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**REPORT ON
15TH ANNUAL WORLD MENTAL HEALTH DAY PERFORMANCE
AT
Dr. RADJIMAN WEDIODININGRAT LAWANG STATE MENTAL HOSPITAL
MALANG - INDONESIA**

A. PREFACE

Health development policy has effects on physical, mental and socio-economic life. During the health progress development turns out the orientation change. Values, the way of think and problem solving are affected by the transformation in politic, economy, socio-cultural, defense, science and technology. Such orientation changes will influence the process of health development implementation, either positively or negatively. The negative effect of orientation change is psycho-social problem that arises from change of live such as domestic violence, drug abuse, traumatic stress disorder and suicide.

WHO Reports that approximately 25% of people experiences mental and behavior disorder and 40% of them left undiagnosed. The result of Mental Health Survey at Domestic Level that we have conducted on 1995 is that 85 of 1000 person have symptom of mental disorder. Mental emotional disorder among people ages up to 15 years are 104 of 1000 persons. Number of suicidal incident in Jakarta, the capital city of Indonesia, in 1995-2004 is 5.8 of 150.000 persons.

Based on the fact, we have noted the requirement to overcome mental health problems in order to prevent conflict and crisis that result to distress, depression and other mental disorders. Mental disorder makes great suffering of the patient and family burden, even lead to death. Patient with mental disorder will not be productive anymore. Therefore, we have to recognize and cope with the mental disorder incident as soon as possible.

World Annual Mental Health Day for the first time had been celebrated by Soeharto, the second president of Indonesia. Up to now, every year the day is celebrated by having socialization and public awareness to increase the awareness of mental health.

B. PURPOSE

- General Purpose

In order to promote mental health among individual, group and public through the public understanding about mental health in accordance with socio cultural and specific condition that lead to reduction of mentally ill stigmatization.

- **Specific Purpose**

- a. Activating people strength to achieve "Indonesia Healthy Mind"
- b. Informing about the importance of mental health to reach a better life and spreading among people in communities.
- c. Improving the partnership, awareness and willingness of stakeholder against mental disorder patient.
- d. Empowering people in order to prevent mental disorder and to better treatment of the patient.

C. OBJECTIVE

The object of World Mental Health Day are individual, group, and community, especially the stakeholder in Regency area, including The Senate of Regency, across all sectors and programs, health professional, Professional Organization, Religious leader, Community leader, educational institution and community public.

D. THEME

Making Mental Health a Global Priority: Scaling Up Services through Citizen Advocacy and Action.

E. ACTIVITY

1. Information and socialization to hospital staff in the Morning Presence

Date : Monday, Oct 13rd, 2008

Time : 07.30 – 08.30 AM

Place : Hospital front yard

Program: Morning presence and information about World Mental Health Day's theme

Informant: General Director

2. Socialization of the WFMH theme through Interactive Dialog at Radio

- RRI Programa 2

Date : Friday, Oct 10, 2008

Time : 08.00 – 09.00 AM

Place : Studio MAS FM Malang

Program: Interactive Dialog

Informant: Dr. I Dewa Gede Basudewa, SpKJ (psychiatrist)

- Mas FM Malang Radio

Date : Friday, Oct 10, 2008

Time : 09.00 – 10.00 AM

Place : Studio RRI Programa I Malang

Program: Interactive Dialog

Informant: Dr. Hj. Yuniar Sunarko, SpKJ (psychiatrist)

3. Mental Health Seminar for teacher and headmaster of elementary school
 Theme : "Care for Children at Elementary School-Age"
 Date : Tuesday, Oct 22, 2008
 Time : 07.30 – 13.00
 Place : Arjuna Room – RSJ Dr. Radjiman Wediodiningrat Lawang
 Informants : 1. Dr. H. Yuniar, SpKJ (Psychiatrist)
 2. Dr. I Dewa Gede Basudewa, SpKJ (Psychiatrist)
4. Banner display of WFMH theme at the hospital gate.
 Display banner for a whole month to socialize the concern about mental health to hospital staffs and visitors.
5. Posters making
 Making 100 Posters about Mental Health messages and distributing them among the community health centers, Health Official of Blitar city, Health Official of Malang Regency and City, Health Official of Nganjuk City, Social and other Rehabilitation Institution.
6. Commercial publication in Jawa Post
 Date : Friday Oct 10 2008
 Content: Congratulation from General Director to all hospital's staff
 Objective: To increase the public awareness to bring attention about their own mental health.
7. Exhibition about some services provider by Lawang Mental : ic. Aura Photo, ECT Hi-Top, Mental Rehabilitation process, Broshures at "Dr. Marzuki Mahdi State Mental Hospital" Bogor
 "Dr. Radjiman Wediodiningrat State Mental Hospital" participates on the annual World Mental Health Day Celebration held by Directorate General of Public Health Service. The program is performed on:
 Date : Monday, Oct 20 2008
 Place : RSJ Dr. Marzuki Mahdi Bogor (Marzuki Mahdi State Mental Hospital)
 Staffs : Dr. I Gede Basudewa, SpKJ (psychiatrist)
 Dr. Eko Djunaedi, SpKJ (psychiatrist)
 Dr. Gito Mulyoadji
 Shindu Widodo, ST
8. Article on Mental Health Bulletin
 Articles about activities performed to celebrate Annual World Mental Health Day 2008 on Hospital Bulletin "GUGAH" April 2009 edition.

F. ANALYSIS

- From the planning until performance, all activities have been accomplished very well.
- At Interactive Dialog in radio, we get a good reaction from the listeners. We have found that we get so many phone calls to ask about the topic that makes several

questions left unanswered due to the limited time. This is a good opportunity for the hospital to make this as a promotion tool to communicate and give information to public. On the other side, the radio also wants the other interactive dialog with various Mental Health Topics.

- The seminar gets a very good response. From the estimation of 100 participants, the number reaches to 138 persons. At the time we also give a questionnaire to evaluate the program and almost all participants' want the similar activities will be conducted again, even if without any specific celebration.

G. SUMMARY

Mental health is the key element to welfare and productivity completely. Therefore, mental health problem and disorder have to gain attention proportionally. That is all about our activities report to celebrate the annual World Mental Health Day. We hope that activities conducted will increase public awareness against mental health.