Dr. Zaharah Sulaiman

Women’s Health Development Unit,
School of Medical Sciences, USM Health Campus,
Kubang Kerian, 16100, Kelantan.

Phone: 09-766 4962 / 013-980 8865

Email: zaharah@kck.usm.my / zaharahsulaiman@yahoo.com

Qualification

: MBBS (University of Adelaide, South Australia) 1996

: Master in Community Medicine (USM) 2005

Professional Affiliations

: Senior Medical Lecturer and Coordinator
Women’s Health Development Unit,
School of Medical Sciences,
Universiti Sains Malaysia,
Health Campus,
16150, Kubang Kerian, Kelantan.

: Advisor
Hospital Universiti Sains Malaysia,
Breastfeeding Support Group.

: International Board Certified Lactation Consultant (IBCLC)

: Chairperson
Raudhatus Sakinah Kelantan

Research Interest

: Qualitative research methodology
Women’s Health Issues and Breastfeeding

: Principle investigator and researchers for a few national level
research related to women
ABSTRACT

ACHIEVEMENT AND CHALLENGES IN MANAGING FEMALE ADOLESCENTS’ GUIDANCE CENTRE: EXPERIENCE SHARE FROM RAUDHATUS SAKINAH KELANTAN

Zaharah Sulaiman, MBBS, MCM, IBCLC
Coordinator, Women’s Health Development Unit,
School of Medical Sciences, USM

Adolescents today are exposed to various social ills such that they are easily influenced by unhealthy activities, be it directly or indirectly. Many of them have become victims of abuse, maltreatment, neglect, undue psychological stress, rape, incest and others. Raudhatus Sakinah (RS) was thus established as an institution that provides shelter and guidance to female adolescents who become victims of these social ills.

RS strives to offer help to affected adolescents by increasing the level of their confidence and abilities so that they may develop into individuals that contribute positively to society and religion. RS has been in operation since August 1998 under the administration of Wanita Pertubuhan Jamaah Islah Malaysia (WJIM). RS is an established ongoing project to help curb social ills in the society, with special attention to helping adolescents. RS was officially registered under the Care Centres Act 1993 with the Department of Social Welfare. Later in 2004, RS Kelantan was set up in Kota Bharu.

RS Kelantan shelters up to a maximum of 25 adolescents’ girls at any one time. They have to go through a year of rehabilitation program which focuses on spiritual and self development syllabus besides life skills and recreation activities. This paper will focus on the five year experiences, achievement and challenges faced by RS Kelantan in running the centre.