

Mental Health Matters

through Restorative Art



Newsletter 2

October 2020

Celebrating World Mental Health Day

World Mental Health Day (WMHD) which was celebrated earlier this month (10th of October), was established in 1992 with the aim of providing international mental health education and awareness as well as advocacy against social stigma and exclusion. Every year on that day thousands of advocates join their voices to bring awareness on mental health issues and their preeminent effects on peoples' lives globally. People suffering from mental illness and especially those who live in mental health structures are in the forefront of socially disadvantaged groups, suffering even more from social stigmatization and marginalization. These people often also suffer from societal injustices. As a result, there is an obvious need for more contemporary approaches, which will possibly get closer the understandings between patient and therapist and may increase the mental health state and the social inclusion.

Mental Health Matters through Restorative Art (MHM) aims to respond 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 will be completed in October 2021.



Start Date: 01 November 2019

End Date: 31 October 2021

Objectives:

MHM aims to enhance the skills, knowledge and experience of mental health professionals using art and restorative justice values. MHM also aims to train artists to use art in order to facilitate the relief of mentally ill patients and their social restoration. The ultimate goal is to create innovative tools that enhance the healthcare provision and self-representation of those who live within mental health structures. Thus, the main aim is to create a methodological approach that puts together the benefits of art therapy with the values of restorative justice. MHM will also design and accredit 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.

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

IO2 - Training program: Restorative art in mental health structures

Restorative justice can have an empowering effect on the 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 and programmes, leaving many adult learners and professionals in the field unaware. As a response to that, we are happy to announce that we are currently working on the creation of the Training program: Restorative art in mental health structures which is the second intellectual output (IO2) of MHM. Even though EDRA is the leading organisation of this output, all partners are collaborating for the development of this training program based on the guidelines provided by EDRA.

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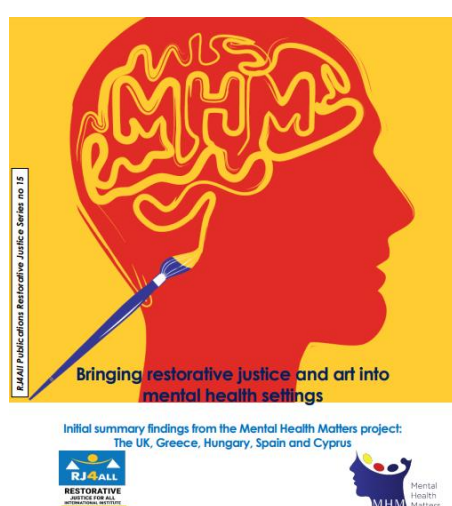
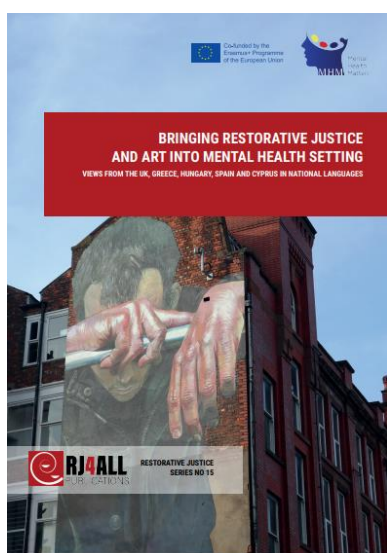
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This particular training program will have the form of a e-course and will be addressed to mental health professionals, mental health structures' coordinators, mental health carers, other health care practitioners and restorative justice practitioners. The aim of the program is to introduce mental health professionals to the values of restorative justice and give them a methodological approach that combines the therapeutic form of art with the restorative values and the power of art as a means of restoring injustice. Furthermore, the target group will be trained on creative art therapeutic approaches and the many expressions that these approaches might take within mental health structures for the benefit of the people suffering from mental illness.

The ultimate objective of the program is to lead to a healing, but also a self-representation process for the people living in mental health structures. IO2 is to be based on the finding of Intellectual Output 1 "Training Manual: The use of restorative art in mental health structures" (which can be accessed [here](#)). Later on, the training program will be piloted in all participating countries and across Europe. Furthermore, RJ4ALL, as a Continuous Professional Development (CPD) accrediting body, will accredit the CPD status to the program.

Moreover, they talked about the dissemination targets of the remaining project, as well as the reposting of the project. By the end of the day, the consortium had a clear and concrete plan based on which they will be working the next months. The first goal is the completion of the "Training Manual: The use of restorative art in mental health structures" and its implementation online.



Second Transnational Partner Meeting

On October 8, 2020 partners had their second transnational meeting. However, due to the COVID-19 situation, this time the meeting was online and not face to face. The aim of the meeting was to set the framework that they will follow in the next period so that they achieve the goals of the project. More specifically, they discussed about IO2 and IO3 and each partners roles and obligations regarding to those outputs.

Our website is up and running!

In the context of "MHM" a website was developed, which can be accessed through this [link](#). On the website you can find information about the project, get informed about our latest news and activities and read our publications (also available for downloading).

Moreover, an online platform is being developed, which is addressed to the main target group of the project: mental health professionals, restorative justice practitioners, and artists in the participating countries and across Europe. The online platform will contain the e-courses which will be developed in the context of this project and will be accessible to the general public.

You can also find us on Facebook at <https://www.facebook.com/MHMerasmus>. Through our Facebook page, you can have access to continuous updates on all the developments of the MHM project, as well as news related to the field.