



Art Works! Using the Arts to Counter Stigma and Discrimination

November 14, 2006



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov



Survey

We value your suggestions. Within 24 hours of this teleconference, you will receive an e-mail request to participate in a short, anonymous online survey about today's training material. Survey results will be used to determine what resources and topic areas need to be addressed by future training events. The survey will take approximately five minutes to complete.

Survey participation requests will be sent to all registered event participants who provided e-mail addresses at the time of their registration. Each request message will contain a Web link to our survey tool. Please call **1-800-540-0320** if you have any difficulties filling out the survey online. Thank you for your feedback and cooperation.

Written comments may be sent to the Substance Abuse and Mental Health Services Administration (SAMHSA) ADS Center via e-mail at stopstigma@samhsa.hhs.gov.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov



Contact Us

SAMHSA ADS Center

11420 Rockville Pike
Rockville, MD 20852

Toll-free: **1-800-540-0320**

Fax: **240-747-5470**

Web: **www.stopstigma.samhsa.gov**

E-mail: **stopstigma@samhsa.hhs.gov**

*The moderator for this call is **Holly Reynolds**.*



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov



Questions?

At the end of the speaker presentations, you will be able to ask questions. You may submit your question by pressing **“01”** on your telephone keypad. You will enter a queue and be allowed to ask your question in the order in which it was received. On hearing the conference operator announce your name, you may proceed with your question.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov



Speakers

Gayle Bluebird, Bluebird Consultants

Ms. Bluebird has been working on the development of a national arts network for artists, writers and performers since 1991. A poet/writer, she helped to create Altered States of the Arts, a national organization that published newsletters and magazines highlighting artwork. Ms. Bluebird has organized many performances at mental health conferences, including the annual Alternatives Conference, the only national conference organized by and for consumers and survivors. She also has been a keynote speaker at many State consumer conferences. Ms. Bluebird trains staff on issues of seclusion and restraint at state hospitals, always recommending the integration of the arts as a key strategy and important component of healing. What Ms. Bluebird finds most rewarding is noting the increasing numbers of people using the arts as a means of producing income and using their creative voice to end stigma and discrimination.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov



Speakers

Jane Fyer, Creative Arts Consortium

Ms. Fyer is director of the Creative Arts Consortium (CAC), a nonprofit organization that promotes the artistic, literary and performing art talents of persons with mental illness and educates the community that persons with severe mental illness have great talents and the potential to integrate into the working world. CAC also is charged with promoting collaboration and cooperation between mental health clients and their families, and the development of job potential for clients. CAC has more than 1,000 client members in San Diego County. In addition to her work with the CAC, Ms. Fyer is president of Schizophrenics In Transition, an affiliate of the National Alliance on Mental Illness.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov



Speakers

Irene Lamb O'Neill, The Awakenings Project

Ms. O'Neill, along with Robert Lundin, is co-founder and co-director of the Awakenings Project, a grass-roots initiative run by and for artists with mental illnesses. In this position, she creates awareness of the therapeutic and empowering role of art in the lives of persons with mental illnesses by coordinating exhibits that take place at a variety of venues. She works closely with Lundin to review, edit and proofread submissions to *The Awakenings Review*, a literary arts journal, and also writes public relations materials and grants. She works full-time for the DuPage County Health Department in the Division of Mental Health as a recovery specialist, and is a trained Wellness Recovery Action Plan (WRAP) facilitator. She also co-owns and operates an art studio/gallery called Gallery Trio that represents the work of more than 50 local artists. The gallery offers classes in drawing, oil painting and watercolor, and hosts special exhibits, receptions and artists' demonstrations.



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov

Art Works!

Using the Arts to Counter Stigma and Discrimination

by Bluebird

November 14, 2006

RESEARCH



Well-Being Project—California, 1987

Jean Campbell

- Research by and for mental health clients
- 500 people interviewed
- 61 percent of clients stated creativity essential to their well-being
- 24 percent stated they lacked creativity in their lives



*Ralph Jagers
Silver Center, Fort Lauderdale, FL*

Arts and Madness Research

- Much debated issue... Are all artists mentally ill?
- Some researchers conclude yes, others question
- Either conclusion contributes to de-stigmatization of mental illness
- Most important is the role of art and creativity as healing



Sybil Noble, Missouri

Research by Kay Redfield Jamison

- “Touched With Fire: Manic Depressive Illness and the Artistic Temperament”
 - Book looked at many historic artists
 - Found many suffered from major depression and manic depression
- Another study looked at 47 British artists
 - Found that 38 percent had been treated for a mood disorder



Joan Rohrer, Ohio

Research by Susan Spaniol

Professor of Art Therapy, Lesley University, Cambridge, MA

- Study of nine artists with mental illness
- Looked at their artistic process
- Found they did art as a means of self-expression and to share their beliefs and values
- Study showed a striving for emotional wellness, not psychopathology



Regina Skane, 9 Muses Art Studio, Florida

“Creativity and Madness”

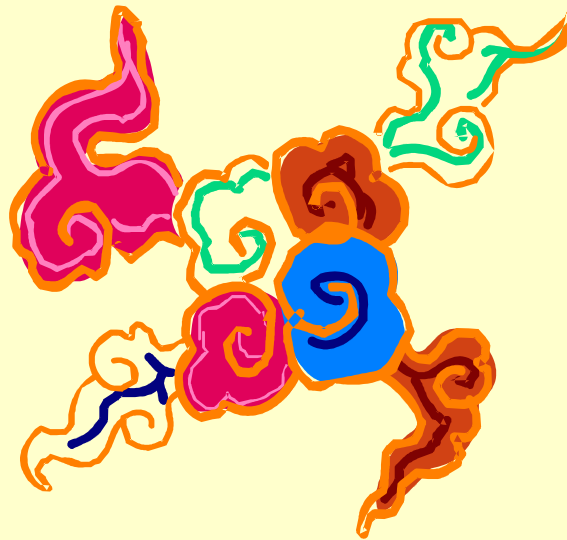
Book by Barry and Mary Lou Panter and Evelyn and Bernard Virshup

- Stories of 15 famous artists with emphasis on their histories of emotional trauma
- Does not focus on “madness connection”
- Easy to read, understand and enjoy!
- Illustrates “pain and turmoil... can lead to triumph of the human spirit”



Jerome Lawrence, Georgia

ART WORKSHOPS, DIALOGUES AND SPECIAL PROJECTS



“Creative Partnerships: a participatory dialogue to create partnerships between artists and art therapists”

by Susan Spaniol and Gayle Bluebird

March 16-17, 2001 at Lesley University, Cambridge, MA

- Two-day conference and dialogue
- Included 34 people with psychiatric disabilities and art therapists
- Involved collaboration with poem-making, arts collage and discussion of language usage
- Discussion of using art to reduce stigma

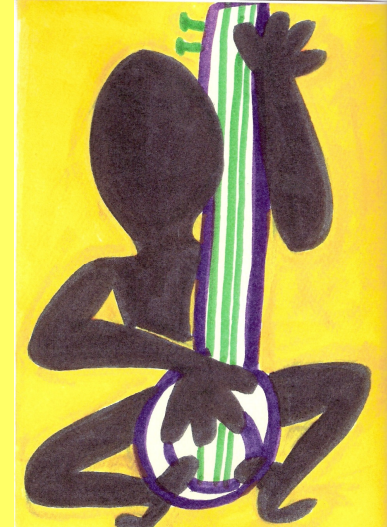


*Violet King. 9 Muses
Art Studio, Florida*

“Let’s Get Creative! Using the Arts to Enhance Self-Determination for People With Psychiatric Disabilities”

A workshop presented by the National Research and Training Center on Psychiatric Disability, University of Illinois at Chicago, May 16, 2003

- Workshop for 50 participants with psychiatric disabilities
- Included art-making, improvisation, talent show and writing exercises
- Addressed how art can be used to foster self-determination, reduce isolation and eliminate discrimination



*Sharon Wise
Washington, DC*

NAMI NJ Expressive Arts Network

Networking, Outreach, Advocacy and Community Involvement

- “Freedom from Stigma”
- “Chain Link”
- “Children’s Garden of Hope and Good Wishes”
- “Wall of Words”
- “Postcards”



Irene Lynch, Georgia

<http://www.naminj.org/>

“Pillow Cases of Unrest” Project

Frank Marquit, Director

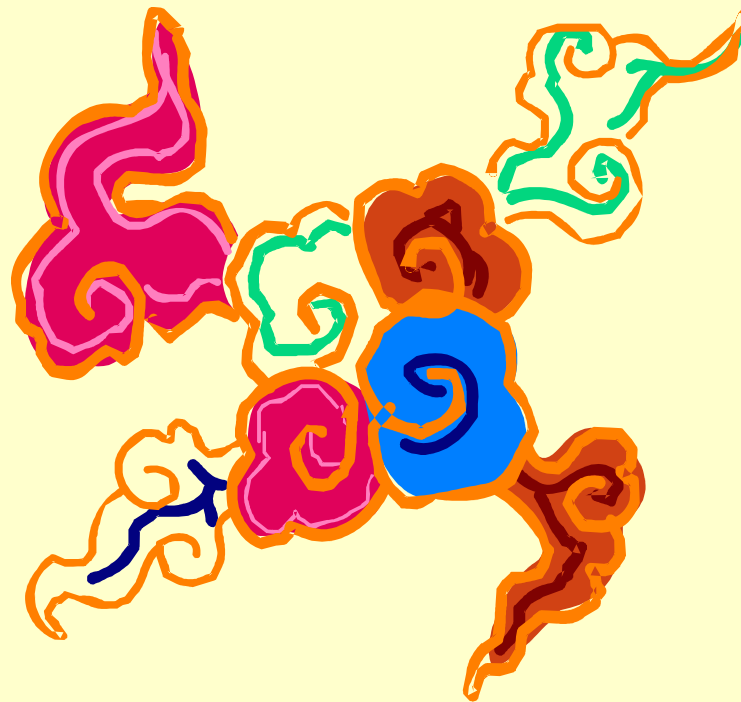
*Project of National Artists for Mental Health,
Catskill, NY (no longer active)*

- A traveling art exhibit of poetry on pillowcases
- “If pillows could talk, they would tell a story of our struggles ...”
- Reflects issues of recovery and effects of stigma
- A clothesline exhibit you can do!



Celia Schoonover, Ohio

TRAIL BLAZERS: PERFORMERS, PUBLICATIONS, FILMS AND MEMORIALS





A great peacemaker, early movement activist who made music with his harmonica and called himself “crazy folk.” He said “ ‘crazy folk’ are the most talented people in the galaxy. Instead of diagnosing, locking up and treating us, the world should recognize our true worth, and support our talent, creativity and sensitivity.”

**“Howie
the Harp”
1953-1995**

Gilberto Romero

Alternatives '90
Berkeley, CA



Gilberto is a longtime survivor/activist, photographer and spiritual communicator. He continues to do a weekly radio show in New Mexico called “Informas De Esperanza.”



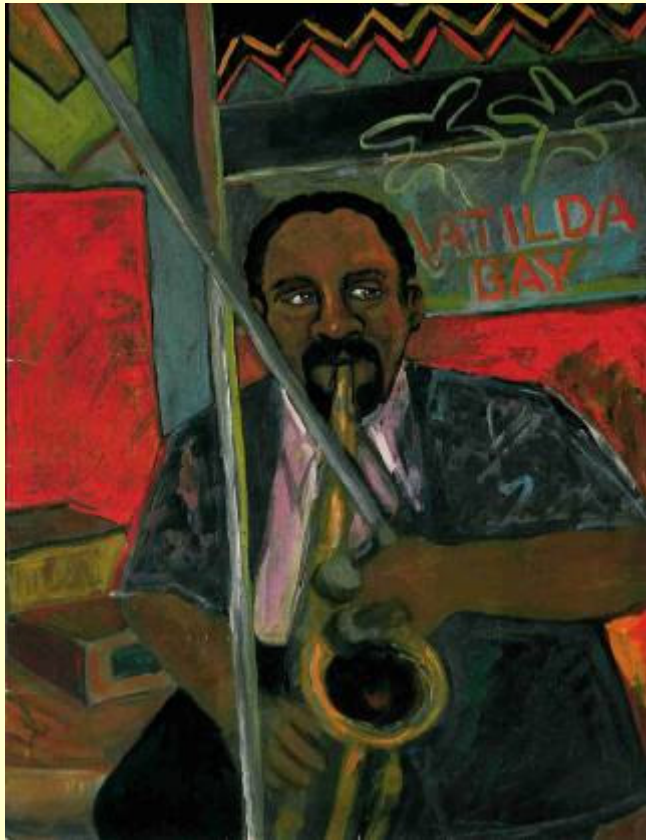
“Void”

1978

Elizabeth Layton

Elizabeth

Jon Brock, AL
created two issues of



24

“The Altered State”

Miss “Altered States” ‘Drag with a Tag’

Mark’s overall purpose in presenting *Miss Altered States* is to entertain and educate an audience about issues of HIV/AIDS, discrimination against gay/lesbian/bisexual/transgender people and stigma of mental illness.

His act brings humor and laughter to every audience when s/he performs!



Mark Davis, PA



*Transcendent Visions Cover
Fall 1998*

“No Restraints”
David Kime, PA

From a cover
of his Zine,

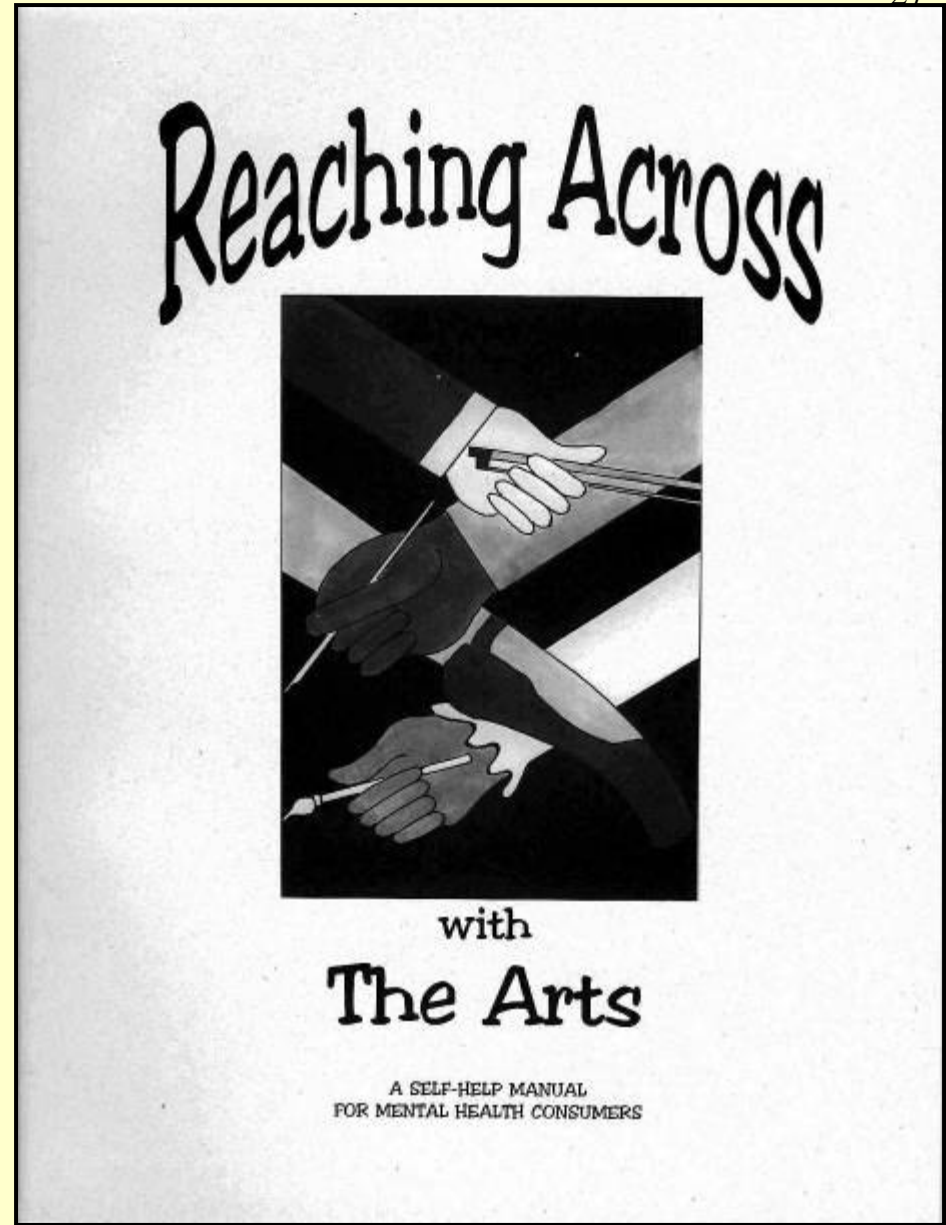
“Transcendent
Visions!”

A self-help arts manual
to assist those
interested
in developing arts
projects in their
consumer-operated
programs and for
individuals interested
in creativity.

Funded by SAMHSA,
published by "Peer
Print"
(FL) in 2000.

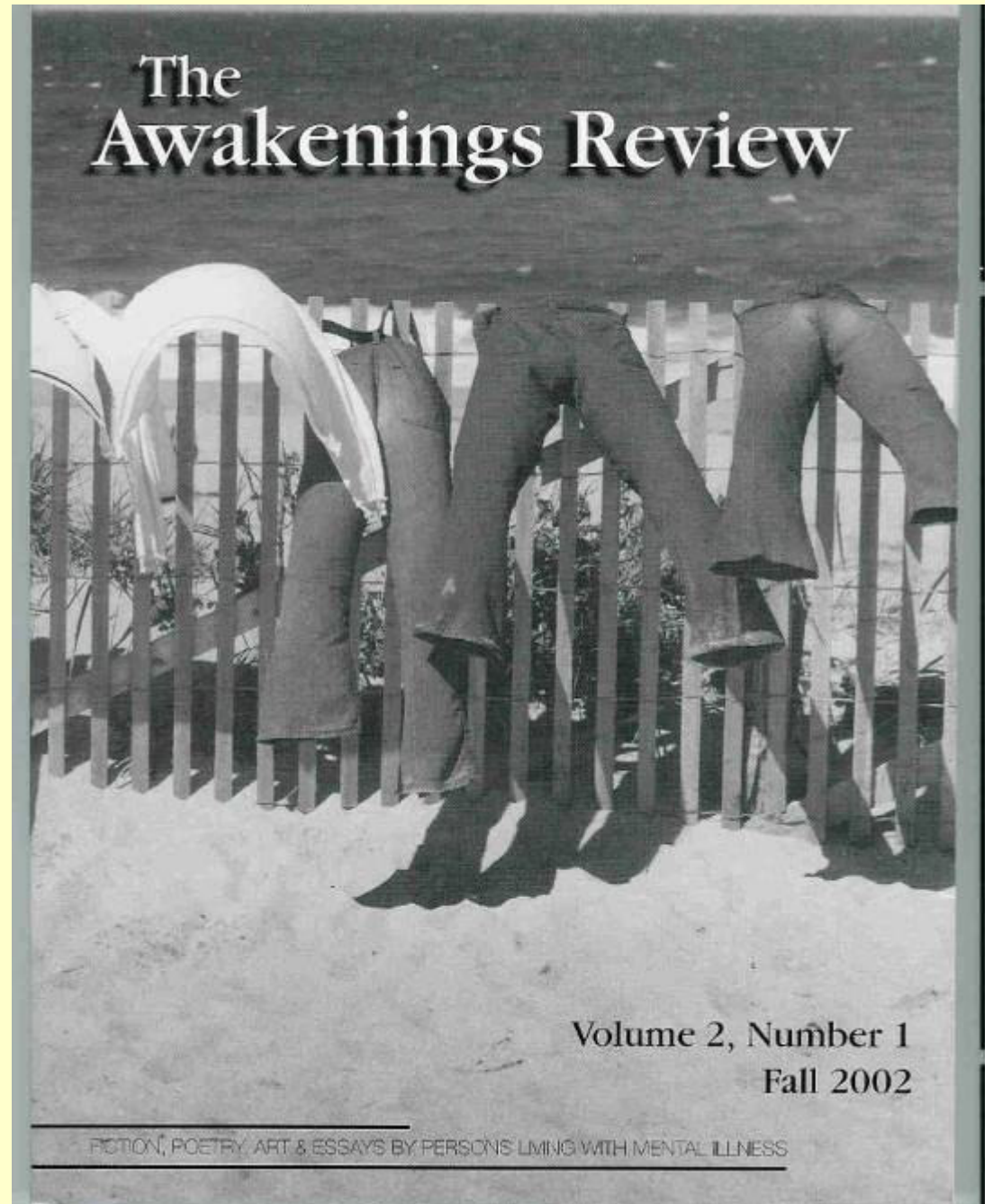
Available online at:
www.bluebirdconsultants.com

27



Robert Lundin

Editor,
“The Awakenings
Review”
Chicago, IL

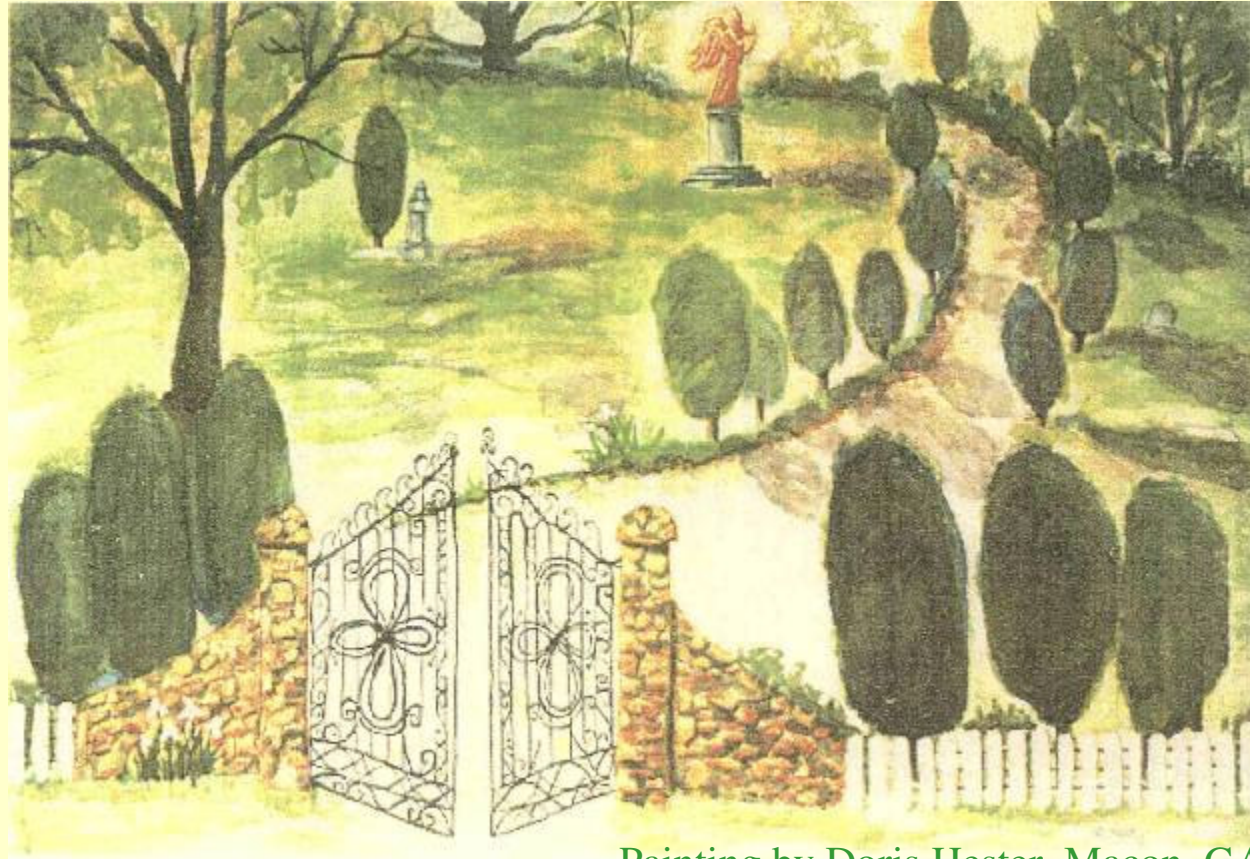


“Unlabeled”

29



A 55-minute educational documentary that traces the history and present direction of the consumer/survivor/ex-patient movement in the state of Pennsylvania (PMHCA). Story of how persons with mental illnesses can organize to take control of their lives. Filmed by Dream Catchers, Inc.



Painting by Doris Hester, Macon, GA

“The Cemetery Project” by the Georgia Network

Cemetery restored with beauty to honor 25,000 people who had been buried in unmarked graves since 1842. Project coordinated by Larry Fricks and Pat Deegan.

Hearing Voices

speaking in tongues

a journey out of darkness



Michael Mack

Michael is a traveling poet and performance artist whose work focuses on his relationship with his mother, who was diagnosed with a mental illness.

Visionary Arts Museum

- Museum with works by untaught artists. These works arise from an innate personal vision that revels foremost in the creative act itself. Artists who invent their own traditions.
- Often called “outsider artists,” not folk artists.
- Many of the artists have histories of psychiatric illness or hospitalizations.
- Some of the work shown was done in institutional settings.

www.avam.org/exhibitions/index.html



Sharon Wise, Washington, DC

Resources

- 9Muses Art Center: www.mhabroward.org
- Allepos Foundation: Irene Lynch (artist), www.allepos.org
- ARTREACH – Second Step Players Theater Group, www.artreachheals.org
- Campbell, J., The Well-Being Project,
<http://mimh200.mimh.edu/mimhweb/pie/database/GetArticle.asp?value=1601>
- Informas de Esperanza (Information of Hope) Radio Program,
Contact Gilberto Romero at (505) 989-7441
- Jamison, K.R. (1993). Touched with fire: manic depressive illness and the artistic temperament. New York: Simon & Schuster
- Panter, B.M., M.L.; Visrhup, A.T.R.; and Visrhup, B. (Eds). (1995) Creativity and madness: psychological studies of art and artists, Burbank, CA: Aimed Press
- Spaniol, S.E. (July 1990). Exhibit in art by people with mental illness: issues, process and principles, Art Therapy, pp.70-78
- "Unlabeled" Documentary of consumer/survivor/ex-patient movement in the state of Pennsylvania. Contact Dream Catchers at (412) 531-3363.

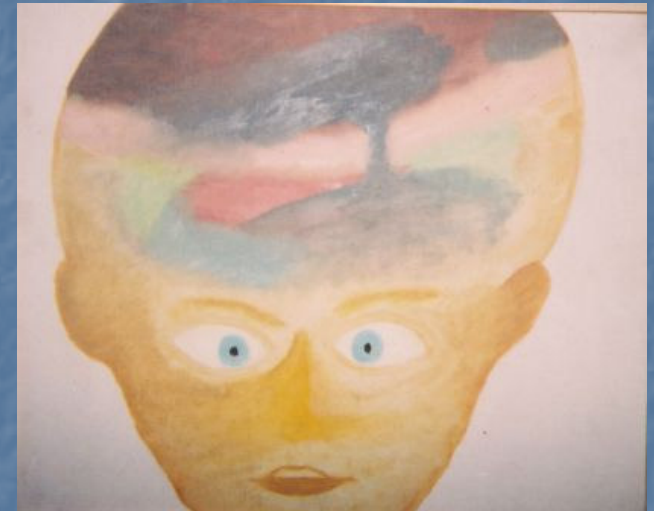


Creative Arts Consortium

Jane Fyer

What is the Creative Arts Consortium (CAC)?

CAC is an organization that promotes the art, writing and performing arts of persons with mental illnesses.



What Does CAC do?

- Exhibits by invitation at various events
 - Holds an annual art and literature juried show
 - Produces art prints for sale
 - Publishes books of poetry
 - Responds to invitations for performances—music, poetry and comedy
 - Holds free art workshops in Balboa Park, San Diego
 - Contracts on-site classes in hospitals, mental health programs and clubhouses
 - Maintains art library for rent
-

CAC History

- The inspiration of Cathy Sneed, a San Diego County case manager who found one of her clients rummaging around in the trash for something to paint on. Today one of his paintings hangs in the Washington, DC offices of NIMH.
 - In 1990, Cathy came to Schizophrenics in Transition, a NAMI affiliate, asking for support for her idea. An advisory board of clients and family members was formed, and two years later, activities well underway, CAC landed a three-year NIMH grant with oversight from the State of California.
-

Grant Goals

This "Systems Improvement Grant" required us to:

1. Improve cooperation and collaboration between mental health clients and families
 2. Generate job opportunities for mental health consumers, minorities and women
 3. Help erase stigma
-



Although the grant monies have been spent, CAC adheres to original grant goals and is supported entirely through:

- Private donations
 - Class site fees
 - Sales/rental of art
 - Fundraising
 - Volunteers and pro-bono work
-



Structure

CAC remains under the 501(c)(3) umbrella of NAMI-SIT in order to more readily accept donations, but it is governed by the CAC Advisory Board composed of clients, family members and community advocates. The CAC director reports directly to this Board.



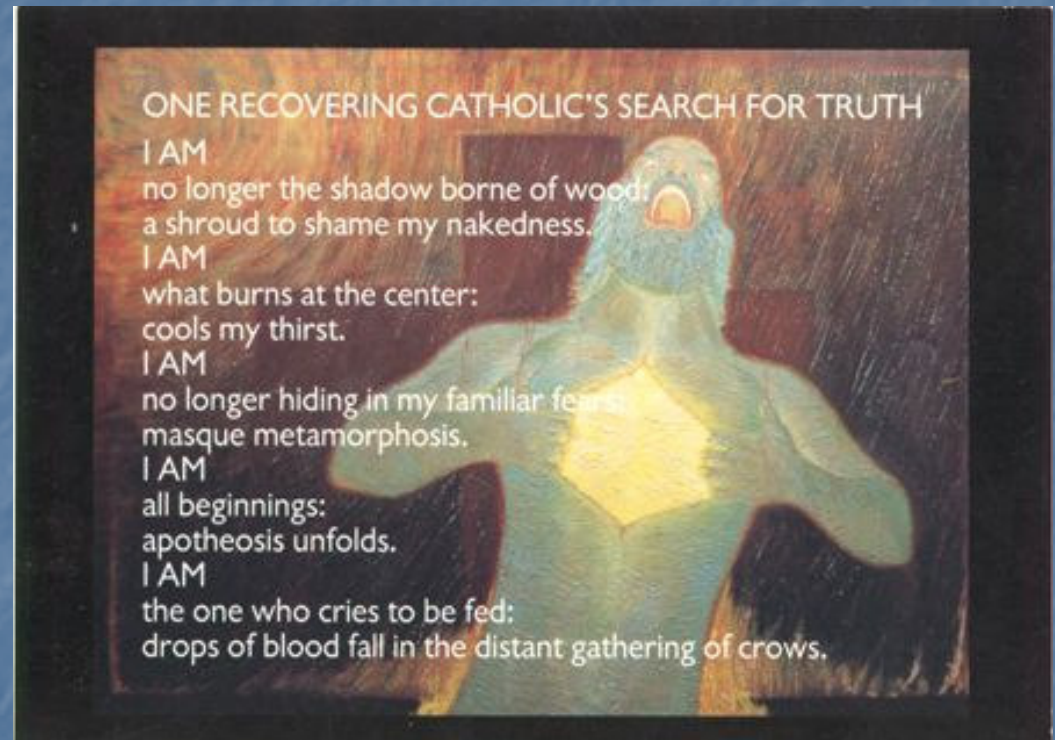
Original Staff

- CAC director
- Assistant director/office manager
- Department directors in art, literature, performing arts
- Teachers in each discipline
- Grantwriter/fundraiser
- Audio/visual

All positions were paid and filled by mental health clients. Occasionally, family members have filled vacancies but were not paid.

Guiding Principles

- Professionalism
- Recovery oriented
- Supportive team structure
- Downtime honored
- Expectation of success



Turning Hurdles and Obstacles Into Opportunities

- Stigma:
 - Acceptance of staff as peers by MH professionals
 - Community ignorance of mental illness
 - Client reticence to identify self as having a mental illness
 - Tight budgets everywhere: finding funding
 - Breaking into the public art world
-

THERE IS A CERTAIN POETRY IN THIS LIFE LIVED
by Michael Turner

44

*The song sung out of relevance. Recurrences of archetype
like fiction, comes twilight out of darkness.*

*An overstressed dizzy treble clef bounces off the page, got
lost in a rhyme scheme. Out the door,
down the road, bound for freedom or sanctuary.*

*A sad sea in search of mirrors finds silence between one
wave and the next. An insurrection takes place.*

*I come away clean, shedding my coat of wind, initiated
on the mountain, thoughts imprisoned by speech.
The butterfly flutters these words...*

*“In Sacred hoops you see all truth in different ways.” There are
layers of other worlds, everything has presents in timelessness.
Looking outside in, halos all around the Sun, don’t really know
alright seems a little beatific, Blessed this for that. A witness
for transformation.*

*Triumph over adversity, shadow’s brightly lit.
Paradoxes and reflections bring transcendence into view.*

DO NOT CLING TO THE PAST

by Robb Cassidy

45

*Remembering is a wonderful thing,
and it is not to be slighted:
especially by surprise, at
things that have already happened*

*Those things are good to know,
in your heart, that they were tried by
being successful, but they
won't help you now, to grow now.*

*We must live in the present,
and remember the present day, remember
the future happens, remember who we are,
Not who we were -- Do not cling to the past—*

*or you will be the last of you kind
good things are daily, you'll find--
and the past is a long road,
with dark corners, every way, it winds!*

The Awakenings Project



Visual Arts
Literary Arts
Music
Dramatic Arts

Who or What is Awakenings?

- An award-winning collective of artists, all of whom have a psychiatric diagnosis.
 - Some have been with us since we started, others are just beginning.
 - The brainchild of Robert Lundin, who believed in the creativity of persons with mental illnesses.
 - No formal membership, yet in 10 years we have nurtured hundreds of artists in various arts.
-

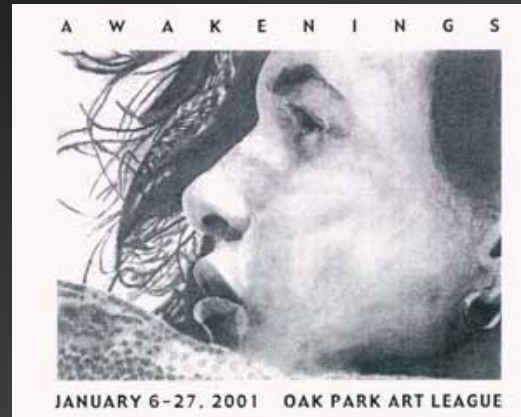
What is Awakenings' Mission?

- The mission of the Awakenings Project is to assist persons with mental health issues in developing and enhancing their creative abilities through art in all its forms, and to raise public awareness of the creative talents and contributions of people living with psychiatric disorders. We change hearts and minds.
-

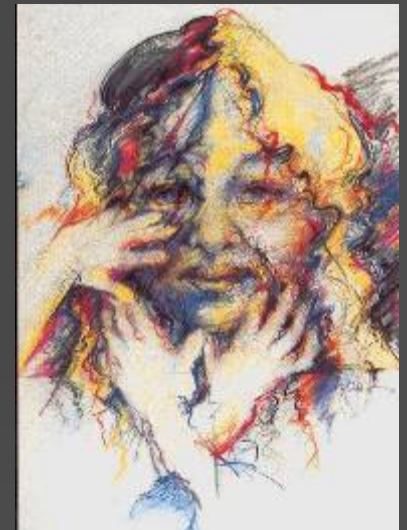
What Does Awakenings do?

- Awakenings has always been a grass-roots initiative. It shows that "consumers" can become producers of fabulous art exhibits, literary arts journals, music and theatrical events. We are very proud to have been the recipient of the ***"Outstanding Contribution to Recovery by a Non-Profit Organization"*** award by the Irwin Foundation at Celebration Recovery 2006.

Can we see some of the art?



"Celebration"
by Kent Taylor
Celebration Recovery, Chicago 2004



Can we meet some of the artists?



How can we end stigma with art?

- Media portrayals of people with mental illnesses emphasize violent behavior; understanding and acceptance of people with psychiatric disorders is raised through projects like Awakenings.
 - We make a statement that persons with mental illnesses are capable, talented people wishing to contribute to society, and art is a healing activity.
 - All art is therapeutic and healing.
-

Positive media counters negative

- There's no way to count all the articles that have already been written about the Awakenings Project, and we hope there will be many more.
 - Whenever anything significant is happening (e.g., an opening, a new Awakenings Review), we send out a press release to many news media.
 - Sometimes the media touts our praises much more than we would be comfortable doing ourselves.
-

Some of our successful projects

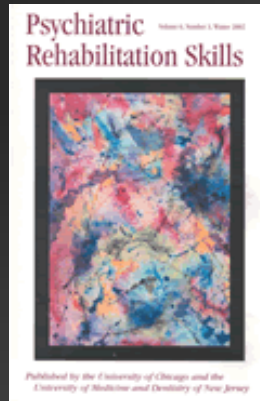
■ Mural painting on Psychiatric Units



Other successful partnerships

- First NAMI-IL, then NAMI-DuPage
 - AstraZeneca
 - Madison Center in South Bend, IN
 - DuPage County Health Department
 - Irwin Foundation's Celebration Recovery
 - Bodies of Work - CFDAC
 - Equip for Equality (IL's P&A)
 - St. Isaac Jogues
 - University of Chicago's Recovery Press
 - Theater for Mental Health
-

More pictures of successes



Obstacles or opportunities?

- Spinning off from NAMI – getting a pro-bono attorney to help us obtain our own 501(c)(3) status. (Helped by CEDLP)
 - Some of us work full time and still try to give 110 percent to Awakenings also.
 - Grant writing has been difficult, as a new 501(c)(3) organization. Also possibly feeling like funders may not trust us because of the old stereotype of “the inmates running the asylum.”
-

The results we have seen so far

- The network we created reaches far beyond the walls of our studio/gallery, and the friendships we formed have been lasting. Over these 10 years of association with the Awakenings Project, we have received much positive feedback from parents, siblings and friends about how important Awakenings has been in their lives. This group volunteers many hours and much effort to make each exhibit, every journal, all the music and any plays we produce as professional and rewarding as possible.
-



Discussion Questions

1. Have you or members of your organization used the arts to address stigma and discrimination?
 - A. If so, what did you do? What was your level of success? What worked? What would you do differently in the future?
 - B. If not, what ideas from today's discussion are the most helpful for someone who wants to begin an arts initiative?
2. Based on today's discussion, what are the most significant challenges facing you or your organization in planning and implementing an arts initiative?



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov



Resources: Articles and Books

The views expressed within these resources do not necessarily represent the views, policies and positions of the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration or the U.S. Department of Health and Human Services.

Koplewicz, H., & Goodman, R. (1999). *Childhood Revealed: Art Expressing Pain, Discovery & Hope*. Published by Harry N. Abrams.

Malchiodi, C. (Ed.). (2002). *Handbook of Art Therapy*. New York: Guilford Press.

Spaniol, S.E., (1990, July). *Exhibiting Art by People with Mental Illness: Issues, Process and Principles*, *Art Therapy*, pp.70-78



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov



Resources: Online

The views expressed within these resources do not necessarily represent the views, policies and positions of the Center for Mental Health Services, Substance Abuse and Mental Health Services Administration or the U.S. Department of Health and Human Services.

American Art Therapy Association, Inc.

www.arttherapy.org

Bluebird, G. *Reaching Across with the Arts.*

http://www.bluebirdconsultants.com/index_files/Page377.htm

U.S. Department of Health and Human Services, SAMHSA, ADS Center. (2005). *The Arts—Reaching Hearts and Minds to Counter Discrimination Associated with Mental Illnesses.*

<http://www.stopstigma.samhsa.gov/action/heartsandminds.htm>



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov



Contact Information

Gayle Bluebird
Bluebird Consultants
gaylebluebird@aol.com

Jane Fyer
Creative Arts Consortium
janefer@sbcglobal.net

Irene Lamb O'Neill
The Awakenings Project
Email: theawakeningsproject@yahoo.com



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Mental Health Services
www.samhsa.gov

www.stopstigma.samhsa.gov