



INSPIRE - CREATE - EXCHANGE

## **The ICE Project 2017 – 2020**

### **Preface**

This report is an overview of three years of *The ICE Project* and its delivery. The report includes: evidence of the impact of the programme taken from independent annual reports; successes and challenges and conclusion from Hampshire Cultural Trust (HCT) and Hampshire CAMHS (Child and Adolescent Mental Health Service).

It includes information extracted from independent evaluation reports, which provide objective evidence of the impact and benefits of the programme for young people.

The full evaluation reports and activity details are available.

### **Lead partners**

Hampshire Child and Adolescent Mental Health Service  
Hampshire Cultural Trust

### **Investment and support**

Artswork, the South East Bridge, Arts Council England  
Sussex Partnership NHS Foundation

### **Additional investment and support**

Year 1 Coles-Medlock Foundation  
Year 2 Barker-Mill Foundation  
Year 3 Nadine and David Collinson

# Executive summary

The *ICE Project* was an ambitious and original collaboration between Hampshire Cultural Trust and Hampshire CAMHS (Child and Adolescent Mental Health Service) provided by Sussex Partnership Foundation Trust. This three-year programme, and what we have learnt from it, have come at an important time to provide evidence on how the arts and cultural experiences have an impact on the emotional and psychological health and wellbeing of children and young people.

*'The project comes at a key time in the development of applied arts and cultural engagement for wellbeing. There have been landmark studies that have revealed that participation in arts and culture improve mental wellbeing. The Department for Digital, Culture, Media & Sport has found that engagement with the arts has the capacity to improve young people's wellbeing<sup>1</sup>. The World Health Organisation released a report<sup>2</sup> that showed the arts have the capacity to help support child development and help people who are experiencing mental illness.*

*'The All-Party Parliamentary Group on Arts, Health and Wellbeing<sup>3</sup> has reported that art and cultural engagement can significantly improve the wellbeing of children and young adults. The numbers of young people seeking to access CAMHS is increasing<sup>4</sup> and GPs have reported<sup>5</sup> a rise in young people seeking support for their mental health. The number of young people engaged in arts in mainstream schools has decreased by 35%<sup>6</sup> since 2010. The interventions by HCT and The ICE Project are timely and important.'*<sup>7</sup>

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<sup>1</sup> Fancourt, D. et al. (2020) *Evidence Summary for Policy*

*The role of arts in improving health & wellbeing*. London. Available at:

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/929773/DCMS\\_report\\_April\\_2020\\_finalx\\_1\\_.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/929773/DCMS_report_April_2020_finalx_1_.pdf) (accessed 11 November 2020)

<sup>2</sup> The World Health Organisation. (2019) *What is the evidence on the role of the arts in improving health and well-being?* Copenhagen. Available at:

<https://www.culturehealthandwellbeing.org.uk/sites/default/files/9789289054553-eng.pdf> (Accessed 11 November 2020)

<sup>3</sup> The All Party Parliamentary Group for Arts. (2017) *Creative Health: The Arts for Health and Wellbeing - Second Edition*. Available at: [https://www.culturehealthandwellbeing.org.uk/appg-inquiry/Publications/Creative\\_Health\\_Inquiry\\_Report\\_2017\\_-\\_Second\\_Edition.pdf](https://www.culturehealthandwellbeing.org.uk/appg-inquiry/Publications/Creative_Health_Inquiry_Report_2017_-_Second_Edition.pdf) (accessed 11 November 2020)

<sup>4</sup> <https://www.local.gov.uk/about/campaigns/bright-futures/bright-futures-camhs/child-and-adolescent-mental-health-and>

[https://epi.org.uk/wp-content/uploads/2018/10/EPI\\_Access-to-CAMHS-2018.pdf](https://epi.org.uk/wp-content/uploads/2018/10/EPI_Access-to-CAMHS-2018.pdf)

<sup>5</sup> <https://youngminds.org.uk/media/3360/lack-of-early-support-for-young-peoples-mental-health-puts-pressure-on-gps-new-survey.pdf>

<sup>6</sup> Par, C. (2020) *Tate warning over decline in arts education*. Available at: <https://www.sec-ed.co.uk/news/tate-warning-over-decline-in-arts-education/> (accessed 11 November 2020)

<sup>7</sup> Year 3 Evaluation Report

# Introduction

## The ICE Project summary

*The ICE Project* ran from January 2017 – January 2020. It was a collaboration between Hampshire Cultural Trust and Hampshire CAMHS (Child and Adolescent Mental Health Service), provided by Sussex Partnership NHS Foundation Trust.

## Project aims

***The ICE Project* was established to promote the benefits of arts and culture on emotional and psychological health and wellbeing.**

*The ICE Project* engaged young people referred onto the programme from CAMHS service-users and young people identified as 'at risk' of developing mental health difficulties. Further awareness-raising and wellness work was delivered within mainstream schools. The programme engaged young people in Hampshire with a high level of need but who were unlikely to access arts and culture without actively reaching out and creating targeted opportunities. Through the programme, the partners and investors - Hampshire Cultural Trust, Artsworld, South East Bridge and Hampshire CAMHS - promoted positive mental health, built young people's emotional resilience and created content, tools and resources for other young people.

*The ICE Project* had three central aims in order to engage groups of young people in a range of artistic and creative projects:

- To **INSPIRE** young people in Hampshire to connect with their own mental health through arts and culture. This included a point of inspiration such as a theatre trip, cultural experience or talk.
- For young people to participate in arts activities and **CREATE** artwork, in order to acquire skills, express themselves and experience a personal journey. Groups of young people were able to work with professional artists (in varying art forms) either over a 7-10 week project or an intensive workshop over 2-3 full days.
- For young people to **EXCHANGE** their ideas, opinions and advice about mental health with the public and feel a sense of achievement. The project provided public sharing opportunities, such as performance showcases, exhibitions or online sharing of work created.

## Summary of programme

Throughout the three years, *The ICE Project* delivered a full programme of arts projects involving **61 artists and cultural organisations**. Additional expertise, training and experiences were developed throughout the programme, leading to a greater variety of art forms, professional support and significantly more opportunities to work with partners across Hampshire to raise awareness of mental health issues and allow young people's voices to be heard. The artist led wellbeing days for NHS staff and training providing for artist by CAMHS staff significantly increased the quality and advocacy for young people to be referred and supported.

# Impact of *The ICE Project*

Over three years, *The ICE Project* worked with:

<b>103</b> Young people directly referred from Hampshire CAMHS	<b>266</b> Young people at risk of mental health difficulties	<b>1145</b> Young people in schools	<b>360</b> NHS staff	<b>79</b> Arts and youth professionals
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## Positive benefits to wellbeing

**92%** of participants reported an increase in their **confidence and self-esteem**, which was also interlinked with increases in other indicators including **self-expression** and **peer and social development**. Participants expressed feelings of pride and accomplishment in their art as a means to express their thoughts about mental health. **Self-expression** emerged strongly in the research as a positive benefit. Often confidence was related to peer relationships and feelings of acceptance, which most participants expressed had increased. In year three, *'participants described pleasure working creatively alongside others who shared similar experiences with them (e.g. other young carers or CAMHS patients)'* and supporting this, *'all youth workers commented on the project's capacity to develop participants' social skills.'* Notably the research also showed that **fun and relaxation** were connected to participants' ability to recognise improvements in confidence and self-esteem, self-expression and peer and social development.

## Creative outlet

Participants benefitted from working with professional artists who encouraged them to express themselves. Participants valued having choices and a flexible framework to develop their skills and express themselves. Key factors that supported their creative outlet and self-expression were:

- The opportunity to **relax and explore** an art form in an unpressurised way
- **Freedom of choice** in their creativity
- Importance of **artist support** and encouragement
- **Co-development** with artists and high-quality arts
- **Enjoyment** in participating in the project and **learning** a new or specific art technique

## Improved understanding and knowledge of young people’s mental health:

### Young people in Hampshire

*The ICE Project* has had a local and national reach in raising the awareness of young people’s mental health. By giving young people a voice and assuring them that their voice would be listened to, participants were motivated by the project and felt in a position to help other young people facing similar challenges.

### Wider audiences:

**54,654 children and young people** participated in creative activities and experiences raising awareness of and addressing mental health issues affecting young people. All young people involved were encouraged and supported to contribute to wider discussion of mental health, receive resources and tools and break the stigma around talking about these difficult conversations.

**CAMHS service users.** Artwork produced by young people was used for therapy spaces in two CAMHS clinics; a ‘Welcome to CAMHS’ animation film was featured as part of an onscreen showreel in all eight Hampshire team bases.

**360** NHS staff were supported through *The ICE Project*, with wellbeing days, live arts performances and opportunities for staff to showcase their creativity.

**79** arts and youth professionals benefitted from direct training by CAMHS staff.

Represented by Hampshire CAMHS, Hampshire Cultural Trust and young people, *The ICE Project* contributed to national discussions about the benefits of arts and culture on children’s and young people’s emotional and psychological health. One example of recognition beyond the arts sector, includes being shortlisted for the *Mental Health Innovation of the Year* category in the *Health Service Journal Awards* along with:

- All-Party Parliamentary Group on Arts, Health and Wellbeing at the House of Lords, 2018 round table event
- Creativity and Wellbeing Week May 2020, hosted by Arts & Health South West - [webinar](#) presenting live to an audience of 150, from the UK and overseas
- The Baring Foundation – contribution to webinar and published in [Creatively Minded and Young](#) report, 2020

‘Hampshire CAMHS have been delighted and privileged to partner with HCT over the last 3 years to create, from small seeds something that has become so unique, special and successful. This feels like just the start, and there is a strong sense of needing more and to continue along this path and with this unique relationship between the NHS and HCT, between mental health, and healing and the power arts and culture brings.’

Helen Dove, Innovation & Participation Lead, CAMHS Hampshire



# The ICE Project: research and evaluation

Evaluation was conducted by three independent researchers and driven by conducting research to evidence the effectiveness of the project aims. An annual report collated data and qualitative feedback from young people participating in the project, mainstream and wider audiences directly or indirectly affected by creative outputs and those delivering and supporting the project. The evaluation set out to employ a mixed-methods methodology, combining: baseline and end questionnaires with qualitative data in the form of interviews with young people; evaluation forms (or artistic alternatives); reflective diaries from arts partners; the art practice/products created and feedback from wider audiences.

## Profile of young people

The project worked with young people across Hampshire, targeting those with limited access to arts and culture:

- Core CAMHS group - young people with mental health conditions, in clinical care or on waiting list, referred directly by CAMHS, aged 11 – 18 years.
- Young people at risk of developing or living with mental health difficulties, working with youth organisations including, but not exclusively limited to: those bereaved; children in care; young carers; LGBTQ+ young people and young offenders, aged 11 – 18 years. The young people were referred and supported by youth workers.
- Wider mainstream groups – including primary, secondary and college students aged 7 – 18 years supported by education staff. Further young people received A-Z leaflets and other CAMHS support information to accompany independent school mental health in primary and secondary schools.

## Evidence of impact

The following information has been taken from the three annual reports produced by independent researchers to provide an objective summary of the programme.

### Improved wellbeing

*'I have gained confidence, happiness, new friendships, new art skills, meeting new people and achieved things I never thought I could.'* Participant

Overall, there is evidence in all three reports that *The ICE Project* contributed to **improved wellbeing** indicating; increases confidence and self-esteem, self-expression, social inclusion and peer relationships which were evidenced through conducted by interviews, self-assessment surveys, artist diaries and partner feedback.

**Increased confidence and self-esteem** consistently evidenced where the programme had the most significant increase. Across completed quantitative and qualitative data, all evaluations reported 92% of young people showed an increase in their self-confidence and self-esteem. In year two, a third said they were ‘a lot more confident’. This indicator was interlinked with other indicators showing improvement in the participants’ wellbeing. In years two and three, ‘**relaxation and enjoyment**’ played an important role for the young people in recognising the positive impact that taking part in creative activities had on themselves alongside other measured outcomes, specifically **social inclusion and peer relationships**.



**‘...actually, I was reduced to tears a couple of times...seeing how they were working together and the trust that they had in each other as well. They were doing some moves that required a huge amount of trust...Um, and that, that sort of trust in each other and supporting each other. Yeah, it's pretty phenomenal actually.’ Youth worker**

*Data suggests that the programme **impacted on their self-esteem**, as young people **felt encouraged and valued**, developed a **sense of pride about their artwork**, which helped to increase satisfaction and **confidence in their abilities and improve/develop skills**. As a result, participants **felt rewarded** whilst enabling them to **share their interests with others**. The positive group dynamics and support also enabled young people to **feel at ease, to voice their opinions** about certain decisions.<sup>8</sup>*

***‘When I first joined the group I was really nervous and didn’t know if I’d fit in or not but as I’ve joined weekly to this group I’ve been able to relate and be myself through being with people who’ve had the same experiences I have.’ Participant***

*The greatest scale difference between start and end of project within the above matrix questions was around self-regarded levels of confidence, specifically a shift between being confident only ‘a little’ to being ‘averagely’ confident and outgoing. In addition, the survey asked young people about their confidence in taking part in activities: there was a 29% increase in young people who said they were ‘a lot more confident’ at the end of the project<sup>9</sup>*

***‘I would recommend for someone to come here because I was very nervous and insecure when I first came here but as I’ve come to know them more and we’ve come to work as a team, I know I’m not alone and we do all have a voice, it’s just if someone else was going through what I was then they know they are not alone in this.’ Participant***

<sup>8</sup> Year 1 Evaluation Report

<sup>9</sup> Year 2 Evaluation Report

*For example, the nature of group dynamics, encouragement from arts leaders, a sense of pride and accomplishment and enjoyment of learning.*

*Relaxation and enjoyment emerged more strongly as prominent indicators of improved wellbeing, with multiple young people reporting that arts activities, as a vehicle for self-expression, helped them relax, 'de-stress' and better manage their mood:<sup>10</sup>*

***'I didn't have to change myself to fit in.'* Participant**

## Self-expression

A strong pattern emerged and the young people said that *The ICE Project* allowed them to express themselves. Young people expressed the following factors that encouraged this:

- An opportunity to **relax and explore** an art form in an unpressurised way
- **Freedom of choice** in their creativity
- Importance of **artist support** and encouragement
- **Co-development** with artist
- **Enjoyment** in participating in the project and **learning** a new or specific art technique

The feeling of being given permission to have a voice and confidence that their voice would be listened to were also encouragers of self-expression. Relatedly, the feeling that they were now in a position to help other young people facing similar mental health challenges - and being given a platform to do so - were key motivators for producing and showcasing work as well as increasing confidence.<sup>11</sup>

Youth workers said that the young people engaged the most with tasks that they were able to co-develop with the artist. Youth workers noted that activities that provided a vehicle for self-expression and agency created a huge impact on the young people in their care.<sup>12</sup>

***'I think it's important for people to find ways to express themselves because when they hide their emotions they're not really going to let it out and they could be really sad worried inside and nobody's going to know and that means no one can help them or fix their problems.'* Participant**



<sup>10</sup> Year 3 Evaluation Report

<sup>11</sup> Year 2 Evaluation Report

<sup>12</sup> Year 2 Evaluation Report



## Inspiration and development of creative skills and interests

The quality of the artists and skills learnt were extremely important. As participants saw the quality of the art produced, it increased confidence and enjoyment as they could see their skills progressing. The choice and ownership of how they expressed themselves were important and distinguished it from the rigid structure and pressure of schoolwork. Overall, young people expressed a desire to continue arts activities after the project.



**Arts Awards** achieved by participants throughout the project.

220  
Arts Award Discover

67  
Arts Award Explore

61  
Arts Award Bronze

It is notable that there were a number of Silver Arts Awards started, along with a number of other Bronze and Explore portfolios. However, as COVID-19 restrictions came into effect in March 2020, the pressure of completing these along with the additional pressures on mental health meant that these portfolios were left to be completed independently by the participants.

## Exchanging and showcasing ideas with peers and public

A core aim of the programme was to raise awareness of mental health, encouraging the conversation amongst young people and wider audiences. The *Exchange* part of the programme offered young people various platforms, art forms and activities. Most young people were keen to showcase their work and ideas.

- **1145** pupils accessed professional theatre performance, arts activities and events, raising awareness of and addressing mental health issues affecting participants
- **369** young people creatively expressed their thoughts and ideas using live performance, exhibitions, film, music, podcasts and events that were shared live and on various online platforms by partners directed at broader audiences to raise awareness of mental challenges experienced by young people
- **740** young people, family and project partners attended *The ICE Project* annual celebration events (two live performances and one virtual event adapted to COVID-19 restrictions)
- **CAMHS service users:** two NHS CAMHS clinics were redecorated and animation used in waiting rooms to increase CAMHS service user experience in those settings
- **50,000** A-Z Self Care flyers designed by young people and shared across Hampshire schools
- **2400** *The Ice Project* celebration event brochures.
- **16,487** impressions on Hampshire Cultural Trust social media platforms

Over the three years, *The ICE Project* was invited to present the benefits of the project in professional networks, webinars and events as well as being published in various resources. This recognition by peers and colleagues in the arts, health and education sectors is invaluable in continuing to strengthen the synergy of benefits that the arts can have on the psychological health and emotional wellbeing of young people. Furthermore, various creative outputs represented young people providing opportunities to directly share their experiences and address mental health issues affecting young people including: eating disorders, bereavement, unhealthy relationships, visiting CAMHS clinics, and mental health within schools, as well as advocating for engaging with arts activities to provide coping methods.

## NHS staff wellbeing workshops

*'I have really enjoyed participating in the choir. It has given me the opportunity to unwind and relax after a long day, whilst also learning a new skill!'* CAMHS staff member

Teams of health professionals from Hampshire CAMHS experienced a series of workshops to experience the benefits of the arts for themselves. This approach enhanced staff wellbeing and wider advocacy support on the benefits of arts for wellbeing.

## Conclusion

Key findings throughout the annual reports, summarised above, show where there is strong evidence that *The ICE Project* has offered opportunity to address and explore mental health issues with young people using high-quality arts. Although the impact on individuals varied, those engaged in the programme showed an overall improvement in their wellbeing.

Provision of high-quality arts for young people to express themselves and share their ideas with others was increasingly influential in raising awareness about mental health issues amongst peers and organisational approaches to support young people. The unique collaboration with Hampshire CAMHS strengthened the programme delivery and recognition between the arts and health sectors to influence organisational change and attitude.

Throughout the project, there were ongoing reviews of the programme which led to adaptation, research and engaging in additional opportunities to enhance activity. These recommendations from participants, youth and arts partners and those supporting the participants were actively sought throughout the three year duration.

**Considerations and recommendations** to support future projects and areas of work include the following:

- Young people referred from clinical settings required greater support to access and fully engage with creative activity. Individuals thrived when they were in smaller groups with individuals with shared experiences.
- As mental health needs for young people, fluctuated, ongoing support from mental health workers was crucial to support artists and monitor young people, specifically individuals referred directly from clinical settings (Hampshire CAMHS). Additional consideration of costs to cover support from mental health staff for all sessions is recommended.
- Youth workers and young people would like more activities like this to be available. Although most said the ten-week, regular programme gave young people quality experience, time to learn skills and see progression, some expressed the need for the projects to be for a longer period.
- Choice and co-production within the activities had a positive effect. The high quality of the art produced, encouraged by skilled artists, contributed to the young people having an authentic creative outlet for self-expression, differing it from more rigid art activities.
- Partnership working with CAMHS was crucial in allowing access to training, expertise, resources and opportunities to contribute to mainstream mental health campaigns as well as engaging those with clinical mental health conditions.

# Participating youth organisations, schools and arts and cultural partners

## Youth organisations

Andover Young Carers; Breakout Youth; Eastleigh Young Carers; F.A.S.S (Family Autistic Spectrum Support); Ferne Lodge Children's Home; Hampshire CAMHS; Hampshire County Council – Children in Care; Hampshire Foster Carers Network; Hampshire Youth Offending Team; Hart and Rushmoor Young Carers; Havant & East Hants MIND; Just Wellbeing; KIDS (Fareham and Gosport Young Carers); Lakeside School; OPCC Youth Commission; Romsey Young Carers; Simon Says; Solent Youth Action; Swanwick Lodge; Y Services

## Schools

Applemore College; Grange Junior School; Netley Abbey Primary School; Ropley Primary School; Sharps Copse Primary School; Stanmore Primary School

## Arts and cultural partners

Ashcroft Arts Centre (HCT); Bearface Theatre; Complex Simplicity; Core Art Journaling; Claire Vine and Iris Hill; Crank Pots; Diana Burch; Fluid Motion Theatre; Forest Arts Centre (HCT); Granary Arts Centre; In Focus Education; Integr8 Movement; Kezia Hoffman; Laurence Rushby; Little Art Haven; Music Fusion; My Friendly Planet; Neck of the Woods Productions; Sarah Gaiger; SoCo Music Project; Sophie Douglas; Stand Tall Theatre; Strong Island Media; The Colour Factory; The Nutshell; The Point; We Are All Creative; West End Centre (HCT); Winnall Rock School

## Artforms

Performing theatre; music; film-making; lyric writing; singing; art journaling; photography; dance; willow weaving; animation; fashion design; mixed media art; printmaking; podcasts; character costume; ceramics; film production; illustration; yoga; upcycled arts; writing; portraiture; sculpture; expressive movement; candle making



The table below shows a summary of activity and number of participants engaged in sustained, high-quality projects or activities:

Number of participants	Age	Activity	Artforms
103 referred by CAMHS	11 – 17 years	10 week/sessions of artist-led projects	Mixed
266 young people at risk or living with mental health difficulties	11 – 17 years	10 week/sessions of artist-led projects	Mixed
<b>1145 school pupils;</b> 80 primary school 90 primary school 440 primary school 70 secondary school 110 primary school 275 primary school 80 secondary school 340* mixed primary and secondary	7 – 11 years 7 – 11 years 5 – 11 years 12 – 16 years 7 – 11 years 9 – 11 years 12 – 18 years 10 – 16 years	A-Z Self-care Flyer Design Great Big Bunting Off Fit Fest x 3 Fit Fest Everybody Campaign Discover in a Day Mental Health Mural Rum in the Gravy Boat	Illustration, cartoon Mixed media Crochet, badge-making Dance, drama, pottery Drama, mask making ceramics, Ceramics Theatre performance
Primary school	7 – 11 years	50,000 A-Z Self-care Flyers	Printed resource
Secondary school	12 – 18 years	Applemore College mural installation	Permanent mural
CAMHS clients	11 – 18 years	Clinic decoration and films	Animation, film and mixed media
220 young people	7 – 16 years	Arts Award Discover	Mixed
67 young people	11 – 18 years	Arts Award Explore	Mixed
61 young people	11 – 18 years	Arts Award Bronze	Mixed
360 CAMHS staff	Adults	Creative wellbeing workshops	Mixed

\*This is not included in the total figures as the register as bookings were not able to be shared

