

ART INSIDE

- ▶ Engaging Prisoners in Health Education on Viral Hepatitis

Presented by Steven Taylor



HEPATITISVICTORIA

Acknowledgement of Country

We acknowledge the traditional owners of the land on which we are meeting, and pay my respects to their elders, past, present and future, and the elders from other communities who may be here today.



Acknowledgements and Disclosure:

- Justice Health and Corrections Victoria for their funding and access support.
- The Programs and Health Promotion staff, Recreational Officers and Correctional Officers who facilitated our work with the prisoners at Barwon Prison, Dame Phyllis Frost Centre, Marngoneet Prison – Kareenga Annexe, Melbourne Remand Centre, Loddon Prison, Middleton Prison and Dhurringile Prison.
- Nurses from St Vincent's administering the State-wide Hepatitis Program, and Sione Crawford who co-facilitated the sessions.
- We would most especially like to thank all of the inmates who attended sessions and provided us with their wonderful art.
- *Disclosure:* Hepatitis Victoria was partially funded by Justice Health for this project.



Introduction:

Art Inside is a visual arts-based education program based on viral hepatitis for prisoners.

Art Inside shifted the frame of reference from the hepatitis education component associated with injecting drug use, to that of an art contest and participation in designing a health resource.



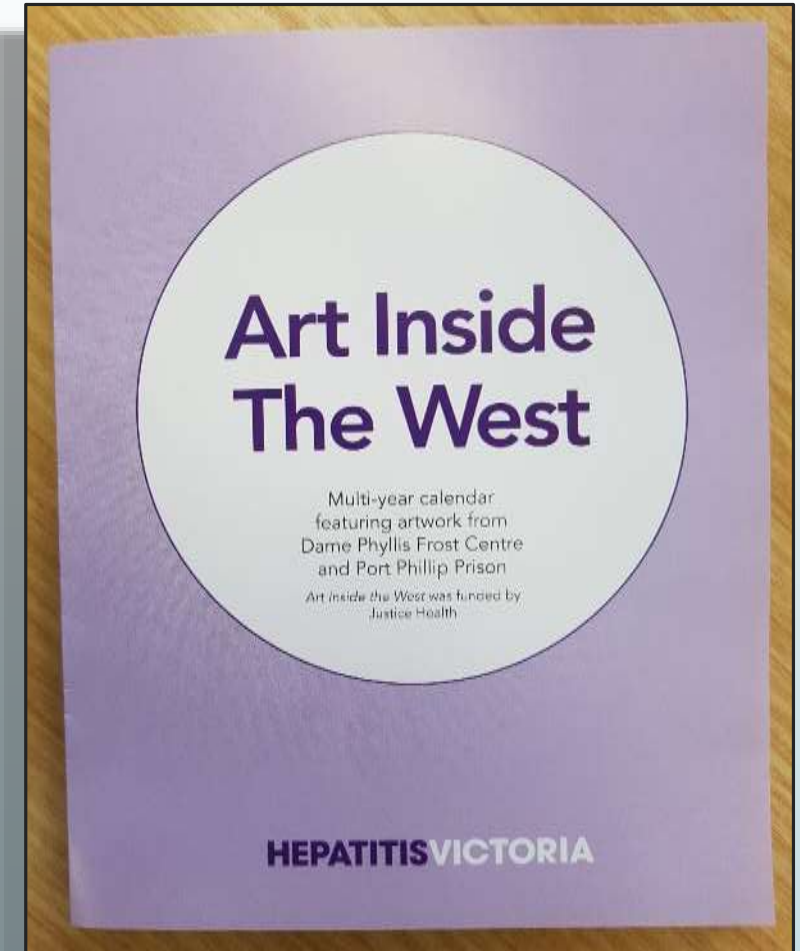
Introduction

Hepatitis Victoria is the peak not for profit body for viral hepatitis within Victoria. In recognition of the high prevalence rates of viral hepatitis in prisons globally, we have long worked with Victorian prisoners to improve health literacy and outcomes.

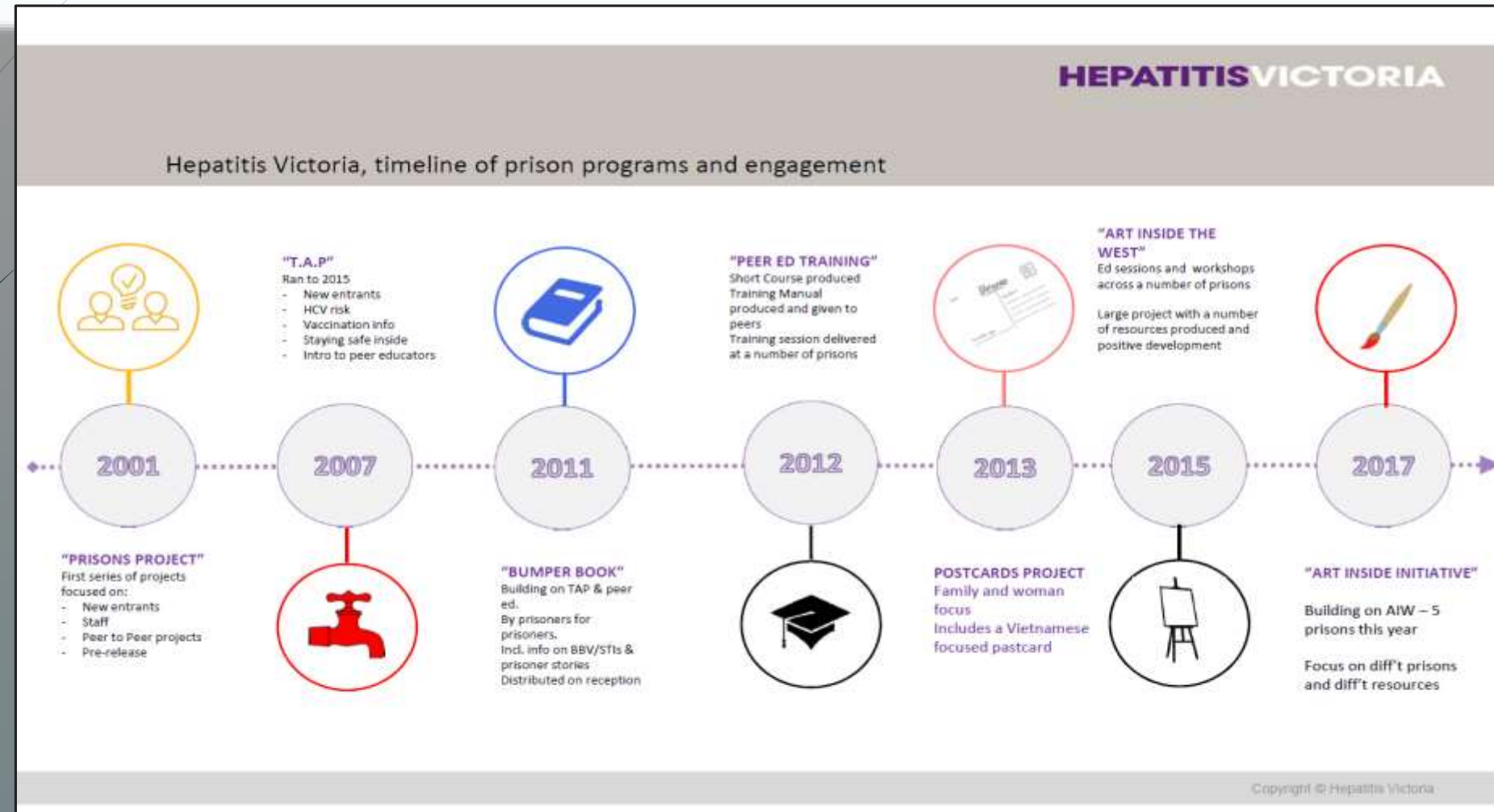


Introduction

The *Art Inside* project of 2017, was a follow-up project to *Art Inside the West* in 2015, supported by Corrections Victoria and Justice Health, which sought to combine Hepatitis Victoria's experience with prisoners, resources, and health promotion, through both informative workshops, and the creation of art.

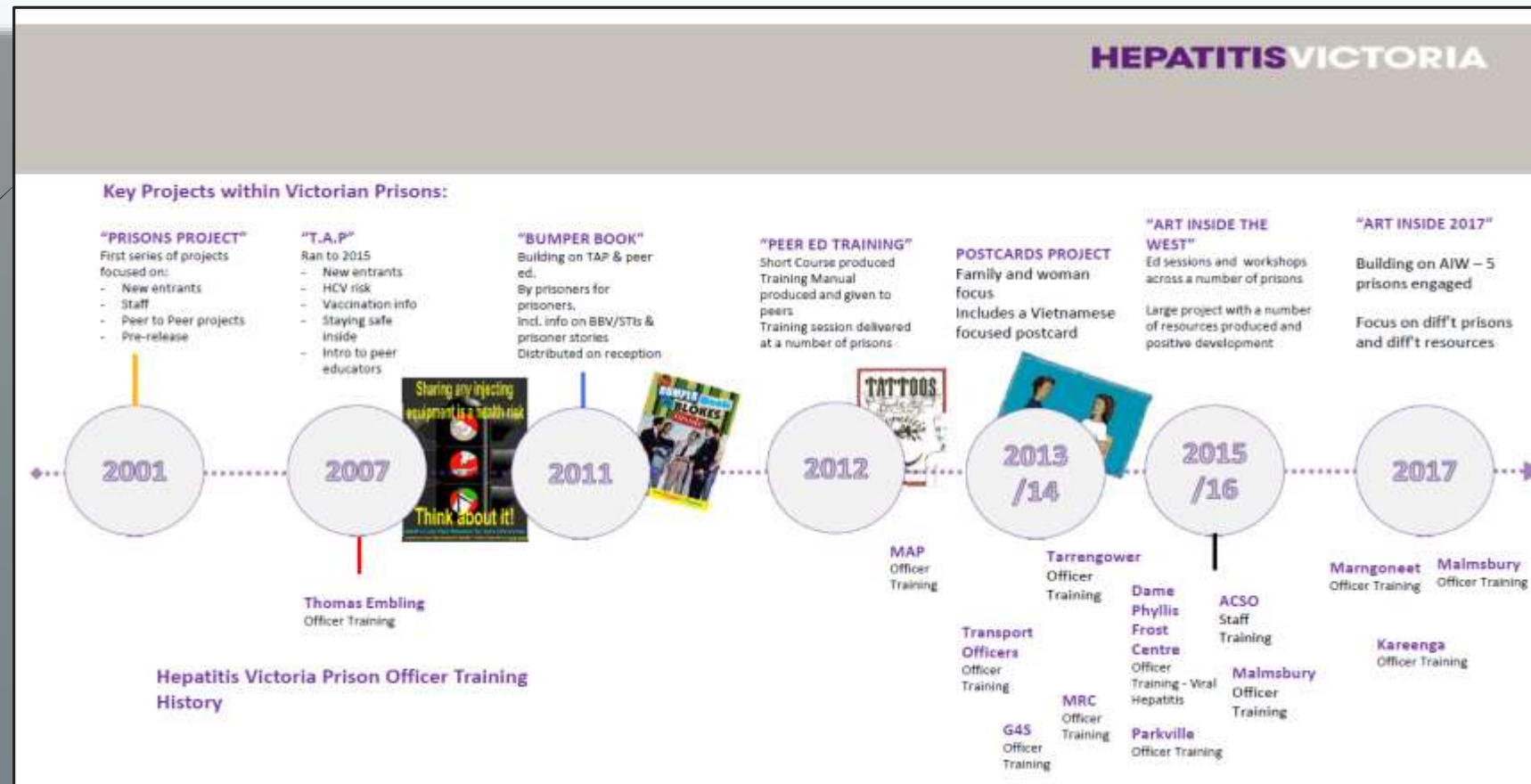


Background – historical timeline



Background –prisoner participation

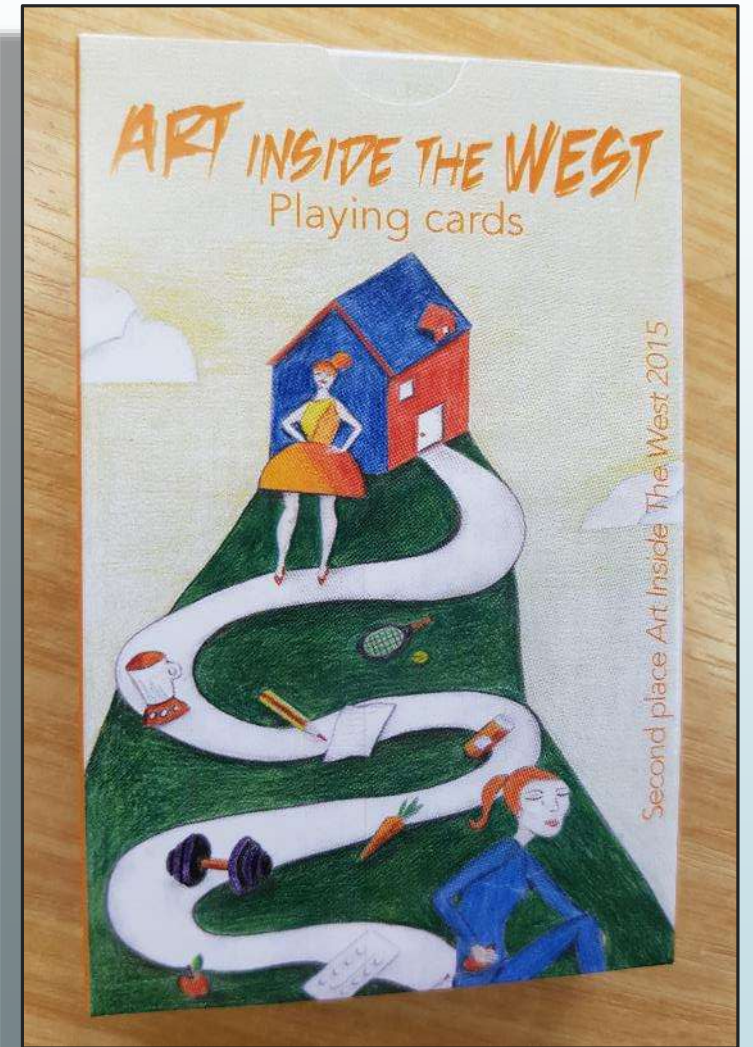
A hallmark of these projects is participation of prisoners in creation of prison specific resources.



Introduction

Historically Justice Health has supported several Hepatitis Victoria projects in prisons within Victoria. Examples of prison specific projects undertaken by Hepatitis Victoria include:

- A poster project (*Is this the deal you want?* (2008)
- Magazines (*Tattoos, body art and hepatitis C in prisons* (2007)
- *The bumper book for blokes inside* (2011)
- Hepatitis C training for prison peer educators (2012)
- *Art Inside the West* initiative (2015).



Project Relevance:

The high prevalence of viral hepatitis within prison populations globally requires Prison-specific resources.



Situation within Victorian Prison System

“People in prison are at least 20 times more likely to have hepatitis than the rest of the population and we think at least a quarter of the prison population has hepatitis C, but not everyone gets tested and the number with the virus is likely to be higher”.

- Sione Crawford, CEO Harm Reduction Victoria



Latest published report from St Vincent's:

“ There is a high burden of hepatitis C infection among prisoners worldwide. Prisoners who continue to inject drugs are also at risk of developing new infections. For this reason, the prison setting provides an opportunity to treat those people at greatest risk of infection and to stop transmission to others. “



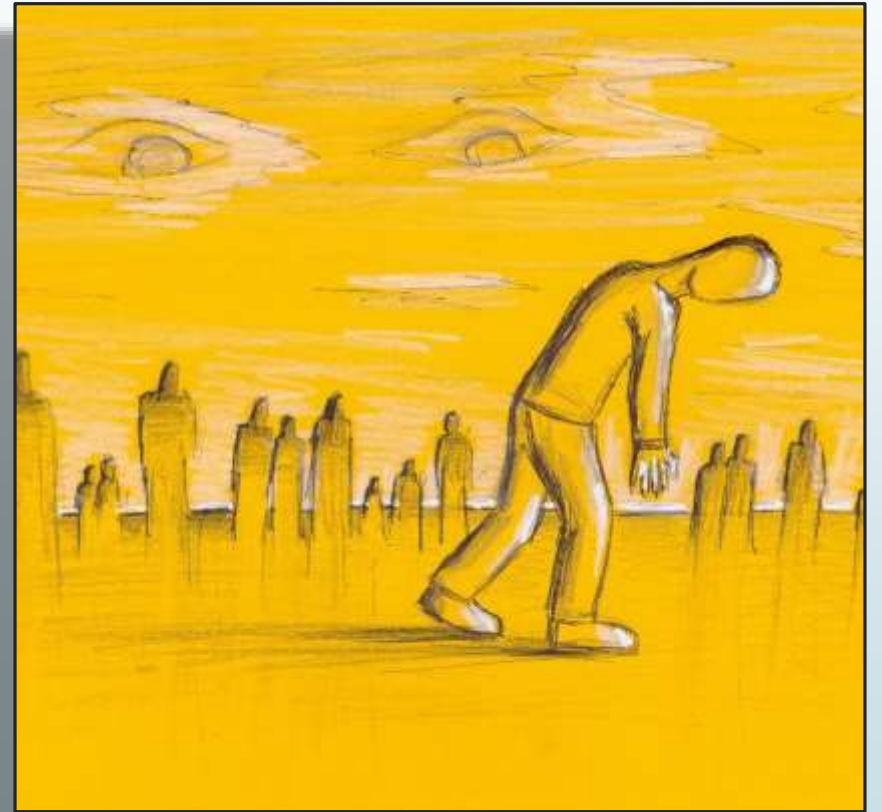
Outcomes of treatment for hepatitis C in prisoners using a nurse-led, state-wide model of care

[https://www.journal-of-hepatology.eu/article/S0168-8278\(19\)30024-8/abstract#new_tab](https://www.journal-of-hepatology.eu/article/S0168-8278(19)30024-8/abstract#new_tab)

Program Rationale:

Hepatitis C is associated with injecting drug use and sessions focused on hepatitis C invite scrutiny and stigma from both officers and other prisoners and deters attendance.

Art Inside shifted the frame of reference from the hepatitis education component to that of an art contest and participation in designing a health resource.



Program Promotion

Promotional material emphasised the art workshop component and free art materials for all attendees to maximise attendance and reduce the stigma associated with attendance.

With blood born viruses in prison being highly stigmatised, an innovative approach was required to encourage attendance at optional health education sessions.

ARE YOU A TALENTED ARTIST?

Want to join the fight against viral hepatitis?

Want to use your skills to develop a brand new resource for your peers 'inside' and have your work displayed?

Hepatitis Victoria invites you to participate in an 'Art Inside 2017' Information session from July until August with details announced during these sessions.

Register your interest by contacting:

'Hope' won 2nd prize for Art Inside 2016

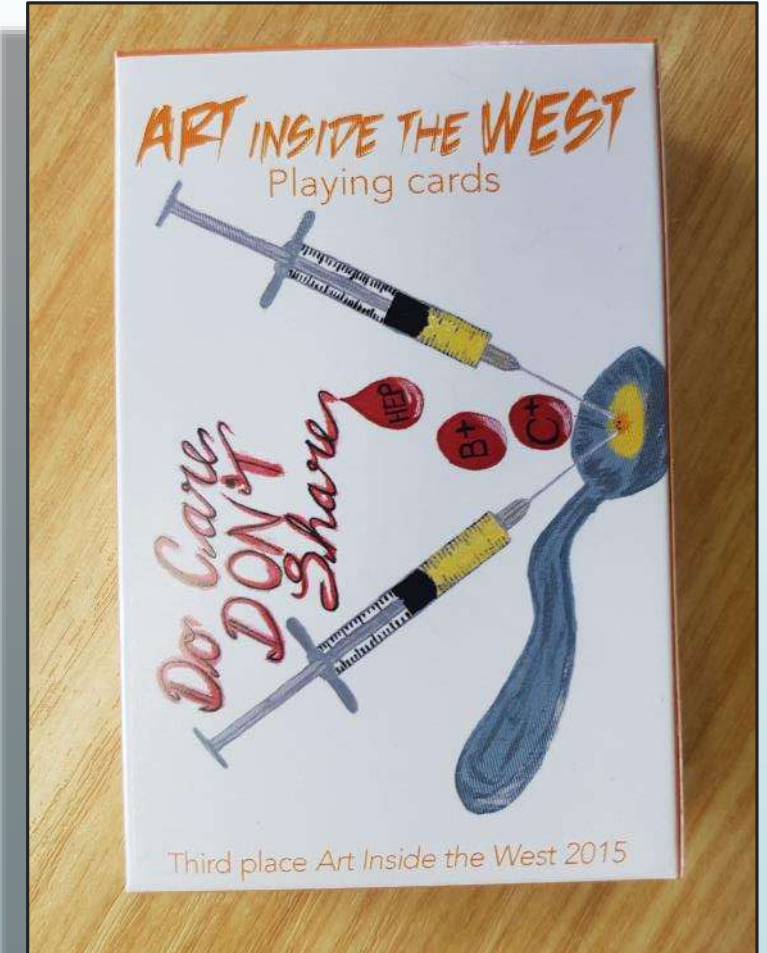
LIVERability Festival

Monday 10 July - Wednesday 16 August 2017
www.hepvic.org.au/LIVERabilityFestival

NO Hep Take action now for a world with #NOHep

The Art Inside Program

To be meaningful to the unique experience of people in custody, prison specific resources are required. The most successful Hepatitis Victoria prisons projects in the past have been those in which people in custody have been able to contribute to resources created to benefit people in custody.



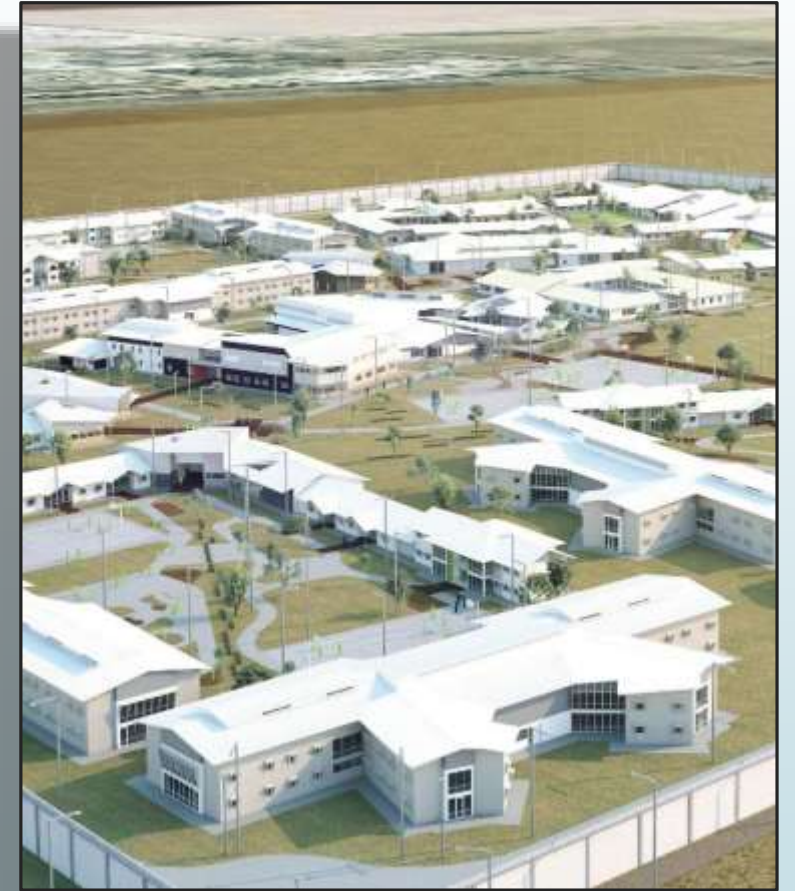
The Art Inside Program

Peers contributing to resources adds a sense of social acceptance to the ideas contained, relevance, and a sense of autonomy, which are major contributing factors to motivating change in health behaviours. Anecdotal feedback from prisoners reinforces this insight. Additionally, the use of imagery can enhance interest and convey information for prisoners with low literacy, as well as assisting in the goal alleviating stigma, by humanising the issue.



Program Aims:

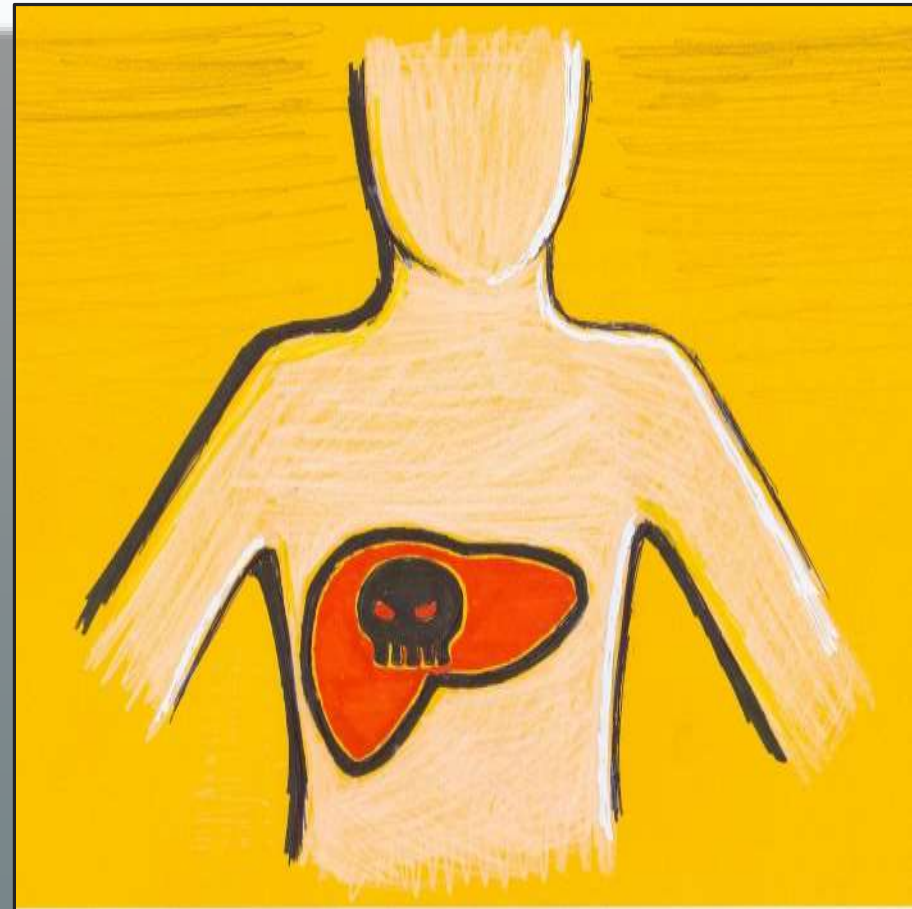
- Increase awareness and knowledge regarding viral hepatitis, prevent transmission of viral hepatitis.
- Encourage uptake of screening and diagnosis, promote management of viral hepatitis.
- Promote and encourage access to treatment -undertaken by St. Vincent's
- Foster peer learning and engagement, artistic expression opportunities for custodial population.



Education Session Topics

Content of sessions included:

- *Liver physiology*
- *Liver health*
- *Sexual health*
- *Blood born viruses*
- *Transmission pathways*
- *Safe injecting and harm minimisation*
- *Group discussions*



Presenters' involvement + lived experience

Facilitators with lived experience of hepatitis C delivered the education sessions.

Having speakers with personal experience of hepatitis C treatment, and valuing the lived experience of prisoner attendees builds trust and honesty in the group.





Session specifics:

At each site Hepatitis Victoria delivered a viral hepatitis education session of around one hour followed by an art workshop of around one hour.

Attendees were then invited to submit a hand drawn or painted entry to an art competition with short text relevant to viral hepatitis in the custodial setting.

Participants signed an agreement consenting for Hepatitis Victoria to use their submissions in the creation of resources. Participants were informed that entries would be selected to feature on new resources in lieu of a prize. Participants consented to their submission being utilised by Hepatitis Victoria for health promotion.

Participants were provided with materials for art submissions. Every session participant received:

- 1 x A4 Sketch Pad
- 1 x 12 pack Colouring Pencils
- 1 x Grey Lead Pencil
- 1 x Eraser

Art materials such as paints and brushes were made available to Programs / Recreation Officers for use by participants who wished to enter a piece of art.

What's The Chance? – interactive card game

Exploring the complexity of individual experience around how hepatitis C is transmitted via injecting drug use, body art.

Useful within a custodial environment, where reality individuals do not have free access to sterile equipment and accurate information to make safer choices.



What's The Chance? – interactive card game

Aims to facilitate discussions that move beyond individual blame and simplistic prevention messages such as 'don't share a bloody thing'.

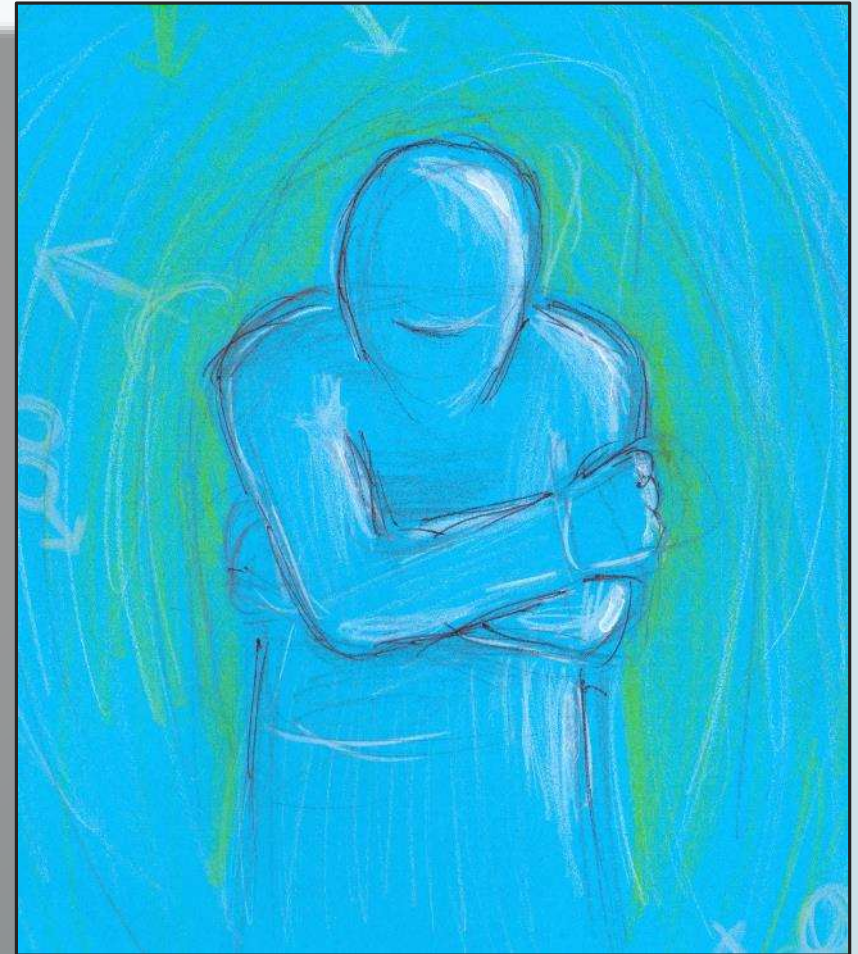
The aim of the game is to identify ways that participants can negotiate safer practices, despite the range of challenges that may be present.



Presenters' involvement, art facilitation

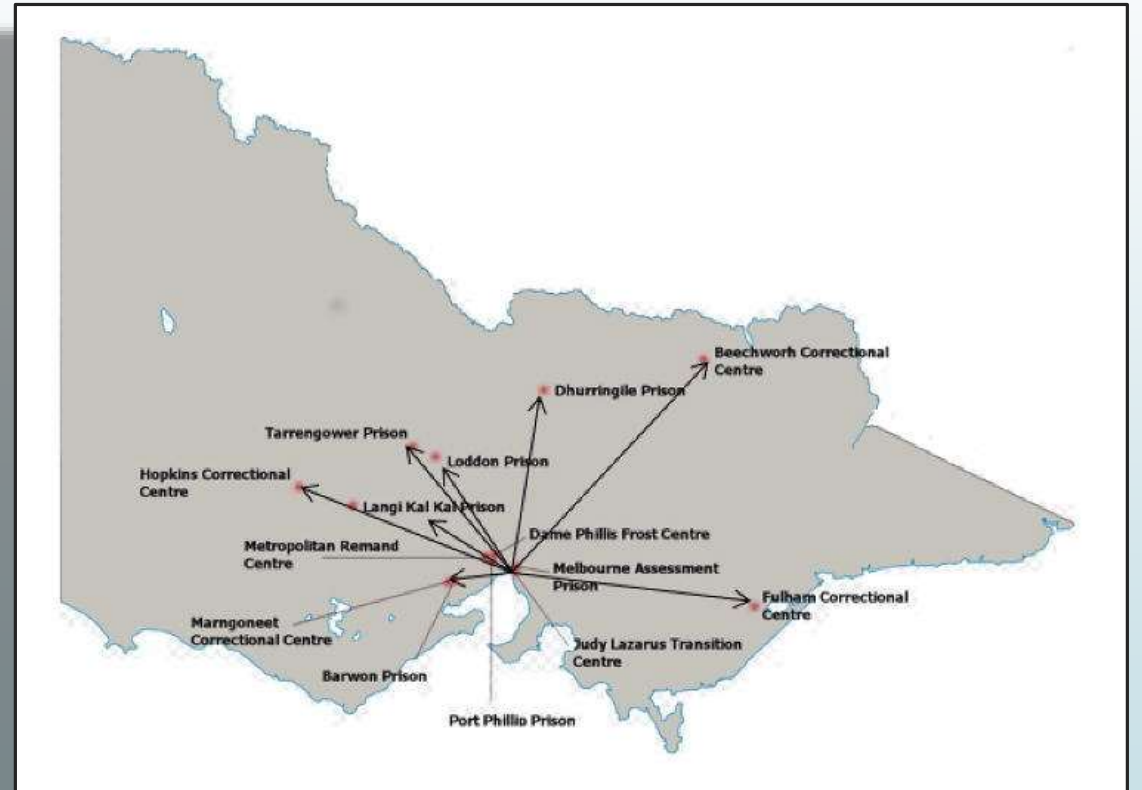
The use of imagery can enhance interest and convey information for prisoners with low literacy, as well as assisting in the goal alleviating stigma, by humanising the issue.

Inclusion of a second facilitator, from an artistic background, able to offer insight and assistance with translating emotion and memory into illustration.



Project Delivery:

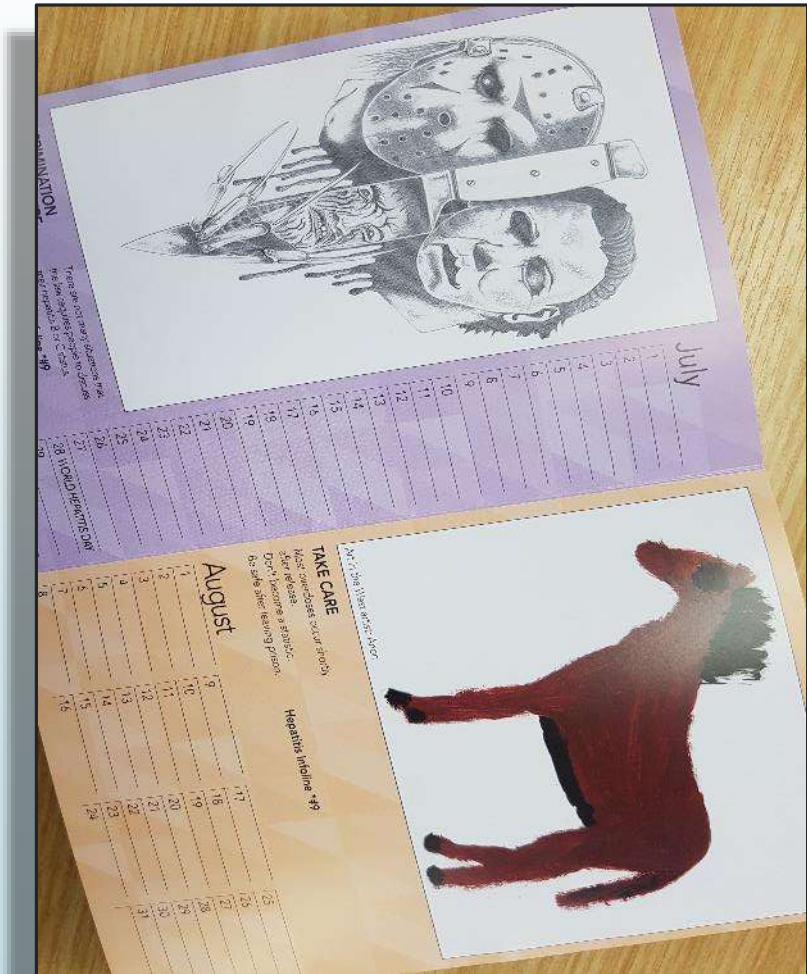
The *Art Inside* program facilitated workshops with a total of 160 prisoners across 7 prisons, across 11 separate sessions.



Prison	Group	Date	Participants
Marngoneet / Kareenga	Art Inside Protection	31/05/2017	14
Melbourne Remand Centre	Art Inside Protection	24/07/2017	9
Melbourne Remand Centre	Art Inside Young Prisoners	24/07/2017	8
Melbourne Remand Centre	Art Inside Mainstream	24/07/2017	10
Middleton Prison Castlemaine	Art Inside Mainstream	04/08/2017	16
Loddon Prison Castlemaine	Art Inside Mainstream	04/08/2017	10
Barwon Prison	Art Inside Protection	19/09/2017	12
Barwon Prison	Art Inside Mainstream	19/09/ 2017	16
Dhurringile Prison	Art Inside Mainstream	23/10/2017	19
Dame Phyllis Frost Centre	Art Inside Protection	1/11/2017	8
Dame Phyllis Frost Centre	Art Inside Mainstream	1/11/2017	38
Total Prisoners educated			160
Marngoneet / Kareenga	Art Inside Support – Prison workers	31/05/2017	28

Submission of Artworks:

Entries were submitted directly to Hepatitis Victoria educators or, later, to a designated contact within the prison – usually the program workers who helped set up the session.





Art Inside 2017

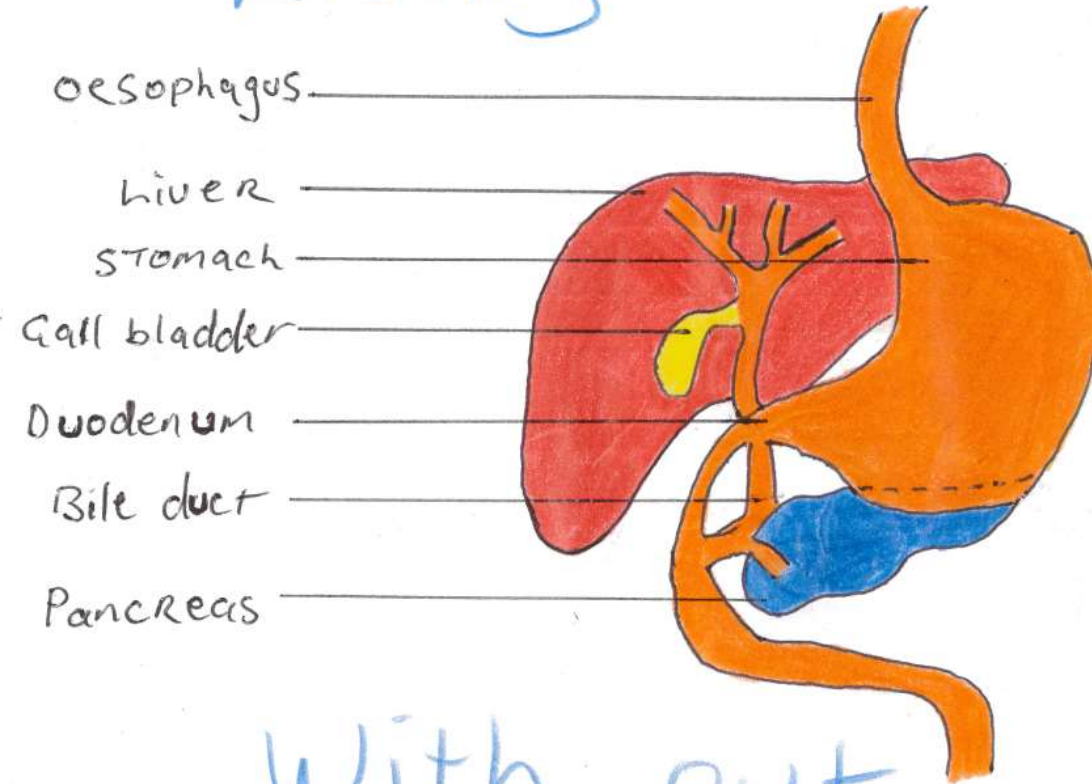
Artwork submissions



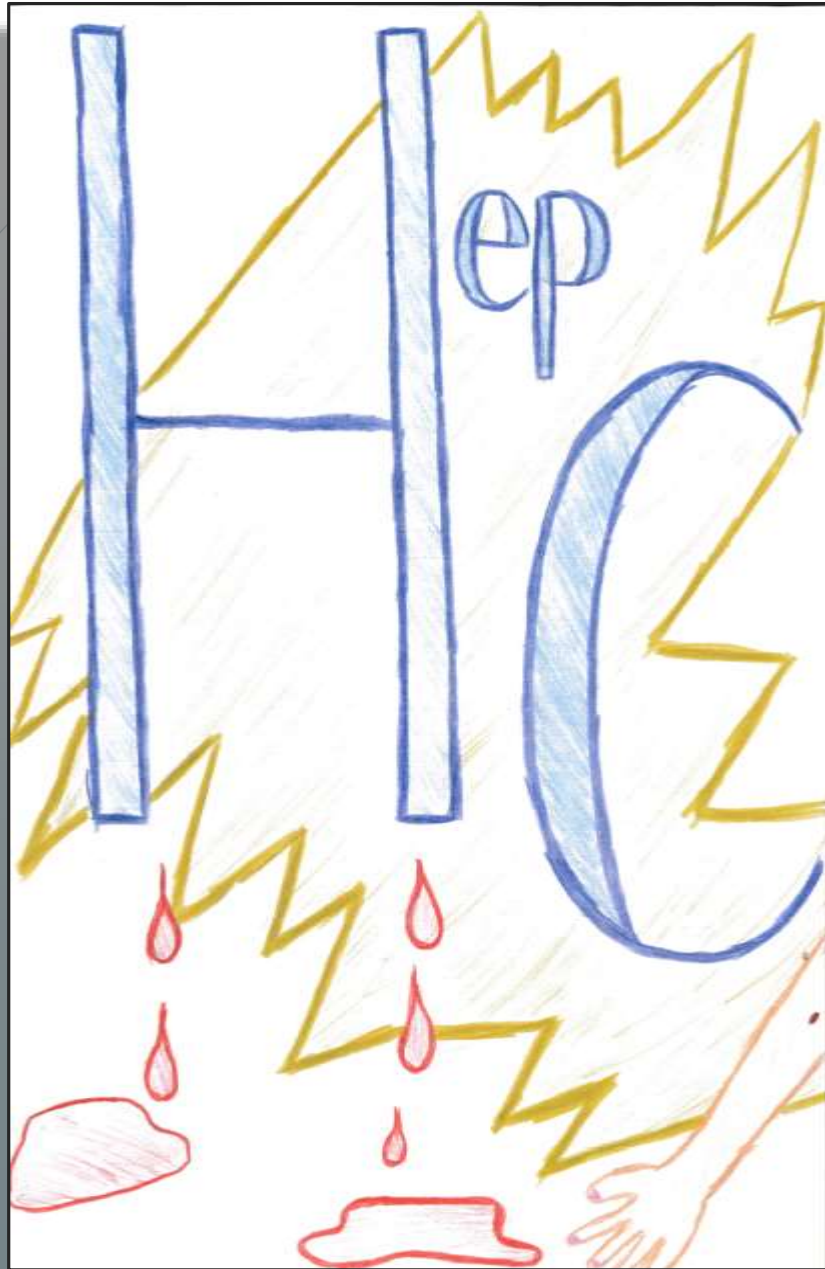




Healthy Living



With out
HEP C



HEPATITIS

C

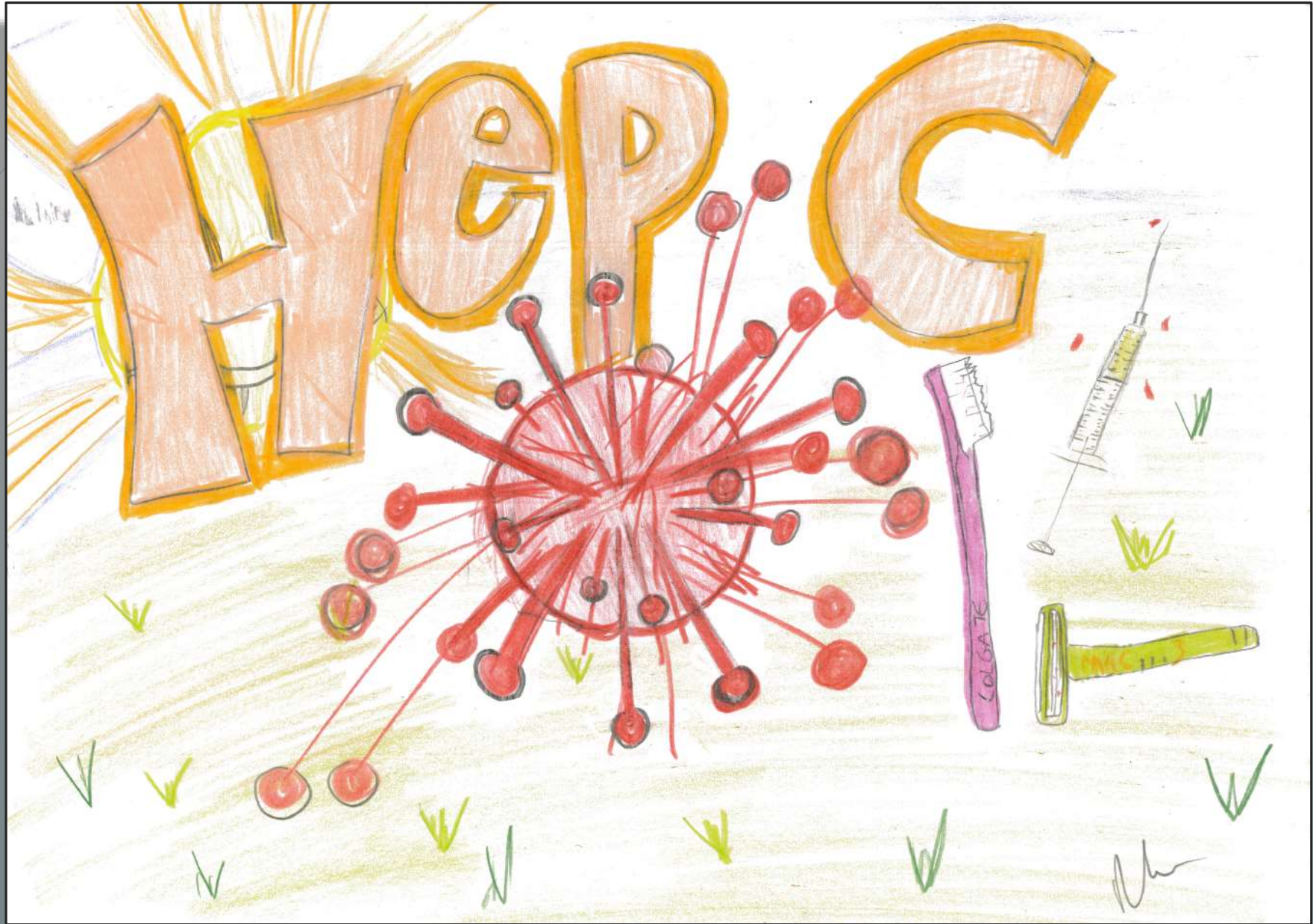


BLOOD
TO
BLOOD

Don't Share

C
E
T

THE TEST



HEP C

SHARE ROADS
NOT PEOPLE'S

DONT BECOME
A STATISTIC BE
SAFE AFTER
LEAVING PRISON

YOU CAN GET
VACCINATED
AGAINST
HEPATITIS B

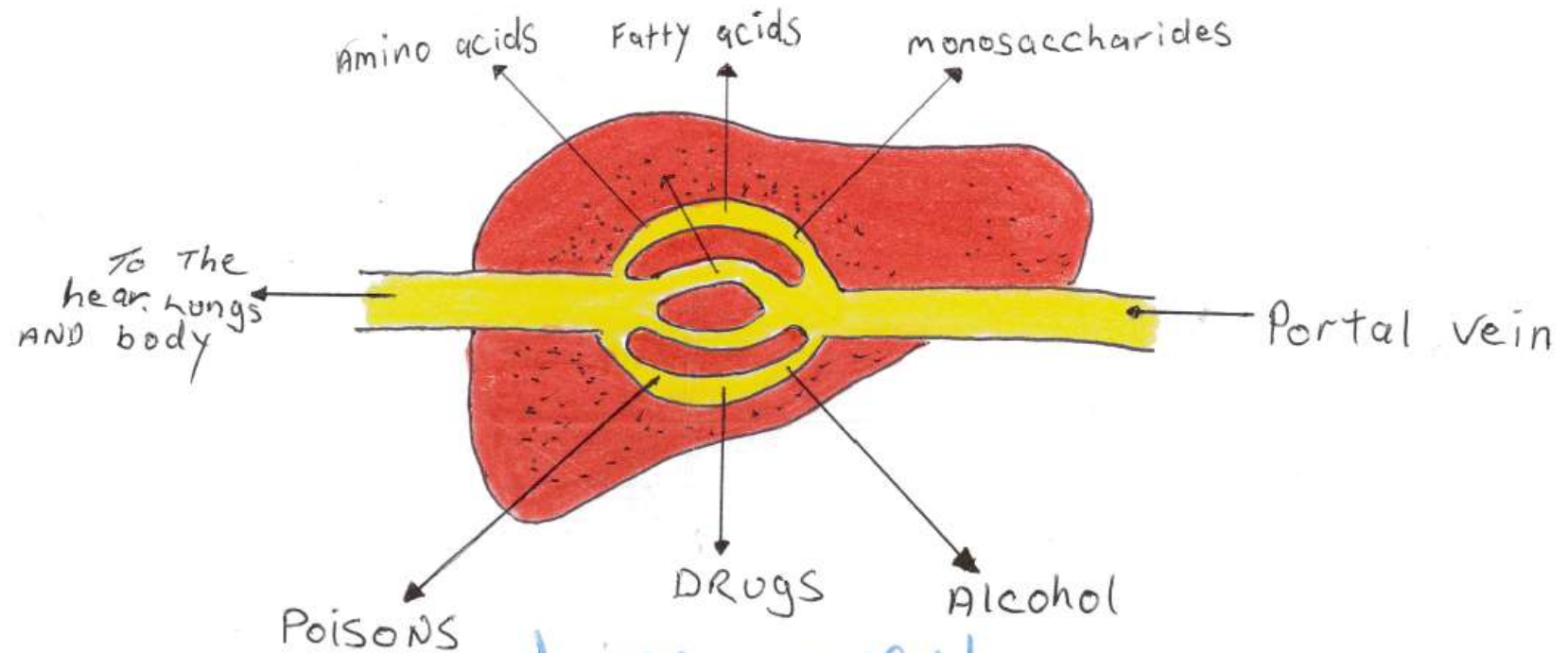
HEPATITIS 38
KM

HEPATITIS
INFOLINE
*#9

MOST OVERDOSES
OCCUR SHORTY
AFTER RELEASE

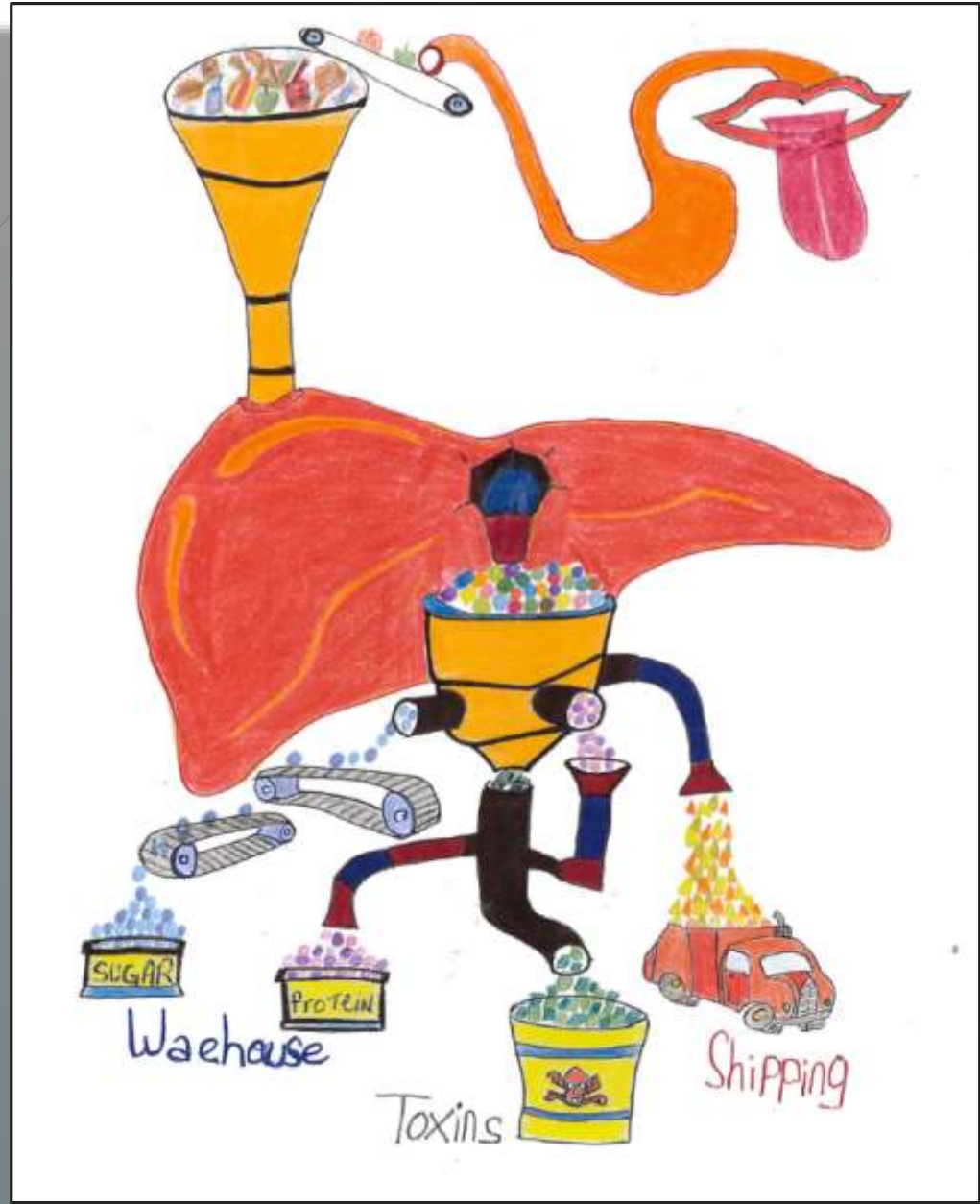


Look AFTER YOUR SELF

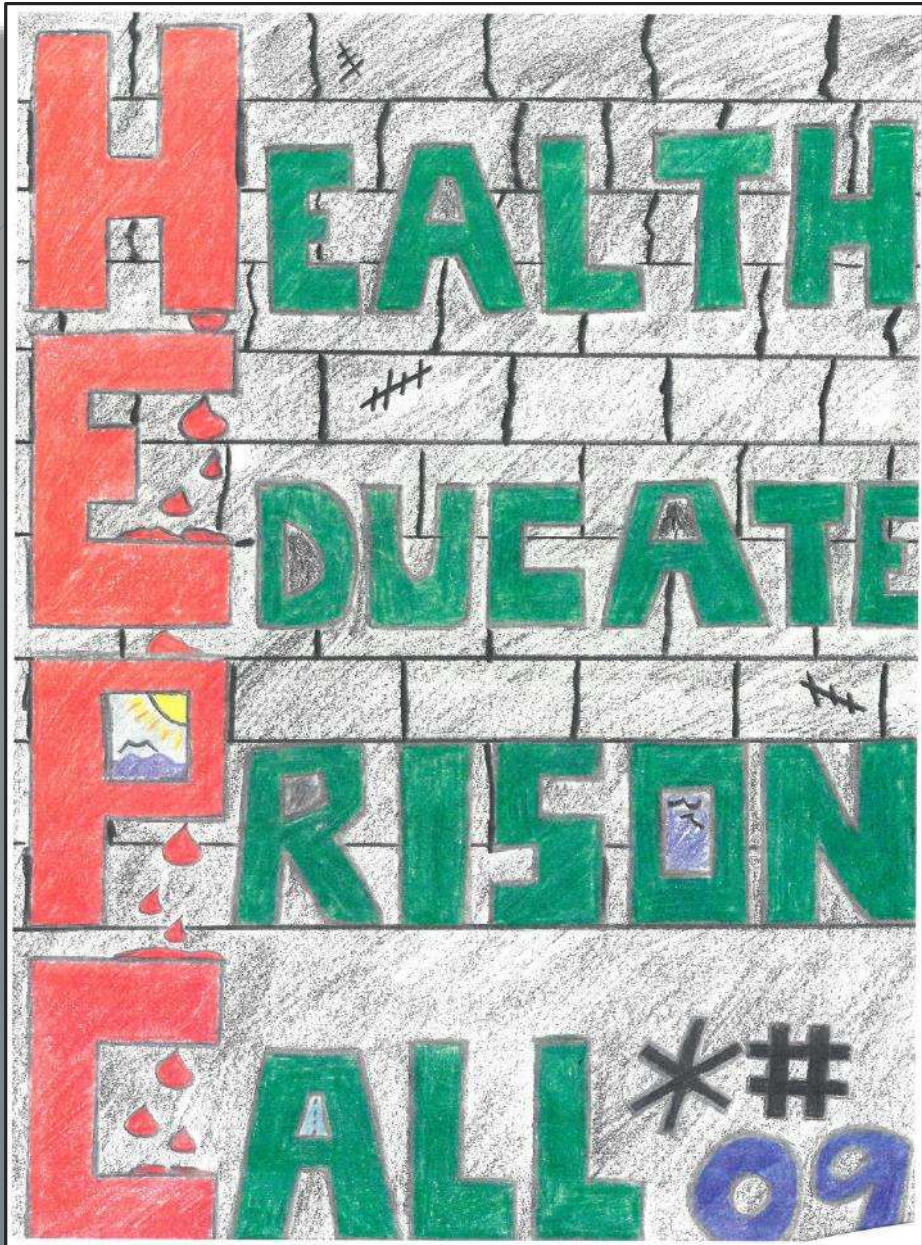


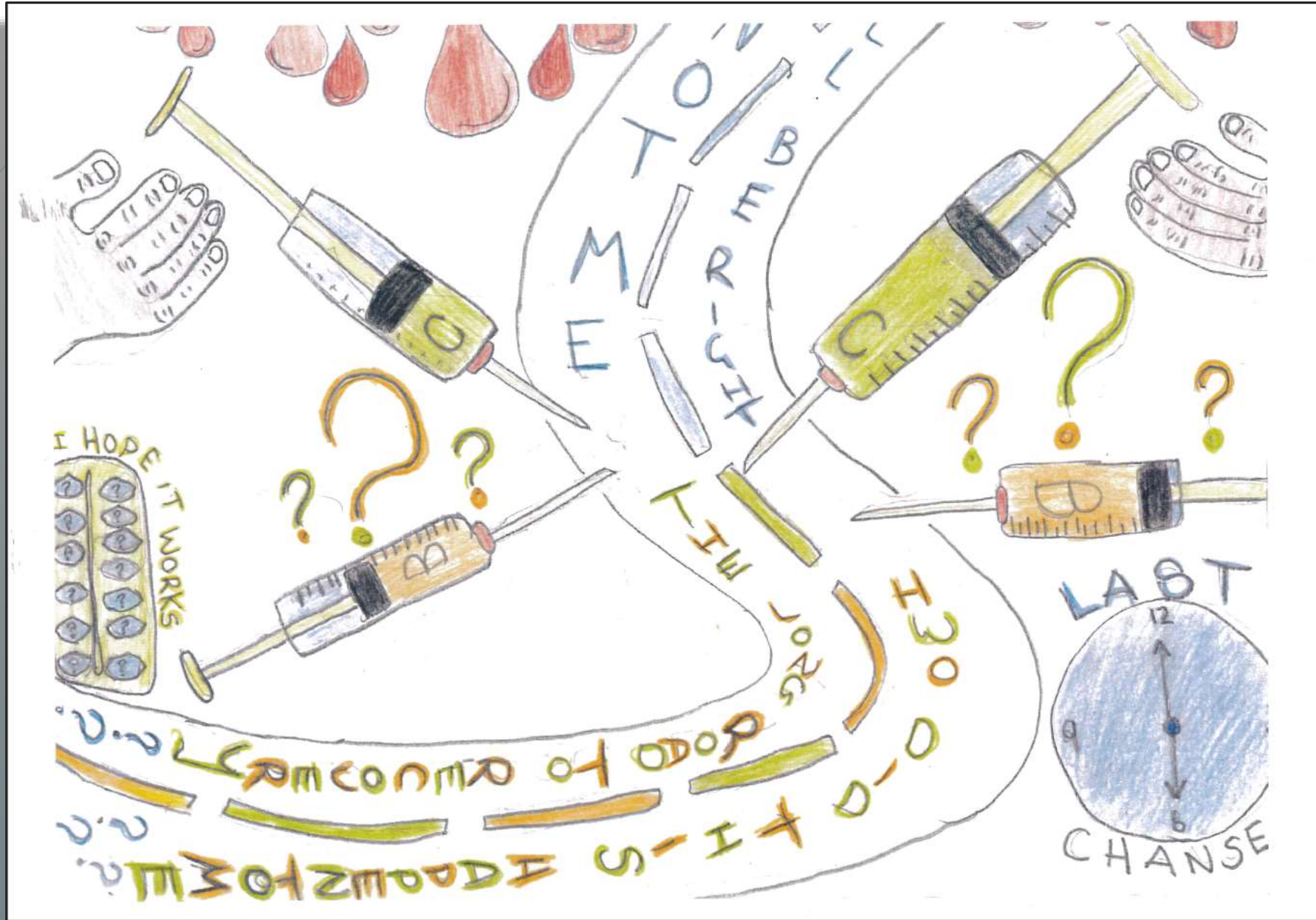
Live well

live long









Living with Hep "E" is like ...

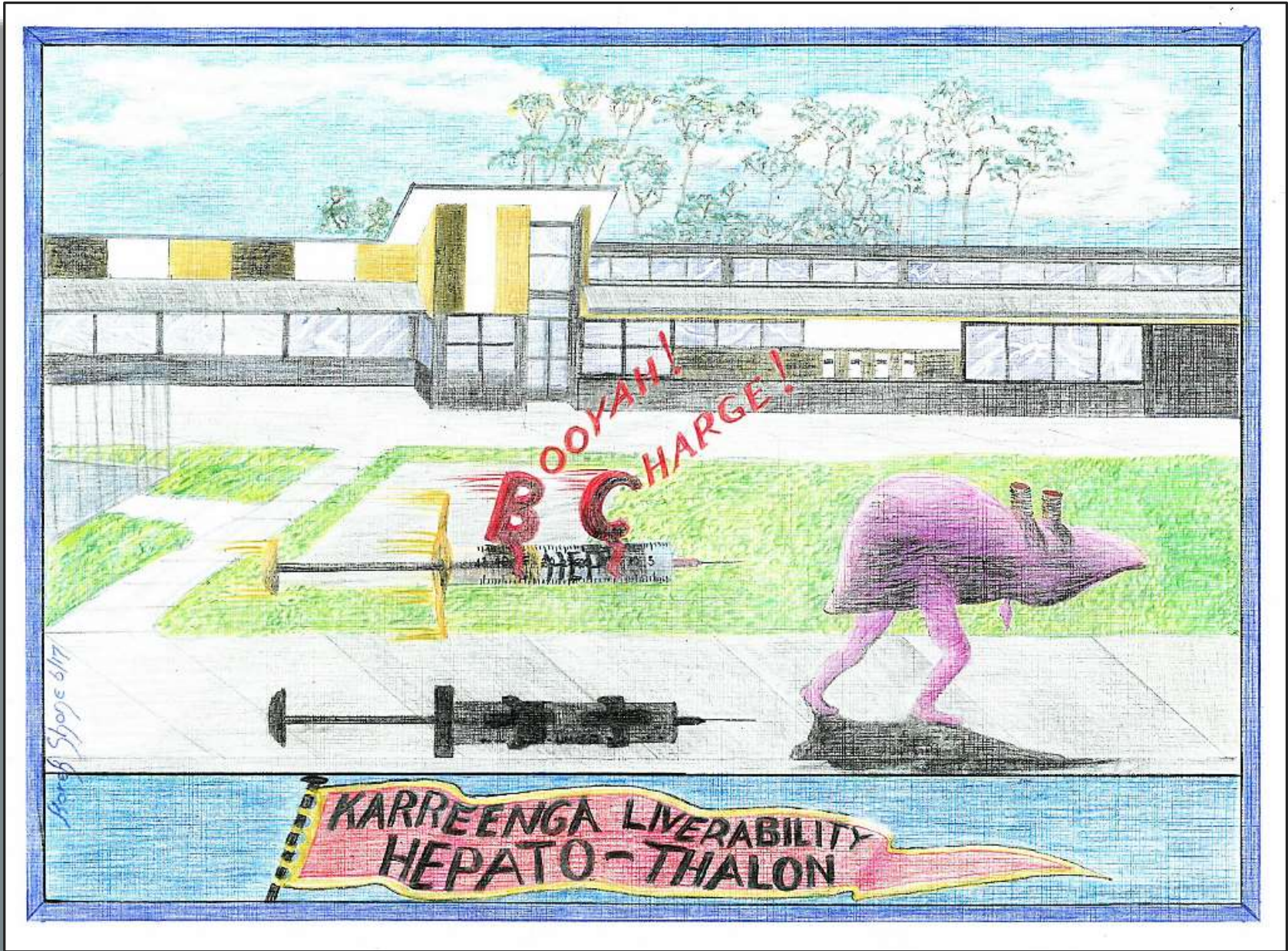
Riding a Wave!

You need :-
Balance;
Focus;
Fitness;
Healthy mind
& body;

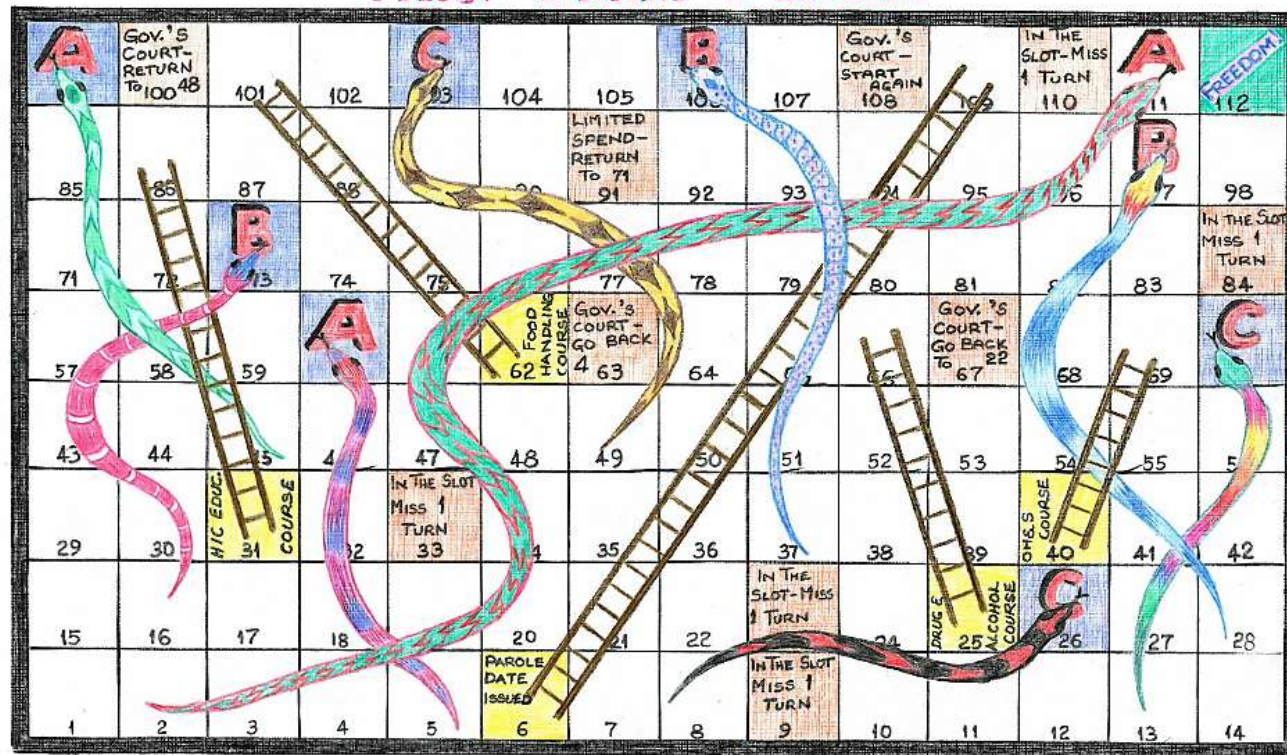


& Life'll be Cool, DUDE!

Borch Stone 8/14



PRISON SNAKES 'N LADDERS



LAND ON A SNAKE'S HEAD & FOLLOW IT DOWN. THROW THE DICE TO REVEAL YOUR DESTINY.

- A. YOU SHARED A FIT** ~ #1 = HIV. KEEP PLAYING BUT YOU DIE BEFORE THE GAME ENDS!; #2 = HER B, MISS 3 TURNS; #3 = HER C, MISS 2 TURNS; #4 OR #5. NO INFECTION BUT MISS 1 TURN FOR BEING STUPID!; #6 = NO INFECTION ⇒ PURE DUMB LUCK! ⇒ PLAY ON.
- B. YOU GOT A PRISON TATTOO** ~ AS ABOVE !!
- C. POOR HYGIENE** ~ #1 = HER A, MISS 3 TURNS; #3 = GASTRO, QUARANTINED, MISS 2 TURNS; #2, #4 OR #5 = MISS 1 TURN FOR BEING A SLOB! #6 = NO INFECTION ⇒ DUMB LUCK!

LAND ON A LADDER, TAKE THE OPPORTUNITY TO IMPROVE YOUR CHANCES

Sarah Stone 6/17

PRISON

SCRABBLE

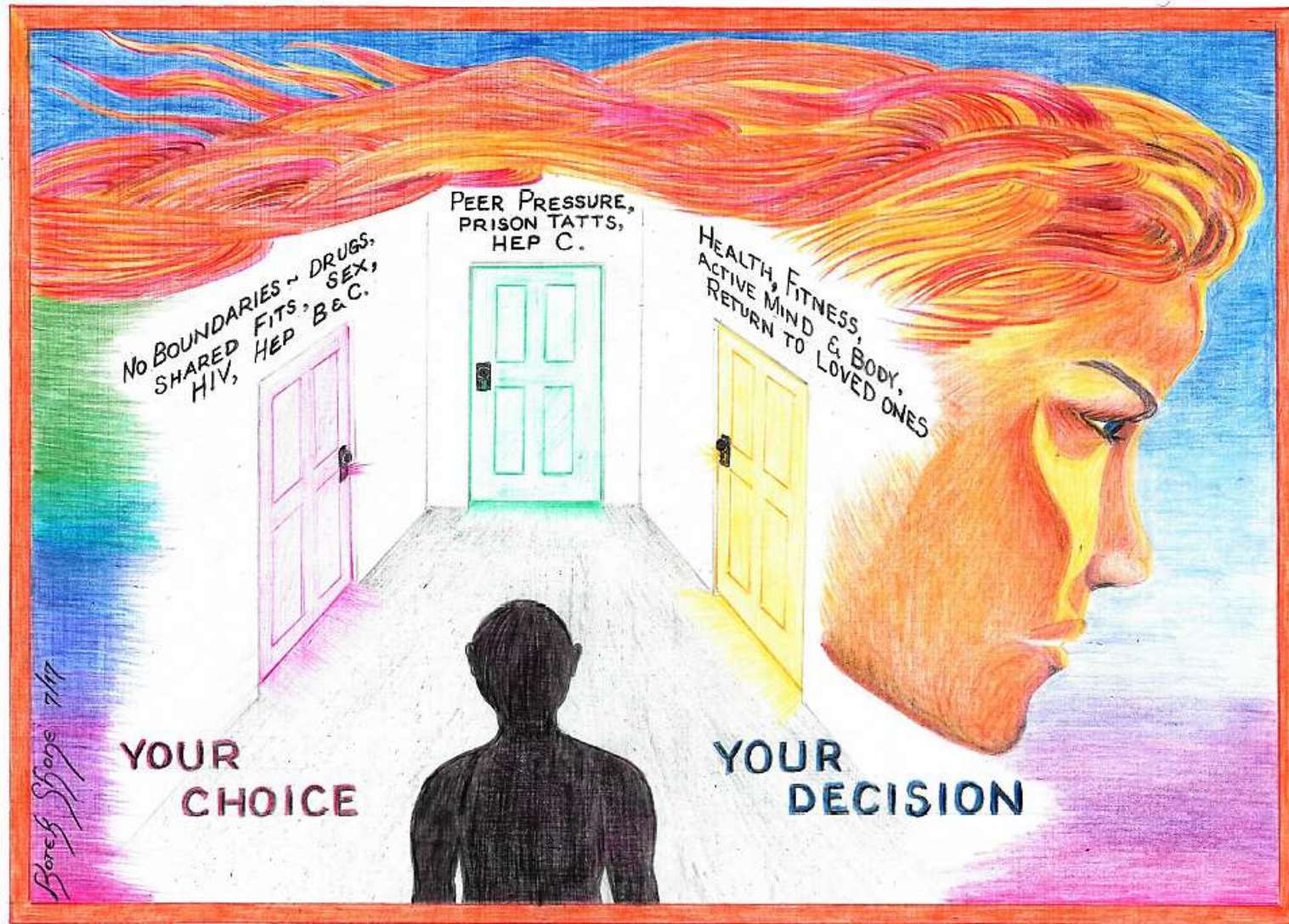


PLAY
AT
YOUR
OWN
PERIL!

DAVO'S GO!

DAVO USED "CLARITY" TO
SCORE BIGTIME WITH "COKE" &
"SYRINGE". THEN THE "RAT" GAVE
HIM A "TATTOO". NOW HE'S BEEN
LEFT WITH :-
"HEPATITIS"

Joey Stone 7/11



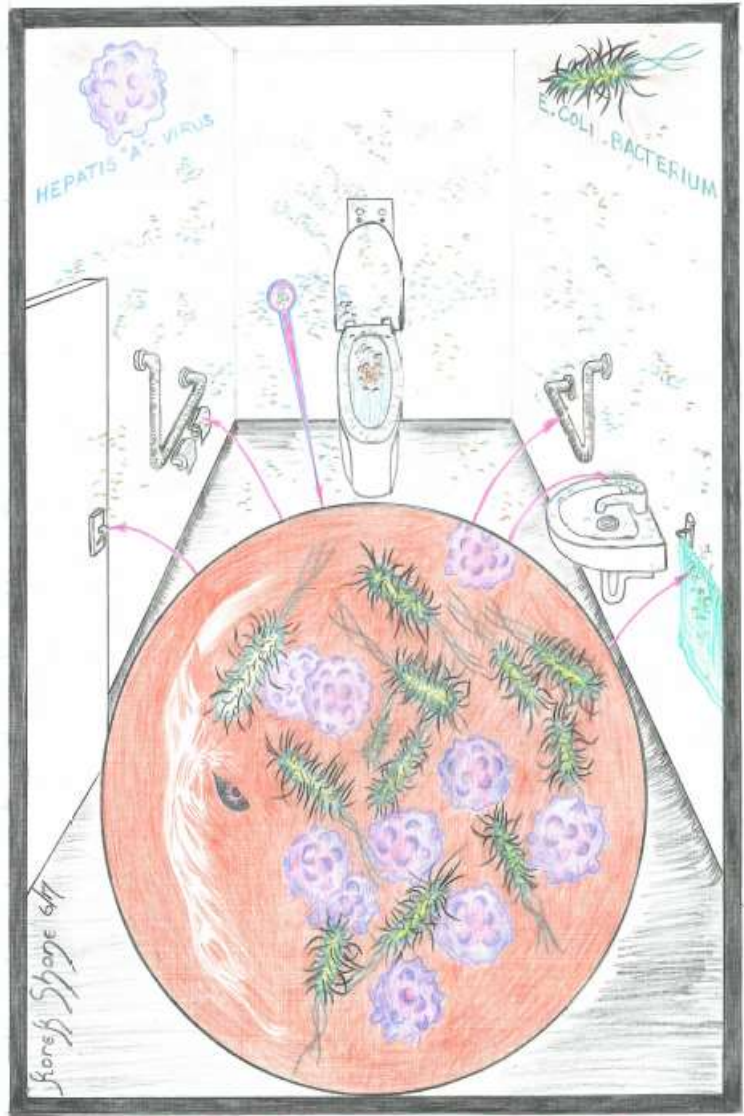
THE BIG PICTURE



A WINDOW TO THE SOUL ?

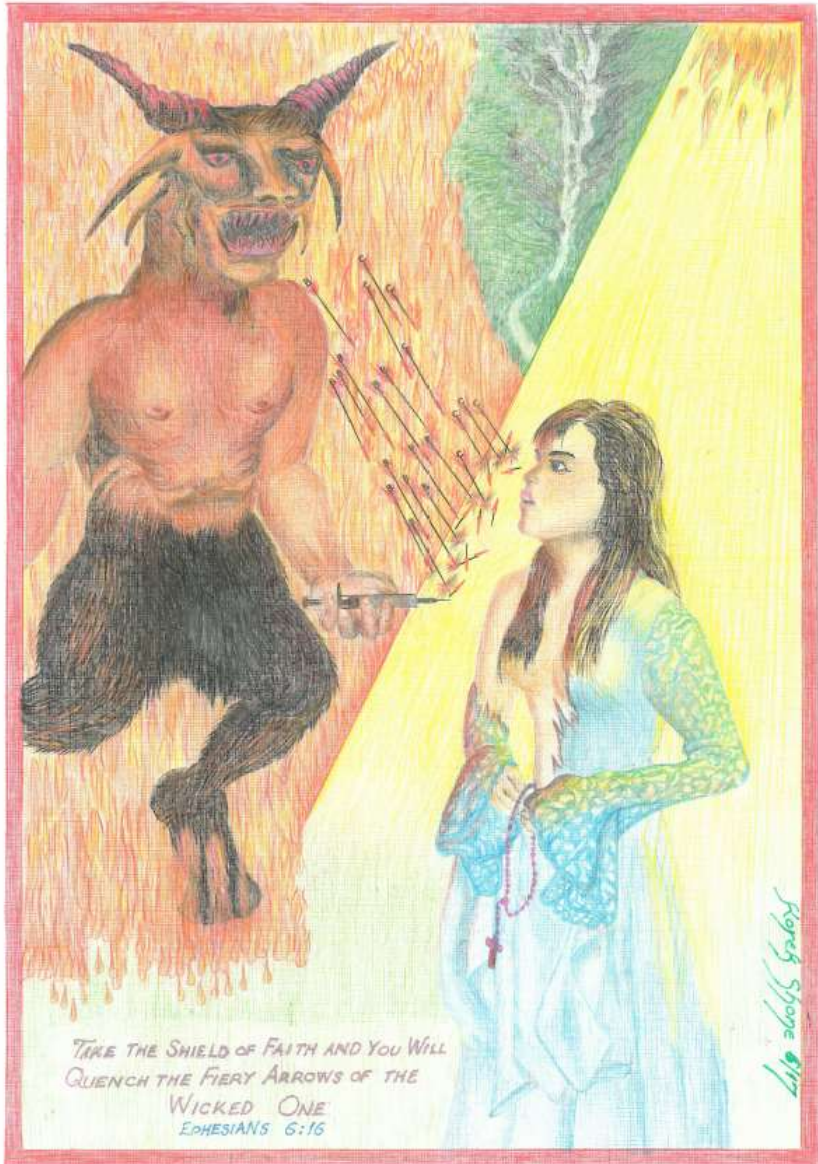






ROYAL FLUSH~ UNCOVERED





TAKE THE SHIELD OF FAITH AND YOU WILL
QUENCH THE FIERY ARROWS OF THE
WICKED ONE
EPHESIANS 6:16

Robert Shupe 8/17

"FAITH"

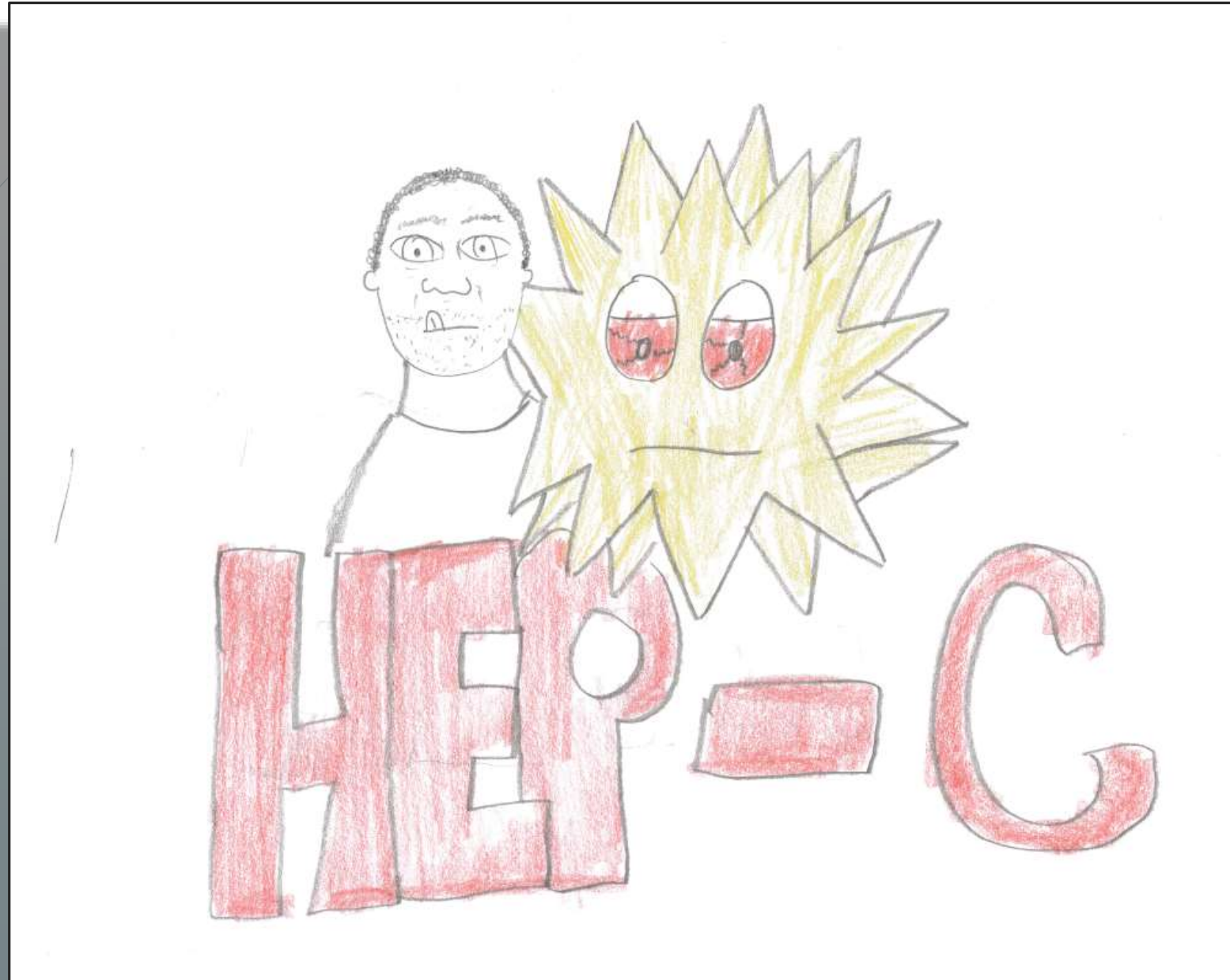
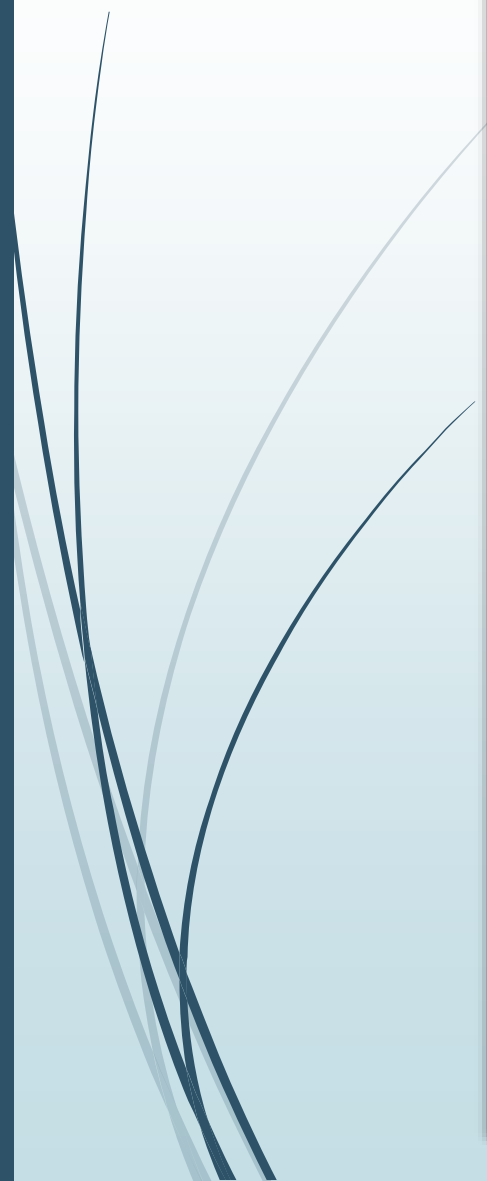


Robert Shupe 8/17

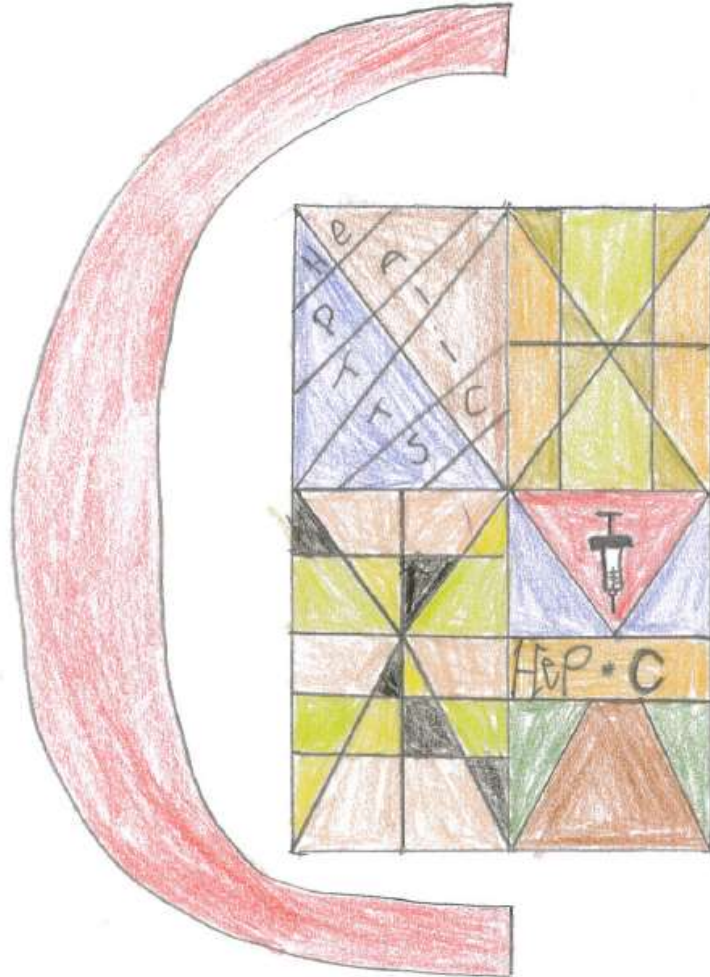
HEPATIC
GUARDIANS OF THE GALAXY

"Eye Sea Eyem Urchin and Crabby."
"I see I'm aching and feel miserable".

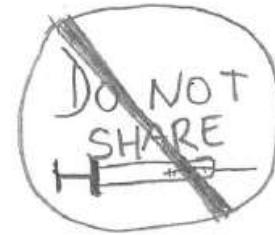




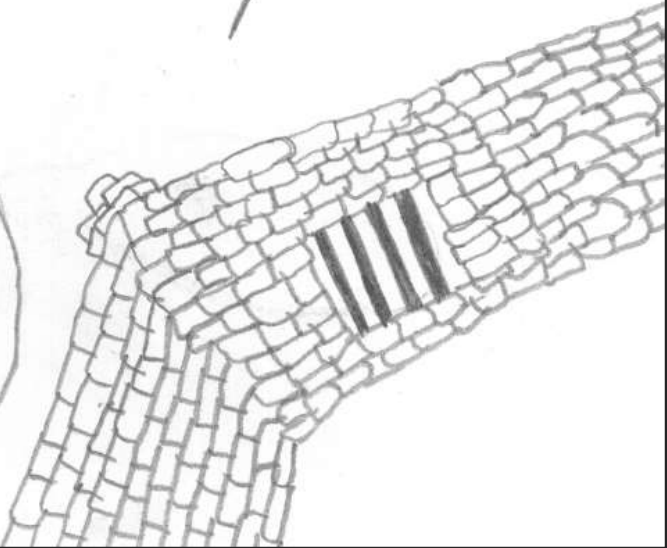
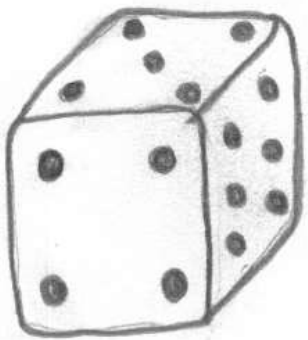
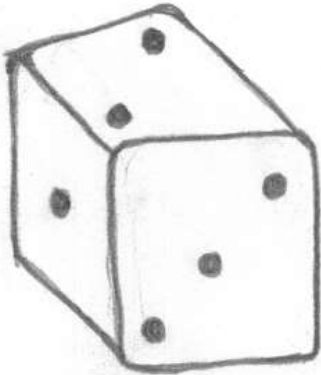
Hepatitis



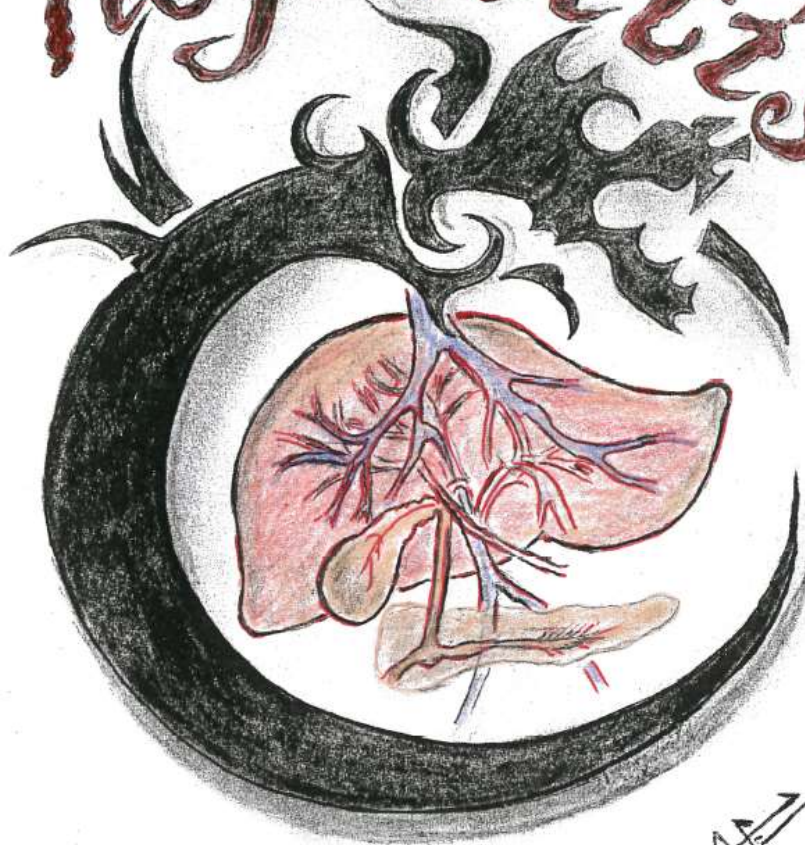
Hep C
is
Blood
on
Blood
Transmission



Don't Roll It

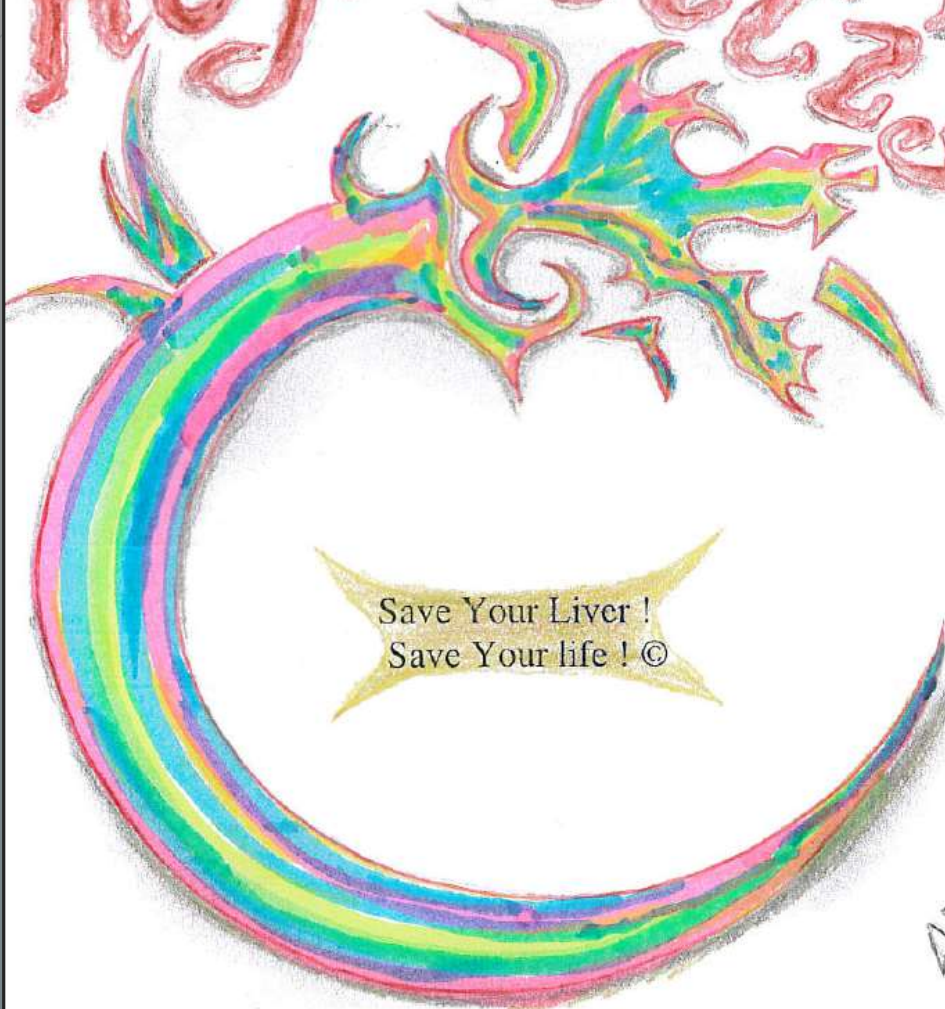


hepatitis

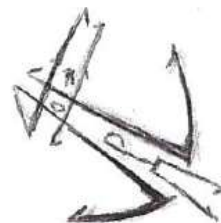


2017

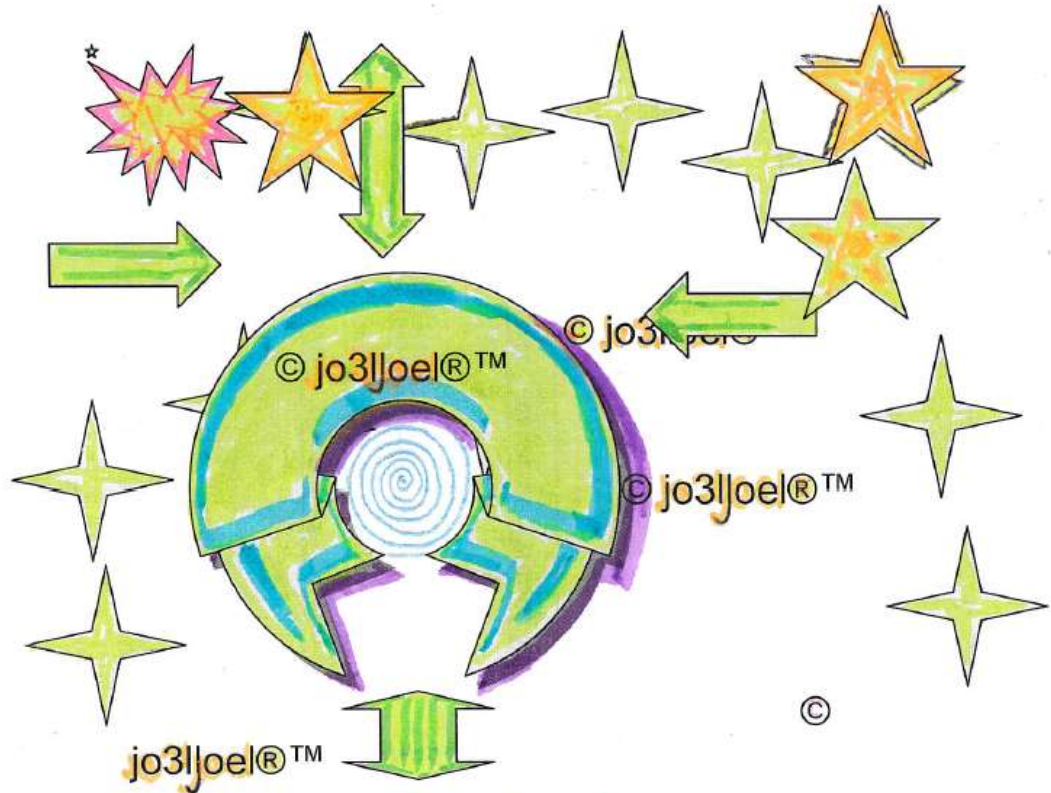
hepatitis



Save Your Liver !
Save Your life ! ©

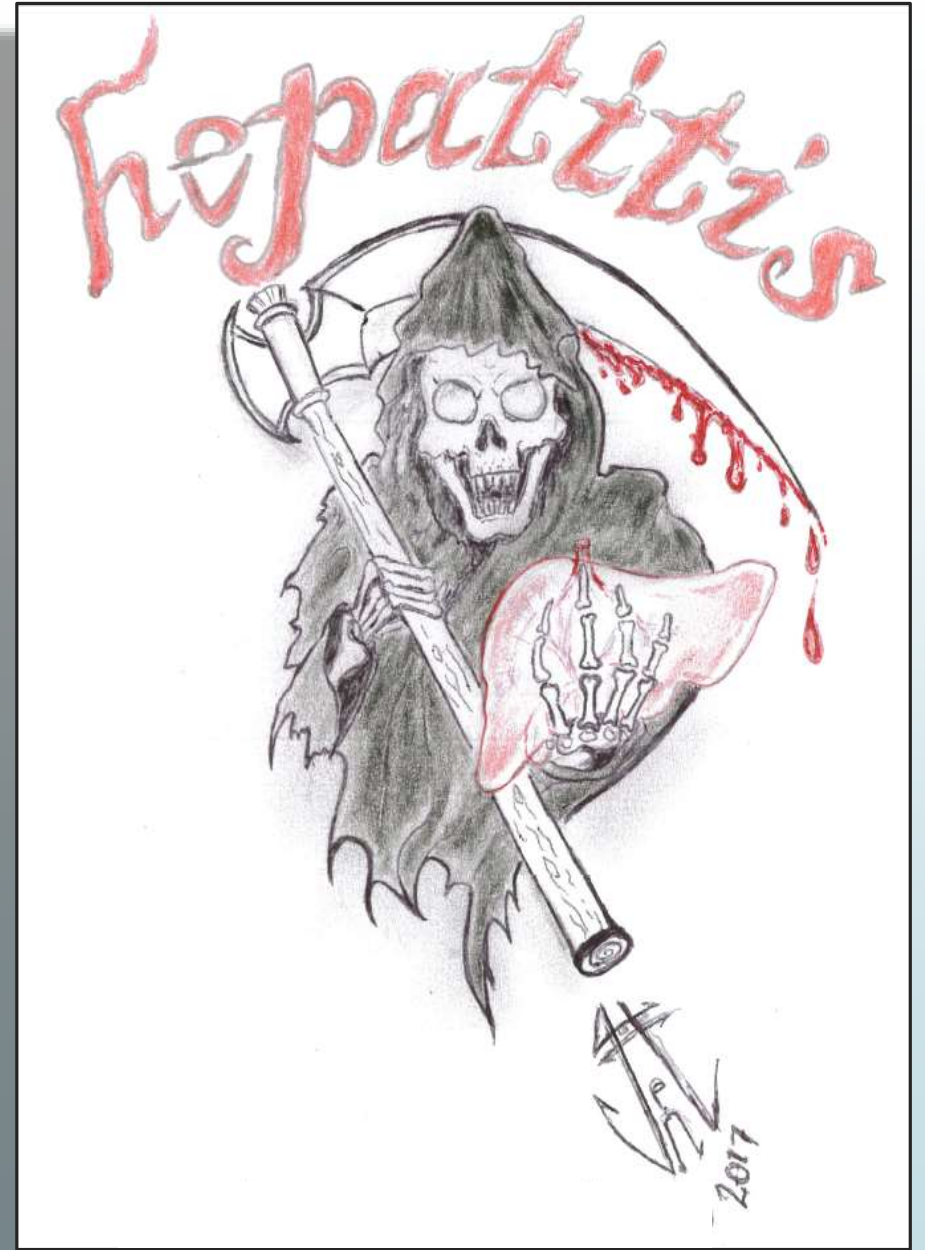


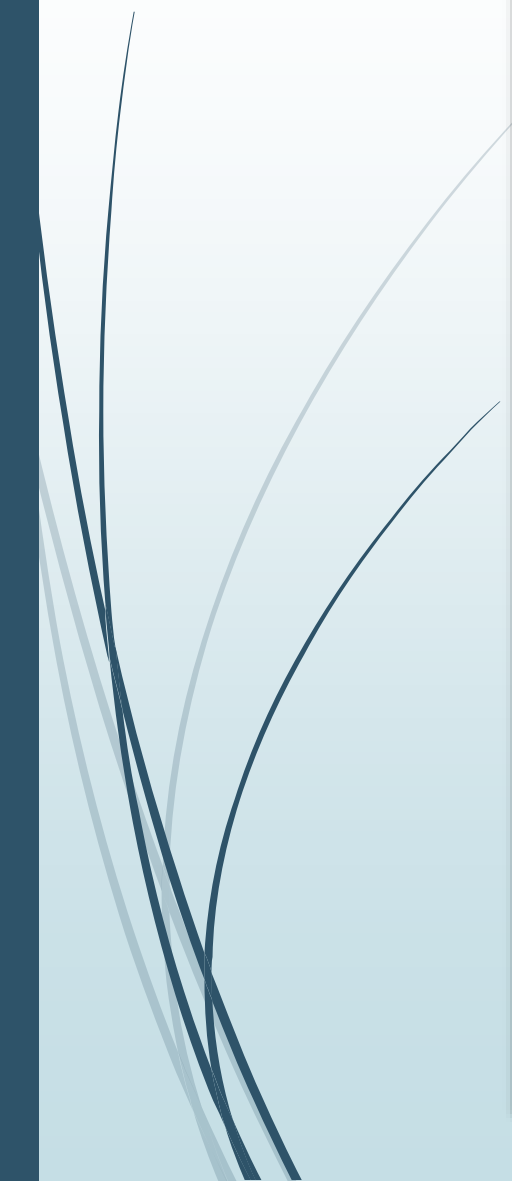
HMBARWON



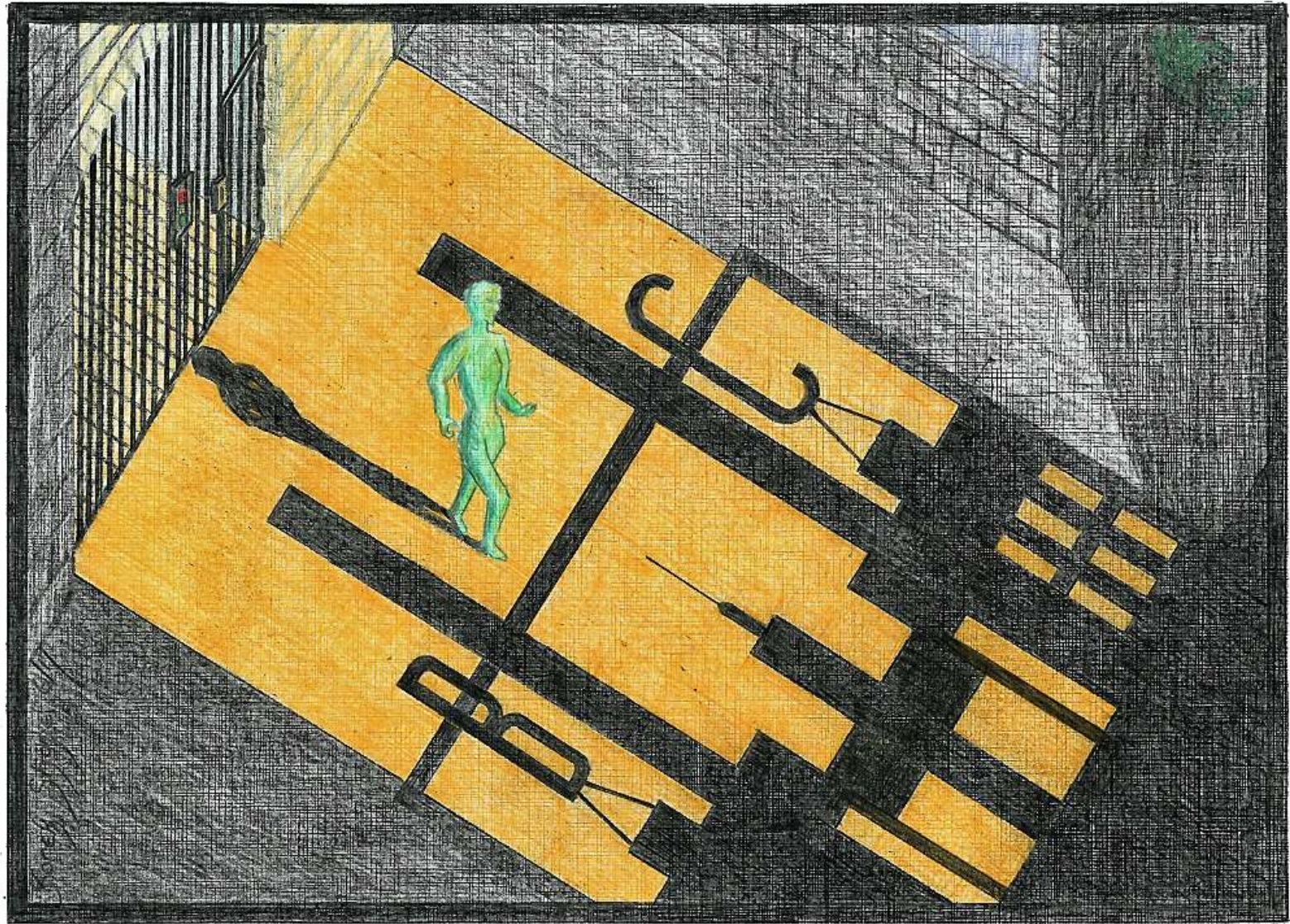
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HMBARUON
2017









"INSIDE"

Project Outcomes:

45 entries were received from 22 different prisoners, with 5 winning entries selected by a panel.



Selection of competition winners:

A Top 5 list of entries along with some highly commended entries were selected by a panel comprising:

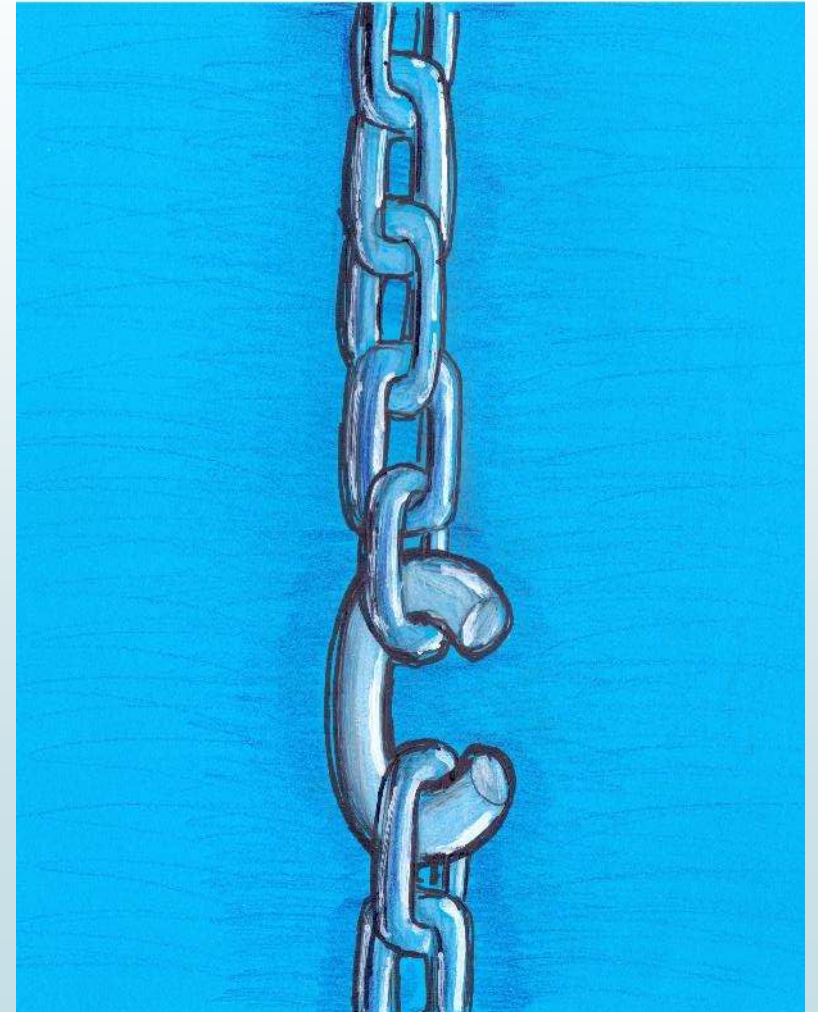
- Justice Health and Corrections Victoria representatives
- Hepatitis Victoria Health Promotion Manager
- Hepatitis Victoria Health Promotion Worker
- Community Member
- An artist with lived experience of viral hepatitis



Resource development and production:

Focus group testing of design and messaging was conducted with people who had prior custodial experience and were engaged with health services in the community.

In addition, focus group testing was conducted with prisoners from participating institutions. This testing was to ensure that key health messages were expressed in a way that ensures they are easily understood.





Resource development and production:

- ▶ People in male and female custodial settings in Victoria. Participation of people in custody including some who had participated in the previous *Art Inside the West* sessions, those who voluntarily submitted entries to the art competition and those who participated in focus groups evaluating product content.
- ▶ General Managers of the seven facilities who supported and endorsed the project.
- ▶ Programs staff at participating sites who supported implementation of the project and provided logistical support for project activities.
- ▶ A person who had previously been incarcerated in a female facility participated in providing feedback on the final product prior to production.
- ▶ A small number of people who had previously been incarcerated in a male facility in Victoria provided feedback on the final product prior to production.
- ▶ Nursing staff from the Statewide Hepatitis program at St Vincent's hospital were

Resource development and production:

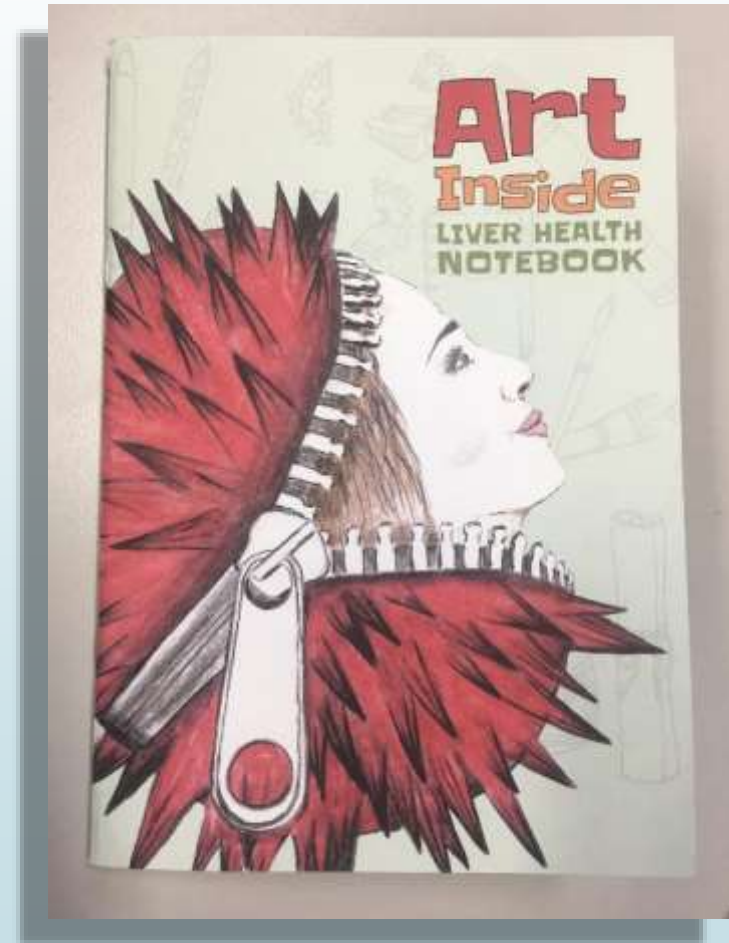
Focus groups assessed the relevance of the new resource; they can also serve as additional opportunities to increase awareness of important changes specifically relating to viral hepatitis for people in custody;

Good practice and they have the potential to empower the participants, whose unique experience and knowledge is shown to be of value.



Resource development and production:

In addition to this, nursing staff who have experience working in prison, health services were consulted in the key messages and layout due to their unique understanding of the health literacy challenges of designing resources for the prisoners, and invited to contribute to final review of product prior to production.





Challenges and issues in implementation

- ▶ Notes – bleach colour
- ▶ Harm minimisation context
- ▶ Timing of printing
- ▶ Keeping track of prisoners
- ▶ Limited allowance for use of materials – due to security

Future Recommendations:

- More artistic material needed for activity session
- More time needed during sessions
- More consistent promotion to/within prison population
- Follow up sessions with more focused project work would benefit artistic output and health promotion.
- More art materials – in some sessions the materials ran out.





Future Recommendations (continued):

- A top-down approach causes significant delays – a much more effective approach would be to work with contacts at prisons and aim to liaise with program delivery staff early on.
- Ensure all relevant information regarding the program needs are delivered to the program delivery staff, including how to promote the event.
- Longer promotional lead-up to the workshop.
- Confirm room bookings early to avoid losing people who wished to attend, or losing time adjusting the space planned.
- At least one follow-up session would be recommended in future and would ensure more meaningful evaluation could be collected.
- The allocation for time for the prisoners to continue their artwork for the project. (This was the approach in the past, in the 2015 model, an educational workshop was held, and then prisoners were able to work on their artwork in an allocated space / time.)

A dark grey arrow points to the right from the left edge of the slide. Below it, several thin, curved lines in shades of blue and grey sweep across the left side of the page.

Outcomes:

The “Art Inside – Liver Health Notebook” resource will be distributed in the following ways:

- During prison peer educator development session training and supplied to peer educators to distribute.
- During prison health promotion sessions.
- Distribution to partner organisations who may be working in related areas within Victorian prisons.
- We will use this resource whenever we can in this respect and expect it to remain current and available for at least the next 5 years. We have currently printed 3000 copies.

Project endpoint: Men's Health day outcome

Official launch of
the resource at
Men's Health Day
Session in
November 2018.





Testimonials

“Drawing with pencils has helped my mental health more than I ever expected. I was suffering from depression, but drawing gives me mindfulness.... It’s a release. The creativity comes out naturally and I put the ideas and themes [from the hepatitis education session,] into my art.”

- Prisoner participant, Art Inside 2017, Kareenga

Conclusions

- Offering prisoners items which they value for personal use increases attendance and shows an understanding of their situation.
- Encouraging leadership was shown by several inmates who can act as peer educators within the prisons.



Current custodial work from Hep Vic:

- Peer training – Ravenhall
- Peer training – Fulham
- Infection control peer training – Marngoneet
- BBV training in AOD programs – Port Philip Prison
- Leaving prisons sessions in Loddon, Middleton and Tarrengower
- Aboriginal hepatitis B training – Fulham, DPFC, Ravenhall, Marngoneet and Port Philip Prison
- Also the highlight - 3 new prison specific resources created in 2018 currently being distributed...

The logo for Hepatitis Victoria is displayed within a white rectangular frame with a grey drop shadow. It features a light beige rectangular bar at the top, followed by the word "HEPATITIS" in a bold, purple, sans-serif font. Below this, the word "VICTORIA" is written in a larger, grey, sans-serif font. At the bottom of the frame is a solid purple rectangular bar.

HEPATITIS
VICTORIA

Current custodial work from Hep Vic:

Podcast from Health Promotion
Team Custodial Services Officer,
Neylan:

<https://soundcloud.com/hepatitis-victoria/working-in-custodial-settings-myth-and-revelation>

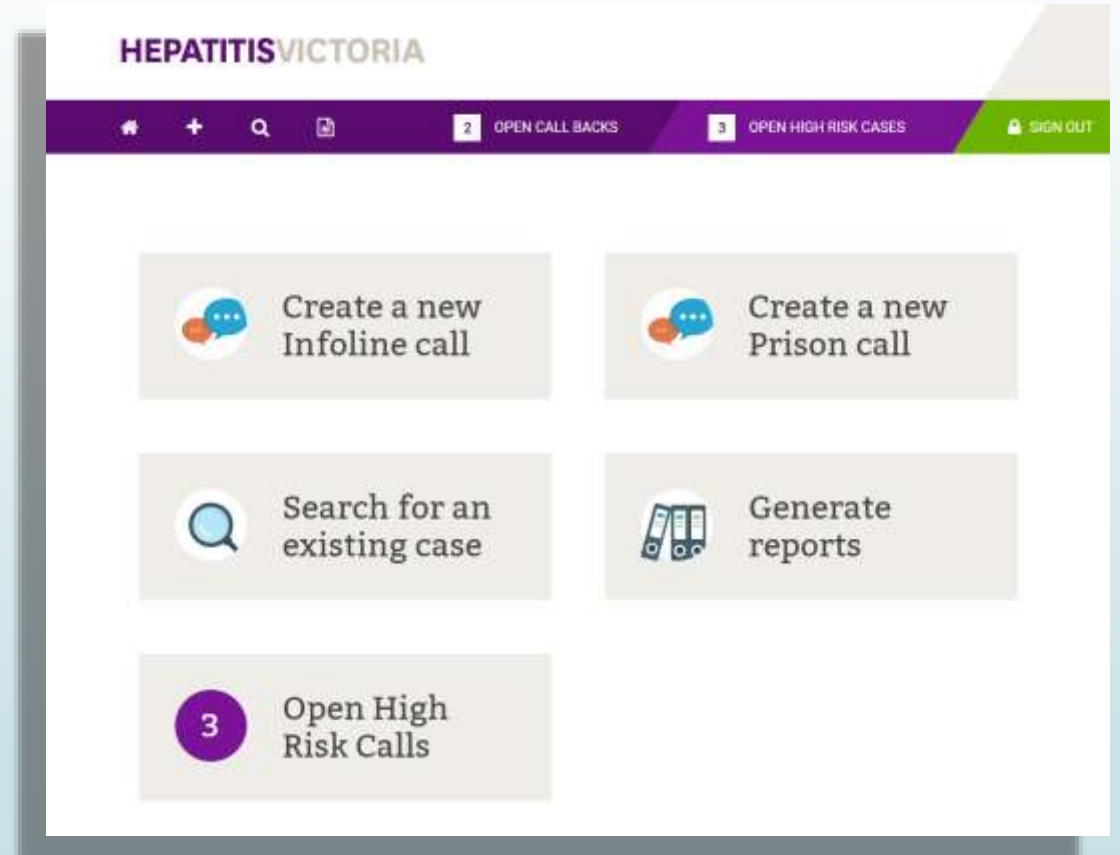


Current custodial work from Hep Vic:

Hepatitis Infoline

The Hepatitis Infoline is a friendly and non judgmental phone service. It is for people living with hepatitis C or B, workers, friends, family, or anyone concerned about viral hepatitis. The service is free and confidential.

- Information
- Support
- Referrals





Other custodial work (international)

In addition to the beneficial health impact of information uptake improving due to prisoner involvement in resource creation, other programs such as the Torch Project (4) funded by the Victorian Department of Justice have demonstrated the benefits of arts to prisoner's self-esteem and wellbeing. Utilising the arts in for health outcomes and as a health promotion tool, has a plethora of beneficial outcomes, as outlined in the [National Arts and Health Framework](#).

Canadian Prison Art Program

<http://www.csih.org/en/programs/hiv-and-hcv/world-hepatitis-day-art-contest>

http://www.csih.org/sites/default/files/whd_2018_winners.pdf

Other Art in prisons journals

<N:\Education\Prisons\Resource Development\Art Inside 2017\PrisonArtsJournal>



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