

Mental Health Matters

through Restorative Art



Newsletter 4

January 2022

→The partnership of the project Mental Health Matters through restorative justice art is proud to announce the successful completion of the project in all the participating countries. Below you can find a summary of the activities and intellectual outputs of the project.

The project

Creative activity and art making has been used in mental health settings as a healing tool in many forms (psychotherapy, counseling etc.). 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) responded 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 was successfully completed at the end of January 2022.



Goals reached:

Through the activities and outputs of MHM mental health professionals and artists were trained regarding the use of art and restorative justice values in order to facilitate the relief of mentally ill patients and their social restoration. Our ultimate goal was to create innovative tools that enhance the healthcare provision and self-representation of those who live within mental health structures. Thus, a methodological approach was created that puts together the benefits of art therapy with the values of restorative justice. MHM partnership also designed and accredited 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 January 2022

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

The Intellectual Outputs of the project:



IO1 – Training Manual: The use of restorative art in mental health structures

The first period of the project was a research phase, which led to the production of the first intellectual output, "Training Manual: The use of restorative art in mental health structures". The manual was based on a transnational study in which all partners were actively involved and reflected the use of art in mental health structures among the participating

countries, as well as certain ways in which art is being exploited in these structures. It is also based on a needs analysis through original fieldwork, which was conducted with professionals in partner countries using quantitative and qualitative data collection methods. The training manual 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 versions of the manual [here](#).

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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ENROL NOW IT'S FREE!

IMPROVING MENTAL HEALTH THROUGH RESTORATIVE JUSTICE FREE ONLINE COURSE

THIS CPD CERTIFIED E-COURSE AIMS TO TRAIN MENTAL HEALTH PROFESSIONALS, CARERS AND OTHER HEALTHCARE PROFESSIONALS ON RESTORATIVE JUSTICE AND CREATIVE ART THERAPEUTIC APPROACHES WITH THE ULTIMATE OBJECTIVE OF IMPROVING THEIR PRACTICE.

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 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!

IO4 - Mental Health Matters in Action: E-book

RESTORATIVE JUSTICE ART

A TOOL FOR MENTAL HEALTH AND HEALING
SUMMARY FINDINGS FROM THE MENTAL HEALTH MATTERS PROJECT

In the framework of the project MHM, 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 versions of the eBook [here!](#)

Training event in Spain

In the framework of the MHM project a training event was organised to allow partners from different countries to be together and exchange ideas, training methodologies and experiences thus elevating the overall quality of the outputs and



of the partnership. The training event took place in Valladolid (Spain) from the 20th to the 24th of July 2021 and was physically attended by 14 relevant professionals and remotely attended by 1 professional from Cyprus. Practical activities of art expression were also carried out both in individual and group settings during the training as well as reflecting sessions. All the participants were very pleased with the training and gave very positive feedback.

Our Final Conference was a huge success!

We are delighted to announce that Mental Health Matters project was part of **THE RJ4ALL ANNUAL CONFERENCE on the 24 – 25 of January 2022!** This conference aimed to reunite cultures, minds and hearts through the values of restorative justice. The theme of the conference was 'Overcoming gender-based violence, exclusion and mental health challenges' and it took 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 was also offered to international participants.



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