



NEWSLETTER

STAND - INDONESIA

JUNE 2026



Mental Health Festival in Collaboration with STAND NGOs

The Community Engagement and Involvement (CEI) Mini Festivals brought together communities, organisations, researchers, and the public in a shared effort to promote mental health awareness, reduce stigma, and encourage open conversations around lived experiences. Throughout 2025, a range of collaborative activities and community-led initiatives were conducted in partnership with diverse organisations and institutions, highlighting the importance of inclusive engagement in mental health advocacy.

KOMUNITAS PEDULI SKIZOFRENIA INDONESIA (KPSI)

The activities began with a People with Lived Experience (PLE) Painting Exhibition held in Malang, East Java, from 26–28 September 2025. Open from morning until evening, the exhibition attracted approximately 500 visitors, primarily members of the general public. Through a collection of artworks created and curated by individuals with lived experiences, the exhibition provided a meaningful platform for expression, reflection, and dialogue around mental health. Visitors were encouraged to engage with personal stories conveyed through art, helping to foster empathy and reduce stigma within the community. The event also received broader public attention through media coverage by Radar Malang newspaper and Liputan6.com, further amplifying messages of inclusion and mental health awareness.



The festival activities continued with a Zumba and aerobics session during Car Free Day in Malang on 27 September 2025, which brought together around 500 participants in a lively and inclusive community atmosphere. The session aimed to promote not only physical wellbeing but also social connectedness and positive mental health through enjoyable group activities. Participants from different age groups enthusiastically joined the event, creating an open and supportive environment that encouraged community participation and conversations about mental health in everyday settings.



CISDI (IN COLLABORATION WITH UNIVERSITAS PELITA HARAPAN)

As part of the CEI Mini Festival series, an interactive community engagement event by CISDI was held on 26 November 2025 in collaboration with Universitas Pelita Harapan (UPH). The event featured an activation stamp system that encouraged participants to explore different booths and activities while collecting stamps to redeem merchandise and rewards, creating a fun, engaging, and inclusive festival atmosphere.

A total of seven community partners participated in the event, including online counselling platforms, mental health communities, and non-profit organisations providing psychosocial support services. Through these collaborations, participants were introduced to various mental health resources, support networks, and community-based initiatives aimed at promoting wellbeing and reducing stigma surrounding mental health issues.



The event also offered a variety of on-site engagement activities, including a photo booth, emotional expression wall, emotional expression booths, and a Zen Corner featuring calming music and a relaxation space. These activities created opportunities for participants to express emotions, reflect on personal experiences, and engage in conversations about mental health in a supportive and welcoming environment.

In addition, participants took part in a People with Lived Experience (PLE) panel discussion, an art therapy workshop, and mental health screening sessions. The PLE discussion provided a meaningful platform for sharing lived experiences and encouraging open dialogue around mental health challenges and recovery. Meanwhile, the art therapy workshop and screening sessions promoted self-awareness and emotional wellbeing, making the event both interactive and impactful for attendees from diverse backgrounds.



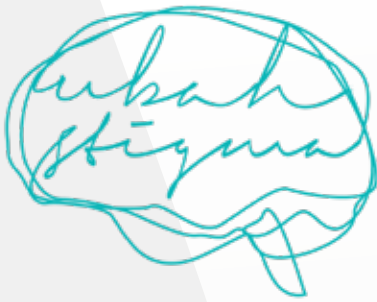
INTO THE LIGHT

(IN COLLABORATION WITH
UNISSULA NURSING STUDENTS)

Into the Light organised a student-focused mental health engagement event was held on 11 October 2025 in collaboration with nursing students from Universitas Islam Sultan Agung (UNISSULA). The event aimed to promote student mental health awareness and encourage open discussions around emotional wellbeing and peer support.



The programme featured a panel discussion, talk show and sharing session, as well as a mini-workshop focusing on student mental health. Through these activities, participants explored topics related to academic stress, emotional wellbeing, and the importance of seeking support when facing mental health challenges. In total, the event engaged 223 students, highlighting strong enthusiasm for mental health awareness initiatives among university students.



u b a h s t i g m a

UBAH STIGMA

(IN COLLABORATION WITH
SOEROJO PSYCHIATRIC HOSPITAL, MAGELANG)

Ubah Stigma, in collaboration with Soeroyo Psychiatric Hospital in Magelang, held a community mental health engagement event on 12 November 2025. The event aimed to increase public understanding of common mental disorders and provide a supportive space for discussion, reflection, and peer engagement.

The programme included a pre-recorded lecture on the symptoms and management of common mental disorders in both the UK and Indonesia, delivered by Bayu, a psychiatrist, alongside contributions from Mia and Karina from the STAND team. Participants also joined a talk show and sharing session featuring a psychiatric nurse, psychologist, and People with Lived Experience (PLE), followed by an interactive question-and-answer session.

Additional activities included an art workshop facilitated by psychologist Asri, which encouraged participants to express emotions and thoughts through creative activities, as well as a support group session led by Arum focusing on anxiety and depression among community members with lived experience in Magelang. In total, the event engaged 156 participants, highlighting strong community interest in mental health awareness, and psychosocial support initiatives.



Through these CEI Mini Festival activities, STAND and its partners demonstrated the value of collaborative, inclusive, and creative approaches in promoting mental health awareness and reducing stigma across different community settings.

Upcoming STAND Showcase Event

STAND is preparing an exciting milestone event in August 2026 through a two-day in-person national showcase that will bring together researchers, practitioners, community partners, policymakers, and representatives from across the major islands of Indonesia. This event marks an important moment to reflect on the progress, impact, and lessons learned from the implementation of the Low Intensity Psychological Intervention (LIPI) across 12 sites in Indonesia.



The showcase aims to highlight key achievements and innovations generated throughout the programme, particularly from the implementation of LIPI within diverse community and primary care settings. It will also serve as a platform to strengthen collaboration among academic institutions, government stakeholders, healthcare providers, non-governmental organisations, and community groups, while fostering meaningful dialogue on the future direction of community-based mental health services in Indonesia.

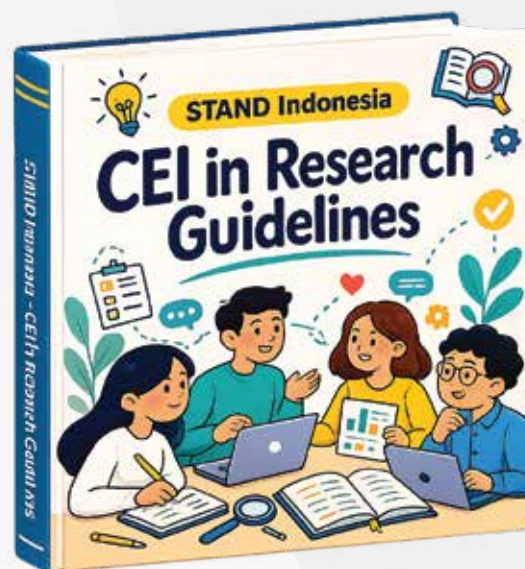
A key feature of the showcase will be the participation of 10 non-governmental organisation (NGO) booths focusing on mental health advocacy, psychosocial support, lived experience engagement, and community empowerment. These booths are expected to create interactive opportunities for networking, public engagement, and knowledge exchange among participants from different sectors and regions.

The programme will also include sustainability-focused discussions exploring strategies for the long-term integration and scale-up of LIPI within existing health and community systems. In addition, dedicated sessions involving patients, caregivers, cadres, supervisors, and People with Lived Experience (PLE) will provide important perspectives on the real-world impact of the intervention and the value of community engagement in mental health care. Through panel discussions, presentations, interactive sessions, and cross-sector dialogue, the showcase is expected to facilitate meaningful exchanges between researchers, practitioners, policymakers, and community representatives, helping bridge research evidence with practical implementation and policy development. With participants expected from multiple provinces and island regions across Indonesia, the event will represent a broad and diverse network committed to advancing inclusive and sustainable mental health care.

As we approach this important milestone, we warmly invite all partners, collaborators, and stakeholders to join the STAND National Showcase. Together, we hope to celebrate collective achievements, share lessons learned, and strengthen collaborations toward a more inclusive, accessible, and sustainable mental health system in Indonesia.

Guidelines for Community Engagement and Involvement in Research

As part of its commitment to strengthening meaningful community engagement in research, STAND is currently developing a Community Engagement and Involvement (CEI) Guidelines that is expected to serve as a practical reference for researchers and institutions across Indonesia. The timeline for this work has been extended by three months to allow for more in-depth preliminary analysis, ensuring that the guideline is grounded in robust evidence and diverse stakeholder perspectives.



This initiative brings together insights from patients, carers, health professionals, People with Lived Experience (PLE), and researchers to ensure that the guideline reflects real-world experiences and community needs. By incorporating these perspectives, STAND aims to develop a framework that is not only theoretically sound, but also practical and adaptable across different research and community settings. The CEI Guidelines are envisioned as a resource to support researchers in integrating meaningful community engagement throughout the research process, from study design and implementation to dissemination and evaluation. The initiative also seeks to strengthen collaboration between researchers and communities, promoting more inclusive, ethical, and impactful research practices.

Through this effort, STAND hopes to contribute to the development of a sustainable model of community engagement in Indonesia, where research is conducted not only for communities, but also with and alongside them. The resulting guidelines are expected to be widely adopted and adapted by institutions, ultimately supporting better research outcomes and more responsive health interventions. As this work continues, STAND warmly invites partners, communities, and stakeholders to be part of this shared journey. Together, we can strengthen mental health systems, reduce stigma, and create meaningful change that reaches those who need it most.

Work Package 5

Sustainability and Financing

The World Health Organization (WHO) Country Cooperation Strategies recognise that countries with lower levels of income may require stronger support in strengthening health policies and improving health systems. This includes synthesising and disseminating evidence on what works, why it works, and how sustainable models of care can be developed for the future. Recent evidence also highlights the importance of using conceptual frameworks to guide sustainability planning and long-term implementation.

Work Package 5 (WP5) focuses on the sustainability and financing of mental health interventions within community and primary care settings in Indonesia. Through interdisciplinary collaboration, the team explores how evidence-based mental health programmes such as the Low Intensity Psychological Intervention (LIPI) can be sustained, integrated, and scaled up within existing health systems and policy structures.

Meet the Team

In each issue of our newsletters, we will introduce you to the dedicated individuals behind our health research programme. In this issue we're thrilled to introduce Principal Investigator's, Programme Managers, and Project Patners.



Laura Anselmi

Senior Lecturer,
University of Manchester

Laura Anselmi is a lead Work Package 5 from UK, she has a strong interest in health and care financing, as well as how institutional arrangements and service organisation influence health outcomes and inequalities across different health systems. Her research focuses on applied health economics and includes the analysis of large administrative and survey datasets. She is based at the Division of Population Health, Health Services Research & Primary Care, The University of Manchester.



Asri Maharani

Senior Lecturer,
University of Manchester

Asri Maharani is a lecturer in the Division of Nursing, Midwifery and Social Work, Faculty of Biology, Medicine and Health, The University of Manchester. Her research focuses on healthy ageing, cognitive function, epidemiology, and research methods. She has extensive experience in advanced statistical analysis, including multilevel modelling, multilevel structural equation modelling, panel data analysis, and longitudinal data analysis.

Meet the Team



Jon Gibson

Research Fellow,
University of Manchester

Jon Gibson is a Health Economist and Research Fellow in the Health Organisation, Policy and Economics (HOPE) group within the Centre for Primary Care and Health Services Research, The University of Manchester. His main research focus is the primary care workforce, and he currently works as a quantitative researcher within the STAND programme.



Hasbullah Thabrany

Chairman of InaHEA

Hasbullah Thabrany is a former Professor of Health Economics and former Dean of the School of Public Health, Universitas Indonesia. He was one of the key drafters of Indonesia's National Health Insurance system and currently serves as Chairman of the Indonesian Health Economic Association.



Budi Anna Keliat

Professor in Mental Health
Nursing, Faculty of Nursing,
Universitas Indonesia

Budi Anna Keliat is a Professor of Mental Health Nursing at the Faculty of Nursing, Universitas Indonesia. She has contributed extensively to the development of psychiatric and community mental health nursing education and practice in Indonesia.



Aryana Satrya

Senior Lecturer, Faculty of
Economics & Business,
Universitas Indonesia

Aryana Satrya is an lead Work Package 5 from Indonesia, he's Assistant Professor at the Department of Management, Faculty of Economics and Business, Universitas Indonesia. His research interests include migrant workers, employment among senior citizens, minimum wage, workplace partnerships, freedom of association, economic health, tobacco control, and human resources. He also serves as Head of the Center for Social Security Studies (PKJS), Universitas Indonesia.



Herni Susanti

Professor in Mental Health
Nursing, Faculty of Nursing,
Universitas Indonesia

Herni Susanti is a Professor in Mental Health Nursing at the Faculty of Nursing, Universitas Indonesia. Her work spans research, education, and mental health nursing services, with a strong focus on community mental health and psychosocial interventions.

Meet the Team



Irmansyah

Senior Researcher, National Research and Innovation Agency & Psychiatrist

Irmansyah is a psychiatrist and Senior Researcher at the Center for Public Health and Nutrition Research, BRIN. Previously, he served as Director of the Center for Health Resources and Services at the National Institute of Health Research and Development (NIHRD), Ministry of Health of the Republic of Indonesia. He is also a psychiatrist with extensive experience in public mental health policy and services.



Hervita Diatri

Senior Lecturer, Faculty of Medicine, Universitas Indonesia & Psychiatrist

Hervita Diatri is a consultant community psychiatrist practicing at Dr. Cipto Mangunkusumo National General Hospital and St. Carolus Hospital. She is also a faculty member at the Faculty of Medicine, Universitas Indonesia, and received the National Exemplary Health Worker Award in 2023.

Through Work Package 5, the STAND team continues to generate evidence to support the long-term sustainability and scale-up of the Low Intensity Psychological Intervention (LIPI) in Indonesia. Current outputs include research papers focusing on the cost of LIPI, cost analysis of LIPI implementation, and the development of policy briefs to support evidence-informed decision-making and integration within health systems. By combining expertise in health economics, policy, mental health, and implementation research, WP5 aims to contribute to more sustainable, accessible, and community-responsive mental health services across Indonesia.

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