

▶ A total of **1934** contacts across both REAS and non REAS services during the period 03/01 - 25/03/22.

**REAS Services | 959 contacts**

Total individual: 251

▶ Total group: 705

Total continuous intervention (adult acute): 3

**Non REAS services | 975**

▶ Total individual contacts: 193

Total group contacts: 780

Total continuous interventions (adult acute): 2

# Arts Therapies **INPATIENT TEAM**

*Newsletter | January - March 2022*

## OPMH EAST LOTHIAN

### *Music Therapy service expansion*

This quarter has seen the music therapy service provision in East Lothian expanded to include new sites and settings – further increasing patient contact and promoting the integration of the arts therapies into multi-disciplinary teams across the county.

Alongside the expansion of the service at East Lothian Community Hospital, three care homes have also seen music therapy services get up and running. Eskgreen Care Home in Musselburgh, Crookston Care Home in Tranent and The Abbey Care Home in North Berwick have all shown positive responses to the introduction of the service.

Recent COVID outbreaks have led to increased isolation in care homes and inpatient settings throughout East Lothian – with the music therapy service being welcomed as an important service for those facing the profound psychological impact of isolation policies.

With this service expansion, music therapy now has the potential to strengthen ties with OPMH services across East Lothian and the potential to be part of patient's healthcare pathway all the way from admission, through to discharge and re-integration into residential settings.

The Arts Therapies inpatient team offer person-centred psychological therapy to individuals with mental health needs requiring inpatient care.

Working across a wide range of inpatient services, we provide individual and group sessions which aim to support people who do not find words accessible, easy or helpful when describing or understanding intense emotional experiences.

With an emphasis on promoting the positive impact the arts can bring to an individual's mental health and wellbeing, we strive to create, develop and foster opportunities to further embed the role of the arts across our inpatient settings.



## OPMH MIDLOTHIAN

### *Music Therapy positively received*

A 6 month pilot project at Pittendreich House in Midlothian began in December 2021, with music therapy input for 6 hours a week. It is being positively received by staff and residents. An application for funding has been made to increase music therapy provision in care homes in Midlothian to 2 days a week for an additional 12 months.

# EMPOWERMENT GROUP

***"Developing and ensuring NHS Lothians Arts Therapies Service is the best it can be".***

The Empowerment Group, meeting every three months, has been growing in numbers. We are now made up of three arts therapists and five people with lived experience of arts in health or the NHS Lothian arts therapies service, all interested in working collaboratively on service development. At present we are working on arts therapies decision aids.

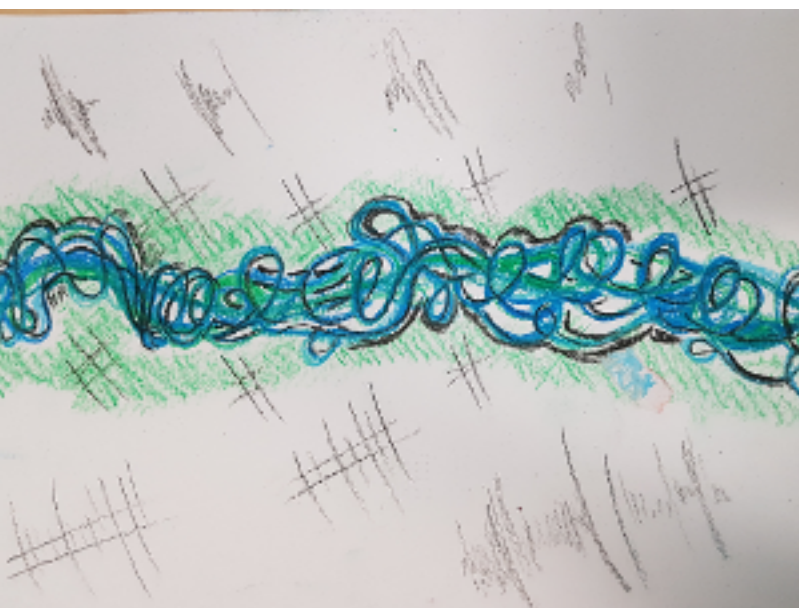
During our January meeting we spent time on the community arts therapies leaflet and the acute inpatient admissions poster, and the next meeting (15/03/22) will involve similar work on our acute inpatient admissions leaflet.

**New members welcome!**

For more information please e-mail the team:

**admin.artstherapies  
@nhslothian.scot.nhs.uk**

**Next meeting 10.05.22  
15:30-17:30**



## ARTS BASED STAFF SUPPORT

### ***Supporting team resilience***

The adult acute Arts Therapies team (REB) have begun to offer nursing staff a fortnightly reflective space where they have the opportunity to think openly about recent events, challenges and the complexity of their role and ward environment. Through using arts-based interventions, the team have space for self-reflection and emotional expression. Sessions also aim to foster the strength of the team, their resilience and growth.

## ACAST

### ***Enhancing care pathways***

As part of our West Lothian service development, Mai Gorringer, Art Psychotherapist (Acute, REB & SJH) has started a 6-month pilot with ACAST, based at St. John's Hospital. This work delivers one-off assessment/formulation sessions to people in crisis. It aims to use creative means to validate and manage strong emotions, as well as build trust and open doors to other services, and offers patients alternative ways for their needs to be seen and heard by their ACAST team.

### **Current provision**

<b><u>REAS Services:</u></b>	Rehab (REH)
Adult acute admissions & IPCU (REB)	<b><u>Other:</u></b>
Forensic (Orchard Clinic)	Adult acute admissions & IPCU (SJH)
Learning Disability (REH)	HBCCC
MBU	OPMH (East & Midlothian)
OPMH (REH)	Robert Fergusson Unit