

Arts on Prescription

Pilot Programme in Odense, Denmark

implemented by Odense Kommune

Title of programme	Kultur på Recept
Organisational framework	Steering group
Location(s)	Odense, Denmark
Referral channels	Mental health organisations, youth organisations and youth counsellors & advisors from the child and youths' municipal administration
Target audience	Youths 16-24 years with or at risk of developing mild to moderate mental health issues, men experiencing a life-crisis, new Danish residents.
Arts activities	• Historical city walks, storytelling • Circus theater and theater shows • Intimate concerts, sound music from nature and electronic programming • Painting • Cyanotype • Shared reading • Pottery • Sewing, embroidery • Textile print • Art exhibitions • Photography
Frequency	2 hours, 2 times a week
Group size	Min. 10 - max. 19 participants, different from location to location
Timeframe of programme	10 weeks
Remarks	In collaboration with red Cross and other voluntary services. Participants could continue to meet through bridge building activities creating sustainable social activities such as youth café and language classes.
Continuation after the pilot phase	Odense Municipality has secured funding from the Culture Ministry funding scheme ensures ongoing AoP programmes are available in Odense for youths (16-24 years) that are unemployed or not undertaking an education.

Arts on Prescription

Pilot Programme in West Pomeranian Region, Poland

implemented by the Marshall's Office of the West Pomeranian Voivodeship

Interreg
Baltic Sea Region



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RESPONSIVE PUBLIC SERVICES

Arts on Prescription

Title of programme	Arts on Prescription - Musical Vertigo
Organisational framework	Steering group, working group, 2 link workers + 1 manager
Location(s)	Gryfino, Chojna, Goleniów, Poland
Referral channels	Teachers and school psychologists
Target audience	Secondary school students aged 14-19 with low-level mental health problems, youth from small villages, young immigrants.
Arts activities	• Acting • Dancing • Stage make-up • Theatre education • Vocal training • Drawing • Photography • Visits to cultural institutions such as theatre and community centre
Frequency	1 time/week, 1.5 - 2.5hrs/block, 2 blocks, 30 hours/programme
Group size	Min. 10 - max. 19 participants, different from location to location
Timeframe of programme	8-10 weeks
Remarks	We worked with the education sector, offering and delivering the AoP programme to secondary school students in smaller towns where cultural opportunities are limited. During the pilot activities, we gave participants the opportunity to influence various aspects of the workshops, such as the number of breaks and types of exercises. This approach ensured that the workshops met participants' expectations and provided a safe space.
Continuation after the pilot phase	West Pomeranian Voivodeship is in process to secure funding for continuing the Arts on Prescription Programme in the Region

Arts on Prescription

Pilot Programme in Saldus, Latvia

implemented by the Municipality of Saldus

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RESPONSIVE PUBLIC SERVICES

Arts on Prescription

Title of programme	Nosūtījums uz kultūras aktivitātēm/Kultūra uz nosūtījumu
Organisational framework	Steering group, coordination group, working group
Location(s)	Saldus, Latvia
Referral channels	Self-referral, general practitioners, mental health professionals
Target audience	Adults (18+) with mild-moderate mental health issues and/or socially isolated.
Arts activities	• Nature inspired ceramics • Gastronomy culture • Culture walks • Sound baths • Creative design
Frequency	2 hours, 2 times a week
Group size	12 participants
Timeframe of programme	8-10 weeks
Remarks	While referrals from general practitioners and mental health professionals went well for the first AoP programme, there were not enough referrals for the second and third AoP programmes. Therefore, we chose to open up self-referrals to the AoP programme.
Continuation after the pilot phase	Saldus Municipality is in process to secure funding for continuing the Arts on Prescription Programme in the Region

Arts on Prescription

Pilot Programme in Bremen, Germany

implemented by the vhs Bremen, the Senator for Culture, and the Senator for Health, Women and Consumer Protection

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RESPONSIVE PUBLIC SERVICES

Arts on Prescription

Title of programme	Kunst auf Rezept
Organisational framework	Steering group, working group and advisory board
Location(s)	Bremen Municipality Germany
Referral channels	Psychotherapists, GP's, other medical doctors, psychiatric day clinic, psycho-social counselling centre's, rehabilitation programme, community health worker, family support teams
Target audience	Adults (18+) with or at risk of developing mild to moderate mental health issues.
Arts activities	• Creative writing • Singing • Drawing • Painting • Improvisational Theatre
Frequency	1 art activity/week + 4 AoP group-meetings running in parallel
Group size	2-6 AoP participants in the arts activities, up to 15 participants in the AoP group meetings
Timeframe of programme	10-12 weeks
Remarks	We offered an inclusive model, meaning participants took part in regular arts courses from the cultural programme of the Adult Education Centre. The link worker informed the participants of available arts courses, and the participants chose the arts course of their choice. Non-AoP participants in the courses were unaware of the alternative access via an AoP link worker. The link worker did not participate in the arts activities but facilitated meetings outside of the arts activities, gaining social connection among the AoP participants.
Continuation after the pilot phase	vhs Bremen/Adult Education Centre is in process to secure funding for continuing the AoP Programme in the Region.

Arts on Prescription

Pilot Programme in Cēsis, Latvia

implemented by the Cēsis municipality

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RESPONSIVE PUBLIC SERVICES

Arts on Prescription

Title of programme	Museums on Prescription
Organisational framework	Steering group and working group
Location(s)	Cēsis municipality, Latvia
Referral channels	State Employment Agency of Latvia, Cēsis branch, rehabilitation centre "Līgatne", Cēsis hospital; Cēsis social services department
Target audience	Unemployed adults, elderly from rehabilitation centres & senior housing, socially isolated rural residents, teenagers with learning and social interaction challenges, mixed groups 25-86 yrs (mental and/or physical health challenges and isolated citizens)
Arts activities	• Art with natural materials • Ceramics • Literature • Museum visits • Music • Singing • Theatre • Traditional crafts • Visual art • Poetry
Frequency	2 times a week for 3 weeks, 1 time a week for 5 weeks
Group size	15 participants
Timeframe of programme	8 weeks
Remarks	We offered extra training for culture and arts facilitators after each pilot programme. Working with a mixed group required diversity management training to accommodate the difference in age-group and the participants' background.
Continuation after the pilot phase	Currently, we are implementing one AoP programme without external funding, where the link worker and museum specialists are voluntarily providing the cultural activities. We are also simultaneously seeking future funding to maintain the programme.

Arts on Prescription

Pilot Programme in Norrbotten, Sweden

implemented by the Region Norrbotten and Sunderby folk high school

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RESPONSIVE PUBLIC SERVICES

Arts on Prescription

Title of programme	Kultur på Recept
Organisational framework	Steering group, coordination group, working group
Location(s)	Luleå & Boden municipality, Sweden
Referral channels	Primary health care centers via Rehabilitation Coordinators and the Coordination Association
Target audience	Adults (18+) mainly people on sick-leave with mild to moderate mental health issues.
Arts activities	• Art with natural materials • Movement (Dancing) • Visual art • Creative painting • Singing/Vocal training • Creative writing
Frequency	2 hours, 2 times a week
Group size	10 – 12 participants at each location
Timeframe of programme	9 weeks
Remarks	In some groups the link worker was attending all activities and in other groups the link worker was present when the group was introduced to a new culture genre.
Continuation after the pilot phase	Region Norrbotten is in process to secure funding for continuing the Arts on Prescription Programme.

Arts on Prescription

Pilot Programme in Szczecin, Poland

implemented by Media Dizajn

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RESPONSIVE PUBLIC SERVICES

Arts on Prescription

Title of programme	Arts on Prescription
Organisational framework	Steering group
Location(s)	Szczecin, Poland
Referral channels	Self-referral via social media campaign
Target audience	Citizens from 16 to 25 years with or at risk of developing mild to moderate mental health issues.
Arts activities	• Art of Graphic Design & Zines • Candle making • Collage/Decoupage workshops • Drying Flowers Flat • Illustration & photography • Improvisational Theatre • Jewelry making • Pouring/fluid art • Yoga • Creating puzzles • Museum visits
Frequency	1 art activity/week + 4 additional group-meetings
Group size	15 participants
Timeframe of programme	8 weeks
Remarks	The implementation was aimed at young people aged 16 to 25, living in Szczecin and nearby towns. The workshops and study visits created a space conducive to creativity, focus, and emotional expression, while supporting stress reduction, strengthening self-esteem, and fostering the development of social bonds. The variety of activities we offered enabled participants to test their skills across different categories and areas. The recruitment process and organization of the workshops were carried out diligently, with attention to participants' comfort and safety.
Continuation after the pilot phase	Media Dizajn Association is working on securing funding for the further implementation of AoP programmes.