

## Family supports of schizophrenia patients at Rumah Berdaya Denpasar

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Family plays a significant role for psychosis patients especially in preventing relapse and maintaining mental health. However, limited research explores in which way and how a family can support schizophrenic people, particularly from patients and parents??? perspectives. This research aimed to examine the role of family for supporting schizophrenic patients. A case study design with a semistructured interview technique was applied to nine people diagnosed with schizophrenia and two caregivers at Rumah Berdaya Denpasar: a psychosocial rehabilitation for schizophrenic people. Data were analyzed using thematic analysis. The result of this research indicated that family as the closest unit can support people living with schizophrenia to improve mental health by helping them to get access of medical treatment, provide care and support: emotional, financial and instrumental.

The Schizo Friend Project has been one of the successful projects in achieving its intended results and has the potential for sustaining in the future. The team collaboration and ownership of the project among the parties involved is exemplary. There is strong collaboration between a Medical Doctor and his team of volunteers, the artist and his team and the Government authorities and their commitment to address the health situation and the discrimination and social stigma faced by the people with schizophrenia. The projects has a clear strategic thinking and planning for its sustainability as it is involving the clients in the income generation activities, and sharing the profit with them, operating (though recently started) motorcycle washing center to generate income, reaching out to private donors for support (both cash and kind) and coordinating with government to acquire the rehab center building, drinking water facility, transportation for the clients and commitment to provide fund from the government budget allocation in the coming years. Further, the appreciation it received from the family members and the clients themselves and a few clear examples of transforming individual's lives are highly encouraging. Considering the length of the initiative, these achievements are immense and has a potential to continue in the future too.

The evaluation noticed that most of the social ventures are not new ones. Most of the CSOs and the artists are already working on those issues even before the start of the Mabasikan Project. The fund they received from the Mabasikan Project leveraged their work to some extent. For example, the Sloka Institute is already working on Garam Amed issue for last 2-3 years; Komunitas Peduli Skizofrenia

Indonesia, KPSI (Indonesia Community Care for Schizophrenia) was in place already, which was officially formalized after getting support from Mabasikan Project. The arts based approach and the concept of Rumah Berdaya was also emerged after their affiliation with Mabasikan Project. Manikaya Kauci was already working on paddy field issue and Bali Gumanti and Denpasar Film Festival were already working on issues around water crisis in Bali. However, some other initiatives like the Same Different, Bhatari Art Project tried to add few additional dimensions on their work.

The 10 social venture projects have tried to address different social issues plaguing the Balinese society. The issues range from the state of mental health, identity issues, land conflict and domestic violence and environmental issues, among others. These issues are very important because with the growing tourism the land conflicts, environmental pollution will continue to haunt the Balinese society because the amount of money being poured into Bali through tourism and the strong desire of tourism entrepreneurs to develop the land into tourist facilities. The two projects on protecting Garam Amed and paddy fields are very powerful means of addressing the land conflict in Bali. If these initiatives are continued with strong strategies, they will make a major contribution to addressing the growing and haphazard land encroachment by the tourism sector in Bali. Similarly, the issues of Schizophrenia and mental illness and the discrimination and social stigma associated with the state of mental health are the black spots in Balinese society. The two projects, especially the Schizo Friend project, have made some good contributions towards raising awareness on these state of mental health, drawing government attention towards those social ills and provide a dignified life to those clients through rehabilitation.

The Bhatari Art Project had helped women to secure an independent identity and self-respect through their engagement in awareness building discussions, public exposure, learning painting skills and income generation. The support provided by the BWCC to those women have given them an institutional protection and guidance that may help them in the long run. However, due to the lack of market access to the products they have produced, lack of clarity of the role of partner artists on the initiative other than teaching painting skills has diluted the strategic direction the project intends to take. In summary, the Mabasikan project, especially the social venture projects, implemented jointly by the CSOs and the artists have started a momentum of change around certain social issues identified by the stakeholders themselves. Some of the projects have produced some initial results while others are

yet to carving their strategies for success. If these initiatives are sustained and continued in the long run, they are expected to bring some specific societal change in Balinese Society.