



Service Priorities and Programmes Electronic Presentations

Convention ID: 93

Submitting author: Ms Nancy PANG

Post title: Advanced Practice Nurse, KH, KCC

"SHINE Our Lives" 「光譜藝術計劃」 - Community Partnership Project on Mental Health Service Users Empowerment in Recovery with "Art In Hospital"(a charity organization) and SHINE Recovery Centre(SRC), Department of Psychiatry, Kowloon Hospital

*Chan FM(1), Pang PLN(1), Kwong KY(1), Cheng SY(2), Cheung Y(2), Leung KY(2)
(1)SHINE Recovery Center, Kowloon Hospital, (2) Art In Hospital*

Keywords:

Mental Health Service Users Empowerment
Community Partnership
People in Recovery Empowerment
Collaboration with service users

Introduction

According to SAMHSA's Working Definition of Recovery 2012, "Recovery occurs via many pathways." Art therapies are many and can facilitate powerful physical, emotional, mental, and spiritual healing and growth in people at various stages. There is evidence that art-based interventions are effective in reducing adverse physical and psychological outcomes. Many people have found a tremendous sense of healing, growth, and personal transformation through therapeutic art. This will be no exception for patients living in the hospital. The physical/medical constraints make them unable to enjoy art due to bed-bound or long period of hospital treatment. Therefore, the idea of "Bringing Art to the Bedside" is generated from the staff of Art in Hospital, the peer volunteers (mental health people in recovery, PIRs) and staff of SHINE Recovery Centre (SRC) so that the trained PIRs can guide those hospital patients with their learnt art skills. On the other hand, involving PIRs in the art facilitator workshops help empower their confidence, skills and competence to themselves as well as reaching out to the others with the belief "Service Recipient as Service Provider".

Objectives

- To bring joy and fun of creation to both patients in wards and PIRs
- To reduce physical and psychological stress of patients in hospital during medical treatment
- To empower PIRs with confidences to serve and contribute back to the - society
- To enhance PIRs' self-growth
- To equip PIRs' skills to facilitate art activities for in-patients

Methodology

- Collaboration with community partner "Art in Hospital" (AIH, a charitable organization) in application for Operation Santa Claus Fund by the South China Morning Post in 2015.
- "SHINE Our Lives", a 2-year creative art program proposal was discussed with staff

of AIH, mental health service users (PIRs) and staff of SHINE Recovery Centre (SRC), Kowloon Hospital in 2015.

- PIRs were recruited as peer volunteers (registered as hospital volunteers in Patient Resource Centre) from SRC under voluntary basis in 2016.

- The project was coordinated by SRC and conducted by Art in Hospital (AIH) from July 2016 to December 2017 in two phases:

- (i). Art skills and communication skills training workshops for PIRs (two hours per session);

- (ii). Bedside art workshops for long-term hospitalized and bed-ridden in-patients by PIRs (one hour refresher art training and one hour service in ward).

- Artists & staff at AIH worked together with hospital staff to provide various art trainings (western paintings, arts & craft), art facilitation skills, communication skills and writing skills to PIRs.

- Survey was conducted after each art workshop for obtaining both PIRs and in-patients' feedback.

- An art exhibition was conducted in the hospital to display PIRs' art works for appreciation of their achievement from 25th October to 17th November 2017.

- Publications of the PIRs' art works will be printed in March 2018 for further empowerment of their self-growth and contributions to the services.

Result

- 1 art exhibition, 30 art workshops including various skills training and 19 bedside workshops facilitated by PIRs were completed.

- 30 PIRs are trained as art facilitators.

- 197 in-patients are served.

Qualitative Feedbacks from PIRs:

- Positive changes: I got back my lost confidence; strengthen my communication skills via collaboration with peers to complete an art work; enjoyment; discovered new interests; learned new skills; increased confidence, self-image and social skills, more pro-active and expressive.

Qualitative Feedbacks from in-patients:

- joy, happiness, laughter, satisfaction, friendship, "please come back"

Conclusion: Arts are for everyone no matter who you are. Arts promote people's recovery. The success of the project based on good collaboration of PIRs, hospital staff, artists and staff at AIH.