



All-Party Parliamentary Group on Arts, Health and Wellbeing

Children and Young People's Mental Health and the Arts Round Table Monday 25th February 2019, 4-6pm House of Lords Committee Room 2A

Minutes

Welcome

The Rt. Hon Ed Vaizey MP, Co-Chair of the All-Party Parliamentary Group on Arts, Health and Wellbeing (APPGAHW) welcomed all those present.

Ed Vaizey welcomed the support to date by the Secretary of State for Health and Social Care, Rt. Hon Matt Hancock MP, on the significant role played by the arts in people's health and wellbeing. With regard to the digital and tech agenda, Ed Vaizey noted the Chief Medical Officer's recent guidance published for parents on screen time and social media. He also noted the Department for Digital, Culture, Media and Sport's forthcoming White Paper on social media and its impact on young people's mental health.

Contributors (please see Appendix 1 for a full list of biographies) were invited to deliver brief contributions based on two key questions:

- From your perspective, what is your primary concern regarding children and young people's mental health?
- How do you think the arts, culture and creativity can contribute to supporting children and young people's mental health?

Responses from contributors:

Shirley Cramer, Chief Executive, Royal Society for Public Health (RSPH)

- The RSPH produced a report, [#StatusofMind](#), which looked at the increased academic literature on the impact of social media on young people's mental health. As part of this report, RSPH asked 1,500 young people (between ages of 14-24yrs) a series of questions about the pros and cons of social media on their mental health. Those surveyed rated the five main social media platforms with YouTube ranking the best and Instagram as the worst. Negative affects were reported by those surveyed around sleep patterns, anxiety and depression, cyberbullying, fear of missing out and body image.
- The RSPH set up an APPG on Social Media and Young People's Mental Health and Wellbeing with a [current inquiry](#) on this topic (five sessions of oral evidence and written submissions have been taken over the past six months). The inquiry will be published next month with guidance for parents and calls for regulation likely to appear in the report.
- A public facing campaign, [Scroll Free September](#) took place last year encouraging young people to take a break from all personal social media accounts for 30 days during September.
- In response to the second question, Shirley Cramer highlighted the work of [Comics Youth CIC](#) which has built stories of support through comic narrative for children and young people with mental health issues in Liverpool. It has achieved excellent results and won numerous awards for its positive impact.

Alis Rocca, Head Teacher at Morgan's Primary School and Nursery, Hertfordshire

- Key concerns around a decline in parenting skills with the consequential, negative impact this has on children's mental health and wellbeing; as well as a lack of support from outside agencies to tackle poor mental health in schools due to the high level of need and the lack of funding.
- Parents and schools need to work together to open children's minds to the arts, culture and creativity. A wider, varied and meaningful curriculum is needed to break the skewed hierarchy of maths and science at the top. Children need to experience visits to museums, galleries and concerts and to understand the myriad of jobs around those subjects. Such cultural education experience helps children to see their place in the world and in society.

Marine Tanguy, Founder, MTArt

- Celebrities have a huge social media influence and following when compared to social media profiles of arts and cultural venues. She founded MTArt to tackle this by giving a bigger voice to visual artists. TED talks approached Marine Tanguy to explore the topic of addiction to content rather than addiction to tech and to examine the nature of the content being consumed on social media.
- MTArts in partnership with M & C Saatchi and Rankin has created a web based [visual diet](#) campaign exploring the impact of imagery on people's mental health. This diet encourages consumption of cultural greens in an analogy with food. She hopes that advertising agencies will follow suit and take greater responsibility for their visual campaigns.
- Ed Vaizey highlighted his [weekly newsletter](#) on culture and tech which had made reference to the visual diet campaign.

Matt Campion, Founder and Creative Director, Spirit Media

- Matt Campion described the British Hip Hop Band Rizzle Kicks music video campaign with the NHS to challenge the stigma around mental health and young people, [#IAMWHOLE](#). The circle drawn on the palm of one's hand became the symbol used on World Mental Health Day 2016 and it went viral online reaching 120 million people on the day. The campaign has continued to grow and it has turned into an always on movement. The decision was made last year not to campaign on the big mental health awareness days because of too much traffic. They have started the '[Whole Hour](#)' (like Earth Hour) with corporations on board on World Mental Health Day to allow employees one hour aside from lunch break to dedicate to their mental wellbeing.
- The campaign has reached half a billion people to date. Focus for 2019 is to build something that lives forever and that does communicate with the demographic through music and comedy. YouTube is partnering for further reach. Memes for mental health are also produced every Monday.
- On the prevention agenda, they are lobbying for all record companies to have a mandatory duty to support and protect the mental health and wellbeing of their artists. For every £1 spent on pop music, £8 is spent on classical and opera in the country, so they are pushing for a more even split of funding from Government. Other issues to tackle include the closure of live venues and music being stripped out of the school curriculum.
- There is a move, communicated through live concerts, gatherings and the Whole Hour initiative, to get young people off digital and to understand the balance between real world and digital

Blayne George, Programme Director, Theatre Royal Haymarket Masterclass Trust

- Key concern around number of people who come to the Masterclass with anxiety and depression. Root causes can be general pressures regarding exam performance at school and expectations to follow traditional routes to university, social media and related cyberbullying and eating disorders.
- In response to the second question, two key areas are access and opportunity. The more young people are provided with access and opportunity to be creative the better one can tackle the problems. Two plays developed at the Masterclass Trust were highlighted – [The Two Worlds of Charlie F](#), which had profound positive impacts on wounded veterans, their friends and family involved in the play; and [Cookies](#) a play to help teachers and students tackle cyberbullying. Live visual arts can also capture young people's full attention taking them away from social media.

Professor Prathiba Chitsabesan, Consultant in Child and Adolescent Psychiatry, Greater Manchester (Pennine Care NHS Foundation Trust); Associate National Clinical Director for Children and Young People's Mental Health for NHS England

- Primary concern around provision of services that are accessible, effective and sustainable for young people with mental health needs. There has been a significant increase (68% increase in last five years) in referrals to children services. The NHS Digital survey published last year shows part of this rise is due to increased prevalence in mental health needs, especially in young teenage girls. There is also a postcode lottery of provision, which could be a topic for further discussion in the forthcoming Department of Health and Social Care's Green Paper on prevention.
- Professor Chitsabesan strongly welcomed policy initiatives with children's mental health and early intervention high on the agenda, such as the [Five Year Forward View for Mental Health](#), the Government's [Green Paper on Transforming Young People's Mental Health Provision](#), and the recently published [NHS Long Term Plan](#).
- The [Thrive](#) framework provides a new way of thinking around the mental health service provision for young people with arts and creativity very much core to these conceptual developments. Art therapy helps to overcome communication barriers for young people with mental health needs beyond the conventional CBT techniques.

Dr Katherine Taylor, Senior Clinical Psychologist, Lancaster & Morecambe CAMHS, and in Greater Manchester's i-THRIVE team

- Dr Taylor has been appointed to a new role across Greater Manchester as a Programme Manager for arts, health and mental health innovation in order to identify best practice and up-scale it to address the postcode lottery of service provision.
- Primary concern is over medicalisation of stress and mental health challenges in adolescence. Thrive's consultation has shown that children and young people want more than the traditional treatments. At the heart of the Thrive model is access and shared decision making. Mental health services need to speak a language which young people understand, not a language of disorder and illness, by being more playful and offering a broader range. This can be achieved by using the versatility of the arts with artists supporting clinicians with interventions other than the traditional, symptom led working model. The arts are well placed to support the major predictors of health and wellbeing outcome, such as purpose, mastery, belonging and hope.
- Dr Taylor advocated a weekly engagement with arts and culture akin to regular recommended exercise and sleep hygiene. She listed other benefits of the arts, such as, creating services in places that people want to visit; improving participation and co-production; changing the environment towards people feeling more positivity and hope; embedding creative thinking in care settings; catalysing active citizenship using empathy and awe through the arts; connecting the generations through arts to mitigate inequalities; developing culturally sensitive interventions; and supporting staff wellbeing and increase patient safety through the arts.

Jules Ford, Commissioning Lead for Social Prescribing and Cultural Commissioning, NHS Gloucestershire Clinical Commissioning Group (CCG)

- In Gloucestershire, a non-medical arts and culture offer is embedded in every clinical pathway.
- Key concern is that children and young people have less emotional resilience to cope with stress (e.g. self-control, optimism, stickability) than in the past.
- Since 2015, ArtLift and the CCG have provided Arts on Prescription to tackle emerging issues with physical long-term conditions (epilepsy, chronic pain). Children with Type 1 diabetes for instance are manipulating their insulin doses due to body image marketing and promotion on social media, with girls wanting to be skinny and boys wanting to have muscle defined bodies. Also a hugely successful project since 2015 has been with arts psychotherapists who work with 18-25yr olds in museum settings using the space and the artefacts as part of the therapeutic practice. A key finding has been that young people have a need for community, metaphor and ritual.

Kate Massey-Chase, AHRC-funded PhD student at the University of Exeter

- Research on how socially engaged theatre practice can support young people in the transition between childhood, adolescent and adult mental health services. Kate Massey-Chase focused on the transition, given the 34% decline in pupils taking arts subjects in state funded schools since 2010, as well as the

lack of parity in mental health funding and the stark reality in some parts of the country that the threshold to be seen by CAHMS is when the child has attempted suicide twice.

- The transition has been described as a key concern within healthcare, as ‘a cliff edge’ by the House of Commons Health Select Committee and as ‘poorly planned, poorly executed and poorly experienced’ by the National Institute for Health Research. Her research points to recurring themes experienced by service users such as feelings of frustration, abandonment, fear and stigma due to their age. Service users have also been described as attention seeking, manipulative, treatment resistant, especially if they self-harm or have a personality disorder type diagnosis. She also found that service users are not given help until they are at crisis point. She advocates that services need infrastructural change and investment and one solution could be a specialist service for young adults.
- The power of storytelling can be used as part of the process of healing and as a way to regain agency for service users based on her research findings. Role and character allow the service user to explore different viewpoints; the distancing effect of fiction facilitates perspective taking; metaphor and myth deepen one’s understanding of shared humanity; drama can be used as a vehicle for self-examination and to explore different ways of being in a safe and secure environment.

Charlotte Slinger, Community Projects Manager, Hampshire Cultural Trust

- Charlotte Slinger described the Inspire, Exchange Create (ICE) Project, a three-year partnership with Hampshire CAMHS, which has been funded by Artsworld and Sussex Partnership NHS Foundation Trust, to use arts activities to promote positive emotional and psychological wellbeing.
- Helen Dunn, Innovations and Participation Lead for Hampshire CAHMS, echoed previous key concerns from contributors around the move away from overmedicalisation of childhood and the importance of access to services amidst long waiting lists due to pressures on healthcare services.
- A young person with mental health issues gave their personal experience of working on two projects without the pressures of deadlines and the importance of having fun. One of the projects generated an expressive, creative film, [A Glimpse of Hope](#), to support people recovering from eating disorders.
- Over last two years through ICE, seventy young people have been referred from CAHMS, as well as two hundred children at risk of developing mental health issues due to their life circumstances and five hundred mainstream young people working with artists. Fifty thousand people across Hampshire have benefited from an A-Z leaflet on self-care which was co-produced with an artist.

Kelly Allan, Head of Innovation and Inclusion and Acting Director of Programmes, Curious Minds

- Curious Minds would like to see a lot more recognition that for many young people their mental health issues are a proportionate reaction to their life circumstances.
- Arts and culture can help prevent and alleviate symptoms of mental health. There has to be a distinction that the arts are therapeutic not therapy.
- Arts and culture are the fastest growing industries and can therefore provide employment prospects for young people. Creative jobs are likely to be most protected from automation.

John McMahon, Senior Manager, Policy and Research; National Lead for Arts, Health and Wellbeing, Arts Council England (ACE)

- The topic of young people’s mental health and the arts has become a much more prominent theme with a cross-Whitehall policy agenda. There is also a growing public and media discourse around the crisis in youth mental health, with increasing rates of anxiety, depression and suicide and greater awareness of cuts to youth mental health provision. In response to this, youth mental health features as a priority in numerous Government policy papers including the *NHS Long Term Plan*, the [Civil Society Strategy](#) and the [Loneliness Strategy](#).
- As a funder, ACE make a sizeable investment in activities for children and young people annually, including £75 million on Music Education Hubs and £10 million on Bridge Organisations. Investments have also been made in organisations specifically targeting youth mental health with the introduction of new classifiers for funding applications since 2016. Since 2016, there has been a rise in applications and awards in all categories of mental health. A brief survey of current portfolio shows that 41 organisations out of 860 were classified as having mental health cross cutting focus (for 14 organisations it was their priority classifier) with a collective spend of £1.28 million per year. In the past three years, ACE has funded 346 project grant applications with a total value of over £8.3 million

focused on mental health including child and adolescent mental health and there has been a 31% increase in successful applications since 2016.

- ACE is in the process of developing a [ten-year strategy 2020-30](#). Through the stakeholder consultation to date, health and wellbeing in general and youth mental health in particular has been reflected back very strongly to ACE. The next stage of consultation will open in June and it was strongly recommended that all present submit responses.
- The [Durham Commission on Creativity in Innovation](#) also has a specific strand looking at child and adolescent wellbeing and the learning from this Round Table will be useful evidence towards that strand. John McMahon invited further conversations as well from all those present.

Lucy McNab, Senior Manager for Children, Young People & Learning, Arts Council England

- The focus on learning and creative thinking is one of the big contributions that the arts and culture can make. It allows children to develop confidence in their imagination to think about other options and in situations where they might need them including transitions into adulthood. Creative thinking is not only a skill for future employers, but also a way of coping with life's challenges.
- The arts can contribute most significantly when responding to needs and demand in a *place*. In 2015, ACE launched the Cultural Education Challenge and since then 100 Local Cultural Education Partnerships have developed. Together with 120 Music Education Hubs, this collective provides more and better-connected cultural opportunities in a place.
- The national children's mental health charity, *The Place to Be*, recently partnered with the *Ministry of Stories* to make a series of [short animated films](#) written by children and animated by professionals. They have been used in classrooms to spark conversation about mental health and ways of talking about emotions. Last year, *Youth Music* did a [survey](#) with *IPSOS Mori*, which showed how young people are using music as a tool to support their wellbeing.

Discussion from the floor

- Ed Vaizey summarised key points of discussion from all contributors noting the exponential increase in mental health issues in young people over the last few years and the root causes; the role of the school system and the focus on SATs and linked to this the fun and sense of play in childhood being eroded from education; the paradox that adults are concerned about the impact of social media on their children and young people, but at the same time recognise positive engagement can be made with young people through social media; the role of the APPGAHW convening all those present and the shared recognition that arts practice can have an immense impact on young people's mental health and wellbeing; ensuring that arts on referral prescriptions are as common practice in promotion by healthcare professionals as healthy living recommendations; and how to overcoming the postcode lottery of youth mental health and arts provision.
- Gilly Angel, Founder of the LENs, a lived experience network, noted that social prescribers were becoming overwhelmed by demand and inadequately supported.
- A Headteacher in Hertfordshire said that by the age of 11 children will have been assessed or told they might have failed no less than five times and not met age related expectation. She suggested rather than continual assessment there should be more focus on accountability of teachers, a rebalance of the curriculum to more arts and culture-based learning subjects and a radical change in primary education to reflect this shift.
- Ed Vaizey said that the Music Education Hubs and Local Cultural Partnerships were vehicles for delivering cultural education, but not for assisting schools with mental health issues and that parallels must be drawn by the Department for Education.
- A representative from [psychArts](#), a trainee psychiatrist run group that celebrates the inherent links between creativity, the arts and Psychiatry, said that increasing confidence and recognising the importance of the arts is very low on priorities in A & E settings. The group has run a yearly conference with a view to engaging mental health service users and linking up with like-minded charities. The next conference is scheduled for November 2018 in Leeds and ACE and others present

were interested in supporting it. The [National Alliance for Musicians in Healthcare](#) is a group to engage.

- Phillipa Rieve, Director, Creative Campus Snape Maltings flagged up new developments including a national support resource for music, health and wellbeing, a new network being created by Dr Daisy Fancourt called [MARCH](#) and a Special Interest Group on signing and mental health.
- With regard to cross-Whitehall support for the arts, health and wellbeing, Paul Rieve, CEO of Into Film, noted another advocate was the Secretary of State for Education, Damian Hinds who had placed creativity as a key pillar in his [speech](#) on character and resilience delivered on 7th February.
- Hilary Jones, Lush Cosmetics Ethics Director, explained that the key concern for her company's young staff was that they would like to hear more advocacy work on mental health issues.
- A social enterprise, [Noise Solution](#), was using social media to drive positive mental health in young people.

Appendix 1 – Biographies of Contributors

Kelly Allen is Head of Innovation and Inclusion and Acting Director of Programmes at Curious Minds. She designs, develops and leads strategic programmes that focus on developing the North West arts and culture sector's ability to engage young people who face specific barriers. Her background is as a Community Arts practitioner and manager, specialising in young people's engagement. She has worked previously in local authority, education, arts and youth sector organisations, including Pupil Referral and Exclusion Units, and with Looked After Children amongst many other groups. She is also a steering group member of the Creative Case North Consortium, which supports Arts Council England funded organisations to diversify their programming and creative output.

Matt Campion is the Founder and Creative Director at Spirit Media, a content studio and audience building company. An experienced TV & digital exec, he is the creative powerhouse behind thousands of hours of live TV and original formats for the BBC, ITV, C4, iPlayer and All4. Matt is also the founder of the mental health movement #IAMWHOLE, which he launched in 2016 with one half of pop duo Rizzle Kicks' Jordan Stephens. #IAMWHOLE is an anti-stigma campaign developed in partnership with the NHS and YMCA with the aim of encouraging young people to speak out and seek help. In November 2018, #IAMWHOLE hosted its first fund raiser - Music 4 Mental Health, starring the likes of Ed Sheeran, Anne-Marie, James Arthur, Ella Eyre, Olly Murs, Hussain Manawer, Professor Green, Nothing But Thieves and Louis Berry. The concert at The Round House in London raised money for charity partners CALM, The Mix and YMCA. #IAMWHOLE has had a global reach of half a billion people to date.

Professor Prathiba Chitsabesan is a Consultant in Child and Adolescent Psychiatry working in a large mental health and community trust in Greater Manchester (Pennine Care NHS Foundation Trust). Lead consultant since 2005, she became Clinical Director in 2015 and subsequently Associate National Clinical Director in 2017 (NHS England- Children and Young People's Policy Team). She has an interest in the needs of children and young people in contact with the criminal justice system. Over the last 13 years she has published in peer reviewed journals and books and contributed to national reports and guidance. She continues to be research active as a Visiting Chair (Manchester Metropolitan University) and has been involved in a number of regional and national transformation programmes.

Shirley Cramer has been the CEO of the Royal Society for Public Health since 2013. RSPH works across the UK and internationally to improve and protect the public's health and wellbeing. She chairs the 'People in UK Public Health' advisory group, a cross government committee which advises on the future of the workforce for the public's health and she is Vice Chair of the Public Health System Group in England. Prior to this she has been a CEO in education charities in both the USA and UK and a non – executive in the public and voluntary sectors. She is on the Global Advisory Board of the Robert Wood Johnson Foundation in the US and a Commissioner on the RSA Food, Farming and Countryside Commission. She chairs think tank, British Future and is a trustee of Alzheimer's Research UK.

Jules Ford has a professional background in mental health and has worked in a range of clinical, service development and commissioning roles, both in the UK and overseas. Jules founded the arts and health social enterprise Big Blue Drum and was previously a trustee of Vamos Theatre. Jules is currently the commissioning lead for social prescribing and cultural commissioning with NHS Gloucestershire Clinical Commissioning Group, where she is working in partnership with Create Gloucestershire to develop and commission a range of arts and health programmes across the life course. This includes a targeted arts and health offer to support mental health and resilience of children and young people, encompassing those living with long term health conditions and with adverse childhood experiences.

Blayne George is a British/Canadian London based arts administrator, educator and theatre maker who has worked in the arts sector nationally and internationally for the past 18 years. He is the Programme Director for the Theatre Royal Haymarket Masterclass Trust, a theatre education charity for young people interested in engaging with the entertainment industry; programming free talks, workshops, career advice sessions and creative opportunities with leading professionals in the British and international theatre and film sectors for the past 20 years. He is dedicated to promoting the creative industries as a place of positive cultural exchange for all people with particular focus on encouraging young people to engage with the arts.

Kate Massey-Chase is an AHRC-funded PhD student at the University of Exeter, researching how applied theatre could support young people in the transition between CAMHS and adult mental health services; she has been a mental health service user and her research is informed by lived experience. Kate is also a Visiting Lecturer at the Royal Central School of Speech and Drama on their MA Applied Theatre, and a freelance practitioner and consultant in the creative arts and education, working across a range of educational and community contexts, including with young migrants, recovering addicts, and mental health service users.

John McMahon is Senior Manager, Policy and Research at Arts Council England, managing the core policy team across a range of responsibilities, including the development of ACE's forthcoming 10-year strategy. He is also the national policy lead for health and wellbeing, criminal justice and a range of other social outcomes including loneliness and homelessness. Past roles include Programme Manager: Young People at the Heritage Lottery Fund; Head of Learning & Talent Development at the Crafts Council; Conservation Apprenticeships Manager at Tate; and Offender Learning Policy Advisor at the Learning and Skills Council.

Lucy Macnab is Senior Manager, Children & Young People at Arts Council England. She develops strategy and programmes to support the creative and cultural lives of children where they live, go to school and spend their social time. Previously, Lucy was Director of the Ministry of Stories, which she co-founded in 2010. She built the charity from scratch with a group of volunteers into an award-winning centre of creativity and writing with children. She's convened an evaluation think tank to demonstrate the impact of this work and established a family of organisations in the UK and internationally. Lucy has a background in participation, writer development and education. She is Chair of Trustees at Smart School Councils.

Alis Rocca was appointed as Head Teacher at Morgan's Primary School and Nursery in September 2015. She has been a Head Teacher for 5 years and was a class teacher for 10 years before that. She has experience in teaching in all the Primary key stages and loves working with children to help facilitate their learning from Nursery to Year 6. She is deeply interested in how children learn and as a result studied a Master's Degree at Cambridge University leading research around this area.

Charlotte Slinger is the Community Projects Manager for Hampshire Cultural Trust. She has worked in Hampshire for ten years and designed and delivered cultural programmes for hard-to-reach young people. This includes 'Horizon 20:20', an ambitious arts intervention running in seven Pupil Referral Units in Hampshire to reengage at-risk young people, funded for four years by Paul Hamlyn Foundation. *The ICE Project* is a three-year partnership with Hampshire CAMHS which has been funded by Artsworld and Sussex Partnership NHS Foundation Trust, in order to use arts activities to promote positive emotional and psychological wellbeing. Charlotte is chair of Hampshire's Cultural Education Partnership.

Jordan Stephens is best known as half of British hip-hop band Rizzle Kicks. Known notoriously for their platinum album *Stereo Typical*, the band's single "Mama Do The Hump" produced by Fatboy Slim, featuring James Corden in the music video. Stephen has recently worked on ITV2's "Don't Hate The Playaz" with

previous roles in Last Vegas, Why Him and global phenomenon Rouge One: A Star Wars Story. Stephens also hosts the podcast “The Whole Truth” where he interviews a wide range of guests on a number of topics surrounding music and mental health. Stephens is the Ambassador and one of the founders of the #IAMWHOLE campaign as well as performing and hosting Music 4 Mental Health.

Marine Tanguy has been an advocate for artists since a young age. She managed her first gallery at 21, opened her first art gallery in Los Angeles at 23 and finally created her current business in 2015, MArt Agency, breaking from the gallery model to promote better the artists she believed in across the globe. MArt is the first artist agency promoting influential visual artists and specialising in talent management: building, growing and accelerating careers. Marine was recently awarded Forbes 2018 30 under 30 Europe: Art & Culture. Marine is a writer and frequent speaker on contemporary art. Her talks include two TEDx Talks on how to transform cities with art and how social media visuals affects our minds.

Dr Katherine Taylor is a clinical psychologist and researcher. In 2017, following a role in clinical research at Arts for Health, MMU, she completed a Churchill Fellowship in Finland and the US (see report: Art Thou Well? Towards Creative Devolution of Mental Health in Greater Manchester). Kat is now employed as senior clinical psychologist in Lancaster & Morecambe CAMHS, and in Greater Manchester’s i-THRIVE team. As Programme Manager: Arts and Mental Health, Kat’s role is to support the development, implementation and evaluation of quality arts-led initiatives in the transformation of children and young people’s services across Greater Manchester.