

# Art Program

Providing resources, education and clinical support to enhance creativity, expression and wellbeing.

## Who is the program for?

Patients who enjoy creative expression and find it helps them to improve their mental health. This program may be useful in addressing their individual clinical needs.

## Program content

- Creative exploration
- Emotional expression
- Art techniques
- Variety of mediums
- Artistic communication
- Personal development
- Social skills development
- Social connectedness
- Art as a distraction
- Community engagement
- Access to art organisations
- Vocational support

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### About the program

This program is run by a multidisciplinary treatment team. It is particularly appropriate for patients who enjoy creative expression and using art to work through emotional and psychological issues. The program is also for people who find it easier to engage with others in more structured sessions. Part of the focus of this program is to encourage patients to access community-based art activities. For those with art experience, more advanced techniques can be learned.

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### When is it held?

Every Monday from 9:15am to 3:30pm, over 12 weeks. Morning tea and lunch is provided.

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### How to join

Patients interested in attending this program will need a referral to a Psychiatrist with admission rights to Belmont Private Hospital.

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### How much does it cost?

Patients are admitted as a day patient and as such, can claim their attendance via their health fund. We ask that patients confirm any applicable out-of-pocket excess or gap costs directly with Belmont Private Hospital.

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