



Welcome to the 2nd Anniversary
Edition of the STAND-Indonesia

NEWSLETTER

Introduction

As we celebrate two remarkable years of our programme, we are excited to reflect on the halfway point of our ambitious four-year Global Health Group (GHG) research journey. This period has been filled with incredible achievements and we are thrilled to share some of the standout highlights from our research endeavours so far.

In this special edition, we are delighted to present a comprehensive overview of our second year's milestones, upcoming events and inspiring stories from our dedicated team and the communities we've engaged with. Our collective efforts have led to significant progress and we are proud to showcase the impact of our work.

Thank you for joining us on this extraordinary journey and for supporting our efforts to make a meaningful impact in global health, particularly in the field of mental health.

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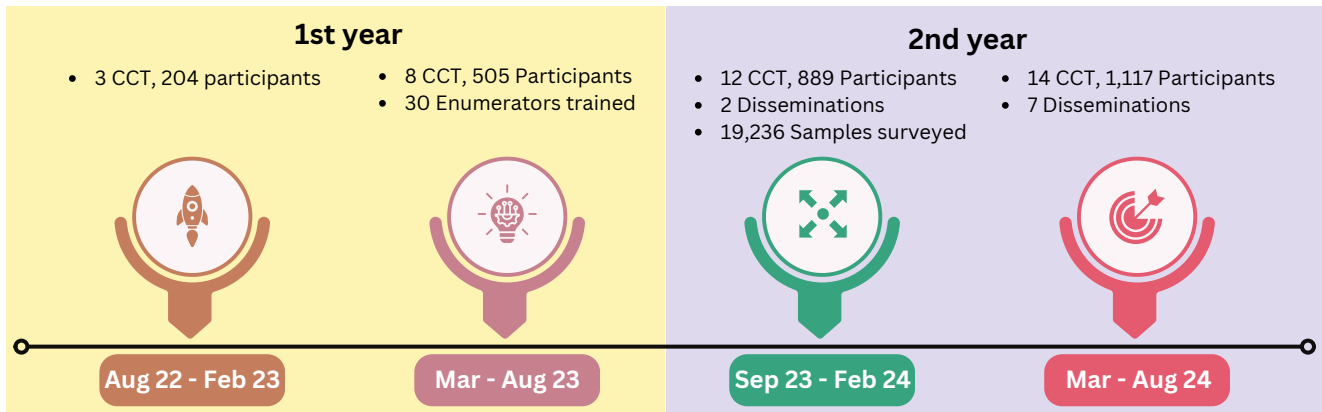
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PPI Translated Guidebook
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STAND-Indonesia 2nd Year Milestones



By the second year of the STAND project, the team has proudly accomplished remarkable milestones. They have conducted 14 CCT sessions, covering a diverse range of topics and engaging a total of 1,117 enthusiastic participants. Their commitment to sharing knowledge and insights led them to present their findings at eight different conferences, including prestigious venues in Japan, Singapore and the United Kingdom. To ensure robust data collection, the team hired and rigorously trained 30 dedicated enumerators, who successfully gathered an impressive 19,236 participants. This collective effort underscores the project's extensive reach and significant impact in advancing research and knowledge in mental health.

Exciting Festival from CEI Members: SEMESTA Mental Health Festival!



CEI members of STAND-Indonesia are thrilled to announce the upcoming SEMESTA Mental Health Festival, which aims to bridge gaps by creating a supportive and educational environment that fosters understanding, acceptance and proactive approaches to mental health. This festival is more than just an event—it's a movement towards building a more informed, compassionate and supportive community. By sharing knowledge, experiences and resources, we can significantly impact lives and foster a world where mental health, especially anxiety and depression is prioritised.

The SEMESTA Mental Health Festival will take place at Pos Bloc in Central Jakarta on 24-25 August, 2024. Be sure to come and join us to participate in a variety of engaging workshops, insightful panel discussions and interactive sessions led by mental health professionals!

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Highlights from the LIPI Training of Trainers

From 22-26 April 2024, we successfully hosted the Train the Trainer's on Low Intensity Psychological Intervention (LIPI) training. This engaging event welcomed 53 enthusiastic participants, including psychiatrists, doctors, nurses and lay workers (Kaders). Guided by an exceptional team of facilitators, including 11 experts from the Indonesian and UK research teams, 3 dedicated members from the Lived Experienced Advisory Group (LEAG) and 1 head of Community & Engagement Involvement (CEI). The training was a dynamic blend of lectures, role-plays and group discussions.

Recognised Excellence: Our Work Earns Prestigious Awards



The involvement of LEAG and CEI from proposal development to early research stages added significant value to the event. Their contributions were honored with the 'Outstanding Contribution to Patient and Public Involvement and Engagement (PPIE)' award by the Faculty of Biology, Medicine and Health at The University of Manchester. This award highlights the importance of collaboration and is anticipated to enhance future research and partnerships with CEI in STAND projects.

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Empowering Future Generations in Research: Asha's Journey with STAND-Indonesia



STAND-Indonesia is proud to support Novitri Nurimani Asha, a recent Psychology graduate from Universitas Brawijaya, Indonesia, in enhancing her skills in qualitative research data analysis. In July 2024, Asha not only deepened her knowledge in qualitative studies but also attended the prestigious BABCP Annual Conference & Workshop 2024 – ‘Catalysing Change: Ideas to Impact’, focusing on Low Intensity CBT.

Over the past two years as a research assistant at STAND-Indonesia, Asha has been vital to work packages 2 and 3. This programme offers Early Career Researchers like Asha a chance to improve qualitative research in Indonesia, encouraging innovation and excellence. Initiatives like these are crucial for developing the next generation of researchers, ensuring they can drive significant change and advance psychological research standards.

Advancing as a Mental Health Researcher: Mia 's Experience with STAND Indonesia

Mia Bennion, an emerging mental health professional, has joined STAND - Indonesia as a Research Associate. She has a First-Class Bachelor's degree in Psychology, a Postgraduate Certificate in Advanced Practice Interventions for Mental Health and currently completing a PhD at The University of Manchester. Previously, she played a key role at Greater Manchester Mental Health NHS Foundation Trust, gaining expertise in qualitative research and Low Intensity Interventions.



Mia has already made significant contributions to STAND - Indonesia, including facilitating trainer training in Malang, presenting at the British Association for Behavioural and Cognitive Psychotherapies (BABCP) conference, and providing crucial input during the development of Work Package 4.

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Expanding Impact: STAND-Indonesia's Cross Cutting Theme 2 Programme

In addition to its research activities, STAND-Indonesia is dedicated to benefiting the broader community through its CCT 2 programme. CCT 2 focuses on capacity-building activities for researchers, teams, and the general public by hosting seminars and workshops six times a year, every two months. The speakers for CCT 2 are mostly from STAND researchers.

In its second year, STAND-Indonesia has conducted both offline and online seminars, drawing a total of 612 participants from both domestic and international locations. The topics covered in these sessions are highly beneficial for researchers, providing valuable insights and skills essential for their careers.



Topics included within the CCT 2 Programme:

- New Medical Research Council (MRC) Guidance for Complex Interventions, delivered by Prof. Karina Lovell and Prof. Budi-Anna Keliat
- Secondary Data Analysis, delivered by Dr. Asri Maharani and Dr Sri Idaiani
- Writing & Publication Workshop, delivered by Dr. Helen Brooks and Prof. Karina Lovell
- Advancing Mental Health: Insights from JKN, STAND-Indonesia and BPJS Data, delivered by Dr. Hasbullah, Dr. Laura Anselmi and Mr. Dwidjo Susilo
- A Comprehensive Approach from a Systematic Review and Meta-Analysis, delivered by Dr. Laoise Renwick and Dr. Chunhu Shi
- Understanding Trial Design, delivered by Dr. Peter Bower

These topics are crucial for researchers to build a solid foundation and enhance their expertise. As we move into the third year, we aim to deliver even more impactful seminars that will benefit an even larger audience. By fostering continuous learning and skill development, STAND-Indonesia is committed to advancing the quality and impact of research, thereby contributing significantly to the scientific community and society at large.

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Building Bridges: Successful Collaborative Trips and Outcomes



STAND-Indonesia has established a strong foundation of communication and collaboration between Indonesian and UK researchers. Throughout our research programmes, researchers have had the opportunity to visit each other's countries.

The researchers' latest trip, which took place from 24-26 July 2024, aimed to foster a deeper understanding of each other's cultures. This trip served as a platform for knowledge exchange and enriching experiences for everyone involved. By embracing these cross-cultural interactions, our collaborative efforts are strengthened, ultimately enhancing the overall quality and impact of our research.

Innovative Publications: PPI Translated Guidebook and Kader & Patient Manual

STAND-Indonesia proudly presents its latest publications: the PPI Translated Guidebook and the Manual for Kader and Patients. These resources have been carefully and meticulously translated into Bahasa Indonesia and have undergone a rigorous cultural adaptation process with the help of CEI, experts, and research members. These guidebooks aim to be invaluable tools for LIPI in Indonesia, extending their national impact and improving the quality of psychological care across the country.



Next Newsletter Sneak Peek:

Stay tuned for our next edition to learn about updates, findings and lessons learned from our Work Package 2.

Explore our works and stay informed

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