Mental Health Service Development in Aceh: Challenges and Opportunities

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- More than 13,600 inhabited islands
- Population: > 210 million
- At least 300 ethnic group, and more than 600 dialects known
- Income per capita 700 USD

- Health budget 2.5% of National Budget
- Mental health budget 1% of health budget
Mental Health Service in Indonesia

- MH service began in the late 19th century
  - 3 big mental hospital (1000 beds) in Java → custodial care
- In the 70s: 34 mental hospitals
- 8200 beds, includes:
  - More than 10 general hospitals that have psychiatric ward
  - Private psychiatric hospital

Mental Health Service in Indonesia

- 1980s: integration of mental health care in the general health care & referral system development
- Coordinating body for community mental health → National, Province, and District
Mental Health Service in Indonesia

In the 2000s:
- Centralization → decentralization
- National health system & national mental health policy
- New paradigm: hospital-based service → community-based service
- Reorganization of PHC program from 18 basics (included mental health) to only 6 basics
- Restructurization of MoH

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- Long history of conflict
- Low capacity and poor infrastructure
- Focal point: mental hospital
- 2002: begin training of community leaders and primary health care personnel
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After tsunami:
- Emergency phase → assessment → training of community leaders
- Focus on 11 affected districts
- A lot of countries and NGOs came
- PHO officer assisted by MoH
- A model of mental health service was developed

Levels of Care & Intervention

1. Mental hospital
2. Psychiatric service at general hospital/clinics
3. Community mental health services (outpatient outreach)
4. Mental health care through primary health care services
5. Informal and formal community care/support outside the health sector
6. Self and family care

(Maramis A, 2005; adapted from van Ommeren, 2005)
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- Coordinating Ministry of Social Welfare & line ministries and levels of government → coordinated effort through BRR
- Implementation by local health authority
- Involvement of local center of excellence
- Collaboration with international parties

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- Expand the program to other districts
- A model of mental health service delivery system for Indonesia.
Thank You