The Jam, The Mix, The Gig—music and mental health project. A creative arts project for survivors of mental illness

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The Jam, The Mix, The Gig

In coming to terms with the effects of mental illness, people have used a range of approaches—and one of these is involvement in creative arts projects, which encourage self-expression, social interaction through being part of a group activity and a sense of achievement through personal skills development and working as part of a team.

The Jam, The Mix, The Gig (The JMG) is a community-based music and mental health project that offers options to participants to:

- just enjoy playing music with others, whatever your ability
- develop your skills and/or song writing further
- perform to the public as part of the The JMG Band.

‘THE JAM’ is a music jam session where you can share your music skills with others, try out some ideas, write some songs, or just ‘have a go’ and enjoy being part of having a good time with music.

‘THE MIX’ is a music skills development session and a chance to present your songs, poetry etc to the group, and to get help in developing your confidence and skills.

‘THE GIG’ is a performance event to a general public audience that will give you the opportunity to perform your work to the best of your abilities, and to receive recognition for this.

The JMG is currently funded by Arts SA, the SA Government’s Arts funding agency, and SA Mental Health Service and is managed by a nine-member board made up of participants, carers/parents and mental health workers.

Apart from an overview of The Jam, The Mix, The Gig Inc. music and mental health project, I will also be focusing on our partnership approach with non-arts funding agencies and organisations to extend the work and benefits of The JMG into new areas, such as:

- partnership with Common Ground Pty Ltd, an integrated homeless housing project in the centre of Adelaide
- partnership with The Hub Community Mental Health in Port Pirie, SA for a workshop and performance program from March to December 2013, funded by the Regional Arts Fund through Country Arts SA.