

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

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

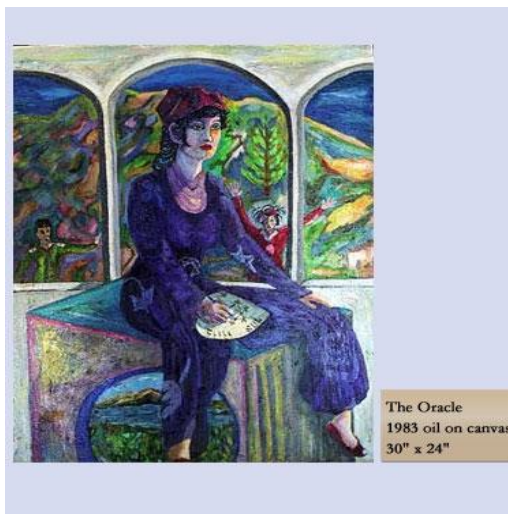
**The Regional Art Commission
Saint Louis, MO**

July 2013



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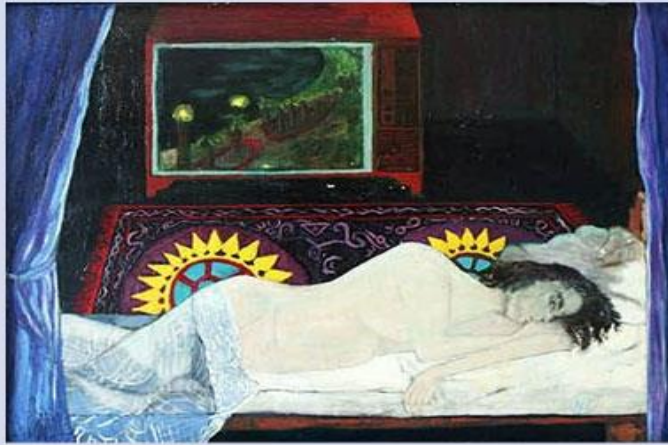
We are all the embodiment of our lived experience



The Oracle
1983 oil on canvas
30" x 24"

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*



Dear Sweet Jesus
1983 oil on canvas
47" x 37"

10

[illegible]

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

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?*

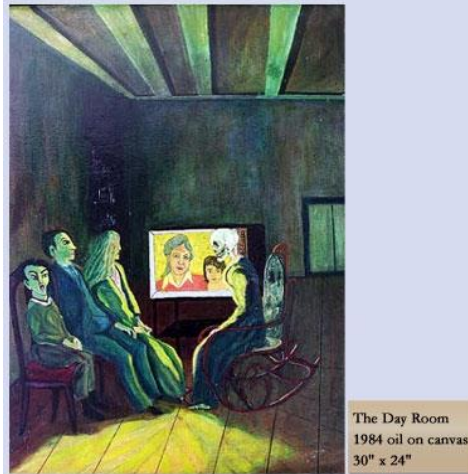


Flight From Venice
1982 oil on canvas
20" x 40"

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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?*



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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"

17

*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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