

# Model of Care: Arts for Newcomer Mental Health



## Learn It, Lead It!

Integrating Art-Based Practice  
in Settlement and Healthcare

# ARTS FOR MENTAL HEALTH & WELLBEING: MODEL OF CARE

Drawing on Access Alliance's two decades of experience in art-based practices, our team has developed a model to enhance newcomer mental health through the arts. By implementing a client-centered approach, we found that many participants were hesitant to engage in one-on-one therapy. This model provides an alternative by allowing individuals to engage in mental health practices, gain knowledge, and build skills at a pace that feels comfortable for them. Participants can take part in activities at their own capacity and readiness.

## GETTING COMFORTABLE: Open Group

Participants engage in art-making for wellness activities and micro-learning on healthcare, settlement and mental health topics.

### Nesting grounds

Weekly community arts sessions

**Waiting room sessions:** monthly workshops in the clinic waiting areas.

**Guest speaking:** Join another program or event where our team will share more about arts programs.

**Arts & culture trips:** Contact us for information about the next art and culture social.

1:1 Check Ins

## KNOWING MORE: Closed Group

Participants engage in focused mental health learning sessions gaining in-depth knowledge using tailored art based activities.

### Newcomer wellbeing series I

Topics: wellbeing, Mind and body connection, self compassion, self care, values, etc.

### Newcomer wellbeing series II

Topics: boundaries, loss, anxiety, depression, emotion identification etc.

### Partnership programs

There are art programs specifically for children, youth, adults, and seniors. Contact us to find out.

1:1 Check Ins

## DIVING DEEPER 1:1 Support & Lead

Participants engage with appropriate service providers to meet individual needs when they are ready and have the capacity.

### Needing more support? Get a referral to a service providers

We can connect you with a health coach, social worker or other healthcare staff needed.

### Art assistant volunteers

Want to lead in your community? Be trained and support our expressive art programs.

SUSTAINABILITY - ONGOING ENGAGEMENT

