



# Transforming the Treatment Matrix: using art therapy to help children manage and cope with chronic illness

## Teapot Trust

We are a Scottish charity providing art therapy to chronically ill children throughout the UK.

We provide 25 services in 12 NHS hospitals, with plans to launch 6 more services by the end of 2019.

We provide three art therapy intervention models: Open Group, Ward-based and 1:1.

**Our goal: provide sustainable services to as many chronically ill children as possible.**



## The Benefits of Early Art Therapy Intervention

### HEALTH

Early art therapy intervention can play a crucial role in the health and wellbeing of chronically ill children and in providing support for families struggling with a child's long-term illness.

It enables expression, giving children a more positive outlook and improving their confidence, self-esteem and sense of control.



Teapot Trust only uses certified art therapists. Our NHS partners embed our art therapists into clinical teams. This enables the art therapist to work together with clinical staff to provide person-centred treatment that addresses the medical and mental health needs of each patient.



It increases communication with family members and medical staff.

It reduces anxiety and builds resilience through learning healthy coping mechanisms.

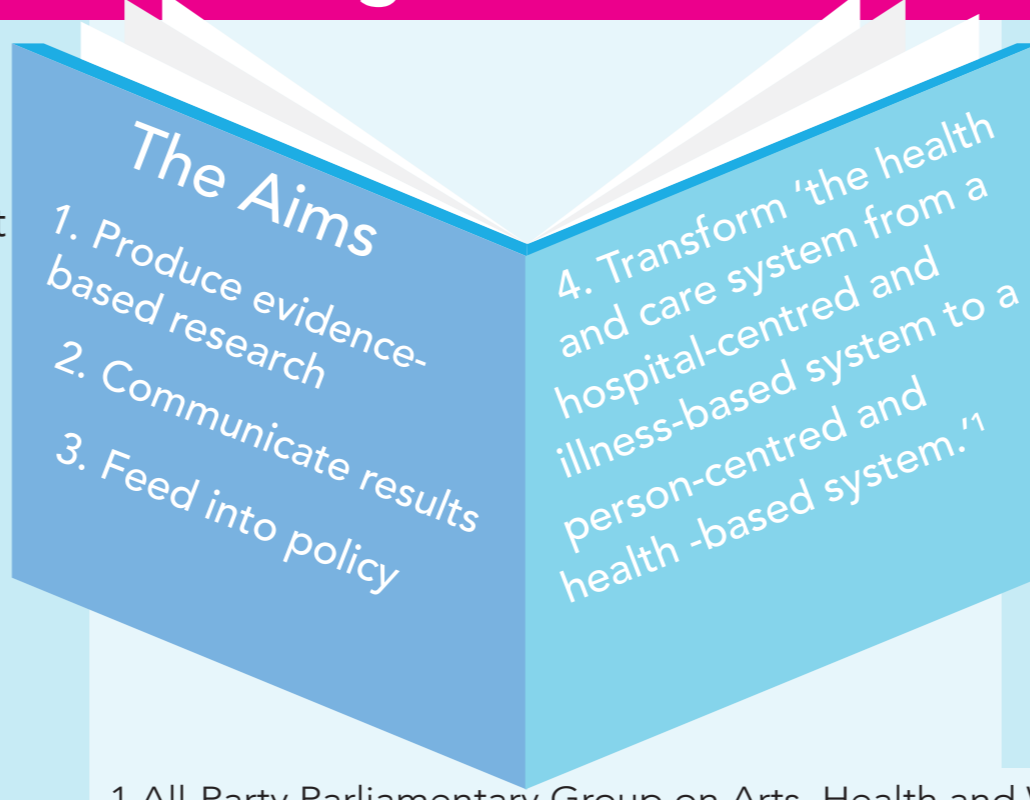


## Teapot Trust Research Programme

### The problem:

- There is a lack of evidence-based research on art therapy in medical settings
- The benefits are not well understood
- Without research, health decision-makers cannot recommend the integration of art therapy into the healthcare system

To change this, we've launched the Teapot Trust Research Programme



1. All-Party Parliamentary Group on Arts, Health and Wellbeing Inquiry. 2017. Creative Health: The Arts for Health and Wellbeing (The Short Report) 4. All Party Parliamentary Group: UK.

Because we use a joined-up approach to service provision by multi-disciplinary teams, we are collaborating with cross-sector partners from paediatric rheumatology clinics in NHS Trusts and Higher Education Institutions to deliver bespoke research projects in parallel with service provision.

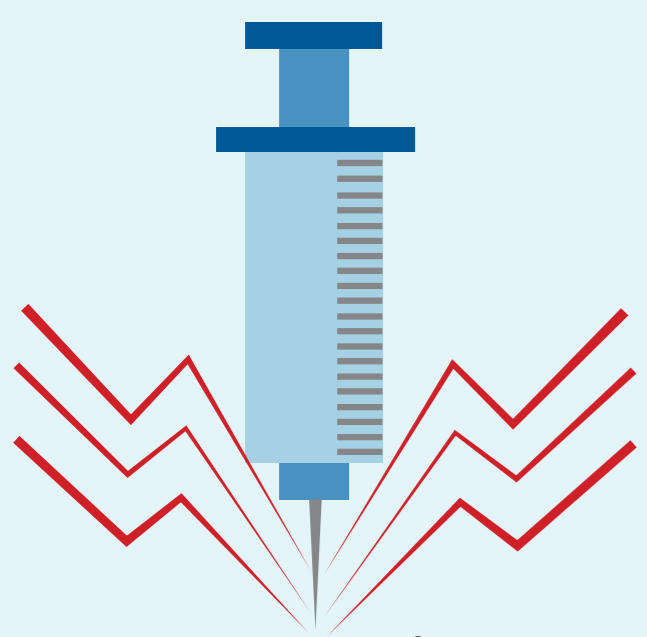
We are undertaking:

1. Service Reviews at Edinburgh's Royal Hospital for Sick Children, Glasgow's Royal Hospital for Children & Newcastle's Great North Children's Hospital (with plans to implement this framework at all our service sites!)
2. A feasibility study on art therapy intervention and Methotrexate treatment adherence at Great North Children's Hospital, Newcastle
3. A qualitative study on art therapy as support for siblings of chronically ill patients with the Centre for Research on Families and Relationships, University of Edinburgh

Results will be disseminated via a variety of platforms (articles, animations, workshops, blogs) to different types of audiences over time.

To improve the health and well-being of children who are struggling with long-term illnesses, Teapot Trust is working to change the conversation and the treatment matrix!

## Teapot Trust Art Therapy in Action: Jamie's Journey



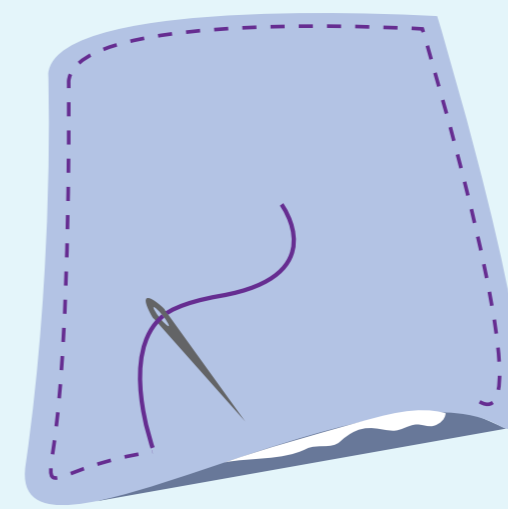
Jamie, aged 9, was referred to 1:1 art therapy by his clinician as he had developed a needle phobia anxiety around hospitals and treatments.



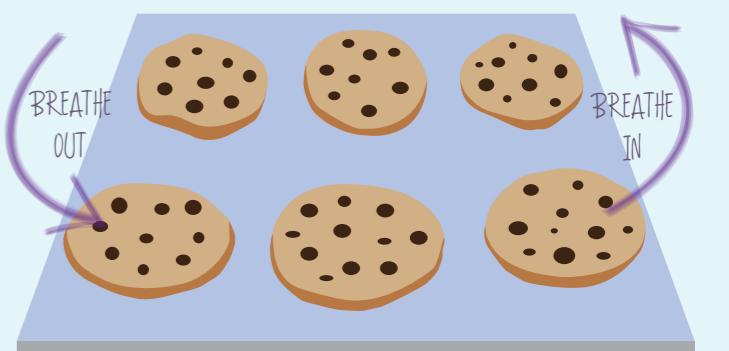
8 weekly art therapy sessions, with the aim to "try and be brave and stay calm with my injections/blood tests and to not feel scared."



He cuddled a teddy bear to help him cope with injections at home, but felt he would be bullied if he brought it into hospital.



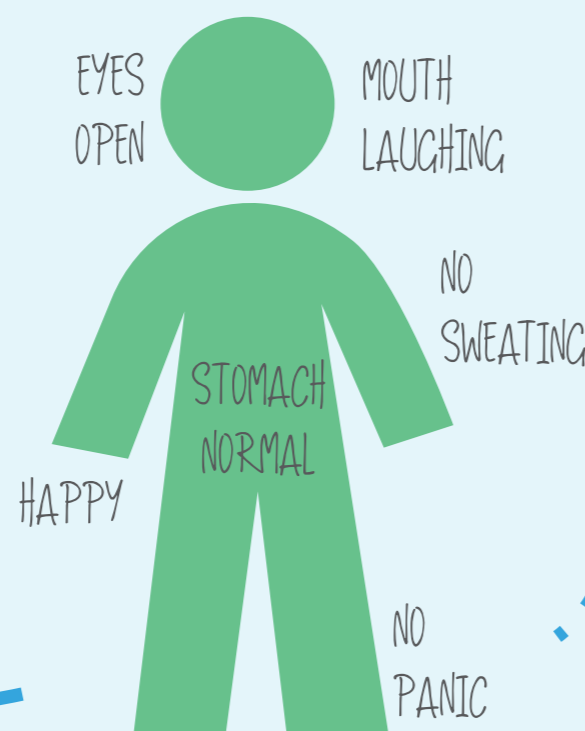
In the sessions, he explored what could be used instead of a teddy, and suggested a cushion. Making the cushion over a few sessions gave him the opportunity to use a needle that he didn't fear.



The art therapist explored breathing techniques to use when he felt anxious. He was asked to imagine a tray freshly baked cookies; take a deep breath to smell how nice they are, and take a deep breath out to cool them down.



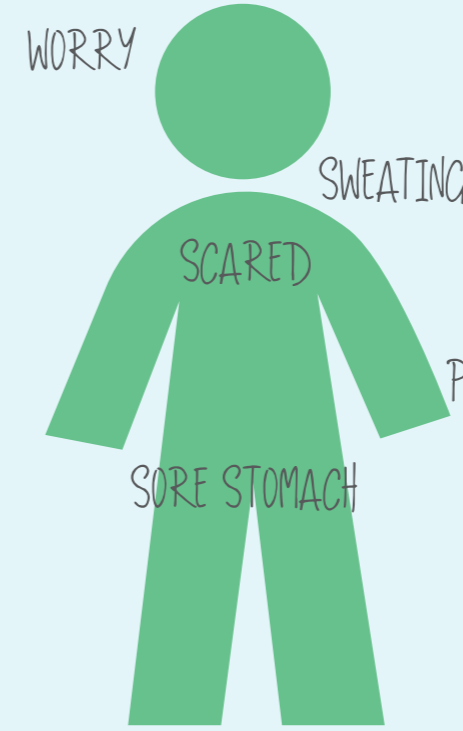
Jamie said that his pillow and breathing techniques had helped him. Mum commented that he seemed a lot more calm and relaxed, and his consultant noted a marked reduction in his anxiety when he attended for his injections.



The art therapist asked him to draw the feelings that he had in his body now.



The next week he reported feeling happy when getting his bloods done as he didn't feel any pain. He reflected that the last time he didn't know the things that he now knows help.



He was worried about an upcoming blood test. The art therapist asked him to draw where he felt worry in his body.



He made a pumpkin pie and fairy cakes to practice this technique. He started to use this method at home and when getting his injections.



## In a year, across our 25 services Teapot Trust uses:

