

MEDIA RELEASE

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IMH and Temasek Foundation Complete Three-year Project to Enhance Rebuilding Capabilities in Disaster-affected Communities in Asia

A total of 600 community workers in Thailand, Indonesia and China were trained to develop and promote emotional resilience and wellbeing programmes

1. Regional leaders and key position holders in community and healthcare sectors from Indonesia, China, Thailand and Singapore will convene in Bangkok, Thailand from 27- 29 July for the 2015 Asian Community Mental Health Leadership (ACMHL) Forum with Dr Somsak Chunharas, Deputy Minister of Public Health, Thailand as the guest of honour. Focusing on crisis and disaster preparedness, the three-day forum serves as a platform to showcase and share regional efforts, best practices and innovations in enhancing provision of mental health services in post-disaster recovery.
2. The ACMHL Forum marks the culmination of the Disaster Mental Health Programme for Communities in Asia, a three-year initiative supported by the Temasek Foundation, Singapore (TF) and the Institute of Mental Health (IMH) in collaboration with tertiary healthcare organisations, namely Galya Rajanagarindra Institute in Bangkok, West China Hospital in Sichuan and Rumah Sakit Dr. Cipto Mangunkusumo in Jakarta. The total cost of the programme for these three countries is S\$2.38 million (about US\$1.74 million), largely enabled by a grant of S\$1.96 million (about US\$1.43 million) from TF.
3. Launched in 2012, the Disaster Mental Health Programme for Communities in Asia set out to develop and implement a capability building programme in mental well-being and resilience to support sustainable disaster preparedness and recovery in Asian communities. This was executed in three phases through the following:
 - Phase 1: Leadership training at a national level for 120 (40 per country) government, community, and healthcare-based senior officers in planning, developing and implementing mental health services in communities impacted by disaster;
 - Phase 2: Training of 120 (40 per country) mental health and community-based professionals, such as psychiatrists, nurses, family physicians, psychologists, social workers and community leaders as “Master Trainers” in a Training-of-Trainers (ToT) programme, who in turn developed customised training programmes that best meet the needs of their community.
 - Phase 3: Master Trainers to cascade knowledge and skills to 600 (200 per country) community-based workers such as social service groups, teachers and volunteers to

build “spheres of influence” to promote mental wellbeing and emotional resilience within the communities, enabling them to better manage mental health issues on the ground in times of need.

4. With the completion of the three phases, the programme achieved its target of training a total of 120 leaders, 120 Master Trainers and 600 community-based workers. The training has enabled the participants to lead and support resilience building in their communities with context-specific strategies, driven by factors unique to each region, country and community. In Thailand, experience and knowledge gained from the programme were put to practice to help victims affected by a massive earthquake measuring 6.3 on the Richter scale which struck Chiang Rai on 6 May 2014. The Thais also went on to strengthen national and local networks to sustain capacity and resilience building efforts by scaling up and developing a community of practice, which now has almost 600 members.
5. In Indonesia, the focus was on emotional resilience and wellbeing of children and adolescents. The training provided was geared towards equipping Master Trainers and community workers with knowledge and skills for the early detection of behavioural and emotional problems in young people affected by disasters. Due to its large geographical area, Indonesia also initiated a core curriculum to build baseline knowledge and competencies, while retaining sufficient flexibility to allow for cultural adaptation. As part of this collaboration, a textbook was published by Media Aesculapius, University of Indonesia, *Bencana dan Kesehatan Jiwa Anak & Remaja (Disaster and Mental Health of Children & Adolescents)* adding to the growing body of evidence-based practice and knowledge. The textbook will be launched at the event.
6. However in Sichuan, China, a common curriculum was not ideal, given the diverse needs of the communities within the vast geographic region. The training curriculum in Sichuan was highly localised to address knowledge gaps within each community. The Training-of-Trainers (ToT) participants developed 12 programmes in their respective communities, which included lectures, workgroups, case discussions, family and community visits. For instance, in Leigu, northeast Sichuan, near the epicentre of the devastating 2008 Sichuan earthquake, the programme trained teachers to detect signs of trauma in children and adolescents, post-disaster. In Panzhihua, southern Sichuan, volunteer training for psychological first aid to support disaster victims was prioritised instead. *[For more information on each country, please refer to Annexes 1-3].*
7. A/Prof Chua Hong Choon, Chief Executive Officer, Institute of Mental Health, Singapore, said, “It is a great privilege and learning experience for us to work with partners from Thailand, Indonesia and China. We may not have natural disasters in Singapore, but we have had our share of crises such as the outbreak of the severe acute respiratory syndrome (SARS) virus in 2003, which left people in psychological distress. Disasters and crises can strike anytime and we must be prepared for them. By leveraging the expertise and strengths of our partners, we are able to share knowledge and exchange best practices. Collectively, we will be in better stead to increase our capabilities to build back better.”
8. Mr Benedict Cheong, Chief Executive Officer, Temasek Foundation, Singapore said, “There is a rich pool of knowledge and experience in healthcare institutions that have responded to disasters and crises. What this programme has done is to pull together experts from China, Indonesia, Thailand and Singapore to share their common challenges, experiences, and ideas on improving support for the community in the event of a disaster or crisis. Together as one big Asian family, we can work together to better prepare ourselves to respond to such contingencies and to support the mental well-being of the affected communities.”

9. "Through this project, we harnessed the strength of the community to develop mental health services to fit our culture and build a post-disaster community mental health and rehabilitation system. This will greatly promote the recovery of communities affected by disasters and contribute towards building a harmonious and healthy society," Professor Shi Yingkang, Director, West China Hospital, Sichuan University, Chengdu, China.
10. "During these three years of collaboration, we learned one important thing – when there is a need, there are no boundaries to help and support one another. This collaboration is of great value to our community. We hope to enhance the programme to support the mental wellbeing of children and adolescents, especially those who have experienced disaster and are at risk of developing mental health problems. With the support of our Ministry of Health, we will continue to look for opportunities to implement initiatives to better support these children," said Dr Agung Kusumawardhani, Chief, Department of Psychiatry, Rumah Sakit Dr. Cipto Mangunkusumo and Faculty of Medicine, University of Indonesia.
11. "This programme has been greatly beneficial to us. We have established stronger and wider networks, and have empowered the community to plan ahead to improve disaster preparedness. We have also learnt more effective ways to develop and apply training in our communities to build resilience," said Dr Taweessin Visanuyothin, Director of the Galya Rajanagarindra Institute, Thailand.
12. A publication capturing the learning points and best practices from the *Disaster Mental Health Programme for Communities in Asia* will be launched at the event. Titled *Building Back Better: Case Studies in Resilience Building*, it is published by IMH in collaboration with Galya Rajanagarindra Institute, West China Hospital and Rumah Sakit Dr. Cipto Mangunkusumo. The publication is supported by Temasek Foundation, Singapore.

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Putting Knowledge Gained to Practice

On 6 May 2014, residents in Chiang Rai, Thailand were awakened by a massive earthquake measuring 6.3 on the Richter scale. The earthquake was accompanied by many aftershocks, which went on for many months. The worst-hit areas were in Phan and Mae Lao districts, which were near the epicentre where more than 3,500 homes, 10 temples, three schools, three hospitals, a hotel and a road were damaged. More than 200 people in Chiang Rai were left severely stressed with some at risk of developing post-traumatic stress disorder.

Thailand's Mental Health Crisis Assessment and Treatment Team (MCATT) was activated to provide psychological first aid and support to the victims. The MCATT was formed by the Ministry of Public Health, Thailand in 2012 after major flooding episodes to manage mental health crises, as part of Thailand's strategy to support national preparedness for emergencies. In 2013, 40 members from MCATT, who are mental healthcare professionals from different provinces across Thailand, had participated in the Training-of-Trainers (ToT) programme under the Disaster Mental Health Programme for Communities in Asia. The ToT programme helped them pilot a core curriculum for training all MCATT members.

When the earthquake struck in 2014, MCATT was mobilised to help those who were affected. It was an opportunity for them to draw on their training and put to practice what they had learnt. Tents were set up to provide temporary shelter for the earthquake victims and volunteers. The MCATT members provided mental health assessments, psychological support, and health and safety education. They also guided the affected families with coping strategies and referred those at-risk of developing mental health issues to hospitals for specialised care. The team also worked closely with the local district leaders and personnel to plan the rebuilding programme post-earthquake. For their invaluable contribution to the post-disaster recovery and reconstruction work in Chiang Rai, MCATT was recognised at Thailand's 5th Annual Mental Health Conference in August 2014.

In addition, the Thais, comprising Master Trainers, mental health professionals from Galya Rajanagarindra Institute and MCATT, scaled up their efforts to support capacity building and strengthen emotional resilience. Going beyond developing training for community partners across Thailand, the 40 MCATT members sustained efforts to develop a community of practice¹ of "Master Trainers", which now has almost 600 members.

"While we started with a top-down approach to set up a framework to support capability building for mental health crisis, the longer term goal of sustainability is to build capacity starting from the ground-up. To date, we have a network of almost 600 MCATT members at the district and provincial levels. This brings us one step closer to reaching our long-term goal of self-sufficiency at local and national levels to support psychological needs when disaster strikes," said Mrs Wallee Thamakosit, Senior Clinical Psychologist, Galya Rajanagarindra Institute. "The "heart" of the Thai people is the act of giving to others in the community. You can see this especially in the rural area. This programme has strengthened the skill sets of the local participants. More importantly, it has also helped to promote unity and harmony among the community."

¹ A community of practice is a group of people who share a concern or a passion for something they do, and learn how to do it better as they interact regularly. This definition reflects the fundamentally social nature of human learning, Wenger, E. & Trayner, B. (2011) <http://wenger-trayner.com/resources/what-is-a-community-of-practice/>

Shaping a Generation of Resilient Children

In disasters, children are among the most vulnerable. In Indonesia, the Training-of-Trainers programme under the Disaster Mental Health Programme for Communities in Asia (the Programme) focused on the emotional resilience and wellbeing of children and adolescents. Led by Department of Psychiatry, Rumah Sakit Dr. Cipto Mangunkusumo (RSCM), the Programme equipped master trainers with knowledge and skills necessary for the early detection of behavioural and emotional problems in young people affected by disasters.

Magelang, one of the six cities in Central Java, is located in a fertile agricultural area and one of the most densely populated regions in Central Java. Mount Merapi, the most active volcano in Indonesia, is situated in the district of Sleman, within a 40km radius of Magelang city. Its population is constantly exposed to dangers associated with seismic activity including volcanoes, earthquakes, landslides and floods. In September 2014, training was conducted for about 50 community-based participants from Magelang. They included teachers, healthcare workers from community health clinics, psychologists and government officials; the majority were themselves victims and survivors of natural disasters, and hence could appreciate the need to better prepare for disaster.

Due to Indonesia's large geographical area, RSCM initiated a core curriculum to build baseline knowledge as part of the Programme. This would ensure there is consistency in building competencies while retaining flexibility to accommodate cultural adaptation for indigenous communities. As such, the training in Magelang was delivered by master trainers based on a standardised curriculum but with cases contextualised to the disasters affecting the local area. Master Trainer, Dr Ratna Pangestuti, SpKJ(K), from Prof. Dr. Soerojo Magelang Mental Hospital shared, "This programme has been useful in skilling up our multidisciplinary team to better manage early detection of mental health problems amongst school children in Magelang."

The community-based participants were trained in the use of Strengths and Difficulties Questions (SDQ), which is used to assess the general wellbeing of school-going children and adolescents. Since 2014, the team has introduced the SDQ to almost 50 schoolteachers in Magelang, with another 300 teachers targeted for training in the next two years. "Our main aim is to provide the local teachers with the knowledge and tools to detect mental health issues early so that intervention can take place," Dr Pangestuti added.

The team also plans to set up a referral system across health and education sectors to share resources and support early detection and management of mental health conditions affecting children and adolescents. "As an initial step in establishing the local model of care, the team is looking to learn from IMH and its partners about the challenges encountered in setting up an integrated referral network to manage school-going children needing intervention," said Dr Pangestuti.

Over the three-year period, Indonesia documented and measured system improvement as part of assessing social and economic benefits of resilience building efforts. To share best practices and learning points from the various regions with the rest of the country, Department of Psychiatry, Rumah Sakit Dr. Cipto Mangunkusumo worked with publisher Media Aesculapius, University of Indonesia to produce a textbook called *Bencana Dan Kesehatan Jiwa Anak & Remaja (Disaster & Mental Health of Children & Adolescents)*, which will be launched at the 2015 Asian Community Mental Health Leadership Forum in Bangkok, Thailand on 27 July 2015.

Highly Localised Training for Diverse Needs

Due to the diverse needs in the vast region, the training curriculum in Sichuan was highly localised to address knowledge gaps within each community. The Training-of-Trainers (ToT) participants developed 12 programmes in their respective communities, which included lectures, workgroups, case discussions, family and community visits. For instance, in Leigu, northeast Sichuan, near the epicentre of the devastating 2008 Sichuan earthquake, the programme trained teachers to detect signs of trauma in children and adolescents, post-disaster. In Panzhihua, southern Sichuan, volunteer training for psychological first aid to support disaster victims was prioritised instead.

“The work we carry out as mental health professionals will vary according to the needs of the local population e.g. in post-disaster rehabilitation work we need to implement it in ways that they can accept and understand,” said Professor Deng Hong, Chief Physician, Mental Health Centre, West China Hospital, Sichuan University. The leading regional hospital supports medical rescue efforts and provides long-term mental health rehabilitation for survivors.

Another area that needed strengthening was collaboration within the communities. In China, schools in rural and minority areas often serve as centre of social and civic activities. An example would be in Beichuan where the adults often migrate to coastal cities to work, leaving the care of their children to ageing grandparents and relatives. Schools and education authorities often take major responsibility for the welfare and development of these children. To raise awareness of mental health issues among these caretakers, the Beichuan Bureau of Education, which has over 40 schools in its jurisdiction, conducted a series of talks and workshops for various counties in Beichuan and the neighbouring Xichang County on youth mental health issues and intervention strategies.

Mr Li Fu Zhong, a Master Trainer and teacher from Leigu Town Central Primary School, which is one of the schools under the Beichuan Bureau of Education said, “This project focuses on community mental health recovery and adapts to our local culture and needs. This means using our community’s resources to address our mental health issues. We are very heartened and encouraged by this idea. Following the 2008 earthquake, a lot of resources were poured into the area but they were not sustainable after a period of time. This programme however had helped to train the local community. It equips us with techniques and a better understanding of mental health issues so we no longer have to be dependent on external help but can depend on ourselves.”

Mr Li was trained as a Master Trainer under the programme. In addition to training community-based workers in his area, he helps with post-crisis mental health recovery efforts through daily interaction and by providing counselling services for students. “The training has enhanced my ability to cope with crisis and assist with community rehabilitation efforts. It has also increased my knowledge and understanding of applicable models and framework,” he said.

Moving forward, the Beichuan Bureau of Education is exploring adopting a similar programme to IMH’s Response, Early Intervention and Assessment in Community Mental Health (REACH)* in Beichuan.

* REACH is a mental healthcare service, set up to work closely with schools, voluntary welfare organisations (VWOs), and general practitioners (GPs), to help students with emotional, social and/or behavioural issues within the community. REACH’s multidisciplinary team supports school-going children aged six to 19.

About the Institute of Mental Health, Singapore

The Institute of Mental Health (IMH) is the only tertiary psychiatric care institution in Singapore. Located on the sprawling 25-hectare campus of Buangkok Green Medical Park in the north-eastern part of Singapore, IMH offers a multidisciplinary and comprehensive range of psychiatric, rehabilitative and counselling services. The 2010-bedded hospital aims to meet the needs of three groups of patients – children and adolescents (age below 19 years), adults and the elderly. Besides providing clinical services, IMH also leads in mental health research and training the next generation of mental health professionals in Singapore. For more information, visit: www.imh.com.sg

About Temasek Foundation, Singapore

Temasek Foundation is a non-profit philanthropic organisation anchored in Singapore that seeks to contribute to sustainable growth and a bright future of hope and opportunities for people in Asia. The foundation works with partners to support programmes that build people through health care and education, programmes that build bridges between peoples, programmes that build institutions of excellence through governance and ethics, and programmes that rebuild lives and livelihoods affected by natural disasters. For more information, visit www.temasekfoundation.org.sg

About Galya Rajanagarindra Institute, Bangkok, Thailand

Established in 2002, Galya Raganagarindra Institute (GRI) started as the only forensic psychiatry hospital (with the name Mental Forensic Institute, Kalaya Rajanakarin Institute) providing forensic inpatient services for Thailand. Since the tsunami that affected Phuket in 2004, GRI has been entrusted with the responsibility to coordinate crisis mental health intervention through its Mental Health Crisis Centres located in various hospitals around Thailand. GRI is one of the 10 agencies in Thailand, together with Department of Mental Health, Ministry of Health Thailand, responsible for developing and transferring knowledge and technologies relating to the promotion of mental health, treatment and rehabilitation services.

About West China Hospital, Sichuan, China

Established in 1938, the Mental Health Centre of West China Hospital (WCH), Sichuan University is the first institute for mental health in South-western China and one of the four major bases for mental health in China. A centre of excellence in mental health education and international research, WCH is authorised to coordinate mental health training to other general hospitals and specialist hospitals from over 20 of China's provinces, under the mandate of the National Committee of Education. The leadership in WCH plays a part in coordinating mental health policy development at provincial and national level, providing guidance and assistance in setting of mental health standards.

About Rumah Sakit Dr. Cipto Mangunkusumo, Jakarta, Indonesia

Rumah Sakit Dr. Cipto Mangunkusumo,(RSCM) or Cipto Mangunkusumo General Hospital located in Jakarta is one of the largest public hospitals in Indonesia. RSCM is the main teaching site for the Faculty of Medicine, University of Indonesia (FKUI). RSCM achieved Joint Commission International (JCI) Accreditation in July 2013, the first public hospital in Indonesia to do so.

ENGLISH-CHINESE GLOSSARY

Annex 5

Institute of Mental Health	心理卫生学院
A/Prof Chua Hong Choon Chief Executive Officer Institute of Mental Health Singapore	蔡奉俊副教授 行政总裁 心理卫生学院 新加坡
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Temasek Foundation, Singapore	新加坡淡马锡基金会
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