

A Prescription for Art? Yes Please!

Bringing arts-based social prescribing to Connecticut

Arts & Health

(TREATMENT)

Decades of research has proven that art heals. Engagement with arts and culture benefits our sense of belonging and alleviates mental health disorders.

Arts-Based Social Prescribing

Art Pharmacy 

Social Prescribing

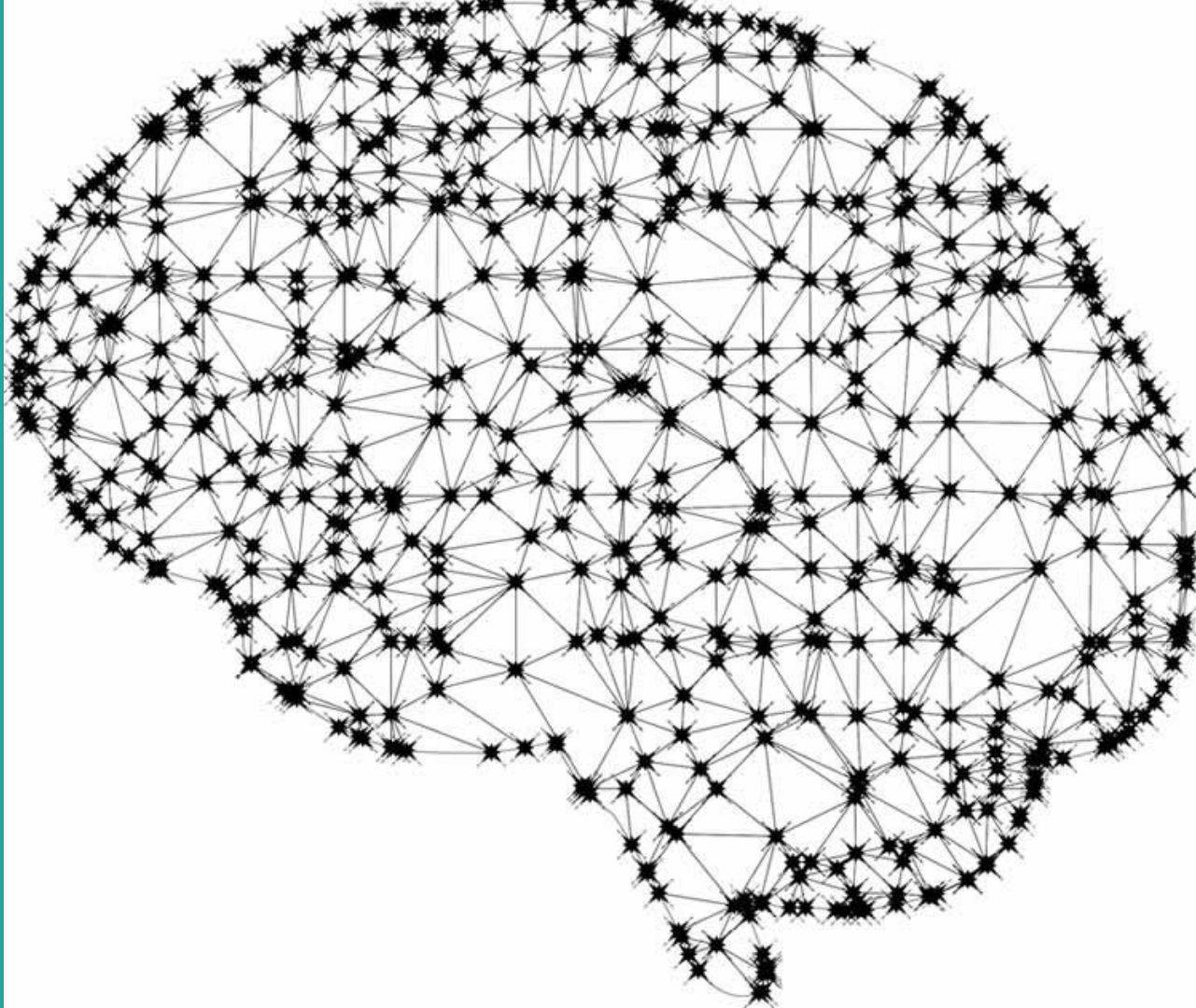
(DELIVERY)

Non-clinical, community-based activities and resources support social connection and are effective at improving well-being, producing lifestyle changes to boost healthy behaviors, and enhancing patient-provider relationships.



Physiologically, the stimulus from art on our senses causes a cascade of reactions that affect multiple biological systems and alter our brains and bodies. In short, **we are wired for art.**

- NeuroArts Blueprint



Social prescribing is a means of enabling health professionals and other trusted individuals to 'prescribe' community-based social interventions as supplements to traditional clinical and pharmaceutical care.



Social prescribing produces notable outcomes, for example...

Review of social prescribing programs in the UK ('05-'15).¹

Results

- increase in self-esteem and confidence
- improvement in mental well-being and positive mood
- reduction in anxiety, depression, and negative mood

¹Helen J. Chatterjee, Paul M. Camic, Bridget Lockyer & Linda J. M. Thomson (2018) Non-clinical community interventions: a systematised review of social prescribing schemes, *Arts & Health*, 10:2, 97–123, DOI: [10.1080/17533015.2017.1334002](https://doi.org/10.1080/17533015.2017.1334002)

Evaluation of social prescribing program in Wales.²

Results

- improvements in weight, BMI, cholesterol, blood pressure, levels of smoking, and physical activity.
- 40% reduction in GP visits (stat sig) in 3-mo follow-up

²Polley (Nee Lucey), Marie & Seers, Helen & Fixsen, Alison. (2019). *Evaluation Report of the Social Prescribing Demonstrator Site in Shropshire Final Report*.

Impact of social prescribing to address loneliness.³

Results

- 72.6% of service users felt less lonely after receiving support
- improved well-being
- increased confidence
- “life having more purpose”
- estimated social return on investment: £3.42 for every £1.00 spent

³Foster A, Thompson J, Holding E, et al. Impact of social prescribing to address loneliness: A mixed methods evaluation of a national social prescribing programme. *Health Soc Care Community*. 2021; 29: 1439–1449. <https://doi.org/10.1111/hsc.13200>



The Field of Arts & Health*

Creative Arts Therapies

- Clinically licensed profession utilizing art-based activities, such as music and dance, to help treat emotional and mental health conditions

Arts in Health

- Co-located programming integrating the arts into healthcare settings (bedside music, artists-in-residence, etc)
- Typically non-clinical practice

Arts-based Social Prescribing

- Community-based creative engagements
- Mechanism to navigate the gap between healthcare settings and community.
- Non-clinical practice



Art Pharmacy Member *Journey*



Referral

A healthcare provider in our network of prescribing partners identifies a need, and writes a “prescription” for engagement with an arts & cultural activity.



Care Navigation

You complete an intake and our Care Navigators recommend smart-matched arts & culture engagements that you choose from, tailored to your health goals, interests, and access needs



Participation

You attend monthly arts & culture activities with protective and therapeutic benefits to your mental health. You are also welcome to bring a companion!



Monitoring

After each engagement you complete a follow up survey. Your Care Navigator monitors your progress and shares that information with your referring provider.



Repeat

A typical prescription is for 12 months of monthly engagements. At the end of your prescription, visit your healthcare provider to get a refill!

I enjoyed the play, it was really nice to see different cultures then I usually see. There were also lessons and I love the way it kind of demonstrated life is not always easy and happy and can be imperfect and still be good

- *Art Pharmacy Member*



The *Art* of Engagement



Disciplines

- Visual Art
- Music
- Dance
- Theatre
- Literary Arts
- Mixed-Media
- Textile Arts
- Traditional Arts
- Historic & Cultural Experiences



Delivery Modes

- In-person
- Virtual
- Hybrid
- Telephone



Types of Experiences

- Workshops & Classes
- Gallery Exhibitions
- Performances
- Community Conversations
- Film Screenings
- Lectures & Readings
- Walking Tours
- Camps/Intensives



Participation Modes

- Group
- Individual
- Participatory/Active
- Receptive

All arts engagements meet a standard of care, have been screened for contra-indicators, and filtered for cultural, age, and geographic fit.

Standard of Care

Art Pharmacy partners with organizations whose offerings are supportive of:

- A creative process or product
 - Inclusivity and sense of belonging
 - A chance for reflection
 - Mutual respect and agency
 - Connection and engagement
-



Art Pharmacy is building the ecosystem in Connecticut!

- Get paid for each member we send to you
- Build your audience
- No reporting requirements
- Access to resources and trainings



[Join the network today!](#)

Resources & Research

- *The Connection Cure*
- *Neuro Arts Blueprint*
- *Your Brain on Art*
- *U.S. Surgeon General's Initiative to Address Social Isolation & Loneliness*
- *Associations of Social, Cultural Engagement with Healthcare Utilization*
- *Social and Economic Impact of Social Prescribing Pilot*

Art Pharmacy

Adrienne Hundley

Head of Community Strategy



470.428.8324



adrienne@artpharmacy.co

artpharmacy.co