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THE NEW NORMAL: Creating a Pleasant Virtual Communication

## Revitalizing a village for mental health in watershed area in Central Kalimantan, Indonesia

Missesa

Department of Nursing, Poltekkes Kemenkes Palangka Raya, Indonesia

\*Corresponding author's e-mail: [missesa@polkesraya.ac.id](mailto:missesa@polkesraya.ac.id)

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Mental health is a problem of disruption of one's self-control (Stuart, 2013) which contributes to an individual mental state and degradation of cognitive function. As a result, one's potential, and attitude might be affected, and they cannot cope with normal life stress within the environment, and the behavior disturbs the surrounding environment. Prevention goals should be achieved by whole parties to decrease rates of mental health issues. The latest data in 2018 reported by the Basic Health Research (RISKESDAS) show the number of people with mental disorders in Central Kalimantan reaching 4.4 per mile (Ministry of Health 2018). This prevalence was increased to 100% compared to data in 2013 which were only 0.9% (Figure 1).

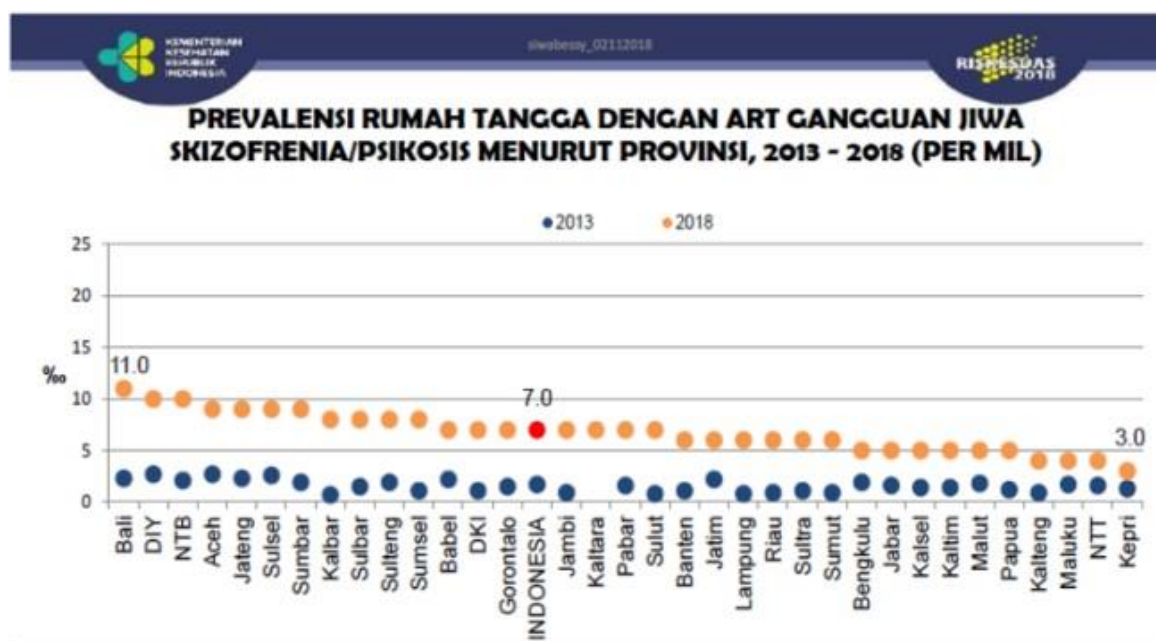


Figure 1. Prevalence of mental disorders in Indonesia

As shown in Figure 2, most of the inhabitants in Central Kalimantan live in a residential area which is located close to the watershed (DAS). The geography of the watershed is a challenge for affordable health services, particularly in mental health services. Patients with mental disorders who do not get health care services will have a high risk of experiencing recurrence due to withdrawal of medication (Mubin, Livana, 2019). There are needs to be solved by various parties to overcome this problem. Mental healthcare delivery in this area is more likely to be effective and sustainable if supported by the secondary level of care in particular the local Health Department.



Photo source: <https://www.triptrus.com/destination/397/sungai-kahayan>  
Figure 2. Kahayan River in Palangka Raya City, Central Kalimantan Province

The concept of “Desa Siaga Sehat Jiwa” (Healthy Village) focuses on empowering communities and local health authorities to work together to improve mental health. Hence people with mental disorders will become more independent (Keliat, Daulima, Farida, 2011; Sulaeman, Karsidi, Murti., Kartono, Waryana, Hartanto., 2012.). Mental healthcare implemented in healthy villages means that accessibility of mental health care is available near people’s houses. Hence this can maintain their support systems and remain active in the village communities.

A community-based mental health initiative has been conducted in cooperation with mental health nurses raising awareness of mental health. Nurse educators at the Health Polytechnic Palangka Raya have an important role to play in raising awareness of mental health in village communities. In addition to the community-based mental health initiative, engagement with the community is crucial as a promotion strategy and enables knowledge transfer to people living in the marginalized area, particularly in the watershed area.

As shown in Figure 3, it is our initiative to be included as a community service which is part of the three core roles in Higher Education. We conducted an awareness campaign in Menteng Primary Health Care Center, Jekan Raya District, Palangka Raya City based on the mental health reports of Puskesmas Menteng exhibited an increasing number of people with mental disorders, raising from 43 cases in 2017 to 74 cases in 2018.

We delivered and facilitated a discussion session to revitalize the village in order to increase their awareness to mental health (Figure 4). For the collaboration, to the meeting, we invite the village local

stakeholders including the community leaders, health providers from the Primary Health Care, soldiers, police, and community representatives. According to Keliat, et al. (2010), the organizational structure of the Healthy Village can be organized through cross-sectorial and cross-program approaches.



Figure 3. Mental health care awareness, delivered by Lecturers of the Nursing Department of the Palangka Raya Health Polytechnic, MoH.



Figure 4. Discussion activity to form a “Desa Siaga Sehat Jiwa” (Healthy Village for Mental Health Awareness)



At the beginning of the activity, each member of the community who attended the village meeting was given an opportunity to express their opinions about mental health problems within their environment. Furthermore, they conveyed solutions to solve problems. One of the mental health awareness activities is to empower volunteers on mental health insights, and the detection of risks and disorders. Volunteers for mental health services were recruited to allow access to mental health care hence it remains integrated and active in village communities through the presence of volunteers (Figure 5). It consists of nurses from the Primary Health Care Centre, nursing lecturers, students, and alumni of the Nursing Department of the Health Polytechnic of the Ministry of Health, Palangkaraya. It is important to alleviate people from excessive health expenditures related to seeking care such as transportation facilities located in urban areas, and loss of productivity. A designated training team was formed as an effort to transfer knowledge and reduce boundaries between educational institutions, service institutions, and the community (Figure 6).



Figure 5. Volunteer Training Activities



Figure 6. Mental Health Volunteer Training Team

To sustainably continue the forming of “Desa Siaga Sehat Jiwa”, a mutual agreement was signed by the stakeholders as a commitment to work together to create a healthy community in improving mental health in the villages (Figure 7).



Figure 7. Mutual agreement to form the “Desa Siaga Sehat Jiwa”

A volunteer training was carried out for 5 (five) meeting days, 2 days of lecture meetings, followed by a question-and-answer session and role-play discussions. We also provided a general medical checkup during the home care services focusing on the mental health issues (Figure 8a). All those activities were an integrated care for mental health in villages to establish a massive impact for marginalized people who suffered from mental health disorders. The sustainability of each health program thereafter continues to be evaluated and monitored through a proper documentation (Figure 8b).



(a)



(b)

Figure 8. Home visit by the volunteer and the training team including (a) general medical checkup, and (b) health evaluation and records for those with mental disorders

Integrating mental health and primary care services in a village is beneficial in which communities can get access to the care services close to them and the services can be a monitoring system which works as an early screening of mental health disorders. Also the early screening system can increase social integration between the communities in the villages. In improving the mental health state of the villagers, a healthy village model for mental health is necessary to be implemented (Nuryani, Lindasari, and Sofiah, 2020). Community members can participate in voluntary works which are able to mobilize patients and their families who undergo routine care. It is important to set a more integrating mental health services with healthy village setting, to reduce the recurrence rate and patients will be active and productive.

## Consent

The informants (identifiable) photographed have given their consent for their pictures to be used in the publication of this photo essay.

**Conflict of Interests:** None

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