

Training and Development in Arts in Health: a North Wales perspective

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What

Why

How

Who



Ablett Unit Artist in Residence, Glan Clywd

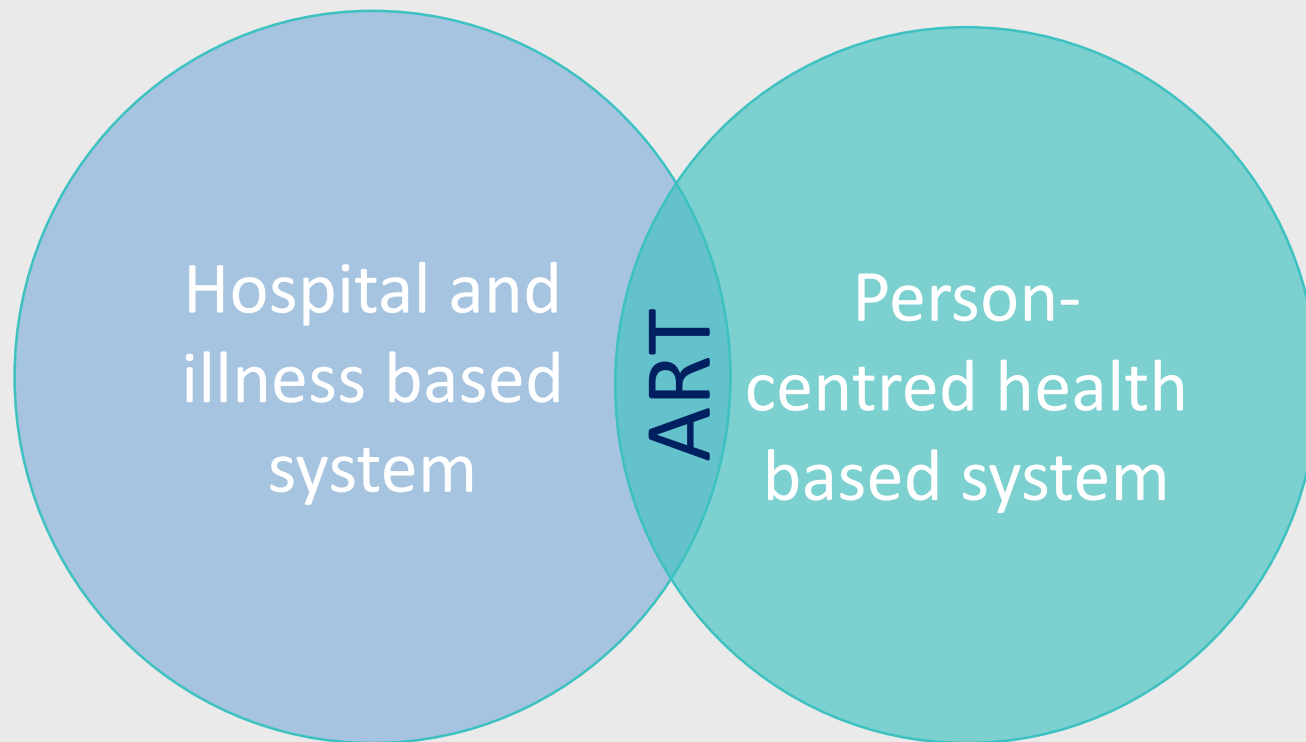
What is Arts in Health?

Arts in Health is not Art Therapy.

Participatory arts programmes, Art in Healthcare environments, Performance exhibitions and concerts, Artist in Residence, Social prescribing/arts on prescription.



‘The transformation of the health and care system from hospital-centred and illness based system to a person-centred and health based system’.



(Crisp, N., Stuckler, D., Horton, R., Adebawale, V., Bailey, S., et al (7 October 2016). Manifesto for a Healthy and Health-creating Society. The Lancet, p.1.)

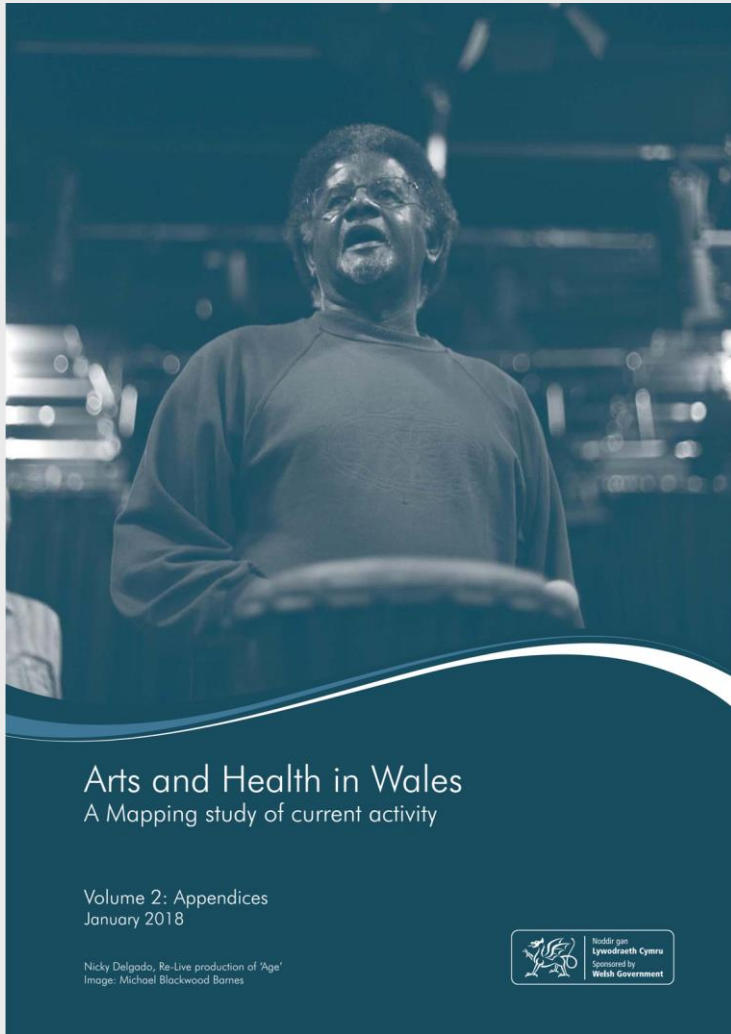
The Benefits

The arts can help keep us well, aid our recovery and support longer lives better lived.

The arts can help meet major challenges facing health and social care: ageing, long term conditions, loneliness and mental health.

The arts can help save money in the health service and social care.

(<http://www.artshealthandwellbeing.org.uk/appg-inquiry/>)



<http://www.arts.wales/arts-in-wales/arts-and-health>



“a man living in a deprived area in Wales spends 23% of his life in poor health compared to 11% for men in less deprived areas”.

(Public health Wales NHS Trust (2016))

1. Project Overview

Purpose	Objective	Outcome	Deliverables
Guarantee the delivery of arts activities is impactful, high quality, and sustainable.	1. Make sure it works BCUHB is able to identify whether and how arts activity improves the well being of its service users.	1.1. BCUHB assesses the impact of its arts activity, in terms of social contact, increased self-esteem, de-stigmatisation of health conditions, increased confidence and self-agency.	<ul style="list-style-type: none"> - Report on impact of past BCUHB projects. - New evaluation strategy. - Annual impact reports drawn from continued, consistent evaluation of on-going arts and health activities.
		1.2. BCUHB contributes to the national arts and health agenda, through the dissemination of best practice.	<ul style="list-style-type: none"> - Literature review of international best practice - BCUHB best practice disseminated to relevant audiences nationally and internationally.
	2. Make sure it works well BCUHB is able to assess, develop and manage the competence of its arts practitioners, and the quality of their outputs.	2.1. BCUHB defines the prerequisite arts competencies for delivery of arts activities in a health care environments.	<ul style="list-style-type: none"> - List of clearly defined BCUHB arts competencies
		2.2. BCUHB assesses the arts competency of artists and health care staff delivering arts activities in health care environments.	<ul style="list-style-type: none"> - Development of staff assessment strategy. - Trial and evaluation of staff assessment strategy.
		2.3. BCUHB develops and delivers training interventions which develop arts competencies, and address gaps in skills, knowledge and understanding.	<ul style="list-style-type: none"> - Gap analysis to establish prioritised list of training needs. - Development of a suite of training activities, developing specific skills, knowledge and understanding mapped to competency list. - Trial and evaluation of training interventions.
		2.4. BCUHB updates role profiles for those delivering arts activities in health care environments, to include arts competencies.	<ul style="list-style-type: none"> - Mapping of arts competencies to role profiles. - Development of new role profiles.
	3. Make sure it will keep working well BCUHB is able to grow its arts and health output, in a financially and practicably sustainable manner.	3.1. BCUHB increases participation in arts and health activity.	<ul style="list-style-type: none"> - Higher number of arts activities delivered per year - Higher average audience per arts activity.
		3.2. BCUHB professionalises arts delivery within its health care environments.	<ul style="list-style-type: none"> - Establishment of accredited 'arts in health care environments' qualification
		3.3. BCUHB establishes new strategic partnerships, and income streams.	<ul style="list-style-type: none"> - Increased earned income, grant income, and collaborative working throughout project duration
		3.4. BCUHB defines a framework for the sustainable recruitment, development and retention of all delivering arts activities in its health care environments.	<ul style="list-style-type: none"> - Report outlining framework, inclusive of anticipated income and expenditure, and management implications for implementation.

Drawing Exercises

TASK 1

5 minute draw the person next to you.

PERSONAL EVALUATION:

How did you feel making this drawing?

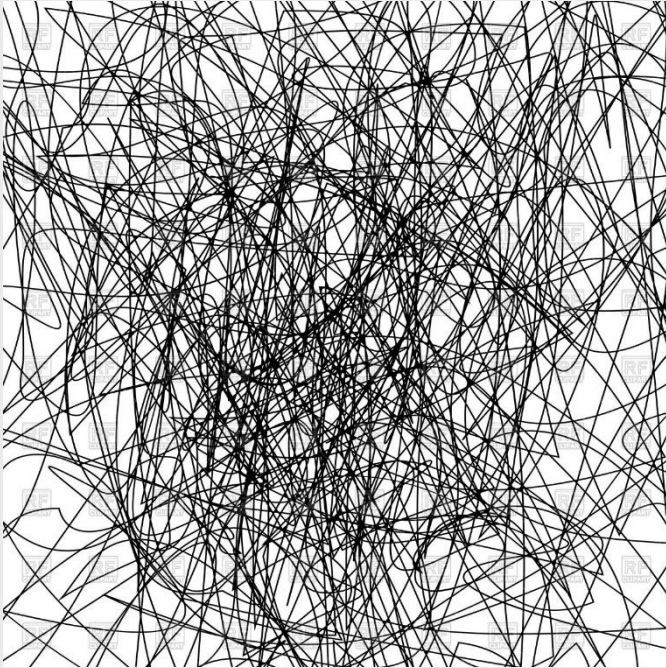
How well do you think you completed the task?

How would you improve upon your drawing next time?

“Drawing is taking a line for a walk” (Paul Klee)

TASK 2

5 minute warm Up exercises



How did you feel making this drawing?

How well do you think you completed the task?

How would you improve upon your drawing next time?

TASK 3

5 minute contour drawing



How did you feel making this drawing?

How well do you think you completed the task?

How would you improve upon your drawing next time?



DISCUSSION

Did you observe any positive outcomes from your evaluations?

Did you observe any negative outcomes from your evaluations?

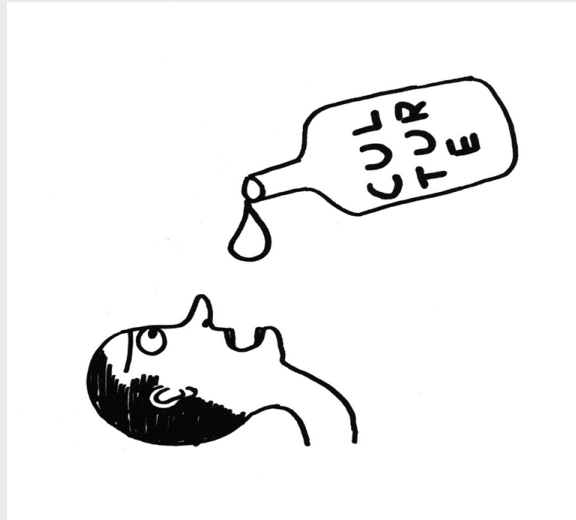
How can you turn your negatives into positives?

Can your positives turn to negatives?

SUMMARY

Can you see a use for any of the above exercises in healthcare environments?

How might these or similar arts activities be implemented into healthcare settings?



As a health risk factor social isolation is the equivalent of 15 cigarettes at day

Holt, Lunstad, J. et al 2010

Thank you for listening and
participating!

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