

## Our partners



## Arts on Prescription in the Baltic Sea Region

13 partner organisations from 7 different countries in the Baltic Sea Region develop and test a model Arts on Prescription programme in 2023-25. The primary focus of the project is to qualify local authorities and practitioners in organising, evaluating and financing sustainable AoP programmes. This is primarily done through the production of an online how-to guide for practitioners and by evaluating the costs and benefits of the programme. For more information look here:



## Contact

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RESPONSIVE PUBLIC SERVICES

Arts on Prescription



In such Arts on Prescription (AoP) programmes the participants engage in and experience different kinds of creative and participatory group activities. This can for instance be shared reading and painting courses which give them a break from their mental issues. By creating a space for creative flow, the participants have the potential to immerse themselves in activities that require concentration and focus. Engagement in arts activities also seem to provide opportunities for imagination, aesthetic and emotional expression, stress reduction, and improved self-esteem. By engaging in group activities, the participants can moreover develop social connections and social engagement. This means that Arts on Prescription programmes have the potential to improve the participants' mental wellbeing and social interaction.

## What is Arts on Prescription?

In a decade where mental health issues such as stress, depression and anxiety are increasing worldwide, there is a growing need to develop more and varying methods for improving the mental conditions of people with different needs. One method that has proven to be effective, but is still relatively unknown, is to give citizens a prescription not for medicine or therapy, but for taking part in regular arts activities.



“A simple line painted with the brush can lead to freedom and happiness.” - Joan Miró

## Arts on Prescription improves mental health

Arts on Prescription programmes have been tested in small scale projects in countries such as the UK, USA, Australia, Denmark and Sweden, and their potential value is increasingly recognized. However, to launch Arts on Prescription on a larger scale and integrate it as a regular component into public health systems, more knowledge is needed on how to set up, organise and evaluate a programme and how to arrange its financing.



### Target audience

AoP programmes have proven to have positive mental health effects towards individuals diagnosed with mental health conditions such as depression, stress, or anxiety, as well as for those at risk of developing such conditions for instance due to loneliness

### AoP Programme

Group size: 8-10 people

Length of programme: 8-12 weeks

What: weekly and varying culture and art activities