

Institution: University of Huddersfield		
Unit of Assessment: 28 History		
Title of case study: Improving Mental Health Support in Heritage and Social Care Settings in the UK and Japan through Historical Co-production		
Period when the underpinning research was undertaken: 2001-2019		
Details of staff conducting the underpinning research from the submitting unit:		
Name:	Role:	Period employed by submitting HEI:
Dr Rob Ellis	Reader	2009 – Present
Period when the claimed impact occurred: August 2013 – December 2020		
Is this case study continued from a case study submitted in 2014? No		
<p>1. Summary of the impact</p> <p>NHS England reports that one in four adults and one in 10 children experience mental illness, and the charity Mind states that the overall number of people reporting mental health problems has increased in the UK in recent years. Globally, the World Health Organisation reported approximately 264 million people were affected by depression in 2019. Nationally and internationally, there is a demand to include mental health patient and service user voices in social and health care policy-making and practice and to give greater prominence to mental health in the heritage sector. Through working partnerships with the South West Yorkshire Partnership, NHS Foundation Trust (and its Mental Health Museum); West Yorkshire Archive Service; New Vic Borderlines theatre group; and the National Trust (NT), Ellis co-produced five exhibitions (2014-2020), a play (2018) and resource kit (2019) which address perceptions of stigma and the absence of patient voices in these organisations and beyond. These resources have provided innovative ways to promote understanding, empowerment and respect in secondary schools, heritage organisations, local authorities and in social and healthcare settings in England and Japan. This has included catalysts for change at Stoke Council, northern regional NHS Trusts, the NSPCC, Mind, the Mitsuwakai Social Welfare Corporation (Japan), and the NT.</p>		
<p>2. Underpinning research</p> <p>Ellis' body of research speaks directly to the contemporary concerns about service user representation, to issues of stigma surrounding mental health and to the central role of patient voice in the development of policy and practice in heritage and social care settings. In 2010, Ellis was invited to collaborate with Leeds City Museums on an exhibition on mental ill-health. Ellis noted that existing plans were not inclusive of patient perspectives and this sparked an ongoing interest in developing a more nuanced understanding of the place of patient voices in the past. This partnership with Leeds led to further work on the histories of mental-ill health and learning disabilities in a 2013 Heritage Lottery Fund (HLF) and Arts and Humanities Research Council (AHRC) funded project (c. £53,098; Ellis as Principal Investigator (PI)) called 'Heritage and Stigma'. For this project, Ellis facilitated the collection of a body of research in the form of service user testimonies, oral histories and material culture that fed into two co-produced exhibitions 'Nothing with us: without us' [3.1] and 'Our minds our histories' [3.2]. Co-producing exhibitions which put patient voices at the centre of the story of mental health care in these exhibitions was a first for these museums. As a result of the 2013 project, Ellis began to explore the themes of patient stigma and absent voices in the historical record of madness and mental ill-health in the nineteenth century. A central finding from his 2013 publication was that institutionalisation in the early twentieth century was predicated on the silencing and removal of the mentally ill as a key act of social policy and urban planning [3.3]. Building on the findings from the collaborative exhibitions, Ellis interrogated the top-down history of the Mental Health Museum Wakefield in his 2015 publication and found there was similarly exclusive focus on professional, rather than patient voices [3.4].</p> <p>Ellis' reflexive practice during the 2013 Heritage and Stigma project resulted in a 2017 article [3.5] in which he explored the nature of collaboration and the challenges of viewing service users as individuals in the historical record. Patient/service users often left no written records behind, other than those written for them by medical professionals and administrators. The article considered developments in mental health care in the past and issues that shape services in the present and</p>		

stressed that the future of co-production between historians and community groups required a closer understanding of service user agency, with Ellis ultimately calling for more informed discussions between academics and organisations [3.5].

While developing these co-production methodologies, Ellis and New Vic Borderlines, an award-winning theatre organisation, with a track-record of working in social contexts nationally and internationally, co-wrote a successful AHRC funding bid, the result of a dialogue which had started in 2013, and which now included input from Professor Takaya Kawamura of Osaka City University. The aim was to apply co-production methodologies in order to link Ellis' historic findings with present day practice. In 2018 they were awarded £99,813 (Ellis as PI) from the AHRC for their 'Animating Heritage and Stigma' project, which focused on the development of a play and resource activity based on the 2013 outputs delivered in 'Heritage and Stigma' [3.1, 3.2]. This project represents a step-change for the project partners in the extent of their use of co-produced historically-based outputs. Ellis' full case histories allowed for a nuanced dramatisation of longitudinal life stories of peoples' different encounters with multiple agencies and demonstrated the negative incremental effects of stigma on people's wellbeing. After a year of collaborative development, Ellis and the Director of New Vic Borderlines produced a resource kit entitled 'Bag of Tricks' in 2019 [3.6].

3. References to the research

Evidence of the quality of the research: Published outputs were subject to a double-blind peer-review process and the exhibitions were funded through a competitive peer-review process for prestigious grants.

The following two outputs received a total of c. £53,098 from HLF and AHRC on the basis of a competitive peer-reviewed process:

[3.1] Nothing With Us: Without Us, (September 2013 – January 2014) Exhibition at Leeds City Museum, Available at <https://www.youtube.com/watch?v=1hFyRDNeS7Q>.

[3.2] Our Minds Our Histories, (October 2013 – January 2014), Exhibition at Tolson Museum, Huddersfield. <https://www.st-annes.org.uk/wp-content/uploads/2018/10/Annual-Review-2014-Final.pdf>.

The following three outputs appear in rigorously peer-reviewed publications:

[3.3] Ellis R (2013): 'A Constant Irritation to the Townspeople? Local, Regional and National Politics and London's County Asylums at Epsom', *Social History of Medicine*, 26:4, 653-71.

<https://doi.org/10.1093/shm/hkt002>

[3.4] Ellis, R. (2015) 'Without decontextualisation: the Stanley Royd Museum and the progressive history of mental health care', *History of Psychiatry*, 26:3, 332-347.

<https://doi.org/10.1177/0957154X14562747>

[3.5] Ellis R. (2017) 'Heritage and Stigma. Co-producing and communicating the histories of mental health and learning disability', *Medical Humanities*, 43: 92-98.

<https://doi.org/10.1136/medhum-2016-011083>

The following resource is based on original research funded by the AHRC 'Animating Heritage and Stigma' grant (c. £99,813):

[3.6] Moffat, S. and Ellis, R. (2019) 'Bag of Tricks', resource kit, also available at

<https://rflight7.wixsite.com/bagoftricks/bag-of-tricks>.

4. Details of the impact

Ellis' research has developed in response to a need to give vulnerable adults a voice in heritage settings and mental health organisations' policy-making and practice. Through working partnerships with the South West Yorkshire Partnership, NHS Foundation Trust (and its Mental Health Museum); West Yorkshire Archive Service (WYAS); New Vic Borderlines theatre group; and the National Trust, Ellis has co-produced five heritage exhibitions (2014-2020), a play (2018)

and resource kit [3.6] (2019), developed and delivered through over 20 workshops between 2018 and 2020. These diverse pathways have led to the development of new forms of heritage outputs, helping two Yorkshire-based heritage organisations meet their mission statements; the creation of new forms of creative arts practice for the New Vic Theatre; facilitated training for mental health and social care professionals in the UK and Japan; and provided a catalyst for organisational change in mental health provision at the National Trust. Ultimately, Ellis' research has enabled heritage organisations and social and health care providers to address sector specific issues of mental ill-health and wellbeing in unprecedented ways in the UK and Japan while also empowering vulnerable individuals, resulting in the diverse range of impacts detailed below.

Co-producing new forms of creative arts practice

In 2018, the Director of New Vic Borderlines, created a play, 'I have strings', which drew on patient voices from the nineteenth and twentieth centuries, directly derived from Ellis' research [3.1] and [3.2]. The play has reached over 1,330 individuals through seven performances, including five at secondary schools in the northwest of England. The stories chosen were deliberately open-ended, as the Director of the New Vic writes they '*provided opportunities for young people to make suggestions about ways to support the characters and each other, ways to recognise signs of distress and suggestions of who they could approach for support if they or a friend would need it. In one school, staff told us that a young man who had found it very difficult to talk about a bereavement approached staff following the play and said he was ready to talk*' [5.1].

In addition, in a first for New Vic Borderlines, between 2018-2019 they actively collaborated with Ellis in the development of a sustainable resource, the 'Bag of Tricks' [3.6], designed for mental health and social care organisations to reflect on their practices and to be a means to give voice to the vulnerable individuals that they support. The resource continued to evolve through additional development and tailoring throughout 2020. The Director states: '*We have never created a specific themed [...] "tool-kit" before [...] this has taken our project work into a wholly new direction*' [5.1]. In terms of their creative practice, the Director notes how '*this project has given us a "new language" which has enhanced our approach to gathering materials in both spoken word and written word*' [5.1]. The resource kit's development also enabled New Vic Borderlines to extend their reach into the field of mental ill-health and well-being: '*This opportunity has allowed us to take our documentary theatre approach and process into new areas, i.e. working with historically collected material, bringing it to life in a powerful verbatim documentary drama, and our methodology [...] into a new area of mental health and well-being*' [5.1]. Additionally, the New Vic reached out to new and existing contacts to deliver eight events and workshops between October 2018 and July 2020, delivering the resource to 160 participants in the north west of England. The Director states: '*Being part of this project has [...] enabled us to build new relationships in the community, including with partner organisations which we will be able to build on creating a legacy beyond the boundaries of the project*', citing 10 new partnership organisations in the UK [5.1].

Facilitating training for mental health and social care professionals

The co-produced a 'Bag of Tricks' [3.6] has provided a resource for over 210 mental health and social care practitioners in England, representing 24 organisations including: Stoke and Kirklees Councils, regional NHS Trusts, and the northern regional representatives of well-known social and mental health charities, including the NSPCC and Mind. The Public Health Programme Manager of Stoke on Trent's Public Health Directorate invited Ellis and the New Vic team to contribute to the City's 'Stronger Together' strategic priorities. In June 2019, the New Vic ran a workshop as part of Stoke's strategy at their theatre for 26 representatives of 14 health and social care organisations from the wider region. One of the attendees, a Case Worker from the Young People's Service, Stoke-on-Trent, Community Drugs and Alcohol Services wrote: '*This toolkit has allowed me to introduce a tangible, tactile method of allowing a service user to reflect and verbalise their feelings and emotions. Without such tools we are solely reliant on interventions such as motivational interviewing, solution focused brief therapies, cognitive behaviour therapy etc. Not all Service users feel comfortable answering questions open or otherwise*' [5.2].

Following the June 2019 workshop, the Professional Lead for Universal Services/School Nurses at the Midlands Partnership NHS Foundation Trust and the Specialist Occupational Therapist at

the Darwin Centre, a 15-bed inpatient unit providing specialist mental health care services run by North Staffordshire Combined Health Care, both used the resource kit between August 2019 and July 2020 with staff groups. The Specialist Occupational Therapist at the Darwin Centre said: *'It was a fun and creative way to enable discussion. Staff that would previously not have spoken, found the use of props enabled them to create conversation in a non-confrontational way'* [5.3].

Additionally, two workshops were delivered in November 2019 and January 2020 to mental health professionals from a range of healthcare organisations. The first of these was to the Specialist Perinatal Community Mental Health Team, Midlands partnership NHS Foundation Trust, St George's Hospital, Stafford and four workshop kits were given out to participants. The second workshop, in January 2020, was delivered at the New Vic Theatre to 15 participants and 19 Workshop kits were given out to participants from the following seven organisations: South Staffordshire Carers Club (Young Carers); PM Training, Young People's Apprenticeship and educational provider; Staffordshire Police; Find the Glow Refuge for victims of domestic abuse, Newcastle Under Lyme; The Substance Misuse team, Edward Myers Centre, Harplands Hospital; Stoke Children's Services and North Staffordshire Citizens Advice. In October 2020, 27 kits were delivered to the New Vic Theatre, reflecting a demand for their use.

In May 2019, project partner and Associate Professor of Management Organization at Osaka City University invited Ellis and the New Vic team to Japan to use the resource kit with trainee health and social care professionals. With rising incidences of mental ill-health in Japan, the Associate Professor of Management Organization wanted trainees to develop empathy skills relating to patients and understanding patient perspectives. Working with 45 practitioners representing over 30 organisations in Japan, the Associate Professor writes that the workshops helped *'these organizations to empower their service users, to cultivate more equal, sustainable, and person-to-person relationships between service providers and users, and thus to innovate their services to be more human, sustainable, and valuable to its users'* [5.4]. Ellis and the team also conducted two sessions with 30 service users at the Mitsuwakai Social Welfare Corporation, which was founded in 1984 and provides professional social care services for around 250 users with mental illness per year in Neyagawa city, Osaka prefecture. Following the event, team staff continued to use the 'Bag of Tricks' independently with their service users and agreed that the experience inspired them *'to search for new ways of communicating with the members, and to build better relationships with them'* [5.5]. One of the service users commented that *'I have always felt negative about myself, but the workshop encouraged me to feel more positive'* [5.6]. A further 12 kits were created with Japanese translations and distributed to organisations in Osaka and Tokyo in the summer of 2020.

Providing a catalyst for organisational change in mental health provision

In 2018, the National Trust's (NT) Research and Engagement Co-ordinator approached Ellis to explore the potential for a collaboration around its strategic focus on mental health and well-being in 2020. His role was to develop academic partnerships and he had identified the potential of Ellis's previous research and engagement activities. Working in partnership with the NT, Ellis delivered bespoke resource kit workshops in July and November 2019 to 24 representatives from 19 properties across England. The Programming Officer at The NT's site at Quarry Bank said that the resources kit helped to *'identify the needs of staff and volunteer teams from a health and wellbeing angle'* [5.7]. The Research and Engagement Co-ordinator for the NT commented that without the input from Ellis, *'property-based staff in the National Trust would not have the knowledge, understanding or confidence to deliver a programme based on mental health and wellbeing in 2020'* [5.8]. 22 kits were distributed to 12 National Trust properties in the Northwest in January 2020. Unfortunately, due to the Coronavirus pandemic, work with the NT was put on hold, as the Trust furloughed up to 80% of its staff and announced redundancy consultations in July 2020, with 1,200 cuts planned.

Co-producing new forms of heritage outputs

Ellis has worked closely with the South West Yorkshire Partnership, a Mental Health Foundation Trust, and its Mental Health Museum including periods of secondment as a Visiting Research Fellow in 2013 and 2020, and the co-production of four exhibitions across that period (2014-5,

2015-6, 2016-7 and 2020-21). The Trust's Museum Development Co-ordinator states that: *'In its original format, the Museum's focus was very much on medical expertise and endeavour but his [Ellis'] research around vulnerable patients and the stigmas they face has enabled us to reorient the Museum's outputs. In particular, we are better placed to meet our Mission Statement Values (to use education to promote understanding, empowerment and respect; to combat inequalities, ignorance and stigma; to contribute to breaking down the barriers to wellbeing)' [5.9].* Engaging in co-production with Ellis and using his research to explore the links between historical experiences and modern-day services has had a lasting impact on the museum, as the Development Co-ordinator writes: *'before Dr Ellis' input the creation of museum content was created solely by museum staff. Working in partnership and using his expertise has allowed us to co-curate four new and innovative exhibitions [2014-2020]'. [...] These examples have enabled us to work with a broader range of groups including schools, colleges and service users and allowed us to refresh our content, something the Museum had never done previously, resulting in the ability to attract repeat visitors' [5.9].*

The four exhibitions with the Mental Health Museum also involved close working with West Yorkshire Archive Service (WYAS), which hold the UNESCO-recognised archives of the Trust's hospital and its origins. In 2018, Ellis collaborated on a fifth exhibition involving separate co-produced activities to mark the 200th anniversary of the hospital, including a community-led public history conference. WYAS's Archivist writes: *'The joint project aided the West Yorkshire Archive Service in hitting key engagement targets and showed the importance in researching how mental health treatment has changed over the two centuries' [5.9].* They explain how undertaking engagement activities with Ellis: *'directly contributed to staff at the West Yorkshire Archive Service increasing their knowledge and understanding of the collection. One example of this is the digital timeline that was created showing the development of the hospital, this aided staff in understanding how treatment and legislation changed over time. This has contributed to staff being more informed when dealing with complex family history requests' [5.9].*

5. Sources to corroborate the impact

[5.1] Testimonial: Director New Vic Borderlines, The New Vic Theatre, Newcastle-under-Lyme.

[5.2] Participant feedback from the New Vic, Bag of Tricks Workshop, July, 2019.

[5.3] Feedback from the Specialist Occupational Therapist at the Darwin Centre, North Staffordshire Combined Health Care.

[5.4] Testimonial: Associate Professor of Management Organization, Osaka City University, Japan.

[5.5] Staff feedback from Mitsuwakai Social Welfare Corporation, Osaka, Japan, May, 2019.

[5.6] Service user feedback from Mitsuaki Centre, Osaka, Japan, May, 2019.

[5.7] Staff feedback from National Trust Event, Little Moreton Hall, July 2019.

[5.8] Testimonial: Research and Engagement Co-ordinator, National Trust.

[5.9] Testimonials: Development Co-ordinator of the South West Yorkshire Partnership (a Mental Health Foundation Trust) Mental Health Museum and Archivist, West Yorkshire Archive Service.