Begin with Pieces

Inspiring Adolescents with Mental Illness through Creative Collaboration

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2019 California Student Mental Wellness Conference
Presentation Agenda

1. **Creating an engaging program (Begin with Pieces Project)** for adolescents hospitalized in an acute setting through the Japanese aesthetic concepts, Wabi Sabi (侘寂)
2. **Research results** from Begin with Pieces Project
3. **Creative collaboration** between a professional writer-educator, undergraduate students at the University of Minnesota Rochester, and nursing staff at the Acute Psychiatric Unit for Children & Adolescent at Mayo Clinic.
Minnesota Winter
Acute Psychiatric Unit for Children & Adolescents (Patients age 11-18)

- Evidence-based practice for adolescents hospitalized in an inpatient psychiatric unit is limited.
- The number of teens with suicidality increased dramatically since 2011.
- Patient’s stay is shortened (4-5 days).
- Adolescent patients are often withdrawn.

ROCHESTER
Bachelor of Science Health Sciences (BSHS) students at the University of Minnesota Rochester (UMR)

MAYO CLINIC
Mayo Clinic College of Medicine Students
Overview of our Team & Practice

Research

Analysis & feedback from RNs

Weekly Reflection & Revision

What are we observing? How did patients respond?

Report & Review

Facilitator’s report within 24 hours & Post-survey

Reviewed by the team

Creative Writing & Origami Session (UMR & Mayo Medical students)

1-2 times a week

UMR  Mayo Medical School  Psych. Unit. Staff

UMR  Mayo Medical School  Psych. Unit Staff
Creative being = a multitude of beings

“Do I contradict myself?
Very well, then I contradict myself,
I am large, I contain multitudes.”

-Walt Whitman
Begin with Pieces

What makes you, you?
How softly or strongly you sing
the songs you love, the way your shadow
persistently follows your body, how
enormous the darkness feels
in your chest-
All the pieces you have touched
huddle inside your arms like birds
in the nest, ready
to fly out.

Yuko Taniguchi
“It’s the pieces- their arrangement and the spaces left between them- that tell a story.”

-Adam Braver

Wabi,侘
Sabi,寂, patina of age
Begin with Pieces: Creative Writing & Origami

- Begin with Pieces Guidebook
- Writing prompt stickers
- Thoughts Bubble Sheet
- Origami Heart
Research Questions

*Research Question 1:* Do adolescents in an acute inpatient psychiatric setting who participate in creative activities express interest and engagement?

*Research Question 2:* Do creative activities generate or contribute to new learning or self-learning?

*Claim:* Adolescents express interest and engagement through creative activities and creative activities will be useful for developing self-care strategies.
Post-Survey

Narrative Group Post-Questions
THANK YOU for attending the narrative session! Please complete this survey to help us understand what you thought about this intervention! Your answers are confidential.

1. What is your age? __________

2. What was the primary reason you came into the hospital?

3. On a scale of 0-10 with 10 being the worst, how much do your symptoms bother you? __________

4. Before coming to the hospital, did you use writing or drawing to help you feel better?

YES _____ No _____ Maybe _____

5. Please select the term(s) that are true to your experience of participating in the narrative group.

Calming  A break from life  Fulfilling
Stressful  energizing  Fun
Relaxing  Self-awareness  Motivating
New idea for coping strategy  Hard work
Learning opportunity  Other: _________________________

6. On a scale of 0-10 with 10 being the best, how would you rate your interest in the narrative group? __________

7. How do you feel about the work you created today? Select the term(s) that are true to you!

Creative  Unique  Curious  Proud
Excited  Surprised  Discouraged  Encouraged
Puzzled  Inspired  Other: _________________________

8. What did you discover that you enjoy or like?

9. Have you used Creativity Guidebook? YES NO

Thank you for sharing your thoughts!
Creative Writing & Origami (Feb.-Sept., 2018)
# of sessions: 30
# of participants: 211
Age: 11-18 years old
83% of participants expressed interest in creativity-based activities

55% of respondents replied “Yes” to

"Before coming to the hospital, did you use writing or drawing to help you feel better?"
What was your experience of participating in Creative Writing Session?

- Calming (68%)
- Relaxing (51%)
- Fun (47%)
- Unique (45%)
- Proud (42%)
- Break from life (35%)

Creative Process

Creative (61%)
Future Direction

Continuously observe, listen, and learn....

Creative Writing & Origami Team

Music therapist, Pet therapist

Pharmacist

Doctor

Occupational Therapist

Social Worker

Nurse