

iCSL: Addressing Challenges Through
Transdisciplinary Research 2

CREATING SPACES FOR MENTAL STRENGTH CHALLENGE

Ana Cruz , Ayunda Dewi Jayanti Jilan
Putri , Barbora Hoduláková , Wen
Hang , Yingling Li



AGENDA OVERVIEW

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HELLO!

We are





BARBORA

MY CURRENT PROJECTS

Museum Educator, National Museum (NM), Prague

Environmental initiative of NM employees
Exhibition The Earth is Me (2022–2023)

PhD Art Education student, Palacky University, Olomouc

Museums as spaces of personal development

Areas of interest

interdisciplinarity, arts, theater, exhibition
design, wellbeing initiatives, museum education



BARBORA CONTRIBUTION TO CHALLENGE

- Drawing upon my experiences as a museum educator and Art Education student, I created program for mental health strength workshop at the Science with Society festival.
- With my interdisciplinary background and experience with exhibition design and programming, I was able to share know-how in museum wellbeing initiatives (e.g. Memory cafe) and diverse creative programming for vulnerable groups. I proposed to apply museum-based practices to other third space settings.
- Continually, I stressed the importance of arts, culture and creativity (and the concept of creative ageing) in tackling the mental health strength challenge and introduced relevant reference studies as well as various types of cultural programs working with people living with dementia.

AYUNDA MD-PUBLIC HEALTH AND POLICY



Indonesian medical doctor

- I practice as medical doctor and being a COVID-19 task force in university level..
- Experience in developing community empowerment for Indonesian living in rural area

Master MPA student@ VU Amsterdam

- research on how public OBA can accommodate migrant's needs and interest in Amsterdam Zuid to fostering mental health and wellbeing

Interest

- Public health and policy,
- people with lived experience,
- community development,
- social care
- human resource in health

Community health theory and practice

- ICSL was pretty awesome – it brought together people from all walks of life to work on real problems, not just stuff from textbooks. We used our own skills and interests, which was cool. But sometimes, the classroom stuff felt a bit disconnected from what was actually happening out there. You know, the real issues could seem kind of abstract without actually seeing them for yourself. That's where getting out in the field came in handy.
- Being there in person, seeing the challenges people faced every day, talking to the folks involved, and getting a sense of the whole situation – that's what really made a difference. It wasn't just about ideas anymore, it was about seeing how those ideas could actually help people. It made you realize the human side of things, something you don't always get stuck in a classroom.
- ICSL threw me into the fascinating world of public health! Understanding how people's behavior and interactions impact health is both captivating and complex. Navigating the web of cultural backgrounds and perspectives wasn't always easy, and sometimes I felt a bit lost.
- But that's where my incredible team came in. Their support was invaluable. We learned from each other, celebrated breakthroughs, and tackled challenges together.



AYUNDA

PERSONAL REFLECTION



MANAGEMENT, POLICY ANALYSIS AND ENTREPRENEURSHIP IN HEALTH AND LIFE SCIENCE

Interests and relevance:

- Mental health and building resilience in current world
- Link between mental health and science
- Focus on inter- and transdisciplinary approaches in tackling social issues
- Importance of building rapport with participants as social interactions can develop a sense of comfort and openness



PERSONAL REFLECTION

- Looking back on the beginning of this course, I was not sure what to expect from it since I had not followed the precious iCSL. However, I have followed courses in my Master (MPA) with similar elements such as tackling a social complex issue with a group of people from different fields. Therefore, I was able to bring what I had already learned previously with me in this project. I think one of the main contributions is my openness to knowledge and awareness of the presence of framing in knowledge sharing. Everything that is shared is usually slightly biased, not only by the provider but by the receiver as well.
- It was also really interesting to hear from my peers on their understanding of the social issue and how their backgrounds are related to it. In addition, it has opened my eyes that there are way more holistic methods in approaching mental health issues. Looking back on the course, I have learned a lot from my peers and am grateful to have had the opportunity of working on this project with the people in my group.

Ana

Biomedical - Biomolecular sciences



Interests

- Epigenetic and genetic
- Infection diseases
- Mental wellbeing
- Molecular biology





PERSONAL REFLECTION

My main idea as contribution to it was to make people aware about epigenetic changes in our genes through the emotional stress. However, our group decided to go beyond that and improve a whole community's wellbeing. Working in an interdisciplinary way and leaving my comfort zone helped me see and learn different things. It was an extraordinary opportunity for me to disseminate significant information in a more amusing and informal manner. Being a part of the real issue and getting in contact with the people you want to really help changed my view.

In addition, doing research does not need to be necessarily inside a laboratory. Investigating what people need and creating a full space to improve their wellbeing is still the same thing. I am immensely grateful for this opportunity to share and gain knowledge from all directions.



Yingling

M.A. -Instructional Multimedia

Scientifically and effectively impart knowledge to those in need.



M.S. -Social Psychology

Improve their mental health and well-being through better social interactions



Research

Scientifically explore the factors affecting mental health and well-being using big data



I contributed a research-orientated perspective, enhancing the scientific foundation of the project. As I am more adept at conducting research than organising activities, this allowed me to bring a higher level of scientific rigour to our project. For example, when draughting research proposals, key findings and perspectives from the existing literature were integrated.

Throughout the project, I provided valuable insight from a social psychology perspective. Specifically, I focused on improving the mental health and well-being of people with dementia through social interactions, highlighting the importance of social engagement for overall health.



Yingling Personal Contribution



From a scientific point of view, I identified two crucial directions for our research: enhancing mental health and well-being through social interactions and the physical environment.



In our final presentation, I incorporated thought-provoking interaction questions based on social psychology and research insights. These questions were designed to promote reflection during interactions, ultimately promoting improved mental health and well-being.



GROUP PROJECT

How can social connections and public spaces be improved to support the mental health and well-being of people with dementia?



NEEDS ASSESMENT FOR STADSBOERDERIJ OSDORP

01

Social Connection

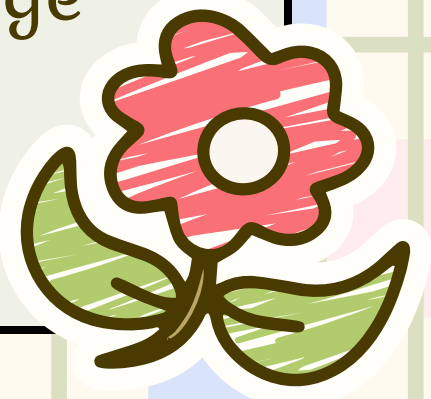
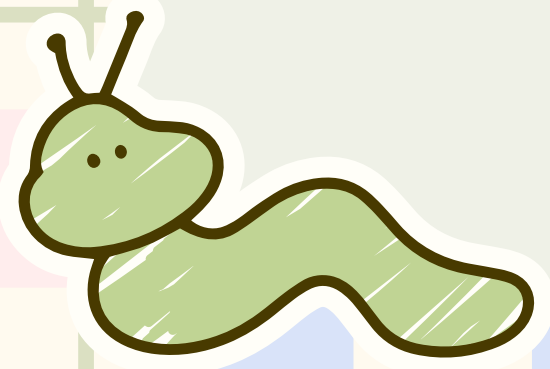
1. Can you describe your relationships with family and friends? How do they affect your life?

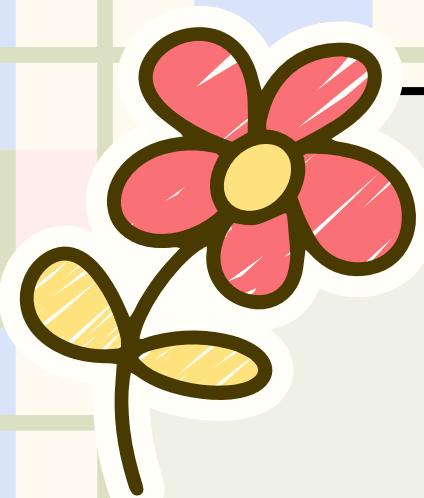
for Wasilis: Based on your experience can you describe how the relationship between with people with dementia and their caregiver? How this interaction affecting their life?

02

Public Space Design

2. What do you think of the design of the community farm and activity room? Are they easy to use and remember? Any suggestions for improvement? What activities would you like to try here? (social/ creative/ learning opportunities/ in the garden/ sharing your knowledge and skills with others in... etc.)





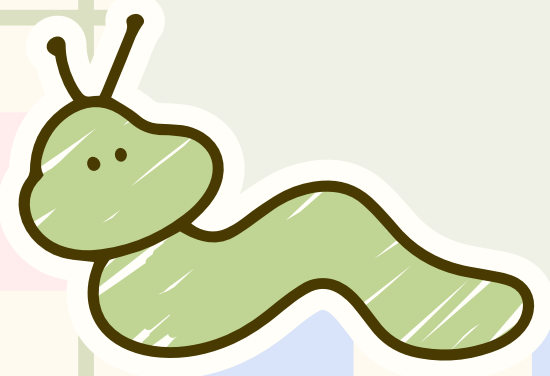
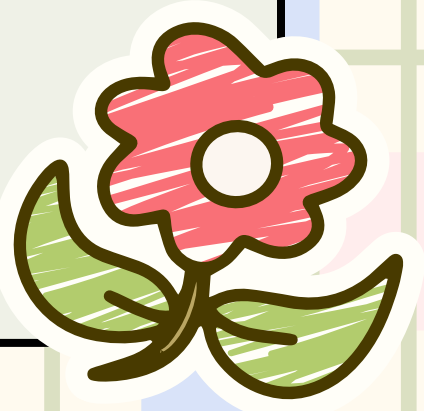
NEEDS ASSESMENT FOR STADSBOERDERIJ OSDORP

03

Mental Health
3. What activities or experiences make you feel happy and relaxed? How do they help your mental health?

04

Support
4. Do you think the support and resources of the community or government are enough? What additional help or services would improve your quality of life?



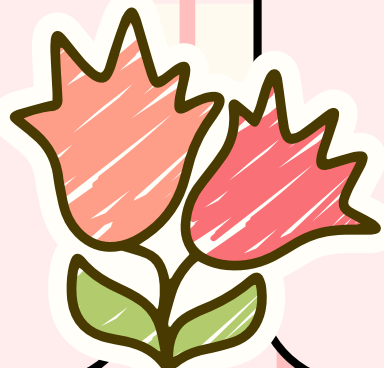


COMMUNITY CAFE CLUB

Inspired by Memory cafe concept of the Sheffield museums in the UK

Further inspiration for activities:
Study Who cares? Museums, Health and Wellbeing (2011)

Regular meetings over cafe and refreshments:

- **Conversations and assessing the needs**
 - **Reminiscence activities using photographs and objects**
 - **Creating exhibition on themes close to the participants (holidays, family, home, fighting challenges, love, favorite memory ...) using photographs, objects, recorded memories (possibility for an intergenerational project with local schools - creating recordings, writing labels together)**
 - **Arts & crafts activities (creative ageing concept) - utilizing the skills of the participants (e.g. knitting, plant care)**
Book club, storytelling sessions
Cooking, baking - cultural exchange
- 

TARGET GROUP

- Dementia patients
- Caretakers
- People from the community



To improve interaction between local residents (and others) who are interested or need help surrounding mental health. This can be done through the facilitation of spaces where social cohesion can be enhanced.

<https://stadsboerderijosdorp.nl>

RELEVANCE

- Improve the well-being and make people feel more integrated

- The relevance is that the city farm is located in the middle of a park that is situated in a neighbourhood. Moreover, mental health has always been an issue, which has only become greater over time. One of the main growing issues is dementia, and to mitigate its impact, it is important to pay close attention to it. Although there is not a cure for the illness, social interactions have been shown to alleviate some of its symptoms. Therefore, fostering community engagement and creating opportunities for social interaction at the city farm can be instrumental in mitigating the impact of dementia and other mental health challenges.



LIMITATIONS

- **Time**
 - **Target people**
 - **Language barrier**
 - **Cultural differences**
 - **Stigma**
- The city farm can come up with lots of ideas, but it is impossible to force people to come. For this reason, it is important to have a targeted approach in recruiting people. Furthermore, since the focus is mainly on individuals who are in contact with or involved with people suffering from dementia, reaching these individuals can be challenging as they are often of older age. To effectively engage this demographic, the city farm should consider partnerships with local senior centers, healthcare providers, and community organizations that have already established relationships with older adults in the neighborhood.
 - Other significant limitation was the lack of research support. While our approach was largely based on observation and practical experience, it lacked the foundation of systematic research. For instance, the questions we asked participants were created by us rather than derived from established literature, which would have provided a more comprehensive and in-depth understanding of their situations.



OUR CONTRIBUTION

- Create a space for people to feel welcome and relaxed
- Improve their wellbeing
- Inform people about dementia/Alzheimer

<https://miro.com/app/board/uXjVKVXNnUY=/>



ICEBREAKER

Pick a card

The exercise is simple:

Pick a card that you can personally
relate to one of the following
themes:

**Well-being, Memories, Emotions,
Stimulation, Mental Health**

And share with us why and how it
reminds you of this specific theme!



BRAINSTORM SESSION

Mental Health/ Well-being

What activities or experiences make you feel happy and relaxed?

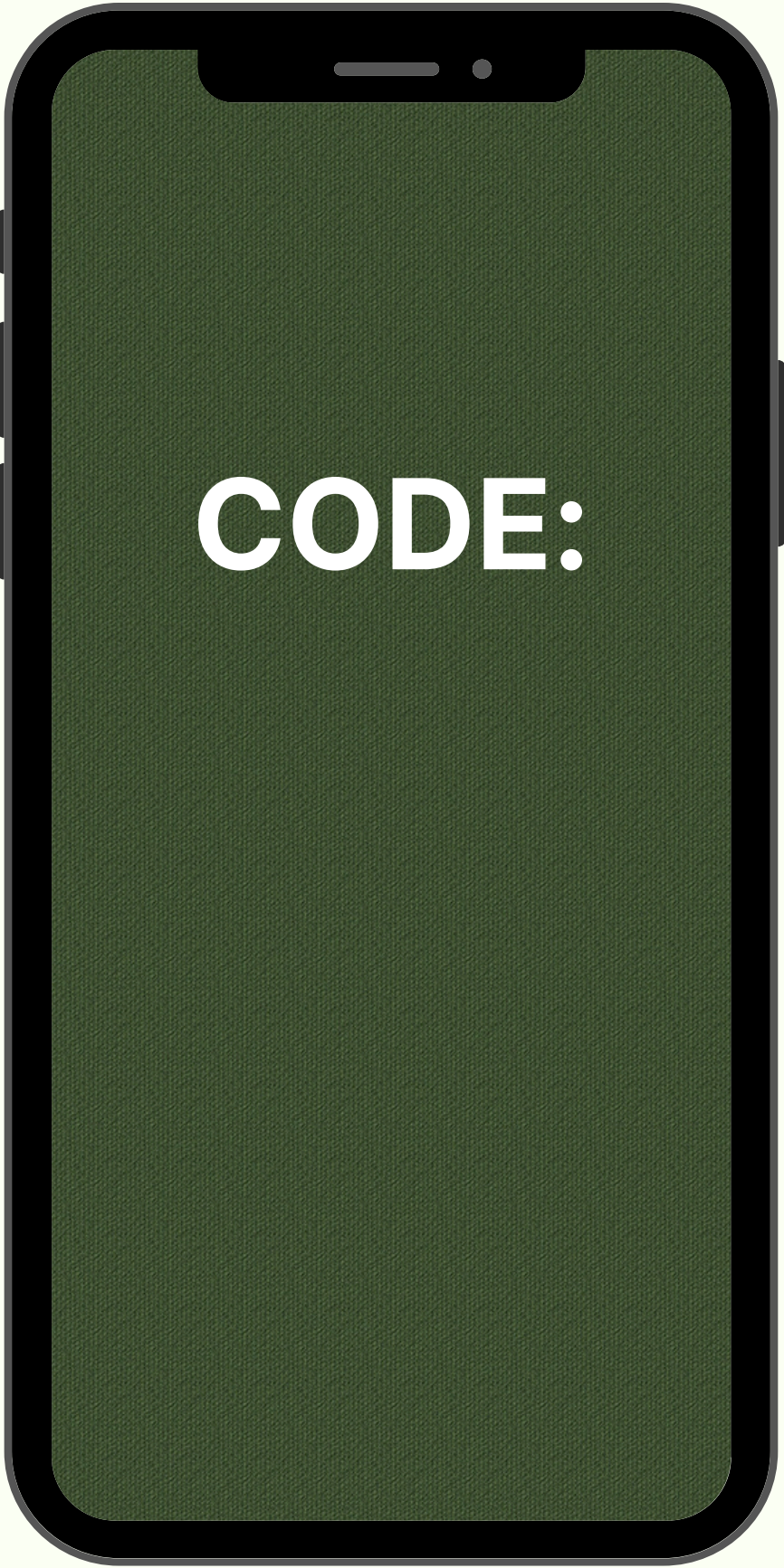
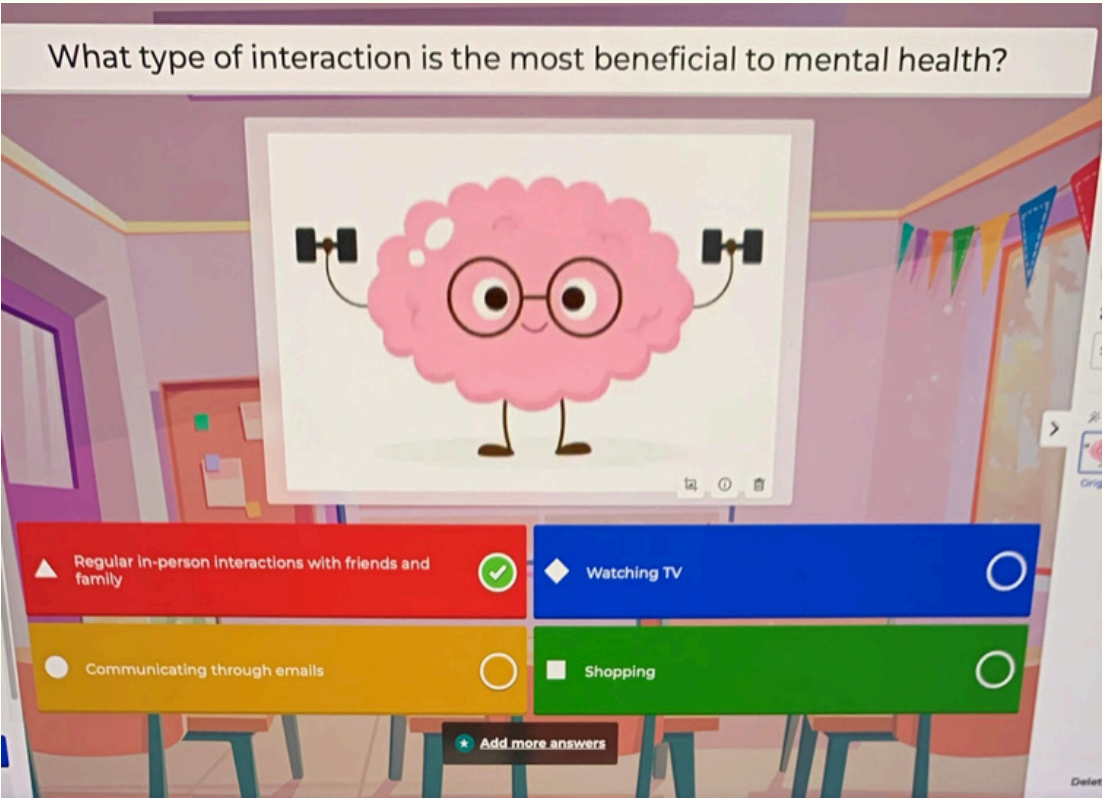
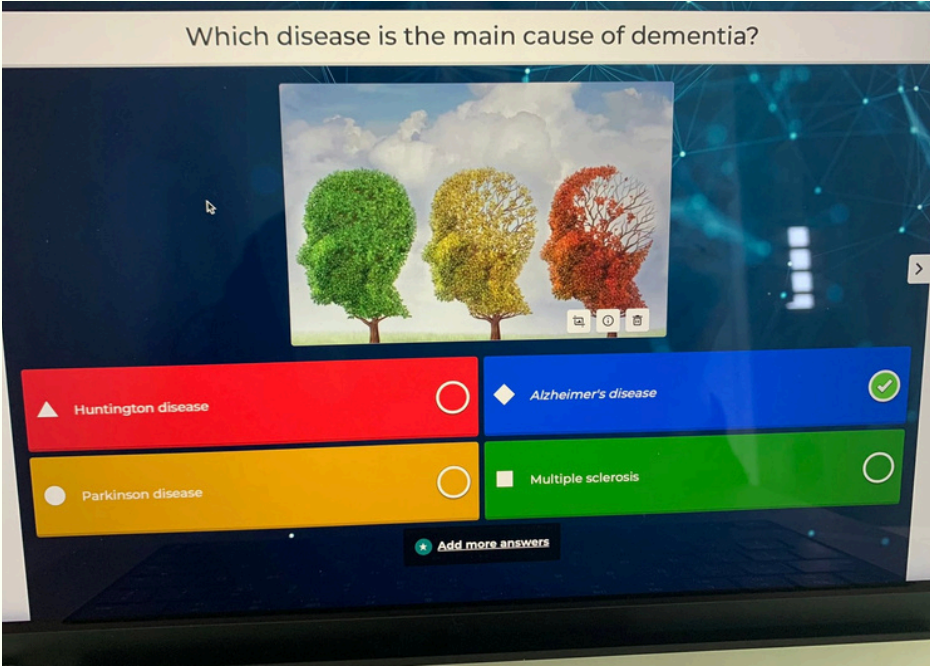
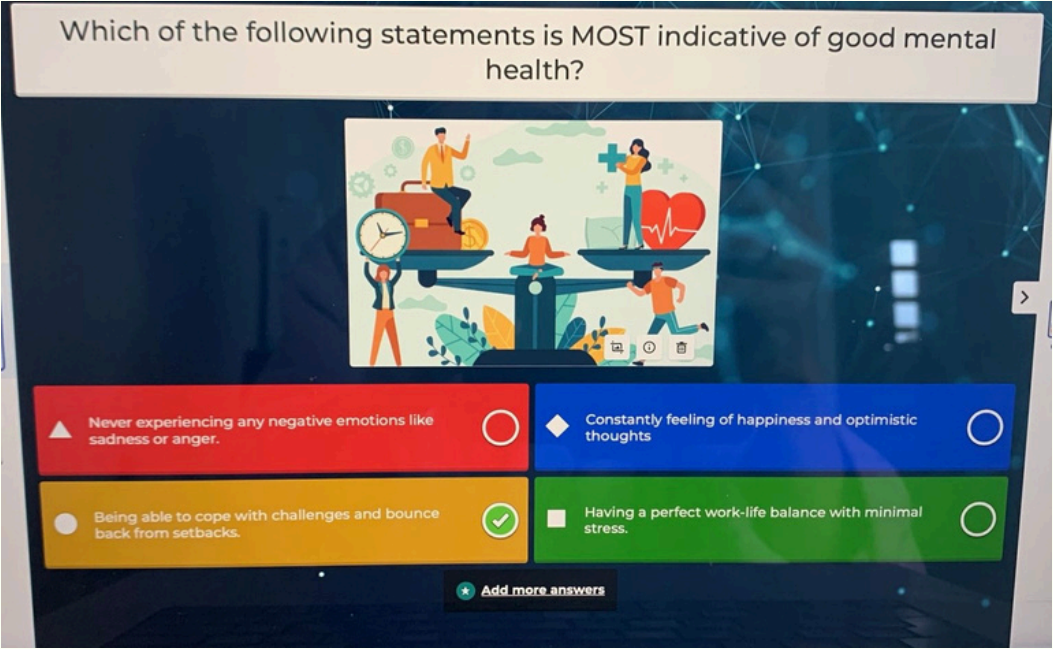
Where do you draw resources during more challenging periods?

Support system What kind of systematic support could contribute to your greater wellbeing or wellbeing of your loved ones? (at school, work, within community, on a governmental level)



KAHOOT QUIZ

Grab your phones and join us!



SPEED-DATING

- Participants will be paired for one-on-one conversations.
- Each conversation will last approximately 2 minutes.
- After each conversation, participants will rotate to a new partner with a new conversation topic.



DO YOU HAVE ANY
CONNECTION/KNOWING PEOPLE
SUFFERING FROM DEMENTIA?

Do you have any favorite techniques for
managing stress or anxiety?

What's your favorite activity to do with
friends or family?

- DO YOU HAVE A
FAVORITE PLACE
THAT MAKES YOU
FEEL RELAXED AND
AT PEACE?

What things make you
feel less
happy/frustrated?

What do you think is important
in removing the taboo on
mental health topics?

MINDFULNESS



MEMORY BOARD



THANK YOU



Wishing You a Day Filled with Love

