



## Providing Medication for the Mentally-ill in Bali

Mental illness and mental disabilities in Indonesian society still carry a stigma leading families and communities to lock away, cage, chain, and hide those that exhibit signs of not being mentally well.

Solemen, a Bali-based NGO supporting more than 2,000 men women and children across the island, is changing the lives of these unfortunate people through medical rehabilitation... and love.

Solemen provides medication to treat mental and psychological conditions in excess of IDR 30 million a month.

### Humanitarian Project



Komang Werdika was chained to the dirt floor of a concrete room with no toilet or bed. Komang suffers from Schizophrenia, and his family and community were able to control or monitor him.

With the help of Solemen, Komang now walks free, has a proper room to live in and a proper bed for sleep. His condition is monitored, and he receives the medication he needs every week. He enjoys meeting friends at the local warung for coffee and enjoys watching superhero movies.



## Project Overview & Details

Organisation or group name:	Yayasan Solemen Indonesia		
Postal Address:	YAYASAN SOLEMEN INDONESIA Jl. Danau Poso No.55, Br.Blanjong, Sanur Kauh, Denpasar, Bali 80227		
Contact telephone number:	+62381237206220/+6121236862547		
Contact email:	stacimcmaster@solemen.org		

Name of project:	Providing Medication for the Mentally-Ill in Bali		
Type of project:	Humanitarian		
Location of proposed project: (name of kampung)		Province:	Bali, Indonesia
Project status:	New Project   Existing X		
Name of project supervisors:	Ayu Wirmayanti Yupi Astika		
Estimated Cost	IDR 384 Million/yr or IDR 32 Million/month <b>(AUD 38,500/yr or AUD 3,200/month)</b>		



## Project Description

### Key Objectives

1. To identify individuals suffering from mental disorder conditions (such as schizophrenia, bipolar disorder, dementia, and autism) that are being confined by walls, chains, cages, or some other means
2. To assess and treat these individuals so that they may be allowed to integrate into their communities and families and lead happy productive lives
3. To provide ongoing support to mentally ill clients and educate the families and communities of those affected in a culturally-sensitive manner

### Plan to do/Completed Task

'Pasung', the practice of shackling, chaining, caging, and locking up those who suffer from mental disabilities, was outlawed in 1977. However, with limited resources and no sustainable solutions, the mentally ill are still being confined and hidden away.

The Indonesian Insurance Program (BPJS) pays for most medical procedures and prescriptions. However, some medications, especially those that aid in the recovery of mental disabilities are not covered or unavailable to clients living in remote areas. Access to services for medical and psychological conditions is limited.

#### Tasks completed:

Medications prescribed and administered by our volunteer psychiatrist, Dr. Rai:

- € Antipsychotics for treating schizophrenia and bipolar disorder
  - o Sikzonoat (injection)
  - o Risperdal Consta
  - o Clorillex
  - o Haloperidol (injection)
  - o Lodomer (Benzo)
  - o Soppavel
  - o Clozapine
  - o Olanzapine
  - o
- € Others
  - o Hexymer
  - o Lamiros
- € Dressings and wound care
  - o Duoderm CGF & Duoderm Gel
  - o Ialluset
  - o Aquacell
  - o Elsatc bandages, hypafix, & kassa steril

Implemented an inclusive Outreach Program to Rehabilitate/Reintegrate/Release (includes taking clients for outings, providing well-care visits, teaching them how to clean and bathe themselves, getting involved in their community)

#### Plans:

We plan to launch a Mental Health Awareness campaign to help educate the general public about mental illness, how we can help, and how individuals that people seem to fear because of their condition can be a part of the overall community.

We will secure funding to cover at least one year of medications. We will then break the total cost down into 8 to 10 dollar amounts and seek yearly or monthly sponsorship from rotary clubs, individuals, local businesses, and more.

<b>Does your project include building and construction?</b>	Yes	No X
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<b>Does your project involve the supply of water in any capacity?</b>	Yes	No X
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**What will the community contribute to the project? What has it already contributed?**

No community members have contributed at this time. We would like to connect the family with members of their community to ask for help when needed, furthering our goal of educating local Balinese on the aspects of mental illness and disability.

**About Solemen**

Yayasan Solemen Indonesia supports nearly 2,000 men, women, and children throughout the province of Bali. We call them Solebuddies.

Our Solebuddies are subject to a multitude of disadvantages including, but not limited to, mental and physical disabilities, medical issues, hunger, and poverty. Solemen provides education and employment assistance, medical care, transportation to and from appointments on and off the island, wheelchairs, psychological evaluations and ongoing care for Solebuddies affected by mental disabilities, assistance for major medical procedures, food packages, and more. Assistance is tailored to every case referred to us.

**Who and how many people will be the direct beneficiaries of this project?**

Solemen currently assists at least 25 of our clients to receive weekly and monthly medication and maintenance. For confidentiality reasons, I will not list them in this document. However, in the event that we receive funding, we will be able to provide proper documentation.

**Are there ways in which other people in the area will benefit indirectly from the project?**

Mental illness and mental disabilities in Indonesian society carry a stigma, resulting in a lack of education in how to handle the people who suffer from them. Families and communities lock men, women, and children away, not out of cruelty or lack of caring, but out of the necessity to contain something they don't understand.

We hope that neighbours, friends, and family members will join in the education process and see our clients as valuable assets to the communities they reside in.

**Who will be responsible for looking after the project once it is completed? Names and their positions**

Ayu Wirmayanti – Solemen Outreach Coordinator  
 Yupi Astika – Deputy Outreach Team Leader

**Will the project become self-supporting? If so, how will the project be sustained on an ongoing basis?**

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<b>What is the estimated length of time to complete the project?</b>
Total project time – Ongoing
<b>Detail the estimated project costs.</b>
IDR 384 Million/yr or IDR 32 Million/month <b>(AUD 38,500/yr or AUD 3,200/month)</b>
The above cost is a total approximate amount based upon the average of costs incurred over the last six months. Fluctuating costs depend upon patients needs, dosages, etc. Solemen will provide current reports of actual costs incurred each month with exact medications, dosages, and client details
<b>Has the water source been tested and verified as not being contaminated?</b>
N/A
<b>Will the project affect any down-stream users or impact on the down-stream environment?</b>
N/A

<b>Project criteria/elements</b>	
The project has a clear and measurable outcome	Yes X No
The project will be finished in less than 12 months	Yes No X
Community is also contributing to the project	Yes No X
The project will benefit members of the local community	Yes X No
A complete budget for the project is attached	Yes X No
A map of the project is attached (if applicable)	Yes   No X
For projects which involve building or construction: a building diagram or plan is attached	Yes No X