



## **Imagining Futures: An Innovative CAMHS & Participatory Arts Collaboration**

National and Specialist CAMHS are collaborating with Ovalhouse, a long-standing theatre in South London, to deliver a community-embedded service innovation for young people in Lambeth and Southwark. Our grant-funded project Imagining Futures combines expert mental health provision with frontline Arts participation in a 9 month group programme for young women aged 14-18 years.

Now entering our second year, we are accepting referrals from SLaM services and youth agencies as well as self-referral for the group programmes starting in the spring of 2020.

**Priority will be given to individuals who are currently unable to access routine clinical services for whatever reason e.g. do not meet local CAMHS criteria, concerns regarding stigma or may have dropped out of therapy.**

### **Our clients**

The transdiagnostic Imagining Futures programme has been developed for young women with emotional difficulties, who have a history of self-harming or attempted suicide. They may have experienced past trauma and/or be considered 'at-risk' of substance dependency, sexual exploitation, gang involvement, offending or social and school exclusion. They may present features associated with 'emotional unstable personality disorder' e.g. instability in relationships, fears of abandonment, feelings of anger, emptiness and impulsivity.

### **The Imagining Futures Programme**

Imagining Futures offers weekly two-hour workshops, after school hours, which will be held in the multi-arts centre and theatre at Mountview Drama School, near Peckham Library. Leading artists and therapists will use drama and related art forms, such as spoken word, photography and dance, along with psychology skills to help participants to manage difficult emotions, express themselves, build positive relationships, explore issues in their lives and develop creative ways to cope with life's challenges. The 9 month structured programme will be an integration of the participatory arts and Dialectical Behavioural Therapy, which teaches evidence-based skills in managing difficult emotions, managing relationships and tolerating distress, within the context of building a valued life.

## Inclusion criteria

- Females aged 14 -18 years.
- At least one episode of self-harm in the last 12 months or attempted suicide.

## Exclusion criteria

Imagining Futures is built on young women working therapeutically, creatively and collaboratively as a group. If a young woman's social, communication or cognitive abilities are significantly limited by global learning disability, Autism, active psychosis or substance dependency (not misuse), this group would not be suitable for them.

To refer to the Imagining Futures programme please contact [ImaginingFutures@slam.nhs.uk](mailto:ImaginingFutures@slam.nhs.uk) or call 07493 272 294.

