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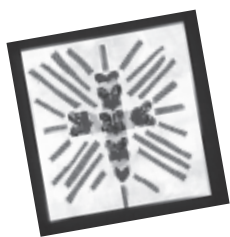
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PIECE BY PIECE

Creating Successful
Arts in Healthcare
Programs





PREFACE

by Cathy DeWitt

Even though the arts have been an integral part of healing since ancient times, we are still often asked the question, what purpose do the arts serve in a healthcare setting? We hope this little book will serve to answer that question.

We all know that art is used to enhance the environment—and what environment is in more need of enhancement than the hospital setting? Generally grim, gray and gloomy, these institutions haven't been known to promote a feeling of well-being upon entering. But here in Florida that is rapidly changing. With the innovation of interactive art spaces for children at Jackson Children's Hospital in Miami, the beautiful landscaping of places like Lee Memorial in Ft. Myers, and the aural enhancement of piano music and chamber concerts drifting through the air in their corridors and lobbies, hospitals are becoming far more patient-friendly places. The arts are the fabric of this movement, and the artists thread it throughout the different healthcare settings in their own unique ways.

HOW TO USE THIS BOOK

As you consider beginning your own hospital/healthcare arts program, we offer here all the elements you need. We start out by answering many of your questions, hopefully in our introduction from Dr. Graham-Pole, a pediatric oncologist who happens also to be a poet, a clown, and the co-founder of Shands Arts in Medicine in Gainesville, Florida, one of the pioneer programs in the country. Then we give you the how-to's, and finally we introduce you to several definitive arts programs throughout the state of Florida, and the artists who make them happen.

If you want to see what these programs look like, check our showcase section. You may contact the artists and program leaders listed there about visiting the sites. If you're looking for someone to come and do a consultation, demonstration, presentation or project at your site, look through our artists roster. All of these artists are listed in our artists directory, along with other artists who do healing art work throughout the state. If you want the basic ideas on how to start a program, read our how-to section. For samples of various helpful documents, see our appendix. Our resources list and references offer sources of more detailed and specific information.

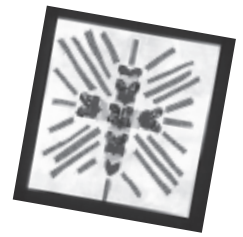
It will be up to you to pick out the pieces that work for you, and to patch them together to create your own arts in healthcare program. We invite you to join us, and help expand the size of our quilt. There's room underneath it for all!

VSA AND AIM: HELPING PEOPLE AND PROGRAMS PUT ALL THE PIECES TOGETHER

Three years ago VSA arts of Florida made a strong connection with the Shands Arts in Medicine program in Gainesville, Florida. VSA arts is an international nonprofit organization dedicated to promoting artistic excellence and providing educational opportunities through the arts for people with disabilities. VSA arts of Florida acts as a catalyst to bring together cultural and educational institutions in partnerships statewide. (Find out more about VSA on page 8.)

Through a Challenge Grant from Florida's Division of Cultural Affairs, VSA arts of Florida and Shands Arts in Medicine spent the past two years working with healthcare leaders, artists and administrators at multiple sites throughout Florida. As a result, eleven sites received seed funding, consultation and support, both to enhance existing arts in healthcare programs, and to help create new ones.

These wonderfully diverse programs are based in hospitals, nursing homes, rehab facilities and museums. Through conferences, symposia, site visits and other exchanges, VSA and AIM have brought these separate pieces together, creating a statewide network of arts in healthcare programs. Now there is communication, connection, collaboration. And as more connections are made and more information is shared, the fabric of these programs becomes interwoven and expands, growing stronger, richer and more colorful – piece by piece.



Piece By Piece

Creating Successful Arts in Healthcare Programs

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Creating a Successful Program

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“Wings of Hope”
Bronze Sculpture by
Mary Lou Neville
Shands Hospital

“The arts are for everyone....
It is the patient who transforms art into healing.”
Mary Rockwood Lane



INTRODUCTION

“Why Arts in Healthcare?”, by John Graham-Pole, M.D., M.R.C.P.,
Pediatric Oncologist, Founder of Shands Arts in Medicine

When Artie developed one of his almost nightly panic attacks and took himself off to the Emergency Room, he was greeted by an artist in the waiting room. As she sketched his portrait on her easel his terrors vanished before the doctor ever got around to him.

Two days after Frank was admitted to the local nursing home at the age of 84, he found himself telling the story of his high-school prom to a volunteer who was writing an oral history book about the town's elders.

When Jamie, a 34-year-old mother of three, developed rheumatoid arthritis, she started keeping a daily diary after reading that regular journal writing could lessen her physical symptoms.

On Thanksgiving Eve in the hospital's Cancer Unit, an impromptu choir of patients and volunteers lined up their IV poles at the Nurses' Station and sang "America the Beautiful" to the staff who were having to spend their own Thanksgiving away from their families.

I first made the link between art and medicine in 1990, thirty years after entering medical school and twenty years

after setting out on my career as a clinician, teacher, and researcher in pediatric oncology. Children finally woke me up to creativity's crucial contribution to our health. I watched them play, paint, sing, tell stories, not simply to distract themselves but to confront and explain their illnesses. They instinctively turned to art-making to make sense of scary situations, to relax and have fun, and especially to express things hard to articulate. They inspired each other and everyone about them. Often they seemed to carry their own families through.

How did they do this? It gradually dawned on me: children spent their time living in the moment. They didn't lurch - the way we adults so often do - from past regret to future *angst*, totally missing the bit in the middle: our gift of the precious *present*. They relished each minute for the juice they could wring from it. Their artistic genius was still intact; they were artists in life.

So what about grown-ups? Couldn't we adults reclaim our childhood zest for art-making? And couldn't we as a result be a lot healthier in body, mind, and spirit?

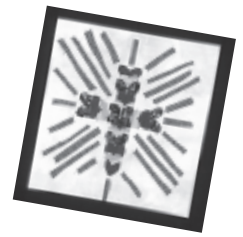
Today the idea of arts in healthcare is coming into its own as a powerful healing tool for all manner of ills.

Actually the practice of "prescription art" is as old as humanity. The Aboriginal, African, American, Asian, and Celtic shamans – "... original artist, dancer, musician... curer... culture hero, trickster-transformer," anthropologist Weston La Barre calls them¹ – have always known to use the power of dance and drum, of poetry and visual image, to restore health and harmony to the whole tribe. In the Egyptian Temples of Isis and the Greek Temples of Aesclepius, the healer-priests merged worship and health through art-making. At the turn of our first millennium, Europe emerged from the Dark Ages to the era of women healers; prominent among them was Hildegard of Bingen, whose works of music and medicine survive to the present day.



"I just realized something," a woman in a wheelchair exclaims. "When I am painting, I don't hurt."

Carol Shore, Artist, Moffit Cancer Center



In the latter half of our last millennium, as a counterpoint to the European Inquisitions, the dominance of the scientific model, and the linear rationality of the Age of Enlightenment, the Romantics - not just artists but philosophers and social scientists too - kept the flame of art and holism alive. By the nineteenth century they joined forces with the emerging disciplines of nursing and of physiology. Florence Nightingale knew the power of beauty and color for enhancing physical as well as emotional health². Her contemporary, physiologist Claude Bernard, laid the groundwork for twentieth-century medical scientists Walter Cannon, Hans Selye, Robert Ader, and Candace Pert to demonstrate the intimate links between every aspect of human bodily, mental and emotional functioning³.

Today, a second renaissance is upon us: one that celebrates this marriage of art and science in medicine. Today, we know that art and music making as well as dance and all kinds of play can induce healing effects on our body-mind-spirits through intricate links among our nervous, hormonal and immune systems. The longstanding schism of body, mind and spirit promoted by Cartesian philosophy and Newtonian physics is giving way to a renewed spirit of holism and humanism, spirituality and intercultural connectedness⁴. Doctors are beginning to see themselves as both scientists and artists in equal part, and to concede that we cannot root out every disease through molecular biology and gene mapping.

This new paradigm is not necessarily a paradox. The *art* of creating works of beauty and the *art* of serving the sick emanate from a common source of creativity, awareness, and humanity. Throughout the Western world, healthcare facilities of every kind are being transformed by the healing power of art. No longer confined to the orchestra pit and the gallery wall, the recording studio and the cinema screen, no longer a source of income for a few, or something most of us reserve for our weekend entertainment, art of all kinds is infiltrating the hallowed halls of medical science — our nation's hospitals. Today, it is hard to find one without at least some form of art on its walls. Doctors, nurses, health administrators, are openly acknowledging the healing power of art, and its profound contribution to the quality of our lives.

Modern scientific evidence supports this direction. Play music to a premature newborn, and she will sleep sounder, feed better, grow faster⁵. Give occupants of an ICU views of natural beauty and they will recover and leave for home significantly sooner⁶. Teach journal writing to a sufferer from chronic asthma or rheumatoid arthritis and he will find less need for drugs⁷. Reawaken the instinct to sing and dance in our elders and they will live longer and happier lives⁸.

The box on page 7 lists examples of controlled studies of the effect of art on health in diverse settings.

This pursuit of happiness has been the *bottom line* for human endeavor from Aristotle to our Founding Fathers. Yet the evidence tells us that our growing affluence

"I shall never forget the rapture of fever patients over a bunch of bright colored flowers. People say the effect is only on the mind. It is no such thing. The effect is on the body, too."

Florence Nightingale

"Arts programs for healthcare environments are no longer optional amenities; they are an important characteristic that distinguishes facilities in their communities and attracts patients, staff, and donors."

Annette Ridenour, President, Aesthetics, Inc.



INTRODUCTION

hasn't conferred on us any greater happiness, either as individuals or societies, either as caregivers or recipients. So how can the cared for and the caring seek mutual relief and common cause, in the face of our modern epidemics of AIDS and addiction, anxiety and depression, cardiac disease and cancer? A scribbled prescription for an anti-hypertensive or an anti-depressant just won't do against the personal, collective, and existential pain of modern life that each one of us is heir to. So how can we support and learn from each other? How can we turn negative energy into positive?

"It is not enough to offer a patient a medical treatment. Intervention programs that focus on helping the patient sort out the emotional and psychological turmoil will result in a more well-adjusted patient, a patient who has an opportunity to gather all the experiences from a medical challenge into a collective force for positive transformation."

Jay Klein, Musician and Cancer Survivor

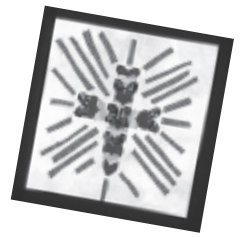
Building on their ancient roots, and on the burgeoning modern evidence, the expressive arts offer a direct response to these existential questions. Visual art, music, dance, drama, and the creative use of language, all speak to what John Keats, who graduated from London University's medical school 150 years ahead of me, called "the holiness of the

heart's affection and the truth of the imagination"⁹.

These arts are quintessentially holistic in their healing affects, promoting as they do the personal and collective health of body, mind and spirit. They are being embraced by numerous national organizations, including the Society of Arts in Healthcare, the Center for Healthcare Design, the American Academy of Hospice and Palliative Medicine, the American Holistic Medical Association, as well as the many arts therapies disciplines. At the Declaration of Windsor in Britain in 1998, extensive plans were developed to offer "arts on prescription," and to bring arts medicine from the margins into the heart of British healthcare policy and practice¹⁰.

The recent evolution of arts in healthcare programming throughout the State of Florida, under the auspices of VSA arts, is a part of this international movement to create a marriage of the arts with medical science and technology that will enhance global health and well-being into the 21st century.

John Graham-Pole was educated at London University and graduated as a physician in 1966. He has been on the faculties of London University and Case Western Reserve University. Since 1981 he has served on the faculty at the University of Florida, currently as Professor of Pediatrics and Affiliate Professor of Clinical & Health Psychology. A professional writer since 1971, he has authored two books, *Illness and the Art of Creative Self-Expression* and *ER Exit*, as well as numerous articles in both academic and literary publications, and produced a CD of original poetry and music. He has given several hundred presentations throughout the world on holistic health and the healing arts.

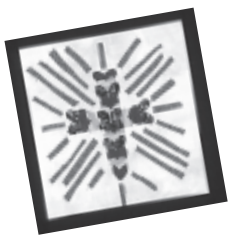


Arts in Healthcare: Modern Research Results

- Aesthetic environments shorten postoperative recovery and hospital stay
- Art-making reduces anxiety in patients with cancer and blood diseases
- Art-making raises circulating endorphin and natural killer cell levels
- Cooperative play-acting and theatre games raise pain thresholds and mood
- Creative writing lessens the physical symptoms of asthma and arthritis
- Creative writing reduces anxiety, depression, and doctor visits
- Dancing improves circulation, coordination, and alertness in elders
- Music enhances sleep patterns, alertness, and growth of newborns
- Music lowers state and trait anxiety in patients after myocardial infarctions
- Music raises pain thresholds and reduces postoperative pain medications
- Sharing stories regularly lengthens lifespan of advanced cancer patients
- Sustained laughter lowers blood pressure and stress hormone levels

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INTRODUCTION

About VSA arts of Florida

Mission and Background

VSA arts is an international non-profit organization dedicated to promoting artistic excellence and providing educational opportunities through the arts for people with disabilities. Founded in 1974 by Ambassador Jean Kennedy Smith, VSA arts offers programs in creative writing, dance, drama, music, and the visual arts that develop learning skills, encourage independence, and promote inclusion. Millions of people across the United States and in countries throughout the world participate in VSA arts programs through a network of affiliate organizations. Part of VSA arts' mission is to educate the public about people with disabilities by illustrating the valuable contributions they make to our communities. It is through such education that information is exchanged, curiosity is satisfied, and ignorance and fear are able to subside. This allows for the true recognition, understanding, and appreciation of diverse groups, and for their complete inclusion in society. Through art exhibitions at VSA arts galleries, educational symposia, publications, and public awareness campaigns, VSA arts provides valuable resources and information on disability, the arts, and culture.



Gay Drennon
Chief Executive Officer

VSA arts of Florida is a non-profit arts and educational state affiliate of VSA arts housed at the University of South Florida. Founded in 1981 by the Florida Department of Education and the Florida Department of State, VSA arts of Florida offers programs in creative writing, dance, drama, music, and the visual arts. These educational programs help people with disabilities develop learning skills, nurture independence and self-worth, and enhance well being in every area of life. VSA arts of Florida's professional development and community programs are conducted statewide through an extensive network of partnerships with schools, universities, hospitals, museums, parks and recreational facilities, performing arts centers, correctional and social service centers.

"In discovering the creativity of others,
we learn something new about ourselves."

Jean Kennedy Smith
Founder, VSA arts

Service

VSA arts of Florida provides direct services to over 45,000 people with disabilities, as well as 200,000 teachers, parents, and peers annually. VSA arts of Florida trains over 5,000 teachers for re-certification credit as well as hundreds of artists, administrators, and other service providers including social service, community service, juvenile justice personnel, and health care providers annually.

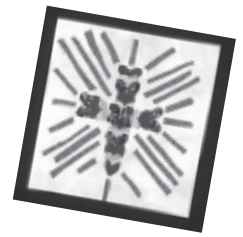


Christine Ferrara
Program Director

Over one million people in Florida participate in VSA arts of Florida's programs through the service of our statewide arts educational programs, rotating arts exhibitions, arts festivals, performances and the VSA arts of Florida Gallery/Gift Shop at the Kravis Center for the Performing Arts in West Palm Beach. VSA arts of Florida serves our constituents through a variety of programming initiatives, including: Arts in Healthcare, Cultural Access Services, Youth Development and Career Services, School and Community Partnership Services, and Literacy and Family Services.

Arts in Healthcare Initiatives

Arts for Children in Hospitals: The Arts for Children in Hospitals program educates health care professionals about the importance of the arts as a communication tool with children. As part of the college level course, medical students work side-by-side with their



pediatric patients on art projects which build trust and encourage children to talk about their hospital experiences. VSA arts of Florida implements the Arts for Children in Hospitals Program at the University of South Florida Medical School and the University of Florida Medical School.

VSA Art Box: VSA arts of Florida developed an arts curriculum and materials for children in hospitals and homebound with chronic illnesses. The curriculum is both educational and therapeutic in nature and can be used individually or in group settings. The box has been field tested and is ready for duplication.

Boggy Creek Gang Camp: VSA arts of Florida is working with the Boggy Creek Gang Camp to provide quality arts programming for children and youth with special needs.

Hospital/Health Outreach: VSA arts of Florida is working with several hospitals to develop outreach programs for patients and their families. The festival format will offer numerous hands-on art stops for children and provide instructional support for parents.

The VA/VSA Artists in Residence Program:

VSA arts of Florida is developing programs in VA Hospitals to build independence and self-confidence in veterans by using artistic outlets to enhance the rehabilitation process. The program provides veterans who receive care at VA medical centers with quality arts experiences through artist-in-residence programs and community-based activities. A collaborative effort between the Department of Veterans Affairs and VSA arts, this rehabilitative program encourages veterans to engage in self-exploration and communicate personal experiences using the expressive power of the arts.

The Legacy Program/Arts in Elder Care: VSA arts of Florida is developing the Legacy program to help older adults and cancer patients rediscover a sense of purpose and accomplishment by encouraging them to reconnect with significant times and feelings in their lives through an artistic forum, within which they can share these experiences with others. The program engages participants at senior citizen centers, nursing homes, long-term care facilities, and hospitals in a combination of life-review and arts activities. Oral historians and professional artists work with program participants to recapture personal recollections through interviews, which are preserved on tape and expressed through the visual arts, dance, drama, music, or creative writing.

Shands Arts in Medicine: VSA arts of Florida is collaborating with the Arts in Medicine program at Shands Hospital and the College of Medicine at the University of Florida to bring this nationally recognized program to healthcare centers statewide through community-based partnerships with medical centers, Hospice, Easter Seals, and AIDS support organizations. Arts in Medicine brings the creative arts into the mainstream of healthcare through exhibitions, performances and artists at the bedside in an effort to restore a patient's emotional and spiritual health.

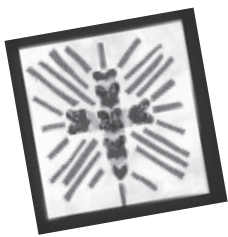
Arts in Healthcare Symposium: VSA arts of Florida is sponsoring, in collaboration with community healthcare facilities, a series of lecture/workshops held regionally to support an educational base for arts in healthcare program development statewide. The series is conducted by nationally recognized specialists.

“Medicine in the United States is now recognizing that healing the mind and the soul are integral to healing the body. VSA arts of Florida has long known that the arts heals and comforts the total body. We are proud of our efforts and especially our leadership in this area through our Arts in Healthcare programs.”

*Karen Moffitt, Ph.D., President,
VSA arts of Florida*



Karen Moffitt
President



INTRODUCTION

About Shands Arts in Medicine



Mary Rockwood Lane,
R.N., Ph.D., Co-Founder

The Arts in Medicine program at Shands Hospital in Gainesville, now over ten years old, is one of the pioneer hospital arts programs in the country. Through consultations, presentations, and site visits, Shands Arts in Medicine (AIM) serves as a national model for developing arts in healthcare programs. In a unique collaboration with VSA arts of Florida, AIM worked with administrators and artists in healthcare settings throughout the state to start new programs, or to enhance existing ones, serving as the model for the programs you'll see featured here in our Showcase section (see page 21). With twelve artists in residence mentoring a large, fluctuating and diverse group of students and volunteers, AIM offers a kaleidoscopic array of consistently high quality programs (some pictured here). Now visible in nearly every area of Shands at UF, AIM also expanded this year to include the local Planetree affiliate, Shands at Alachua General Hospital, (AGH), as a site.

The mission of Arts in Medicine is to enhance the care given to patients and families by using every form of art—music, dance, painting, drawing, writing, clowning, puppetry, theater, sculpture—and letting caregivers explore their own creative energy. Arts in Medicine is also committed to using visual and environmental arts as a way of transforming the physical hospital environment from a sterile, depersonalized setting to one of color, comfort and inspiration.



"I think bringing the piano in is one of the best things we've done for the hospital. You can see the people change immediately. They come in, nervous and scared about whatever difficult situation they're dealing with. Then they hear the music — they look and see that there's a real person playing. They stop, smile, listen for a few minutes or even sing along — it changes their whole demeanor. And it has a ripple effect on everyone they see afterwards. Sometimes I'll be on a unit and hear someone whistling a tune that was played hours earlier."

Cathy DeWitt
Musician in Residence, Music Director

There are currently twelve artists-in-residence and forty students each semester working on seventeen units within the Shands Healthcare system, including two major hospitals and several outlying area clinics. AIM directly serves over 200,000 individuals annually through one-to-one patient interaction, workshops and performances in public areas, and gallery visitors. One of the key players of AIM is Mary Lisa Kitakis-Spano, who trains and mentors the artists and volunteers.



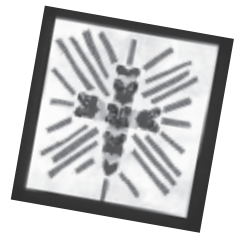
John Graham-Pole, M.D.,
M.R.C.P., Co-Founder

"I see the bone marrow transplant unit (BMTU) as a very powerful and sacred place — a place where incredible change is taking place inside a human being — physically, mentally, and spiritually. It helps to approach it that way."

Mary Lisa Kitakis-Spano
Artist in Residence, Artist Coordinator



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Mary Rockwood Lane is the founder of AIM's artist in residence program. A registered nurse, she is also a published author and an oil painter, who lectures worldwide on her own story of healing through art, and the importance of empowering patients, families and staff to find their own creative force. John Graham-Pole (see page 6) co-founded the AIM program along with Mary.



Jill Sonke-Henderson dances with a patient

“Creative healing is about returning to the source of healing, and re-generation. It emerges from the spirit to the mind to the body. Art in healing will help you tap into your creative source of healing in a deeply spiritual way. Everyone has this deep capacity for transformation; you spiral inward to make contact with your healing energy.”

Mary Rockwood Lane
Co-Founder, Shands Arts In Medicine



Tina Mullen, M.F.A., Director

Tina Mullen, pictured with her dog Lois, was the Director of the University Galleries at UF before becoming the Director of AIM. Tina also acts as interior designer for Shands Healthcare, working to manifest the aesthetic ideals of AIM throughout the facilities. The newest member of the administrative team is Lauryn Arce. Before becoming AIM's program coordinator, Lauryn took Dance in Medicine with AIM dancer in residence, Jill Sonke-Henderson, and volunteered at the hospital. She serves as communications liaison, manages volunteers and coordinates site visits. Lauryn is the local coordinator for the Society for the Arts in Healthcare Annual Conference 2002.



AIM's Playback Theatre troupe, *The Reflections*

“Dance is a particularly powerful expression for patients as it allows us to experience our bodies in a positive way during a time of illness. Using imagery as a bridge to movement, we embark on creative journeys that uncover deeply personal insights which can inspire, energize and guide the healing process. Besides, dancing is just so much fun!”

Jill Sonke-Henderson
Dancer in Residence, Dance for Life Director



Mary Sabatella, Artist Coordinator at Shands AGH, watches as Paula Patterson interviews a patient during Playback Theatre

AIM artists have created many successful programs in the hospital, including:

- Circle Art Studio**
- The Reflections* Improvisational Theatre Troupe**
- Dance for Life**
- Weekly Concerts: BMTU, Atrium Performance Series & Charlie's Corner**
- Bedtime Fun - Pediatric Oncology**
- Oral History Project: Shands@AGH**
- Ceiling Tile Art Project**



Lauryn Arce
Program Coordinator

For more information about AIM artists and their programs at Shands Arts in Medicine, please see the Roster of Artists beginning on page 33.