



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.

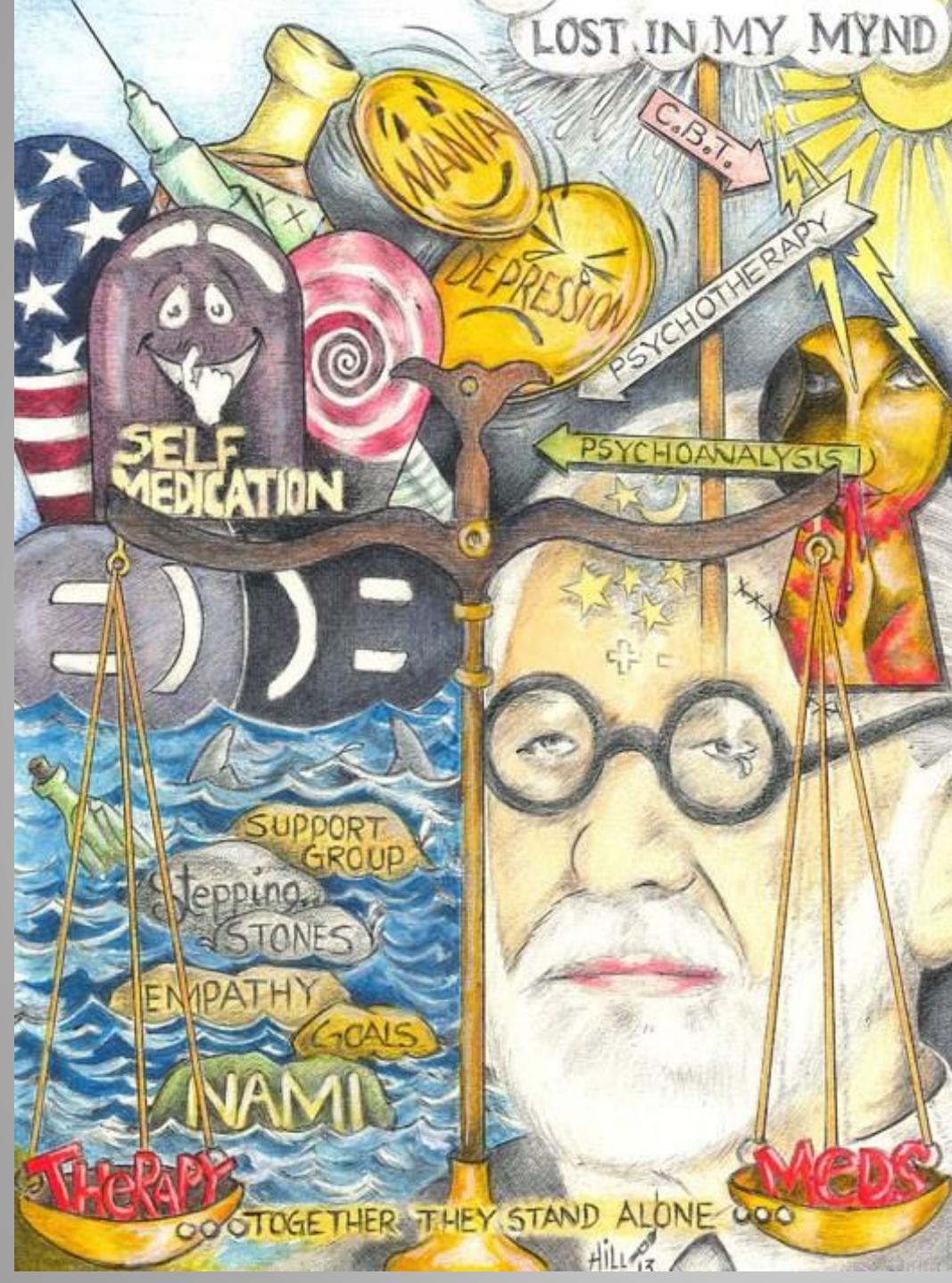
Make some.

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!

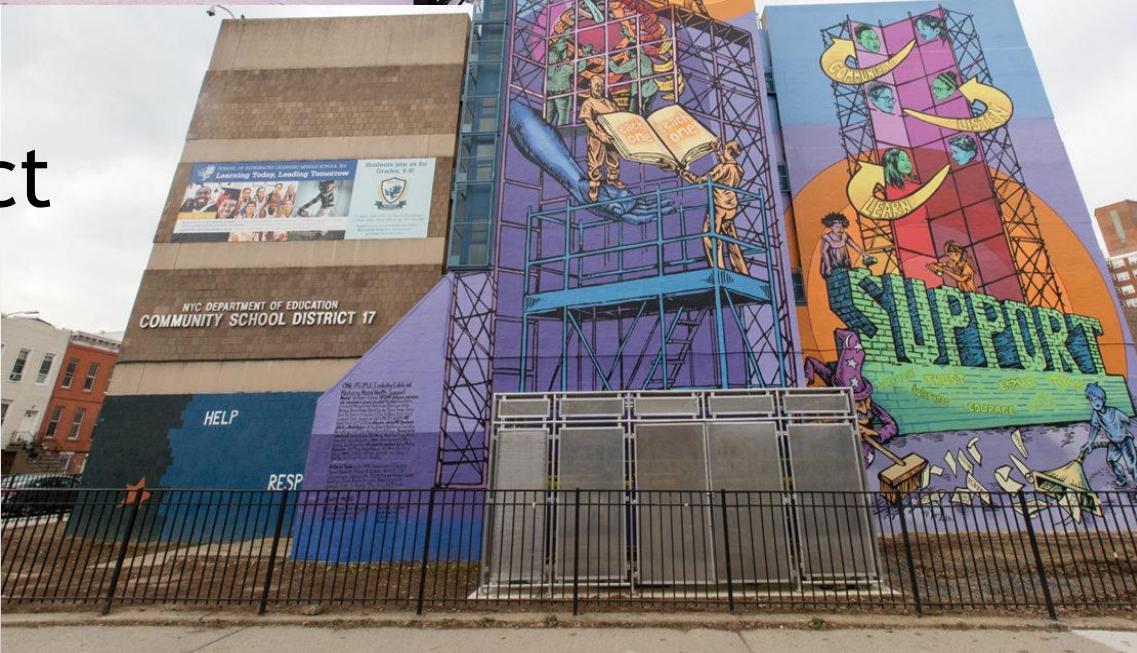


Using arts to inspire others throughout their recovery journeys.

Art by Tom Hill, PA PSS



N.Y.C. Murals Project



CREATIVE COMMUNICATION

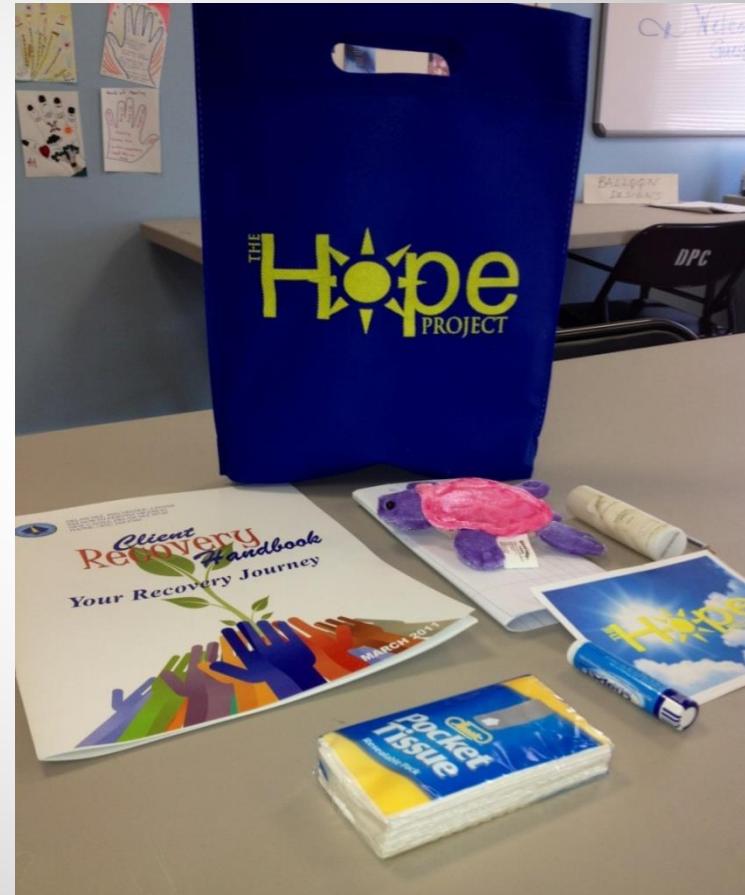
“BE A PERSON NOT A TITLE”



- 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

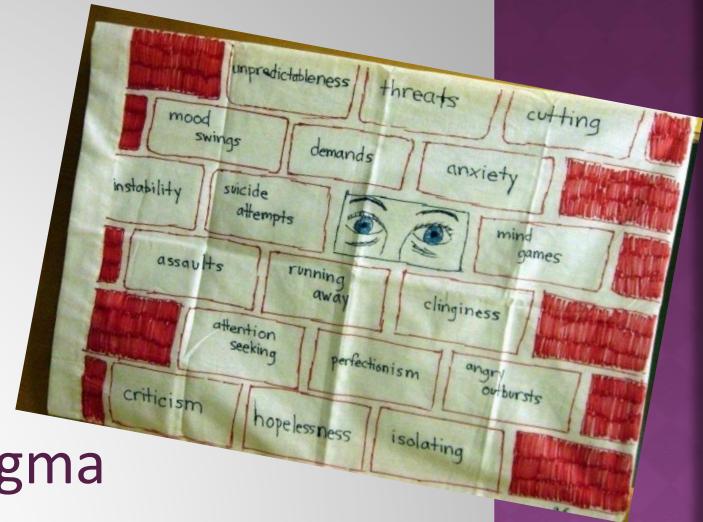


“PILLOWCASES OF RECOVERY”

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

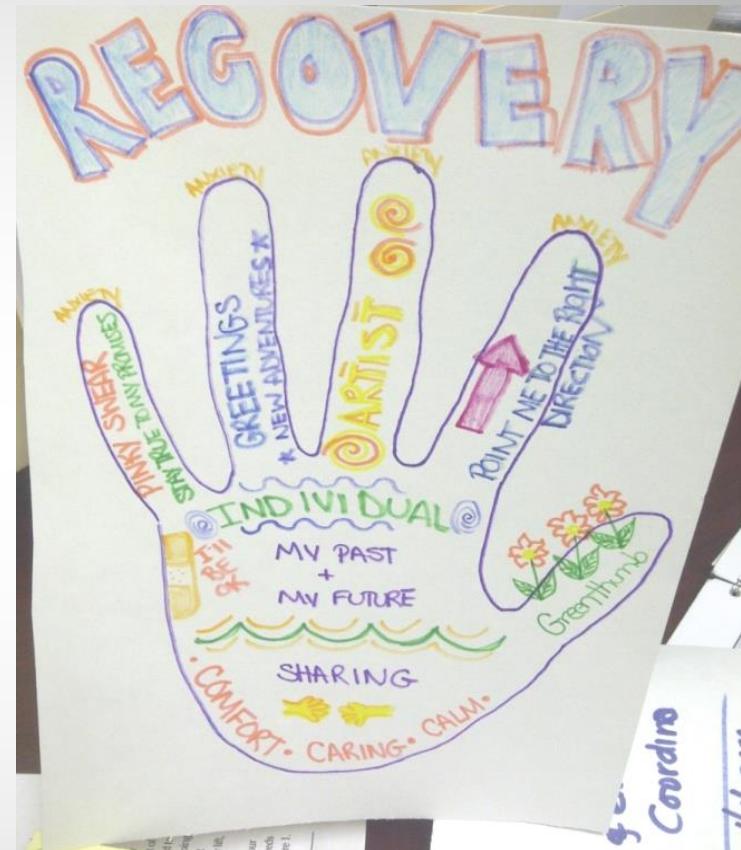
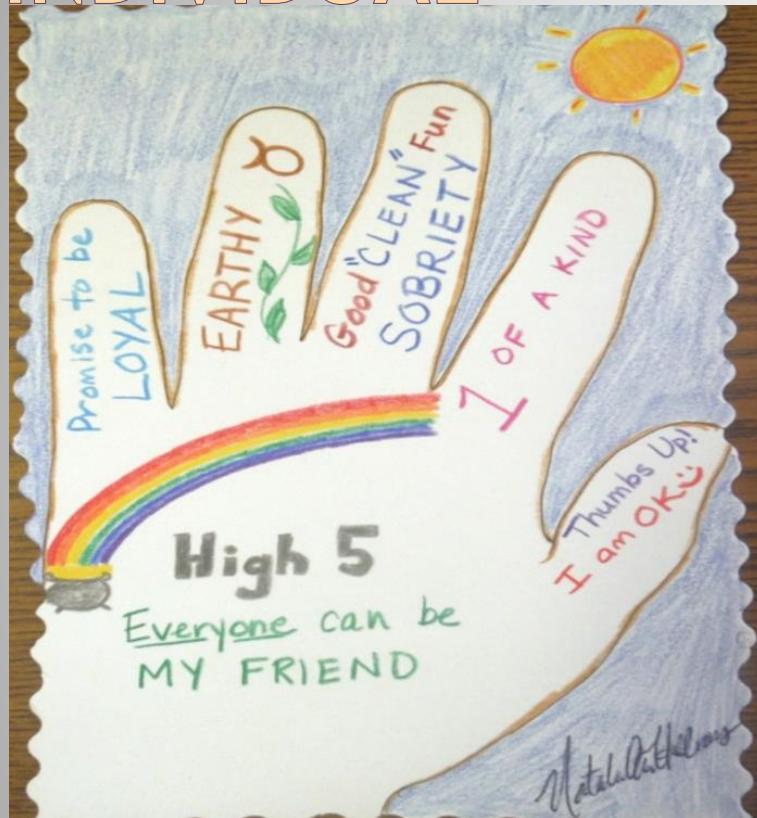


SCRIBBLE ART



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
soothes 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
Wolff

SACRED CIRCLE DANCE

Circle Dance for Peace



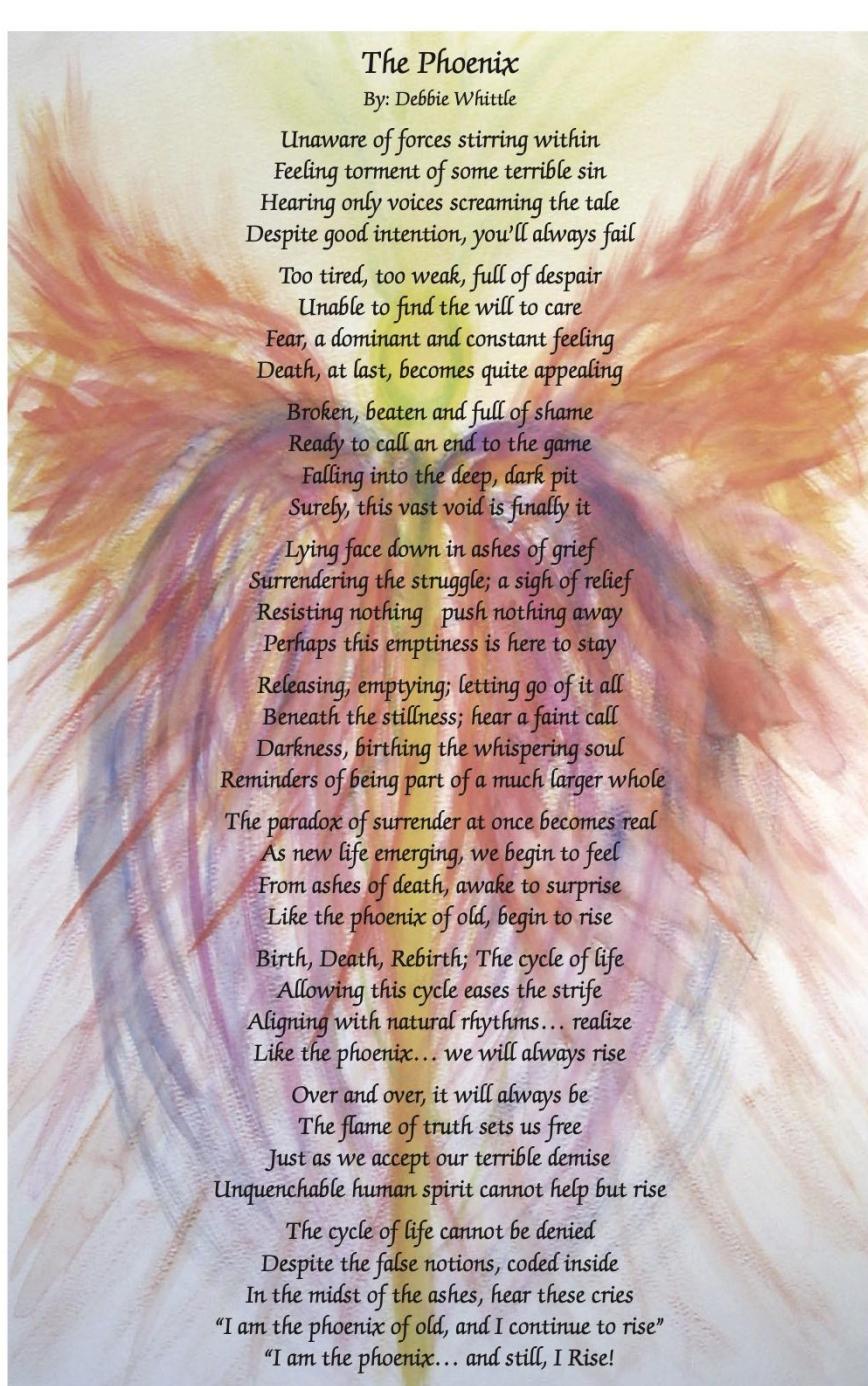
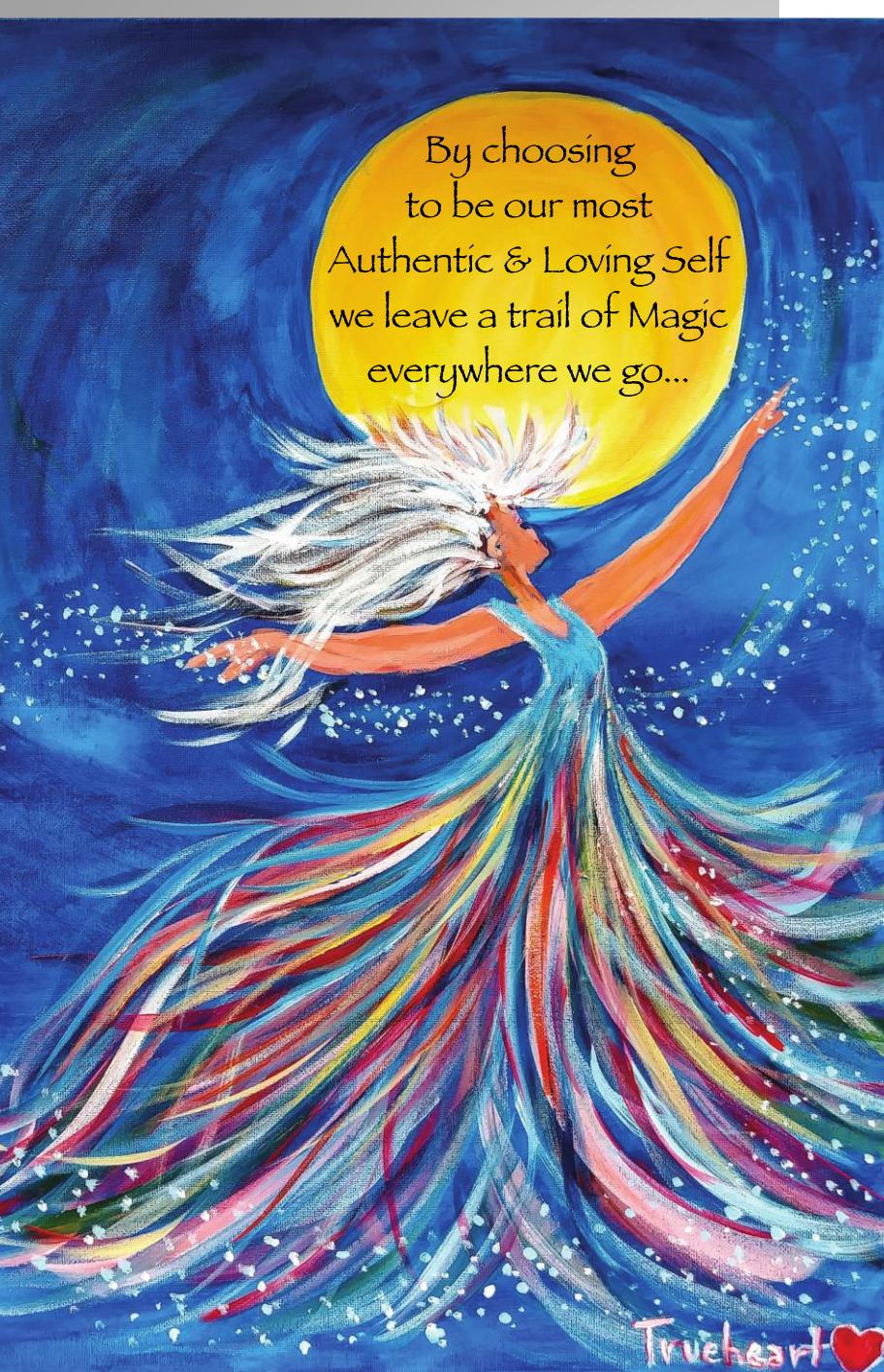
We are all dancers

in the Circle of Life

▶ ▶ 🔍 0:26 / 3:00



<https://youtu.be/IN51Hpla2ek>

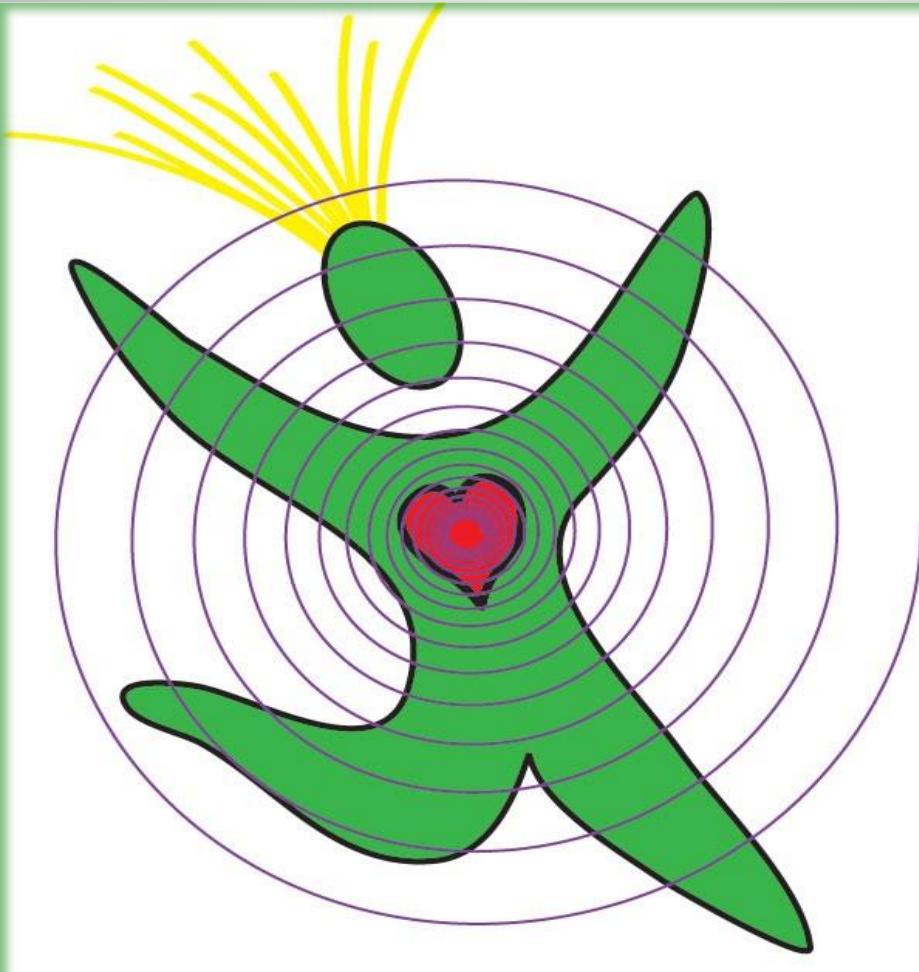


My simple work space



Living into Wholeness

Workshop Series /workbook/ booklet



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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
- Nine Muses Art Studio, Fort Lauderdale, FL
www.9musesartcenter.org
- Creative Vision Factory, Wilmington, DE
www.thecreativevisionfactory.org
- ARTREACH, Second Step Players, Norwich, CT.
wwwartreachheals.org
- AnArtists Group www.anartists.Gainesville.com
- The Painted Brain, Los Angeles
wwwpaintedbrain

RESOURCES

- ⑥ Bahati, Wambui www.wambui-bahati.com
- ⑥ Campbell, J., The Well-Being Project,
<http://mimh200.mimh.edu/mimhweb/pie/database/GetArticle.asp?value=1601>
- ⑥ Caughey, Meghan www.meghancaughey.com
- ⑥ Cemetery Projects, Pat Deegan & Larry Fricks
<http://www.patdeegan.com/links.html>
- ⑥ Lawrence, Jerome www.jeromelawrence.net
- ⑥ Skinner, Michael..... www.mskinnermusic.com
- ⑥ Wise, Sharon..... thehouseofsharon@msn.com
- ⑥ Graham-Pole, J. (2000). Illness and the art of creative self-expression. New Harbinger Publications, Inc.: Oakland, CA
- ⑥ Jamison, K.R. (1993). Touched with fire: manic depressive illness and the artistic temperament. New York: Simon & Schuster
- ⑥ 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
- ⑥ Spaniol, S.E. (July 1990). Exhibit in art by people with mental illness: issues, process and principles, Art Therapy, pp.70-78
- ⑥ Contact Bluebird for Creativity Cookbook, Pillowcase Instructions and to volunteer
- ⑥ see next page

CONTACT INFORMATION & QUESTIONS

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