POLICY FOR IMPROVING MENTAL HEALTH THROUGH AN INTEGRATED APPROACH

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Abstract

In the face of the growing global mental health challenges, there is an urgent need to formulate and implement effective and sustainable mental health strategies. The study focuses on mental health and an integrated approach. This integrated approach emphasizes the importance of integrating promotional, preventive, curative, and rehabilitative efforts into a coherent framework to address mental health issues at all levels of society. The research method used is the study of literature by searching for references in accordance with the context of research. The results of the research show that policies to enhance mental health through an integrated approach offer effective strategies in dealing with complex and diverse mental health challenges. By integrating services across the spectrum of preventive, promotional, curative, and rehabilitative in a context that supports cross-sector cooperation, this policy promotes the creation of a more inclusive and inclusive mental health support system. The key to the successful implementation of this policy lies in joint inter-sectoral commitment, in-depth understanding of the local context, and sustainable investment in human and financial resources.

Keywords: Policy, Mental Health, Integrated Approach.

Introduction

In a rapidly evolving modern era, mental health issues are attracting global attention as critical issues that affect the quality of life of individuals. With increasing awareness of the importance of mental health, the challenges posed by social stigma, lack of resources, and limited access to mental health services become apparent (Health, T. L. G. 2020). One of the biggest opportunities is increased awareness and reduced stigma surrounding mental health issues. With more open discussion of mental health on social media, at work, and in the family, individuals feel more supported to seek help. (World Health Organization, 2005). It encourages an environment where mental health is treated as important as physical health. Furthermore, technological developments, such as mental health and telepsychology applications, are expanding the range of support available to those who may not have previously had access or feel intimidated to seek help directly. (Escobar, J. I., & Vega, W. A. 2000).

Although there are opportunities, there are significant challenges ahead. One is the lack of resources and funding for mental health services, which causes not all individuals to get adequate services. (Keyes, C. L., & Lopez, S. J. 2009). In many areas, especially in developing countries, mental health facilities and personnel are still very

limited. The situation is exacerbated by government budgetary priorities that tend to focus more on physical health issues, leaving the urgent needs in the area of mental health less met. (Putri & Ningtyas, 2023). This challenge forces many people struggling with mental health problems to survive without adequate support, which can lead to increased cases of severity of the condition and difficulties in finding the necessary treatment. (Ridlo, I. A., & Zein, R. A. 2018).

Besides, even though the stigma surrounding mental health issues is starting to diminish, there is still a lot of work to be done. Social stigma and lack of understanding of mental health can prevent individuals from seeking help, delay proper diagnosis, and aggravate social isolation for those suffering from mental disorders. (Bracken, P., & Thomas, P. 2005). Besides, the challenge of training and developing sufficiently qualified mental health professionals is also a barrier in providing effective care. These challenges require innovation in education and training, as well as the development of policies that ensure a more equitable and inclusive distribution of resources for all. (Febriyanti, L., & Susilawati, S. 2022).

Facing this challenge requires a strong and coordinated response from all sectors of society, including governments, the private sector, local communities, and individuals. Through collaboration and innovation, we can build a more inclusive and effective mental health support system that embraces opportunities while addressing existing challenges. (Muhammadiah et al., 2023).

Progress in providing effective care and support now requires the integration of policy, practice, and research into a comprehensive and multidisciplinary approach.

An integrated approach to addressing mental health problems is imperative as it allows for holistic intervention and coordination between various aspects of care. (Ridlo, I. A. 2020). It's not just about clinical medicine, it's also about recognizing triggers and boosters like the socio-economic environment, education, and community support systems. Integrating primary and mental health services is a prime example of this approach, where doctors, psychiatrists, psychologists, social workers, and other professionals work in unity to provide comprehensive care. (Hadi et al., 2023). This approach bridges the gap between diagnosis and treatment, promotes better access, and improves patient outcomes.

An integrated approach is also important in preventing mental health problems. By implementing prevention strategies from an early age, such as educational programmes and mental health awareness in schools, people can develop a stronger understanding of mental health problems as well as how to identify and manage their symptoms. Integrated support between schools, families, and mental health services supports environments that reduce the risk of developing mental health problems and strengthen individual coping mechanisms from the outset. This approach recognizes not only the importance of treatment, but also the preventive and proactive value inining mental health. (Rosmalina, A. 2016).

Furthermore, an integrated approach supports cross-sectoral collaboration to solve the complexity of mental health problems, which often cannot be addressed by a particular sector or discipline independently. This requires policies that support the exchange of information and best practices between education, health care, public policy, and the business world. (Bakti et al., 2023). Thus, a robust ecosystem can be created where mental health becomes a shared responsibility and integrated into all aspects of society's life. It is this integrated approach that will ultimately enable the creation of a more resilient and adaptive society to the existing and future mental health challenges. (Rosenfield, S., & Mouzon, D. 2013).

Mental health, which is an important aspect of individual well-being and productivity, is often not given priority in public health policies. (Bracken, P., & Thomas, P. 2001). The existing policies may not be comprehensive enough or not really address the needs of diverse communities. The key to solving this problem may lie in an integrated approach (Reza, I. F. 2015).

Thus, this research to look further on mental health and integrated approaches can be used to improve the effectiveness of mental health policies.

Research Method

The method of literature research is an approach that is carried out by collecting, identifying, compiling, and analysing various data found from relevant literary sources (Ratislavová & Ratislav, 2014; Richardson, 2018). The approach of the literary study used is descriptive analytic. The research course of the literature study consists of several stages presented in the form of a flow chart, enabling the researcher to provide a general overview of the stages of the study. (Antin et al., 2015; Punch, 2013).

In addition, the literature study used to find references from various reliable sources using various methods. One of the main methods used in the study of literature is keyword search, which allows researchers to find relevant information in catalogues, indexes, and search engines. In general, literature study research methods involve a series of activities related to methods of collection of library data, reading and recording, as well as managing research materials. This research is aimed at collecting a number of books, magazines, journals, or articles related to the problem and purpose of the research. (Adhabi & Anozie, 2017; Champe & Kleist, 2003).

Result and Discussion
Mental Health Theory

Mental health is a condition of psychological well-being in which one can recognize one's own potential, overcome the stresses of normal life, work productively and make a contribution to his or her community. (Health, T. L. G. 2020). In a broader sense, it not only covers freedom from psychological or psychiatric disorders such as depression, anxiety, or schizophrenia, but also aspects of life satisfaction, happiness,

and the ability to build healthy interpersonal relationships. (World Health Organization, 2005). Mental health emphasizes the balance between the individual and the environment, the ability to cope with stress, and the effectiveness in using social and cognitive abilities. (Escobar, J. I., & Vega, W. A. 2000).

The scope of mental health is very broad and covers many aspects of human life and social interactions, including harmonious emotional, psychological, and social development from childhood to old age. Also important is attention to conditions that affect mental well-being, such as trauma, stress, and certain biological or neurological conditions. (Keyes, C. L., & Lopez, S. J. 2009). Approaches to mental health focus not only on the treatment of psychological and psychiatric disorders, but also on the promotion of mental health, disorder prevention, rehabilitation, and social integration of people with mental disabilities. (Putri & Ningtyas, 2023).

The approach to mental health requires cooperation across sectors, including education, employment, justice, health policy, and social services, demonstrating the complexity and diversity of interventions needed to support mental health. Promotion and advocacy to reduce the stigma of mental disorders as well as improved access to mental health services are integral to broadening the understanding and support of mental health. (Ridlo & Zein, 2018). At its core, mental health is not only focused on the individual but also on the broad social and support systems, creating an environment that supports mental health for all. (Bracken, P., & Thomas, P. 2005).

Thus, mental health is an essential component of overall well-being, covering more than just the absence of mental disorders, but also positive emotional, psychological, and social functioning. Given the complexity and breadth of mental health, integrated and multidisciplinary approaches have become essential in building and supporting the mental health of individuals and communities. By raising awareness, reducing stigma, and strengthening support systems, communities can take significant steps towards sustainable improvement in mental health.

Biological factors have a significant influence on one's mental health. Genetics can play a role in an individual's predisposition to certain conditions such as depression, schizophrenia, or anxiety disorder (Tew et al., 2012). In addition, neurochemical imbalances in the brain, such as serotonin and dopamine, are also known to affect mood and behavior. Other factors include chronic health conditions, brain injuries, or abnormal brain structures that can also affect a person's mental health. (Lim et al., 2016).

Psychological and emotional factors also play an important role in mental health. Life experiences such as childhood trauma, violence, abuse, loss of a loved one, and prolonged stress can increase the risk of mental disorders. How a person manages stress, his ability to recover from negative experiences (resilience), and the quality of interpersonal relationships are also factors that determine mental health. (Essex et al., 2006). A person's emotional health is deeply related to their perception of themselves

and the world around them, which in turn can be influenced by their psychological condition. (Prince et al., 2007).

Socio-economic and environmental factors also make insignificant contributions to the individual's mental health. Living conditions such as poverty, housing insecurity, unemployment, or very stressful jobs can cause or aggravate mental health problems. Good social supporters, such as supportive families, friends, or communities, can act as a suppressant against the negative influence of socio-economic stress. On the contrary, social isolation and stigma associated with mental disorders can increase the burden on individuals who are already vulnerable. (Wilhelm et al., 2004).

Thus, mental health is affected by a combination of many factors, including biological, psychological, and socio-economic. There is no single factor that can fully explain why a person has a mental disorder, but complex interactions between these factors often contribute. Understanding the diversity and interconnectivity of these factors is essential for the development of effective management and prevention strategies, as well as for implementing holistic mental health services that are responsive to individual needs. By recognizing and addressing the factors that affect mental health, we can offer better support and improve the overall well-being of the community.

An integrated approach can improve the effectiveness of mental health policies

Mental health policy is a strategic framework designed by governments and associated agencies to address mental health problems within society. (Ridlo, I. A., & Zein, R. A. 2018). The main objectives of this policy are to promote mental well-being, prevent mental disorders, provide care and support to those in need, and integrate individuals with mental disabilities back into society. Mental health policies cover various aspects, including funding for mental health services, training and development of human resources in the field of mental health, research and development, and advocacy to reduce stigma and discrimination against people with mental disorders. (Yusrani et al., 2023). To be effective, these policies must be inclusive and participatory, involving a wide range of stakeholders, including healthcare providers, patients, families, and civil society organizations. (Ayuningtyas, D., & Rayhani, M. 2018).

In its implementation, mental health policies need to be adapted to the context and specific needs of each country or region. It involves integrating mental health services into the primary health care system, developing community mental health service to reduce dependence on institutional care, as well as expanding the coverage of mental health care services to include promotional and preventive interventions. (Adikusuma, A. I. T. 2020). It is also important to guarantee the accessibility and accessibility of mental health services for all individuals, especially vulnerable groups such as children, the elderly, and those living in remote or poor areas. The effectiveness

of mental health policies ultimately depends on political commitment, adequate allocation of resources, and cross-sectoral involvement and partnerships to build a comprehensive mental health support system. (Khoirunissa, D. H., & Sukartini, N. M. 2020).

An integrated approach to mental health policy refers to a holistic strategy that integrates various elements of health services and social interventions to address mental health problems in a comprehensive manner. It involves cross-sectoral cooperation between various entities, including the departments of health, education, social work, justice, as well as community and private sector organizations. This approach is recognized as the best response to the complexity of mental health issues that are not only rooted in biological factors, but also influenced by various psychosocial and environmental factors. (Hadi et al., 2023). In essence, an integrated approach seeks to bring about systemic change that ensures better and more equitable access to mental health services, while promoting prevention and mental health awareness in all aspects of public life. (Bakti et al., 2023).

Key elements of the integrated approach include the provision of accessible mental health services at the primary care level, with a focus on early detection and intervention for mental disorders. (Yusrani et al., 2023). This means that mental health services are not only available in specialized facilities but are also integrated into routine health services, schools, workplaces, and communities. This approach also emphasizes the importance of strong cooperation between mental health professionals and general service providers to facilitate sustainable care and inter-service coordination. In addition, the promotion of mental health and prevention became a core component, with the aim of raising public awareness, reducing stigma, and strengthening the resilience of individuals and communities to mental health problems. (Suryaputri et al., 2019).

An integrated approach also requires joint efforts to address the socio-economic causes of mental health problems, such as poverty, unemployment and social marginalization. These include the development of policies and programmes that support equal access to education, employment, and decent housing for individuals with mental disabilities, as well as other interventions aimed at reducing social inequality and enhancing social determination health (Mikhael, L. 2022). Through inter-sectoral collaboration and community empowerment, an integrated approach seeks to create a more inclusive society, where every individual can access the support they need to lead a healthy and productive life. (Tursilarini, T. Y. 2009).

Thus, the Integrated Approach to Mental Health Policy offers a comprehensive framework to address the complexity of mental health issues. By combining health services, social intervention, and public and private sector efforts, this approach seeks to create a more coordinated and inclusive support system. The successful implementation of the integrated approach requires the joint commitment of all stakeholders, including governments, health professionals, community organizations,

and the private sector. By focusing on promotion, prevention, treatment, and rehabilitation, integrated approaches have the potential to provide more effective care, reduce stigma, and promote mental well-being for all individuals in society.

Conclusion

Improving mental health policies through an integrated approach is a critical strategy in achieving mental well-being for the entire society. This approach, with inter-sectoral cooperation mechanisms and service integration, offers holistic solutions that not only target mental disorder treatment, but also the promotion of mental health, disorder prevention, as well as rehabilitation and social reintegration for those affected. By focusing on the provision of accessible services and reducing the stigma surrounding mental disorders, the integrated approach seeks to create a more inclusive and supportive society, where each individual can reach their full potential.

The success of this policy depends on close collaboration between the health, education, employment and social justice sectors, along with the active participation of public and private sector organizations. Also important is the recognition and management of social determinants that affect mental health, including poverty, unemployment, and discrimination. Thus, an integrated approach not only covers the medical aspects of mental health, but also the social, economic, and educational aspects that play a role in the psychological well-being of individuals and communities.

Thus, the policy of improving mental health through an integrated approach is a significant step forward in addressing the complexity of today's mental health challenges. By promoting widespread access to services, reducing stigma, and addressing the social determinants of mental disorders, this approach promises improved mental well-being for the entire society. The commitment and collaboration of all stakeholders, combined with adequate allocation of resources, are key to realizing a vision of better mental health for all.

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