

Healing and The Arts: Framing A Dialogue

Cancer Survivorship
2 February 2017

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The maze of trees
Michele Angelo Petrone
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Outline

What is Healing?

How Can Arts help?

(Is there evidence?)

How much Arts Is enough?

What's happening in Australia?

How do we progress this?

The Journey To Where

Michele Angelo Petrone

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NATIONAL ARTS AND HEALTH FRAMEWORK

- **Promoting health and wellbeing using the arts**
 - support health communication and education about the social determinants of health including on issues such as sexual health and relationships, early childhood and parenting, dying with dignity, mental health and healthy aging
 - communicate about preventative health matters including alcohol and drugs risk and harm reduction, obesity and health literacy across a number of areas.
- **Through partnerships, collaboration and relationships, build strategic alliances**
 - collaborative approaches across arts and health sectors, the spheres of government, the community, business, education and the non-government sector.
- **Ongoing research**, evaluation and documentation of arts and health practice.
- **Integrating the arts into health facility buildings and their environs.**
- **Contributing to the achievement of Government priorities** through... initiatives that address government priority agendas
 - Closing the Gap on Indigenous Disadvantage, preventative health, mental health, dementia and primary health care.



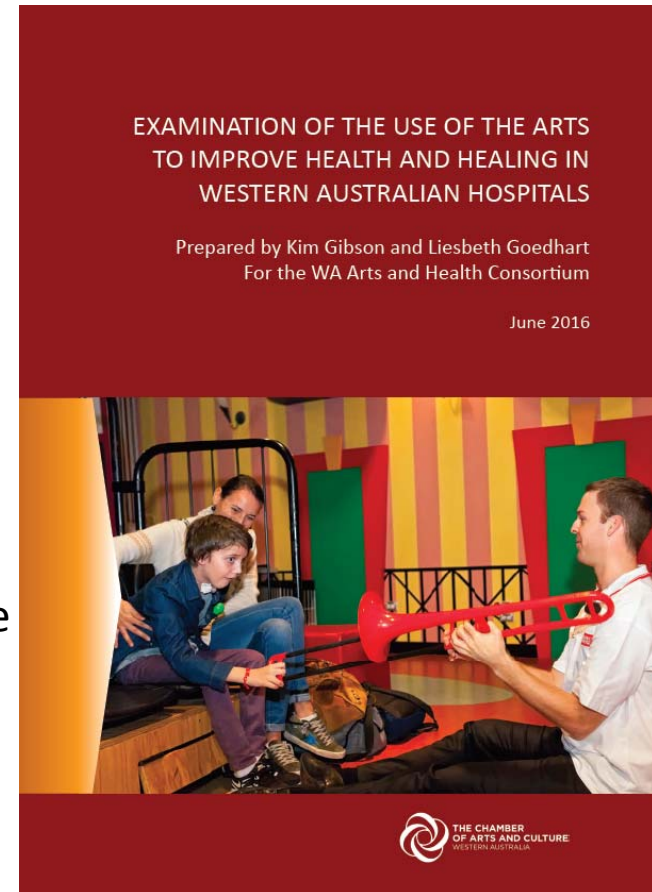
2013	Meeting of Cultural Ministers and Standing Council Health
May 2014	National Arts and Health Framework endorsed
July 2014	Local Symposium organised by Deborah Pearson
July 2015	WA Consortium formed
September 2015	Local Report commissioned: Kim Gibson and Lisbeth Goedhart
June 2016	Report released by Minister for Arts & Health Dr John Day MLA

The WA Arts and Health Consortium

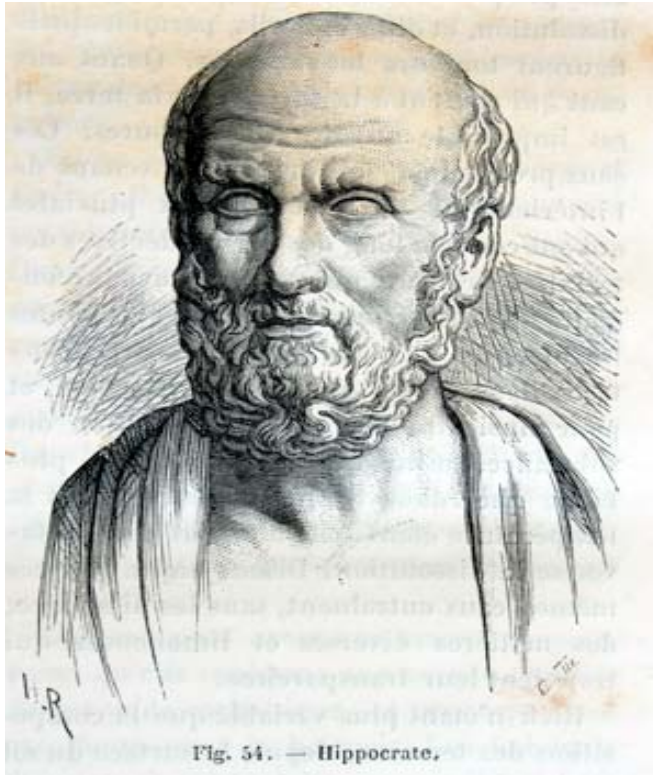


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Curing versus Healing



“Cure sometimes, treat often,
Comfort always”

Hippocrates
(460-370 BC)

BMJ Open The art of being healthy: a qualitative study to develop a thematic framework for understanding the relationship between health and the arts

Christina R Davies,¹ Matthew Knuiman,² Peter Wright,³ Michael Rosenberg⁴


Arts engagement and health outcomes

Clinical studies have found that arts engagement promotes relaxation and mental health by reducing patient stress, anxiety and depression.^{11 12} For people experiencing mental health issues, arts programmes increase confidence, self-esteem and self-understanding.^{13 14} In the general population, arts engagement improves psychological well-being and life satisfaction.^{15 16} The arts also

Music therapy in bone marrow transplantation



The art of being mentally healthy: a study to quantify the relationship between recreational arts engagement and mental well-being in the general population

Christina Davies^{1*} , Matthew Knuiman¹ and Michael Rosenberg²

Aim: to determine if there was a relationship between arts engagement (for enjoyment, entertainment or as a hobby NOT as therapy) and mental well-being.

Methods: A random sample of 702 WA adults 18+ yo (RR 71%). 15 minute Phone survey about arts engagement, mental well-being, demographics and potential confounders and effect modifiers. (Warwick-Edinburgh Mental Well-Being Scale). Independent variable was hours engaged in arts in the last 12 months.

The art of being mentally healthy: a study



Results:

- Engagement varied from 0 to 1572 hours/year (mean =100.8 hours/year).
- Prevalence of Arts engagement was 83%.
- Adjusted for demographics (sex, age, group, location, education, marital status, children), general health, sports, religious activities and holidays...
- Respondents with higher levels of arts engagement (100+hours/year) had significantly better mental well-being than those with none, low, and medium levels of engagement.
- The relationship was non-linear with evidence of a threshold effect at 100 or more hours/ year.

(Continued from previous page)

Conclusion: Evidence of an arts-mental health relationship was found in this study. Those who engaged in 100 or more hours/year of arts engagement (i.e. two or more hours/week) reported significantly better mental well-being than other levels of engagement. The suitability of the arts as a population based strategy to influence the mental well-being of the general population should be investigated further.

Keywords: Arts, Culture, Mental health, Mental well-being, Population health, Health promotion, Warwick-Edinburgh Mental Well-being Scale

EXAMINATION OF THE USE OF THE ARTS
TO IMPROVE HEALTH AND HEALING IN
WESTERN AUSTRALIAN HOSPITALS

Prepared by Kim Gibson and Liesbeth Goedhart
For the WA Arts and Health Consortium

June 2016



Kim Gibson and Lisbeth Goedhart
commissioned to do the report.

Methodology included a review of
the literature, wide consultation
with arts and health stakeholders,
on-line surveys and consumer
focus groups.

In Europe and the USA the
conversation is no longer
around the efficacy of arts
in health; governments,
hospitals, trusts, funders,
NGOs and partnering arts
practitioners alike have
moved on and are busy
implementing.

Table 1: WA Arts and Health activity

Arts and Health Activity
Built Environment
Visual and Moving Image Arts
Performing Arts
Literary Arts
Participation by patients
Participation by staff
Innovative Partnerships
Arts in Health Research

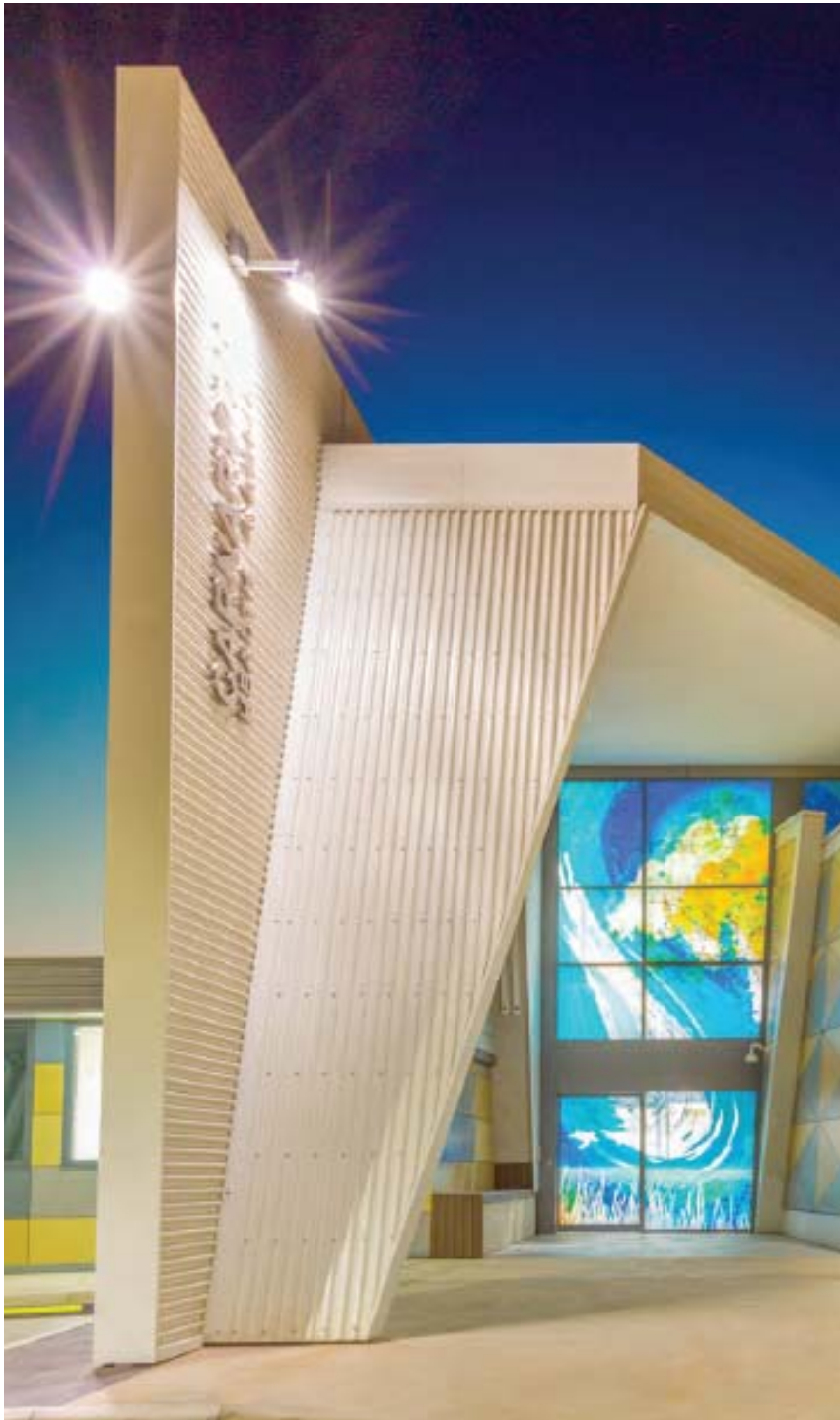


Gibson K, Goedhart L (June 2016). Examination of the use of the arts to improve health and healing in Western Australian Hospitals. The WA Chamber of Arts and Culture, June 2016.

FIZZ by Stuart Green - is a joyous field of colour and three-dimensional form sweeping across the New Children's Hospital eastern facade and forms a major public art piece in Perth WA. Made up of almost 1600 aluminium discs, ranging in size from 450mm to 1m diameter, this facade is the bright and bubbling public face of the Hospital, The forms create a wave of movement that echoes Kings Park opposite. The public artwork is supported by the State Government's Percent for Art Scheme.

Reproduced with the permission of Perth Children's Hospital





Percent for Art

Artwork reflecting rugged Gascoyne river landscapes and Shark Bay world heritage sites

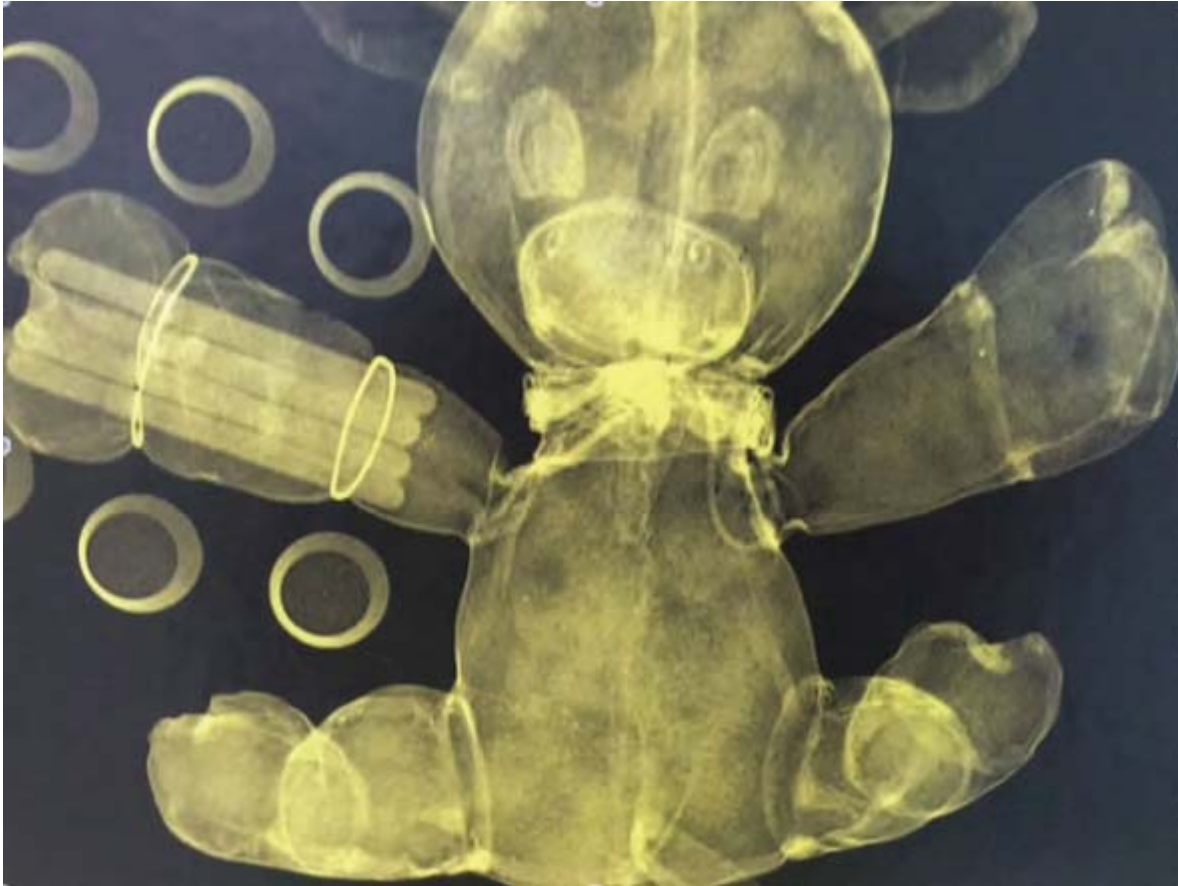
Advanced ceramic binding process to create the glass images

The artworks are a celebration of local culture and country

Bungarri Warduga Barndimanmanha (Gascoyne River Healing Journey), 2016, Carnarvon WA, Anton Blume, Bonni Ingram and Sabrina Dowling Giudici (Fuse Art Collective), Public Art Coordinator, Corine Van Hall, Client: Western Australian Country Health Service.

Case Study: Starlight X-Ray Project

X-raying VIPs – very important patients: children's teddy bears and favourite toys - mural



- children had a greater sense of control and involvement in hospital procedures
- children had a channel for self-expression through story telling with their images
- it alleviated fears that can be associated with having x-rays
- the resulting x-rays provided fun non-conventional images that children can relate to in the procedure waiting areas.

Princess Margaret Hospital for Children

- The West Australian Symphony Orchestra (WASO) Hospital Orchestra Project (HOP) provides six half-day interventions per year including concerts, workshops, and bedside visits.
- CAHS Arts Alliance -Barking Gecko and Yirra Yaakin theatre companies (workshops, circus, drama, scriptwriting, hosting visiting artists and an annual theatre production).
- Clowns.
- Starlight Foundation.



Zaine and Nick
(Photo Credit: Jane Clare)

UK example of use of theatre performance

- **Breathe Magic**, (BREATHE Arts and Health Research, Farquharson, 2016) at Guy's, St Thomas's, Great Ormond Street Hospitals and now 3 NHS Trusts.
- Partnership between a team of Occupational Therapists (OTs) and professional Magicians.
- Young people with hemiplegia learn magic tricks that match their exercise and functional training needs.
- In place of conventional treatment such as exercise and Botox therapy ... children ... become a Magician at a two-week holiday 'camp' program followed by membership of a monthly 'magic club' for 18 hours of follow up over 6 months.
- Adapting the evidence-based HABILIT program (**H**and, **A**rm, **B**i-manual, **I**ntensive, **T**raining) (Charles, 2006) provided a basis for evaluation and research using a number of standardized outcome measures.
- Results informed the replacement of 60 hours of traditional OT with the intensive 60-hour program.

See <http://breatheahr.org/breathe-magic/>



Positive psychosocial, physical, functional and economic benefits resulted including the halving of care hours per day post camp. Prior to the camp 25% of children used two hands for bi-manual tasks compared to 93% post camp, a significant improvement with the results sustained (86%) at 3-month follow-up.

(Farquarson, 2013)

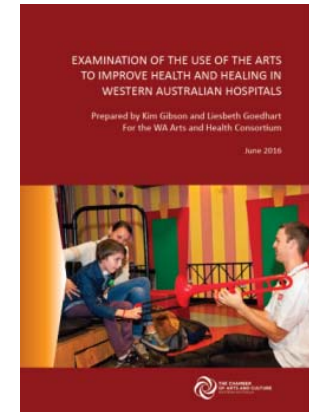


Table 2: Key characteristics of the FMC model (Putland, Arts in Health at FMC: Towards a Model of Practice, 2012)

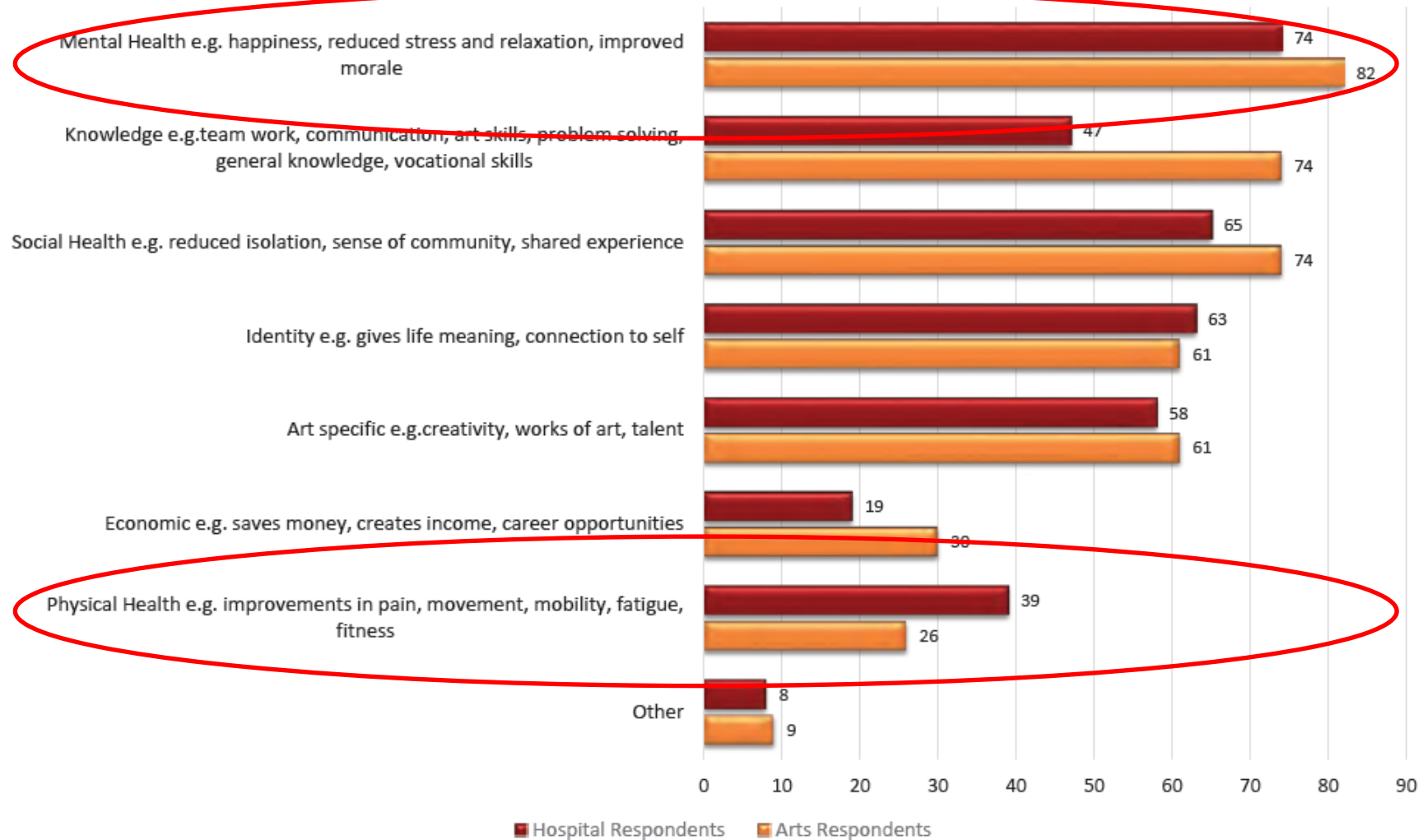
Key characteristics of the FMC model	
Identified strategy	Aims: create a warm and welcoming physical environment, support staff in their provision of high quality care, contribute to a positive, nurturing experience for patients and carers and provide opportunities for the public to engage positively with health services.
Coordination	A dedicated arts coordinator role ensures effective management of the program and has been funded since 2005.
Reach	Catering for a wide range of needs including individual patients, carers and families, staff and visitors. Intense and sustained experiences for a small number as well as fleeting wide spread opportunities for all.
Multi-model delivery	Drawing on a diverse group of practitioners across all art forms and deploying them in many different ways.
Staff education	Education of all staff about the benefits of the arts appears as necessary as building relationships with particular staff to champion and support delivery.
Policy support	2008 Arts and Health partnership agreement between Department of Health (SA) and Arts SA demonstrating a shared commitment to work towards arts initiatives adding value to health strategies.
Secure funding	Funding strikes a balance between project funding that is attractive to arts funding bodies and recurrent funding to sustain continuity of programming and delivery.
Evaluation	Evaluation considers what experiences were offered, the responses of participants and the learning for artists and staff about delivering an art program in a hospital.

Some Key Findings (abridged)

1. 75% of hospitals surveyed ...deliver Arts and Health activity.
2. Consumers are very supportive.
3. There is little evidence of overall co-ordination, strategy and planning.
6. Activity is mostly visual arts based, project driven and dependent on local champions with little evidence of sustainability.
7. Arts and Health practice is most evident in paediatrics, mental health, aged care and Aboriginal Health
8. Only 28% ... evaluate Arts and Health projects.
11. The percent for art scheme is only used in the building phase.
12. Only 38% of artists ... have received any form of induction training.



What benefits were observed, for anyone involved in Arts and Health activities?



Graph 4: Health benefits observed by arts and hospital staff (N.B. Survey response categories taken with permission from the “Art of Being Healthy Framework” (Davies C, et al 2014)

International and national best practice in Arts and Health



... have the following elements in common:

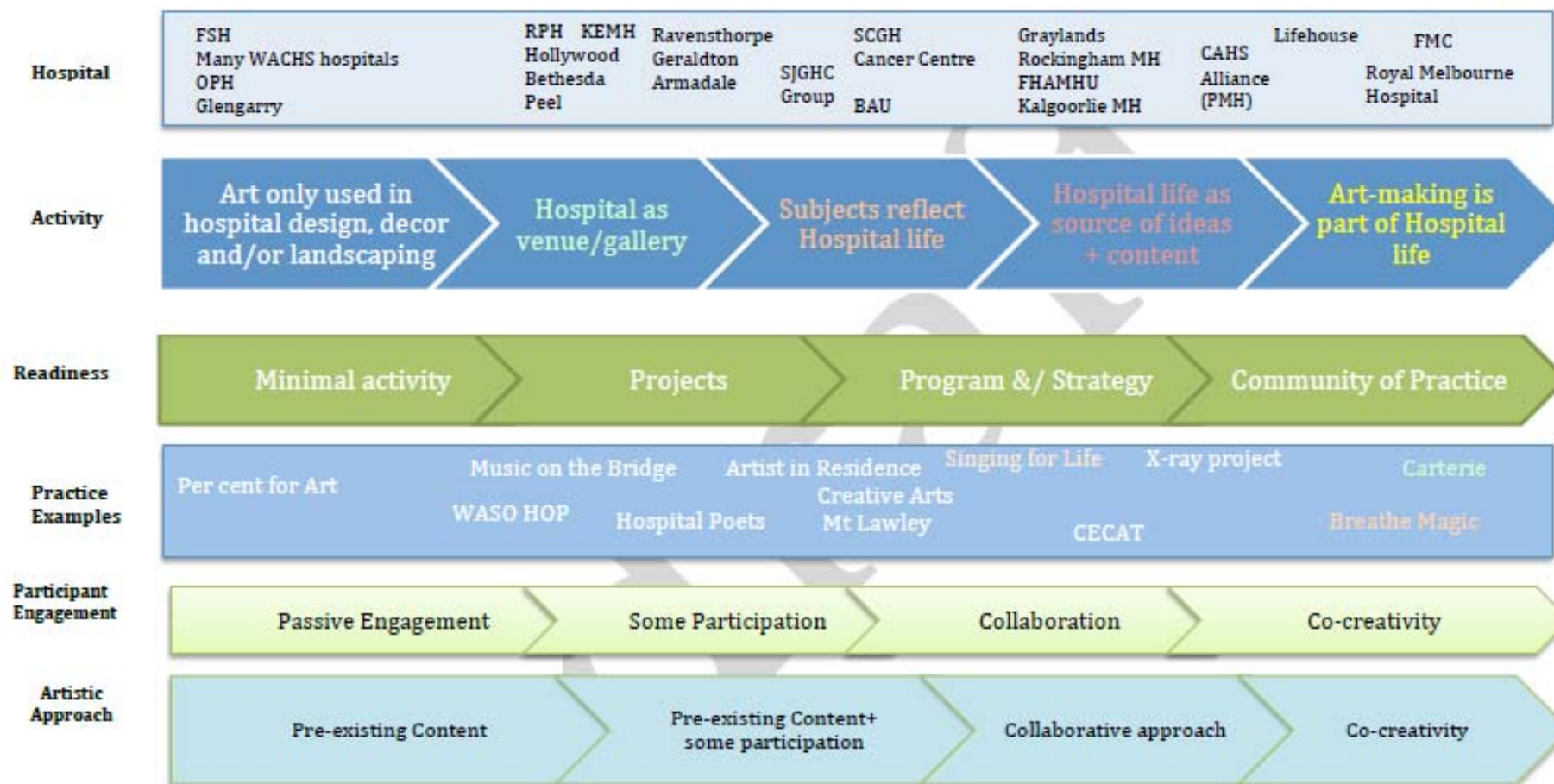
- use of Arts and Health coordinators to provide a coherent program;
- collaboration and partnership,
- screening, induction, training and professional development of practitioners and
- evaluation processes.

Table 1: WA Arts and Health activity

Arts and Health Activity	WA Practice
Built Environment	Percent For Art Scheme highly effective. Projects have demonstrated successful community and arts engagement.
Visual and Moving Image Arts	Visual Arts well represented in all hospitals with projects and programs, including artists-in-residence most often visual-arts based. Could be more curating and rotation of collections.
Performing Arts	Less utilised and mostly music-based. Strong partnerships exist. Scope for greater use of dance and theatre.
Literary Arts	Under-utilised.
Participation by patients	Rates low and predominantly passive. Participation and collaboration most evident in paediatrics, mental health, aged care and Aboriginal Health with attention given to cultural significance and security. Consumers very supportive.
Participation by staff	Rates even lower but benefits of Arts and Health participation widely acknowledged.
Innovative Partnerships	A large number and variety of partnerships were reported from both Health and Arts perspectives. Scope for expansion based on interest expressed in consultation.
Arts in Health Research	Rare at present in WA. Evaluation reported at only 16 sites over the three-year reference period of the survey.

Gibson K, Goedhart L (June 2016). Examination of the use of the arts to improve health and healing in Western Australian Hospitals. The WA Chamber of Arts and Culture, June 2016.

ARTS AND HEALTH PRACTICE CONTINUUM



(Adapted from Putland, 2012 p.17)

Example Key: Local National International

Recommendations

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Barriers and issues

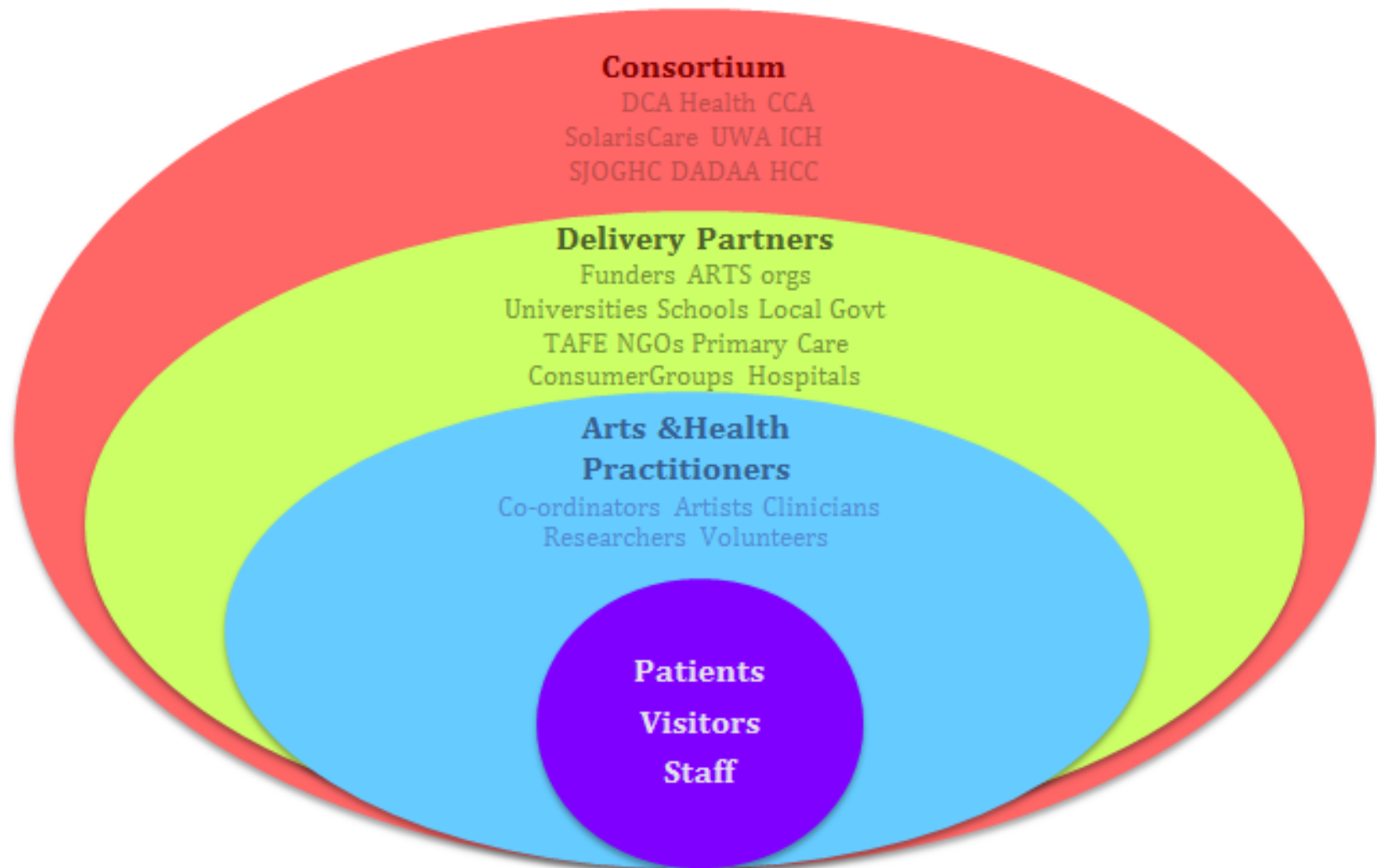
The top 5 barriers identified by hospital respondents are:

- staff capacity
- Funding
- space/time
- coordination and
- patient safety.

The top 5 issues identified by artists and arts organisations are:

- staff capacity
- Time
- hospital willingness
- space and
- it being a priority (or not) for the arts organisation.





WA Arts and Health Community of Practice

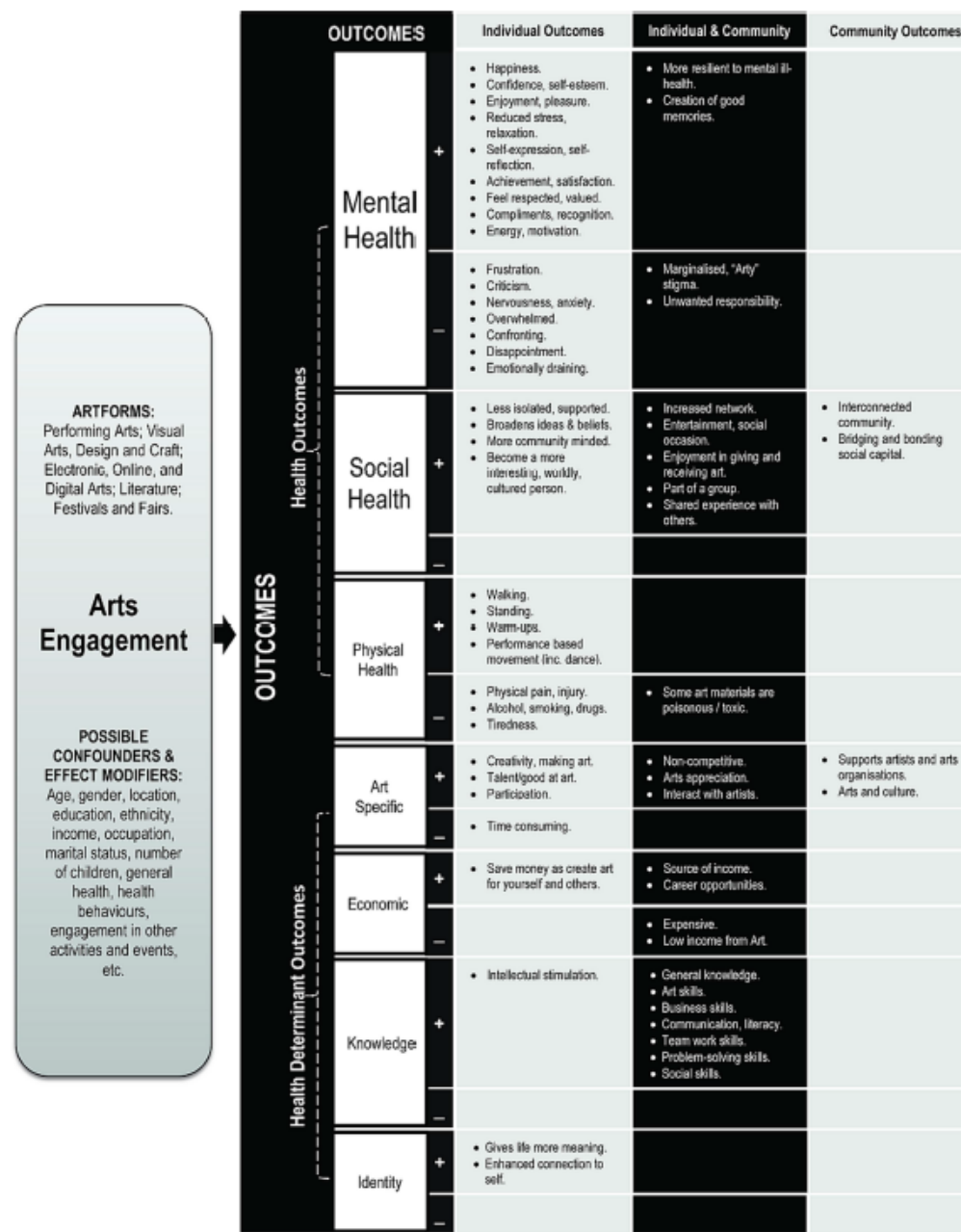


Figure 1 Arts and health framework.

Song-writing as therapy (Physician heal thyself)



David Joske

Big Boss Beaver Blues Band

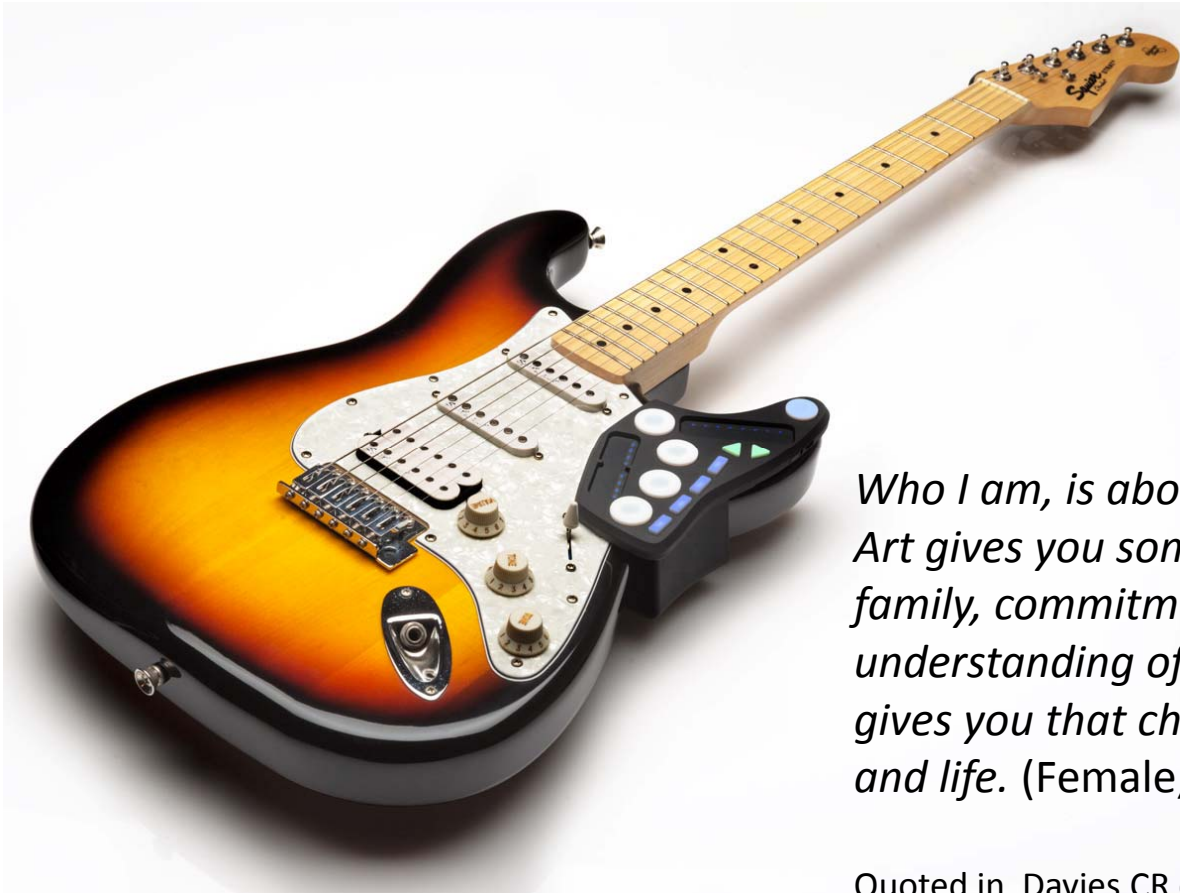
WA Music Industry Award 1999: Best Original Blues Song

“Guilty As Charged”



Self-actualisation through art

The privilege of a lifetime is to become who you really are. Carl Jung



Who I am, is about who I am when I am doing my art. Art gives you something that is totally yours, beyond family, commitments, work. You have a greater understanding of yourself and your life...creating art gives you that chance to express meaning for yourself and life. (Female, 50–59 years, Electronic/Digital Art)

Quoted in Davies CR et al. The Art of being healthy: a qualitative study to develop a thematic framework for understanding the relationship between health and the arts. *BMJ Open* 2014 Apr 25;4(4)e004790.

What music means to me

Physical effects

Restores energy

Mode of self-expression

Catharsis

A lovely open-ended challenge!

Social bonding and sharing

ALWAYS LOOK ON THE BRIGHT SIDE OF LIFE

Eric Idle/Monty Python

Some things in life are bad, They can really make you mad.
Other things just make you swear and curse.
When you're chewing on life's gristle, Don't grumble, give a whistle!
And this'll help things turn out for the best, and....

CHORUS

Always look on the bright side of life! X2

2

If life seems jolly rotten, There's something you've forgotten!
And that's to laugh and smile and dance and sing,
When you're feeling in the dumps, Don't be silly chumps,
Just purse your lips and whistle -- that's the thing!

CHORUS

3

For life is quite absurd, And death's the final word.
You must always face the curtain with a bow!
Forget about your sin -- give the audience a grin,
Enjoy it, it's your last chance anyhow!

CHORUS

4

Life's a piece of shit, When you look at it.
Life's a laugh and death's a joke, it's true,
You'll see it's all a show, Keep 'em laughing as you go.
Just remember that the last laugh is on you!

CHORUS

REPEAT CHORUS

What A Wonderful World

By George David Weiss and Bob Thiele

Performed by Louis Armstrong

I see trees of green, red roses too
I see them bloom, for me and you,
And I think to myself, What a wonderful world.

I see skies of blue and clouds of white,
The bright blessed day, the dark sacred night,
And I think to myself, what a wonderful world

The colors of the rainbow, so pretty in the sky
Are also on the faces of people goin' by
I see friends shaking hands, saying, "How do you do?"
They're really saying, "I love you."

I hear babies cry, I watch them grow
They'll learn much more than I'll ever know,
And I think to myself what a wonderful world
Yes I think to myself, what a wonderful world.

2013-14:

NATIONAL ARTS AND HEALTH FRAMEWORK

Arts and health definition

In its broadest sense, arts and health refers to the practice of applying arts initiatives to health problems and health promoting settings. It involves all art forms and may be focused at any point in the health care continuum. It also has an impact on the determinants of ill-health by changing individuals' attitudes to health risks and supporting community resilience.