

ARTS

IN

HEALTH

NL

The Arts and Mental Health

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rijksuniversiteit
groningen


nationaal programma
groningen

Need for transformation

Increases:

- Psychological issues among youth
 - Incidences of chronic disease
 - Number of elderly
 - Turnover among healthcare staff
 - Inequality in access to health
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Transformation

- From disease-focused to more person-centred, positive care.
 - Community and workplace as support for prevention.
 - 30+ years research on health effects of arts in health.
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The practice of arts in health

- Art as care
- Activating imagination, creativity, connection
- Focus on creative process, not only entertainment/past time.
- ‘Participatory arts’ or ‘creative arts therapies’?

In the social domain



In long-term care



In hospitals



Support for Mental Health

For community members

- Social connection, cohesion, interdependence
- Preventing isolation and loneliness
- Support for informal caregiving
- Healthy lifestyles

Research: Leeuwarden Oost and Eemsdelta

For healthcare staff

- Address work stress
- Renew meaning in work
- Enhance patient-staff relationships
- Support staff retention

University Medical Centre Groningen

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Arts in health in Nederland: een nationale agenda



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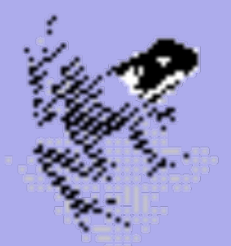
Aletta Jacobs
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Kunsten'92



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Leyden Academy
ON VITALITY AND AGEING



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Meer informatie

- Download de whitepaper via www.artsinhealth.nl
- Lewis, F., Groot, B., Krans, K. L. S., van Leeuwen, B., van der Wal-Huisman, H., Ama, T. A., Tal, M., van Campen, C., Kiss, K., Bussemaker, J., Finnema, E., Kolsteeg, J., Buskens, E., te Marvelde, D., & van den Berg, N. (2024). *Arts in Health in the Netherlands: A national agenda*. University of Groningen Press.
<https://doi.org/10.21827/65c5df4b7d0b3>
- Contact artsinhealth@rug.nl



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