

Creative CAMHS - A Quality Improvement Project



Aim

- To provide involvement opportunities to decorate Trust environments
- To provide recovery focused environment
- To create opportunities for peer support

Why is this important?

- To move away *from* symptom-reduction *to* skill development
- To promote creativity as a way of supporting good health and wellbeing
- To provide opportunities to engage in meaningful activities
- To provide opportunities for social interaction

Between October 2018 & 2019 - 26 Young People have attended over 12 sessions



Common goals set by Young People attending sessions have been:

1. Meet other Young people (8)
2. Improve self-esteem/confidence (5)
3. Engage in creative art work (4)
4. Feel comfortable in a group setting (3)
5. To try something new (1)
6. Challenge anxiety (1)
7. Express self in a positive way (1)
8. Meet other Young people (8)
9. Improve self-esteem/confidence (5)
10. Reduce feelings of isolation (1)

Feedback

"I think Creative CAMHS has helped her (young person's) confidence talking to others - because she's Autistic she can often struggle with this. She is now back on a full-time timetable in school and I think her improvement in communication skills and the group has played a big part in this"

Parent/Carer

"It distracts me from what's going on, makes me feel calmer"

Young person

"It's fun!"

Young Person

You can be yourself, don't have to worry about anyone judging you"

Young Person

"I saw that the young people who attend quickly relax and become more confident to share their creative ideas and lead with their artistic visions"

Staff

"It's helped with my anxiety because no one is judgy"

Young Person

"I have found that the young people often talk reflectively about their experiences whilst working together to make art work and you can see that the young people often leave the room with more smiles and in bright spirits"

Staff

"I loved being able to learn a new skill"

Young Person

