



Service Priorities and Programmes Electronic Presentations

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Peer-led Co-produced Program “Art and Wellness” Part II-The Effectiveness of The Program for The Peer Service Users

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Introduction

The integration of peer support element and concept of utilizing personal strengths in one’s recovery journey promoted the development of a peer-led co-produced painting program “Art and Wellness”. It was developed and implemented by the peer service providers, who were persons-in-recovery with strength in art, with the facilitation from occupational therapists. The program aimed at enhancing the recovery and well-being of the peer service users, who were also persons-in-recovery, through the elements of peer support, art and positive psychology elements.

Objectives

To evaluate the qualitative and quantitative recovery and well-being outcome of peer service users in the peer-led co-produced “Art and Wellness” program

Methodology

12 peer service users were recruited into the 11-session program. Pre-post standardized quantitative measure (1) Mental Health Recovery Measure and (2) Short Warwick-Edinburgh Mental Well-being Scale were conducted for evaluating the recovery and well-being outcome of participants. Qualitative-wise, a post program focus group was conducted to collect feedback and the recovery experience of the peer service users throughout the program. The transcript was thematically analyzed.

Result

In quantitative analysis, improvements were found in the measurements. The average score of the Short Warwick-Edinburgh Mental Well-being Scale was increased from 22.00 to 23.70 while that of Mental Health Recovery Measure was increased from 78.64 to 80.10.

In qualitative analysis, six key themes were identified as below:

- (1) Reduction of self-stigma
- (2) Developing new skills and competence
- (3) Enhancing sense of competence and self-acceptance
- (4) Developing mutual peer support among the peer service users and peer service providers
- (5) Increasing positive emotions
- (6) Experiencing flow