



Contact: [admin@rj4all.org](mailto:admin@rj4all.org)

## NEW RESEARCH ON RESTORATIVE JUSTICE FOR MENTAL HEALTH JUST RELEASED

Today, new research was released on the role of restorative justice for improving the mental health especially those within institutions. Restorative justice can have an empowering effect on mental health patients, breaking the stereotypical power-authority relationship, between the therapists and the patient while facilitating the relief of mentally ill and their social restoration. The potential and benefits of combining therapeutic art with restorative justice are still not translated into educational material or programmes, leaving many adult learners and professionals in the field unaware.

The findings are drawn from a two year project funded by Erasmus+ and coordinated by the Restorative Justice for All International Institute. They are published in a free eBook which brings together all the research, pilots, learning and findings of the project, which was carried out in the UK, Greece, Cyprus Spain and Hungary. The eBook has a short and a long version. The long version features chapters in the participating languages as well as a comparative chapter in English, while the short version contains summary chapters in English on the comparative findings of the project in the participating countries. You can find both of the eBooks [here!](#)

Dr. Theo Gavrielides, RJ4All Founder and Director said: "The Mental Health Matters partnership is very proud to release these findings which show that there are alternative solutions to mental health issues. The isolation and loneliness caused by COVID19 measures caused a mental health pandemic that we will be dealing with for years to come. Medication and top down measures are not always appropriate. This project introduces the concept of restorative art through power sharing".

### Our Final Conference is also coming in January!

We are delighted to announce that Mental Health Matters project will be part of **THE RJ4ALL ANNUAL CONFERENCE on the 24– 25 of January 2022!** This conference aims to reunite cultures, minds and hearts through the values of restorative justice. The theme of the conference will be 'Overcoming gender-based violence, exclusion and mental health challenges' and it will take place at 'The Honourable Society of the Middle Temple, Parliament Chamber and Queen's Room, Ashley Building, Middle Temple Lane, London EC4Y 9BT'. A limited amount of bursaries will be offered to international participants. These will be offered on a first-come basis and the deadline for applying is 4 January 2022.

→[Register here!](#)

→[More information for the conference here!](#)

### Our e-courses:

1. **Training program: Restorative art in mental health structures** →You can register for the course [here!](#)

2. **Training program: Art as a relief and a restorative justice tool for mental health**→You can register for the course [here!](#)

→Successful completion of each e-course will lead to a CPD (Continuous Professional Development) Certification.

### Objectives of the project

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.

The consortium includes 6 partner entities, the coordinator Restorative Justice for All (UK) and five other partners: Center for Social Innovation-CSI (Cyprus), Kinonikes Sineteristikies Drastiriotes Epathon Omadon - EDRA (Greece), Lélekben Otthon Közhasznú Alapítvány (LOKA) (Hungary), Fundacion INTRAS (Spain), and Anotati Scholi Kalon Technon -ASFA (Greece).

### Find us on the Web and social media!

Visit <https://mentalhealthmatters.eu/> to find out more about our project, to get informed about our news and activities, to read our publications and stay tuned to get informed about the trainings and the online tools that will be developed in the context of this project.

You can also find us on [Facebook](#), [Instagram](#) and [YouTube](#).

→Through our social media pages, you can have access to continuous updates on all the developments of the MHM project, as well as news related to the field.