

# **The Well-Being Project: Art & Science Go Hand-in-Hand**

## **Off the Charts!: Data and the Arts for Social Change**

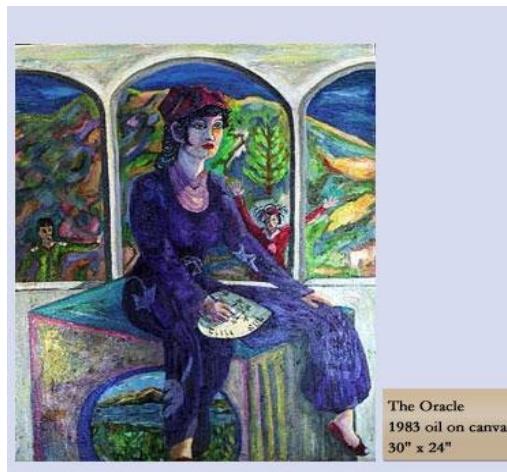
**The Regional Art Commission  
Saint Louis, MO**

July 2013



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## **We are all the embodiment of our lived experience**



2

## I have experienced madness



The Day Room  
1984 oil on canvas  
30" x 24"

3

## I am both scientist and artist



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**In 1987 my worlds collided when I was hired to co-direct the Well-Being Project by the California Network of Mental Health Clients.**

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## THE WELL-BEING PROJECT



*We Speak for Ourselves*

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- The Well-being Project was conducted to determine what factors promote or deter well-being of persons commonly labeled as mentally ill in California (N=500)
- It was written, administered, and analyzed entirely by mental health consumers
- Rather than reifying patienthood, the study affirmed personhood
- In a world of stigma, poverty, loneliness and injustice their voices illuminated the value of self-help, creativity, meaningful work, human dignity and respect

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## Research Methods

- Community engagement, Instrument development, Standardized interviewing, Convenient sampling, Data entry, Statistical analysis, Data Interpretation, Reporting

## Art Mediums

- First-person narratives, Improvisational theater, Painting, Collage, Poetry, Photography, Documentary film-making, Music, Stand-up comedy

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## Multi-Media ToolKIT Produced

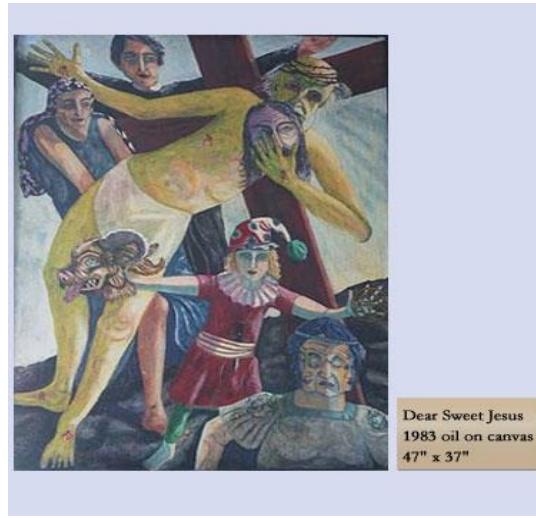
- ***The Well-Being Project: Mental Health Clients Speak for Themselves***, an academic report and research guide of study findings
- ***People Say I'm Crazy***, 56 minute award-winning video documentary
- ***People Say I'm Crazy***, compendium to documentary with study findings integrated and reflected in edited testimony, poetry, prose, photography and paintings.

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## Findings: In the Desert of the Heart

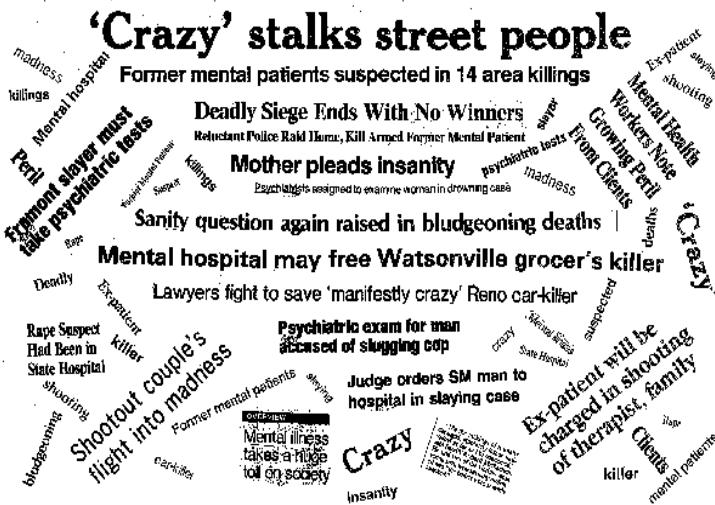
*Intellectual  
disgrace  
stares from  
every face*

*Seasons of  
sorrow lie  
locked frozen  
in every eye*



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**41% surveyed reported that “all the time” or “most of the time” people treated them differently when they found out that they have a mental illness**

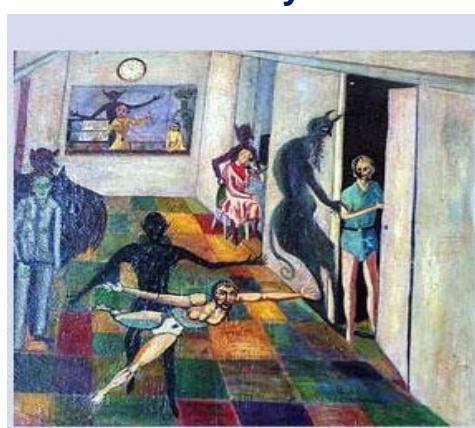


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**31% felt that their families seldom or never listened to them or considered what they said was valid or important**

*Before you judge  
my actions as  
something to  
forgive*

*Before my heart is  
broken could you  
free my soul to  
live?*



The Mental Hospital  
1984 oil on canvas  
36" x 36"

12

**45% felt lonely or isolated from other people  
“all” or “most of the time”**

*Before my eyes are  
covered  
will I see  
your original face?*



Gurdjieff in Venice  
1984 oil on canvas  
24" x 30"

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**26% reported that they lacked good food or a  
decent place to live**

*Before my feet  
are tired  
may I search  
your dwelling  
place?*

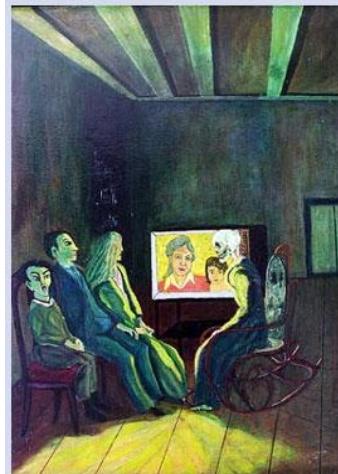


Flight From Venice  
1982 oil on canvas  
20" x 40"

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**30% seldom or never felt that other people accepted their feelings of sorrow, despair, or anger**

*Before you change  
my music  
will you let me sing  
my song?  
Before my song is  
over  
will you come and  
sing along?*

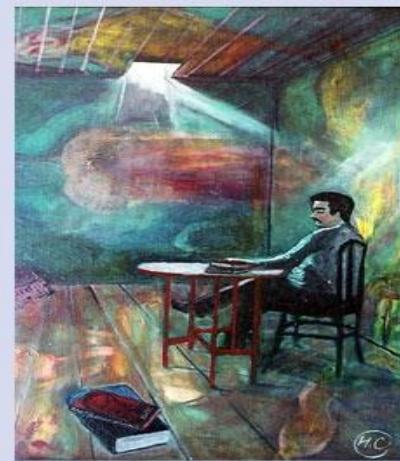


The Day Room  
1984 oil on canvas  
30" x 24"

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**40% said they lacked warmth and intimacy in their every day lives**

*In the prison of  
our ways let  
essence learn to  
praise*

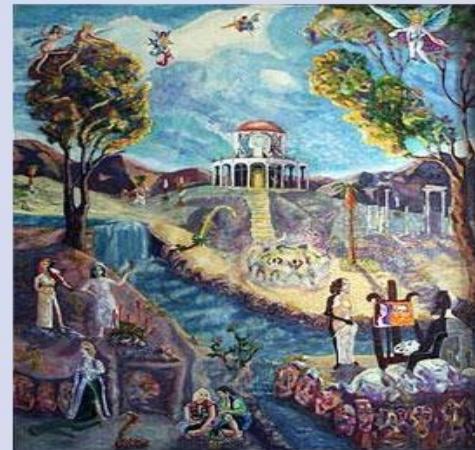


Alone and Waiting  
1984 oil on canvas  
24" x 18"

16

**61% said that creativity was essential for their well-being**

*In the desert of  
the heart  
let the healing  
juices start!*



**The Dome**  
1979 oil on canvas  
60" x 50"

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*I am drawn towards an undiscovered country where art takes form in scientific explorations and research comes to voice through creative expression.*

*Artifacts of my lived experience trail after me as strands of consciousness intertwine, ignite and mark the path forward.*

*Jean Campbell*



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