



RESPONSIVE PUBLIC SERVICES

Arts on Prescription

Arts on Prescription in the Baltic Sea Region

Project duration: 2023-2025

Total Budget: 3.5 mio € / EU-Funding: 2.8 mio €

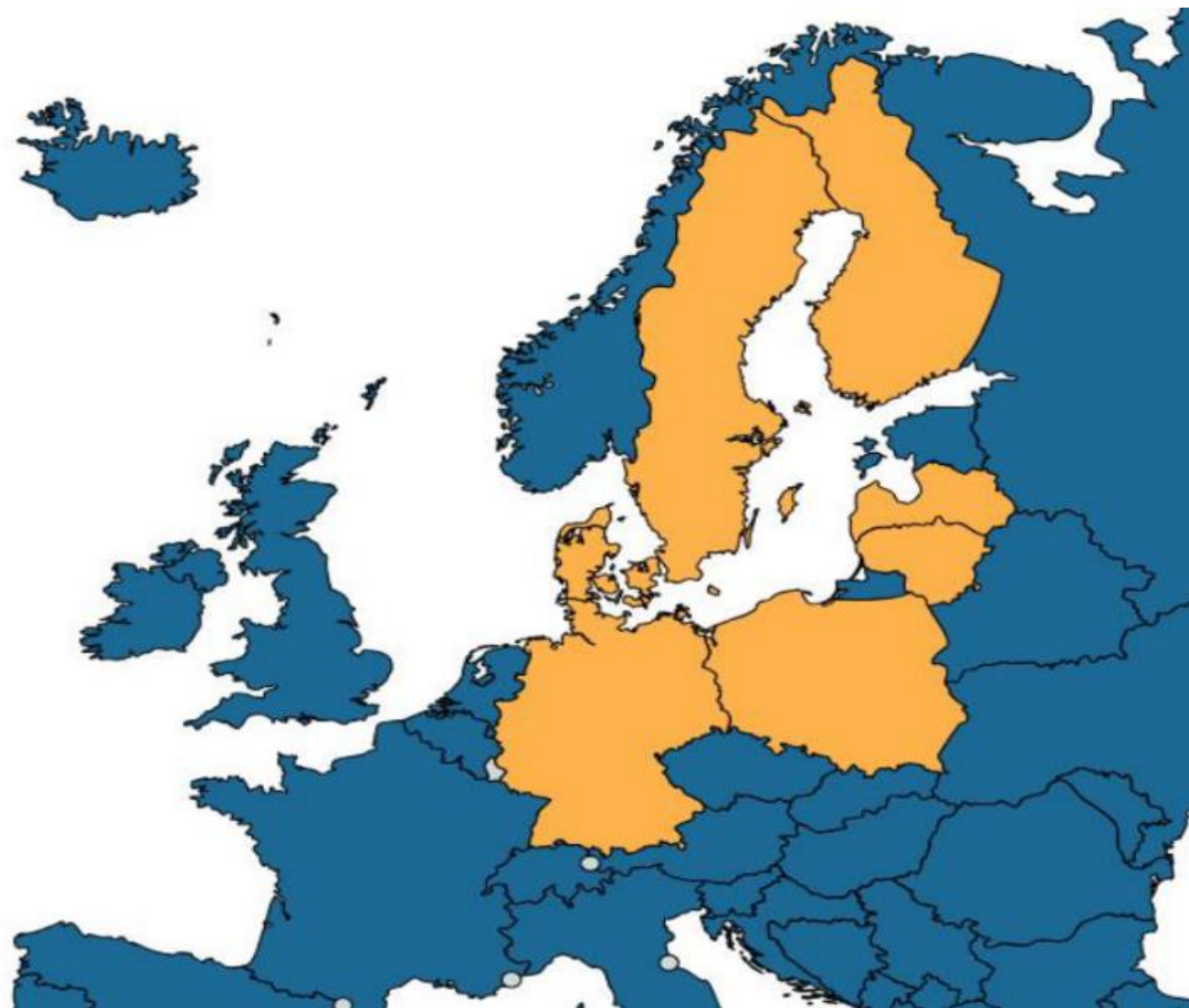
Stine Eskesen Keiding

ArtWell Net meeting/ 12 December 2025

interreg-baltic.eu/project/arts-on-prescription/



13 partners in 7 countries



Partnership

Municipalities

Cesis Municipality (Latvia)
Saldus district municipality (Latvia)
Odense Municipality (DK)

Regions

Ministry for health, women and consumer.
Protection of the Free.
Hanseatic City of Bremen
Westpomeranian Region (Polen)
Norrbotten Region (Sweden)

NGO

Media Dizajn (Poland)

Education and training

Bremer Volkshochschule
Sunderby folk high school

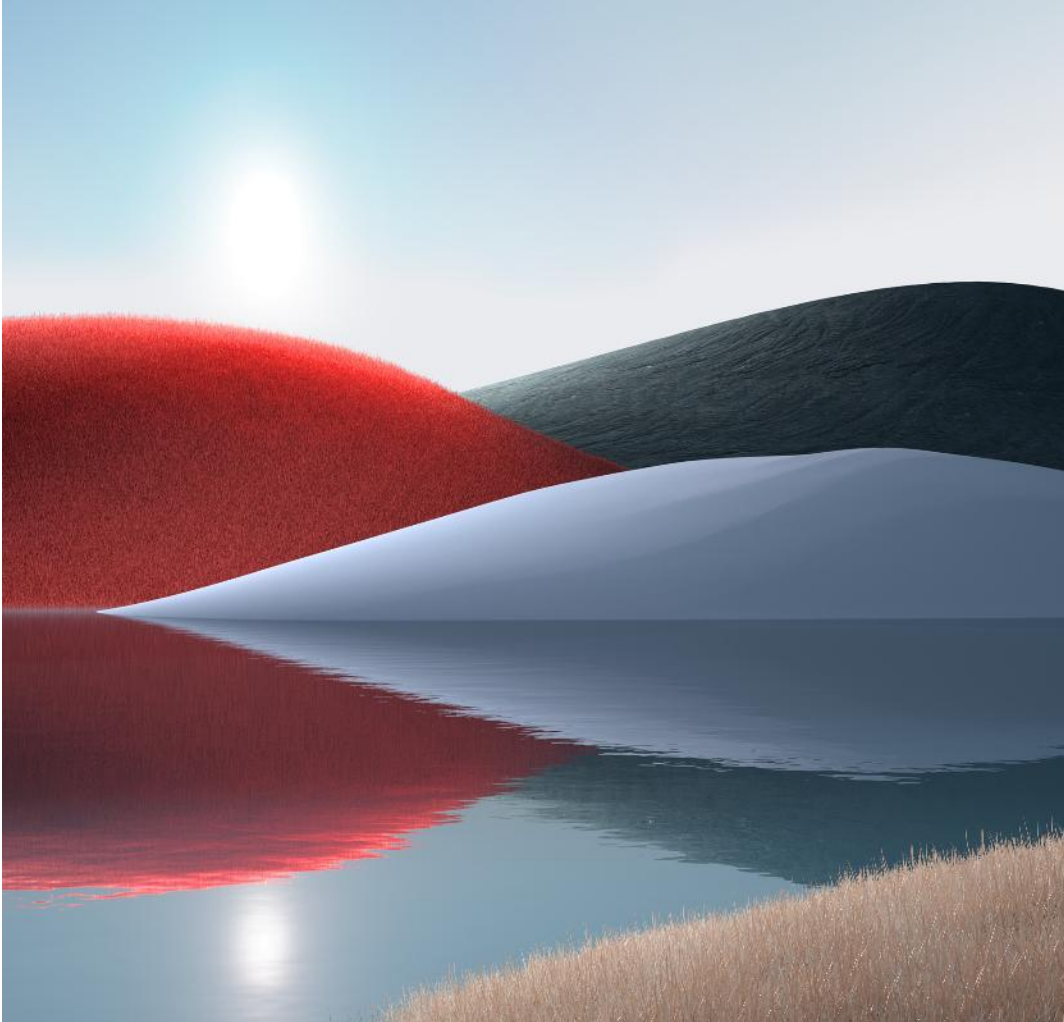
Higher Education and Research Institut

Public Health Science, University of Southern
Denmark
Turku University of Applied Sciences (Finland)
Lithuanian University of Health Sciences

International Governmental Organisation

Northern Dimension Partnership in Public Health
and Social Well- being

Arts on Prescription in the Baltic Sea Region



Aim

to provide:

- Key employees in municipalities, regions and NGO's **key insights, knowledge and skills** to establish and implement AoP programmes.
- Decision and **policymakers with evidence-based material for informed decision-making** and policy recommendations for AoP initiatives at local and national policy levels.

Arts on Prescription in the Baltic Sea Region



Why?

- Arts on Prescription (AoP) in the Baltic Sea Region have been mostly small-scale one-off pilots
- There is a lack of long-term financial mechanisms in place
- Public authorities within the health and culture sectors require knowledge on how to setup well-organised and sustainable programmes

Arts on Prescription in the Baltic Sea Region



How?

To increase expertise and the knowledge-base the project partners have:

- **A generic AoP concept programme** for piloting and local adaptation
- **A practical Arts on Prescription guide** including audiovisual material
- **Twinning cities** opportunities

To establish long term engagement and AoP programmes the project partners also

- Developed an **evaluation framework** to provide research-based findings from 24 piloting programmes including implementation strategies.
- Provide a **find-a-mentor directory** to assist others in their AoP journey.

The generic AoP concept programme

The Arts on Prescription in the Baltic Sea Region is for persons **with** or **at risk** of developing mental health issues.

The AoP "**Baltic Model**" has been piloted in eight locations across the partnership during the period September 2023-December 2024.

24 pilots in total



AoP "A Baltic Model"

8-12 weeks
arts activities



2-3 hours
each time
activities



8-14 participants
per AoP
programme cycle



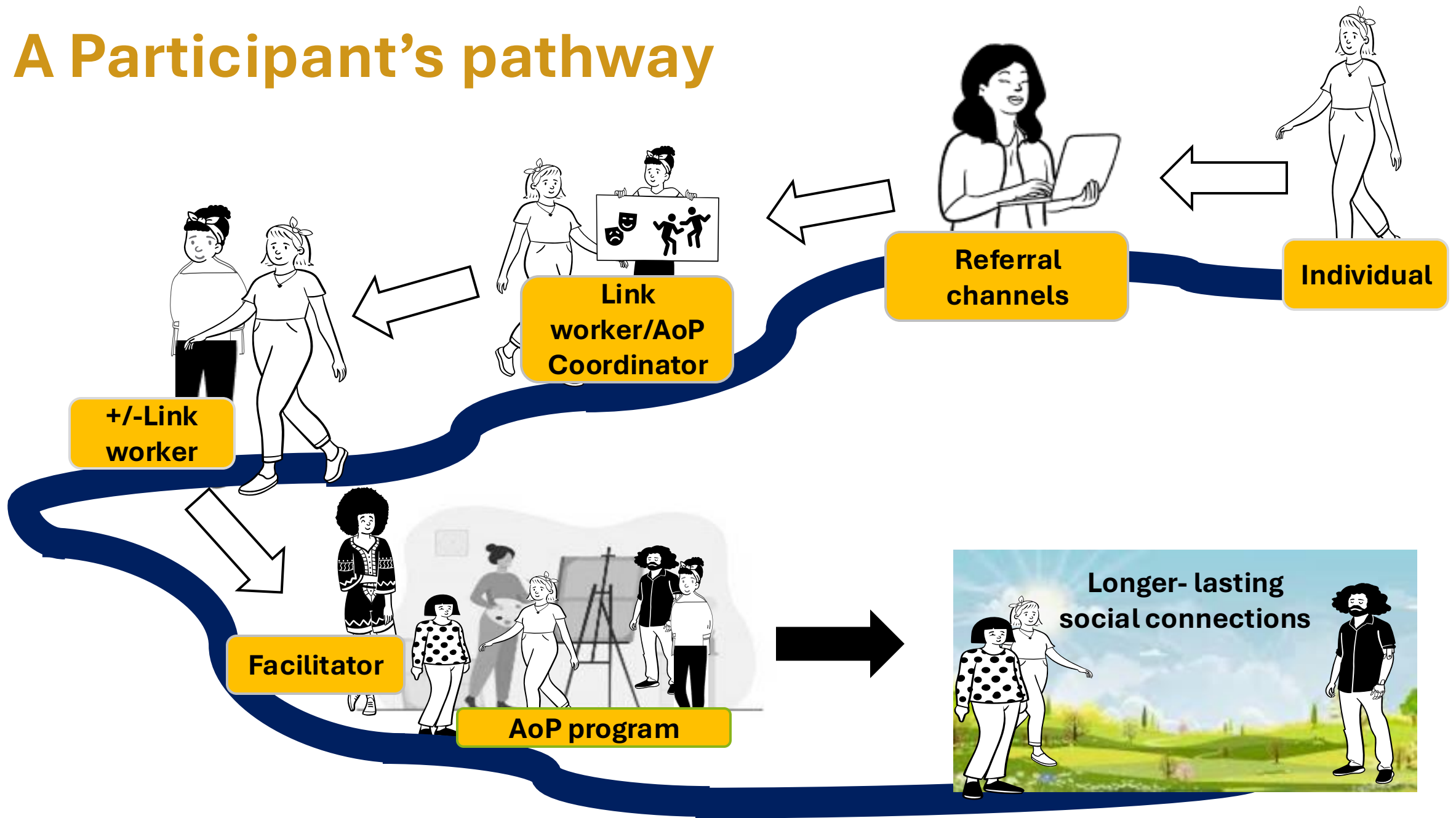
Arts on Prescription
programmes can
include visual art,
literature, theatre,
crafts, music.



Participants
are supported
by a Link
Worker



A Participant's pathway



Evaluation Results – qualitative data

Key findings



Picture: Mari Villanen (Pisama Art)

Some of the participants described that the negative feelings or emotions they had when coming to an AoP session had reduced or dissolved during the arts activities:

“My anger, which I came with, was forgotten in that time. They say that if you sing, you can’t feel fear (and you can’t feel anger either).” (2.7.1.M)

“The joy of doing (painting), the dark and depressing gives more and more way to lightness and brightness.” (2.7.2)

“I started today’s course with fog in my head and it was gradually aired out as if by the sun.” (2.7.1.M)

“In the beginning I was very nervous and sad but now I feel better and a little more alive.” (3.7.1.M)

“After the class I feel happy and joyful. I felt bad emotions before and now I don’t anymore. It’s a great day for me because I met new people.” (2.3.1.D)

“I have found that even small movements can relax me. I felt calmer when the session was over.” (3.6.1.D&M)

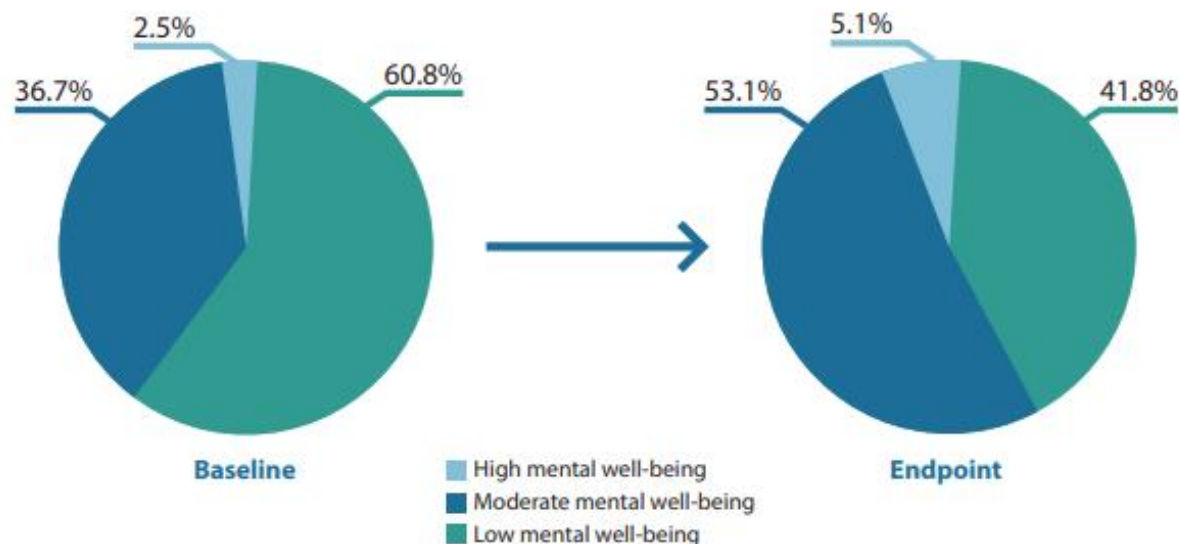
“Relaxation, working with the body, working with the breath, responding quickly to a changing situation. I am relaxed and satisfied.” (1.4.1.T)

“The movements we did today both softened but also challenged the muscles. It was fun. You were happy. The relaxation helped me. It felt nice in the body became more soft and mobile relaxed.” (1.6.1.D)

“One hundred percent relaxation of your body, let go, don’t worry about others’ eyes.” (2.4.1.T)

Evaluation Results – quantitative data

FIGURE Proportion of participants reporting low, moderate and high mental wellbeing (n=79).



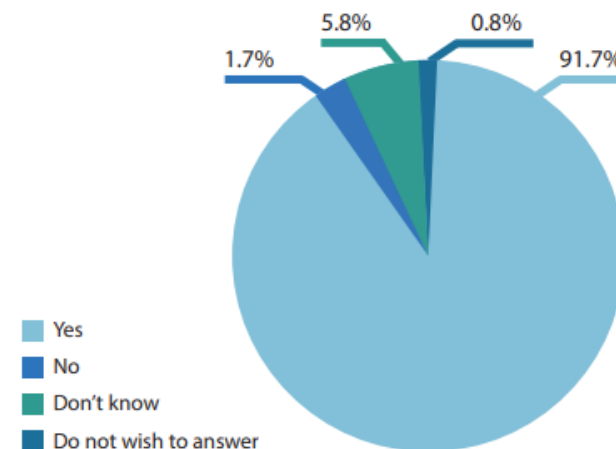
The proportion of participants at risk of other mental health conditions also declined:

- Depression symptoms (n=78): from 41.0% to 30.8% (–25.0%)
- Anxiety symptoms (n=78): from 51.3% to 35.9% (–30.0%)
- Loneliness (n=78): from 44.9% to 39.7% (–11.6%)

* Further information about evaluation design are provided in the AoP Guide - see QR code on page 20.

Participants' satisfaction with the programme was high across sites and the average rating was 8.3 out of 10, and, at the end of the programme, 91.7% of the respondents (n=121) reported that they would recommend the AoP programme to others.

FIGURE Percent who would recommend the AoP programme to others at endpoint (n=121).



Arts on Prescription Guide



Welcome to the Arts on Prescription Guide

The Arts on Prescription (AoP) guide is a comprehensive guide for public authorities and practitioners in public health and culture.

With mental health issues affecting approximately 1 billion people globally, innovative social and health approaches are vital for community wellbeing. Arts on Prescription is one such approach. Evidence clearly indicates the arts enhance mental health and social belongingness.

The aim of the online AoP guide is to provide you with the necessary background information, tools, best practices, and information on how to plan, implement, and invest in AoP programmes. The guide introduces the AoP concept and offers practical information that covers diverse topics regarding community-based AoP programmes. Much of the information in the guide is based on practical experience and insights from the AoP in the Baltic Sea Region project.

Below you will find three entry points to access the guide. Once you have

Themes for

Link Workers / Project Managers

How to Read the Guide

**Introduction to Arts on
Prescription**

**Organisational Framework
and Cross-Sectoral
Collaboration**

**Developing your AoP
Programme**

Evaluation

Funding

Resources

Find a Mentor



Themes for

Culture and Arts Facilitators

How to Read the Guide

Introduction to Arts on Prescription

The Role of Culture and Arts Facilitators

Planning & Facilitating Your AoP Programme Activities

Resources

Find a Mentor

Arts on Prescription Guide

Themes for

Decision Makers

How to Read the Guide

**What is Arts on
Prescription?**

**Is AoP Worth the
Investment?**

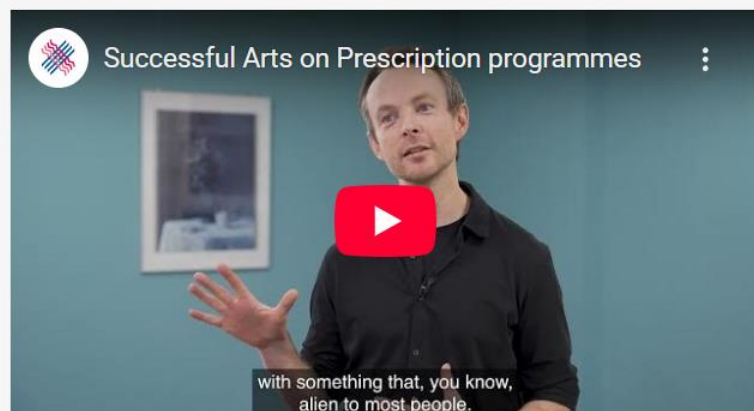
**Will AoP Work in my
Community?**

Policy Recommendations

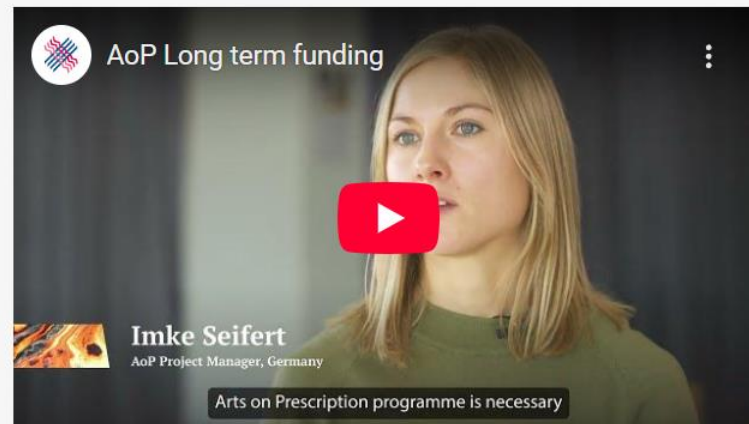
Financing

Planning and Preparing Your AoP Programme Activities

Developing the content for the AoP programme activities does not necessarily require new personal resources and skillsets. Many local cultural institutions and culture **and** arts facilitators have the necessary expertise and skills to develop and facilitate culture and art activities for AoP programme.



Securing Funding



Video: Mārtiņš Kreilis

Securing funding will involve mapping funding prospects, to gain an overview of municipal and regional funding opportunities, as well as public and private funding with focus on health and culture. Additionally, explore existing and new financial model possibilities (e.g. a cross-sectoral financing model) for either piloting or long-term AoP programmes.

Conveying AoP Economic Impact to Decision-Makers



Advantages of AoP Programmes alongside Conventional Mental Health Services

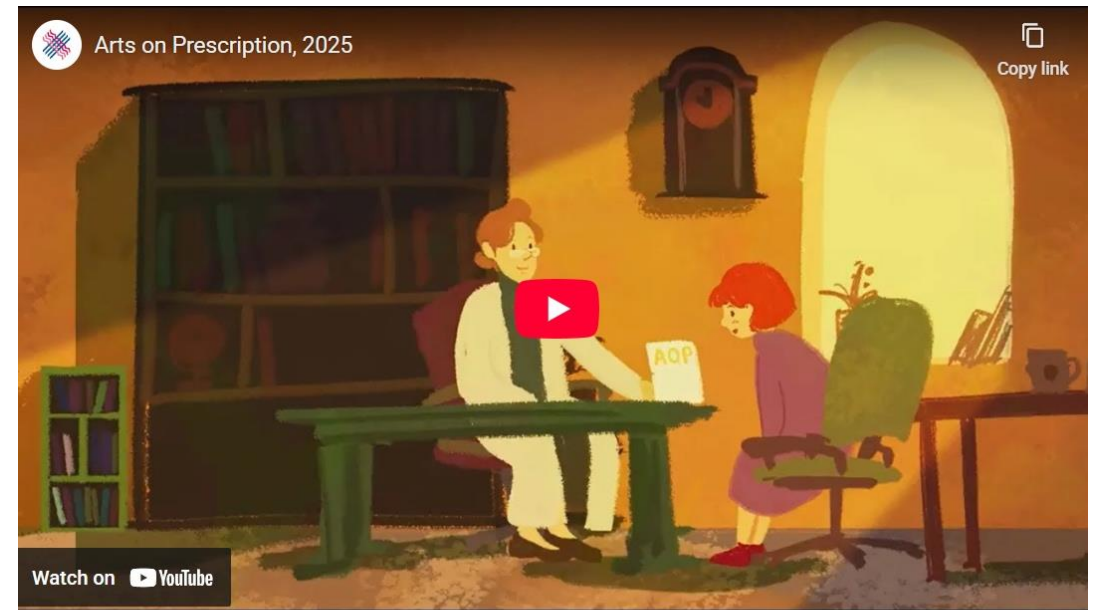


Information material

Brouchure on the value of AoP
[Arts on Prescription \[BROCHURE\]](#)



Video. Short intro to the concept of AoP
[Arts on Prescription, 2025](#)



In short, *Arts on Prescription* is a non-clinical or non-therapeutic health programme in which people with mild to moderate mental health problems are referred to regular arts and cultural activities in a group setting – with the aim of improving people's mental health and social interaction and thus increasing their general well-being.



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

Contacts

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Arts on prescription Guide

