CHILD AND ADOLESCENT MENTAL WELL BEING IN ASIA: Breakthrough Challenges

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“Child and adolescent mental health is the capacity to achieve and maintain optimal psychological functioning and wellbeing.

It is directly related to the level reached and competence achieved in psychological and social functioning

[WHO, 2005]
Global epidemiological data

- up to 20% of children and adolescents have a disabling mental illness, with suicide being the third leading cause of death among adolescents

- up to 50% of all adult mental disorders have their onset in adolescence

- 35-50% of Asian children and adolescents are in low and middle-income countries

- The correlations of socioeconomic status, academic achievement and family environment/abnormal psychosocial situations are the most common ones affecting mental health in this population
- Strong family support was a critical factor associated with low prevalence of mental disorders

- An increase in the prevalence of mental disorders is considered to be related to lifestyle changes
Some other conditions that contribute to the prevalence of mental disorders in Asia: lower socioeconomic status, lesser education, urban areas, sex discrimination, areas of conflict or war, physical abuse, being left behind at younger age, mental well-being of parents.

The gap between the needs and the availability of resources in Asian countries is to be met by a comprehensive policy which could address the mental health issues of the child and adolescent.
TRENDS FOR ASIAN CHILDREN FOR THE 21st CENTURY
Asia has the largest number of children in the world, 5 countries with the largest number of children under 18 in the world are in Asia, India (20%, 446m), China (12%, 267m), Pakistan (3%, 78m), Indonesia (3%, 72m), Bangladesh (2%, 50m) [UNESCO, Generation 2015 and Beyond]
Asia ( and the Pacific ) which is home to 29 % world’s school-age children and 53 % middle adolescents who are not in school
Girls, rural children and those from poor households are more likely to be out of school due to the particular barriers each group faces.

[UIS, facts sheet, issue 3, September 20]
Understanding these barriers and identifying common characteristic among this young people is crucial to each countries effort to develop strategies to make mental health for all children that are tailored to their national context.
SOCIOECONOMIC PROBLEMS

PSCHOSOCIAL-EDUCATIONAL PROBLEMS

RIGHT TO EDUCATION

BARRIER TO FULLFILL CHILDREN RIGHT

CHILDREN AT RISK
SOCIOECONOMIC PROBLEMS

- Children at risk

BARRIER TO

- Fullfill children’s rights

THE BIGGEST CHALLENGE

- Ever increasing mental health problems and related factors
- There remains a stigma and limited resources
- Social infrastructure is not supported (inadequate)
SOCIOECONOMIC PROBLEMS

CHILDREN AT RISK

BARRIER TO FULLFILL CHILDREN’S RIGHTS

The biggest challenge:
- The lack of integration of stakeholders
- Unfulfillment the children’s rights
- Social turbulence storm
STRATEGIES TO BREAK BARRIER: 7 main steps that must be done across sector and sustainably.
HOW THE FUTURE
- Adverse Childhood Experiences (ACEs) are critical public health issue

- Unless children and adolescents with mental disorders receive appropriate treatment, their difficulties are likely to persist, and their social, educational and vocational prospects diminished
- Families are the first nurturers, educators, protectors, and care givers in our society

- When families are strong and healthy, our community thrives
OUR FUTURE IS OUR GENERATION

The world must open the eyes and change the priorities and targets in order to realize the mentally healthy for all children in Asia.
The future of Asian children is the future of the world’s generation
RAJA AMPAT ISLANDS, WEST PAPUA-INDONESIA
THANK YOU

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