



AGS FINAL REPORT

Basic Information

Round of AGS

- 2017 AGS Round 1
- 2017 AGS Round 2
- 2018 AGS Round 1
- 2018 AGS Round 2

Name of project

"Light the Mind", Game-Based Workshop to Raise Youth Mental Health Literacy in Nusa Tenggara.

Personal Email

titik.respati@gmail.com

Project budget

AGS Project grant (IDR)

Rp100.000.000,00

AGS Australian Involvement (IDR)

Rp20.000.000,00

AGS matching funds (IDR)

Rp25.000.000,00

Third party contribution (IDR)

Rp50.000.000,00

Total Amount of the AGS Grant

Rp145.000.000,00

Total Amount of the Project

Rp195.000.000,00

Project Details

Objective of grant project

1. Conduct development workshop with experts and through game trial to develop learning kit to increase mental health literacy in Bandung. The kits consist of board game and interactive module.
2. Conduct Focus Group Discussion (FGD) targeted 3 different groups (teachers, students and government officials).
3. Conduct Training of Trainer (ToT) targeted 3 different groups (teachers, students and government officials).
4. Conduct workshop to 30 senior high school students in Nusa Tenggara Timur about mental health literacy.
5. Provide tools (board game and interactive modules) to promote and enhance mental health literacy program targeting youth in Kupang, Nusa Tenggara Timur.

Expected outcomes of project

1. Produce Board game, Interactive Module and Instruction Manual
2. Focus Group Discussion (FGD) targeted 3 different groups (teachers, students and government officials).
3. Training of Trainer (ToT) targeted 3 different groups (teachers, students and government officials).
4. Workshop with 30 senior high school students in Nusa Tenggara Timur about mental health literacy.
5. Workshop with 12 university students in Bandung about mental health literacy.

Project narrative description

Aims to enhance youth mental health literacy in Kupang by implementing a game-based learning approach. This approach is also designed to motivate active participation and enhance the capability of teacher and mental health community to promote mental health literacy targeting youth in Kupang, Nusa Tenggara Timur.

Summary of main activities

The activities aim to enhance youth mental health literacy in Kupang by implementing a game-based learning approach. Participants were students and teachers from 3 different high schools and government officials from the Education Department and Health Department. They involved in three activities Focus Group Discussion (FGD), Training of Trainer (ToT) and Workshop.

Team Lead Information

Name

Titik

First

Respati

Last

Organisation / Employment

Faculty of Medicine

Name of work unit

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Contact

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Group Member

Name	Organisation/ Company	Email
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Report on Project Implementation

Actual Start Date

30/03/2018

Actual End Date

06/05/2019

Project Status

Project Status

Incomplete

Extended

Completed

Relevance to

	Yes	No
Promoting Gender Equality	<input checked="" type="radio"/>	<input type="radio"/>
Women Economic Empowerment	<input type="radio"/>	<input checked="" type="radio"/>
Ending Violence Against Women	<input type="radio"/>	<input checked="" type="radio"/>
People with Disability	<input checked="" type="radio"/>	<input type="radio"/>

List of Activities

List of activities completed	List of activities not implemented
Produce Board game, Interactive Module and Instruction Manual	
Focus Group Discussion (FGD) for 3 different groups (teachers, students and government officials)	
Training of Trainer (ToT) for 3 different groups (teachers, students and government officials)	
Workshop with 47 senior high school students in Nusa Tenggara Timur about mental health literacy	
Workshop with 30 university students in Bandung about mental health literacy	

Expenditure Summary

AGS Grant Received

Rp145.000.000,00

AGS Grant Spent

Rp145.000.000,00

Third Party's Support Fund

Rp50.000.000,00

Total Project Amount

Rp195.000.000,00

Report on project achievement

Project objectives and outcomes

Does the project achieve its intended outcome (s)?

The project achieved its intended outcome which is to raise the awareness of mental health (depression) among youth.

What kind of Innovation developed by the Project?

The project implements a game-based learning approach, where participants play board games as a way to learn how to reduce the stigma in mental health (depression). By having a briefing session before the play session and a de-briefing session after the play session, participants can develop their knowledge and have a better understanding of mental health. The approach is proven to provide a positive result for the target area. The approach is also proven as one innovate approach to motivate public (active) participation in raising their awareness about mental health.

Project Performance

Level of Change	Indicator	Target	Results
Product Delivery	Product ready and implemented	One title of game for learning and game-based learning protocols to reduce stigma in mental health	We produce special designed game called Carpe Diem and equipped with specific game-based learning protocol to support optimal delivery
Capacity Change	Teacher understand the important of mental health awareness	Teacher able to provide a special session to motivate an active and safe discussion about mental health issue (depression)	During the implementation we have seen that all of our target teacher have better understanding on the subject matter. We also have experienced that the designed game-based learning session able to motivate an active and safe discussion among the students.

Behaviour Change	The willingness to openly talk about mental health issue	Students willing to speak up/discuss about mental health issue.	During the implementation we have seen a significant behavior change among the students. There are more willing to talk about mental health issue. More than that, they seem also have better understanding about what they need to do.
Impact	Better understanding on mental health issue and reduce stigma among youth (students)	Students understand that mental health is important topic. They understand the important to reduce stigma - and how to provide/get support.	During the implementation, as indicated by the pre and post test we have seen that the approach provide a promising results. There are still rooms for improvement but as initiation we have seen that the result go to the intended direction.

Beneficiaries in Indonesia

Actual beneficiaries in Indonesia (no overlapping of beneficiary (avoid duplication), * not required if your project doesn't have any direct beneficiary eg. research)*

Men (or Boys)

49

Women (or Girls)

58

Total

107

Description of Beneficiaries (who are they?)

Direct beneficiaries of the programs in Kupang including 6 high school teachers and 12 students from 3 different schools (SMA Negeri 1 Kupang, SMK Negeri 4 Kupang, SMA Negeri 10 Kupang), 6 government officials from District Level Health Office of Kupang (Dinas Kesehatan Kota Kupang) and 6 government officials from District Level Education Office of Kupang (Dinas Pendidikan Kota Kupang). Direct beneficiaries of the programs also including 47 high school students from 3 different schools (SMA Negeri 1 Kupang, SMK Negeri 4 Kupang, SMA Negeri 10 Kupang) that participated in workshop session.

Direct beneficiaries of the programs in Bandung including 12 university students from Institut Teknologi Bandung and 18 from Medical Faculty Universitas Islam Bandung

Indirect beneficiaries are students from the same school and are friends with the participants. From the program, we expect each of them will be able to influence 4 other students. Therefore, 236 senior high school students and 120 university students will benefit from the program.

Benefit to Australia-Indonesia relationship

Linkages established between Indonesia and Australia organisations at individual, community and institutional level

MoU development between Faculty of Medicine Universitas Islam Bandung and SPHCM-UNSW, including knowledge and experience transfer between two institutions.

Does your project help established linkages between Indonesia and Australia?

Benefits to Indonesia's development

Indonesia will receive a demographic bonus where productive age will reach 70% of total population To be able to gain positive impact from the bonus, the well-being and health of the community are paramount to achieve optimum development in all sectors. Youth physical and mental health becomes an important aspect since they are the group who will contribute the most to growth and development.

How has your project contributed to Indonesia's development priorities?

Benefit to grant recipients' professional development

Enhancing and improving knowledge of young people in Nusa Tenggara Timur about their mental health literacy and awareness, improving project and funding management skills

How has your project helped improve your professional development? (eg. project management, technical knowledge and skills, & networking)

Benefit to promoting gender equality and disability

The project is succesful in attracting more girls and women to participate. The project were able to increase their understanding about mental health problem

If your project is relevant to promoting gender equality, women empowerment, and ending violence against women, or people with disability, how has your project contributed to advance these social inclusion aspects / development priorities?

Project promotion

Publicity and Promotion - Promotion products and activities delivered

1. Production of 50 Carpe Diem Board Games given to participants.
2. The project developed a blog name "Light the Mind" <http://lightthemind.id/blog/> to promote the activities.
3. Several newspapers and media published our activities as an article such as;
 - a. Pos Kupang: <http://kupang.tribunnews.com/2018/09/04/meningkatkan-literasi-kesehatan-mental-di-kupang-dalam-light-the-main>
 - b. LintasNTT: <http://www.lintasntt.com/mengenal-kesehatan-mental-sambil-bermain-dalam-tot-light-the-mind/>
 - b. Boardgame.id: <https://boardgame.id/game-based-learning-kesehatan-mental-kupang/>
 - c. Ludenara.org: <http://ludenara.org/light-the-mind-dengan-game-based-learning/>

What kind of products? Total number of products developed? Who are the recipients/outreach?

Attach publications in media or social media

- Pos Kupang Light the Mind.pdf
- LintasNTT - Light The Mind.pdf
- Ludenara - Light The Mind.pdf
- BoardgameID - Light The Mind.pdf

Attach photographs

- 20180905_112911.jpg
- Group Photo.jpeg
- DSCF0819.jpg
- FGD.jpg
- TOT.jpg
- Workshop1.jpg
- Workshop2.JPG
- IMG_5921.JPG

Attach testimonial from project participants and project beneficiaries in Indonesia.

Testimony peserta.pdf

Attach testimonial from Australians (if any)

Adrienne testimony.pdf

Final Acquittal Report

Statement of financial expenditure

Subject	Budget Plan	Actual Spent
Tools Development	Rp10.000.000,00	Rp10.700.000,00
Tools Production	Rp20.000.000,00	Rp21.000.000,00

TOT in Kupang	Rp44.000.000,00	Rp45.241.477,00
FGD in Kupang	Rp48.000.000,00	Rp50.475.588,00
Workshop in Kupang	Rp73.000.000,00	Rp67.054.668,00
	Total Budget Plan	Total Budget Spent
	Rp195.000.000,00	Rp194.471.733,00

Original receipts

1550531196085-64872b55-b2b5-427e-8ece-5c10d302ab60.jpg

1550540699609-e3e35c75-7153-4fcd-929c-a4ee7c818fc1.jpg

1550540728454-4d67d62d-08a4-4619-be91-7439e85df7b5.jpg

1550540754565-61dd9e36-45d0-48b1-9167-2bcc7379d946.jpg

1550540775851-f51f8db9-7f1b-4a97-8663-8e7e5c378699.jpg

1550540796208-509402ee-7d09-4c32-948d-092967b0e7c7.jpg

1550540817538-633a6c19-6d41-4c3c-8eb7-34a4affd09ec.jpg

TR-Kuitansi third party.docx

TIKET NIPRZK KOE-RTI-KOE.pdf

Receipt Aston Kuta Hotel & Residence_Adrienne L.pdf

Receipt Aston Kuta Hotel & Residence_Jerico P.pdf

inv tiket domestik 502-0008646.pdf

inv tiket internasional 502-0008645.pdf

Statement of Certification

I certify that:

- The above information is accurate and complete
- The expenditure of the Grant received to date has been solely on the Project/Activity;
- The final acquittal is a correct record of income and expenditure for this activity
- There is no matter or circumstances of which I am aware, that would constitute a breach by us or, if applicable the End Recipient, of any term of the Grant. Agreement between Us and You dated [insert date] that has not been notified by you.
- The photos presented in the report comply with Australian Government child protection policy.
- This report is a permanent record of what you achieved and what you have learned in the process of implementing your project/activity. The information you provide here will be used to shape future grant making and reporting to Australia Awards on the achievements accrued through the Alumni Grants Scheme.

I agree with the above statement of certification:

Yes No

Name

Titik	Respati
First	Last

Phone

+62817229130

Email

titik.respati@gmail.com

Date of certification

16/05/2019

Signature

