



ART ON MIND

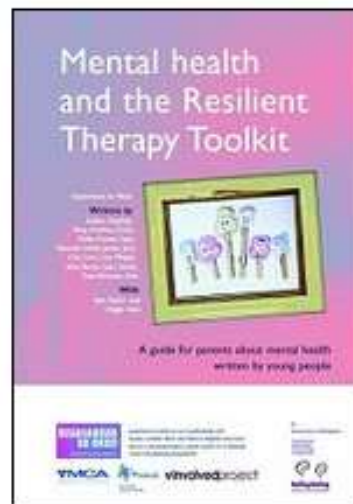
RAISING AWARENESS OF MENTAL HEALTH ISSUES THROUGH ART

What is Resilience?

“The kinds of things we need to make happen: events, parenting, strategies, relationships, resources, to help young people manage life when it’s tough. Plus ways of thinking and acting we need for ourselves if we want to make things better for young people”

What is Resilient Therapy?

How did we get involved?



Young people were involved in writing a resource together with the University of Brighton

<http://www.boingboing.org.uk/index.php/getting-hold-of-our-stuff?id=108:rt-toolkit&catid=1>

What is Resilient Therapy?

A strategic methodology that harnesses a number of therapeutic interventions into a coherent framework.

	BASICS	BELONGING	LEARNING	COPING	CORE SELF	
SPECIFIC APPROACHES	Good enough housing	Find somewhere for the child/YP to belong	Make school/college life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope	
		Help child/YP understand their place in the world				
	Enough money to live	Tap into good influences	Engage mentors for children/YP	Being brave	Support the child/YP to understand other people’s feelings	
	Being safe	Keep relationships going	Map out career or life plan	Solving problems	Help the child/YP to know her/himself	
		The more healthy relationships the better				
	Access & transport	Take what you can from relationships where there is some hope			Putting on rose-tinted glasses	Help the child/YP take responsibility for her/himself
	Healthy diet	Get together people the child/YP can count on	Help the child/YP to organise her/himself	Fostering their interests	Help the child/YP take responsibility for her/himself	
		Responsibilities & obligations				
	Exercise and fresh air	Focus on good times and places	Highlight achievements	Calming down & self-soothing	Foster their talents	
	Enough sleep	Make sense of where child/YP has come from	Develop life skills	Remember tomorrow is another day	There are tried and tested treatments for specific problems, use them	
		Predict a good experience of someone or something new				
	Play & leisure	Make friends and mix with other children/YPs		Lean on others when necessary		
			Have a laugh			
NOBLE TRUTHS						
ACCEPTING		CONSERVING	COMMITMENT		ENLISTING	



**Fundamental
needs**



Basics



Food

Travel


A safe space

Materials

Venue

A large, hand-painted heart shape in a vibrant green color, centered on a light gray background. The heart is composed of numerous vertical, slightly wavy brushstrokes, giving it a textured, artistic appearance. The edges of the heart are irregular and slightly frayed, suggesting it was painted with a brush. The text "A safe space" is written in a clean, white, sans-serif font, centered within the heart.

**A
safe
space**



**The
need to
belong**

**Belong-
ing**



Group identity

Trust

Empathy

Shared interests

Shared experiences



Empathy



**Developing
talents, interests
and life skills**

**Learn-
ing**



Techniques and Materials

Learning about artists

Being inspired

New experiences

Exploring opportunities

Working with other groups

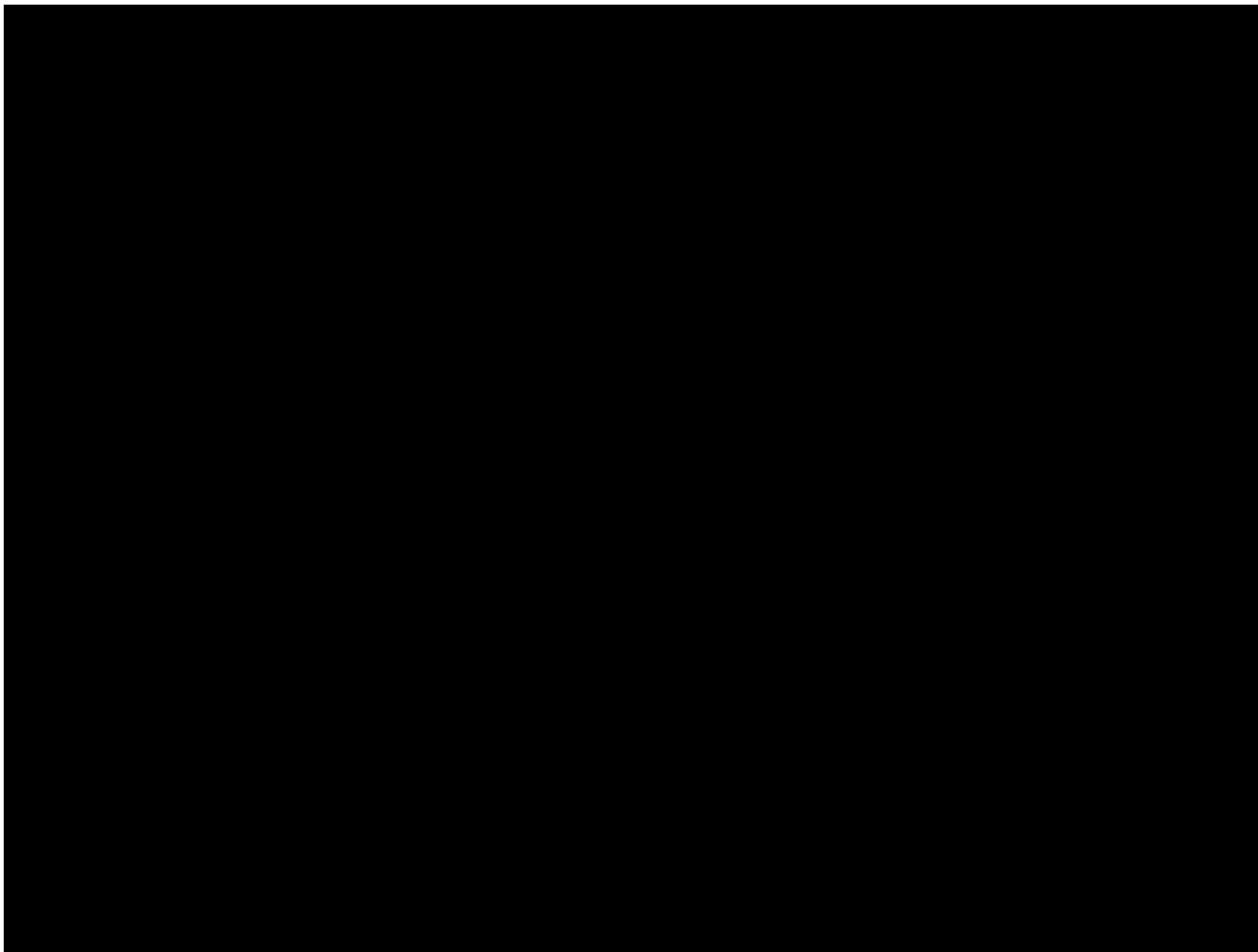
Opportunities to try things out

A safe environment to experiment



Opportunities to try things out

My Mother

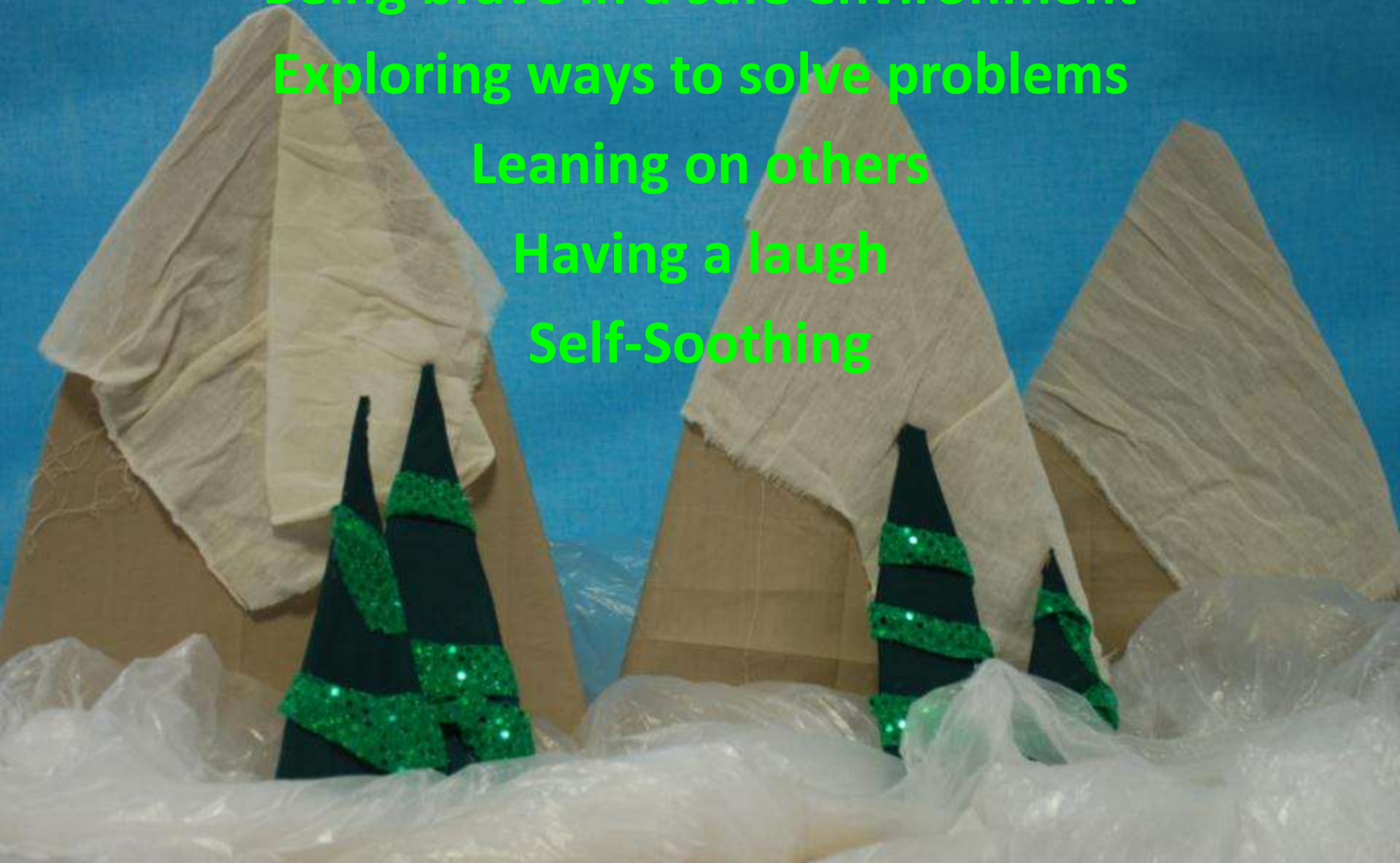




**Developing
coping skills**

Coping

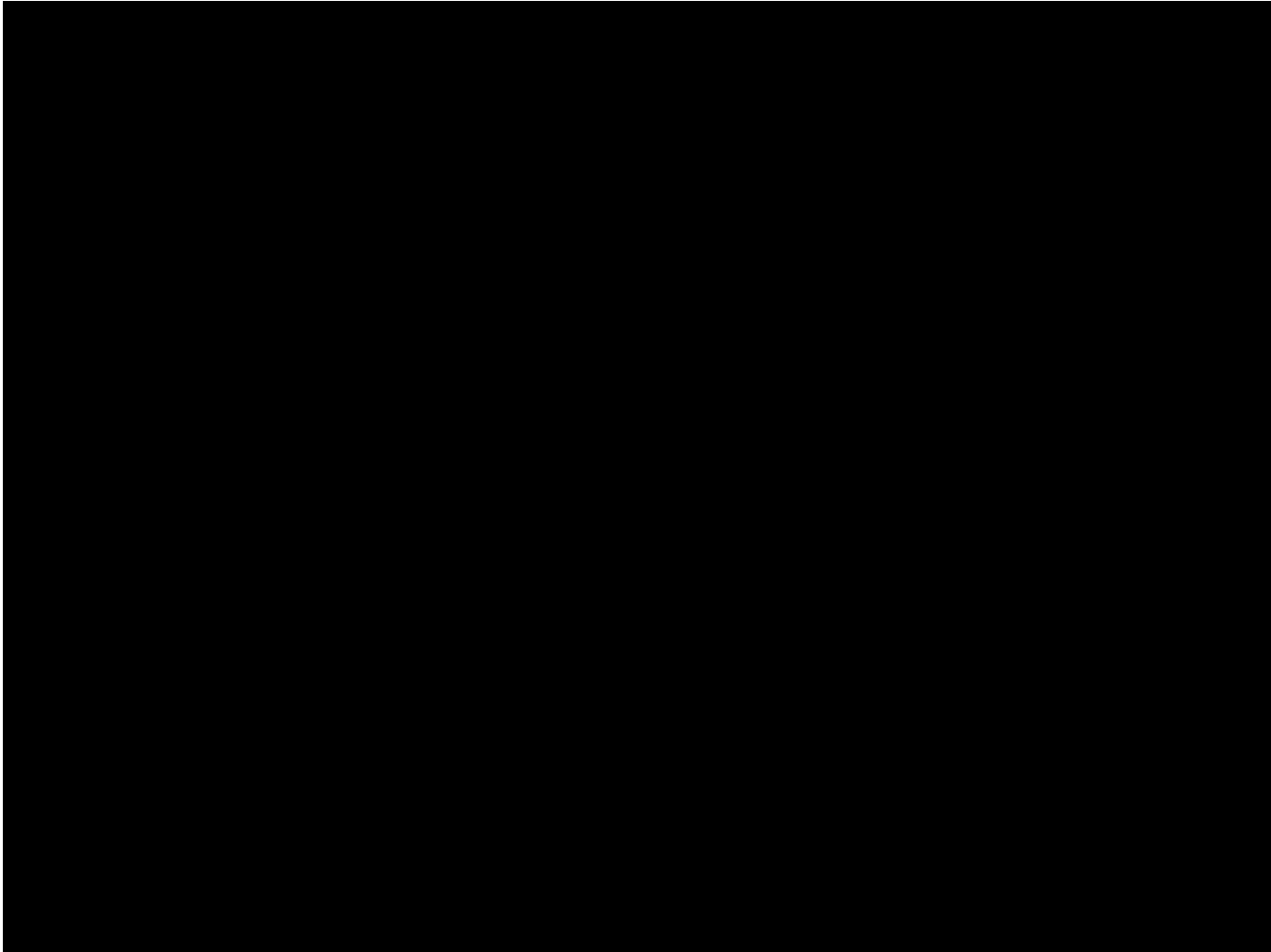
Swapping destructive ways of coping with art
Being brave in a safe environment
Exploring ways to solve problems
Leaning on others
Having a laugh
Self-Soothing





Swapping self-harm for art

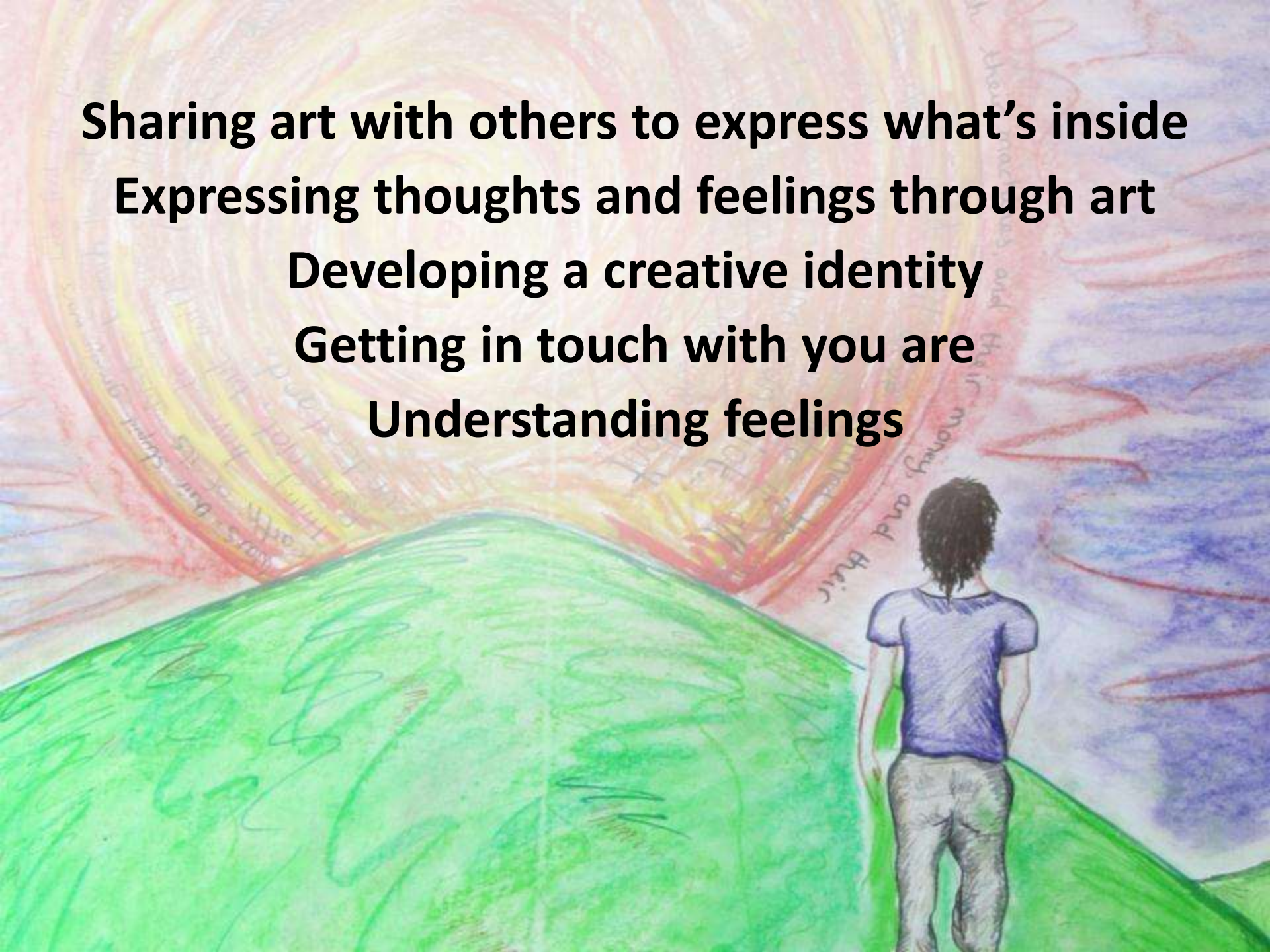
Lone Wolf



**Changing
the internal
landscape**



Sharing art with others to express what's inside
Expressing thoughts and feelings through art
Developing a creative identity
Getting in touch with you are
Understanding feelings





The creative process



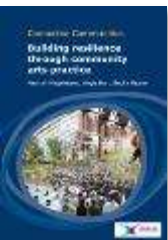
www.artinmind.co.uk



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<http://www.boingboing.org.uk/index.php/research/our-research/10-static-content/static-pages/110-arts-resources>



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