



ePosters

📅 Wednesday, October 13, 2021

🕒 9:00 AM - 9:00 PM

Overview

ePosters will be available for viewing throughout the entire conference.

Authors/Presenters



John Brookes

Director

Canberry Communications

Presenting

Pictures of You - Connecting Artists and Consumers for Positive Mental Health Outcomes

Abstract

This presentation follows up on a Perth ePoster, proposing a project matching mental health consumers with established artists to create a portrait of themselves - with positive outcomes: through creating a work expressing them as individuals and also the process of self-learning through its creation - for consumer AND artist.

Following promotion of the project - including contacts made at Perth TheMHS Conference - we have launched this as an active project, with consumers, artist and local art collectives.

The website (www.canberrycommunications.com) is up and running with examples, information and a signup process. We have used the past few months to monitor success through qualitative feedback and media/sector coverage as well as through quantitative feedback using comparison of GP Mental Health Plan statistics for individuals where consent is given.

We have demonstrated notable improvements here, and can provide these for the conference. The abstract fits in terms of "Hope into Action" as back in Perth this was a Hopeful aspiration whereas now we have been able to put this concept into Action. We wish to promote this concept, discuss findings and expand the project further, bringing on more Arts and Mental Health bodies across the country to replicate this format.

Learning Objective

Art therapy is a ubiquitous term in mental health activity, but it is often insular and conducted in groups by clinical staff. Delegates will learn how art can be widened out through collaborating with established artists - not necessarily in the mental health sector - using their insight and empathy to join the consumer on a journey of self-reflection and growth for positive quantitative and qualitative outcomes... including for the artist. The journey's end result will be an honest portrait that depicts the consumer as they truly are, as an individual not an 'issue', whilst providing a shorthand of how they see themselves and a source of pride, not shame. This can be managed face to face OR online for those who are more isolated, in an environment seen as safe by the consumers, and can also involve care-givers. Evaluation to date will be presented to demonstrate key performance indicators.

References

Brookes, J.R. (2020). The Wizard, the Professor and the Jellyfish. TableAUS, ed455, pp26-27.

Hyatt, Professor John (2020). "Such Stuff as Dreams Are Made On: Seminar on artist and mental health consumer." Seattle Central College. <https://youtu.be/7Ofq-UXuDcM>



Rebecca Egan

Peer Researcher

Neami National

Presenting

Fragmented: A Creative Look into the Experience of Living with Multiple Parts

Abstract

This e-poster explores the experience of an individual (author) with a diagnosis of Dissociative Identity Disorder (DID) through the use of art and poetry. DID is arguably one of the most misunderstood and stigmatised diagnoses in the mental health field, with some professionals firmly believing it does not exist, or only is created through an inappropriate therapy process.

This e-presentation will take the delegate through the journey of what it is like to learn to communicate between different parts of the personality - a core skill for recovery and wellbeing. The use of art and poetry will assist in making the process feel more personal and emotive. DID occurs as the result of childhood trauma, and much of the trauma remains as implicit memories. Having the ability to show this journey in a variety of mediums allows delegates to access both explicit and implicit parts of this therapeutic process known as integration.

Learning Objective

Delegates will gain an understanding of what developing communication between different parts of the personality can look like for a client, and hopefully be able to take some of the strategies shared to use in their own client work.

References

Grégoire, L., Gosselin, I., & Blanchette, I. (2020). The impact of trauma exposure on explicit and implicit memory. *Anxiety, Stress & Coping*, 33(1), 1–18.

Levine, S. K. (2009). *Trauma, tragedy, therapy : the arts and human suffering*. Jessica Kingsley Publishers.



Alicia King

Doctoral Candidate And Research Assistant
La Trobe University

Presenting

Magenta Simmons

Senior Research Fellow

Hope Through Action: Young People's Experiences of Groups Co-Facilitated by Youth Peer Workers and Clinicians.

Abstract

The benefits of peer worker facilitation and co-facilitation of groups for adults experiencing mental health challenges are well established (King & Simmons, 2018). However, limited research has explored the contributions and interactions of clinical and peer worker roles in the co-facilitation of groups, particularly in youth mental health services. This research aimed to explore young people's experiences of participating in groups co-facilitated by youth peer workers and clinicians, in-person and online, at a tertiary youth mental health service. Thirteen young people aged 15 – 25 years were interviewed, using questions developed with youth peer workers, and their feedback inductively analysed. Nine overarching themes will highlight the unique and complementary contributions of youth peer worker and clinician roles. The sharing of lived experience by youth peer workers facilitated young people's engagement, hope for the future, and sense of belonging, whereas clinical input created a sense of safety, structure and purpose. The mapping of relationships between key themes will demonstrate the importance of engagement both within and outside of group sessions, as well as processes of change in young people's perceptions of themselves and their futures. These findings support the value of peer worker co-facilitation of groups in creating hope through action.

Learning Objective

Delegates will gain a greater understanding of the unique and complementary benefits of peer worker and clinician involvement in groups for people experiencing significant mental health challenges, from the perspective of young people who have participated in them.

References