



The Community Team in March 2022 comprises of 5.9wte:

Community Arts Therapies Team: Quarterly Report March 2022

Statistics for Dec, Jan and Feb 22: 126 arrived at community ATs services, 18 cancelled and 18 did not arrive (11% DNA).

Key successes: A new community shared leaflet has been developed further by the empowerment group and submitted to patient information for approval.

The action inquiry evaluation inquiry for personalised measures in practice has allowed us to continue to develop this element of practice with particular focus on how measures link with arts-based processes within the therapy room, with the practice environment and with the wider social field. From the sample of eighteen personalised measures co-produced in five arts therapies journeys (either completed or attending more than 20 weeks) the average change was an increase of 3 on a rating scale of 1 to 10 (mean and median). This clearly demonstrates the positive impact of the arts therapies in community settings. Next steps include continued support for practitioners and building in a research phase.

We have welcomed new team members, students, and seconded existing members to extend pathways in primary care, perinatal services, Matrix 4 psychological therapies and ACAST.

We have supported two level one music therapy learners and four level two art therapy students from QMU. We look forward to learning from the rich dissertations topics which often reflect their placement context or reflections on the profession.

We continue to engage with wider stakeholders and to think about how we share our learning on the group working alongside people using our services.

What next: Developing and evaluating pathways in different community arts therapies localities and specialist services. Connecting with acute, psychological, primary care services and third sector providers to build smoother transitions.

European Music Therapy Conference – Pre-Conference Event 6th June 2022: This aims to strengthen connections between the Arts Therapies and Arts in Health to maximise a culture of enabling and wellbeing. The Eventbrite link to this free event is now open - <https://www.eventbrite.co.uk/e/strengthening-connections-between-the-arts-therapies-and-arts-in-health-tickets-182683420027>

Quote of the quarter: “It seems that mentalizing may be increased when therapist and service user create art alongside one another, engaging in a shared task. Some comments by LERs suggested that this created a sense of ‘cohesion’ and acted as a way to demonstrate mentalizing the image. When discussing the artwork therapists were not mysterious in their responses; they were curious about each other’s work and process of art-making. This may have also enhanced mentalizing as therapists shared their minds at a safe distance via the art and subsequent discussion” (Chilvers et al. 2021, p.26)

East Lothian Joint Mental Health Team (Primary and Secondary Care):

Music Therapy (0.4wte)
Art Psychotherapy (0.5wte)
Music Therapy Level 1 students (0.4 wte)
Art Psychotherapy Level 2 students (0.2wte)
Honorary Contract Music Therapy (0.4wte)

Edinburgh North East/North West Community Mental Health Teams:

Art Therapy (0.4wte) – vacancy to be filled
Art Psychotherapy Level 2 student (0.4wte)

Edinburgh South East/South West

Psychology: AT (0.4wte)
Art Psychotherapy Level 2 students (0.8wte)

West Lothian

6-month pilot -ACAST (0.2wte)
Funding bid for 0.8wte Music and Art Psychotherapy in Wellbeing Hubs

Lothian Eating Disorder Service:

Art Therapy (0.2wte)
Art Psychotherapy Level 2 student (0.4wte)

Future Pathways:
Art Therapy (0.2wte)

FAST Learning Disability:
Art Therapy (0.4wte)

Perinatal Services:

Music Therapy Band 7 (0.2wte) Art Psychotherapy Band 6 (0.4wte)