



# Using the Arts and Peer Support to Advance Healing & Recovery

Presented by  
“Bluebird” &  
Deb Trueheart

Art: “Bee Here Now”  
by Amy Smith





Bluebird and Deb have collaborated on several projects, including an arts curriculum for the Academy of Peer Services.

# ART HEALS



View some.

Make some.

There's no wrong way.

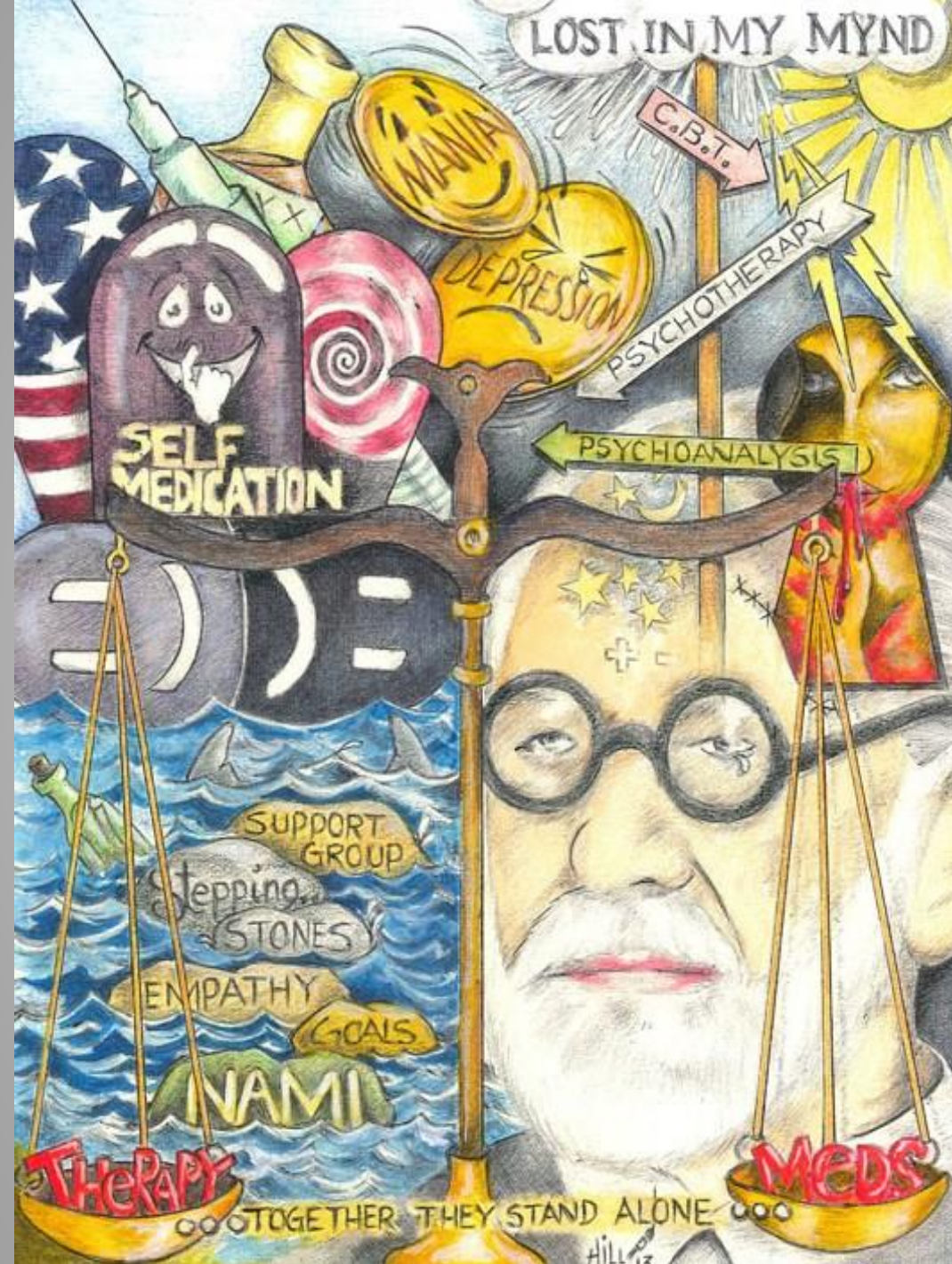




# CREATIVE NEW ROLE FOR PEER SPECIALISTS

- ◉ Peer Arts Mentors different from art therapists
- ◉ Art as a means to “tell your story”
- ◉ Relationships are mutual
- ◉ Art never exhibited anonymously!
- ◉ Trauma issues often discovered safely
- ◉ In workshops ALWAYS have time for show and tell
- ◉ You may be helping someone to discover their true passion is art!





Using arts to inspire others throughout their recovery journeys.

Art by Tom Hill, PA PSS





# N.Y.C. Murals Project





# CREATIVE COMMUNICATION

## “BE A PERSON NOT A TITLE”



- ◉ Use casual words
- ◉ Give someone a high-five
- ◉ Handshake with greeting
- ◉ Come with joke of the day
- ◉ Smile important
- ◉ Name badge?
- ◉ “Arts box” or” Hope Tote”
- ◉ Explain your role



# CARRY A “HOPE TOTE” OR CREATIVITY BAG OF TRICKS

- ◉ Word Search/Crossword puzzles
- ◉ Joke of the Day
- ◉ Small Journal
- ◉ Stuffed Animal
- ◉ Package of Tissues
- ◉ Small Notebook
- ◉ Stress Ball
- ◉ Affirmation/Fortune  
(Arts Materials depending on the audience)



# BE A CREATIVE DRESSER

And



Have Fun!



# EASY ARTS ACTIVITIES YOU CAN DO

- ◉ Collage
- ◉ Scribble Art
- ◉ Pillowcase Art
- ◉ Hands Project
- ◉ Self Portraits
- ◉ Dance-Movement
- ◉ Jig Saw Puzzles
- ◉ Adult Coloring Books
  
- ◉ (This is just a sampling—endless possibilities)

# COLLAGE



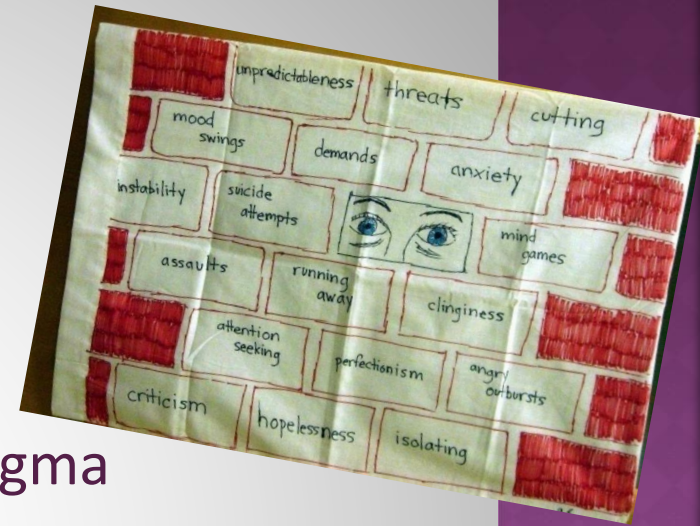


# “PILLOWCASES OF RECOVERY”

FULTON STATE HOSPITAL EXHIBIT

FULTON, MO

- “If pillows could talk, they would
- tell a story of our struggles ...”
- Reflects issues of recovery & effects of stigma
- A traveling exhibit of poetry & art on pillowcases that is now called **“Pillows of Hope”**
- A clothesline exhibit you can do!



# PILLOWCASES OF RECOVERY





# SCRIBBLE ART



Brenda Lewis

# WHAT DO YOUR HANDS SAY: AN EASY PROJECT FOR GROUPS OR INDIVIDUAL



- Easy Project to do
- Presented at Peer Conferences in MT, MD, NYC, NJ, TX



# ADULT COLORING BOOK



# MANDALAS





# CREATING BIGGER MORE LASTING PROJECTS:



2016 Sharon Wise artwork

## Bluebirds Flying Arts Fest

Come Join Us for a Day of Creativity  
and Fabulous Arts Presentations

August 23, 2016  
9am to 4pm

801 Market Street  
Philadelphia, PA

- Sharon Wise, Washington DC's Artist Extraordinaire
- Hikmah Gardner, Philadelphia's Beloved Advocate
- Collage Making, Pillowcase Painting, Mandalas, Poetry and More ...

Lunch Will Be Provided

\$10 Donation

Bluebird Artists and Associates  
First Adventure



# Creating a Persona





# Mark Davis

## Philadelphia, PA

### *"Drag with a Tag"*

Mark created his act to educate and raise consciousness about being gay, living with HIV, and mental health issues. Mark received a "VOICE" award in Los Angeles in 2009.



# *Instruments of Healing, Inc.*

MUSIC Speaks what cannot be expressed  
sooths the mind and gives It res,  
heals the heart and makes it whole  
flows from heaven to the soul  
~Author unknown~



Mary Rockwood Lane, one of the founders of ARTs in Medicine, in her book, *Healing with the Arts*, (pp113) writes, in a chapter on music as healing, “There is clear evidence of a powerful healing force in music as a therapeutic intervention”.



## Sacred Circle Dancing



Whenever, while dancing – in an experience of stillness or in motion – we connect with these images in movement, a particular spiritual archetype is activated in our memory. Outer, profane time is then transformed into inner space that transcends the limitations of form: it is the beginning of prayer in movement, of **Sacred Dance**.

**Maria-Gabrielle**

**W...**





# SACRED CIRCLE DANCE

Circle Dance for Peace

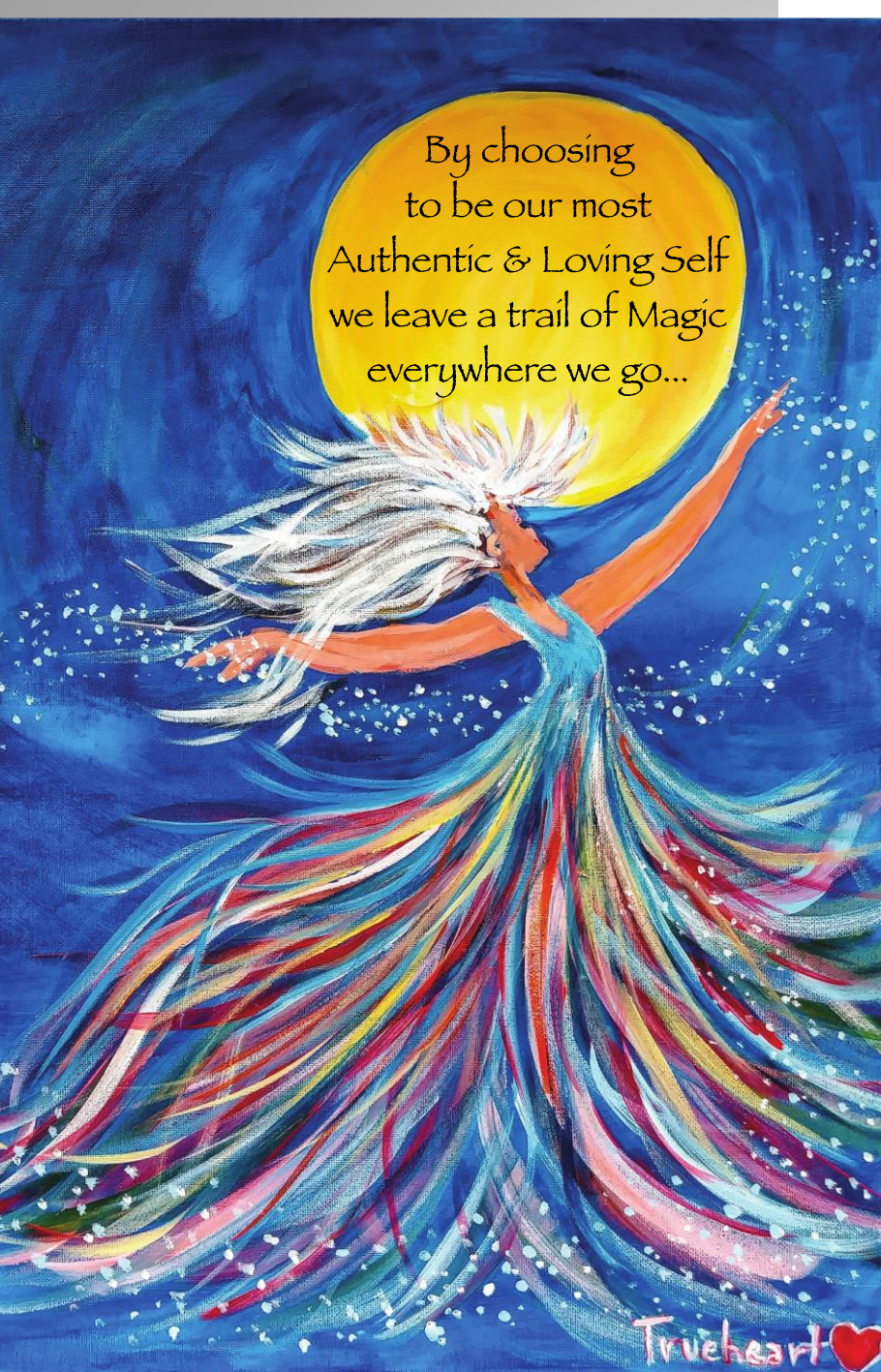


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<https://youtu.be/IN51Hpla2ek>





## The Phoenix

By: Debbie Whittle

Unaware of forces stirring within  
Feeling torment of some terrible sin  
Hearing only voices screaming the tale  
Despite good intention, you'll always fail

Too tired, too weak, full of despair  
Unable to find the will to care  
Fear, a dominant and constant feeling  
Death, at last, becomes quite appealing

Broken, beaten and full of shame  
Ready to call an end to the game  
Falling into the deep, dark pit  
Surely, this vast void is finally it

Lying face down in ashes of grief  
Surrendering the struggle; a sigh of relief  
Resisting nothing push nothing away  
Perhaps this emptiness is here to stay  
Releasing, emptying; letting go of it all  
Beneath the stillness; hear a faint call  
Darkness, birthing the whispering soul  
Reminders of being part of a much larger whole

The paradox of surrender at once becomes real  
As new life emerging, we begin to feel  
From ashes of death, awake to surprise  
Like the phoenix of old, begin to rise  
Birth, Death, Rebirth; The cycle of life  
Allowing this cycle eases the strife  
Aligning with natural rhythms... realize  
Like the phoenix... we will always rise

Over and over, it will always be  
The flame of truth sets us free  
Just as we accept our terrible demise  
Unquenchable human spirit cannot help but rise

The cycle of life cannot be denied  
Despite the false notions, coded inside  
In the midst of the ashes, hear these cries  
"I am the phoenix of old, and I continue to rise"  
"I am the phoenix... and still, I Rise!"



# My simple work space





# *Living into Wholeness*

## *Workshop Series /workbook/ booklet*



Deborah Louise Trueheart  
Trueheart Enterprises  
941-281-8103 • [debtrueheart@gmail.com](mailto:debtrueheart@gmail.com)  
[www.debtrueheart.com](http://www.debtrueheart.com) •  
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# INTERACTIVE ART PROCESS

Get out your Paper and markers or colored pencils

We will engage in a creative process together:



# QUESTIONS /COMMENTS

# PEER ARTS PROGRAMS

- ◉ Awakenings Project—Wheaton, IL  
[www.theawakeningsproject.org](http://www.theawakeningsproject.org)
- ◉ Nine Muses Art Studio, Fort Lauderdale, FL  
[www.9musesartcenter.org](http://www.9musesartcenter.org)
- ◉ Creative Vision Factory, Wilmington, DE  
[www.thecreativevisionfactory.org](http://www.thecreativevisionfactory.org)
- ◉ ARTREACH, Second Step Players, Norwich, CT.  
[www.artreachheals.org](http://www.artreachheals.org)
- ◉ AnArtists Group [www.anartists.Gainesville.com](http://www.anartists.Gainesville.com)
- ◉ The Painted Brain, Los Angeles  
[www.paintedbrain](http://www.paintedbrain)



# RESOURCES

- Bahati, Wambui    [www.wambui-bahati.com](http://www.wambui-bahati.com)
- Campbell, J., The Well-Being Project,  
<http://mimh200.mimh.edu/mimhweb/pie/database/GetArticle.asp?value=1601>
- Caughey, Meghan    [www.meghancaughey.com](http://www.meghancaughey.com)
- Cemetery Projects, Pat Deegan & Larry Fricks  
<http://www.patdeegan.com/links.html>
- Lawrence, Jerome    [www.jeromelawrence.net](http://www.jeromelawrence.net)
- Skinner, Michael..... [www.mskinnermusic.com](http://www.mskinnermusic.com)
- Wise, Sharon..... [thehouseofsharon@msn.com](mailto:thehouseofsharon@msn.com)
- Graham-Pole, J. (2000). Illness and the art of creative self-expression. New Harbinger Publications, Inc.: Oakland, CA
- Jamison, K.R. (1993). Touched with fire: manic depressive illness and the artistic temperament. New York: Simon & Schuster
- Panter, B.M., M.L.; Visrhub, A.T.R.; and Visrhub, 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
- Contact Bluebird for Creativity Cookbook, Pillowcase Instructions and to volunteer
- see next page

# CONTACT INFORMATION & QUESTIONS

**Gayle Bluebird**  
**Bluebird Consultants**

Jacksonville, FL

Phone: 904-674-9568

E-Mail: [gaylebluebird1943@gmail.com](mailto:gaylebluebird1943@gmail.com)

[www.doorstowellbeing.org](http://www.doorstowellbeing.org)

[d2winfo@copelandcenter.com](mailto:d2winfo@copelandcenter.com)

