



Digital Story Telling

– a therapeutic tool at

Karralika Therapeutic Community

Where it all started?

- ▶ 2012 ArtsACT funded a Digital Story Telling project to support 'communities working with artists' in the ACT
- ▶ Partnership between Karralika, a community artist and a production company established
- ▶ 8 Senior residents of the TC invited to participate
- ▶ Residents imagined, created and produced their own Love Story

Story telling

- ▶ Transcends time and language
- ▶ Entertaining, convey information, teaching tool, preserving cultural knowledge and beliefs
- ▶ and became a powerful therapeutic tool for residents of Karralika TC
- ▶ Why not use digital media?

But why the name “Love Stories”?

- ▶ To allow complete freedom of interpretation and sense of self beyond ‘addict’ or ‘alcoholic’
- ▶ To expand thinking beyond life at the TC

The process

Story

- Concept
- Story board
- Writing
- Creating artwork
- Taking photos
- Local exhibition
- National Film and Sound Archive

Skills

- Skills workshops
- Storyboarding sessions
- Technical skills sessions: digital photography and software programs
- Voice recording and editing

Exhibit

- Final artwork, photo selection
- Audio recording production
- Video production and editing
- Evaluation
- Launch event

Out in the world

- ▶ TC model has changed and evolved
- ▶ Traditional approach closed communities – safe, sheltered
- ▶ Being ‘out in the world’ is challenging and uncomfortable but important
- ▶ Support and growth through project through peers, partners and skills

- ▶ Was it therapeutic? Our clients said yes
- ▶ Art can be for everyone

What our residents said

I now have a deeper appreciation and thirst for my own expression of artistic skill as well as the ability to now polish that art

I learnt I don't have to be an artist to create art

It felt safe and supportive as well as encouraging

I didn't have any artistic skills and I felt anxious coz I thought I would never be able to do this. I managed to do it coz I had all the help and support

You made me feel that I was capable

Helped me think outside the box

I pretty much done it by myself...I was just shown how

I loved the whole process. The ability to express myself and also to learn new technology

I think the workshop was run just right...to make the participants feel comfortable enough to shine in their own individual way

Our Journey



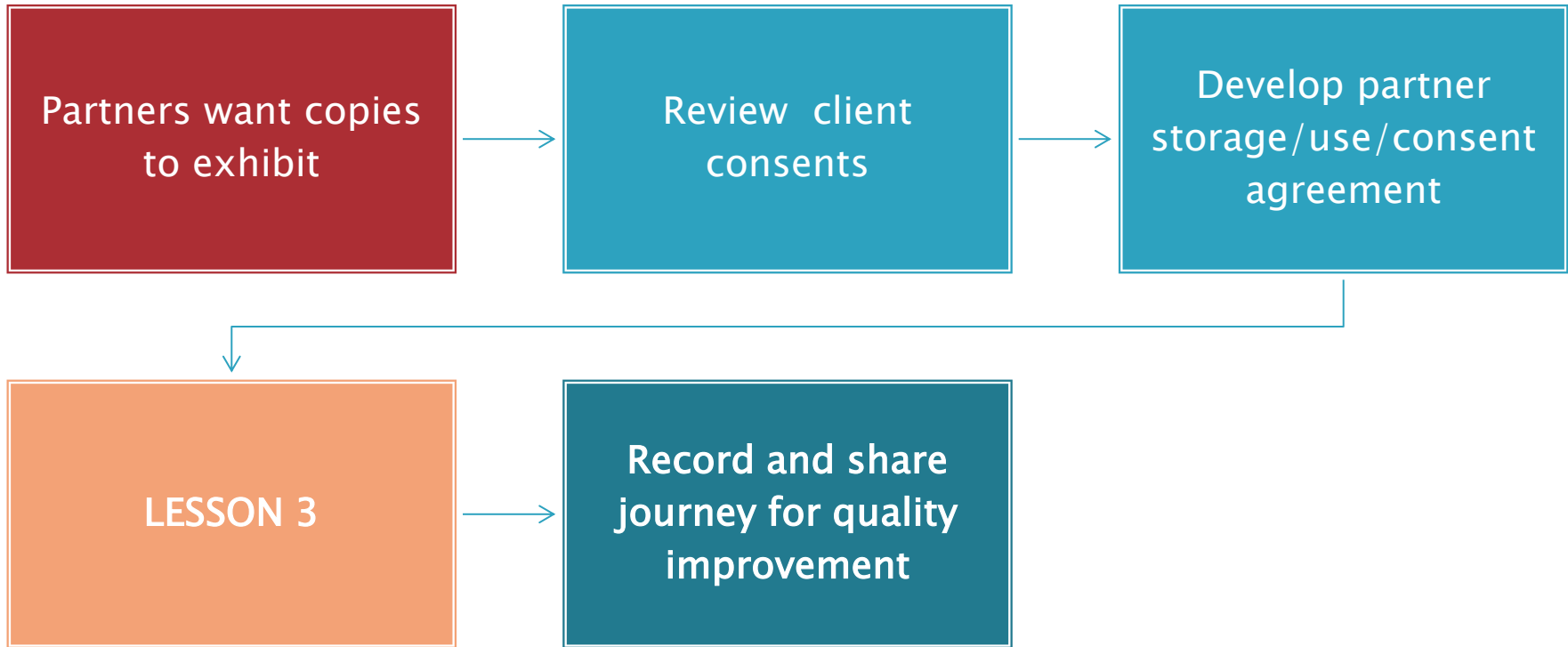
Lesson 1: map out all the various elements of the project from each participant's perspective (the organisation, the client and the partners). If clients are identifiable in the footage or other promotional material, consider the privacy and confidentiality implications, discuss this with the clients as part of consent process, and manage expectations of partners and funders regarding circulation of works.

Our Journey



Lesson 2: consider the storage and use of the materials by third parties and ensure this is part of the client consent agreement and agreements with partners. Who has access, for what purposes, and for how long? Who owns the material and is responsible for meeting the specifications of client consent?

Our Journey



Lesson 3: Keep open lines of communication with partners and participants. Record your journey so that you can share with others and strengthen processes for future projects

Product or process

The end product is a beautiful and engaging series of stories

.....BUT the life of the project is in the process

The individual and private experiences on the journey of making their work, and beyond the completion of the end product, matters. It is meaningful and it is where change occurs for our clients.

As an organisation, it is not in the public display of these moving stories, but in the process that we have been challenged, and grown and can share our learnings with you.

In summary

- ▶ New media can be a powerful therapeutic tool
- ▶ Prepare well first – ducks in a row
- ▶ Early and Informed consent paramount
- ▶ Manage third party involvement and manage stakeholder expectations
- ▶ Ensure evaluation plan and data collection in place
- ▶ Have fun with it!

Appreciation

- ▶ Karralika Therapeutic Community residents – for allowing me to share their stories with you
- ▶ ArtsACT for supporting and funding the project
- ▶ Our partners
 - Camille Kersley – our Creative Therapist and Project Manager
 - Jenny Savigny, local Canberra Community Artist
 - PhotoAccess – design and production studio



Love Stories

A collection of short films created by people with personal experience of drug or alcohol dependency

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Sharon Tuffin, Services Director
Karralika Programs

Sharon.t@karralika.org.au

02 6163 0200

www.karralika.org.au