CHINESE-AMERICAN PLANNING COUNCIL, New York, New York

Jun. 2003 – Aug. 2003

HIV/AIDS Unit

Summer Intern

A case management agency that serves Asian Americans in New York City infected with HIV/AIDS

- Designed a client satisfaction survey to assess quality of services delivered
- Carried out literature review on collaboration between community based organizations and faith based organizations on issues surrounding HIV/AIDS
- Participated in HIV/AIDS prevention outreach
- Escorted clients for their hospital visits and provided them with translation services (Mandarin/English)

COLUMBIA UNIVERSITY SCHOOL OF SOCIAL WORK, New York, New York

Jun. 2003 – Aug. 2003

Social Indicators Survey Center

Research Assistant

The Social Indicators Survey (SIS) Center conducts research on inequality and survey methodology

- Wrote and edited research briefs focusing on effects of state policies on welfare participation, eligibility, and receipt in New York City

UNIVERSITY OF MICHIGAN, Ann Arbor, Michigan

Jan. 2002 – April 2002

Addiction Research Center

Student/ Research Assistant

The community-based research aimed to identify children, especially males between the ages of 11 to 18 years old, with parents who had substance abuse problems to examine impact of substance use on the children's development.

- Conducted screening interviews to identify children of adults struggling with alcohol abuse

SOUTHWEST COUNSELING DEVELOPMENT AND SERVICES, Southwest Detroit, Michigan

Jun. 2001-

Undergraduate Research Opportunity Program @ University of Michigan

Aug. 2001

Summer Student Intern

A case management agency serving special needs children and their families in Southwest Detroit

- Designed and implemented a community-based research to identify gaps in social services at Southwest Detroit; prepared research proposals to be submitted to the IRB; developed research methodology; developed qualitative questionnaire for data collection; coded and analyzed data; prepared report of research findings; presented research findings at a symposium held at the University of Michigan.

UNIVERSITY OF MICHIGAN, Ann Arbor, Michigan

Feb. 2001 – April 2001

African American Racial Identity Lab

Research Assistant

A study that aimed to investigate the impact of racial identity on academic performance among college students

- Coded and cleaned data; attended presentations of doctoral students' research

ADMINISTRATIVE EXPERIENCES

INSTITUTE OF MENTAL HEALTH / WOODBRIDGE HOSPITAL, Singapore

Feb. 2008 – Aug. 2009

Early Psychosis Intervention Programme

Senior Case Manager Officer

- Assigned every newly referred patients with a case manager; scheduled weekly training sessions for a multidisciplinary team of clinicians; assisted the director of the programme in formulating the content of the weekly training sessions; conducted teaching sessions for new staff on case presentation skills; scheduled bi-monthly meetings to review the treatment progress of all patients who have completed 12 months of clinical management

PROFESSIONAL AFFILIATIONS

Singapore Association of Social Workers, *Member since 2005*

International Early Psychosis Association, *Member since 2006*

VOLUNTEER EXPERIENCES

DEPARTMENT FOR THE AGING, New York, New York

Feb. 2004 – May 2004

Volunteer

Volunteered bi-weekly in a program that provides visually impaired seniors with assistance in activities of daily living

ST. MARGARET DRIVE SPECIAL SCHOOL, Singapore

Jun. 2002 – Aug. 2002

Volunteer

Volunteered three times a week in a special school for children with multiple disabilities by assisting teachers in the classrooms

GOD'S LOVE WE DELIVER, New York, New York

Feb. 2001

Alternative Spring Break Volunteer

Helped prepare home-delivered meals for individuals living with AIDS/HIV during a week-long volunteer trip

SOS COMMUNITY CRISIS CENTER, Ypsilanti, Michigan

Feb. 2001 – Dec. 2001

Volunteer

Volunteered weekly in a multifaceted organization serving homeless families and children through the provision of crisis counseling to walk-in consumers and consumers who called the crisis hotline, information and referral services, and emergency food bag distribution services.

POSTER PRESENTATIONS

Lim, C., Verma, S., Poon, L.Y. (2008). Socio-demographic and Clinical Characteristics of First-Episode Psychosis Patients on Clozapine. 6th International Early Psychosis Association Conference, Melbourne, Australia.

Lim, C., Poon, L.Y., Verma, S. (2008). Comparing the Psychopathology and Functioning of Chinese, Malay, and Indian Patients with First-Episode Psychosis. 6th International Early Psychosis Association Conference, Melbourne, Australia.

Lim, C., Lee, J., Verma, S. (2008). Clinical Program for Ultra-High Risk Individuals in Singapore: Outreach Strategies. 6th International Early Psychosis Association Conference, Melbourne, Australia.

Lim, C., Chong, S.A., Verma, S., Lee, H., Tay, E., Voon, L. (2006). Effectiveness of a Brief Multiple-Family Intervention. 5th International Early Psychosis Association Conference, Birmingham, United Kingdom.

Lim, C., Chong, S.A., Verma, S., Lee, H., Tay, E., Voon, L. (2006). Increasing the Participation Rate in Multiple-Family Psychoeducation Workshop. 5th International Early Psychosis Association Conference, Birmingham, United Kingdom.

Lim, C., Poon, L.Y., Verma, S. (2006). Socio-Demographic Profiles of First-Episode Psychosis Patients. National Health Group Annual Scientific Congress, Singapore.

Frank, E., **Lim, C.** (2005). An Exploration of Barriers to Senior Center Participation Among Asian American Elders in NYC. American Society on Aging Conference, Philadelphia, Pennsylvania.

SYMPOSIUM ORAL PRESENTATION

Lim, C. (2007). Overview and Outcomes of Case Management Services for Individuals with First-Episode Psychosis. First World Congress of Asian Psychiatry, Goa, India.

PUBLICATIONS

- Lim, C.,** Chong, S.A., Keefe, R.S.E. (2009). Psychosocial factors in the neurobiology of Schizophrenia: A selective review. *ANNALS*, 38(5), 402-407.
- Lim, C.,** Poon, L.Y., Verma, S. (2008). Comparing the psychopathology and functioning of Chinese, Malay, and Indian patients with first-episode psychosis. *Early Intervention in Psychiatry*, 2(supplement 1), A88.
- Lim, C.,** Verma, S., Poon, L.Y. (2008). Socio-demographic and Clinical Characteristics of First-Episode Psychosis Patients on Clozapine. *Early Intervention in Psychiatry*, 2(supplement 1), A88.
- Lim, C.,** Lee, J., Verma, S. (2008). Clinical programme for UHR individuals in Singapore: outreach strategies. *Early Intervention in Psychiatry*, 2(supplement 1), A130.
- Lee, J., **Lim, C.,** Poon, L.Y., Verma, S. (2008). Experiences of a Southeast Asian UHR service. *Early Intervention in Psychiatry*, 2(supplement 1), A130.
- Poon, L.Y., **Lim, C.** (2008). Outcomes of first-episode psychosis patients treated with Clozapine. *Early Intervention in Psychiatry*, 2(supplement 1), A90.
- Verma, S., Poon, L.Y., Lee, H., **Lim, C.,** Lee, J., Chong, S.A. (2008). Early psychosis intervention: the Singapore experience. *Early Intervention in Psychiatry*, 2(supplement 1), A4.
- Lim, C.,** Chong, S.A., Verma, S., Lee, H., Tay, E., Voon, L. (2006). Increasing the participation rate in multiple-family psychoeducation group. *Schizophrenia Research*, 86(supplement), S149.
- Lim, C.,** Chong, S.A., Verma, S., Lee, H., Tay, E., Voon, L. (2006). Effectiveness of a brief multiple-family psychoeducation intervention, *Schizophrenia Research*, 86(supplement), S149.

