

***all times in EST MONDAY, October 19, 2020: Arts in Health Programming**
***schedule subject to change**

SESSION 1
11:30 -11:45 AM

Welcome and Conference Opening

KEYNOTE: Ping Ho, Founder & Director of UCLArts & Healing

Social Emotional Arts: A Sustainable Model for Equity, Inclusion, and Public Health

SESSION 2
11:45 -12:30 PM

In this session, UCLArts & Healing Founder and Director, Ping Ho, will share a sustainable and scalable model for facilitating the use of the arts as a healing practice. This approach maximizes the innate social emotional benefits of the arts with simple mental health practices and makes it accessible to all. Ping will specifically describe the development and outcome of a curriculum called Social Emotional Arts on a Shoestring: Supportive Art, Movement, Music, and Writing for Individuals and Groups in Any Setting. In addition, she will share some "Aha!" moments along the way, including the future of this work in a virtual world.

BREAK
12:30 PM - 12:45 PM

SESSION 3
12:45 PM - 1:25 PM

POST SESSION DIALOGUE WITH KEYNOTE SPEAKER PING HO
***interactive**

Following her keynote presentation on Social Emotional Arts: A Sustainable Model for Equity, Inclusion and Public Health attendees can continue the conversation with Ping Ho, Founder & Director of UCLArts & Healing.

Becoming Part of the Medicine: Cambridge University Hospital's journey to truly embedding arts practice into hospital wards

Natalie Ellis and Filipa Periera-Stubbs
 Dance for Health (DfH) is Cambridge University Hospitals' (CUH) flagship arts programme. Now an international leader in the field of participatory dance within hospital settings, the programme was piloted in 2013 with the aim to improve the hospital experience for older patients. In the past 3 years alone, DfH has had more than 3000 participant visits, and it remains the only on-going UK programme of its kind. This presentation proposes to share our experiences through practical examples - the challenges, opportunities and solutions we've found along the way in our journey towards sustainability.

Steps for Starting an Arts and Health Program: Visual Arts Center of New Jersey in partnership with New Jersey Veterans Affairs

Sarah Walko
 We'll walk the audience through how the initiative was developed, challenges we faced, costs, our funding structure, partnerships, accessibility, and how to launch a similar program. Creative Art Therapy with NJVA marks a big step in a new direction for our in-community programs. The mission of VACNJ is to nurture the capacity for personal expression, expand the creative experience, and foster stronger communities by empowering people to see, make, and learn about art. Through exhibition, studio school, and community programs, we engender connection, curiosity, and creative risk-taking among our constituents. This program includes information on Arts with Aging Military, and Marginalized Populations and Arts Assisting in Life Transitions.

BREAK
1:25 PM - 1:35 PM

SESSION 4
1:35 PM - 2:15 PM

CoroNo Can't Stop Us: Leveraging Technology to be There When You Can't be There

Constanza Roeder and Richard Wilmore
 Is the field of arts in health prepared if the threat of infectious disease or other crisis prevents us from engaging patients in person? When the threat of COVID-19 required our healthcare partners to shut down all outside programs and severely restrict visitors, our patients faced even more isolation than normal. We used our creativity to innovate and continue to serve our patients virtually. After this session, attendees will come away with a contingency plan for their own organization to leverage technology to safely serve in the midst of a crisis. Learning objectives: Be equipped to communicate with decision makers about the need to invest in a virtual arts program. Challenges and assets to select the best technological and relational resources for their virtual arts program. Draft their own virtual arts program plan.

Creating and Nurturing Artists in Residence Programs: Lessons Learned

Scott Stoner and Tamara Wellons
 This presentation focuses on the design and delivery of artists in residence (AIR) programs that will provide an integrated arts and healing component for a range of settings. It draws upon the presenters' experience with developing and administering programs, on behalf of Smith Center for Healing and the Arts, in both inpatient and outpatient settings serving the Washington, DC metro area. Over the past 20 years, Smith Center developed and supported AIR teams for three hospital-based cancer centers, the Walter Reed Military Medical Center's wounded warriors unit, and most recently, the Inova Schar Cancer Institute in Fairfax, VA.

BREAK
2:15 PM - 2:30 PM

SESSION 5
2:30 PM - 3:15 PM

PLENARY SESSION - Covid-19 Response Panel Discussion: From Crisis to Creative Opportunity
This panel will discuss how arts in health programming has shifted in response to Covid-19 during last 7 months, what creative solutions are being implemented, and the sustained impact of the pandemic on the field of arts in health. **Moderator:** Barbara Steinhaus. **Panelists:** Gaelen McCormick, Kerry Royer, Veronica Stein.

SESSION 6
3:15 PM - 3:45 PM

ART + NETWORKING BREAKS

**interactive*

Art Refresh Break: Images and Words to Enhance Your Wellbeing
Art Refresh expressive activities will help you to creatively explore and develop your own meaning from the conference themes. No art skills are required, only your open heart and open mind and some basic art supplies. Join Janice Baker as we use simple written and visual activities for self-care and self-discovery.

Networking Break
Just because we are virtual doesn't mean that we can't network and meet up with long standing friends and new acquaintances. Join colleagues from across the arts and health field for informal, topic driven discussion. We will create virtual break out rooms to create intimate groups and easy conversation.

Student Networking Opportunity

SESSION 7
3:45 PM - 4:25 PM

**interactive*

Bridging the Gap: A Dance Workshop Exploring the Practices, Principles and Challenges of Bringing Somatic Movement into Clinical Health Settings
Natalie Ellis and Filipa Pereira-Stubbs

Dance for Health (DfH) is Cambridge University Hospitals' (CUH) flagship arts programme. This workshop is an invitation for you to experience DfH from a patient's perspective. By guiding you through a practical DfH session, Filipa Pereira-Stubbs - DFH's lead practitioner and co-founder - will introduce the practices and principles that sit at the heart of the programme, followed by valuable time for us to reflect and discuss. No DfH session is the same; activity is always shaped by the needs and desires of the group, at that given moment in time. Our primary goal is to enable people to make connections - physically, emotionally and socially - with themselves, others and the environment they inhabit.

How Can Technology Meet the Future Needs of Arts and Healthcare?
Annette Ridenour and Jan Beringer

Part One: Reaching out to your community
Creating rich virtual storytelling experiences in arts and healthcare within a changing world during and post pandemic.

Part Two: Inside the space
Enhancing existing elements with intelligent, iterative, creative change that uses technology to bring new experiential layers into the healthcare environment.

Part Three: Conclusion
Digital technology is an exciting tool that we can use creatively to reach out and reconnect with each other, our communities, our patients, our healthcare workers and our environments.

BREAK
4:25 PM - 4:35 PM

SESSION 8
4:35 PM - 5:15 PM

Interim Report: Music Listening in Stroke Recovery
Todd Frazier and Christof Karmonik

The purpose of this study is to evaluate the effects of music listening as compared to language listening by measurements of brain connectivity, motor function tests, and neuropsychological evaluations.

Based on a recent Houston Methodist CPAM Published Study - International Journal of Neuroscience:
<https://www.tandfonline.com/doi/full/10.1080/0207454.2019.1581189>

Listening, Learning, and Loving Acceptance: A Collaborative Framework for Hospitals and Museums
Amanda Blake and Ginger Watson

Through a novel partnership between John Peter Smith Health Network Arts in Medicine Program and the Amon Carter Museum of American Art, underserved patients, patient healthcare providers, artists, and art museum educators are creating meaningful moments to enhance our community's health. The overarching partnership goal aims to foster integration of the arts into an urban county healthcare system to support patient and healthcare provider understanding, communication, wellbeing and joy.

BREAK
5:15 PM - 5:25 PM

SESSION 9
5:25 PM – 6:05 PM

Role of Community Arts Collaboration in Whole Health in the VHA

Cynthia Wilson & Donna Faraone

The Department of Veterans Affairs (VA) is transforming its health care system to one that embraces Whole Health. Whole Health is an approach to health care that empowers and equips people to take charge of their health and well-being and live life to the fullest. To this end, there is support for the integration of the arts and creative arts therapies through the Whole Health initiative that encourages VA's continued partnerships with healing arts providers and expansion of innovative Whole Health-Arts programming to build sustainable buy in and support across stakeholder groups. Presenters will share materials used to expand knowledge of Whole Health, build skill in creating community partnerships as well as assessment and evaluation tools to replicate the project design.

The Texture of Air: A Richly Illustrated Presentation of an Oral History Arts Program Covering Three Hospitals -Two Old and One New (UK)

Laura Mitchison

TTOA is a collective memoir of two London hospitals and the extraordinary perceptual worlds within them. It unfolded in the final days of the Eastman Dental Hospital (est. 1930) and the Royal National Throat Nose and Ear Hospital (est. 1874), before their services transferred to a smaller combined site in 2019-2020. My presentation explores the value of memory-gathering in healthcare settings, especially at moments of change or displacement. I'll describe a replicable and innovative programme of oral history, music composition, field recording & 3D scanning, which engaged external communities, artists, hospital staff and patients. I'll richly illustrate each style of recording.

6:05 PM – 7:00 PM

OPENING HAPPY HOUR

Join us in celebrating the first day of the NOAH 2020 Conference. Mix, Mingle and Relax virtually with other conference attendees in small groups. A special group for first time NOAH Conference attendees will be available.

SESSION 1
11:30 -12:05 PM

Core Curriculum Overview: Ariadne Albright and Ferol Carytsas

The editors of the upcoming Core Curriculum for Arts in Health Professionals (work in progress) will host this session. Highlights will include the process of how the Core Curriculum has been developed and the application and availability of this resource to the Arts in Health community.

BREAK
12:05 PM – 12:15 PM

KEYNOTE: Amelia Brown, Emergency Arts

SESSION 2
12:15 PM -1:00 PM

Amelia Brown is a coach, consultant, writer, speaker, and artist with more than 20 years of community development experience spanning four continents. As the first creative city-making program manager for Minneapolis, she partners artists with city staff to address equity goals. She is the founder of Emergency Arts, providing resources to transform crises through creativity and support community resilience.

BREAK
1:00 PM – 1:15 PM

SESSION 3
1:15 PM – 1:55 PM

Determining What Goes Right and Wrong in Arts In Health Interventions

Jason C. White

In the arts in health field, arts administrators coordinate and facilitate arts-integrated and arts-infused program interventions that are intended to either alter patient and caregiver behaviors, reduce patient risk, or improve healthcare outcomes. Regardless of the type of intervention, evaluation is needed to produce evidence

Empowering Older Adults through Active Art and Technology Making: Case Study with residents in nursing homes

Jinsil Seo

Senior isolation has become a growing problem in the United States and other countries. Research has shown that art making is an effective way of working with older adults to combat social and health related issues. According to Cohen's creative aging research, older adults who were involved in the weekly participatory art programs,

Uniting a Building: Refreshing a Pre-Existing Hospital Space and Transforming its Aesthetic

Antonia Dapena-Tretter

Looking at Lucile Packard Children's Hospital, Stanford as a case study, this presentation will cover the various aesthetic considerations of merging a new hospital expansion project with a pre-existing space. Presentation attendees will gain an understanding of the many challenges of uniting a building and the staff that occupies it, with a particular focus on pre-

SESSION 3 (cont'd)
1:15 PM - 1:55 PM

of impact. However, because most arts in health interventions are based on theories of change, a theory-based evaluation approach may be the best way to help administrators determine what goes wrong and right in arts in health interventions. In this presentation, I provide attendees with examples of arts in health program theory, introduce a framework for evaluating arts in health interventions, and address evaluation questions.

showed better health, fewer doctor visits, and less medication usage.

Our research seeks to further explore the benefits of the creative activities by bringing technology combined with art/crafts activities to the aging population. Therefore, we have developed interactive art/craft activities as a community art program for residents in local nursing homes in College Station, Texas.

venting feelings of abandonment or neglect for staff, patients, and families who are being served in the former hospital space.

BREAK
1:55 PM - 2:05 PM

SESSION 4
2:05 PM - 2:45 PM

Integral Connections- Music Therapy within Arts in Health Programs *Lara Davis & Sheri Rob*

Sound Health is a partnership between the National Institutes of Health, the John F. Kennedy Center for Performing Arts, in association with the National Endowment for the Arts that is focused on understanding how music experiences affect the brain and human health. This initiative has created a sustained level of national attention on the value of music therapy and arts in health programming for patients and their families. It has also created new opportunities, through the NIH and NEA, for funding in this growing arena. As the demand for music therapy and arts in health programs grow, it will be important that we explore best practices for program development through interdisciplinary partnerships. Panelists for this interactive roundtable include program directors, music therapy clinicians, and working artists from three distinct Arts in Health Programs.

Shibashi-18 Healing Movement and Visualizations for Wellbeing *Kristin Beauvois* ***interactive**

Shibashi is a Qigong inspired movement practice that extracts some of the best rejuvenating movements from Yang style Tai Chi. This practice begins with a brief introduction of Shibashi, followed by a few moments of guided breathing and 18 movements. Movements are performed by the facilitator and the participants are invited to engage by mirroring the movements themselves. This movement practice places emphasis on synchronizing the 18 healing movements with breathing techniques and poetry. It is a gentle, beautiful and flowing routine that is deeply relaxing. It can be done standing, sitting in a chair or a combination of those, making it suitable for a variety of people. As with other Qigong practices, once learnt, individuals are encouraged to make it their own by practicing without comparison to the original movements. This practice can easily accommodate virtual platforms and can be performed during remote visits.

BREAK
2:45 PM - 3:00 PM

SESSION 5
3:00 PM - 4:05 PM

HAMILTON AWARDS

PLENARY SESSION: Conducting Research on Arts and Health - Art Programs That Serve Older Adults and People with Dementia with Beth Bienvenu and Guests

SESSION 6
4:05 PM - 4:35 PM

ART + NETWORKING BREAKS

***interactive**

Art Refresh Break: Images and Words to Enhance Your Wellbeing

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Networking Break

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SESSION 7
4:35 PM - 5:15 PM

Playing Resiliency: Theatrical Interventions Engaging Compassion Fatigue

Tara Rynders and Clare Hammoor

In this presentation you will hear how a personal story influenced nurse, dancer, and artist, Tara Rynders to collaborate with local performers, a script writer and a local hospital to co-create an immersive theater performance and an arts based workshop series to raise awareness and implement arts-based solutions in response to

The Use of Mindfulness-Based Expressive Art to Strengthen the Mind, Body and Spirit

Heather Stemas and Jean Gribbon

The Bead Strong Program includes 12 unique art experiences that teach the importance of mindfulness and self-care using breathwork, mantras, and art. Bead Strong was developed for clinicians as a tool to encourage skills that reduce stress and anxiety, promote self-understanding and self-love, and allow people to become more

SESSION 7 (cont'd)
4:35 PM - 5:15 PM

compassion fatigue and burnout. This presentation will walk you through the early planning stages, including logistics, financials, gaining hospital and artist buy-in, implementation at the hospital level, and execution with all stakeholders involved.

aware of what instills hope and faith in themselves and others. A bead, the earliest art form known to humans, is gifted to bestow honor and express human caring at the conclusion of each session. The goal of this workshop is to expand the clinician's professional development in relation to interactive tools that are available to implement in patient and family care, as well as in staff self-care practices.

BREAK
5:15 PM - 5:30 PM

SESSION 8
5:30 PM - 6:10 PM

Performance Enhancing Arts- Tools for Mental and Emotional First Aid *Amy Erickson*

Art has always provided a way for communities across time and cultures to celebrate, grieve, heal, and come together. In times of unprecedented stress and experiences of individual and collective trauma, there is a need for access to practices that boost resilience, enhance well-being, and build connection. In this collaborative activity and presentation, participants will gain access to a digital First Aid Arts Toolkit and practice simple evidence-based arts activities that can be used to promote mental and emotional health, and to enhance personal and professional performance. Through the lens of performance, the impacts of traumatic stress on the landscape of the body are outlined in an excerpt from the documentary film *Visceral: transforming trauma through theatre*. *Visceral's* director Amy Erickson will discuss what led her to create this documentary, and how the themes of self- and co-regulation, social engagement, safety and the window of tolerance have changed her life.

We're Having a Party! Using Interactive Theater Experiences to Improve Self-Efficacy, Health, & Play for the Very Young

Saharra Dixon, Morganne Evans & Anna Gunderson
Saharra Dixon will guide participants through segments of "We're Having a Party!", a devised interactive theatre experience. In this shortened version of the play, attendees will assume the role of young people and learn firsthand how interactive theatre activities can improve self-efficacy, health, and play for even the youngest of populations. "We're Having a Party!" was developed from a need for interactive and collaborative spaces for children to explore what it means to make healthy choices. The Health Resources & Services Administration indicates that healthy eating, physical activity, hygiene, and safety are important health topics for this age group. Children have the unique opportunity to practice healthy habits, and we will equip them with evidence-based information that will leave them feeling empowered. ***interactive**

Arts for Resilience in Clinicians (ARC): NOAH's National Initiative with Alan Siegel & Cindy Perlis

SESSION 1
11:30 -12:05 PM

In this session, we will introduce how the NOAH Clinician Burnout and Resilience Working Group is addressing clinician burnout & how the ARC (Arts for Resilience in Clinicians) initiative will bring the arts to our health care workers (HCWs). We will include the status of the project, share some of our artists and their experience working with HCWs, explore barriers to implementation, and share resources.

BREAK
12:05 PM - 12:15 PM

SESSION 2
12:15 -1:00 PM

KEYNOTE: Mario Torero

Community Re - Creation through Mural Re-Innovation 2020: Re-visioning the face of historic murals through neighborhood self-reflection

This session will explore how historic/legacy community street murals can be renovated creatively and dynamically through a process of dialoguing with neighborhood residents' evolving position around cultural heroes, racial, social, economic and environmental justice issues and re-visioning icons of collective mourning, celebration and hope.

BREAK
1:00 PM - 1:15 PM

SESSION 3
1:15 PM - 1:55 PM

**POST SESSION
DIALOGUE
WITH
KEYNOTE
SPEAKER
MARIO TORERO**
***interactive**

Following his keynote presentation on Creation Through Mural Re-Innovation 2020: Re-visioning the Face of Historic Murals Through Neighborhood Self-reflection attendees can continue the conversation with Artist, Muralist, Artist, Educator and Visionary Mario Torero.

**Facilitating Transformation:
Collaborative Artmaking for Wellness
with Refugee Youth and Educators**

Kate Collins

This session will examine a successful three year project in Baltimore, Maryland called YAAAS (Youth Artists and Allies taking Action in Society) where a collaborative artmaking partnership between high school student refugees and educators pursuing their Master's degree focused on arts integration practices became a powerful vehicle for supporting not only the English acquisition, but also the wellness of the student participants. Simultaneously, this partnership allowed for the cultivation of more informed educators prepared to use the arts effectively as allies and advocates for other immigrant and refugee newcomer youth. In particular, this session will examine the very intentional project design elements needed for such an endeavor to be impactful, addressing both the scaffolding of arts-based strategies and the careful facilitation that's required for such work to truly be transformative.

**One Book Baltimore: Confronting
Violence Through the Arts**

Tasha Golden and David Fakunle

One Book Baltimore is an annual initiative that provides every Baltimore City 7th and 8th grader (12,000 students total) with the same book to read and discuss over the course of a semester. Developed as a partnership among Baltimore City Schools, the Enoch Pratt Free Libraries, and multiple community arts and public health organizations, One Book draws upon research indicating the value of literature as an intervention for mental health. Specifically, the program explores reading and storytelling as a way to promote healing, education, and growth for youth and their communities.

In this session, attendees will hear the challenges and benefits of implementing and evaluating a program such as One Book. They will hear insights from two years of implementation and extensive data collection, and the potential for replicating this program in other communities.

BREAK
1:55 PM - 2:05 PM

SESSION 4
2:05 PM - 2:45 PM

**Applied Theater Arts to Increase Depression Literacy
in Adolescents: Lessons Learned from a Pilot Study**

Devin Nikki Thomas

Adolescent depression has increased from 8.7 percent in 2005 to 12.7 percent in 2015 (Weinberger et al., 2018). Depression literacy can be used as a tool to mitigate the negative consequences of depression (Nigam et al., 2013; Bruhn et al., 2014). Low depression literacy causes hesitance in seeking help for depressive symptoms due to the stigma associated with mental illness (Nigam et al., 2013; Bruhn et al., 2014; Griffiths et al., 2014). This delay could exacerbate the effects of the symptoms and further impede the quality of life of the depressed. Depression literacy is considered a protective factor that must be considered and utilized to develop interventions for adolescents. Another protective factor is youth involvement in extracurricular activities such as theatre arts... Scant attentions have been paid to the prospects of applying theatre arts to increase depression literacy. The current talk proposes to discuss the lessons learned from using applied theatre arts in this fashion.

ComMotion - Community in Motion

Robin McCall and Andre Avila

ComMotion - Community in Motion is a 501c3 non-profit based in Raleigh, NC that has taught adaptive dance and movement classes for more than 10,000 people including cancer survivors, military veterans, seniors, and kids. To meet the challenges of COVID-19, they have successfully converted their programs to online/virtual format, featuring both live interactive classes and events and more than 30 pre-recorded instructional videos. This ***interactive** session will demonstrate how dance can be adapted for many different levels of ability to participate together. The program will include discussion and demonstration of the ComMotion method of adaptation for various physical, cognitive, and language differences, as well as inclusion of caregivers, medical professionals, and intergenerational participants. There will also be discussion on the key elements of creating a portable program and converting programming from in-person to online.

BREAK
2:45 PM - 3:00 PM

SESSION 5
3:00 PM - 4:05 PM

PLENARY SESSION: How might the arts serve to improve inclusion for racially and ethnically diverse patients and healthcare providers? Moderator: Claire de Boer. **Panelists:** Dr. Louis Hart, III, P. Muzi Branch, Jamie Dunlap and Ruby Lopez Harper.

SESSION 6
4:05 PM - 4:35 PM

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Enhance Your Wellbeing**

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**ART + NETWORKING
BREAKS**
***interactive**

Regional Network Groups

SESSION 7**4:35 PM - 5:30 PM****America's Institutional Infrastructure to Advance Creative Aging***Patricia Lambert*

The academic and professional field of creative aging is growing dramatically as the aging baby boomer cohort both in the United States and around the world demands a high quality of life in their senior years - a period of time that commonly spans three or four decades. Despite the enormous potential of the arts to engage older adults in educational, enrichment, and therapeutic programs, few resources exist to support cultural organizations, artists, and healthcare institutions in designing and implementing arts in health and arts for wellness programs for this population group.

This presentation is designed for anyone interested in the ways that creative aging policy and practice can contribute toward healthy aging across the nation. By attending this presentation, conference participants will gain "big picture" understanding of the associational infrastructure that is currently influencing public policies to support creative aging programs and initiatives.

One Song, Many Voices*Debra Sheets*

Choral singing is a novel approach to reduce dementia stigma and social isolation while offering participants a sense of purpose, joy and social connection. The pervasiveness of stigma surrounding dementia remains one of the biggest barriers to living life with dignity following a diagnosis (Alzheimer Society of Canada, 2018). This paper examines how a social inclusion model of dementia care involving an intergenerational choir for people living with dementia, their care partners and high school students can reduce stigma and foster social connections. Multiple methodologies are used to investigate the effects of choir participation on cognition, stress levels, social connections, stigma, and quality of life. Results demonstrate the positive impact of choir participation and indicate that this socially inclusive intervention offers an effective, non-pharmacological alternative for older adults living with dementia in the community. Discussion focuses on the importance of instituting meaningful and engaging dementia-friendly activities at the community level.

SESSION 8**5:30 PM - 5:45 PM****Closing Remarks and Looking Forward: Claire de Boer and Annette Ridenour**

As the 2020 NOAH Conference comes to a close we share conference highlights, key takeaways and NOAH's upcoming projects and plans to support and grow the field.