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Arts on Prescription

Project Glossary

Interreg
Baltic Sea Region



Co-funded by
the European Union



RESPONSIVE PUBLIC SERVICES

Arts on Prescription

Project Organisation

Baltic Sea Region

Definition: The Baltic Sea Region is a geographical and cultural region in Northern Europe that includes countries and territories bordering the Baltic Sea such as Denmark, Estonia, Finland, Germany, Latvia, Lithuania, Poland, Russia, and Sweden.

Steering group

Definition: a group of local stakeholders responsible for securing the framework, fostering collaboration, and providing management support for all parties involved, allowing the local working group to focus on implementing the practical aspects of the project. The steering group works primarily on a strategic level.

Related terms: Steering committee

Local working group

Definition: local employees who are responsible for planning and managing the implementation of the programme. The group's function is to specifically solve practical tasks and challenges related to the project, programs, and participants, as well as ensure collaboration across departments, systems, and cultures.

Related terms: local project group

Referral pathways / systems

Definition: Those who refer to AoP are preferably within the health care- or social sector). These are part of various referral pathways / systems which are formal arrangements developed between referral channels and arts and cultural sector. Different types of referral pathways / systems define how the participants are connected to a link worker and social prescriptions such as AoP.

Related terms: link worker, social worker, general practitioners, doctors

Referral Channels

Definition: They are responsible for referring the target audience to AoP via the linkworker. They assess if the individual would potentially benefit from taking part in the Arts on Prescription programme.

Related terms: Recruitment officers, recruitment channels, social worker, general practitioners, doctors, NGO's, associations related to mental health, nurses, mental health nurses, remitters

Link worker

Definition: The link worker is responsible for the daily project management and communication, and coordinates cooperation with the referral channels, culture and arts facilitators, cultural institutions, and functions as contact person for the participants.

Related terms: Local manager, local coordinator, AoP-coordinator

Culture and arts facilitator

Definition: The culture and arts facilitators are professionals in the field of arts and culture who perform cultural or arts activities with the participants within the Arts on Prescription programme. The culture and arts facilitators will most often be employed at libraries, museums, art schools, music schools or self-employed artists.

Related terms: Culture guide, artist, cultural employee, cultural worker

Cultural institutions

Definition: Cultural institutions are organisations, facilities, or structures that preserve and promote cultural heritage, artistic expressions, and intellectual works. They play a vital role in educating the public and preserving cultural values, traditions, and history.

Related terms: museums, art galleries, libraries, archives, theaters, performing arts centers, cultural centers, and historic landmarks.

Arts on prescription- model and meaning

Social Prescribing

Definition: mechanism for linking target audiences with non-medical sources of support within the community; these include opportunities for arts and creativity, physical activity, new skills, volunteering, mutual aid, befriending and self-help, as well as support with benefits, employment, housing, debt, legal advice or parenting problems.

Related terms: gardening on prescription, books on prescription, education on prescription, exercise on prescription, arts on prescription

Arts on Prescription

Definition: AoP is a mental health promoting programme which is a model of social prescribing (next to Books, Education, Exercise on Prescription etc.) that enables health professionals or other referral channels to refer people to a range of creative and participatory activities to support their mental health, and social inclusion.

Related terms: Culture on referral, Arts on referral

Mental health promoting programme

Definition: A mental health promoting program is an organised set of activities designed to support and enhance the mental health and well-being of individuals or communities. The goal of such a programme is to promote mental health and prevent mental health problems by providing resources, creating a safe and supportive environment to facilitate building resilience and empowerment as well as fostering positive relationships and social support.

Related terms: Arts on Prescription, culture interventions

Diagnosis-free space

Definition: A diagnosis-free space is characterised by the absence of diagnostic labels and categories used by the professionals.

In a diagnosis-free space, individuals can receive help in understanding and managing their mental health challenges without feeling defined or stigmatized by a certain diagnosis. It also allows for the exploration and understanding of their unique experiences and needs, by giving the participants a mental break from their issues and creating a feeling of flow and creative potential.

Related terms: non-clinical space, non-medical space, non-therapy space

Target audience

Definitions: People with mild to moderate mental health problems such as depression, stress, or anxiety, as well as those at risk of developing such problems for instance due to loneliness.

Related terms: Arts on Prescription participants

Related definitions

Arts

Definition:

- Performing arts activities such as singing, dancing and acting;
- visual arts, design and crafts including clay modelling, photography, sewing;
- digital arts activities including photography, animation and filmmaking;
- literary arts such as reading, creative writing, and storytelling;
- culture such as going to museums, galleries, concerts, community events, cultural festivals, and fairs

Related terms: culture, arts and culture

Health

Definition: Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity.

Related terms: health promotion, health outcomes

Mental health

Definition: Mental health is a state of mental well-being that enables people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in. Mental health is a basic human right. And it is crucial to personal-, community- and socio-economic development.

Mental health is more than the absence of mental disorders. It exists on a complex continuum, which is experienced differently from one person to the next, with varying degrees of difficulty and distress and potentially very different social and clinical outcomes.

Related terms: mental well-being

Mental health problems

Definition: Mental health problems include mental disorders and psychosocial disabilities as well as other mental states associated with significant distress, impairment in functioning, or risk of self-harm. People with mental health problems are more likely to experience lower levels of mental well-being, but this is not always or necessarily the case.

Related terms: mental health issues, mental health conditions

Well-being

Definition: Well-being is a positive state experienced by individuals and societies. Similar to health, it is a resource for daily life and is determined by social, economic, and environmental conditions. Well-being encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose. Focusing on well-being supports the tracking of the equitable distribution of resources, overall thriving and sustainability.

Related terms: psychological well-being, mental well-being, community well-being

Social determinants of health

Definition: Social determinants of health are non-medical factors that influence health outcomes; they include factors like socioeconomic status, education, neighborhood and physical environment, employment, and social support networks, as well as access to health care.

Arts on Prescription in the Baltic Sea Region

The project „Arts on Prescription in the Baltic Sea Region” (2023-2025) is co-funded by the European Union (European Regional Development Fund) in the frame of the Interreg Baltic Sea Region Programme.

13 partner organisations from 7 different countries in the Baltic Sea Region develop and test a model Arts on Prescription programme in 2023-25. The primary focus of the project is to qualify local authorities and practitioners in organising, evaluating and financing sustainable AoP programmes. This is primarily done through the production of an online how-to guide for practitioners and by evaluating the costs and benefits of the programme. For more information look here:



<https://interreg-baltic.eu/project/arts-on-prescription/>

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