Sehat Jiwa for School: School-based Mental Health Prevention Program as Intervention to Mitigate Child Abuse

Background

- In Indonesia, children are becoming more vulnerable to mental health issues. 29% of Indonesian children often feel depressed or have little interest in doing things (UNICEF)
- COVID-19 pandemic potentially increasing the prevalence of mental health disorders. Lockdown increased **the risk of adolescents being exposed to domestic violence and online exploitation or bullying,** and reduced income opportunities for adolescents and young adults who were already out of school before the pandemic began.
- The culture of collectivism in Indonesia encourages adolescents to base their self-worth on whether or not a group accepts them.

Program Description and Goal

Sehat Jiwa (Mental Health) for School was designed and implemented by Sehat Jiwa to enhance mental health resilience among children in school through a comprehensive approach that involves both students and their support systems (teachers).

	Sehat Jiwa for School	Training for Teacher
Goal	Assisting in understanding the psychological challenges experienced, understanding what individuals can do, and cultivating psychological flexibility when faced with challenges.	Helping teachers acquire the skills to accompany students in overcoming psychological challenges and strengthening teachers as the closest system that can provide initial psychological support or program.
Implementation	1 Talkshow and 1 Online Class for each school.	4 sessions of workshop over 2 days.
Targeted beneficiaries	Students from 10th to 11th grade of high schools from the targeted schools.	Teachers in strategic positions (Guidance Counselors, Vice Principals, OSIS Advisors, etc.)

- Low mental health literacy spreads stigma about it and hinders people from getting help. As life challenges get more complex, youth are not prepared with proper knowledge and a strong support system.
- Investment in promotion and prevention programs in mental health remains very limited. Thus we believe that mental health education, particularly in school, is a way to fill in the gap in mental health practice and **integration steps to mitigate child abuse**.

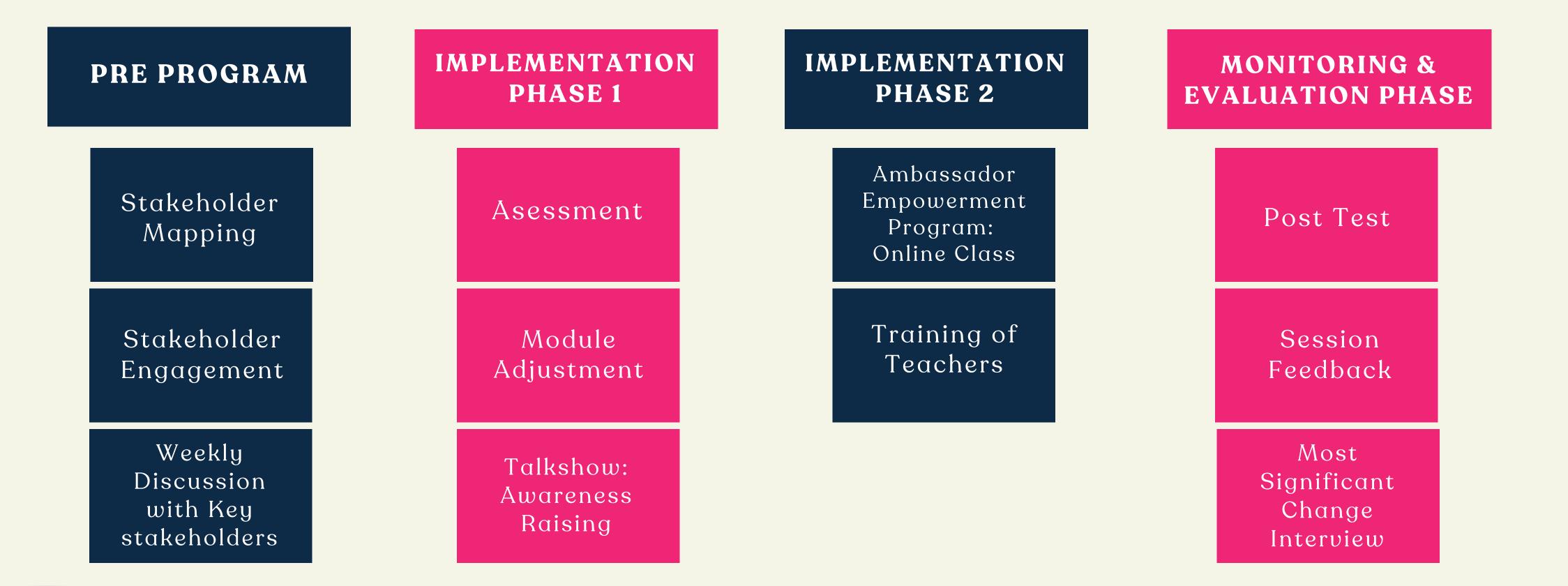
The Scope	
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Partner engagement:

- Unilever Indonesia
- Provincial Education Board Jakarta (DISDIK)
- Clinical Psychologist Association (IPK)

Program Roadmap





The Takeaways

- What's Next?
- 35.7% of students felt more comfortable discussing their problems with their peers, while 39.5% of students preferred to confide in their parents instead of their teachers (3.4%). These findings underscore the importance of
- Monitor and follow up to **ensure the sustainability** of initial support or program by the teachers.

strengthening school systems as a social determinant of mental health.

- 2005 student reported **10% increased knowledge and intention** to build healthier and safer relationships in their environment.
- The involvement of the government (Provincial Education Board Jakarta) increased the program effectivity, particularly in strengthening the school's cooperation with the program.
- Through the program, 34 teachers **understand the urgency of their involvement and are motivated** to help students who are facing psychological problems
- This program is **likely to be replicated in other areas or on a wider** scale.
- Testing the program in different socio-cultural contexts to understand its potential for program development.
- Develop a multistakeholder forum to **advocate the incorporation of school-based mental health programs** in the macro level.

More info about the program: www.sehatjiwa.id

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