

Trans-formative Approach for Community Based Mental Health Empowerment Programme for Effective Adolescence Well - Being

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Abstract: *Community Mental Health Promotion is an approach aimed at strengthening positive aspects of mental health and psycho-social well-being; which includes intervention components that foster pro-social behaviour, self-esteem, positive coping with stress, and decision-making capacity these services provided at societal, community, individual, and family levels. Mental Health Empowerment Program (MHEP), will be a primary method to increase awareness of the fact that mental illness is capable of treatment and that discussing openly about problems with mental health is not something to be ashamed of. Eventually, the empowerment program directly can influence adult population opinions about mental health.*

Keywords: community mental health, mental health empowerment programme, adolescence mental health, socio - drama, help seeking attitude

1. Introduction

"Communities" refer to social groups consisting of individuals who may or may not be physically connected, but who have similar identities, interests, or concerns. 'Empowerment' refers to the process by which people gain control over the factors and decisions that shape their lives. It is the process by which they increase their assets and attributes and build capacities to gain access, partners, networks and/or a voice, in order to gain control. Community empowerment, therefore, is more than the involvement, participation or engagement of communities. It implies community ownership and action that explicitly aims at social and political change. Community empowerment is a process of re - negotiating power in order to gain more control (WHO 2023).

In regards of Community Mental Health Empowerment Programme (MHEP), The World Psychiatric Association's (2016), guidance on community mental health care characterizes community - oriented care as activities included awareness raising, psycho - education, psycho - social therapies, skill development, and providing rehabilitation services.

Community Mental Health Promotion is an approach aimed at strengthening positive aspects of mental health and psycho - social well-being; which includes intervention components that foster pro-social behaviour, self-esteem, positive coping with stress, and decision-making capacity these services provided at societal, community, individual, and family levels (WHO, 2014).

Aim of the study:

The study aims to apply the socio - drama method to improve mental health knowledge and awareness among adolescent community members, with a focus on helping them seek help for mental health concerns.

The Need for Concept Change:

An excellent chance to address the issues facing community mental health care in India is the Community Mental Health Empowerment Programme. Innovative approaches to community mental health care that take into account local conditions are desperately needed, as India suffers from a severe mental health crisis and provides insufficient access to treatment. In order to address the high burden, it is necessary to recognize the significance of family, community, and cultural traditions in mental health care.

Many studies reveals that level of knowledge on mental health and mental illness awareness in regard to help seeking is good predictor of early attention to mental health concerns among adults hence adults are more prone to get mental health concerns due to transitional age from dependent living to independent living, career blooming, commitment to family life (Henderson, 2013).

Awareness on mental health helps the adults distinguish from mental health concerns to mental illness to seek early help seeking to manage and to get treat for mental illness. The main reasons adults don't tell others about their mental health issues are that they find it difficult to get help because of the widespread stigma associated with mental illness, and they also want to solve their own problems. Because they are unable to recognize the early signs of mental illness, they may also find it difficult to meet with mental health professionals. As a result of stigma, many people with psychological disorders may receive inadequate or no treatment at all.

2. Discussion

One of the biggest obstacles to receiving mental wellness treatment involves not knowing where to look for resources for mental health. It is critical to increase public awareness about mental health issues and to identify populations that

may be greater susceptible to problems with mental health (Sagar - Ouriaghli, 2019).

The lack of help - seeking was linked to a lack of knowledge about mental illness, prejudice against people with mental illness, and stigma associated with mental illness. (Henderson, 2013).

The fear of receiving a mental health diagnosis, mistrust of the official mental health system, lack of confidence in medical professionals, and personal beliefs are additional reasons why people are reluctant to seek professional mental health care.

When it comes to the causes of mental health issues and, consequently, the best therapy for them, traditional healers offer a belief system that complements people's cultural beliefs. As such, they are an important source of care.

Many studies have discovered that traditional healers may offer straightforward explanations which are frequently lacking in clinical consultations as well as a more holistic, spiritual understanding of mental illness, which is more palatable to patients and in line with regional cultural values and beliefs. According to their findings, there is limited evidence that these therapies can affect the course of serious mental illnesses like bipolar and psychotic disorders, but they may help with minor symptoms of depression and anxiety and relieve discomfort. (Anjorin, 2022).

Hence it is highlighted that creating awareness on mental illness is easier to seek help and engage in mental health care. The main barriers to help seeking were identified as lack of perceived need, lack of awareness of services, wide spread stigma this could be changed by means of providing raising baseline awareness towards counselling and also this will enhance the normalization of help seeking among adults by providing psycho - educational interventions help to gain better attitude toward reaching mental health services.

Raising awareness on mental illnesses leads to normalization of help seeking behaviour. Providing mental health education showed that significant improvement in attitudes towards increasing psychological help seeking and will be changing attitudes toward individuals with a mental disorder.

Adopting a program that satisfies the needs and desires of every participants in the community will undoubtedly be a challenging task. The program can be designed skillfully with proper intervention.

Mental health education is a useful strategy for increasing public knowledge and comprehension of mental health issues.

The creation and execution of a mental health education program will increase mental health knowledge and decrease perceived stigma, which will enhance the behavior of seeking help. This is especially important in highlighting the need for raising mental health awareness among the general population at the community level.

Hence, mental health empowerment program, will be a primary method to increase awareness of the fact that mental illness is capable of treatment and that discussing openly about problems with mental health is not something to be ashamed of. Eventually, the empowerment program directly can influence adult population opinions about mental health.

3. Approaches

One of the learning methods that is considered capable of improving mental health awareness among adults especially adolescence is the socio - drama method. Linguistically, the terms "simulate" and "imitate," which indicate to act pretending, and "simulate" are the sources of the socio - drama or simulation method. The ability to encourage adults is one benefit of the socio - drama approach.

Socio - drama is a role - playing educational technique that raises awareness of mental health and mental illness while resolving issues with relationships, including communication problems, substance abuse, images of authoritarian families, and other related issues. Socio - drama is a tool for developing a help - seeking mindset for mental illness and for imparting understanding and appreciation of mental health knowledge.

The socio - drama method is a teaching strategy that helps adolescence to discover mental health issues by describing, acting out, dramatizing, and demonstrating behavior, body language, and facial expressions related to mental health concerns. This helps adolescence meet specific learning objectives.

Application of the socio - drama method to community adolescence is crucial because it will increase public awareness of mental health and illness and provide a platform for practicing sharing thoughts and requests for assistance in seeking mental health professionals.

Speaking involves communicating with others by utilizing clear language to express ideas, feelings, and messages that you want the other person to understand.

After listening activities, this is the second language task that people perform in language life. Humans eventually acquire the ability to speak by learning to pronounce sounds based on what they hear. Next, mastering the role - playing technique can help to inspire the public's creativity, confidence, and ability to communicate in order to support the process of teaching and learning in public.

The aforementioned description leads one to the conclusion that someone who engages in speaking activities also seeks to influence others so that the topic of discussion can be well - received by the other person. Communication activities will be more productive and efficient if speakers and listeners have an active reciprocal relationship when speaking.

Adults can reach their full intellectual, social, and emotional potential through the socio - drama method of raising awareness of mental health issues. This will enable later, adults to interact and communicate in social situations in a

way that is mature, wise, and capable of seeking help for mental health issues in this way.

4. Nursing applications

Through socio - educational experiences, drama can help students learn roles, ideas, concepts, and behaviors. Sociodrama has two applications in nursing. Socio - drama has been used as a psycho - androgy method in nursing education to increase learning engagement among community members.

Sociodrama helps participants experience emotional liberation and catharsis by developing a better understanding of themselves, their circumstances, and the roles of others in those circumstances, thereby encouraging them to express their feelings.

Empowering knowledge on mental health and illness - related orientation programs and interventions for individuals, families/interpersonal programs, and institutions such as non - health sectors, community early interventional programs will help to reinforce the mental and social well - being of society.

This programme can be implemented as a school - based intervention programme to raise awareness about adolescent mental health booster sessions, as well as a target population approach for psychiatric patients to streamline psycho - education.

There is a reciprocal relationship between theory and practice. Nursing education focuses on transitioning clinical training to provide quality care to the public, so this program can be implemented as a community psychiatry - based intervention as part of the learning process to emphasize the importance of community mental health enhancement.

Activate mental health empowerment leadership for community - level prevention planning and implementation, linking mental health agencies, collaborating with funding agencies to improve interventions, and forming partnerships can all be used to increase community engagement, reduce stigma, and thus increase help seeking for mental health concerns.

In India, the evidence - based approach is gaining traction in revolutionizing human health care policy, and good clinical practice is dependent on integrating one's expertise with the best available evidence. This program can support existing practices while also sustaining change in practice.

5. Conclusion

Socio - drama is a powerful teaching strategy that combines traditional role - playing methodologies to demonstrate mental health empowerment. The sociodrama method, which is based on adult learning principles and communication skills, allows the skilled facilitator to use the learner's previous experiences as teaching and reflective practice resources.

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