



Creative Practice as Mutual Recovery: Connecting Communities for Mental Health and Well-Being

Impact Statement

Principal Investigator: Professor Paul Crawford, University of Nottingham

Co-Investigators: Professor Susan Hogan, University of Derby; Professor Mike Wilson, Loughborough University; Professor Aaron Williamon, Royal College of Music; Professor Nick Manning, King's College, London; Professor Brian Brown, DeMontfort University; Dr Lydia Lewis, University of Wolverhampton.

The £1.5m CPMR programme was funded by to the Arts and Humanities Research Council (Grant numbers: AH/K003364/1; AH/J011630/1) and has already impacted on policy, resources and practices. There have been multiple web-based, written, spoken word, visual (film) and performing arts engagement about the CPMR findings with academia, social, health and education sectors, community arts, community organisations, service user-led organisations, service users, informal carers and the wider public. The programme team has also generated £3m in additional, congruent funding. The following list provides a selection of national and international impacts achieved during the 5-year study (2013-18):

1. The Making Music for Mental Health Project team were awarded the 2016 Arts & Health Award by the Royal Society for Public Health.
2. Innovation Award Nomination at AHRC Research in Film Awards 2017, BAFTA, 9 November 2017 for 'Mothers Make Contemporary Art' from The Birth Project.
3. CPMR featured in the All-Party Parliamentary Group on Arts, Health and Well-being Inquiry Report Creative Health: The Arts for Health and Well-being July 2017.
4. Professor Hogan presented evidence to the All-Party-Parliamentary Group on Arts Health and Well-being.
5. Professor Crawford provided the Secretary of State for Education with a policy briefing on mutual recovery of mental health in schools, promoting student involvement in co-designing service approach (2015).
6. Professor Crawford provided the Economic Secretary with a policy briefing on developing a carer-centred NHS that advances mutual recovery of carers and cared for populations (2014).
7. Dr Lydia Lewis was a panel member advising on the evaluation of the Department for Education Community Learning Mental Health Research



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- Project, a major nationwide adult community learning programme, funded through the £20 million DfE initiative announced in the 2014 Autumn Statement – see <https://mhfe.org.uk/clmh-pilots/>
8. CPMR featured in the AHRC report, Exploring Mental Health and Well-being (2017).
 9. CPMR cited and referenced in Geoffrey Crossick & Patrycja Karzynska (2016) Understanding the value of arts & culture: The AHRC Cultural Value Project. AHRC: London.
 10. Dr Lydia Lewis was nominated for the position of WEA Ambassador in 2015 in recognition of her research and development work in the Mutuality, Well-being and Mental Health Recovery Project.
 11. A commissioned play, *Labour Intensive*, performed at Derby Theatre and attended by members of the general public, then reworked as *Partus*, on tour during 2017, reaching large audiences who might not usually engage in looking at research findings.
 12. The subsequent but related AHRC-funded Dementia Arts and Well-being Network (PI: Crawford) adopted a 'mutual recovery' approach and was mentioned in 'What would life be - without a song or a dance, what are we?' A report from the Commission on Dementia and Music by Sally Bowell and Sally Marie Bamford for, The Uttley Foundation and The International Longevity Centre - UK (ILC-UK), p.45.
 13. Multiple symposia/ dissemination events, for example, at The Circle, Sheffield, The Enterprise Centre, Derby, and the Quad, Derby; additional partnerships; websites and webpages for projects.
 14. Multiple positive participant and partner testimonies (see forthcoming digital showcase with Mental Health Foundation in April 2018).
 15. A suite of films resulted from The Birth Project and have been presented at major events and are available free online as a training and teaching resource; these are already being used in the training of health visitors, midwives and therapists; and resulted in plenary film viewings at the following: Paris-Sorbonne University, Ecole des Hautes Etudes en Sciences Sociales; The 5th International Health Humanities Conference; Keele University, School of Psychology; Northern Arts Therapies Conference, York; The Interdisciplinary Centre of the Social Sciences (ICOSS), Sheffield; Faith & Feminism Symposium, Derby; Talking Bodies – Identity, Sexuality & Representation at the University of Chester.
 16. The Birth Project was invited to hold an exhibition space at the Medsin Global Health Conference 2017, in London. The audience was predominantly medical students who showed a keen interest in the overall research and the project films.
 17. Making Music for Mental Health Project has also: led to ongoing drumming provision for mental health service users and their carers at community centres in London; informed drumming and singing interventions offered through the Art for Ages project, funded by the Swiss charity Gebert Rűf Stiftung from 2015-17; led to the development of new research initiatives with: a) CW+, the charity run in partnership with the Chelsea and Westminster Hospital NHS Trust, for which the charity has funded one PhD studentship (2016-18), and b) Imperial College London in conducting a



- public health study into the health, economic and social impacts of arts engagement, which has been funded by the AHRC (2017-20).
18. The Clay Transformations Project created three short films which track the development of the clay transformations project
 19. Excerpts of the Clay Transformations Project videos have recently been incorporated into the Institute of Mental Health tenth anniversary film which will be shown internationally. The project's website and linked Facebook page has developed a similarly international audience with followers from the UK, Greece, Ireland, Italy, France, UAE, Turkey, USA, Canada and Poland: <https://www.facebook.com/claytransformations/>
 20. Two Clay Transformations exhibitions were mounted after the completion of the workshops at The Institute of Mental Health and the Apsidal Gallery at Rufford Country Park. The latter was part of the globally renowned Earth and Fire International Ceramics Fair. Many former participants of the CT clay workshops attended the exhibitions.
 21. The Comedy and Mutual Recovery Project informed a new conceptual framework for understanding the transactions of humour in mutually beneficial encounters in planned environments, which has been called 'the 3Hs: Hope, Home and Humour', and this has informed a new policy initiative for working in prisons (Winship, et al 2016).
 22. 'Mutual recovery' featured in Addictions Now, a key forum in the substance misuse field: <https://www.drugaddictionnow.com/2017/02/27/branches-addiction-recovery-intervention-approaches/>
 23. CPMR programme and specifically, Yoga in Children's Homes Project, featured on a BBC Radio Nottingham broadcast as part of their Mental Health series. Several listeners contacted Dr Elvira Perez via email to express their gratitude for bringing this important topic in the public opinion and their willingness to contribute to the annual art exhibition organised by Perez and Winship at the Institute of Mental Health.
 24. The Mutuality, Well-being and Mental Health Recovery Project had significant positive impact for the third sector organisations who collaborated in the research in: a) supporting and informing the development of practice and provision; b) directly influencing WEA health education provision and evaluation strategy; c) professional development for project team members from the WEA and Suresearch Mental Health Network who were involved in all aspects of the research process; d) inspiring and informing further work; and e) valuing and supporting participants. As part of the project, a film and image library depicting the WEA's creative arts provision was produced. As well as being used in the research outputs, public engagement with research activities and teaching, these have been used by the WEA to raise the profile and outcomes of their creative arts adult education provision, for example in WEA West Midlands learner case studies, their projects newsletter, regional website, Annual Review Report 2014/15 and on the regional website as a 'good news' story. The project has led to further research and development work for the WEA, including the making of another film and a follow-on project application by the WEA to the Paul Hamlyn Foundation's 'More and Better Fund'. In this project, there were also benefits for participants arising from infusing mutuality into the research methodology. These included opportunities



- during focus groups / interviews for mutual support and recognition (including recognition of creative work and talents), to reflect on and possibly re-evaluate their experiences, and to discuss these with others in similar situations. The study was chosen as a National Co-ordinating Centre for Public Engagement (NCCPE) case study providing insights into what makes community-university partnerships work (Martikke, 2014; see also Martikke *et al.*, 2015 pp. 106-107). In addition, it was the basis for Dr Lewis' contribution to a study of 'Learning and legacy in the Connected Communities Programme' by researchers at the NCCPE, similarly concerned with how to conduct and sustain high quality research collaborations between academics and civil society (Face and Enbright, 2016).
25. There were benefits for participants arising from infusing mutuality into the research methodology. These included opportunities during interviews to reflect on and possibly re-evaluate their experiences and to discuss these with others in similar situations.
 26. Led to further research and development work for the WEA, including the making of another film and a follow on project application by the WEA to the Paul Hamlyn Foundation's 'More and Better Fund'.
 27. The Musical Jamming Project (MJP) in the US led to significant educational innovation and influence in training US medics, proposed changes in the focus and mission of key organisations and bodies in the US and creative outputs:
 - a) The project team at Harvard have taught the concepts of mutual recovery at Lake Wales High School, a large charter secondary school in Lake Wales, Florida for socio-economically challenged children, in the psychopathology course at Harvard Medical School's Health, Science and Technology Joint Medical Training Program with the Massachusetts Institute of Technology, the American University of Antigua, the Association for Academic Psychiatry, the International Association for Performance Science in Iceland;
 - b) Dr Eugene Beresin MD (project lead), as the chief medical spokesperson for the US national organization, Students Against Destructive Decisions, proposed Mutual Recovery as a topic for the required first and second year curricula at Harvard Medical School;
 - c) Dr Schlozman MD (team member) spoke on the potential of mutual recovery as a topic for further investigation in the United States in a plenary address for the 2016 Association for Academic Psychiatry Annual Meeting in San Juan, PR;
 - d) Dr Beresin proposed Mutual Recovery for adoption in working on three task forces: The Harvard Medical School Well-being and Mental Health Task Force; The Partners Health Care Graduate Medical Education Task Force on Well-being; and the Frigiletto Committee of the Massachusetts General Hospital Well-being Task Force for faculty physicians;
 - e) Dr Schlozman MD is collaborating with Overture, a virtual reality company based in Los Angeles, to create a virtual experience of portions of his novel that will replicate the difficult roles of patients and clinicians. Although these recreations are fictional, they are very much and deliberately based on principles of mutual recovery.
 28. The Mutual Recovery in Community Depression for Older Adults Project at Fudan University in China converted their findings for public consumption in Mandarin (translated Happiness and Well-being), published by the Department of Public Health, Fudan University and Fudong District, 2014.



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This included case profiles with 10 personal statements on the benefits of creative practices. In addition, a handbook, *Happy Lifestyle and Well-being Guide*, was created for public use. The work also led to the completion of two Masters student dissertations. The Creative Practice as Mutual Recovery approach been rolled out across six substantial communities in Shanghai (Longhua community, Xuhui district; Xinhua community, Changning district; Kongjiang community, Yangpu district; Zhangjiang community, Pudong district; Langxia community, Jinsan district; Xinchuang community, Minhang district).

29. The Creative Art Gallery Workshops Project in Spain has led to continued collaboration between the Faculty of Psychology at Seville University, the Contemporary Art Centre of Andalusia and FAISEM to participation from community groups, professionals and service users in creative practices in non-clinical contexts to reduce public stigma and improve their psychological well-being (mutual recovery).

References

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