

The Grandfather's Legacy: Child and Adolescent Psychiatry Workforce and Research in Indonesia

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In his personal statement accepting the Jeanne Spurlock Lecture and Award for Diversity and Culture, published in the 2008 AACAP Honors Book, Dr. John ("Jack") F. McDermott, Jr., stated that "the international work of which I am most proud was the establishment of our specialty in Indonesia, the fourth largest country in the world... They tell me I am not the father, but the 'grandfather' of child and adolescent psychiatry there."¹(pp6-7) This paper reviews the long-term impact that vision, mentorship, and collaboration can have on a large population with significant needs for child and adolescent psychiatric care. It includes personal reflections on mentorship and collaboration from the lead author and three co-authors, who were among Dr. McDermott's original fellows.

Legacy is defined as something handed down from one generation to the next. Legacy comes from the Latin verb *legare*, meaning to appoint by a last will or send as an ambassador. Although Jack has already left us, the impact of his work still remains, and he will always be remembered. Child and adolescent psychiatry and the mental health workforce in Indonesia could not have been developed without Dr. McDermott's helping hand. He was first introduced to the Department of Psychiatry, Universitas Indonesia by Prof. Kusumanto Setyonegoro in the early 1970s. During the period of 1961–1971, Prof. Setyonegoro, who was head of the Department of Psychiatry, founded many initiatives, especially educational programs.² He developed a structured curriculum for psychiatry residency training and sent medical staff to study abroad. Some of the medical staff were sent to the Department of Psychiatry at the University of Hawaii John A. Burns School of Medicine, where Jack was in the early part of his 26-year-long career (1969–1995) as department chair.

The Grandfather's Legacy: The Past Collaboration

Prof. Edith Humries Pleyte, Dr. Jan Prasetyo, Dr. Melly Bhudiman, Dr. Lukas Mangindaan (deceased), and Dr. Betty Hardjawana (deceased) were the nation's first child and adolescent psychiatrists who obtained fellowship training in the specialty at the University of Hawaii Department of Psychiatry. They spent approximately one year in Honolulu and had a chance to learn from and know Jack. Social gatherings and dinner at faculty members' homes (including those of Jack McDermott, Tom Maretzki, Walter Char, William Bolman, and Dan Ponce) were memorable. Since then, the relationship grew, and Jack and several other colleagues from the University of Hawaii's Department of Psychiatry came to visit Jakarta several times. They shared their wisdom and observed the works of their first pioneers as they returned to Jakarta and developed the child and adolescent psychiatry service at Dr. Cipto Mangunkusumo National Referral Hospital.

In 1976, the Hawaii-trained protégés began the first Indonesian child and adolescent psychiatry fellowship program, still using the curriculum from the University of Hawaii's Department of Psychiatry, but adapted for a two-year instead of a one-year program. The program was hospital-based, and the graduating fellows received a certificate from the Department of Psychiatry Dr. Cipto Mangunkusumo National Referral Hospital. This was the one and only child and adolescent psychiatry fellowship program in the nation until 2014.

The fellowship program was evaluated several times during the period of 1997–2016, and the curriculum was also modified as needed. Around 2000, the program became more structured but consistently used the

University of Hawaii Department of Psychiatry's format as its main template. Nowadays, with its newly developed curriculum, this program has been approved as a subspecialty in psychiatry with a concentration in child and adolescent psychiatry by the Faculty of Medicine Universitas Indonesia. Graduates receive a certificate from the Faculty of Medicine Universitas Indonesia and acknowledged by the Indonesian College of Psychiatry.

This subspecialty training began first at the Department of Psychiatry, Faculty of Medicine Universitas Indonesia. However, in 2014, the Department of Psychiatry at the University of Airlangga (Surabaya, East Java) implemented child and adolescent psychiatry training as a subspecialty. The training supervisors were originally trained at the department. The Indonesia College of Psychiatry has also acknowledged this second subspecialty training program and willingly accepts its graduates as child and adolescent psychiatry consultants. One of the pioneering Indonesian child and adolescent psychiatrists laid the groundwork for the fellowship and subspecialty training and built the child and adolescent mental health services. Jack and other colleagues from the University of Hawaii Department of Psychiatry supportively watched from far away.

The Grandfather's Legacy: The Present Collaboration

After the pioneers set up the fellowship in the Department of Psychiatry at Universitas Indonesia and trained child and adolescent psychiatric subspecialists, the number of child and adolescent psychiatrists grew from the original 5 in 1976 to its current number of around 50, half of whom are in Jakarta. This number is still not enough for the whole nation, with its current population of almost 250 million people spread throughout an 18,000-island archipelago that spans over 3,000 miles from east to west. Much more work needs to be done, and the collaboration needs to be continued.

Based on discussions involving Jack McDermott, Anthony P.S. Guerrero (University of Hawaii Department of Psychiatry), Tjhin Wiguna, (Department of Psychiatry Universitas Indonesia), Ika Widyawati (Department of

Psychiatry Universitas Indonesia), and Melly Budhiman (Indonesian Autism Foundation) at the 56th AACAP Annual Meeting in Honolulu, Hawaii in 2009, the collaboration continued to the next level.

The Indonesian child and adolescent psychiatry workforce has since then become much more focused on research, scientific publishing, and collaborative education via video teleconferencing (VTC).³ The memorandum of understanding (MoU) between the Department of Psychiatry at Universitas Indonesia and the University of Hawaii Department of Psychiatry was executed in 2014. Several collaborative scientific papers have been published in areas as diverse as neuroimaging and cross-cultural psychiatry with a focus on the Asia-Pacific region (Table 1). VTC forums have allowed for mutual sharing of experiences and education (seminars, journal clubs) on various child and adolescent psychiatric topics, ranging from biological to psychosocial and cultural issues.

Conclusion

As posted in the Honolulu Star-Advertiser Obituaries, Jack

...embraced Hawai'i's myriad cultures, making the understanding of social and cultural influences on mental health and treatment a core mission of his work locally, nationally, and internationally. He was a gifted writer and speaker who wrote 12 books and hundreds of scientific papers along with popular analyses of films like *Star Wars* and the poet Emily Dickinson, and the book *Raising Cain and Abel Too: The Parents' Book of Sibling Rivalry*. He was editor-in-chief of the *Journal of the American Academy of Child and Adolescent Psychiatry*, and introduced child psychiatry to Indonesia....⁴

Child and adolescent psychiatry and mental health training, services, and research have significantly advanced since Dr. McDermott's founding of the Indonesia-Hawaii collaboration. He always held Indonesia close to his great heart, and he continued to support child and adolescent psychiatry development in Indonesia throughout his entire career. All of us are forever grateful.

Table 1. Published Scientific Papers From the Collaboration Between the Department of Psychiatry Dr. Cipto Mangunkusumo National Referral Hospital–Faculty of Medicine Universitas Indonesia and University of Hawaii Department of Psychiatry, John A. Burns School of Medicine

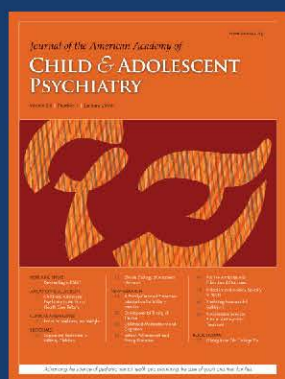
NO.	TITLE	PUBLISHED
1.	Psychiatric Morbidity Among Children in North Aceh District (Indonesia) Exposed to the 26 December 2004 Tsunami	Asia-Pacific Psychiatry, 2010
2.	Effect of 12-Week Administration of 20-mg Long-Acting Methylphenidate on Glu/Cr, NAA/Cr, Cho/Cr and ml/Cr ratios in the Prefrontal Cortices of School-Age Children in Indonesia	Clinical Neuropharmacology, 2012
3.	Care for the Seafarers: A Review of Mental Health in Austronesia	Asia-Pacific Psychiatry, 2013
4.	The University of Hawaii/University of Indonesia Collaboration to Build and Sustain a Child Psychiatric Workforce	Academic Psychiatry, 2014
5.	The Amygdala's Neurochemical Ratios After 12-Weeks Administration of 20 mg Long-Acting Methylphenidate in Children With Attention Deficit and Hyperactivity Disorder: A Pilot Study Using 1H Magnetic Resonance Imaging	Clinical Psychopharmacology and Neuroscience, 2014
6.	Executive Dysfunction Among Children With Antipsychotic Treated Schizophrenia	Clinical Psychopharmacology and Neuroscience, 2014

Take Home Summary

The collaboration between the Department of Psychiatry Dr. Cipto Mangunkusumo National Referral Hospital–Faculty of Medicine Universitas Indonesia and the Department of Psychiatry of the University of Hawaii that has lasted several decades strengthens the child and adolescent psychiatry educational programs in Indonesia. In addition, the use of new technologies such as VTC makes the program more advanced in communicating and discussion without any need to leave the country. The knowledge and experience that we discussed and shared from the VTC of the present collaboration were disseminated to our residents and fellows, and applied in the clinical and community child mental health workforces.

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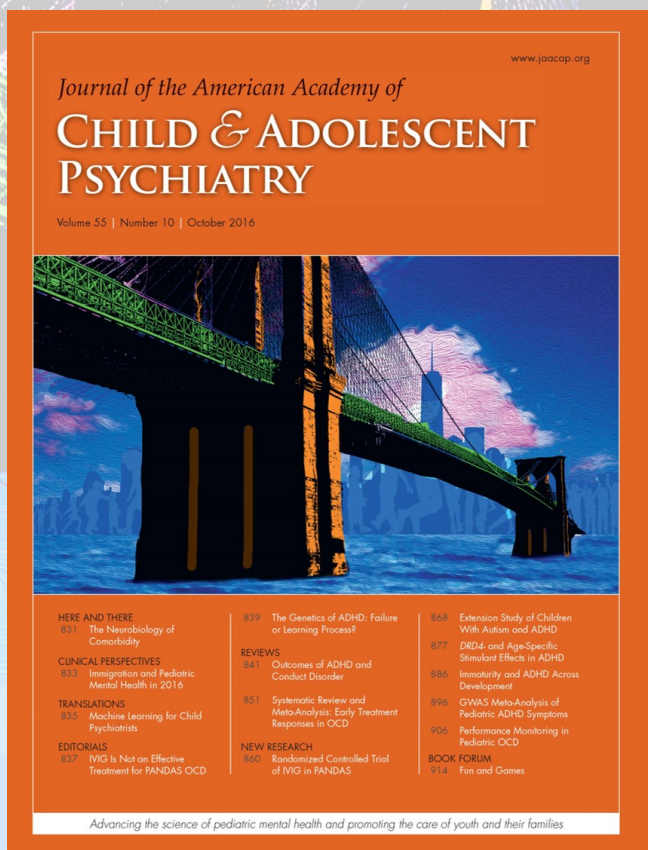
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Even for a city that is constantly changing, the New York skyline visible from the Brooklyn Bridge is remarkably different from the last time AACAP's Annual Meeting rolled into town, in 2010, due in no small part to the addition of the massive One World Trade Center building. AACAP itself is not the same organization that convened in Manhattan six years ago. Our membership continues to grow, innovative projects provide new opportunities for members to be involved and develop new skills, and even familiar programs and products like the Annual Meeting and JAACAP have evolved over time to fulfill the needs of child and adolescent psychiatrists around the world. We are, like our host city, in a state of continual metamorphosis.