

# NEWSLETTER



## INSIDE THIS ISSUE

As we step into November 2025, our journey to expand the implementation of community-based mental health interventions continues to gain inspiring momentum. This month marks another milestone as teams across regions strengthen collaboration, extend outreach, and reaffirm our shared commitment to psychosocial recovery and wellbeing.

From the rollout of the Low Intensity Psychological Intervention (LIPI) across four provinces to the preparation of research dissemination events under various Work Packages, collaboration remains the heart of our progress. Every effort from our kaders, facilitators, and academic teams has brought meaningful impact to thousands of individuals who now have better access to emotional support and mental health care closer to their communities.

We sincerely thank all field teams, university partners, and international collaborators for their dedication and teamwork. Let us continue moving forward together, turning small actions into lasting changes for mental health in Indonesia.

Enjoy this month's stories, highlights, and updates!

# Work Package 3: Service Support and Workforce Resource

Work Package 3 (WP3), led by Prof. Karina Lovell (University of Manchester) and Prof. Budi Anna Keliat (Universitas Indonesia), focuses on strengthening the foundation for sustainable mental health services through three interconnected components: co-refining the project's theory of change, developing local support infrastructure, and building the capacity of Indonesia's mental health workforce. These activities are central to ensuring that community-based interventions for anxiety and depression can be effectively implemented and sustained across diverse local contexts.



The first component, **WP3a – Co-Refining Our Theory of Change**, was designed to synthesise learning from Work Packages 1 and 2 and translate those insights into a practical roadmap for implementation. A one-day workshop held on 22 November 2023, brought together 30 participants, including members of the CEI advisory panel, the professional reference group, co-applicants, and site collaborators. Together, they reviewed the project's initial framework, discussed contextual challenges, and refined the Theory of Change to ensure it reflects local realities and aligns with both community and institutional priorities. The resulting framework now provides a shared vision for how change can be achieved and measured throughout the STAND Indonesia project.



The second component, **WP3b – Developing Local Support Infrastructure**, aimed to co-produce implementation strategies with local partners to improve access to low-intensity psychological interventions for depression and anxiety. Working collaboratively with patients, health workers, government representatives, and NGOs, the team conducted hybrid and in-person workshops across 12 sites in four provinces of Java (East, Central, West, and Banten), with three sites per province. Each site also participated in online orientation sessions to ensure consistent understanding of the intervention principles, ethical standards, and collaborative approaches. Through these workshops, local partners identified context-specific barriers and resources, laying the groundwork for sustainable, locally owned mental health support systems.

The final component, **WP3c – Building Workforce Capacity**, focused on evaluating the feasibility, acceptability, and impact of a train-the-trainers programme to strengthen the health workforce’s readiness to deliver low-intensity psychological interventions. The training was designed to upskill healthcare professionals and community kader’s in preparation for the implementation phase in Work Package 4 (WP 4). Across 12 sites, the programme successfully trained 12 doctors, 48 nurses, and 150 kader’s. Early feedback showed increased confidence and competence among participants, demonstrating the feasibility and acceptability of this model for wider scale-up.



Overall, WP3 exemplifies how collaboration between academic institutions, government bodies, and communities can drive sustainable improvements in mental health care delivery. By integrating evidence, co-production, and capacity building, this work package ensures that the STAND Indonesia intervention is not only scientifically sound but also grounded in community empowerment and local ownership. As Prof. Karina Lovell and Prof. Keliat emphasised:

***“Building a resilient mental health system starts with empowering people, from policymakers to local Kader’s, to create change from within.”***

## EXPANDING ACCESS TO MENTAL HEALTH CARE: THE JOURNEY OF LOW INTENSITY PSYCHOLOGICAL INTERVENTION (LIPI) IMPLEMENTATION IN INDONESIA



The year 2025 marked a significant milestone for the STAND Indonesia programme with the launch of the Low Intensity Psychological Intervention (LIPI) implementation across four provinces: Banten, West Java, Central Java, and East Java. Beginning in February 2025, the first wave of open services brought the initiative to 12 cities and districts, making mental health support more accessible to communities through trained kaders working in collaboration with primary health centres.

The process began with initial screenings conducted by kader's using a brief four-item tool, consisting of two questions from the Patient Health Questionnaire (PHQ) and two from the Generalised Anxiety Disorder (GAD) scale. This simple approach enabled early detection of individuals who might be experiencing symptoms of anxiety or depression. Those who met the criteria were invited to complete a full screening. Participants who advanced past this stage received detailed information about the study, and if they consented voluntarily, they signed the informed consent form and completed a baseline survey.

Once enrolled, each participant received guidance from a trained kader for a period of six to eight weeks. During this time, cadres delivered the LIPI sessions using a structured manual book and a series of educational videos. These materials were designed to help participants learn simple psychological techniques, such as relaxation, problem-solving, and managing worry time, which are practical strategies that can be applied in everyday life.

The LIPI implementation was carried out in three consecutive waves throughout 2025. The first phase ran from February to April, with 528 participants, followed by April to July, with 523 participants, and finally July to September, with 508 participants. A total of 19,533 individuals were initially screened across all locations. From this large pool, 5,991 passed the initial screening, 2,027 underwent full screening, and 1,607 participants met all eligibility criteria, completed informed consent, and began the programme.

Over three enrolment waves, a total of 1,559 participants finished the entire intervention. Only 12 participants withdrew, mainly due to personal or health-related circumstances. Notably, during the second phase of the rollout, no participant withdrew, which strongly indicates that the programme was well-received and regarded as relevant by the community.

The successful implementation of LIPI reflects not only the effectiveness of the intervention but also the strength of community collaboration in Indonesia. Through the dedication of kader's, primary health centres, and the STAND Indonesia research team, thousands of individuals were able to access early, low-intensity mental health support for the first time.

## WORKSHOP ON SCALING UP LIPI: STRATEGIES TO OVERCOME BARRIERS AND MAXIMISE FACILITATORS JAKARTA, 31 JULY 2025 — JS LUWANSA HOTEL



Work Package 5 of the STAND Indonesia program successfully conducted a one-day workshop titled “Scaling Up LIPI: Strategies to Overcome Barriers and Maximise Facilitators” at JS Luwansa Hotel, Jakarta. The event brought together 51 participants representing diverse stakeholders from multiple levels of the health system and professional associations.

Attendees included representatives from the Directorate of Vulnerable Health Services and the Directorate of Primary Health Care, Ministry of Health, Heads and General Practitioners from Puskesmas Cipadu, Cibening, and Ciasmara; nurses from the same primary health centres; members of Lived Experience Advisory Group (LEAG); community lay workers (kader); the Mental Health Working Group of the Ministry of Health; and representatives from professional and public health associations such as PDSKJI, IPKJI, IPK, IAKMI, and INAHEA. Also present were officials from the Banten and West Java Provincial Health Offices, as well as the Tangerang and Bogor District Health Offices, and the Ministry of Home Affairs.

### Highlights of the Sessions

**Session 1:** The Director of Primary Health Care, Ministry of Health, delivered a comprehensive presentation on Mental Health Services at the Primary Care Level, emphasising policy direction and integration within Puskesmas.

**Session 2:** Dr. Jon Gibson from the University of Manchester shared insights on Assessing Costs and Cost Variation in the Implementation of the STAND Mental Health Intervention in Indonesia.

**Session 3:** Researchers from STAND Indonesia presented updates on progress across Work Packages 1–4, highlighting achievements, lessons learned, and the interconnectedness between the research components.

## WORKSHOP ON SCALING UP LIPI: STRATEGIES TO OVERCOME BARRIERS AND MAXIMISE FACILITATORS JAKARTA, 31 JULY 2025 — JS LUWANSA HOTEL



### Interactive Group Discussion: Scaling LIPI for Sustainability

The final session invited participants to collaboratively explore the potential for scaling up the LIPI across multiple system levels, including community, sub-district/district/city, provincial, and national levels. Discussions focused on identifying key supporting factors, barriers (particularly resource and cost-related challenges), and strategic opportunities to ensure LIPI becomes a sustainable and integrated part of Indonesia’s mental health and social care systems.

The atmosphere throughout the workshop was lively and inspiring, as presentations and discussions were not only led by professionals but also by community lay workers (kader’s) who shared their real-world experiences in delivering mental health care at the grassroots level. Their participation enriched the dialogue, emphasising the essential role of community engagement in the long-term success of LIPI implementation.

**FROM SCIENCE TO STORY: TRANSFORMING MENTAL HEALTH RESEARCH INTO POWERFUL NARRATIVES WORKSHOP  
JAKARTA, 19 – 21 AUGUST 2025 – HOTEL IBIS CIKINI**



The "From Science to Story: Transforming Mental Health Research into Powerful Narratives" workshop, held by the CEI of Global Health Research group on Sustainable Care for Anxiety and Depression in Indonesia (STAND Indonesia), took place on 19–21 August 2025, in Jakarta. This workshop involved 9 participants: 5 from the LEAG and 4 NGO Consortium representatives who are assigned as members of the dissemination team.

The workshop aimed to provide participants with a systematic approach to translate complex information based on the published studies of GHG STAND researchers into narratives that maintain intellectual integrity while leveraging the power of storytelling from personal lived experiences. By combining evidence-based information and emotionally resonant storytelling, the workshop integrated Marshall Ganz's proven "Story of Self, Us, and Now" framework with practical content creation techniques for digital platforms.

## FROM SCIENCE TO STORY: TRANSFORMING MENTAL HEALTH RESEARCH INTO POWERFUL NARRATIVES WORKSHOP JAKARTA, 19 – 21 AUGUST 2025 – HOTEL IBIS CIKINI



In the first session, participants received training on a communication strategy, presented by Azarine Arinta (Communication Specialist) on day 1 (19 August 2025). The core material on creating stories for public narratives using the "Story of Self, Us, and Now" and ethical content creation was presented by Benny Prawira (STAND Indonesia) over three days (19-21 August 2025). On the final day, 21 August 2025, participants learned how to create social media content (including video) in a session presented by Rezaldi Chairil (Content Creator).

The workshop successfully delivered high-quality, practical content that resonated strongly with participants. The key insight from the evaluation was that the Story of Self, Us, and Now framework received unanimous positive feedback, indicating strong pedagogical value and practical applicability. As a result, 100% of participants developed concrete implementation plans, with social media content creation and community networking being the primary applications. All of them will be involved in the next stage of the STAND dissemination phase, assisting the research team in translating their study's findings into accessible content for wider public consumption.



## HELEN BROOKS APPOINTED AS PROFESSOR OF HEALTH AND PSYCHOSOCIAL WELLBEING 1 AUGUST 2025 – MANCHESTER, UNITED KINGDOM



The STAND Indonesia team proudly congratulates Professor Helen Brooks, Co-Principal Investigator of the NIHR Global Health Research Group on Sustainable Treatment for Anxiety and Depression in Indonesia (STAND Indonesia), on her official appointment as Professor of Health and Psychosocial Wellbeing at the School of Nursing, Midwifery and Social Work, University of Manchester. Professor Brooks currently leads the Mental Health Research Group and serves as the Programme Director for the Master's in Clinical Research. She plays a pivotal role in both undergraduate and postgraduate education, particularly in advancing research methodology and applied mental health studies.

Helen earned her PhD from the University of Manchester in 2013, focusing on perceptions of recovery and prognosis among individuals with long-term physical conditions, the first study to explore the applicability of mental health recovery models within this population. Her research has significantly contributed to understanding the role of social networks and companion animals in managing chronic illnesses. Her influential paper “Creature Comforts” was cited in the UK House of Lords by Lord Black and informed discussions by the Joint Select Committee on the Care and Support Bill.

With extensive experience in international research leadership, Professor Brooks serves as Co-Principal Investigator on the STAND Indonesia programme and as Work Package and PPI Lead on the NIHR RIGHT Call project, evaluating rehabilitation interventions for burn survivors in Pakistan. She is also a co-applicant on several major NIHR and MRC-funded projects—including PGfAR Prospect, PGfAR EQUITY, and MRC FUSION, where she contributes her expertise in qualitative and process evaluation. She continues to inspire the next generation of researchers, currently supervising multiple doctoral students, including Emily Vicary (on social support and student wellbeing) and Aditya Kurniawan (on the experience of lay community workers delivering low-intensity psychological interventions in Indonesia).


The STAND Indonesia consortium celebrates this achievement as a testament to Professor Brooks’s remarkable academic leadership and enduring commitment to improving mental health care and wellbeing globally.

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### Next Newsletter Sneak Peek:

Our Work Packages (WPs) and Cross Cutting Themes (CCTs)

In the next edition, we'll be introducing the brief result of our LIPI implementation. We'll also bring you exciting news updates, programme progress, and event details. Stay tuned!

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