

ART PROJECT SBUHB

Aim to Share HOPE

Suicide Prevention



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Situation	<p>To provide an art project across the health board to all staff groups. Highlighting the power of sharing stories & capturing covid recovery, morale trauma and destigmatising of mental health and suicide prevention. First steering meeting held 17/02/22</p> <p>Key representation: Arts in Health Art psychotherapist MH&LD Service User & Feedback representative Midwifery/Perinatal MH representative QP Suicide Prevention Lead HB Wellbeing representative Poet</p>
Background	<p>Funding agreed for an art project to support the emerging evidence on NHS staff regarding moral trauma and risk of suicide and mental health issues; such as increase of self-harm, anxiety, depression, burn out, stress and increased alcohol misuse. Current literature and media (wales on line article recently published regarding an ex employer within nursing in Swansea bay health board and the moral trauma leading him to attempt taking his own life. Nurse tried to kill himself after stress of Covid and 'daily threats of violence' became too much - Wales Online.</p> <p>Research continues to suggest the rise in risk of suicide amongst at risk groups such as female nurses, critical care workers and ethnic minority groups.</p> <p>The rising sickness levels, absenteeism and work presentism resulting in loss of productivity and unsafe staffing levels is affecting greatly on the workforce. There is a correlation between the mental and physical health of NHS staff and the quality of care provided to our patients and has a well-established literature base.</p> <p>There are clear programmes of awareness in place to support staff such as REACT, TRiM and Time to change Wales training to encourage the workforce to talk about their mental health. The aim is to change cultures for staff to open up about their mental health and normalise these conversations. We all need to take a moral and compassionate approach towards our workforce</p>

	<p>and colleagues. Staff questionnaire and surveys show that out of 139 employees attending REACT training 80% declared a mental health difficulty and staff surveys have shown areas of beliefs from staff that managers are not understanding and compassionate when it comes to their mental health and wellbeing.</p> <p>The use of all kinds of art modalities will allow a very different way of working and engaging staff to tell their story away from other forms of current systematic and organisational support in situ. Storytelling and the sharing of experiences within the recovery philosophy and research for those experiencing mental health difficulties is well founded. Hope remains the significant factor in both mental health and suicide prevention, which inspires peer conversations and creates feelings of “you are not alone”.</p>
Assessment	<p>A compassionate approach is required to engage with staff groups across Swansea Bay Health Board. Safe conversations and sharing of experiences is vital in supporting staff as part of their emotional and mental health wellbeing. Differing art forms can create an arena for healing from the impact of the pandemic and essential in staff recovery.</p>
Recommendation	<ol style="list-style-type: none"> 1. Process of appropriate applications to fund the art psychotherapy and poet (will need costing and time frames) 2. Structures to put in place to create a safe space and sign posting required that might arise from staff reliving trauma. Wellbeing support and information as well as acknowledgement of a trigger factor is imperative. The active presence within the working group of an art psychotherapist and RMN is a good foundation in being able to support the individuals who require further support. 3. To support the wellbeing of the steering group and the exposure to the stories and experiences – clinical supervision to be sourced to offer 1:1 clinical supervision with a psychologist or as a collective group – Jayne Whitney to engage with Rhonwen Parry as per previous discussions regarding supervision. 4. Internal media campaign – 1 min production to commence with the idea to launch the project using a POEM offered by a staff member and using approximately 10 staff members from all disciplines reading a line or two each. Staff within mental health & LD service could be approached due to established links to ease delays in producing and launching project.

	<ol style="list-style-type: none"> 5. Engagement events to be organised, advertised via intranet in main service sites across the health board. Structured in a form of drop in for staff to have more information regarding the project. A number of out of hour virtual arenas will also compliment the engagement approach. 6. The steering group have discussed some initial ideas from collective stories to create poetry, artwork, song writing and are exploring different ideas on engagement such as a drop in art group each week in each service area. 7. To feedback into suicide prevention steering group 1/3/22 to update service groups on the project. Requesting access to their areas of work, which may include individual settings such as wards and the agreement of time and accessibility for staff to engage positively to either work on a 1:1 basis or a collaborative group and face to face working.
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