

Research into the effectiveness of the art work at Red Kite View

September 2023

Question we tried to answer

This research study provides an organisational case study using exploratory qualitative, quantitative, and mixed research methods. We address the research question:

“How does including curated artwork within the hospital environment impact the mental health improvement of young people and their families during an inpatient admission?”

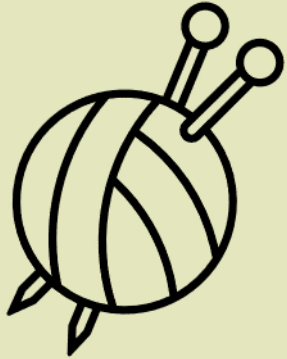
Our aims

- To understand how artworks included in the built environment impact wellbeing and recovery for service users:
 - Through thematic analysis identify key areas of potential mental health improvement.
 - Through engagement with and access to art and its impact on the reduction in stress and anxiety, feeling hopeful, finding connection to the environment, building relationships with others, improving social engagement, increased feelings of wellness and recovery.
- To explore if and how the artworks in-situ impact young people's hospital stays and explore how young people make sense of the environment.
- To explore if the artworks are used within the clinical setting by staff members and if so whether this engagement supports the reduction of mental health illness symptoms by using feedback through staff questionnaires.
- To explore if and how the visual environment impacts the parents and carers aesthetic impression of the hospital.

Existing evidence base

- We have co-curated an art collection around RKV.
- Key evidence shows that art can:
 - Ease anxiety, stress, and depression for both patients and care staff
 - Shorten a patient's length of stay in hospital.
 - Reduce a patient's need for painkilling medication.
 - Increase staff morale
 - Improve communication between patients and carers.
 - Improve the overall experience of healthcare and social care environment.
- Having curated artwork in a mental health environment is not yet typical practice.
- There is an existing body of evidence related to the use of art in hospitals and impact on wellbeing however this is related to oncology, palliative care and dementia services.

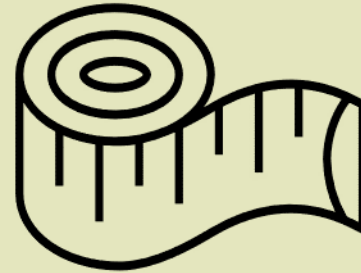
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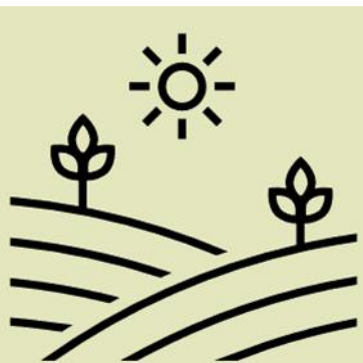
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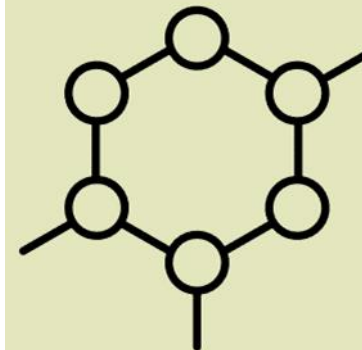
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Our approach

- Auto-photography method was used to gather visual data of the service user experience of the art in the hospital environment:
 - Fortnightly group for young people
 - Offered 1:1 session
- Semi-structured interviews was used where participants were asked a series of questions:
 - Photo elicitation group for young people (monthly)
 - Semi-structured interview group for participants
- Questionnaires:
 - Pre and post questionnaires developed specifically for this project that include young people, parents/carers and staff at Red Kite View
- Our timeline:



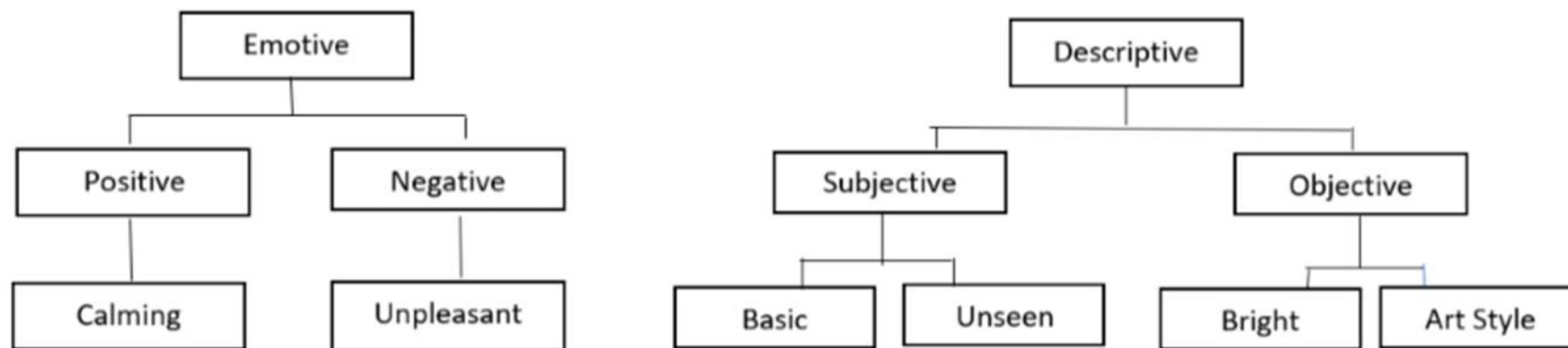
Recruitment and participation

- Between 1 November 2022 – 1 June 2023 31 young people were admitted to GAU.
- 39 participants took part in the study:
 - 8 service users
 - 2 parents
 - 29 staff

Level of participation	Young people	Parents/Carers	Staff
Completed Auto-Photography Session	8	NA	NA
Completed Semi-structured Interview	8	2	29
Unable to participate due to mental state	5	2	7
Unable to participate due to risk concerns	8	unknown	NA
Were discharged without completing	4	NA	NA
Unable to participate due to pending discharge	5	NA	NA
Declined to participate / did not respond	10	5	Unknown

Analysis

- 82% of respondents (39 people in the study) reported that they either strongly agreed or agreed with enjoying art in their lives
- 89% reported to have been to an art gallery in their lives
- 26% of staff/parents/carers expected there to be art in the building
- On a scale of 1-5 how much artwork impacts respondents first impressions of the hospital the average response for staff/parents/carers was 3.8. Average response for SU was 2.8.
- Five key words to describe the art in the hospital and how it made them feel produced 2 broad themes and 10 sub-themes. To drill down further there are 25 sub-themes sitting under these headings.



Conclusions: “how does including curated artwork within the hospital environment impact mental health improvement of young people and their families during an inpatient admission?”

- A mixed method approach of using auto-photography and semi-structured interviews was felt to be an effective method of generating data to gain an in-depth understanding of the impact the hospital environment has upon wellbeing and recovery
- The artwork:
 - Has as a balanced positive effect on staff, families and service users.
 - Contributes to a reduction in distress levels, evoking feelings of hopefulness, enhancing a connection to the environment and facilitates a healing process through creative expression.
 - Is impactful and creates opportunities to think and discuss, enabling service users to make sense of the environment they are in.
 - Enabler for communication and building positive relationships between staff/service users and with their families.
 - Has therapeutic impact with respondents describing it as ‘calming’, ‘relaxing’ and ‘reducing anxiety’.
 - Allows people to have different views and experiences about how the environment affects them, and their impressions of the environment.
 - Supports the education art curriculum.
 - Enhances clinical practice i.e. through group work, family interventions

Conclusions: “how does including curated artwork within the hospital environment impact mental health improvement of young people and their families during an inpatient admission?”

- One young person described the unhelpfulness of the artwork; *“this just feels silly. I remember one time in a restraint, and someone was like to me, ‘just imagine you’re in the mountains looking at this’ and I was just like no.”*
- Others used negative emotive adjectives to describe their dislike of the artwork; *“this one I despise, it’s horrendous,” “very very fake and like plastered on the wallpaper.”*
- However others appreciated the artwork and shared it’s positive impact on their wellbeing, *“The artwork and my photos in the hospital make me feel calm and a bit positive where it’s not just blank walls and makes me feel a bit more positive about things going on in my life and it also makes the hospital look a lot less scary and more enjoyable and a positive helpful place... having lovely art work can make it (the hospital) feel more home like or a safe place what hospital is.”*
- Others also shared the representative nature of the artwork to the individuals using the service; *“this is my favourite because it represents people being here – it’s about them.”*

Recommendations for Red Kite View

- The future curations of artwork within Red Kite View and/or any other service should be undertaken as part of the operational workstream and led by the service Art Psychotherapist or a professional with an interest in the curation, alongside a team of staff from across the service, service users themselves and their families.
- To incorporate a range of artworks that cover the sensorimotor systems and offer value to users of the environment.
- Development of a clinical model that incorporates the use of the artworks in the environment and improves the overall experience of the service.

General recommendations

- Inclusion of artwork and a budget to be considered at the beginning of the process of any build and integrated into the project plan.
- Inclusion of curated artwork to be considered for all services.
- Curation of artwork within an inpatient setting to be undertaken as part of an operational workstream. Enabling the curation of the artwork to be part of operational working procedures allows the clinical and educational teams to be part of the selection and arrangement process, diminishing clinical risk and incorporating artworks into their daily clinical practice.
- Any curation should be collaborative and seek the views of a range of stakeholders including service users, their families, and young people in the general population.
- Artwork that activates the sensorimotor systems should be considered, to be more inclusive to those who may benefit from sound or touch stimulation as well as visual.
- Research needs to be appropriately funded, with the research team having dedicated time to complete the process. A challenge when using clinical staff is the continuity of the research process when competing demands include risk management.
- Further research into the use of art in Children and Young People's Mental Health Services is indicated, this should be across the spectrum of arts in health – art psychotherapy. A longitudinal study to track the impact of art on a recovery journey, and the potential changing narrative for service users would be of interest.

Question, thoughts, reflections