

Social Prescribing Initiatives: ReMind Creative Prescribing Program

Service: ReMind Creative Prescribing Program

Main Component:

ReMind is an 8 week trauma-informed creative prescribing program. Over 8 weeks, group participants explore a series of evidence-based creative practices, through the inspiring guidance of an experienced creative professional. This includes creative writing with an award-winning novelist, learning the ukulele with a performing singer and musician, learning drawing prompts from a Marvel comics illustrator, and creating a potted herb garden from a landscape designer.

The program is facilitated by an experienced mental health educator, and includes psycho-social education tools, reflections and prompts to encourage participants to:

- explore and experience play, fun and delight
- find and discover creative habits that they enjoy and respond to, without the pressure to be 'good' at them
- learn and understand the role of self-care and social connections in ways that support their recovery
- develop habits that strengthen capacity for self-care, and social connections

This program is delivered online and across Australia and includes weekly live group online sessions, a home delivered Creative First Aid Kit, self-paced program materials, videos and workbook.

This program includes evaluation, with Ethics Approval from University of Wollongong.

Who is this for? People in recovery from PTSD, depression, anxiety, chronic illness

Outcomes:

ReMind has been piloted in the past 2 years with two primary target groups:

- People with a psychological injury on Worker's Compensation claims, and
- People with a mental illness on the NDIS

Organisations-involved: MakeShift

Keywords: creative prescribing, trauma recovery, creative first aid, self care, social connections, social prescribing,

Links: <https://www.makeshift.org.au/mental-health-first-aid-2>

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