

Arts on prescription & breaking new ground in children's services



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Today

- Background
- Arts on Prescription and Social Prescribing
- GMiTHRIVE:
Arts and Mental Health Innovation
Programme
- Fellowship findings
- How can you participate?



Background...

In current children's services:

1 in 2 will recover

1 in 10 will worsen

Young people want and need more than 'traditional' 'treatments'.

Arts-led interventions are empowering, safe and cost-effective approaches towards positive and sustainable change

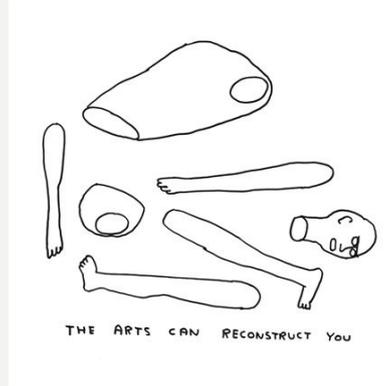
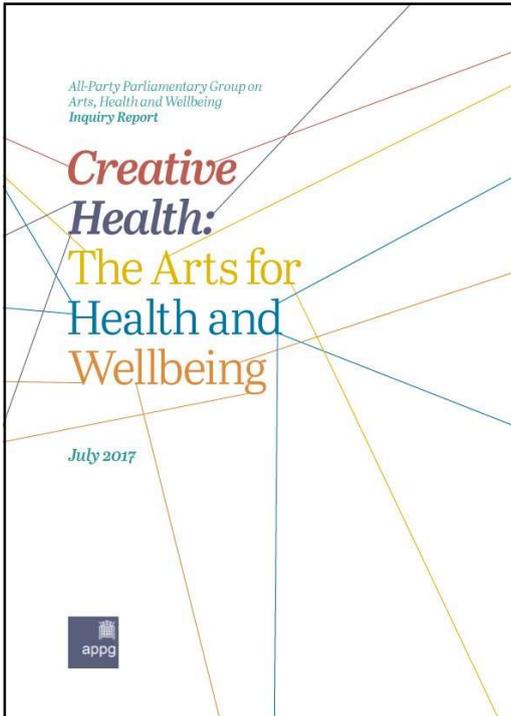
- Child and Adolescent Mental Health Services (CAMHS) & Child Psychology
- Churchill Fellowship: Towards Creative Devolution of Mental Health
- Dementia and Imagination (Windle et al)
- Creativity and extremes of mood (bipolar disorder)

Devolution

- **10 boroughs**, population 2.4 million
Combined Health & Social Care £6bn



- Aims to **level health inequalities**
- **Targets collaboration, prevention, wellbeing, innovation**
- 'Doing Things Differently' Building on Manchester's history



The arts can:

Help keep us well, aid recovery, and support longer lives better lived

Help meet major challenges facing health and social care

Save money in the health service and social care

Parliamentary debate watch [here](#)

Arts on prescription and social prescribing





RESEARCH FINDINGS

Playing music before surgery improves patient outcomes

Singing after stroke helps language re-acquisition

Singing groups for new mothers & babies supports recovery from depression

Educating about contagion and disease control through community arts

Song-writing workshops reduce cravings in patients with substance use disorders

POLICY RECOMMENDATIONS

- **Strengthen structures & mechanisms** for collaboration between sectors, co-fund programmes
- **Routes of referral:** ways from health & social care to arts programmes, e.g. social prescribing
- **Training:** support the inclusion of arts & humanities education in healthcare training
- **Research** longitudinal and at scale

GM Arts & Mental Health Innovation Programme



1. MAP CURRENT PROVISION



2. PROOF OF CONCEPT PROJECTS

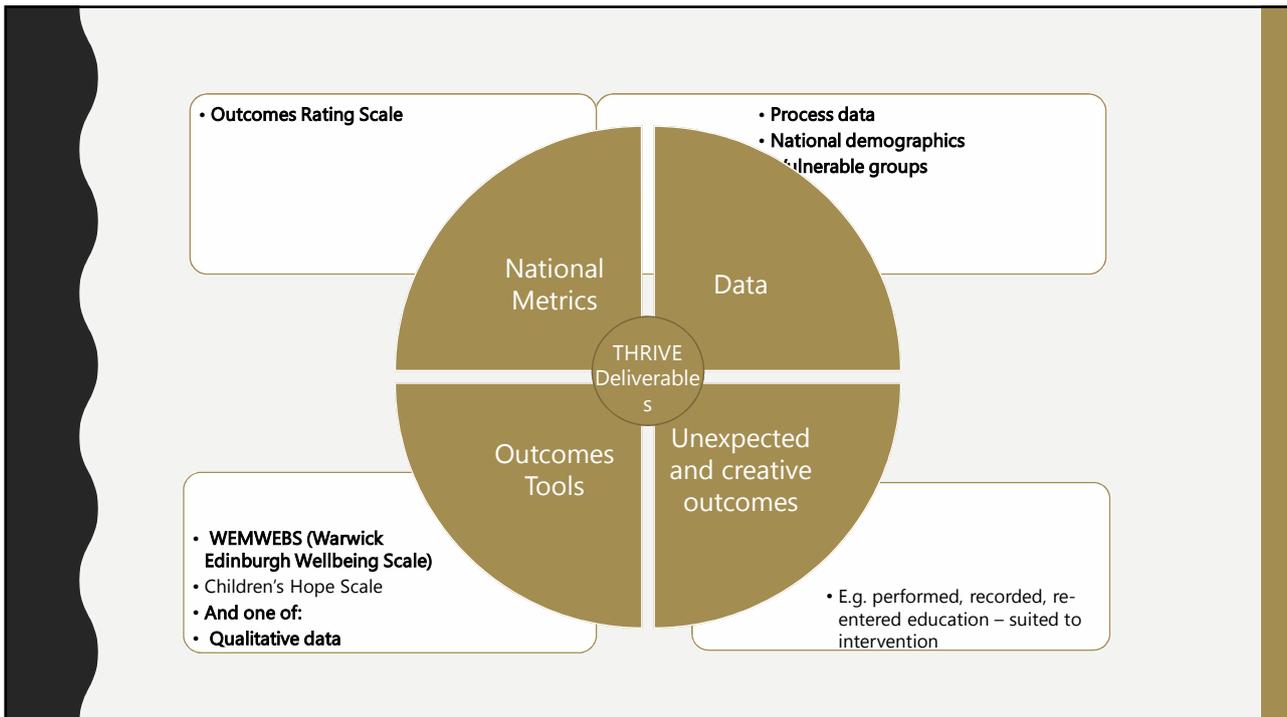


3. DEVELOP CROSS-SECTOR EVALUATION FRAMEWORK



4. DEVELOP AND DELIVER TRAINING

<p>4 core national measures (pre, mid and post): Set NHS England sets</p>	<p>CHI-ESQ Symptom Tracker Session Rating Scale Goal-based outcomes</p>
<p>Process data Demand, supply and economic data</p>	<p>Number referred, number seen Time to first contact / waiting and access times Non-attendances, no. of completed interventions Demographics Vulnerable groups</p>
<p>Experience data</p>	<p>WEMWEBS + one of: Individual comments / feedback / testimonies Focus groups Case studies Children's Hope Scale or self-esteem or confidence</p>
<p>Creative outcomes</p>	<p>Defined by organisation and methods E.g. exhibitions, performances, recordings, excursions...</p>

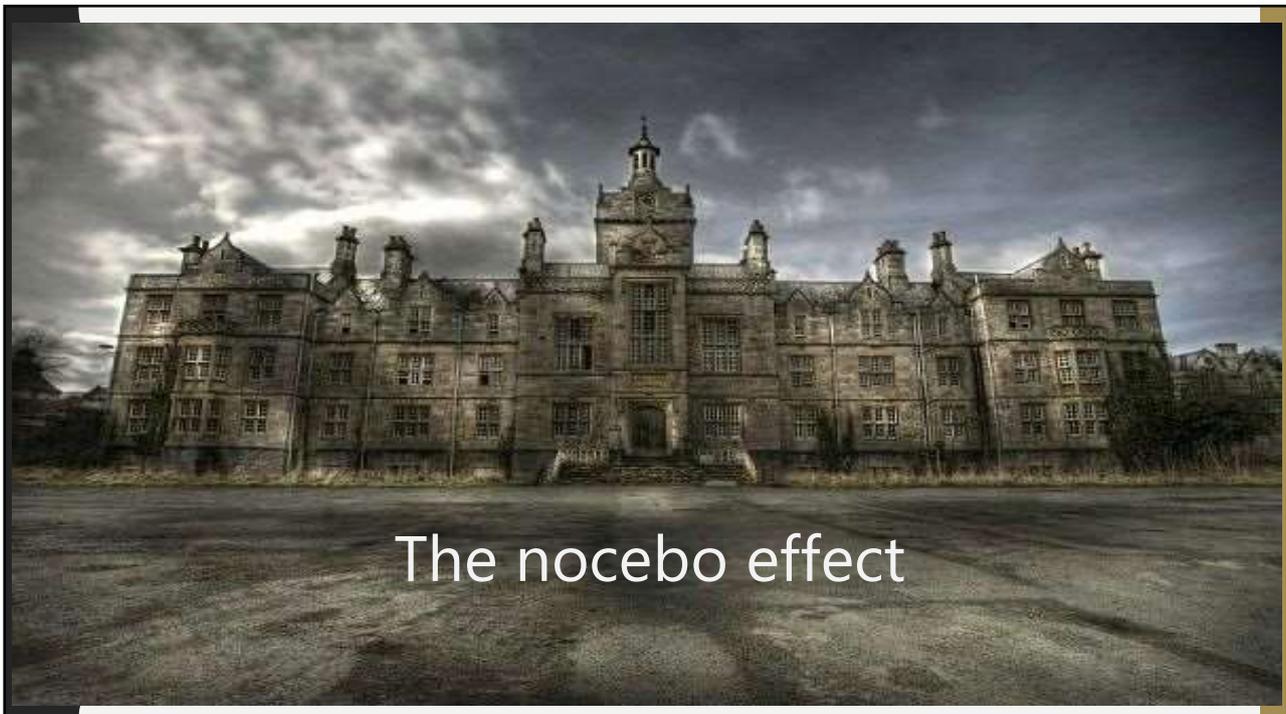


How

- ✓ Strategic: senior leadership buy in
- ✓ Experiential workshops: show don't tell
- ✓ Ground level support: gaining support and delivering training; e.g. Communities of Practice
- ✓ Genuine partnership with cultural leaders
- ✓ Evidence-led: identifying quick wins to progress
- ✓ Mapping current provision and working with system strengths

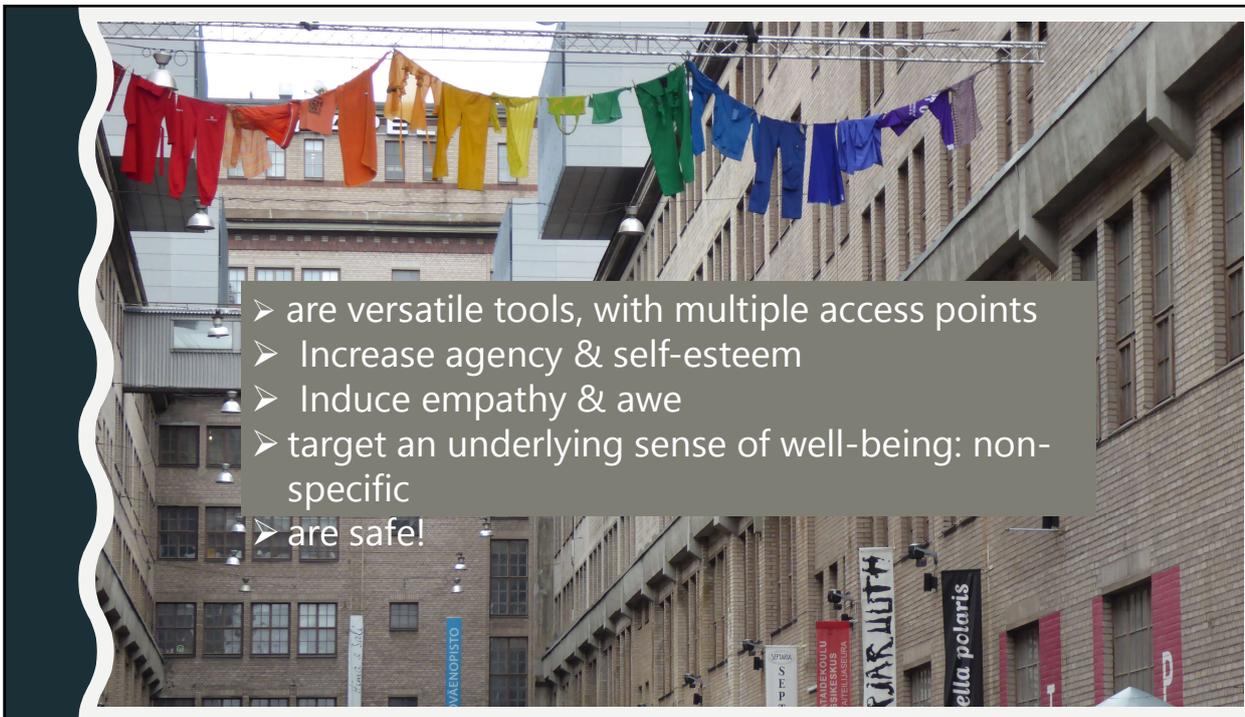
SOCIAL COHESION SOCIAL CAPITAL

- Wide literature on evolutionary roles of the arts
(in particular, music)
- e.g. enhancing social bonding; social behaviours & oxytocin levels
 - Prosocial behaviour e.g. empathy
 - Physical coordination
 - Synchronization & endogenous opioid release
- shared attention
- shared motivation & group identity
- constructive engagement with conflict









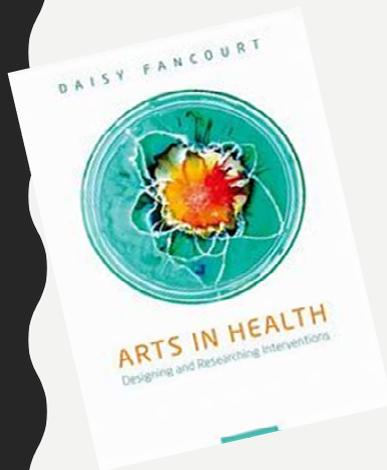
How can you participate?

- **Expect** culturally diverse forms of art to be available to a range of different groups, especially those from disadvantaged minorities
- **Encourage** arts & cultural organizations to make health & well-being an integral part of their work
- **Talk** about it! Promote public awareness
- **Develop** interventions that encourage arts engagement to support healthy lifestyles
- **Consider impact and evaluation** and creative approaches
- **Avoid presenting as either/or**, but that each sector can compliment the other

DIRECTION AND POLICY IN UK

- Series of **options papers** to influence commissioning frameworks
- **Mental Health Foundation** to feature our work in briefings document
- **National Social Prescribing network in the UK:**
<https://www.socialprescribingnetwork.com/>
- **Culture, Health and Wellbeing Alliance:**
<https://www.culturehealthandwellbeing.org.uk/>
- **Manchester Institute for Arts, Health and Social Change:**
www.miahsc.com
- **International Arts Health Early Career Researcher Network:** www.artshealthecrn.com





THE BODY
KEEPS
THE SCORE



*Mind, Brain
and Body in the
Transformation
of Trauma*

BESSEL VAN DER KOLK



*All-Party Parliamentary Group
on Arts, Health and Wellbeing*
Creative Health:
The Arts for Health and
Wellbeing

RESOURCES

RESOURCES & PRINCIPLES

- [Marmot Review](#): Fair Society, Healthy Lives (2010) Review of **health inequalities**
- Healthy Lives, Healthy People: our **strategy for public health** in England
- The **Role of Culture** in Preventing and Reducing Poverty and Social Exclusion (2005) European Commission.
- **Five Ways to Wellbeing** [report](#) (UK)
- [New Economic Foundation \(2015\) The Art of Commissioning: How...](#)
- Exploring the Longitudinal Relationship Between Arts Engagement and Health [\(2015\)](#)
- [The art of being mentally healthy: a study to quantify the relationship between recreational arts engagement and mental well-being in the general population](#) (AU) =700

RESOURCES

- **Singing, Wellbeing and Health: context, evidence and practice – Singing with People with Dementia**
<https://www.canterbury.ac.uk/health-and-wellbeing/sidney-de-haan-research-centre/documents/singing-and-people-with-dementia.pdf>
- Baring Foundation – Arts and health focus
- **Churchill Trust reports:**
<https://www.wcmt.org.uk/fellows/reports?keywords=music&reportcategory=&reportyear=&reportcountry=&partnership=>
- **Using Music and Singing within Speech & Language Therapy to Improve Clients' Communication**
- **Music in the Community: an exploration of the infinite uses of music**

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CHALLENGES TO CROSS- SECTOR WELLBEING PRACTICE

- Art services rarely go beyond the traditional arts environments such as museums and theaters or arts education institutions. This excludes a lot of people and reinforces inequalities
- Art activities in the health and social care settings are often organised by healthcare staff and are mainly stimulating activity
- Expertise of art professionals are utilized mainly in short-term projects.
- Differing expectations, training and approaches of the 2+ sectors