

# MENAS IR PSICHIKOS SVEIKATA

Art and Mental Health. Creative Partnership – Policy and Practice



Conference is organized by



MINISTRY OF THE CULTURE  
OF THE REPUBLIC OF LITHUANIA

## SOCIALINIAI meno PROJEKTAI

### Partners



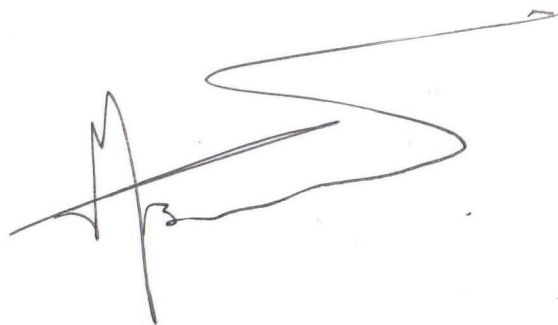
Dance performance “Spring” is a part of a Project called “Laboratory of Dance”, funded by The Lithuanian Council for Culture. Organizer – Public Institution Socialiniai Meno projektai, [www.menasgerovei.lt](http://www.menasgerovei.lt).



Distinguished guests of the conference, ladies and gentlemen,

In this conference, we will talk on a very topical issue of the role of culture for the state and human wellbeing. Art and culture promote new experiences, knowledge and help build communities. Art and culture are essential factors enabling the achievement of effective results in various fields. It is the art that heals people, enables them to solve social problems; art and culture reveal the best aspects of business. The question is whether the perception of the role of art and culture is the same in all state sectors; are we all capable of assessing ourselves and the importance of the contribution of culture into the development of sustainable, healthy and entrepreneurship oriented society. I do believe that today's discussions will make a big step forward and lay foundations for building inter-sectoral and inter-institutional plans trying to achieve common goal – human wellbeing. Let me wish you a good conference and thank the speakers in advance for sharing the experience of their countries.

The Minister of Culture Šarūnas Birutis

A handwritten signature in dark ink, consisting of a stylized 'S' shape with a vertical line through it and a horizontal line at the bottom.



Culture is a vital precondition for the growth of society and a natural human right as claimed by EU's Civil Society Platform for Access to Culture, which reinforces access to culture and human rights in building EU Member States' political perspective. The social impact of cultural the sector emphasizes that the involvement of individuals in art activities helps strengthen mental health, build communities and reduces social exclusion. It promotes sharing and dissemination of new experience and of knowledge and competencies. And it has the important role of providing tools and methods for those groups in society that are in a vulnerable situation.

Within the EU context, Lithuania stands out in regarding unjustifiably high prevalence of mental health disorders. Culture has to play its role when we look for ways to solve this problem. Currently, Lithuania enjoys a favourable political situation to develop inter-institutional partnerships in 2014–2020. The National Progress Programme stipulates that culture and health are horizontal political priorities of the State. However, the integration of culture and health issues into all public and political areas of activities is a complex endeavour that needs examples of good practices and close cooperation between public institutions and NGOs.

The International conference “Art and Mental Health. Creative Partnership – Policy and Practice”, will present the experience that Lithuania, the UK and Finland have of implementing inter-sectorial programmes that focus on building up wellbeing in society and improving mental health. The examples of creative partnerships will demonstrate the potential of cultural organizations to engage in the

development of preventive measures and health improvement programmes.

During the discussions, we will focus on the changing health and social services situation. There is a clear need to increase cooperation between service providers and clients and NGOs must play a bigger roll and their experience and knowledge put to more active use. It is clear that involving NGOs has been successful experience in other countries. We need to look for new methods and measurement indicators so that we can measure the quality and effectiveness of our future actions.

This conference “Art and Mental Health. Creative Partnership – Policy and Practice” is part of the programme “Art and Mental Health”. The latter attempts to reduce stigma, inequality and discrimination related to mental health disorders.

Our heartfelt thanks go to our partners: The British Council, The Nordic Council of Ministers' Office in Vilnius, the Manchester Metropolitan University, the Ministry of Health of the Republic of Lithuania, the Ministry of Social Security and Labour of the Republic of Lithuania, the State Mental Health Centre, the National Gallery of Art, the Charity Foundation The Tiltas Trust, Kaunas Kartų Namai care center, Public Institution Užupis Art Incubator, Public Institution Baltijos Antreprenerystės Aljansas, Rūta Kačkutė, Dalia Vencevičienė, Clive Parkinson, Aistė Laurinavičiūtė, Guðrún Gísladóttir, Brigita Urmanaitė, Eglė Nedzinskaitė, Gailė Pranckūnaitė, Darius Pauliukonis.

Ieva Petkutė, Public Institution  
Socialiniai meno projektai

8:30 am	Registration and morning coffee	
9:30-9:40 am	OPENING of the CONFERENCE	ROMA SURVILIENĖ and IEVA PETKUTĖ, Public Institution Socialiniai meno projektai (LT)
9:40-9:50 am	GREETINGS	ŠARŪNAS BIRUTIS, Minister of Culture of the Republic of Lithuania ARTŪRAS VASILIAUSKAS, Director of British Council, Lithuania BO HARALD TILLBERG, Director of Nordic Council of Ministers' Office in Lithuania CLIVE PARKINSON, Director of Arts for Health Department, Manchester Metropolitan University (UK)
1. PANEL:	CULTURE – HORIZONTAL PRIORITY	
9:50-10:10 am	Social Arts Projects and Culture as a Horizontal Priority in the National Progress Programme of Lithuania	ROMA SURVILIENĖ (LT)
10:10-10:40 am	Partnership in Health/Social Care. Finnish perspective: Strategy “Culture for Health and Wellbeing 2010-2014”	ISMO SUKSI (FIN)
10:40-11:10 am	Art for Mental Health's Strategy for Community: Policy building and Delivery of Actions	STUART WEBSTER (UK)
11:10-11:30 am	Break	
11:30-1:00 pm	<u>DISCUSSION</u> “Arts and New Forms of Partnership in Health and Social Care Sectors” Moderator - Roma Survilienė (LT)	<u>PARTICIPANTS:</u> CLIVE PARKINSON (UK) STUART WEBSTER (UK) ISMO SUKSI (FIN), representatives from The Ministry of Social Security and Labour of the Republic of Lithuania, from The Ministry of Culture of the Republic of Lithuania, and from The Ministry of Health of the Republic of Lithuania
1:00-2:00 pm	Lunch Break	
2. PANEL:	ARTS AND MENTAL HEALTH	
2:00-2:15 pm	DANCE PERFORMANCE “Spring”	ASTA BRILINGIENĖ, MARIJA VITKŪNAITĖ, Kaunas Kartų Namai Care Center Residents and Social Workers (Dance), EGLĖ GUDONYTĖ (Visuals)
2:15-2:45 pm	Mental Health Strengthening and Prevention in Lithuania	ONA DAVIDONIENĖ (LT)
2:45-3:15 pm	Scottish Mental Health Arts and Film Festival Case: Prevention, Mental Health Promotion, Fighting stigma	LEE KNIFTON (UK)
3:15-3:45 pm	Creativity and engagement for young people with stress and mental health issues	JULIE MCCARTHY (UK)
3:45-4:45 pm	<u>DISCUSSION</u> “Arts and Mental Health – collaboration models, impact monitoring and assessment” Moderators Dr. REBECCA GORDON-NESBITT (UK) and Dr. AURELIJUS VERYGA (LT)	<u>PARTICIPANTS:</u> KARILĖ LEVICKAITĖ (LT) LEE KNIFTON (UK) JULIE MCCARTHY (UK) STUART WEBSTER (UK)
5:00 pm	CONFERENCE CONCLUSION	

## Speakers and participants In the discussions

ROMA SURVILIENĖ. Director and Board member of National creative and cultural industries Association, Co-founder of public institution Socialiniai meno projektai. For many years, Roma has worked as an organizer and curator of art exhibitions. She organizes social art projects, holds creative workshops, initiates research and studies as well as inter-institutional cooperation. She acts as intermediary, trying to promote creative partnership of artists, health care professionals and social service providers. In 2008, with the support of the British Council, she started cooperating with NGOs in the UK, learning from their experience in the area “Art for health”. Together with partners, she has implemented social art projects “Territory of art” (Meno teritorija) (2009), “Art for Human Wellbeing” (Menas žmogaus gerovei, 2012). She was a member of the inter-institutional work group “The perspectives of Art for Health projects in Lithuania” established by the Chancellor Office of the Government of the Republic of Lithuania.

[www.menasgerovei.lt](http://www.menasgerovei.lt).

STUART WEBSTER. Founder and Director of blueSCI Social Enterprise service. BlueSCI is an Arts and Culture Mental Health and Wellbeing service, commissioned by Trafford Council and NHS Trafford in Manchester (UK) which employs a dynamic, multi-agency approach to connecting people to resources which support wellbeing. Stuart studied fine art at Swansea and received a bursary to study at the Royal College of Art. He has a Masters Degree in Social Enterprise. He previously worked with Arts and Health organization LIME where he managed a range of arts projects in healthcare contexts, specializing in the adult acute mental health arena. He is a Social Enterprise Development Consultant in particular supporting new community business development in the social and cultural activity sector.

[www.bluesci.org.uk](http://www.bluesci.org.uk).

ISMO SUKSI. A Senior Officer in the Department of Occupational Safety and Health in the Ministry of Social Affairs and Health in Finland, an expert in the fields of social security, pension security, occu-

pational safety and health, a member of a secretariat of the nationwide programme called Finnish Working life 2020, a member of a steering committee and a representative of a Ministry in the Programme on Health and Wellbeing from Art and Culture. Previously – a Special Adviser of the Minister and as a Ministerial Adviser in the Department of Finance in the Ministry of Social Affairs and Health, Director of the Veto Programme (from 2003 to 2007), which aimed to ensure citizens’ full participation in working life, affect the extension of working life, improve the reconciliation of work, family life and free time, improve equality, and increase attractiveness of work as an option in different situations. Before joining the Ministry I. Suksi worked among other things as an Executive Director in the National Senior Association.

CLIVE PARKINSON. Manchester Metropolitan University, the Director of the Department Art for Health, Co – founder of the National Alliance for Arts, Health and Wellbeing, member of Arts, Health and Wellbeing Research Network. At the start of his career Clive worked as an artist in the hospital for patients having learning disorders, later he got engaged in the activities fostering mental health in the National Health Service (NHS). By promoting cooperation between health care and art, research on the impact of art C. Parkinson started to represent „Art for Health“ activities on the political level. He has the support and engagement of strategically different sectors to promote the activities “Art for Health”. The areas of interest are research on the impact of art on mental health, the development of the potential of an artist – researcher in health care sector.

[www.artsforhealth.org](http://www.artsforhealth.org);

[artsforhealthmmu.blogspot.com](http://artsforhealthmmu.blogspot.com).

ONA DAVIDONIENĖ. Director of the State Mental Health Centre, board member of the The Lithuanian Psychiatric Association, non staff expert of Committee on Health Affairs at the Seimas of the Republic of Lithuania, the Regional Office for Europe of the World Health Organization partner on Mental Health issues representing Lithuania, Lithuanian representative on Mental Health issues in the European Commission Public Health programme, member of the editorial panel for magazines “Nervous system and Mental

diseases“ (Nervų ir psichikos ligos) and “News on Psychiatry” (Psichiatrijos žinios), participant in many international congresses and author of articles published in Lithuania.

LEE KNIFTON. Co-Director: International Centre for Health Policy, University of Strathclyde, Director: Scottish Mental Health Arts and Film Festival. Lee Knifton combines academic and practice roles. He spent several years as Associate Head of the NGO The Mental Health Foundation, and is currently Health Improvement Lead in the National Health Service where he covered mental health and now covers prisons and offenders. He is Co-Director of The Centre for Health Policy at the University of Strathclyde and has been PI on a number of local projects. Current projects include: collaborating with the WHO on mental health rights; academic adviser on the national programme to address stigma; overseeing a Scottish Mental Health Arts and Film Festival reaching almost 100.000 citizens; Deputy Editor of the Journal of Public Mental Health; and Co-Editor of the book “Public Mental Health: Global Perspectives”. [www.mhfestival.com](http://www.mhfestival.com), [lee.knifton@gmail.com](mailto:lee.knifton@gmail.com).

JULIE MCCARTHY. J. McCarthy has over twenty years' experience in the UK and internationally in the field of Arts and Social Change, in a range of sectors including community development, public health, criminal justice and mental health. Currently she is Cultural Producer at 42nd Street, a Manchester based mental health charity, which provides services to young people experiencing mental health problems. The organization works with over 1000 young people per year between the ages of 13 to 25, who have mental health problems including depression, anxiety, behavioral problems and self-harm. 42nd Street's core aims are to provide interventions that promote resilience and recovery and to enable young people to take part in opportunities for personal development and growth. J. McCarthy is currently working with the organization to develop a cultural strategy for the organization, to develop a small building into a cultural space, deliver a training package for artists wishing to specialize in mental health and to manage A Different Spirit; a programme of arts and heritage projects linking mental health, wellbeing, arts and local history.

[www.42ndstreet.org.uk](http://www.42ndstreet.org.uk),

[www.adifferentspirit.org.uk](http://www.adifferentspirit.org.uk).

Dr. REBECCA GORDON-NESBITT. Having worked as a curator for more than a decade, Dr. Rebecca Gordon-Nesbitt began to focus on research into the socio-economic infrastructure of the cultural field. Increasingly deploying an investigative methodology, she has scrutinized the privatization of cultural provision and analyzed the case for culture-led regeneration in the UK. In a book to be published by PM Press in California. In 2013, she was invited to conduct research with the strategic agency, Arts for Health, at Manchester Metropolitan University to build an evidence base around the longitudinal relationship between arts participation and physical/psychological health. The results of this project (to be made public in July 2014) are intended to encourage policy-makers to give bigger attention to arts for health practice dissemination and funding.

Dr. AURELIJUS VERYGA. Medical doctor, psychiatrist, Dr. of biomedical sciences, deputy professor at the Lithuanian University of Health Sciences. The areas of scientific, professional and pedagogical interest – epidemiology of use of psychotropic substances, prevention and control, assistance to addicts. The president of the Lithuanian National Tobacco and Alcohol Control Coalition, member of international organizations on the control of tobacco, alcohol and drugs consumption, head of the WHO Collaborating Centre for the Prevention & Control Non-communicable Diseases.

KARILĖ LEVICKAITĖ. Psychologist, the Director of public non-profit institution “Perspectives of Mental Health” established in Lithuania in 2000. The goal of this institution is to protect human rights, promote humanistic, ethical and efficient mental health services in Lithuania and all over the world. Public institution Perspectives of Mental Health that tries to initiate the establishment of mental health services, promote new initiatives in the field of mental health, reinforce NGOs that are active in the mental health area.

[www.gip-vilnius.lt](http://www.gip-vilnius.lt).



Dance composition “Spring” (Pavasaris) was designed by dancer and choreographer Asta Bilingienė and Marija Vitkunaitė together with Kaunas kartu namai residents and social workers. The cooperation between the dancers and the institution started in 2013 during the project “Šokis sveikatai”. (Dance for Health) implemented by public institution Socialiniai meno projektai.

Within the framework of this project, Dr. Jenny Elliot and Carmel Garvey from UK presented the methodology of artistic dance applied for seniors and people with physical or mental disabilities. Professional dancers were involved in the project together with the staff and the clients from several social institutions in Kaunas – Kaunas kartų namai, Kaunas Youth with Disabilities Centre, Kaunas Panemunė House for Seniors.

With the help of social workers, the dancers that took part in the training, continue practicing dancing in the institutions that are partners of Socialiniai meno projektai. The staff and the clients from the institutions take part in dance workshops that are organised regularly. Dance intervention within the context of social services has been accurately described by Kaunas Kartų Namai Care Center social worker Rosita – “dance changes our attitude towards each other, it builds warmer interpersonal relations, helps us be creative in our daily work, it helps the people who are often underestimated by society and their relatives feel more creative and needed”.

The author of visual projection – Eglė Gudonytė.

Dance performance “Spring” is a part of a Project called “Laboratory of Dance”, funded by The Lithuanian Council for Culture.





Guðrún Gísladóttir (Iceland/Danmark), “The Pain and I”.

An artist who visited many countries in the globe claims that it is the Lithuanian landscape namely, the natural and urban sights that are most sensitive in conveying her experience, helping her give daily pain shape and colour.

The frames are filled with the feeling of naturalness and space acts as a visual script of something that is fragile, but yet eternal.

“For thousands of years, artists have depicted pain by showing tormented faces and/or bodies. To me, pain is both a sensory and emotional experience. A face or body in pain is the obvious picture; the emotional experience is the part where I today ask the viewer to join me on my path, with very subtle guidance, or none at all.

I want each photograph to stand on its own, for its own. I want each photograph to be an “experience”, whether the viewer knows it is about pain or not.

I am the one who seeks and finds every small solution needed to live my life, not just survive it.

In Lithuania, seeking has proven to be easier than in any other place I have been for the past 30 years.“

Guðrún Gísladóttir



The exhibition opens on April 23rd at 18.00  
at The Artists' Association Gallery, Vokiečių st. 2.

The exhibition closes on May 7th.

Photography – Guðrún Gísladóttir, “Solitude“, 2012.

