

NEWSLETTER



Welcome to the STAND-Indonesia newsletter

We are excited to share the latest updates from STAND-Indonesia! Over the past few months, from August to December 2024, our team has been actively working to engage with communities and raise awareness about anxiety and depression.

As we welcome 2025, we eagerly anticipate embarking on another meaningful journey, continuing the valuable work we accomplished in 2024. This past year has been filled with growth, collaboration, and impactful connections that inspire us to continue making a difference.

In this edition, you'll find highlights from our outreach activities, where we connected with communities to support mental health awareness. We're also thrilled to introduce you to our dedicated team and showcase STAND's recent involvement in prestigious events, both in the UK and Indonesia

• Semesta Mental Health Festival

SEMESTA (Semarak Masyarakat Dukung Kesehatan Mental Bebas Stigma (translated as 'Vibrant Community Support for Stigma-Free Mental Health'))

SEMESTA Mental Health Festival #semuakitadirayakan aimed to create a supportive and educative environment that encouraged understanding, acceptance, and a proactive approach to mental health. SEMESTA Mental Health Festival was more than just an event; it was a movement to create a more informed, compassionate, and supportive community.

As we come together to share knowledge, experiences, and resources, we can make a meaningful impact on people's lives and help create a world where mental health, especially anxiety and depression, can be openly discussed and prioritised.

The four-day SEMESTA Festival, held from 23-26 August 2024, engaged around 750 participants from diverse backgrounds through three main events: **Expert Panel Session, Two-Day Community Festival, and Studium Generale**. Each event was designed to promote collaboration, share experiences, and enhance the impact of inclusive research approaches.

1. Semesta Festival: Expert Panel Session, 23 August 2024

"Collaboration and Impact: The Benefits of Involving the Lived Experience Advisory Group in Shaping Research Outcomes"



This session attracted 125 attendees, including health professionals, education experts, and members of the Lived Experience Advisory Group (LEAG). The discussion was highly interactive, with insightful presentations by Dr. Helen Brooks and Dr. Laoise Renwick from The University of Manchester, Prof. Agung Waluyo from Universitas Indonesia and Yoppy Rismayadi, a LEAG member who actively participates in research and has adapted his experiences into his daily life.

The speakers shared profound insights on the importance of LEAG involvement in research, highlighting how firsthand perspectives from those with lived experience play a crucial role in shaping relevant and sustainable research outcomes.



2. SEMESTA FESTIVAL : Two-Day Community Festival 24-25 August, 2024 at Pos Bloc, Jakarta



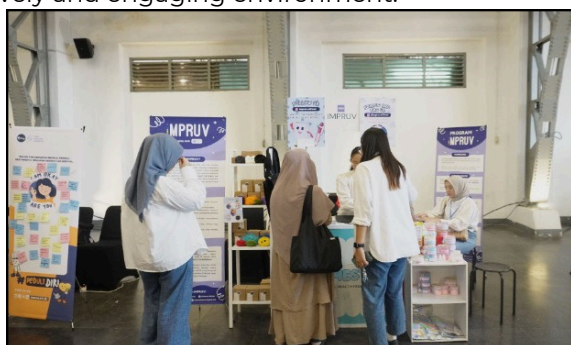
The SEMESTA Mental Health Festival was a vibrant and exciting event, with 211 participants attending on the first day and 156 on the second. The festival offered a variety of engaging activities, including interactive talk shows, booths and art workshops.

The talk shows featured multiple sessions over two days, with contributions from mental health experts, individuals with lived experiences and caregivers. This lineup provided attendees with valuable insights and perspectives on mental health.

The festival's workshops were also a major highlight, offering sessions on doodle art, necklace and bracelet making, clay art and coffee art. These workshops were led by both mental health experts and individuals with lived experience, fostering a creative and inclusive space that celebrated mental wellness.



Adding to the lively atmosphere were 12 booths, hosted not only by mental health-focused NGOs but also by community health system initiatives and a media partner radio station. These activities were designed with the hope of making learning enjoyable, sparking curiosity, and inspiring meaningful conversations in a dynamic, supportive setting that fosters a shared sense of purpose within a lively and engaging environment.



During the festival, attendees were invited to complete an evaluation form to share their experiences. The LEAG is conducting a formal analysis, but initial findings indicate that participants found the event both enjoyable and highly informative. Many attendees reported learning new aspects of mental health, actively engaging in various festival activities, and showing improvements in their mental health knowledge. Additionally, 59.1% of attendees expressed satisfaction with the SEMESTA Festival, highlighting its positive impact.

3. SEMESTA FESTIVAL: Studium Generale “Mental Health Awareness for University Students” by Dr. Laoise Renwick, 26 August 2024, Faculty of Nursing, Universitas Indonesia

Led by Dr. Laoise Renwick, this session emphasised strategies for preventing mental health challenges among university students, empowering them to succeed both academically and personally.

More than 300 students and faculty members from the Faculty of Nursing at Universitas Indonesia participated, contributing to a vibrant and interactive atmosphere. The event provided a meaningful conclusion to the August STAND festival, embodying our commitment to fostering a supportive community and strengthening mental health systems through collaboration and shared purpose.



**Work Package 2
Health Product & Supportive Technology Development**



In our latest efforts within Work Package 2, we are focused on exploring and developing equitable health infrastructure crucial for delivering low-intensity psychological interventions in resource-limited settings. Collaborating with 12 team members across various sites, we gathered data from key stakeholders.

This exploration helped us identify community needs and develop strategies for implementing the intervention effectively.

The Work Package 2 team comprises a diverse group of experts with multidisciplinary backgrounds in qualitative research, including mental health, medicine, nursing, and psychology. United by a shared passion for impactful change, the team is driven and committed to advancing meaningful progress.

Meet Our Dedicated Team

Indonesian Team

Novy Helena Catharina Daulima

Daulima is a senior lecturer in the Faculty of Nursing at Universitas Indonesia (UI). As the Lead for Work Package 2, Daulima oversees researchers in recruiting participants for the qualitative study, conducting interviews, and analysing data for the WP2 study.



Herni Susanti

Susanti is a Professor in the Faculty of Nursing at Universitas Indonesia. In addition to serving as the Principal Investigator for STAND-Indonesia, she has also successfully managed research activities in Jombang.



Budi Anna Keliat

Keliat is a professor in the Faculty of Nursing at Universitas Indonesia. She is responsible for managing the conduction of research activities in Bogor and conducts interviews with key informants from national stakeholders.



Irmansyah

Irmansyah also works as a senior researcher at the Research Centre for Public Health and Nutrition, National Research and Innovation Agency (BRIN). Previously, he held senior positions at the Ministry of Health. In WP2, he is responsible for conducting research in Magelang.



Hervita Diatri

Diatri works as a senior lecturer at the Faculty of Medicine, Universitas Indonesia, and as a psychiatry practitioner at Dr. Cipto Mangunkusumo Hospital. In WP2, she is responsible for conducting research in Bogor.



Fitri Fausiah

Fausiah works as a senior lecturer at the Faculty of Psychology, Universitas Indonesia, and as a clinical psychologist at Universitas Indonesia Hospital. In WP2, she is responsible for conducting research in Semarang.



Heni Dwi Windarwati

Windarwati works as a senior lecturer at the Faculty of Health Sciences, Universitas Brawijaya. In WP2, she is responsible for conducting research in Malang and Jombang.



UK Team

Helen Brooks

Brooks is a senior lecturer and Head of the Mental Health Research Group at the School of Nursing, Midwifery, and Social Work. In addition to serving as the Principal Investigator for STAND-Indonesia, she also leads Work Package 2, overseeing data analysis for the qualitative study and ensuring seamless collaboration across all stages of the WP2 study.



Karina Lovell

Lovell is Professor of Mental Health, Division Nursing, Midwifery and Social Work, University of Manchester. In WP2, advised on ethics and adaptations in WP2, ensuring its findings informed strategies for WP3



Rebecca Pedley

Pedley is research fellow at Division of Nursing, Midwifery and Social Work responsible for supporting qualitative work and research activities.



Site Collaborator

Heri Setiawan

Setiawan, a graduate of the Mental Health Nursing Specialist Program at the University of Indonesia and a mental health nurse at Soerojo Hospital, Magelang, serves as a Site Collaborator. He supports data collection, facilitates communication with local partners, and provides valuable local insights.



Uswatun Hasanah

Hasanah holds a degree in Mental Health Nursing and has 10 years of experience caring for and supporting individuals with mental health issues. At STAND-Indonesia, she supports data collection in Jombang and Malang and helps facilitate team communication at the sites.



Dwi Heppy Rochmawati

Rochmawati obtained a doctorate in health with a specialisation in mental health nursing in 2023. In WP2, she serves as a site collaborator in Semarang, Central Java. She also assists with data collection and facilitates communication workflows with local collaborators.



Atik Puji Rahayu

Rahayu, a graduate of the Mental Health Nursing Specialist Program at the University of Indonesia and a mental health nurse at Marzoekei Mahdi Hospital, Bogor, serves as a Site Collaborator. She supports data collection and facilitates communication with local partners.



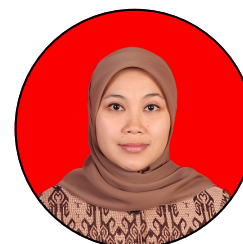
Ellya Qolina

Qolina, a graduate of the Mental Health Nursing Specialist Program at the University of Indonesia and a lecturer at Universitas Cendekia Abditama, Tangerang, serves as a Site Collaborator. She supports data collection in Tangerang.



Rita Rahayu

Rahayu, a graduate of the Mental Health Nursing Specialist Program at the University of Indonesia and a lecturer at STIKES Sukabumi, serves as a Site Collaborator for WP2. She supports data collection at the Bogor site alongside Atik.



Programme Manager

Hany Wihardja

Wihardja is our Programme Manager based in Indonesia. She brings extensive expertise in Nursing Education, Nursing Administration, and Research. In WP2, she supports data management, research permits, ensuring data collection stays on track, and overseeing on-site data collection.



Research Associate

Novitri N. Asha

Asha holds a psychology degree from Universitas Brawijaya. She supports various STAND research programs with her expertise in community psychology research. In WP2, her contributions include managing research permits, conducting on-site data collection, performing qualitative data analysis, and contributing to academic paper writing.



Work Package 2b

Co-Adaptation of Low-Intensity Psychological Interventions

To address the global treatment gap, the WHO recommends scalable psychological interventions like behavioral activation, problem-solving, and cognitive restructuring, which have proven effective across cultures. However, cultural adaptation is key to making them more relevant and acceptable in new settings. In STAND, we have used a co-adaptation approach, collaborating with local partners — including traditional healers, health workers, doctors, community leaders, family members and patients — to tailor the interventions to the unique needs of Indonesian communities. This will help to ensure the interventions are culturally appropriate and more acceptable to the local communities in which we will introduce them later in the programme.

- **The Bicentennial Global Event**



2024 marks a momentous year for The University of Manchester, celebrating two centuries of learning, innovation, and research that have shaped the world. This year, we honor 200 years of remarkable people and community, 200 years of groundbreaking discoveries and pioneering ideas, and 200 years of global influence.

This special year has been packed with opportunities for everyone including staff, students, alumni, local residents, and our broader global community. After all, it's the people who make The University of Manchester what it is today, and we want everyone to feel a part of this celebration.

STAND-Indonesia is proud to be part of this global research community, presenting advancements in NIHR-funded research and capacity-building projects in LMICs. Our Co-Principal Investigator, Prof. Herni Susanti, joined this momentous celebration alongside Work Package 3 Lead, Prof. Budi Anna Keliat, and CEI Lead Lulu Febriawati. Their participation offered a valuable opportunity to present the journey and broader community engagement and Involvement (CEI) efforts within STAND-Indonesia.

- **STAND's in Dies Natalis Celebrating 39 Years of the Faculty of Nursing, Universitas Indonesia**

In November 2024, the Faculty of Nursing at Universitas Indonesia celebrates its 39th anniversary with the theme "Nursing for a Sustainable Future." On this occasion, STAND Co-PI Prof. Herni Susanti presented on STAND-Indonesia's journey and mental health initiatives in the community, spanning from 2022 to 2024. Her presentation highlighted the impactful work being done to promote mental health and well-being, aiming to create lasting, positive changes in society. This anniversary event honors the commitment of the Faculty of Nursing to advancing sustainable health solutions, with STAND-Indonesia's initiatives as a key part of this mission.



● Celebrating Professorship Achievement of Co-PI Herni Susanti



At the end of October 2024, the STAND team received inspiring news: Co-Principal Investigator Herni Susanti has achieved the title of Professor. Herni brings 25 years of dedicated work in the field of mental health, specialising in collaborative research focused on community mental health across the spectrum of wellness, risk, and mental health disorders.

Her commitment to advancing mental health care in communities has been instrumental in shaping impactful programmes and initiatives. This professorship not only marks a milestone in her distinguished career but also brings renewed energy and motivation to the entire STAND team as we continue our shared mission.

Congratulations, Professor Herni Susanti, on this well-deserved recognition!

Explore Our Work and Stay Informed

Stay Connected with Us

Keep up with the latest updates, news, and publications by following us on social media:

 <http://sites.manchester.ac.uk/stand-indonesia/>

 [@globalhealth_id](https://www.instagram.com/globalhealth_id)

 [@globalhealth_id](https://twitter.com/globalhealth_id)

 [Global Health Research Indonesia](https://www.facebook.com/GlobalHealthResearchIndonesia)

Next Newsletter Sneak Peek:

In the next edition, we'll be introducing the members of our Work Package 3 team. We'll also bring you exciting news updates, programme progress, and event details. Stay tuned!

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