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Creative Mental Health Framework - Reducing Mental Health Stigma for the LGBT+ Community

Presenters:

Emma Speed - Director - Creative Innovation Zone
Gillian Rayner - Reader in Counselling and Psychotherapy
Richard Wallwork – Growing Resilience CIC - Partner
Sophie Clarke – UCLAN Wellbeing Advisor
Charlotte Rutherford – Student Experience
Erin Singleton – Student Experience

Acknowledgements to:
Loraine Dinham – Project Lead
Daniel Spencer - Project Co-Ordinator

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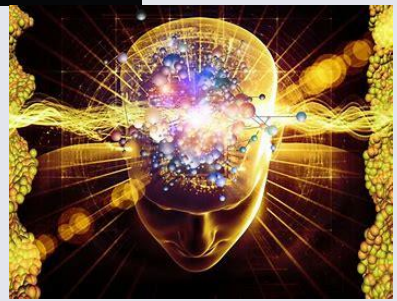
The Power of Creativity

- Increases happiness
- Reduces dementia
- Improves mental health
- Boosts your immune system
- Makes you smarter



Forbes Survey.

Project Context and Overview

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- Growing Resilience: 6 workshops (Feb – July 2022)
- Tate Liverpool: 6 workshops (Jan – Oct 2022)
- Podcasts: 3 produced so far
- Sky TV Programmes: 2 produced so far
- Student Services & Wellbeing: Training sessions with the Resilient Peer Support Mentors
- Network meetings with partners and other collaborators
- Social Media – Various channels
- Presentation at various conferences

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Introduction to the Creative Mental Health Framework.

https://youtu.be/q6gCg_1Vyes

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A Co-production approach with students throughout the project

(Healy et al 2014, Higher Education Academy)

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Consultation

- CIZ Student consultation event prior to bid

Involvement

- Feedback on all workstreams influencing future work

Participation

- Co-presenting conferences
- Active at events
- Collaborative approach

Co-production

- Mentors (students) are working with leads to design the mentorship service together
- Media students are leading the podcasts and Sky TV programmes
- Art resource
- Students on steering group
- Student led Theatre production finale
- Evaluation
- Student led focus group

Progress, Outputs & Impact

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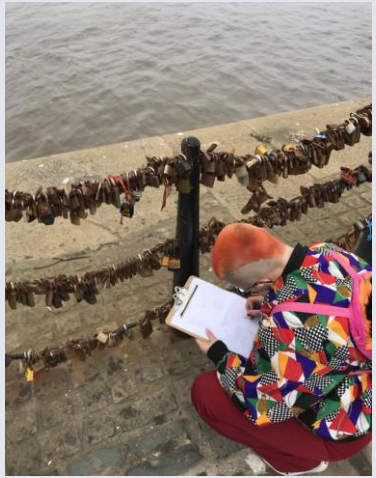

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Partners - Tate Liverpool

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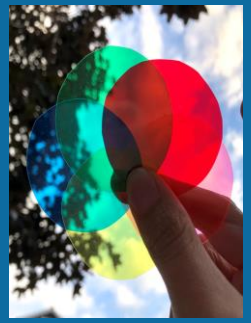

* Connections
* The Self
* Artworks & Artists
* The Senses
- Mindfulness

* The 5 Steps to Wellbeing
* How to Queer a Painting
  Identity
  Sexuality
  Story Telling

https://youtube.com/shorts/aXx5AvU2TR0?feature=share

Growing Resilience Wallwork

Growing Resilience is a self-awareness course that considers encountering conflict and stress in everyday life as a certain inevitability:

The main components of the programme include:

- Self-awareness, conflict, consequential thinking and self direction
- Restorative practice to deal with conflict
- Five ways to wellbeing
- Healthy body, healthy mind
- Chaos: Coping with a bad day – making every day good

https://youtu.be/4v-vJnEtddE

OfS LGBTQ+ Project: Developing a Peer Support Mentorship Service

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Mental Health Advisors

- All previously worked in NHS - mental health nursing or therapy
- Assess a wide range of mental health difficulties from anxiety and depression to acute psychosis.
- Short term intervention - teach coping strategies, make referrals to services e.g. NHS

Wellbeing Advisors

- Specialist qualifications in Domestic Violence, Sexual assault, Substance Misuse and Social Work
- Provide advice in areas including; alcohol and drug use, stalking and harassment, forced marriage, victims of crime and domestic violence
- Short term support – safety plans, make referrals to services

Counsellors

- Qualified and accredited counsellors
- Explore various aspects of a student's life and feelings, talking about them freely and openly
- Offer up to 6 appointments, including an initial assessment

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Developing a Peer Support Service – Mentees

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Phase 1:

- Students who access support from CMHW may be identified as benefiting from accessing a Resilient Peer Support Mentor.
- Assessed by CMHW staff as 'green' cases on RAG rating scale – CMHW staff refer into the service with consent of the student.

Phase 2:

- In addition to CMHW staff, wider Student Services staff and Student Coaches (within academic departments) are invited to refer students they may believe would be suitable for support – with the students consent.
- Referrals are then screened by CMHW staff working within the Peer Support Service and matched with a mentor.

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Developing a Peer Support Service – Mentees

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Phase 3 – currently in progress:

- Students are able to self-refer for mentoring support if they wish to access support and feel it would be beneficial for them.
- They can complete an online self-referral form which is then screened by CMHW staff working within the Peer Support Service and matched with a mentor.
- This self-referral pathway has been co-produced with RPSM, and will help to ensure students can access peer support where they do not wish to access support through CMHW.

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Peer Resilience Training: Reflection

Charlotte Rutherford
Studying Clinical Psychology at UCLan

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Mindfulness for Chronic Pain

John Kabat-Zinn is an American Academic and is a leading force in Mindfulness

40 minute mindful bodyscan

The first time I tried this, I got so relaxed, I fell asleep!

Mindful Meditation Practices are now available on an app

JKZ MEDITATIONS

Evaluation

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- Student questionnaire for all workstreams
- Staff questionnaire (at the end of the workstream)
- Two student focus groups for the mentors (end Y1 and Y2) once practicing. (Student researcher and Lancashire mind facilitated)
- Mentee wellbeing scale and evaluation questionnaire
- Student wellbeing referrals analysis

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SKY TV programme

- https://youtu.be/pzaP8mS_aLE

Thank you
Questions?

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