

Mental Health Matters

through Restorative Art



Newsletter 3

April 2021

The project

Creative activity and art making has been used in mental health settings as a healing tool in many forms (psychotherapy, counseling etc.). This is happening not only 'because it serves as another language but also because of its inherent ability to help people of all ages explore emotions and beliefs, reduce stress, resolve problems and conflicts, and enhance their sense of well-being.' (Malchiodi, 2003, p. xi) However, this is not the case for many European countries. Furthermore, now more than ever there is an evident need of more contemporary approaches which will help restore the balance in mental health structures. In addition, the potential and benefits of combining art therapy with restorative justice are still not translated into educational material and programmes leaving many adult learners and professionals in the field unaware.

Mental Health Matters through Restorative Art (MHM) aims to respond to this by bringing together a cross-sector, strategic partnership to support innovation in the adult education field by creating, piloting, and disseminating educational material and tools tailored to the needs and realities of mental health professionals, restorative justice practitioners, and artists in the participating countries and across Europe. The project started in November 2019 and will be completed in October 2021.

Objectives:

MHM aims to enhance the skills, knowledge and experience of mental health professionals using art and restorative justice values. MHM also aims to train artists to use art in order to facilitate the relief of mentally ill patients and their social restoration. The ultimate goal is to create innovative tools that enhance the healthcare provision and self-representation of those who live within mental health structures. Thus, the main aim is to create a methodological approach that puts together the benefits of art therapy with the values of restorative justice. MHM will also design and accredit e-courses that will enhance the skills and knowledge of adult learners, supporting in this way the setting up of, and access to upskilling pathways.

Start Date: 01 November 2019

End Date: 31 October 2021

Website: <https://mentalhealthmatters.eu/>

Social media:



The consortium includes 6 partner entities:

- Restorative Justice for All, UK
- Center for Social Innovation (CSI), Cyprus
- Kinonikes Sineteristikes Drastiriotes Epathon Omadon, EDRA, Greece
- Lélekben Otthon Közhasznú Alapítvány (LOKA), Hungary
- Fundacion INTRAS, Spain
- Anotati Scholi Kalon Technon, ASFA, Greece

IO2 – Training programme and e-course: Improving mental health through restorative art

This training program aims to train mental health professionals, carers and other healthcare staff and volunteers on restorative justice and therapeutic approaches. This highly interactive e-course will introduce participants to the values of restorative justice, while providing them with a methodological approach that combines these values with a therapeutic form of art as a means of restoring mental health and injustice. The ultimate objective of the e-course is to enable practitioners to lead patients through a healing process, which empowers them to improve their mental health and overall wellbeing. You can access it [here!](#)

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RJ4ALL

CPD CERTIFIED
The CPD Certification Service

ART AS A RESTORATIVE JUSTICE TOOL FOR MENTAL HEALTH
FREE ONLINE COURSE

ENROL NOW IT'S FREE!

THIS CPD CERTIFIED E-COURSE AIMS TO TRAIN ARTISTS AND PROFESSIONALS WORKING IN THE ARTISTIC AND CULTURAL SECTORS ON HOW TO USE THE TRANSFORMATIVE POWER THAT RESTORATIVE JUSTICE ART HAS IN THE LIVES OF PEOPLE WITH MENTAL HEALTH ISSUES. ADDITIONAL READING MATERIAL ARE ALSO PROVIDED FOR OPTIONAL FURTHER LEARNING AND RESEARCH.

www.rj4alluk

Erasmus+ Center for Social Innovation Éδρα Lélekben Otthon intras

IO3 – Training programme and e-course: Art as a restorative tool for mental health

Our second training program and e-course aims to train artists and professionals working in the artistic and cultural sectors on how to use the transformative power of restorative justice art in the lives of people with mental health issues. Through this training programme, participants will discover how art can be used as a healing tool not only to relieve people facing mental illness, but also to promote their social

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restoration and improve their self-representation. Participants will find out that their art can have a meaningful social impact in supporting people with mental health conditions to regain their “voice”, while opening up new possible professional avenues. You can access it [here!](#)



Both e-courses are free, CPD certified and are available in all the national languages (Greek, Hungarian, Spanish, English) of the partners!

RJ4ALL- United Kingdom

In February and March 2021, two training events were organised by RJ4All and delivered for art and mental health professionals, respectively. Both sessions aimed to encourage participants to explore how to use the transformative power of restorative art when supporting people in mental health setting. These sessions were designed to provide practitioners with key tools and resources that would further encourage them to explore the concept in their work or study environments, consequently, to transfer these skills when working with individuals with mental health issues.

Lélekben Otthon Közhasznú Alapítvány (LOKA) – Hungary

In February, LOKA organised two training activities for IO2 and IO3. After a discussion regarding the current state of art of restorative justice and mental health in Hungary, participants got the chance to take part in interesting self-involved activities and think about the benefits that art could have to mental health service users. They experienced that even simple activities have emotional effect and how nonverbal images, sensory experiences complement verbal information. Puppets and drama therapy techniques were also used, as well as artwork and narrative work and picture meditation. In their feedback, the participants said that the training was intriguing, it broadened their knowledge and gave them new perspectives. In addition most of them showed a lot of interest in the e-course and intent to enroll!

K.S.D.E.O “EDRA” & ASFA – Greece

In March 2021, EDRA realized two online activities in the framework of piloting “Mental Health Matters” training modules. Mental health professionals and emerging artists got the chance to learn about restorative justice and the way it can be used in mental health settings. They also gained further knowledge in the way art therapy may be paired with restorative justice and thus, form the method of restorative art, specifically when working with people facing mental health problems.

Fundación INTRAS – Spain

In February 2021, INTRAS foundation had the chance to implement some online training sessions on art as a restorative justice tool in the mental health setting. Through these activities, both mental health professionals and artists confirmed the relevance of the project aims and products. The participants discussed about the importance to promote the use of art as a tool to support people with mental health issues, providing them with alternative resources to express themselves and to engage in a meaningful dialogue with the professionals involved in their recovery process.

Centre for Social Innovation, CSI – Cyprus

In March 2021, CSI implemented two training sessions on art and restorative justice in order to pilot the training material developed for the two training courses. A total of 17 participants got involved in the two trainings and the feedback was very positive. Through those trainings participants had the opportunity to learn about restorative justice and the ways it can be implemented in their professional practice. They also had the opportunity to think about the possibility of introducing artistic practices and activities in their work in order to support the recovery and social integration of people using mental health structures. In general, the feedback collected was very positive and they mentioned that they are very interested in enrolling in the e-courses.

