Community Nursing Intervention: "Victory City" arts and mental health program

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Description
The proposed program aims to combine the protective factors of creative expression, peer interaction, education, and access to primary health care with arts-based therapeutic interventions to improve the mental health of adolescents.

Significance
- Mental health is severely underfunded in Canada (2)
- Suicide is a leading cause of death among adolescents (2) (4)
- 70% of mental illnesses have onset in adolescents (2) (4)
- Stigma negatively affects reception of treatment (2)

Literature Themes
- **Best Practice for treatment**: psychiatric counselling combined with psychotropic medication (5); only 1/3 of mentally ill adolescents complete a full clinical counseling program (1) (3) (6) (13). In trials: MST (multisystemic therapy) proves most effective: treatment in home with whole family, focus on coping and protective factors; MST not typically implemented to date (1). School programs more accessible, higher commitment rate: In a trial 98% of teens completed school-based programs; 37% completed CBT; 15% completed clinic-based treatment.
- **Stigma**: Parents and adolescents have negative attitudes about the use of medication in treatment (13). Adolescents feel vulnerable in clinic settings (1) (13).
- **Education and training**: school teachers do not feel competent to screen for mental illness (3) (8) (9) (11); art therapy can reduce grief and support trauma counseling (1) (4) (15).
- **Research Gaps**: Suicide prevention and effects on suicide rates (3) (6) (8) (9) (10) (11) (12) (14); efficacy of treatment without symptom re-occurrence (1) (10); lack of longitudinal studies (11) (12); the efficacy of school-based suicide prevention programs—conclusive results: issues with increased suicidality and social isolation (3) (8) (9); the efficacy of art therapy in adolescent chronic mental illness (1) (4) (15).

The Intervention – Victory City
**Upstream approach**: risk-assessment, screening, health promotion, prevention, community involvement, building capacities
- **Integrate**:
  - art therapy, mentoring and peer support into adolescent mental health programs
  - community interventions that are comprehensive and accessible
- **Build**:
  - capacities between schools, the community and the health care system
- **Evaluate**:
  - Mental health outcomes of the arts-based community program
    - Psychometric instruments: self-reported symptoms, suicidality, self-harm behaviour
    - Other indicators - hospitalizations, recurring symptoms, suicidal ideation or planning, school attendance, self-image
BUILDING COMMUNITY CAPACITIES

COMMUNITY

VICTORY CITY

HEALTH CARE

SCHOOLS
References


References Continued...


THANK YOU