

# Building Healthy Communities Through the Arts

**Tuesday, Nov. 14, Room 416**





# Elevate

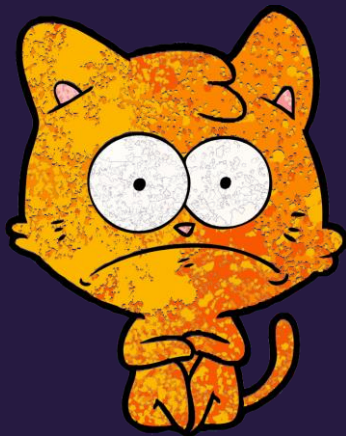
**THEATRE COMPANY**

[www.ElevateTheatreCompany.com](http://www.ElevateTheatreCompany.com)



**WELCOME!**



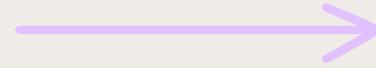


**Nerves**



BREATH

Breathe In 1, 2, 3, 4



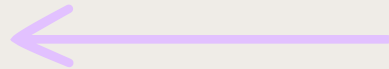
1,  
2,  
3,  
4  
Hold



Hold  
1,  
2,  
3,  
4



Breathe Out  
1, 2, 3, 4



Elevate

THEATER FOR HEALTH. 

# OUR MISSION

Elevate Theatre Company is theatre for health. We create space for audiences and artists to explore health and well-being through the art of storytelling.





# WHAT WE DO



## SIGNATURE PROGRAM

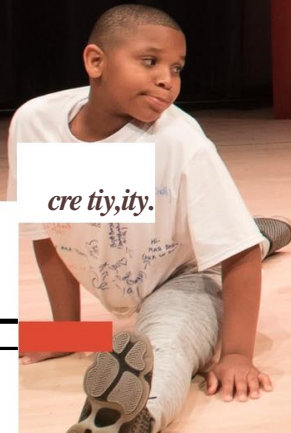
Elevate curates original theater pieces around public health topics and provides community health resources through discussions with industry experts.



## STORYTELLING WORKSHOPS

Elevate provides arts-based workshops that address healthy communication, authentic engagement, team building, unconscious bias, and more.

# arts participation is a health behavior



njpac

# big ideas



performing arts centers are  
community health centers



arts education **is public  
health**



arts & culture **are essential**  
to health & well-being

# ARTS PARTICIPATION

“Arts participation includes different MODES, or ways, in which people engage in the arts, including informal, formal, live, virtual, individual and group participation.

These **MODES** include:

Attending live arts and cultural events and activities

Creating, practicing, performing, and sharing art

Participating in social, civic, spiritual, and cultural arts practices

Consuming arts via electronic, digital, or print media

Learning in, through, and about the arts

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Arts participation also includes different art **FORMS**  
or disciplines with which people engage, including dance/movement, literary arts, media, music, theatre/performance, and visual arts, craft, and design.”

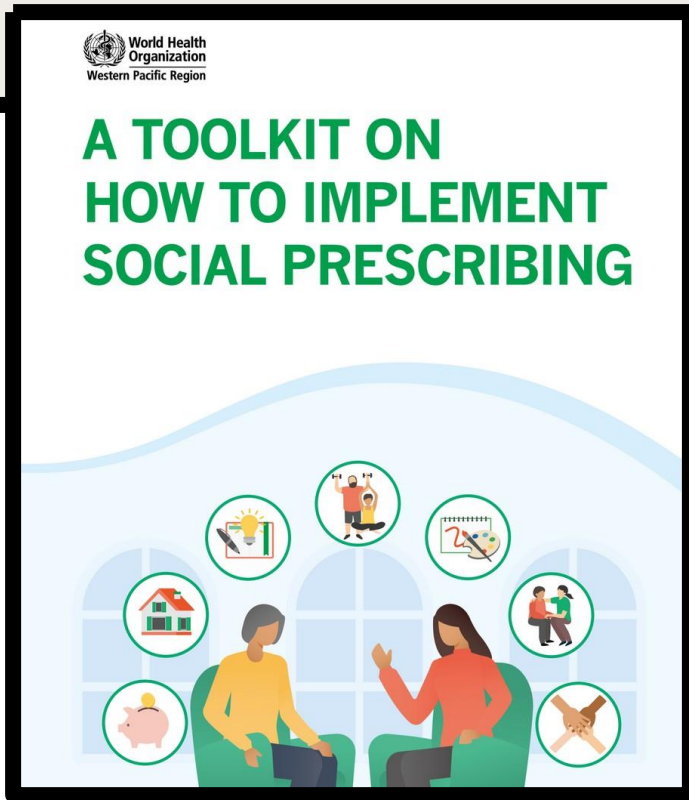
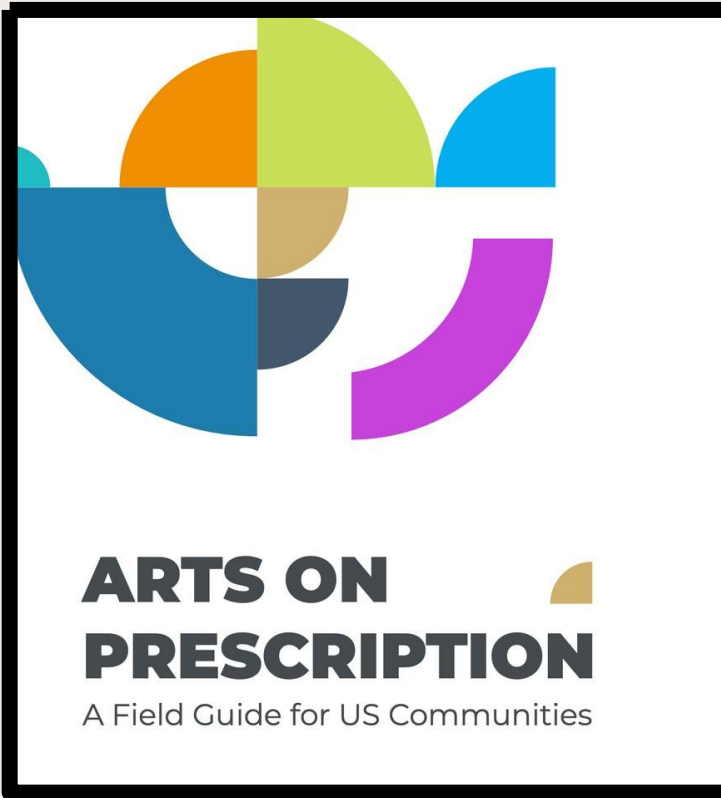
# SOCIAL PRESCRIBING

“In Social Prescribing practice, trained workers "prescribe" holistic health resources to primary care patients by connecting them to personalized social services and local communities.



Providers work to improve patient nutrition, physical activity, and mental health by centering patient interests and needs.”

# SP TOOLKITS & SUPPORT





# COLLABORATION



# ARTS & HEALTH CAN



Build  
Community



Inspire Action



Promote  
Education



SCAN & LEARN MORE!

**njpac**  
arts &  
well-being



*Elevate*



*Elevate*



**THANK YOU!**

**BE WELL & ELEVATE**



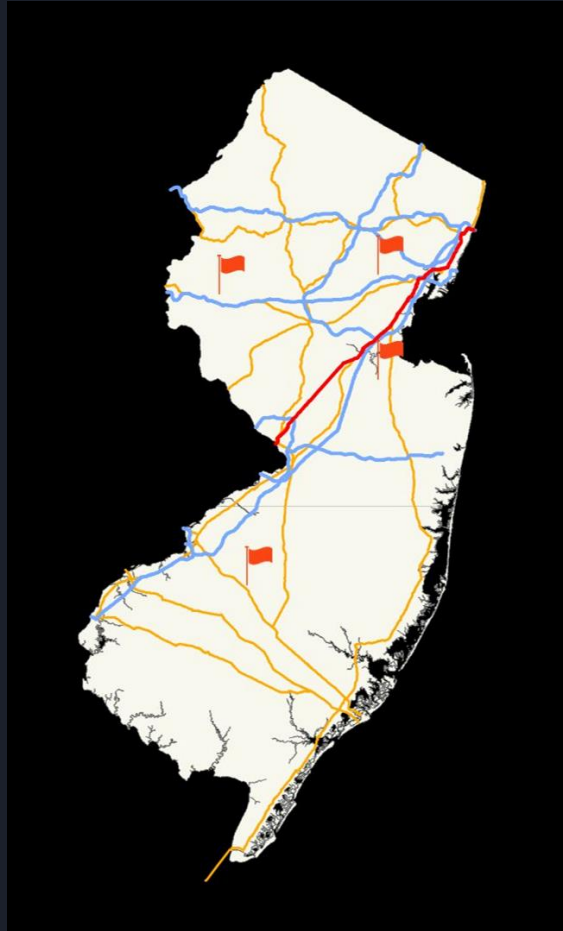
# Building Healthy Communities through the Arts

artcenternj.org

Melanie Cohn, Executive Director  
Visual Arts Center of New Jersey

mcohn@artcenternj.org  
908-516-5289





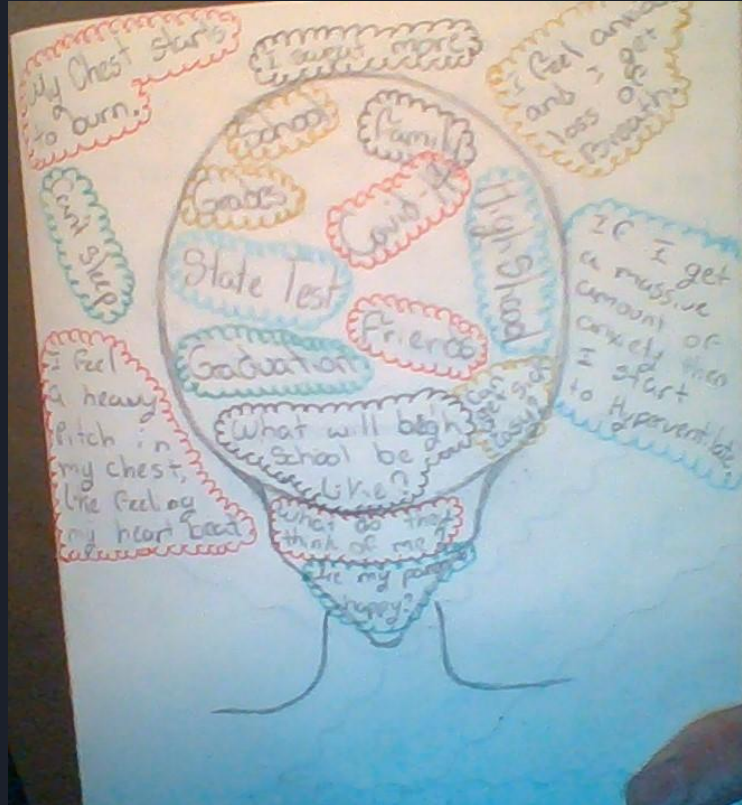
# Benefits of Making Art for Self-Care



# & for Community Health

## Case Study

### Visual Art Center of NJ Programs: MS Students





# Case Study

## Visual Art Center of NJ Programs: HS Students



The place in the picture is Hoboken, NJ. This is a special place for me because it helps me to relax myself when I have a lot of things to do. It is a place where I can think about life, school, my future, or my family. The picture was taken the first time I went there, and I loved it at first view. It makes me feel special, and I recommend it to whoever wants to think, or take a walk, or take a ride, or eat something.



**Esta foto es la foto que quise poner, pero esta foto está tomada en el Parque Warinanco. También esta en tiempo de pandemia. En esa foto se encuentran unos compañeros y compañeras de la High School. Quise ponerla ya que me sentí super bien al estar ese día con ellos.**

## Case Study

### Visual Art Center of NJ Programs: HS Students





# Making Art with Others

1. **COMBATS ISOLATION:** Helps combat feelings of isolation (especially for older adults). (Perkins, 2021)
2. **BRIDGES DIFFERENCES:** Induces trust and solidarity among participants, and promotes greater understanding and respect for diversity. (Wali, Severson, and Longoni, 2002)



## Case Study

### Visual Art Center of NJ Programs: People with Dementia and Alzheimer's



# Making Art with Others

1. **COMBATS ISOLATION:** Helps combat feelings of isolation (especially for older adults).
2. **BRIDGES DIFFERENCES:** Induces trust and solidarity among participants, and promotes greater understanding and respect for diversity. (Wali, Severson, and Longoni, 2002)
3. **BUILDS CIVIC CAPACITY:** Informal arts practice helps build individual and community assets, by fostering skills critical to civic engagement. These include greater tolerance of difference, trust and consensus building, collaborative work habits, use of innovation and creativity to solve problems, the capacity to imagine change and the willingness to work for it. (Wali, Severson, and Longoni, 2002)





# Case Study

## Arts & Democracy: Participatory Budgeting

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[ABOUT US](#)[WHAT WE DO](#)[FIND RESOURCES](#)[OUR VALUES](#)

### PARTICIPATORY BUDGETING NYC

*Arts & Democracy serves as a resource to Participatory Budgeting in New York City (PBNYC) integrating arts, culture, and community media into this innovative approach to participatory democracy.*



#### Getting Out the Vote with the Arts!

Arts & Democracy engaged the arts to get out the vote in the 10th year of Participatory Budgeting with City Councilmember Shahana Hanif and the District 39 District Committee. An artmaking workshop helped PB Delegates create posterboards of their projects, which were then displayed at a Community Expo at the Park Slope Armory. A concert at Kensington Plaza with The Singing Winds and a salsa class with Dancewave at the Old Stone House made it fun to vote for community projects.

[Read more](#)

Topics  
[Northeast](#) · [Democracy](#) · [Dance](#) · [Music](#) · [Visual Art](#) · [Community Engagement](#)

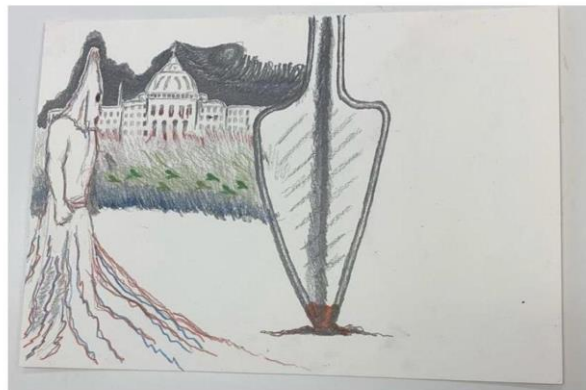
Program  
[Cultural organizing resources](#)

# Establishing Art + Healing Programs in Your Community



## Case Study

### Visual Art Center of NJ Programs: Veterans



## Case Study

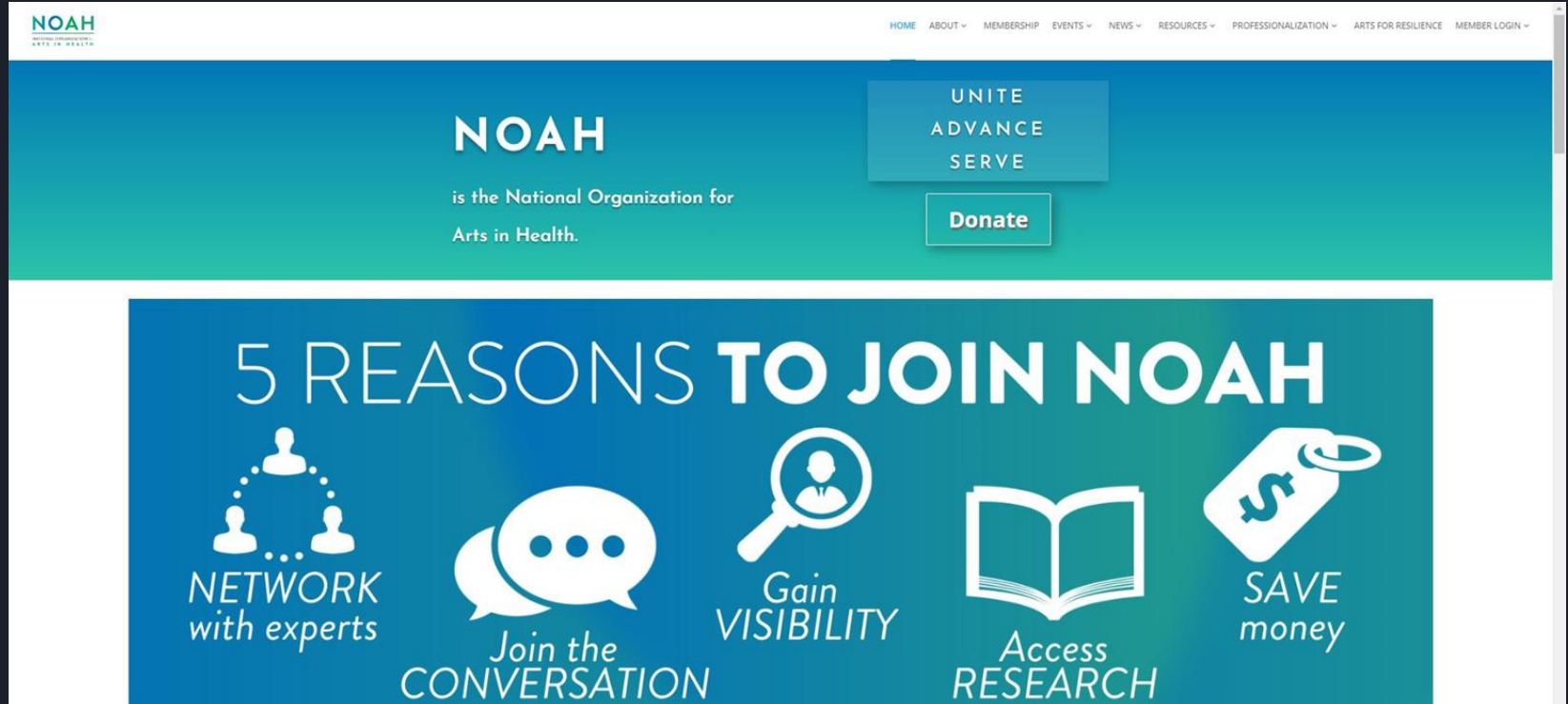
### Visual Art Center of NJ Programs: Overlook Hospital Partnership





# Additional Resources

thenoah.net








The screenshot shows the homepage of the National Organization for Arts in Health (NOAH). The header includes the NOAH logo and a navigation menu with links to HOME, ABOUT, MEMBERSHIP, EVENTS, NEWS, RESOURCES, PROFESSIONALIZATION, ARTS FOR RESILIENCE, and MEMBER LOGIN. The main banner features the NOAH logo, the tagline "is the National Organization for Arts in Health.", and a "Donate" button. Below the banner is a section titled "5 REASONS TO JOIN NOAH" with five icons and corresponding text: "NETWORK with experts" (three people icons), "Join the CONVERSATION" (speech bubble icon), "Gain VISIBILITY" (magnifying glass over person icon), "Access RESEARCH" (open book icon), and "SAVE money" (tag with dollar sign icon).

**NOAH**  
is the National Organization for  
Arts in Health.

UNITE  
ADVANCE  
SERVE

[Donate](#)

## 5 REASONS TO JOIN NOAH

-   
**NETWORK**  
with experts
-   
Join the  
**CONVERSATION**
-   
Gain  
**VISIBILITY**
-   
Access  
**RESEARCH**
-   
**SAVE**  
money




## HEALTH EVIDENCE NETWORK SYNTHESIS REPORT 67

### What is the evidence on the role of the arts in improving health and well-being?

#### A scoping review

Author(s)	Year of Study	Study Design	No. of Participants	Study Population	Variable(s) Measured	Findings
Reynolds and Prior <sup>57</sup>	2003	Phenomenological	30	Chronic illness patients	Health and well-being	Art filled occupational voids, distracted thoughts of illness; improvements in flow and spontaneity, expression of grief, positive identity, social networks
Puig et al. <sup>58</sup>	2006	Randomized controlled trial (creative arts)	39	Breast cancer patients	Psychological variables	Improved well-being by decreasing negative emotions and increasing positive ones
Ross et al. <sup>59</sup>	2006	Pretest–posttest (arts in medicine program)	46	Hemodialysis patients	Medical outcomes, depression, dialysis times, weight gain, laboratory data	Improved medical outcomes, trends toward reduced depression and hemodialysis parameters
Walsh et al. <sup>60</sup>	2004	Pretest–posttest quasi-experimental	40	Cancer patients	Stress, anxiety, emotions	Reductions in stress and anxiety; increases in positive emotions
Nainis et al. <sup>61</sup>	2006	Pretest–posttest	50	Cancer patients	Pain and psychological variables	Reductions in distress and negative emotions
Samoray <sup>62</sup>	2006	Semistructured interviews	11	Trauma patients	Stress and fatigue	Reductions in stress and symptoms of compassion fatigue; increases in healing, well-being, and sense of purpose
Reynolds and Lim <sup>63</sup>	2007	Interviews and art	12	Cancer patients	Well-being	Improved focus on positive life experiences, self-worth, and social identity



Questions?  
Want to brainstorm?

Contact me:

Melanie Cohn

[mcohn@artcenternj.org](mailto:mcohn@artcenternj.org)

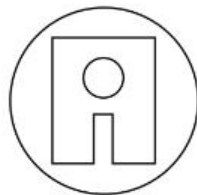
Direct number: 908-516-5289

Visual Arts Center of New Jersey  
68 Elm St  
Summit, NJ 07901

[artcenternj.org](http://artcenternj.org)



**ARTS &  
HEALTH**  
MERCER



McCarter

MORVEN  
MUSEUM & GARDEN



PRINCETON  
SYMPHONY  
ORCHESTRA

PRINCETON UNIVERSITY  
ART MUSEUM

  
west windsor  
*arts*

 PRINCETON  
UNIVERSITY  
CONCERTS





artshealthmercer.org



Join anytime

## Better Health Room

Drop-In Activities

**10:00 - 10:30 AM**

**Theatre Games** with  
Breanna Lemerise of  
McCarter Theatre

**Art Making** with the  
Princeton University Art  
Museum

**10:30 - 11:00 AM**

**Ripped Words Poetry**  
with Greer Luce of Morven  
Museum and Garden

**Art Making** with the  
Princeton University  
Art Museum

**11:00 - 11:30 AM**

**Puzzles and Kids Crafts**  
with Princeton Public  
Library

**Art Making** with the  
Princeton University  
Art Museum

**11:30 AM - 12:00 PM**

**Art Making** with the  
Princeton University  
Art Museum

artshealthmercer.org



## Room A

**12:00 - 4:00 PM**

## Vendor Alley

**3:00 - 4:00 PM**

## Reception

Food and beverages  
provided by













## Faith Saunders



Discover A New Future, Founder and Chief Transformation Officer

Faith Saunders is the author of two books entitled, "BREAK FREE: 52 Tips to Escape from Your Self-imposed Prison" and "Journal to Wellness." Faith

was born and raised in Mandeville, Jamaica. She migrated to the United States at age 20 and has lived in New Jersey for the past 28 years. Faith started her career at the University of Medicine and Dentistry of New Jersey, now Rutgers University, where she worked for over 12 years in various leadership positions and where she received a Master's Degree in Psychiatric Rehabilitation. Later, she became an adjunct professor at the School of Health-Related Professionals teaching vocational rehabilitation courses to undergraduates. Faith went on to develop and implement a state-funded Employment Institute where she served as director for fourteen years. During that time, she provided training and technical assistance to over 300 organizations on leadership and employment-related issues. Today, through her company Discover A New Future, she partners with organizations to enhance their employees' competencies by providing leadership and professional development training and coaching services. Faith is also an artist. She started out making handmade cards, but over the years, she has dabbled in expressing her creativity in many ways such as jewelry making, pottery, and more. In recent years, Faith has been featured in several media publications as she uses her art to connect people to each other through projects such as coming together to create cards for people who are hospitalized with cancer.

[We regret that our previous keynote speaker, Christina Eskridge, will be unable to present due to unforeseen circumstances.]

[Home](#)[Get Involved](#)[Calendar](#)[Opening Celebration](#)[Resources](#)

## A month-long celebration of arts and health

# Welcome

Arts & Health Mercer was created by a coalition of arts and culture organizations of the Mercer County region to bring a greater appreciation, understanding and experience of how the arts are integral to the health of individuals and communities through an alignment of programming across organizations.

Through this initiative, we seek to create awareness of the health benefits of the arts, and provide access to these benefits through our programming.

November 15 @ 7:30 pm

## Healing with Music: Healing from Cancer through Music with Suleika Jaouad, Writer and Jon Batiste, musician

Princeton University Concerts Richardson Auditorium, Alexander Hall, Princeton University campus

The New York Times bestselling author Suleika Jaouad and her husband, multiple Grammy Award-winning musician Jon Batiste, together launch a new season of our "Healing with Music" series with a conversation, permeated by live performance of works meaningful to Suleika's recovery from leukemia, about music's role through illness and how they have managed to convert ...

[Read More »](#)



November 17 @ 7:00 pm - 8:30 pm

## Interwoven Stories of Healing with Music

Arts Council of Princeton 102 Witherspoon St, Princeton, NJ, United States

Local artist Diana Weymar facilitates an embroidery circle to capture community stories of PUC's Healing with Music series. Hosted by the Arts Council of Princeton. Healing with Music is a series presented by Princeton University Concerts (PUC) which gets to the heart of music's life-affirming power through events combining conversation with live performance. This Interwoven ...

[Read More »](#)



November 22 @ 10:00 am - 12:00 pm

## Drop in and Knit

Princeton Public Library 65 Witherspoon St., Princeton, NJ, United States

Bring your knitting and/or crochet project (and your own supplies) to these drop-in social gatherings. Did you know that there are five proven benefits to knitting and crochet as a hobby? Even better is that these benefits increase when done socially with others. So, grab your latest project and come to the library to knit ...

[Read More »](#)



December 6 @ 7:00 pm

## Day With(out) Art Film Screening: Everyone I Know Is Sick

Princeton Garden Theatre 160 Nassau St., Princeton, NJ, United States

On the anniversary of Day With(out) Art, a day when cultural organizations raise awareness of HIV and AIDS, remember people who have died, and inspire positive action, the Museum and ...

[Read More »](#)

