Developing Mental Health Services
For Children in North Aceh District

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North Aceh District

- Total area 3000 km²
- Total population: 350,000
  (consisting of 170,000 children)
- There were 11 sub-districts along the coastal areas were destructed by the tsunami hit
- The refugees were concentrated in 5 sub-districts
Impacts

- There are more than 6000 people died and missing
- More than 60,000 internal refugees
- Approximately 6000 houses were damaged and mostly unable to be lived in
- Most of the survivors were missing their jobs, houses, belongings and other social facilities
- Most of the survivors also experienced lost of their families and relatives

Facts

- Mental health problems, such as anxiety in relating to their traumatic experiences, depression, separation anxiety, oppositional behavior and conduct problems among youth, etc
- Lack of knowledge according to child’s mental emotional reaction toward natural disaster
- Awareness among communities on mental health, especially in child mental health is very low
- Lack of personnel with knowledge and skills in giving psychosocial support for children, especially for traumatized children
- Lack of mental health services, for children and their families
Bio-Psychosocial Support Program (BPSP)

Main purpose;

Enhancing Children’s Mental Health Wellbeing in North Aceh District
Major Activities

• Capacity building for;
  – General practitioners, nurses and midwives especially who work at the primary health care center
  – Social workers, teachers, religious teachers, others

• Mental health services for children
  – Outreach program, such as running psychological first aid, doing an early detection, managing the cases, follow the cases which have been treated, doing counseling, parents education, etc

Condition of work

1. Training and workshop is run in Lhokseumawe
2. Child mental health base camp is in Lhokseumawe
3. Refugee camps/barracks surrounding North Aceh District
4. Schools (primary, secondary and high school) around the refugees camps/barracks
5. Primary health care centre (Puskesmas), especially nearby the refugee camps/barracks/schools
Who is involve?

– Core teams from Jakarta;
  • 4 Child psychiatrist from Department of Psychiatry, University of Indonesia)
– Local core teams from North Aceh district;
  • 6 nurses from local primary health care centre (puskesmas)
  • 2 midwives from local primary health care centre (puskesmas)
  • 1 Local psychologist (volunteer)
  • 2 local social workers
– 2 Administrative staffs both locally and from Jakarta as well

Programs Implementation

Bio-Psychosocial Support Team consist of;

• 1 child psychiatrist/psychiatrist
• 1 fellow/resident in psychiatry
• Medical doctors from primary health care centre (especially nearby the affected areas)
• Core team in North Aceh District
• Administrative staffs
Programs Implementation

Within a month, there will be several activities;
- 6-10 outreach programs
- 2 trainings focus on child’s mental emotional reaction after the natural mass disaster, doing early detection and how to do a case referral for teacher, nurses, other health officer, and communities in general
- 2-3 serial workshops in order to increase the knowledge and skill of primary health care center physician, focus on child’s mental health issues and also other general mental health issues
- Public education by spreading the booklets into schools, community organizations, ‘pesantren’, etc
- 2-3 coordination meetings with local core team (for supervising, evaluating and monitoring)
- 2 coordination meetings among core group members (for evaluating the on going program and the next proposed activities, in Jakarta)