

Festival for Healthy Living

**Creative and sustainable
mental health promotion
through the arts
in schools and
communities**

Festival for Healthy Living
RCH Integrated Mental Health Program

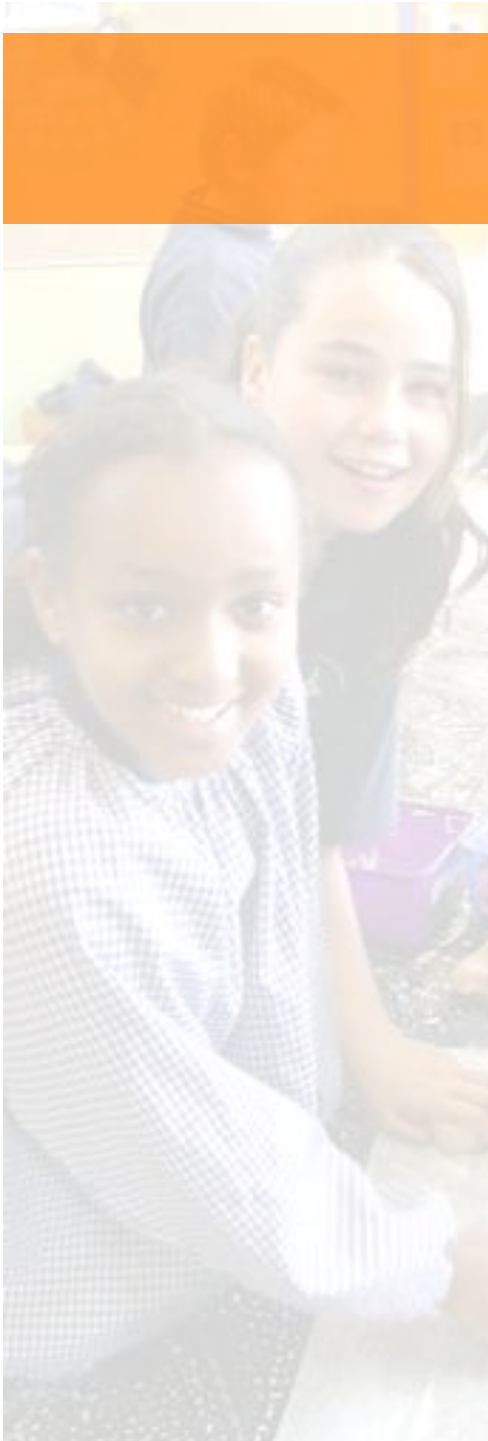
ROYAL
CHILDREN'S
HOSPITAL



Our Aim

To build the capacity of
artists, schools & communities
to
work in partnership
to
promote mental health and wellbeing

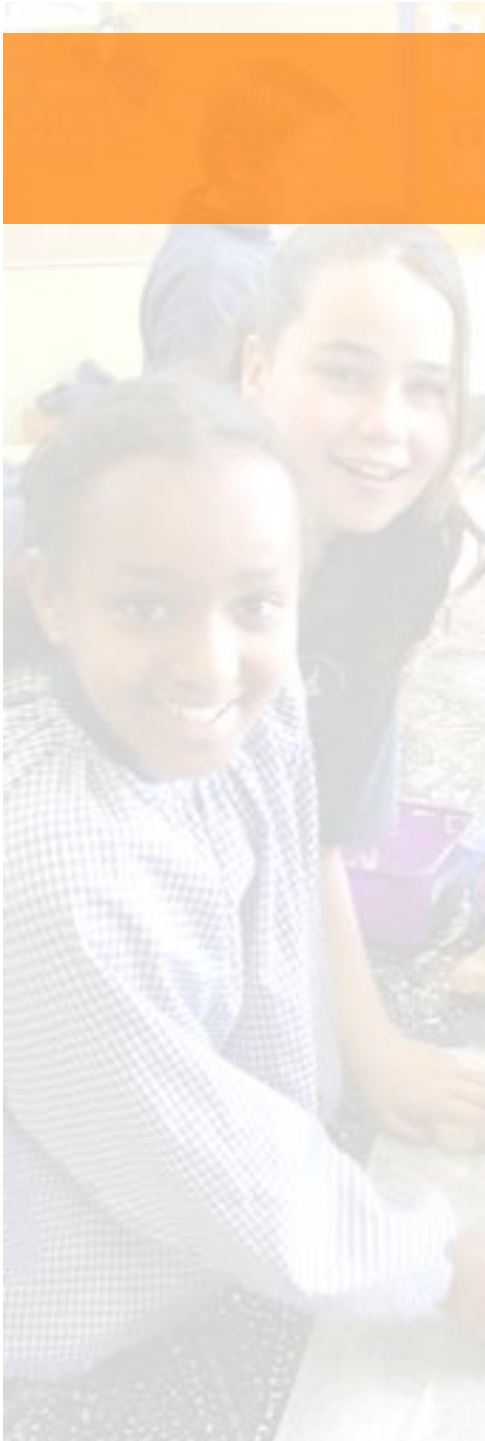
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Mental health...

... the capacity of the individual to cope with life's ups and downs, develop emotional and social wellbeing, positive relationships with others, and confidence in the future

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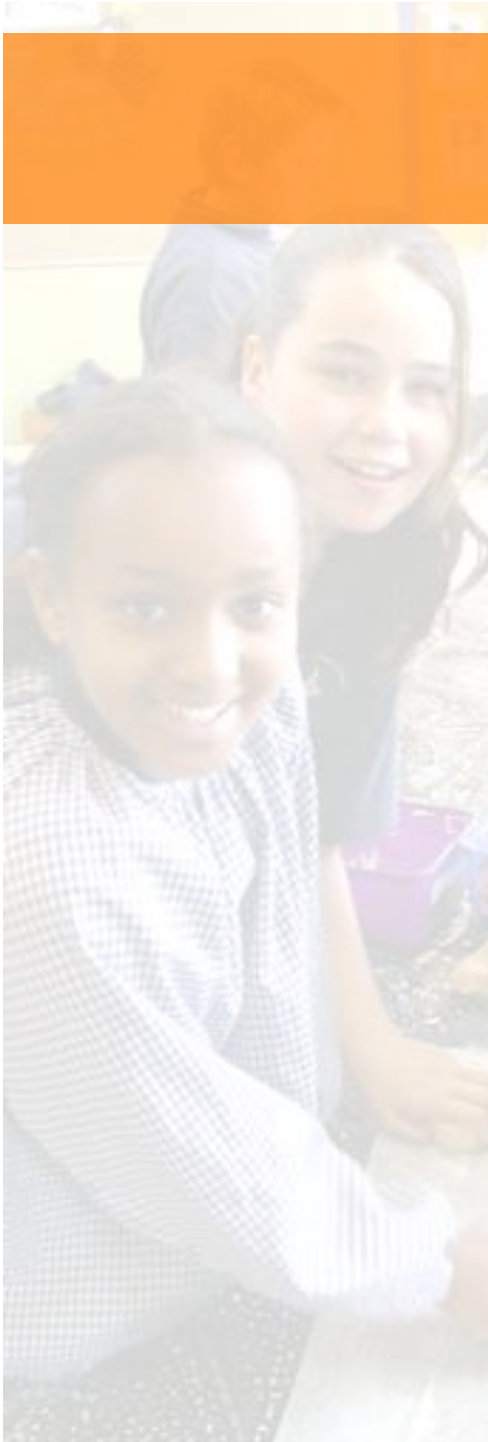
Mental health...

Protective factors include:

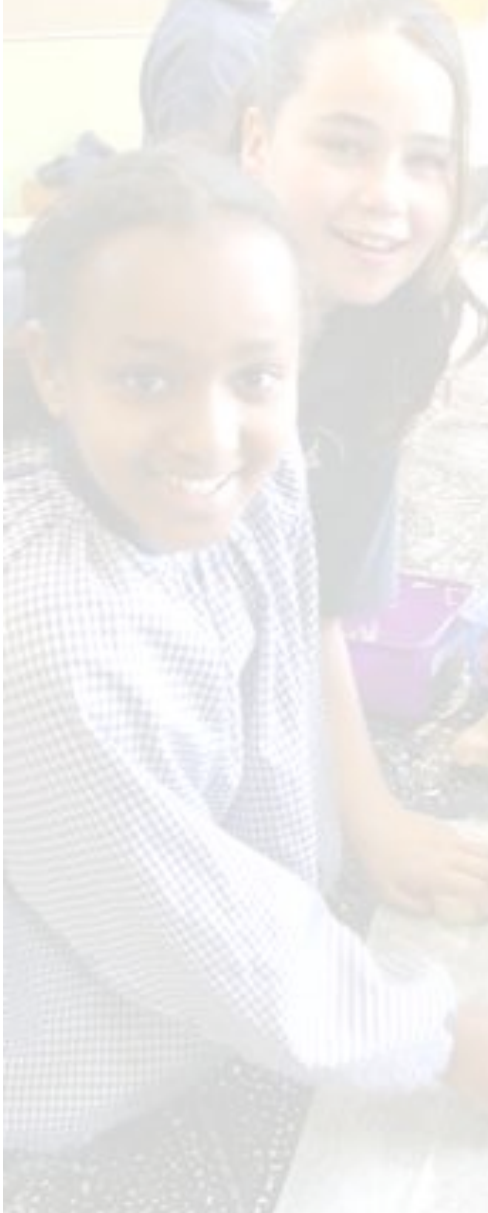
Connectedness
Problem solving
Social skills
Healthy values

Risk factors include:

Bullying
Peer pressure
Poor social skills



Capacity Building through partnerships



Our task is to develop arts-health-education partnerships and build capacity for :

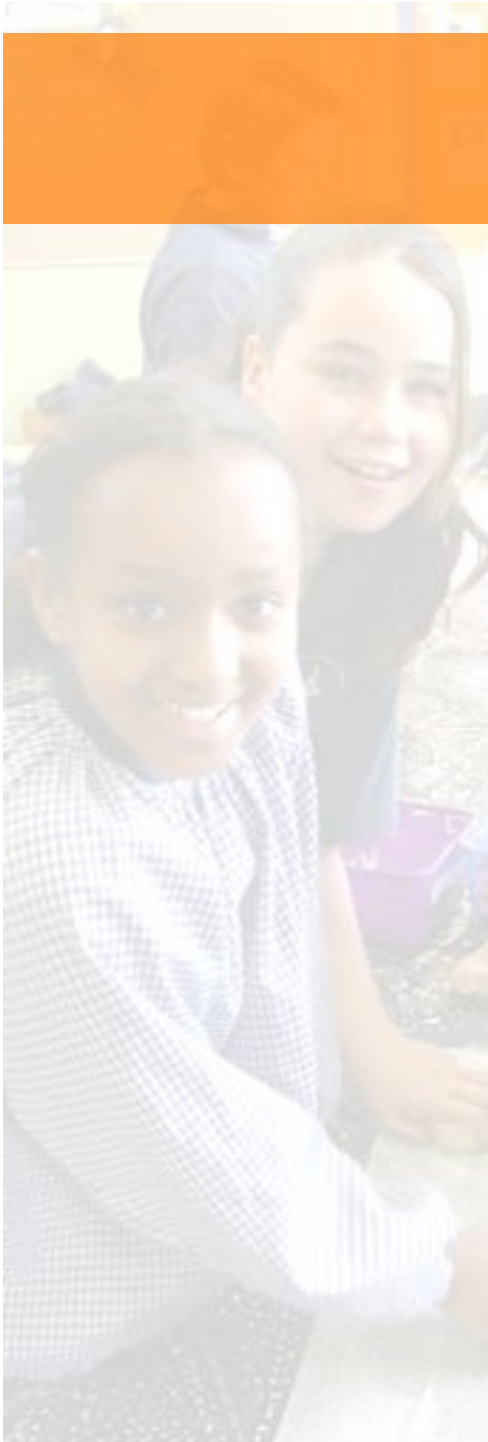
- Improved mental health outcomes
- Better learning outcomes (educational goals)
- Community cultural development (social, cultural & artistic goals)

Why the Arts ?

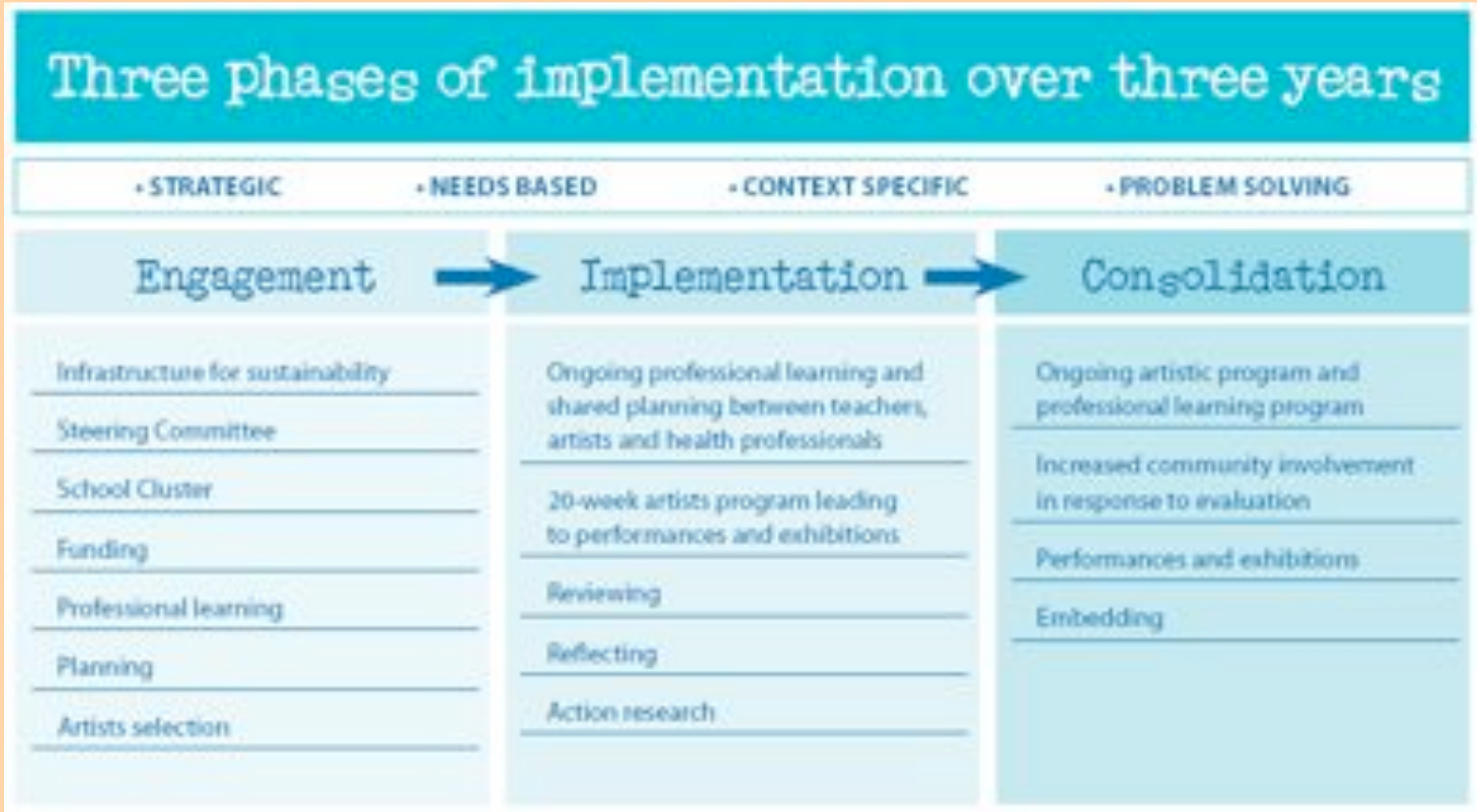
Demonstrated effectiveness in:

- promoting resilience
- improving health and education outcomes
- enhancing learning in other domains by nurturing the development of cognitive, social, and personal competencies

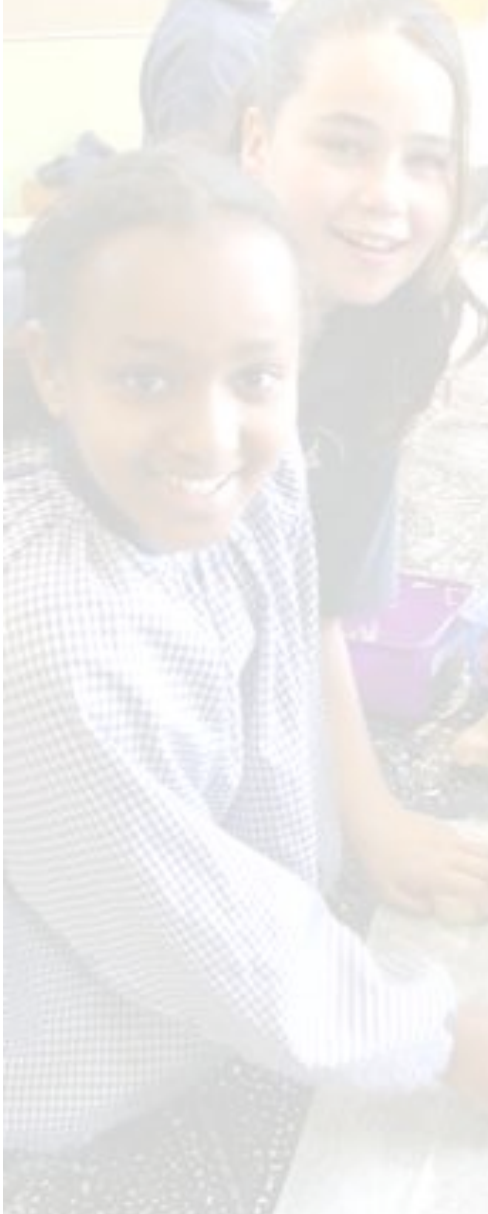
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Structured approach



Arts outcomes – short term

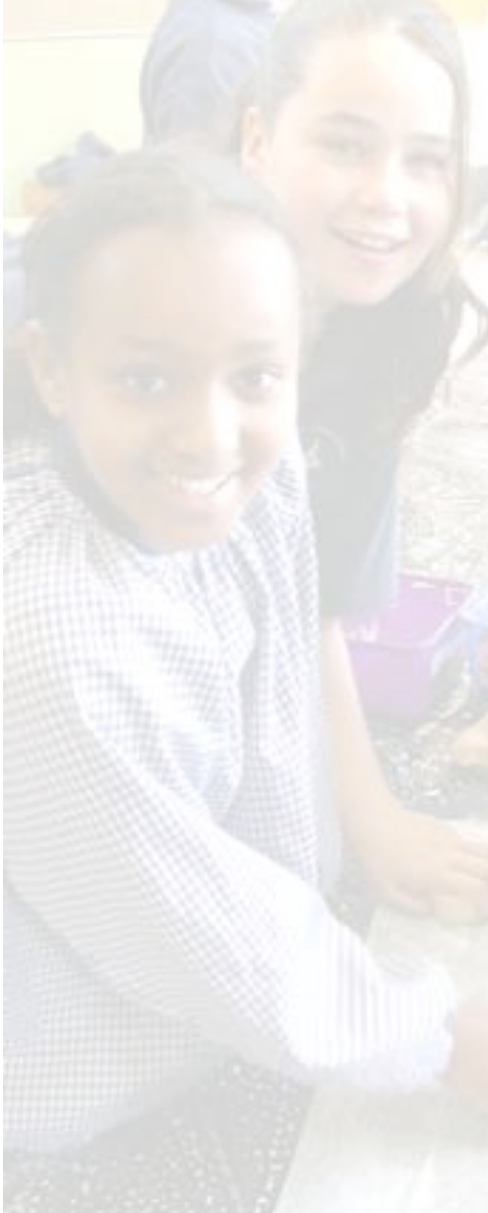


**Community pride in their stories,
and the achievements of their young
people.**

**Significant public performances and
exhibitions across Victoria**

**‘Place based’ ensembles in
regional and metro areas of Victoria**

Outcomes – medium term



Address emotional hardships eg bushfire and drought affected areas

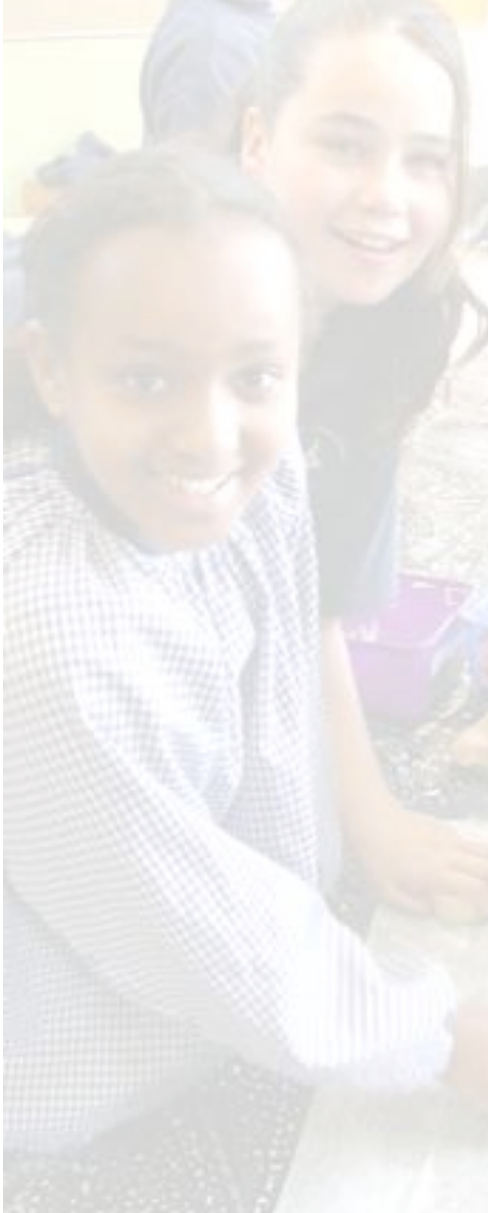
enhance connectedness in these communities through increased local artistic activity.

Increase the skill base of young and emerging artists in regional Victoria.

Increase community understanding of the arts as a positive tool through which to address issues of mental health and the wellbeing of young people and their communities.

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Arts outcomes – long term



Increase understanding by Health, Education & Community sectors of how the arts can achieve improved health and educational outcomes.

Increased cooperation and common ground between Arts, Health and Education sectors, at statewide and local level

Significant expansion of opportunities for artists to work closely with Health, Education other organisations in their own community

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Professional Learning

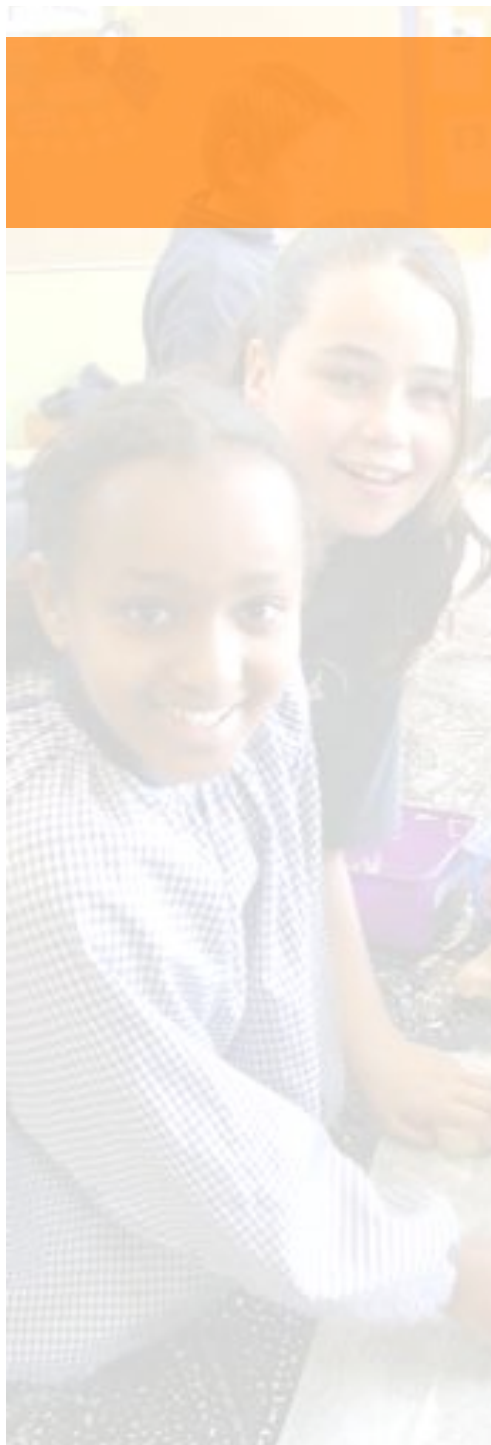
For teachers, artists and health
promotion workers

Professional Learning Program with
teachers and health
professionals

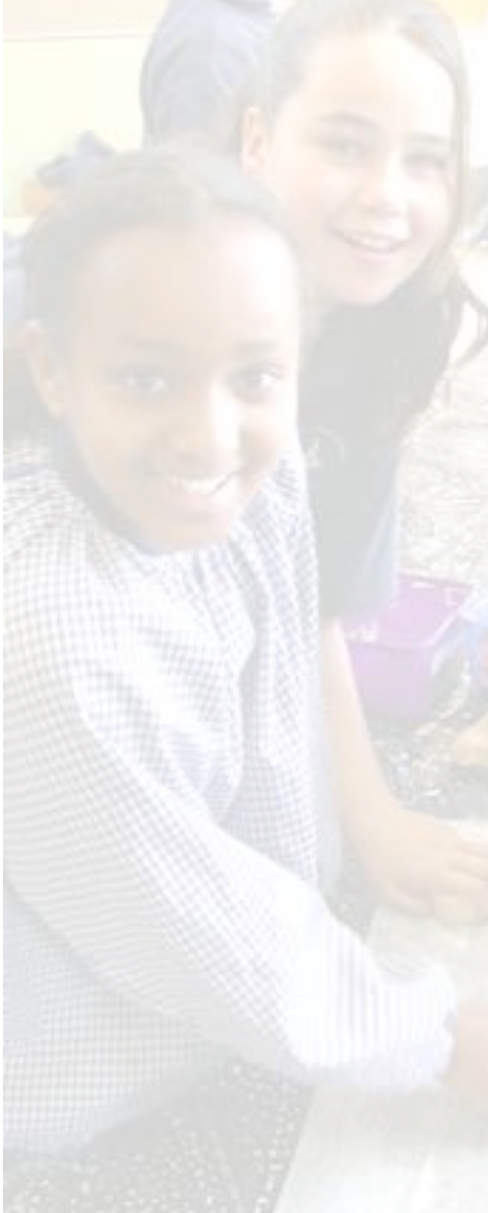
Resources including Guidelines for
Professional Learning

Artists Training Program – 2008– 2010

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Artists Training Program 2008 - 2010



Artists and team leaders trained in

Arts as mental health promotion

Working within school context

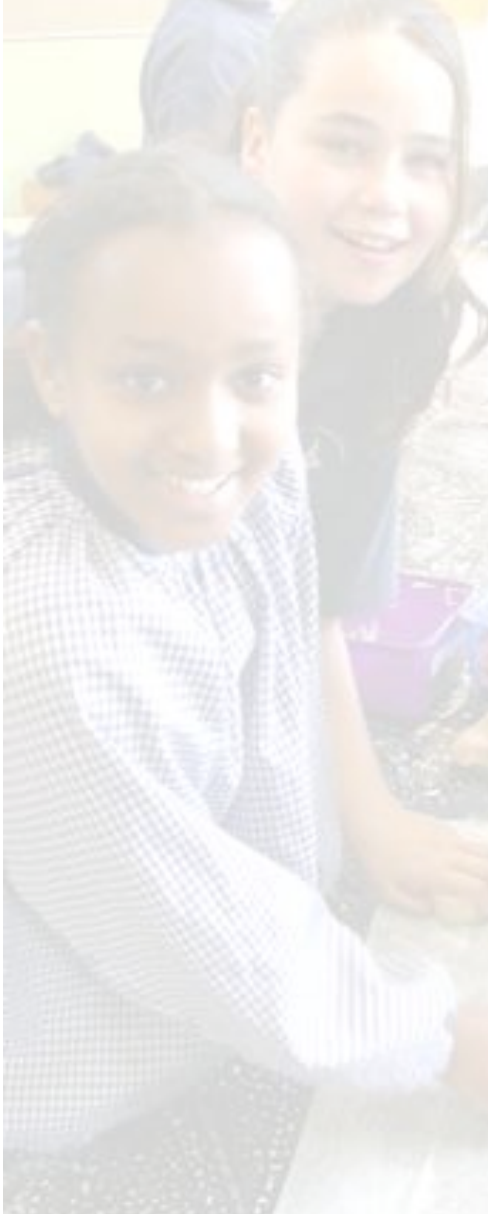
Whole school production

Leadership

Community Cultural Development

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Artists Training Program 2008 - 2010



Training day intensives promote understanding of mental health promotion, education goals and setting

Peer learning and shared learning with teachers and health professionals

Relevant theory and application

Integration into artist team meetings

Mentoring

Evaluation, resource development & and promotion of findings

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