

Mentari@Hospital Universiti Sains Malaysia an incubator for psychiatric rehabilitation, unite the diversity of patients with mental disorders back to community

Nor Asyikin Fadzil¹, Husna Najihah Zaini²

¹Psychiatry Department, Hospital Universiti Sains Malaysia, Kubang Kerian, Kelantan, Malaysia, ²Department of Psychology, Universiti Pendidikan Sultan Idris, Tanjong Malim, Perak, Malaysia

ABSTRACT

Summary: Mentari@Hospital Universiti Sains Malaysia (Mentari@HUSM) is a psychosocial rehabilitation unit under the Psychiatric department HUSM. It serves as a hub to integrate patients back into the community along with providing recovery and opportunity for them to live a normal life. In line with WHO and Mental Health Act 2001, it serves as a community mental health centre aimed to develop and maintain programs for mental health promotion, prevention and treatment of mental illness and also rehabilitation to patients who have been discharged from hospital. Adhering to the principle of 'Unity in Diversity', MENTARI@HUSM welcomes individuals with mental disability who have faced stigmatization and ostracization back to the community contributing rather than burdening. It also aims to provide continuity of mental health care in environments that are accessible to both public and mentally ill patients. In addition to that, to achieve its ultimate goals, MENTARI@HUSM has established a comprehensive sub-unit, including MENTARI Cafe, MENTARI Bakery and MENTARI Carwash which are accessible to both inpatients and outpatients. Furthermore, through collaborating with various agencies, MENTARI@HUSM has successfully developed programs for community integration and promoting independent living. Among the initiatives include, sending trainees to confectionery training at Mental Health Foundation Kuala Lumpur, contributing to trainees' personal needs and conducting public mental health screening at Kelantan State Government Secretary Office. Apart from vocational rehabilitation, MENTARI@HUSM also offered other services such as art and behavioral therapy, stress management, psychoeducation, instrumental activities and training programs. These programs aim to provide trainees with various benefits such as helping them to earn their own money, help to increase trainees' self-esteem and self-acceptance and develop skills and a sense of responsibility through the provision of certificate, incentives and recognition. This in turn will help trainees to live an independent life. The study conducted on the Quality and Satisfaction with Life Among MENTARI@HUSM's trainees has demonstrated the success of the program.