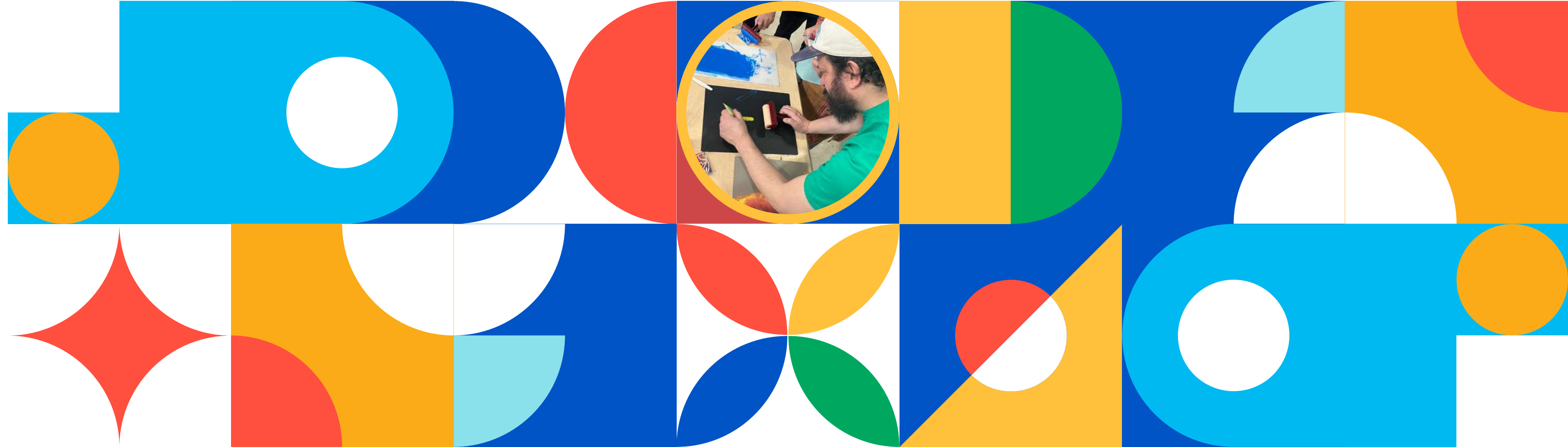


Model of Care: Arts for Newcomer Mental Health



Learn It, Lead It!

Integrating Art-Based Practice
in Settlement and Healthcare



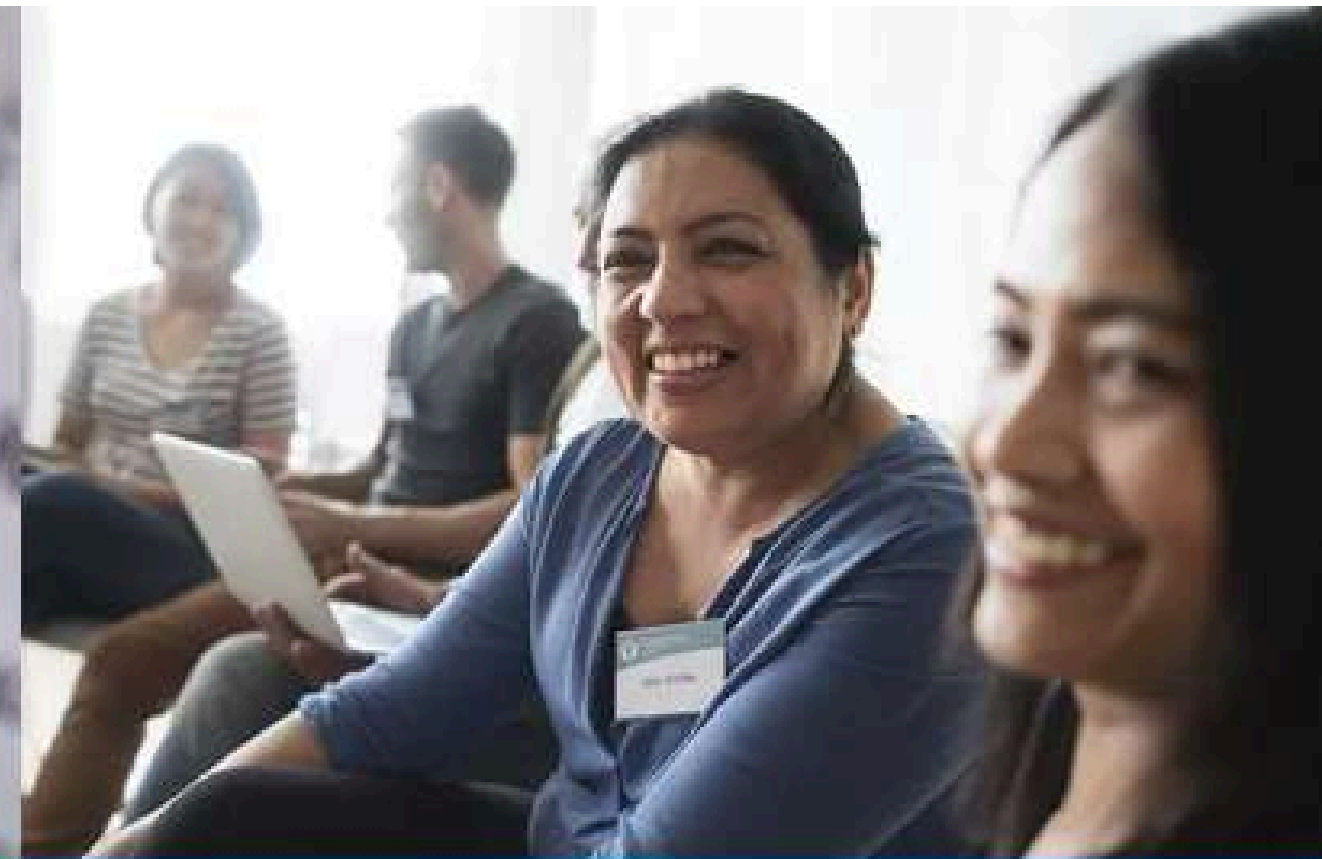
Who is Access Alliance?



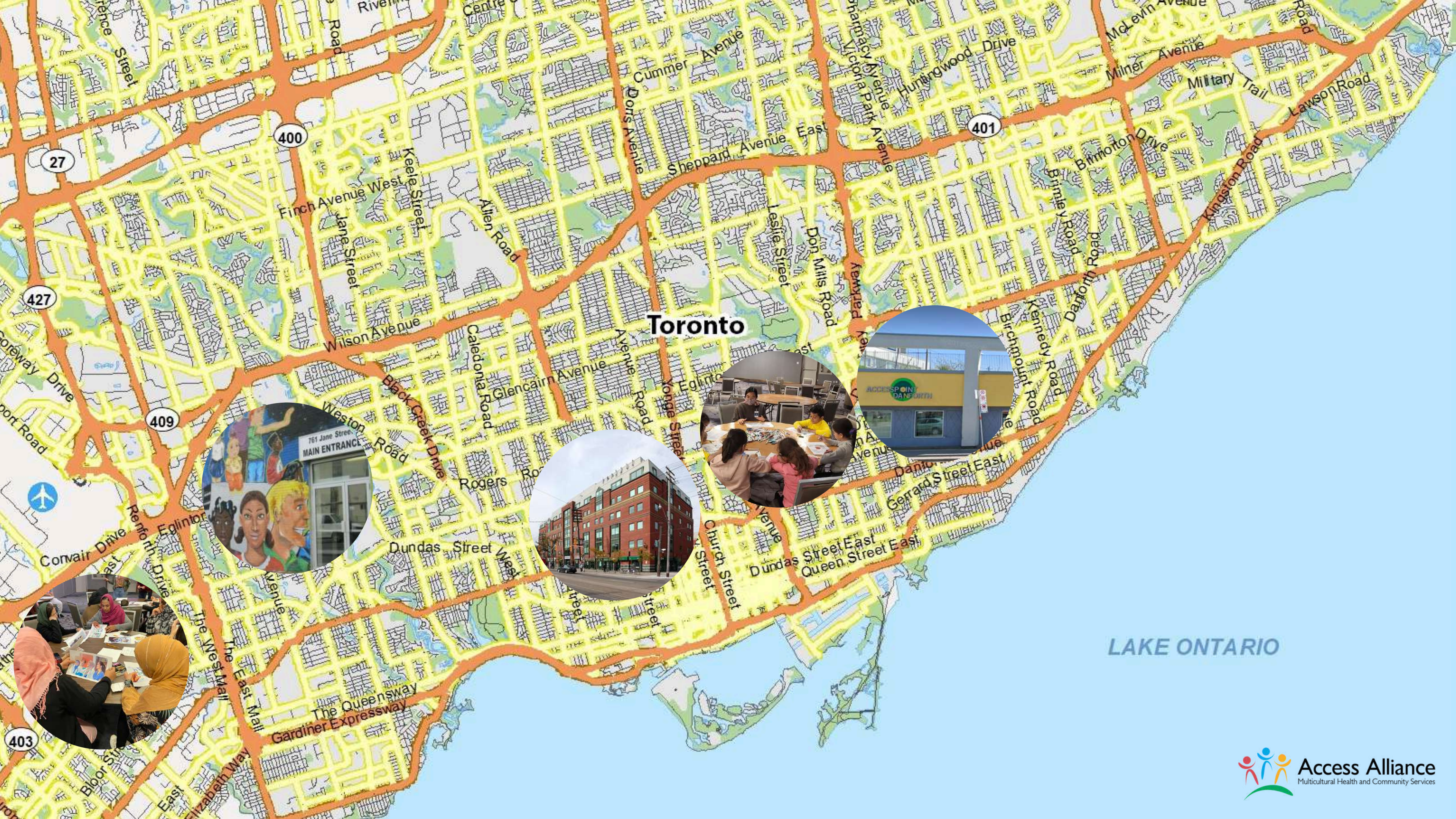
Are you a community member?



Are you a researcher or social justice advocate?



Are you looking for interpretation or translation services?



Toronto

LAKE ONTARIO



A close-up photograph of a person's hands painting on a white canvas. The person is using a green-handled brush with a gold ferrule to apply yellow paint to a sun-like shape. In the background, there is a blue plastic container and a piece of black fabric. The text "Raise Your Hand If..." is overlaid in the center of the image.

Raise Your Hand If...

Why Arts and Culture?

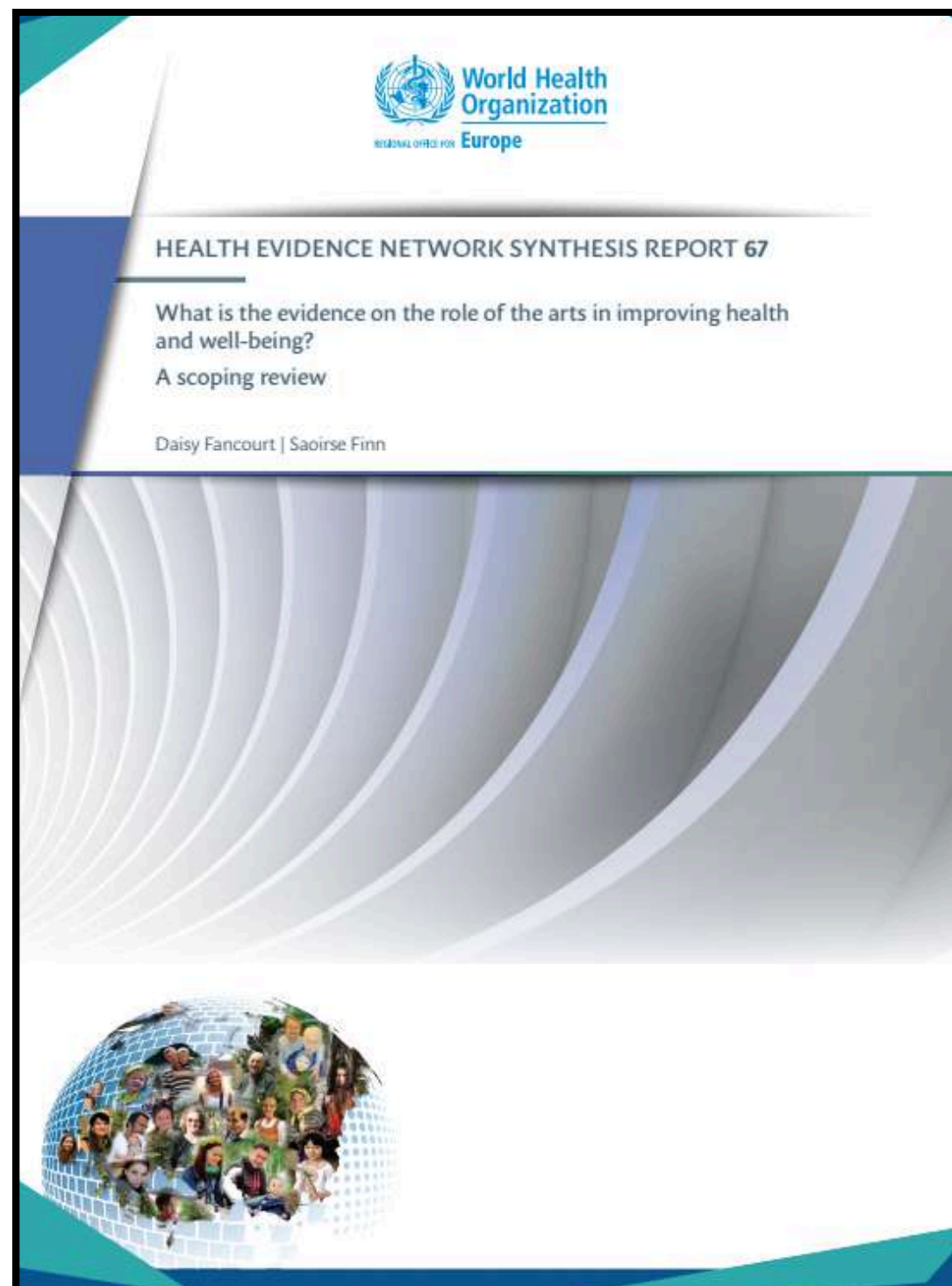
“ Artists are cultural bearers, trusted messengers, creative workers, dreamers, storytellers, and healers. They connect our history, sense of purpose, and wellbeing” – Arts for Everybody

“Humans have historically used the arts in integrative ways, particularly within the contexts of enactment, ceremony, performance, and ritual.”

Cathy A. Malchiodi

The arts impacts social determinants of health on various levels

Where is the Evidence? Global & National



2019

Fancourt D, Finn S. What is the evidence on the role of the arts in improving health and well-being? A scoping review. Copenhagen: WHO Regional Office for Europe; 2019 (Health Evidence Network (HEN) synthesis report 67).



2019

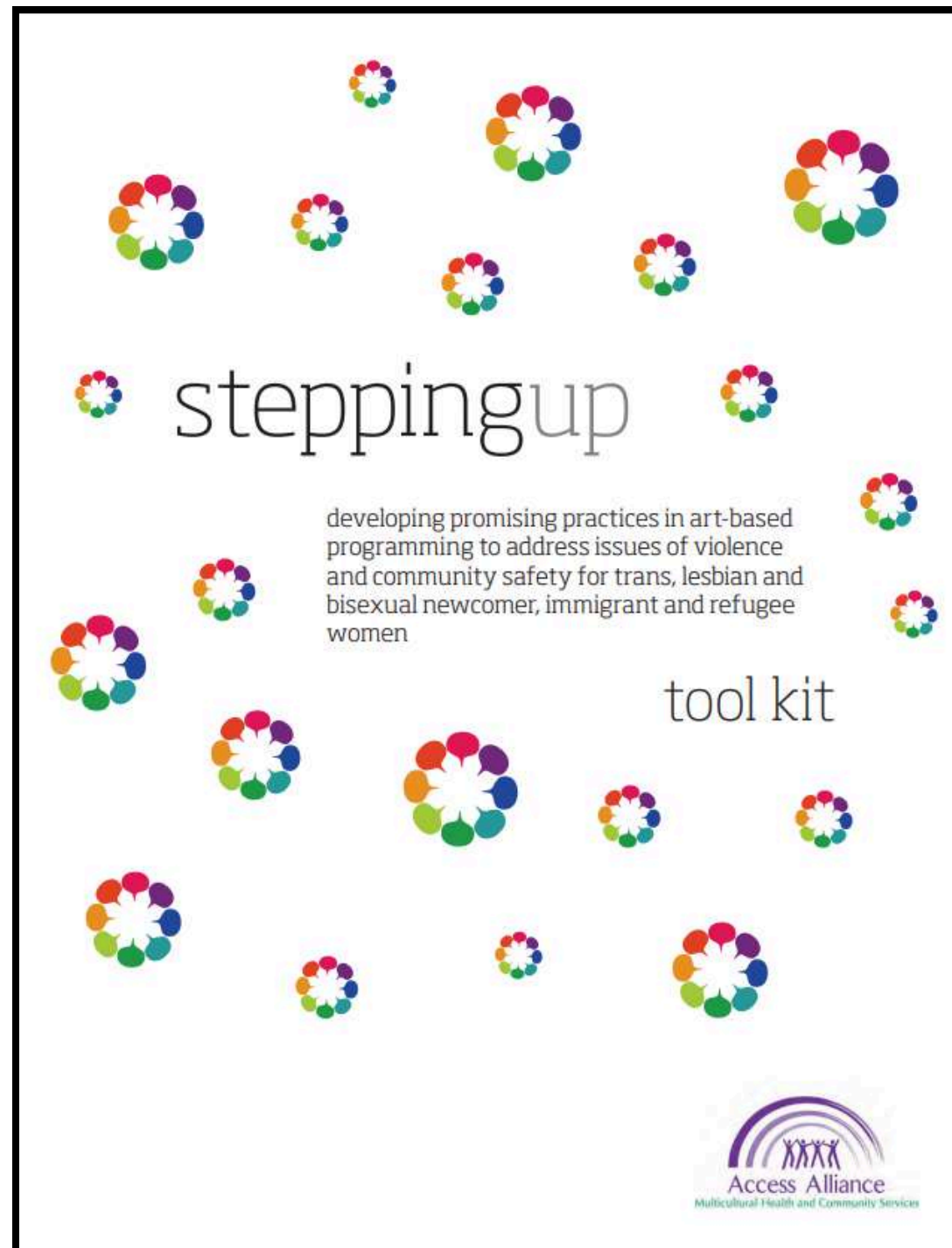
United Nations Children's Fund. Operational guidelines on community based mental health and psychosocial support in humanitarian settings: Three-tiered support for children and families (field test version). New York, UNICEF, 2018.



2017

Community foundations of Canada (2017) Vital signs arts and belonging. <https://capaco.ca/en/research/arts-and-belonging/>

Where is the Evidence? Local



2010

Roanna Vahed. (June 2010). Stepping up toolkit. Access alliance multicultural health and community services. <https://accessalliance.ca/about-us/our-history/stepping-up/>



2020

Vahed, R. (June 2010). Stepping up toolkit. Access alliance multicultural health and community services. <https://accessalliance.ca/about-us/our-history/stepping-up/>



2005

Hanania, A. (December 15, 2020). Embroidery (tatriz) and syrian refugees: exploring loss and hope through storytelling. pg. 62 - 69. <https://doi.org/10.1080/26907240.2020.1844416>

Arts as a tool for improving Newcomer MH Approaches



Healthcare - Mental Health

prevention and promotion

- affect the social determinants of health
- support child development
- encourage health-promoting behaviours
- help to prevent ill health
- support caregiving

management and treatment

- help people experiencing mental illness
- support care for people with acute conditions
- help to support people with neurodevelopmental and neurological disorders
- assist with the management of noncommunicable diseases
- support end-of-life care

Settlement

- Arts collaboration helps to provide culturally relevant and engaging programming
- Increases sense of belonging, social wellbeing and stronger community bonds
- Increases opportunity for social prescribing, social activities complement medical interventions
- Centers storytelling, personal expression, and material exploration
- Artists with lived experiences and share similar cultural, linguistic background
- Offers another avenue for evaluation that is non-threatening, safe, and trauma informed

Access Alliance Strategic Priorities

Strategic Priority **2**

We will identify promising practices that enhance support to our high priority populations and influence system change

2.2 To collaborate with partners to understand the needs and identify opportunities for Access Alliance.

- Promising services developed, enhancing services for priority populations
- New Partners confirmed


Strategic Priority **4**

We will alleviate/address the impact of deepening disparities in communities through strengthened mental health, food security, education and social development of children and youth supports, initiatives and services

4.1 To enhance mental health supports

- Clients experience reduced social isolation
- Clients experience increased sense of belonging.



A close-up photograph of a person's hands painting on a white canvas. The person is using a green-handled brush with a gold ferrule and a white tip to apply yellow paint to a flower-like shape. The canvas is resting on a white surface, and a blue plastic container is visible in the background. The text is overlaid on the center of the image.

"The expressive arts have a unique role in restoring a sense of vitality and joy in traumatized individuals because aliveness is not something we can be "talked into." Instead, it is experienced in both mind and body on a somatosensory level." - Cathy Malchiodi

GETTING COMFORTABLE Open Group

Nesting Grounds

Waiting Room Sessions

Guest Speaking

Arts & Culture Field Trips



Objectives

- Engage in art-making for wellness activities
- Micro-learning on healthcare, settlement and mental health knowledge and practice
- Effective outreach format, many point of entry
- Inclusive, welcoming all newcomer communities
- Frequent and consistent all year round
- Increase knowledge on support services and resources internally and externally
- Does not need a practitioner or service provider referral

KNOWING MORE Closed Group

**Newcomer Wellbeing Sessions
Series I: Foundations**

**Newcomer Wellbeing Session
Series II: Knowing More**

**Developed 10 art-based workshops
including somatic resourcing,
boundaries, community of
support, winter blues, self
compassion, anxiety and trust etc.**

**Service Provider
Partnership Programs**



Objectives

- Engage in tailored art activities to convey mental health concepts and topics
- Destigmatize mental health education and practice
- Include expressive art therapist as part of interdisciplinary team
- Build skills, increase knowledge, and community connection
- Inclusive to newcomer with special focus on families, couples
- Empower service providers to integrate arts as an approach
- Contribute evidence to the effective benefits of the arts in healthcare and settlement drawn from feedback surveys

DIVING DEEPER

1:1 Support

Access Alliance Service Providers

External Referrals

Art Assistant Volunteer
Participant Lead

Ongoing Engagement



Objectives

- Participants engage with appropriate service providers to meet individual needs
- To offer tailored referrals for more complex needs housing, employment, education, healthcare, food insecurity, legal etc.
- Builds self efficacy within participants to make healthier choices in their wellbeing journey as an individual within a community
- Opportunity to lead in their community as a volunteer or co-facilitator

Ongoing 1:1 Check Ins

Disclosures by a participants

Intake new participants

Each transition through the model



Objectives

- Brief referrals support clients autonomy to express specific needs in their lives (competing priorities)
- “Walk along side” referral approach
- Brief, mitigates feeling overwhelmed by informational document
- Allows for better accuracy in referrals
- Shared responsibility, by volunteers or placement students
- Documentation and reporting

Community Arts for Mental Health & Wellbeing

GETTING COMFORTABLE : Open Group

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

Nesting Grounds

Format: Open Group & Drop In
Participants: 8 - 25

Community Artist Lead & Community Health Worker

Waiting Room Sessions

Format: Open Group & Drop in
Participants: 2-8

Community Health Worker & Placement Student

Guest Speaking

Format: Open group
Participants: 8 - 30

Program Organizer & Community Health Worker

Arts & Culture Field Trips

Format: Open group
Participants: 8 - 25

Community Health Worker & Partner Organization

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 Sessions Series I: Foundations

Format: Registered & Drop In
Participants: 8 - 25

Community Health Worker & Student

Newcomer Wellbeing Session Series II: Knowing More

Format: Registered & Drop In
Participants: 8 - 25

Community Health Worker & Student

Service Provider Partnership Programs

Format: Registered & Drop In
Participants: 8 - 25

Community Health Worker & Healthcare Provider

1:1 Check Ins

DIVING DEEPER 1:1 Support

Participants engage with appropriate service providers to meet individual needs.

Access Alliance Service Providers

During 1:1 check ins, participants can disclose needs or desired referrals. Common referrals Health Coaches, Settlement team, or other Community Programs at the agency.

External Referrals

During 1:1 check ins, participants can disclose needs or desired referrals. Partner agencies are harnessed and participants warmly referred to other staff members that can meet specific needs.


Art Assistant Volunteer Participant Lead

Long standing participants can become volunteers to assist Nesting Ground or Newcomer Wellbeing Sessions. Community Health Worker trained.

SUSTAINABILITY - ONGOING ENGAGEMENT

Participant and Practitioner

Participant Impact	Organizational Impact
<p>Participants to Volunteers Participants are becoming leaders in their community</p> <p>External Partnerships Deepening existing partnerships and creating new ones. Our session packages are easily adapted and disseminated.</p> <p>Public Gallery Connecting with museums and galleries are increasing social prescribing efforts.</p> <p>Culturally Tailored Art Forms selecting art modalities from participants' cultural traditions and context increases safety and comfortability.</p> <ul style="list-style-type: none"> • Art as a Medium for Meaning Making facilitates construction and self-expression of meaning and understanding complex migration, grief, and mental health experiences. • Part of Greater Toronto Community partnering with museums and galleries, participants have opportunity to 	<p>Integrated Support Participants are able to join our program while waiting for 1:1 support.</p> <p>Social Prescribing In the new fiscal, we are developing an <i>Arts and Culture Social Prescribing Directory</i> for all staff. Helping you get clients connected quicker</p> <p>Learn it, Lead it We are continuing to develop trainings on art-based integration, handouts, and collaborative planning. Stay tune for more service provider offerings.</p> <ul style="list-style-type: none"> • Collaborative Programs connecting artists with health care providers provide mental health techniques and healthcare knowledge • Increase Partnerships in Arts Sector as places for mental health programing, discussion, and gathering • Success Stories all EAT program gather 2 - 3 success stories, contributes to reports, funding evidence, and centers clients voices meaningfully

A close-up photograph of a person's hand holding a paintbrush with a green handle and a gold ferrule, painting a yellow flower on a white canvas. The brush is positioned over a yellow flower that has been partially painted. In the background, there is a blue plastic container and a piece of blue fabric. The scene is set on a white surface, possibly a table or a workbench.

"Artist (and art) may be the most important health workers of our time. They help us think differently, and they build community value differently" - Arts for Everybody



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Access Alliance

Multicultural Health and Community Services

