Arte, museos y salud mental: Transformando la salud mental comunitaria



Museu Valencià d'Etnologia

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Evidencia científica

REVIEW ARTICLE



Community-based art groups in mental health recovery: A systematic review and narrative synthesis

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no systematic review has focused on the impact of art groups in non-clinical settings in the process of recovery following the CHIME framework.

Alm: The aim of this study was to examine the effects of engaging in community based art groups in mental health recovery. Method: A search in five electronic databases for relevant research using quantita

tive, qualitative or mixed methods published between 2000 and 2019 identified nine

Results: While there was great methodological heterogeneity, most studies were qualitative, used visual arts, facilitated by artists and assessed by mental health nurses, and took place in community locations or artistic venues. Quantitative outcomes though few provided evidence of increased well-being and qualitative outcomes corresponded mostly with the recovery process of Connectedness. Additional outcome: related to the settings were a sense of safety and to the intervention: self-expression development of skills and achievements, and the impact of final exhibitions and pee

Discussion: Studies should aim at prospective designs following mixed methods approaches, with larger and gender-sensitive samples, control groups and follow-up assessments, and evaluate cost-effectiveness. Implications for practice: Community-based art groups which increase well-being and

promote connectedness should be key in recovery-action planning.

1 | INTRODUCTION

tall illness (Penas et al., 2019). While there is no consensus in the

Psychiatric and **Mental Health Nursing**



ORIGINAL ARTICLE

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Mental Health Nursing

PRACTICE PAPER

It's all about the journey! An online museum-based recovery-oriented art psychotherapy group

Jessica Marian Goodman-Casanova ෛ h. Ali Coles 💇 Daniel Cuesta-Lozano 🕮 and Fermin Mayoral-Cleries 📴 "Uridad de Gestión Clinica de Salud Mental, Hospital Regional Universitario de Málaga — Instituto de Investigación Biomédica de Málaga y Plataforma en Nanomedicina – IBIMA Plataforma Bionand, Málaga, Spain; "Departamento de Enfermería y Fisieterapia, Universidad de Alcalà, Madrid, Spain; "Gloucestenbire Health and Care NHS Foundation Trust, Brockworth, UK

ABSTRACT
Background: Whilst there is evidence of the value of museums for art psychotherapy, evidence about online groups to improve mental health recovery is still scarce. The aim was to assess the impact on mental health recovery of an online museum-based recovery-oriented art psychotherapy group. Context: The group was designed to help daults under the care of a UK community mental health team with their journey of mental health recovery.

Approach: The group consisted of six, weekly online sessions and used the collections of two local museums. Quantitative outcome measures and qualitative feedback were used to evaluate the

museums. Quantifiative outcome measures and qualifiative feedback were used to evaluate the group.

Outcomes: Five women participated in the group, and four in the evaluation. Generic wellbeing after each session was rated 4 out of 5. Participants screed higher in the Questionnaive about the Process of Recovery (33.25 vs. 42) and a Visual Numerical Recovery Scale (3 vs. 3.25) after participating in the group. Feeling supported was what participants liked most and found most helpful, and they liked the short duration of the group least. Half found the online setting perferable to face-to-face, and all felt that the museum focus was inspirational, and enjoyed the artmating. Participants gained a better undestanding of their recovery journey and were able to express their emotions better. Conclusions: This group contributed towards participants' mental health recovery and the museum focus was valued by them.

Implications for research: The evaluation findings encourage further exploration of this way of working.

Ptain-language summary
This article reports on the evaluation of an online art psychotherapy group for adults who were under
the care of a UN National Health Service community mental health team. The group aimed to help
participants to move on in their recovery journeys, and used photographs and videos of objects
and artworks from two local museums as inspiration. Participants completed questionnaires and

and artworks from two local museums as inspiration. Participants completed questionnaires and gave veritten feedback which was used to assess changes before and after participating in the group, and to find out how the participants left about the group.

The group consisted of six sessions, once a week. Five women participated in it, and four of these contributed towards the evaluation, Participants' sense of wellbeing after each session was high, and recovery scores improved after participating in the group. They valued feeling supported most of all, but wasted the group in have been longer. Half of them liked working online better than face-to-face, and all found the museum objects helpful and enjoyed the artmaking. All group members reported that the group helped them to understand their recovery journey and express their emotions better. In conclusion, this group contributed towards participants' mental health recovery and the museum focus was valued by them. The evaluation findings suggest that it would be worth researching this way of workinn. researching this way of working

This article reports on the evaluation of an online mu based recovery-oriented art psychotherapy group for which (All Coles, an art psychotherapist, and Jessica | International Journal of Art Therapy: Goodman-Casanova, a mental health nurse) deliver 2022. The four aims of the group were to help service think about: where they were in their recovery jo their personal strengths and challenges; their values, tions and goals; and next steps. We decided to ru group online and base it on the collections of







et al., 2012; Van Weeghel et al., 2019) CHIME frame-

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Health

strategic intersectoral approach by acknowledging the potential of the arts and the value of culture on the process of mental health recovery. The aim of this study was to evaluate the impact of participatory arts in museums on mental health recovery. A quasi-experimental, pre-post and multicentre study was carried out. By using a mixed methods evaluation at baseline and at 3months, quantitative utcome measures were used to assess the changes in recovery and social support nd qualitative interviews to explore the self-perceived impact on five processes of scovery. One hundred mental health service users participated for 3 years in the e-to-face programme RecuperArte, of which the data of 54 were analysed. The exults indicate a significant increase in recovery measured with the QPR-15-SP (42 s. 44; p=0.034) and almost significant in functional social support measured with the DUKE-UNC (41.50 vs. 43.50; μ =0.052), with almost large (r=0.29) and medium =0.26) effect sizes, respectively. Participants perceived mostly an impact on the covery process of Meaning in life 30/54 (55.56%), Hope and optimism about the future 29/54 (53.7%) and Connectedness 21/54 (38.89%), followed by Identity 6/54 (II.11%) and Empowerment 5/54 (9.26%). The findings contribute to the growing evidence of the potential of the arts as a therapeutic tool, the value of museums as therapeutic spaces and the role of nurses in intersectoral coordination, between the mental health and cultural sectors, as facilitators and researchers of these evidence-based practices.

The World Health Organization encourages mental health services to adopt a

Effectiveness of museum-based participatory arts in mental health

Francisco Javier Duran-Jimenez¹ | Marta Garcia-Gallardo¹ | Daniel Cuesta-Lozano² |

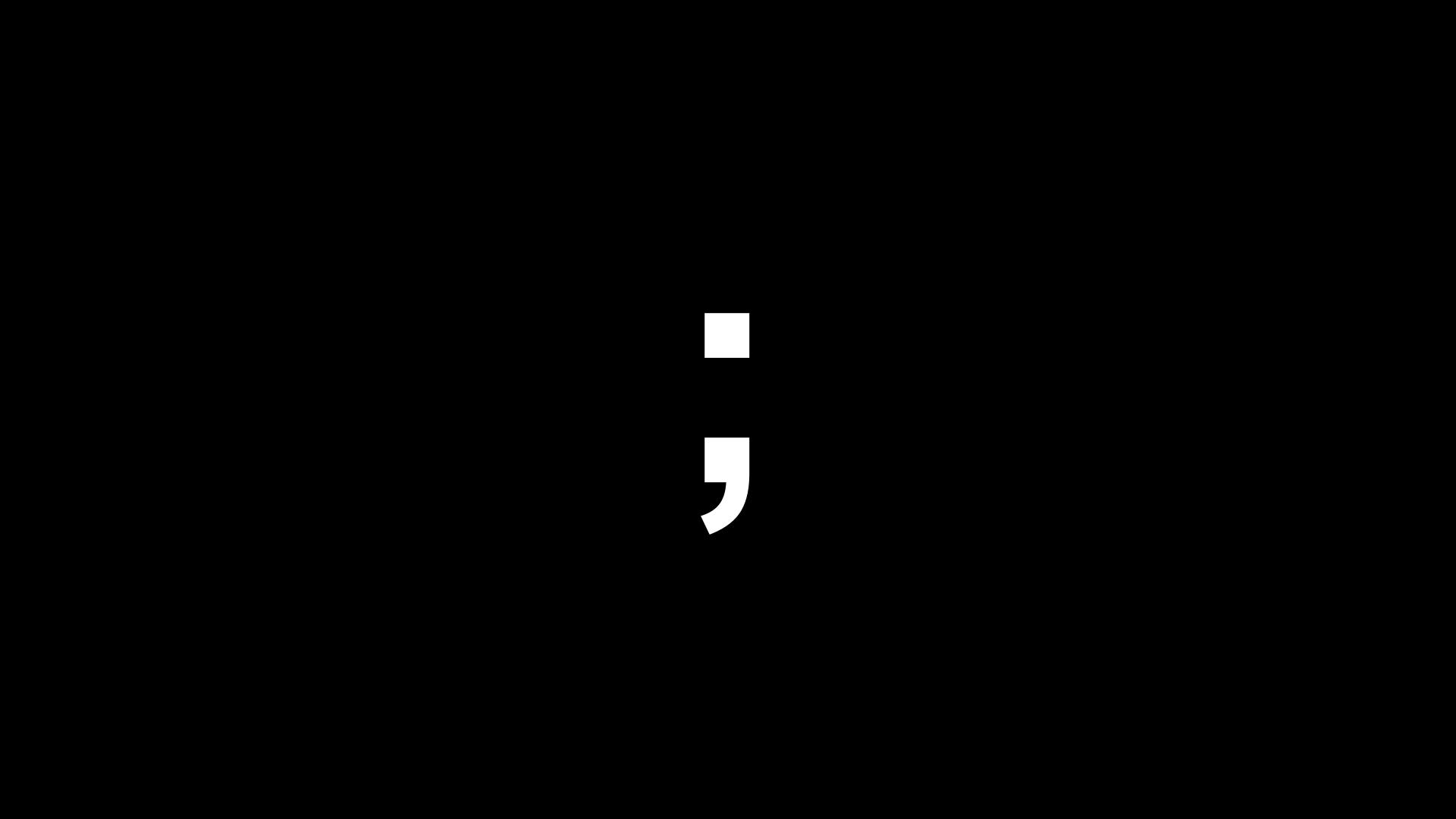
KEYWORDS

Jessica Marian Goodman-Casanova^{1,2} | Jose Guzman-Parra¹ |

INTRODUCTION

Mental health policies are moving towards services that support recovery with an increased emphasis on evidence-based, culturally sensitive and peer-supported programmes that encourage the active participation of individuals in meaningful experiences within local communities (Keet et al., 2019; World Health Organization, 2021). These recovery-oriented proscribed by the widely endorsed (Bird et al., 2014; Slade

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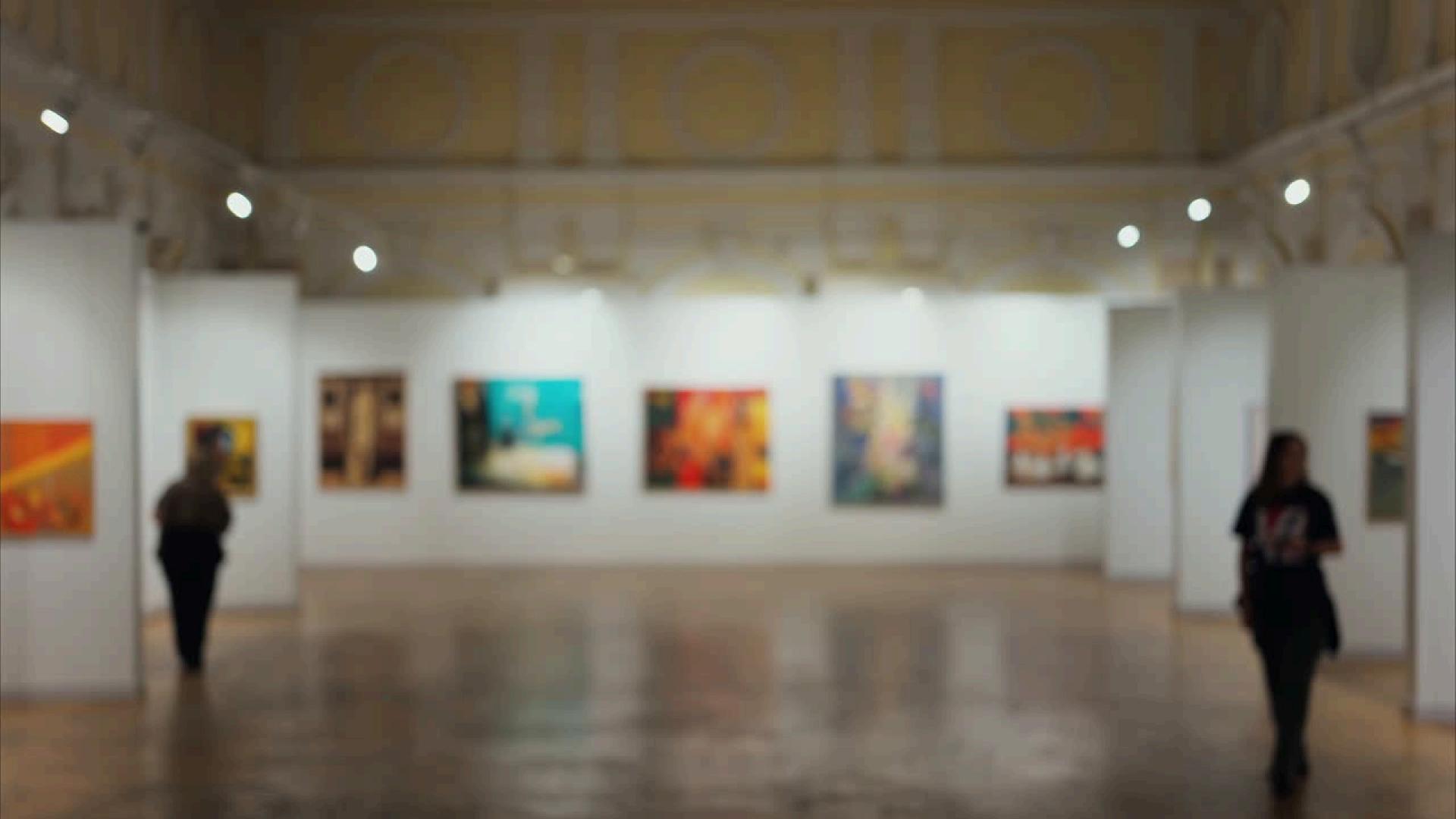














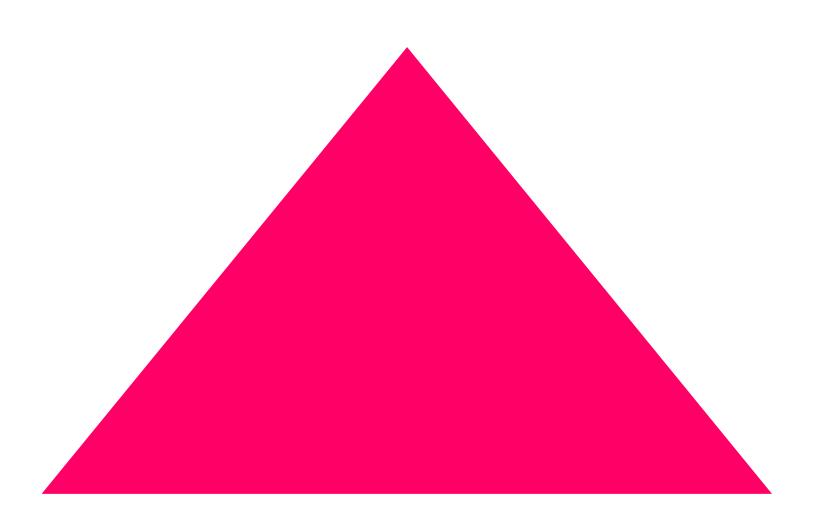
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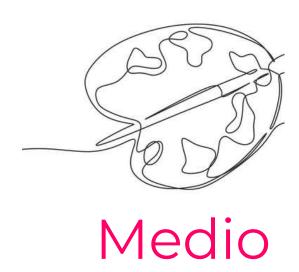




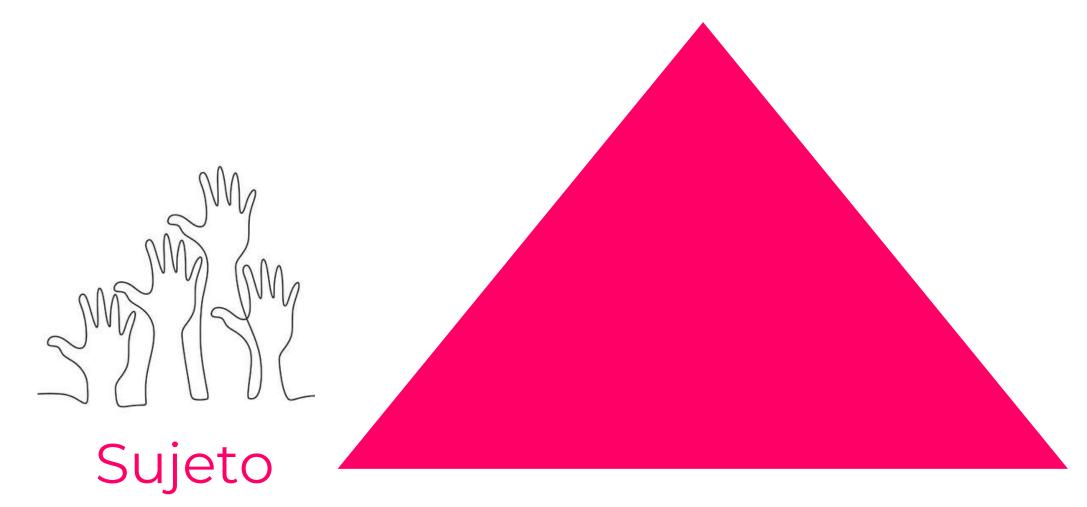




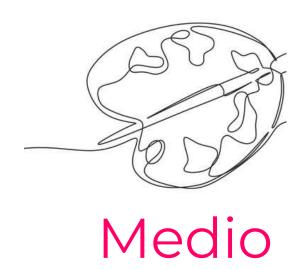




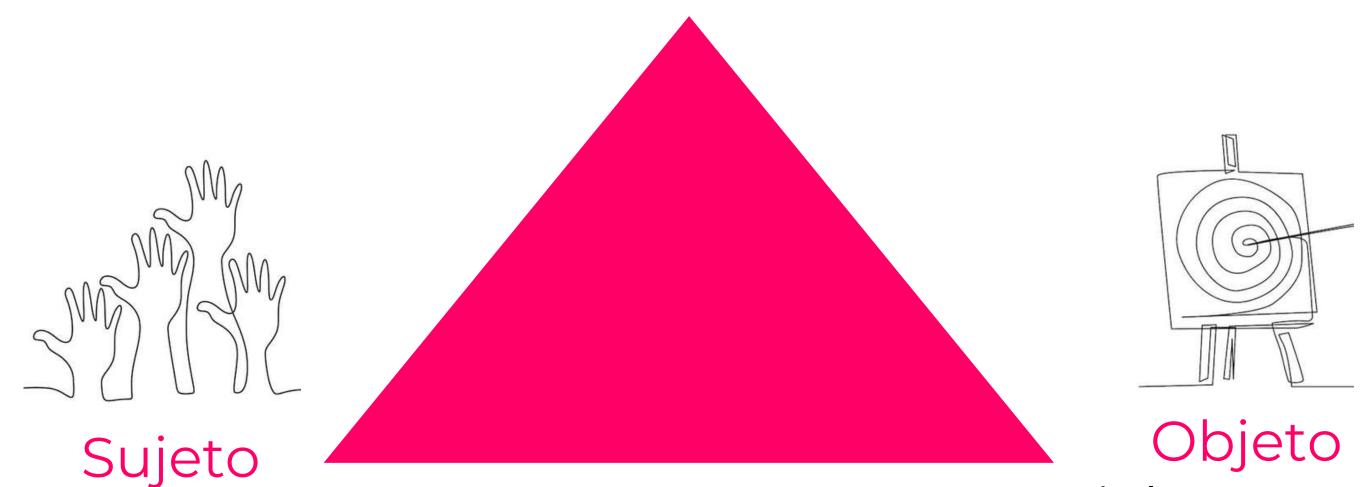
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Individual o grupal

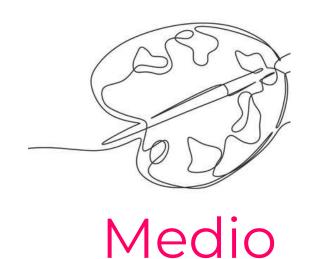


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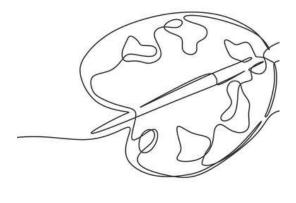


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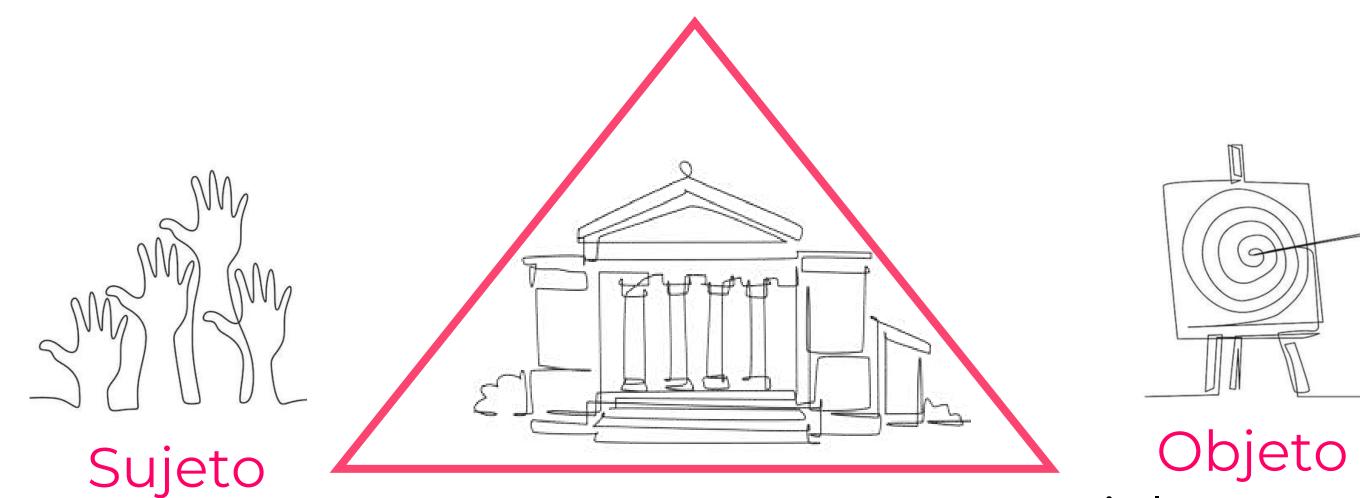
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Medio

Escénicas, Visuales o manuales, Literarias, Culturales y Digitales



Individual o grupal

Espacio

Material o experiencial

Clínico o comunitario



HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 67

What is the evidence on the role of the arts in improving health and well-being?

A scoping review

Daisy Fancourt | Saoirse Finn



Components

- Aesthetic engagement
- Involvement of the imagination
- Sensory activation
- Evocation of emotion
- Cognitive stimulation

- Social interaction
- Physical activity
- Engagement with themes of health
- Interaction with health-care settings

Responses

- Psychological (e.g. enhanced self-efficacy, coping and emotional regulation)
- Physiological (e.g. lower stress hormone response, enhanced immune function and higher cardiovascular reactivity)
- Social (e.g. reduced loneliness and isolation, enhanced social support and improved social behaviours)
- Behavioural (e.g. increased exercise, adoption of healthier behaviours, skills development)