



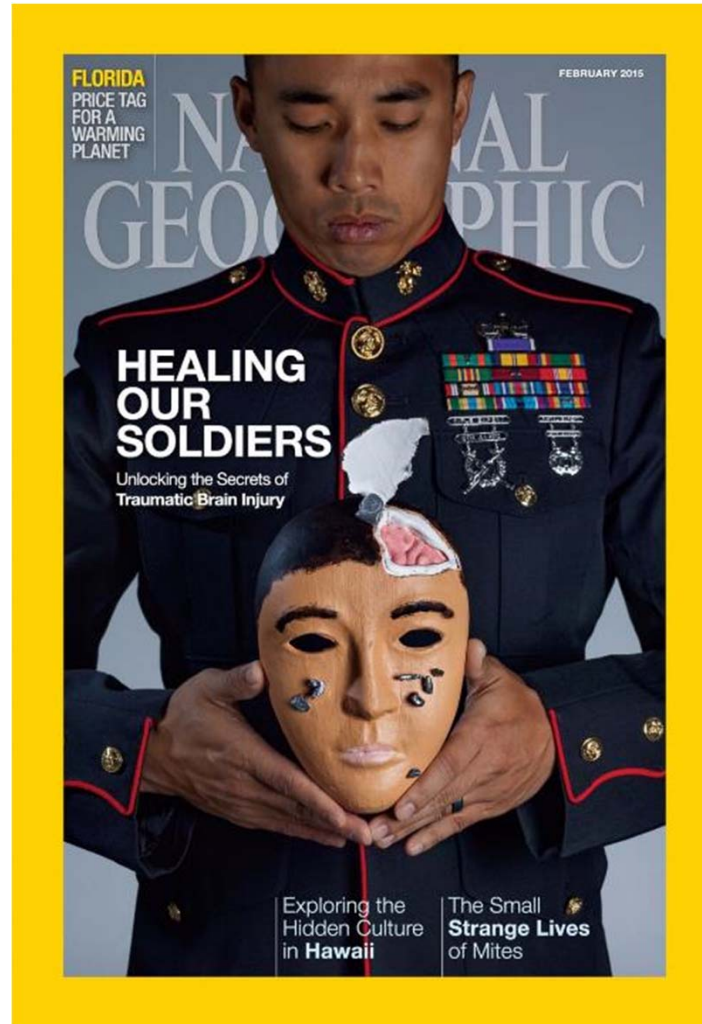
**NATIONAL INITIATIVE FOR  
ARTS & HEALTH IN THE MILITARY**



[www.ArtsAcrossstheMilitary.org](http://www.ArtsAcrossstheMilitary.org)

# The Challenge

- More than **2.5 million U.S. troops** deployed since 2001
- Historically unprecedented—**extended and multiple deployments, exposure to nontraditional combat and shortened time at home between deployments.**
- More than **48,000 US wounded**
- More returning home with **physical and psychological traumas**
- Significant impacts on families and healthcare providers



- 22 million veterans in the US today (1% of US population)
- Veterans report **difficulty returning to civilian life**—in 2012, 10% of homeless citizens were veterans (HUD)
- Civilians not connected with the military want to help but don't know how

*Collectively, these challenges require more than medical treatment to resolve*

# UNDERSTAND...

- **Veterans**
- **Active Duty**
- **Spouses**
- **Families**
- **Caregivers**



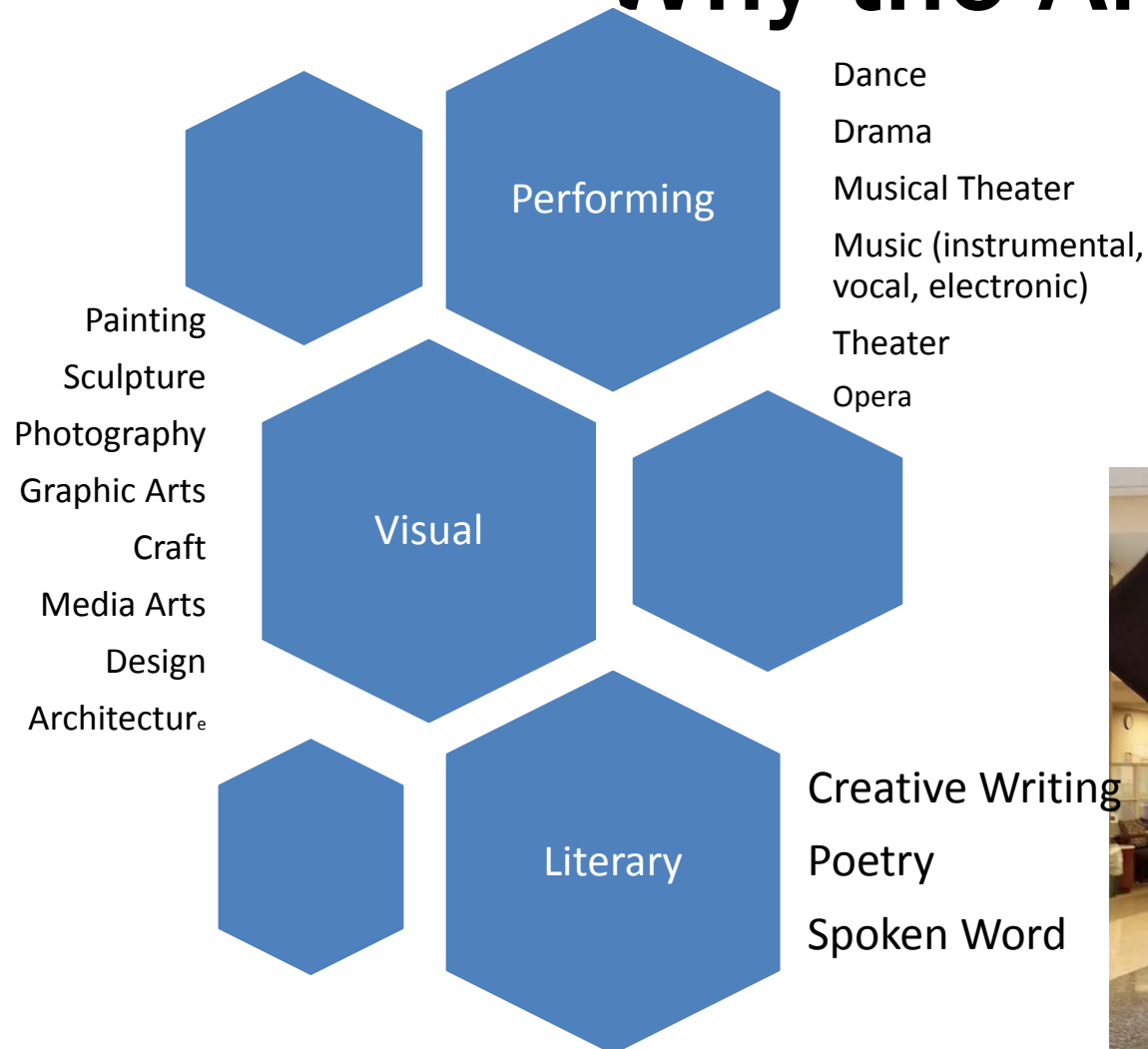
## ...THIS AT-RISK POPULATION

Confronting emotional and physical health issues...housing and financial instability...stress of re-entry to civilian and family life...loss of purpose and isolation...adjusting to the civilian workplace...challenges to ongoing employment and education





# Why the Arts?



Opportunities to engage in artistic experiences as creators, producers, participants, or audiences.





Roman Baca: Exit 12 Dance Company NYC



Jennifer Ables: Soldiers Who Salsa

San Diego

# Good for Body and Mind

When we make, create, or repair something, we feel vital and effective. The arts play a powerful role in treating the physiological and psychological impacts of traumatic brain injury (TBI).



Burlington, VT

WARRIORWriters



Newark, NJ

## The arts are good for Socialization.

Participating in pleasurable activities addresses a common PTS symptom called emotional numbing – a lack of interest in activities, withdrawal, detachment, and reduced emotional expressiveness.



San Diego Watercolor Society  
Gateway Recreational Center



HOW DO YOU  
**FIND**  
YOURSELF  
AGAIN?

-KARIN, USAF

TELLING: BALTIMORE

*When:* Dec. 5th, 6th & 7th  
*Where:* Center Stage, Baltimore  
*Tickets:* [centerstage.org/ShowsandEvents/SpecialEngagements](http://centerstage.org/ShowsandEvents/SpecialEngagements)

VAP  
The Telling Project

**The arts speak to everyone, every experience,  
and create meaningful relationships.**

*The arts can be used to build resilience and coping skills and strengthen bonds among military families.*



Open Mic Night  
Sacred Grounds  
Coffee House



Maurice Hewitt, Vietnam "Incoming"



A SOLO EXHIBIT BY MATT MITCHELL

NOV. 11, 2014 — MAY 1, 2015

# 100 FACES of war experience

*Portraits & Words of Americans who served in Iraq & Afghanistan*

A poster for an art exhibit. The central text reads "100 FACES of war experience" in a large, serif font. To the left, it says "A SOLO EXHIBIT BY MATT MITCHELL" and to the right, "NOV. 11, 2014 — MAY 1, 2015". At the bottom, it says "Portraits & Words of Americans who served in Iraq & Afghanistan". The poster is flanked by two small images: on the left, a gallery wall with two portraits and people looking at them; on the right, a woman taking a photo of a portrait on a wall.

Blue Star Museums' military families and sailors from Naval Station Great Lakes view Chagall's America Windows at the Art Institute of Chicago.



# The arts are flexible and inclusive.

Just looking at art or listening to music can provide cognitive benefits and lessen anxiety, so a trip to the museum, a theater, a concert, turning on the radio, watching a video, taking photographs, or picking up a pencil and paper will help in some way.

# ARTS DEPLOYED

## The Arts Sector as Allies





# A Continuum of Resources

- The individual unit is the artist.
- The work of artists is supported through multiple types of organizations: dedicated non-profits, independent contracted work through NPs, educational systems, government agencies, VSO's, MTFs, artist-owned business
- Art is practiced in various settings. Studios, schools, hospitals, senior centers, recreation facilities, parks, as well as cultural centers, museums, theaters, etc.
- The Arts are supported at the local level by government agencies, community-based non-profit arts agencies, and humanities agencies.
- The Arts are funded by public sector support (e.g. national, state, and local government agencies), private sector support (e.g. foundations, individual philanthropists, corporations, small donors), and by earned revenue including dues, fees, subscriptions, and sales.



Ron Whitehead / Stay Focused / The Veterans' PTSD Project



Creative Arts Program  
Walter Reed National Military Medical Center

Jointly presented by Oncology Services at the Murtha Cancer Center, and the Creative Arts Program of Walter Reed National Military Medical Center In Memory of Mary Jane Sanford

*The Healing Arts Exhibit*  
(previously known as the Breast Cancer Art Show)



Artwork by Aaron Banks-Jones

**CALL FOR SUBMISSIONS:**  
Artwork submissions  
accepted until October 3, 2014

**Exhibit Opening**  
Thursday, October 16, 2014  
1500 - 1900 in the Pavilion  
(between America Garage & Building 19)

**For more information regarding submissions contact:**  
**Seema Reza:** (301) 319-2858  
seema.b.reza.ctr@mail.mil  
**CAPT Moira G. McGuire:** (301) 319-8755  
moira.g.mcguire.mil@mail.mil



# Creative Arts Therapists

Clinicians specializing in therapeutic program designs involving art therapy, music therapy, dance/movement therapy, poetry therapy, drama therapy, and psychodrama.





THE INSTITUTE FOR  
INTEGRATIVE HEALTH

WRNMMC Green Garden  
Dr. Fred Foote



Resiliency Through Art - Vincenza, Italy

**Artists in healthcare or artists in residence who have a background in the healthcare field and in the arts.**

**Likely to be directly involved with VA Centers and public healthcare facilities providing art experiences that are beneficial to servicemembers, veterans, families, and caregivers.**



Veteran Paper Workshop – Seneca NY

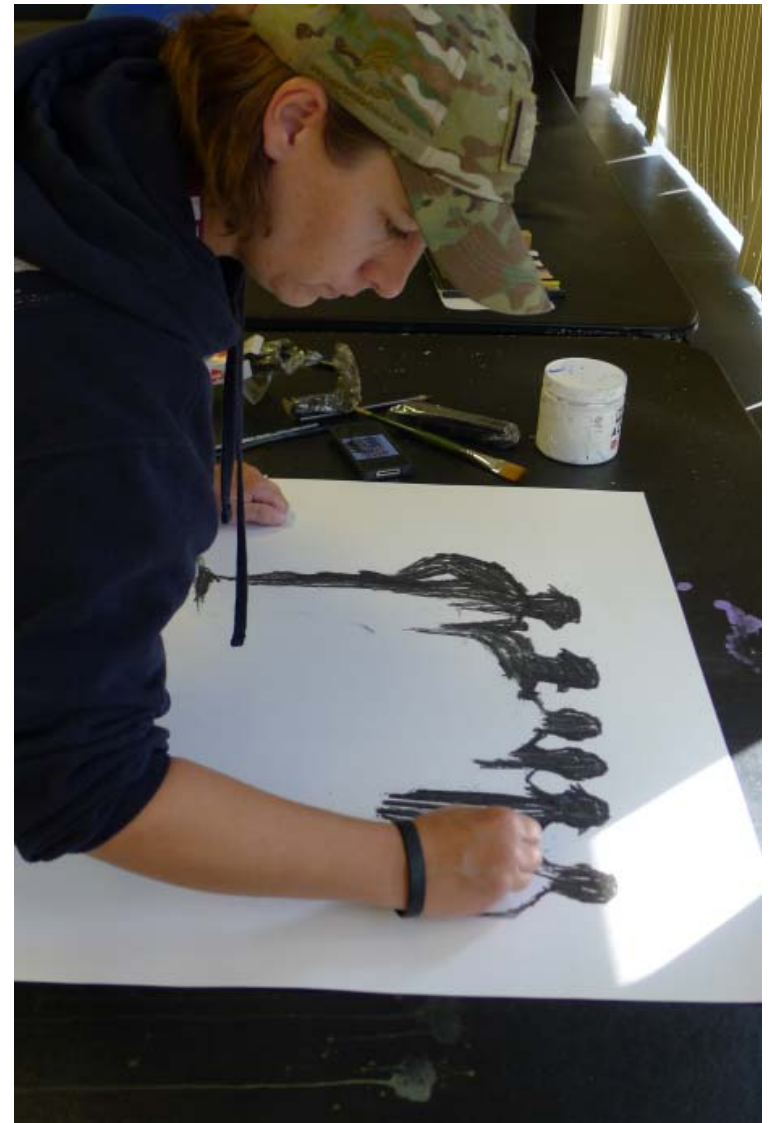
## **Artists already involved with military and veteran populations.**

Independent, amateur and professional artists are at the grassroots end of the military and veterans arts delivery continuum.

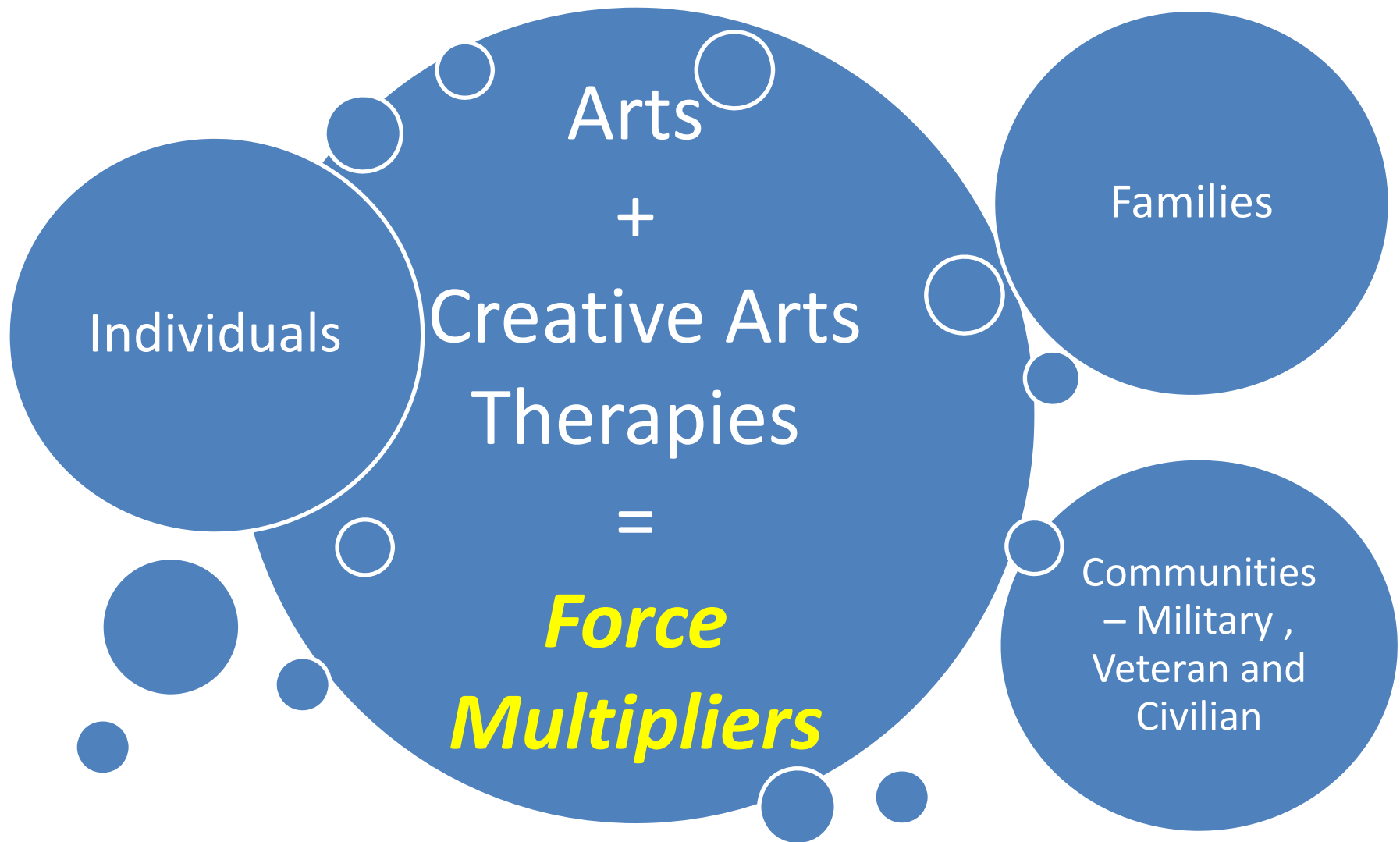


# Arts Benefits to Military and Veteran SubPopulations

- Homeless Veterans
- Incarcerated Veterans
- Mental Disorders/Psychological Health
- Military and Veteran Caregivers
- Military Spouses
- Military Children
- Military Sexual Trauma
- Wounded Warriors – Traumatic Brain Injury (TBI)



# The Arts Offer Solutions





# Promoting a Dialogue for Change

**2011:** National Summit—Arts in Healing for Wounded Warriors

**2012:** Arts and Health in the Military National Roundtable

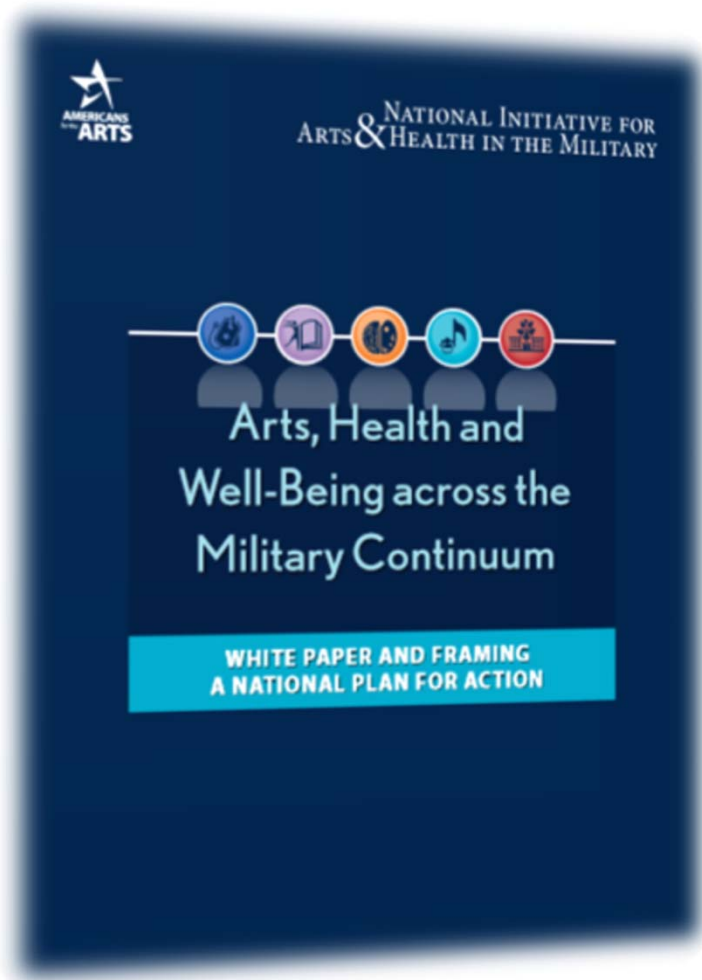
**2013:** National Summit-- Arts, Health & Well-being Across the Military Continuum

**2015:** National Summit—Advancing Research in the Arts for Health & Well-being Across the Military Continuum

**2016:** National Roundtable for Arts, Health & Well-being across the Military Continuum

**2017:** National Summit: Reintegration & Resilience-The Role of the Arts in Recovery, Transition & Transformation across the Military Continuum

# ARTS & NATIONAL INITIATIVE FOR HEALTH IN THE MILITARY

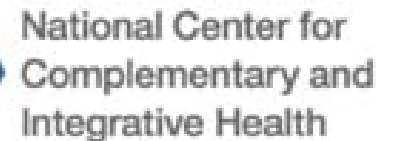




# Program

# Partners and Collaborators

## NATIONAL INITIATIVE FOR ARTS & HEALTH IN THE MILITARY





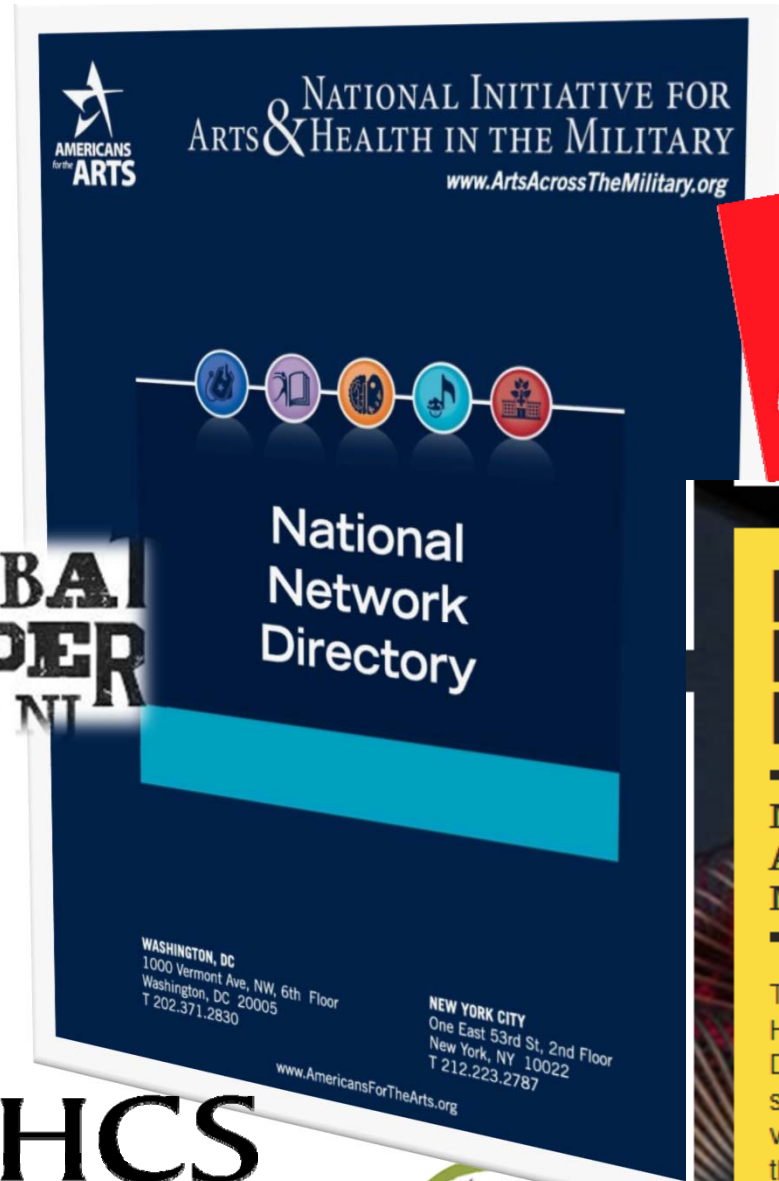
MUSEUM  
OF  
GLASS



**DEPLOYED**  
A NEW MUSICAL

BY  
NATALIE LOVEJOY

**COMBAT  
PAPER**  
NT



AMERICANS  
for the  
ARTS  
NATIONAL INITIATIVE FOR  
ARTS & HEALTH IN THE MILITARY  
www.ArtsAcrossTheMilitary.org

National  
Network  
Directory

WASHINGTON, DC  
1000 Vermont Ave, NW, 6th Floor  
Washington, DC 20005  
T 202.371.2830

NEW YORK CITY  
One East 53rd St, 2nd Floor  
New York, NY 10022  
T 212.223.2787

www.AmericansForTheArts.org



**NATIONAL NETWORK DIRECTORY**

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**National Initiative for Arts and Health in the Military**

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The National Initiative for Arts and Health in the Military National Network Directory connects those working to support military servicemembers, veterans, and their families through the arts. View the directory now, and submit your information to be included!

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**LEARN MORE**



[www.ArtsAcrossTheMilitary.org](http://www.ArtsAcrossTheMilitary.org)



# Music helping all veterans heal...



By offering employment opportunities



...expression and enjoyment.



Open Mic Night  
for Veterans –  
Sacred Grounds  
Coffee House  
Tampa, FL



Wisconsin  
Hawaii  
Idaho  
Texas  
Alabama  
Arkansas  
VA Palo Alto  
Georgia  
New Jersey  
North Carolina  
Oregon

# Arts and Veterans

## Workforce Transition & Reintegration



# Shakespeare Center – Los Angeles



Veterans in Art  
Employment Initiative





# Arts and Veteran-run organizations

## Veteran Artist Program



**The Telling Project**  
It's time to speak. It's time to listen.



## Veteran arts...creating an artistic legacy for generations to come



*“What astonishes me most when I’m teaching a workshop among Veterans is how good the writing is, period. In fact, there’s reason to believe that an entire wave of a wholly new genre of literature, borne of our 21st-century wars, is being minted by this hybrid generation of combat Veterans...Harnessing memory, creating cosmos — true art — out of its characteristic chaos, has always been the anxious aim of the autobiographical writer, regardless of pedigree and past — though the experience of combat stands alone, I’d wager, as the single most traumatic and disorienting ritual experience since the beginning of time.”*

~ “They Are Everywhere”, Joseph Bathanti, One State, November 13, 2013

# Join and Promote NIAHM on Facebook

The screenshot displays a web browser window with the Facebook URL <https://www.facebook.com/grc> and a tab for '(13) National Initiative for ...'. The browser's address bar and menu are visible at the top. Below the browser, the Facebook interface shows the group name 'National Initiative for Arts & Health in the Military (by AFTA)' in the search bar. The user 'Marete' is logged in, and the navigation bar shows 'Home 20+' and notification counts (2, 1, 10). The left sidebar lists 'Marete Wester' with an 'Edit Profile' link, followed by 'FAVORITES' including 'News Feed', 'Messages', 'Events' (1), 'Saved' (3), and 'Sale Groups'. The 'National Initiative f...' group is listed with '20+' members. The main content area features a group photo of a colorful abstract painting with figures. The text 'National Initiative for Arts & Healt...' is overlaid on the photo, along with a 'Closed Group' lock icon. Action buttons for 'Joined', 'Share', 'Notifications', and a menu icon are visible at the bottom of the photo area.

# Join & Promote NIAHM E-News



August 2016 E-News  
[www.ArtsAcrossTheMilitary.org](http://www.ArtsAcrossTheMilitary.org)

## Featured from the National Initiative Directory



**The Armed Services Arts Partnership (ASAP)** empowers veterans, service members, and military family members to re-enter and thrive in their communities through arts classes and performances. ASAP focuses on promoting artistic expression, skill-development, and camaraderie through six- to twelve-week

classes in stand-up comedy, improv, creative writing, and music. ASAP then partners with local colleges, arts organizations, and performance venues to continue the artistic and personal growth. ASAP provides participants with transferable life skills, a renewed sense of purpose, healing benefits, and stronger ties with communities through the arts. [Read more...](#)

## From the Hill: Federal Advocacy News

### Military Bands Already Seeing Cuts Due to Threat of Congressional Action

On June 16, the U.S. House passed a new provision that would prohibit military bands from performing in an official capacity for certain entertainment purposes, including dinners, dances, and social events. The intent of the amendment offered by Rep. Martha McSally (R-AZ) was for cost-reduction. Although nearly 4,000 arts advocates took action and asked their representatives to oppose her amendment, it passed without a vote and is now included in the House version of the FY 2017 Defense Appropriations. No similar provision is in the Senate version, and no final bill has been signed into law.

Despite this, military bands are already being cut and dismantled—including long-established bands with strong community followings. For instance, on August 9, the U.S. Navy's Electric Brigade announced to the crowd of 300 people that their performance [that night would be their last](#). To learn more about the impact these misguided congressional actions are having on military relations, communities, and musicians, read more:

- [Military Times](#), *Don't discount military bands' strategic value, supporters warn Congress*;
- [Air Force Times](#), *Air Force rock band's contributions shouldn't be underestimated, airmen say*.

Join the [National Initiative for Arts & Health in the Military's closed Facebook group](#) to continue to receive updates on the latest developments and ways to take action.



# NATIONAL PROJECTS

## VA ARTS AND HUMANITIES PILOT PROJECT

- Phase I pilot in 2015 – VISN3 NY/NJ
- Phase II – new VA sites in AR, CA, GA, NC, ND, NV, OH, PA, SD, TX
- Focus on creative arts therapies and arts partnerships in patient centered care planning
- Regional Meetings – Dallas & LA
- Mapping of Local Arts Resources at each site
- Baseline asset/needs through Facility Assessment tool
- Technical assistance & action planning
- Evaluation
- Partners: VA-OPCC&CT, AFTA, J&J

## NEA CREATIVE FORCES

- Launched by NEA & DoD in 2011 at NICoE at Walter Reed Bethesda
- Expansion to Military Med Centers/Intrepid Spirits in AK, CA, CO, NC, TX, VA, WA through 1.98+ appropriation from Congress
- Preliminary investigation of VAHS inclusion
- Focus on treating TBI & PH with CAT as component of integrated health model
- Extension of therapeutic arts engagement into the community for patients, as well as family and caregivers
- Research on themes and brain imaging
- Partners: NEA and DoD, and engagement with State and Local Arts Agencies. AFTA serves as the Administrator for the project
- Visit [Creative Forces: NEA Military Healing Arts Network](#) for more info

That's nice...

**Prove it!**

# Arts in Defense Health



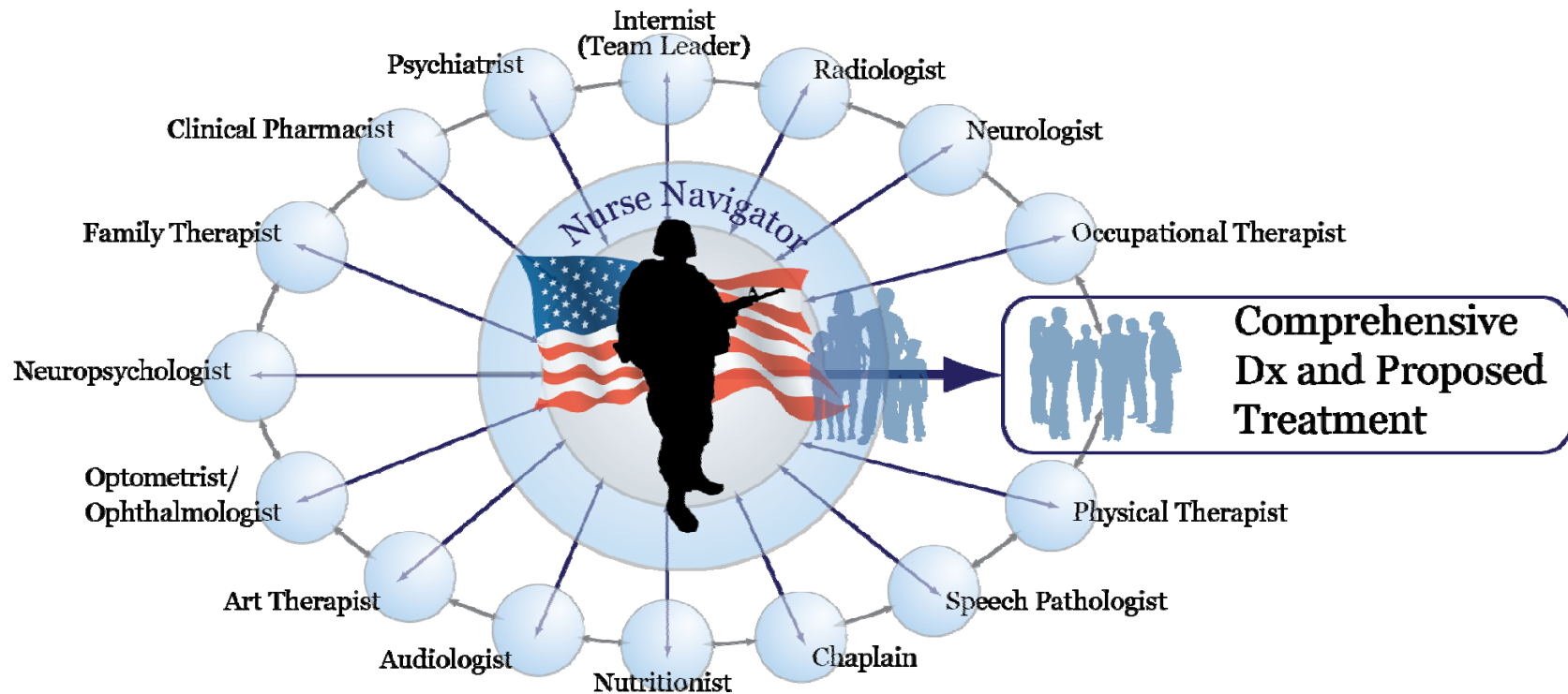
**THE NATIONAL INTREPID CENTER OF EXCELLENCE**

*an instrument of hope, healing, discovery and learning*



# National Intrepid Center of Excellence: Collaborative, Patient-Centered Evaluation and Assessment

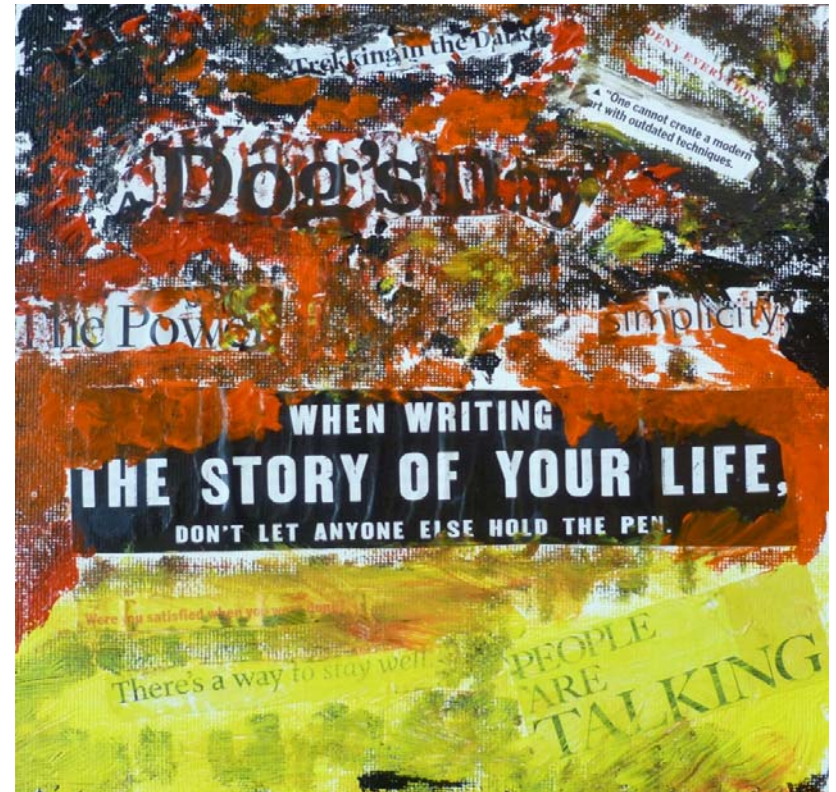
4 weeks of intensive diagnostics and treatment planning



# NICoE

## Healing Arts Program

- Group Art Therapy Sessions
- Individual Art Therapy Sessions
- Family Art Therapy Sessions
- Spouse Expressive Art Groups
- Expressive Writing Groups
- Creative Writing Workshops
- Music/Music Therapy Sessions



**National  
Endowment  
for the Arts**  
arts.gov

# NICoE Healing Arts Program

Melissa S. Walker, MA, ATR



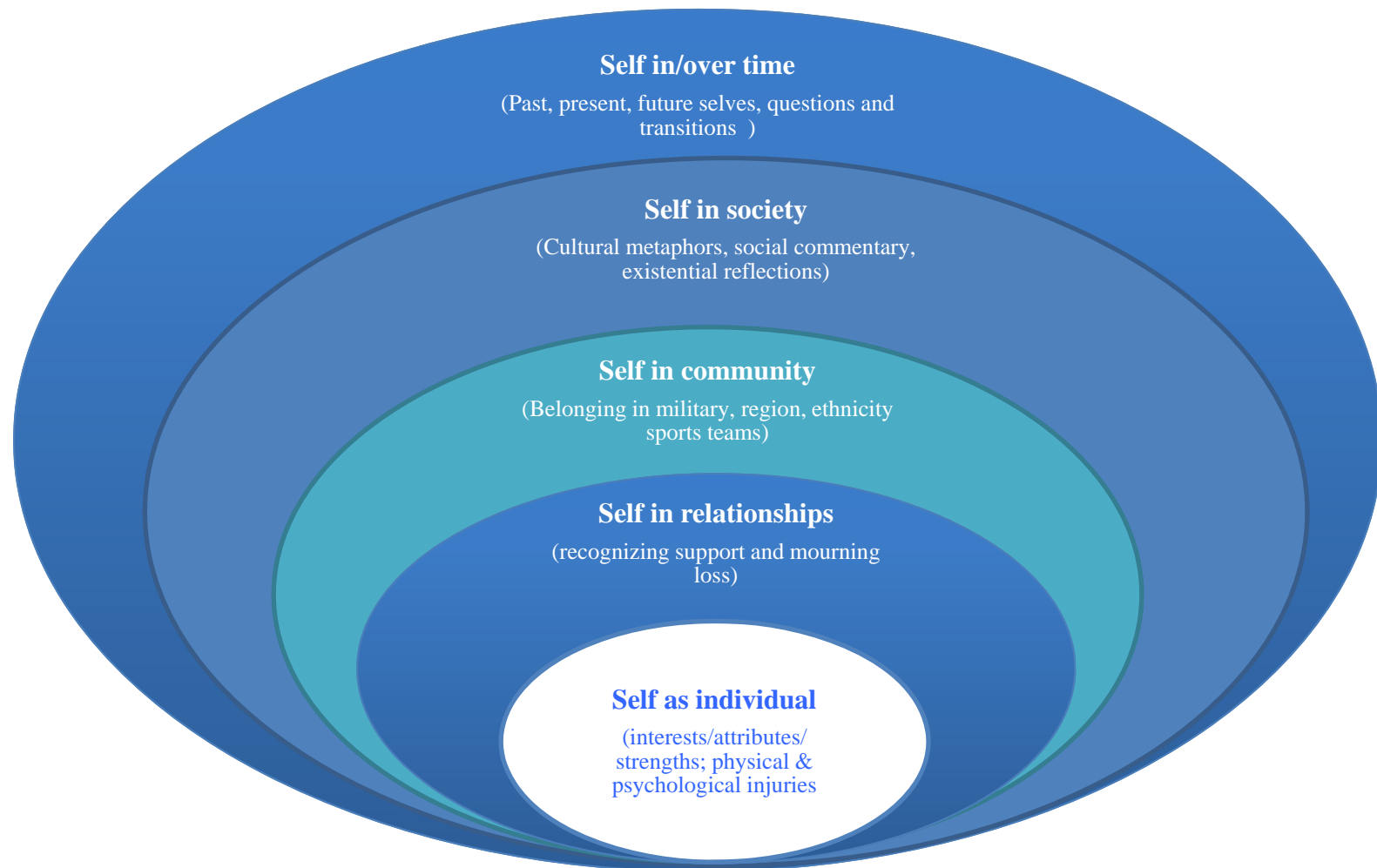
*The Injury*

*Split Self*





# THEMES IN THE MASKS



**Project: Walter Reed**

Users: 4

Media: 402

Descriptors: 58

Excerpts: 1021

Codes: 166

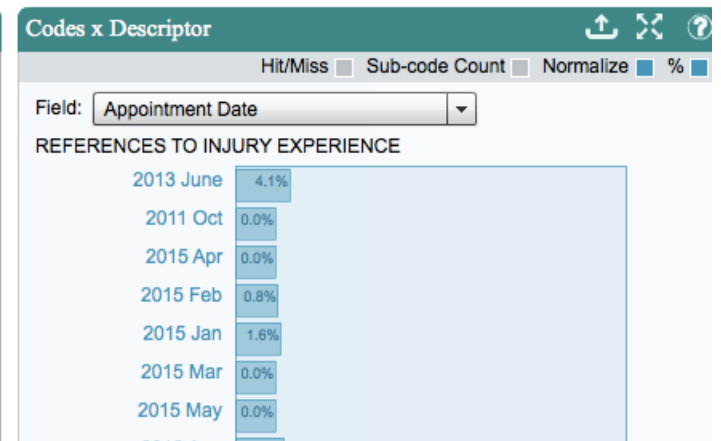
Code Applications: 6879

**Import Data** Spreadsheets, Documents, Audio, Video, Projects, etc.

**Export Data** Excerpts, Media, Codes, Descriptors, Project, etc.

**Media**

Type	Title	Added
Doc	2232.docx	09/15/2015
Doc	2231.docx	09/15/2015
Doc	2228.docx	09/15/2015
Doc	2225.docx	09/15/2015
Doc	2223.docx	09/15/2015
Doc	2220.docx	09/15/2015
Doc	2214.docx	09/15/2015
Doc	2212.docx	09/15/2015
Doc	2204.docx	09/15/2015



- Codes**
- REFERENCES TO INJURY EXPERIENCE
  - MORAL INJURY
  - PSYCHOLOGICAL INJURY
  - DUALITY/ DUAL SELVES
  - REFERENCES TO EXPERIENCE OF ART...
  - CONTENT OF MASK
  - METAPHORS:
  - INCLUSION OF IDENTITY SYMBOLS

**Excerpts: 1021**

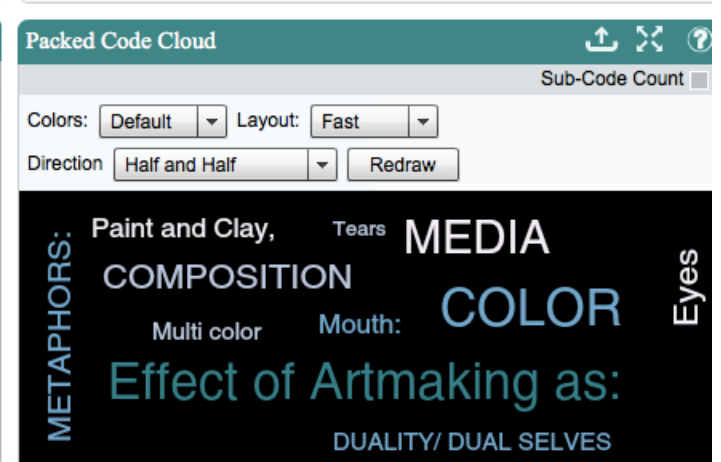
Resource **2092.docx** Added **01/19/2016** # Codes **7**

Pt discussed his goals for treatment, including his desire to RTD. Was also concerned about his "short fuse" and is working on coping mechanisms for that issue. Pt plans to return to finish his mask another time, and shared t...

Resource **2092.docx** Added **01/19/2016** # Codes **9**

Resource **2370.docx** Added **12/16/2015** # Codes **3**

Pt used the duration of the session to add hair (twine) around the Lion's face to depict a mane. Pt also plans to apply whiskers via broomstick bristles. Pt was surprised by the tedious nature of applying the mane, but ...



\*This presentation does not imply any Federal/DoD endorsement



# PTSD study



“Guitars for Vets: Evaluating psychological outcome of a novel music therapy.”

*2011 Study at the Clement J. Zablocki VA Medical Center, Milwaukee, WI  
Timothy R. Dillingham MD MS*

[http://www.hsrd.research.va.gov/research/abstracts.cfm?Project\\_ID=2141700403](http://www.hsrd.research.va.gov/research/abstracts.cfm?Project_ID=2141700403)



# The Arts & Post Traumatic Stress Disorder (PTSD) research: *evidence based/peer reviewed*

- Group music therapy appears to be a feasible and effective treatment for patients with PTSD who have not responded to more traditional cognitive-behavioral therapy. (Carr, C., d'Ardenne, P., Sloboda, A., Scott, C., Wang, D., & Priebe, S. (2012). Group music therapy for patients with persistent post-traumatic stress disorder--an exploratory randomized controlled trial with mixed methods evaluation. *Psychology and Psychotherapy*, 85(2), 179–202. <http://doi.org/10.1111/j.2044-8341.2011.02026.x>)
- Some reduction in PTSD symptoms was observed following drumming, especially increased sense of openness, togetherness, belonging, sharing, closeness, connectedness and intimacy, as well as achieving a non-intimidating access to traumatic memories, facilitating an outlet for rage and regaining a sense of self-control. (Bensimon, M., Amir, D., & Wolf, Y. (2008). Drumming through trauma: Music therapy with post-traumatic soldiers. *The Arts in Psychotherapy*, 35(1), 34–48. <http://doi.org/10.1016/j.aip.2007.09.002>)
- Following treatment using psychodrama techniques, patients with PTSD showed significant improvements in areas of hopelessness, feelings of guilt and shame, loneliness, and emotional expressiveness. (Ragsdale, K. G., Cox, R. D., Finn, P., & Eisler, R. M. (1996). Effectiveness of short-term specialized inpatient treatment for war-related posttraumatic stress disorder: A role for adventure-based counseling and psychodrama. *Journal of Traumatic Stress*, 9(2), 269–283. <http://doi.org/10.1007/BF02110660>)
- A structured writing program was associated with improved diagnostic status and lower levels of intrusive symptoms, depression and state anxiety, while a trend was noted for the reduction of avoidance symptoms, for patients with PTSD. (Van Emmerik, A. A. P., Kamphuis, J. H., & Emmelkamp, P. M. G. (2008). Treating Acute Stress Disorder and Posttraumatic Stress Disorder with Cognitive Behavioral Therapy or Structured Writing Therapy: A Randomized Controlled Trial. *Psychotherapy and Psychosomatics*, 77(2), 93–100. <http://doi.org/10.1159/000112886>)

# References – Arts & PTSD Research

- Carr, C., d' Ardenne, P., Sloboda, A., Scott, C., Wang, D., & Priebe, S. (2012). Group music therapy for patients with persistent post-traumatic stress disorder--an exploratory randomized controlled trial with mixed methods evaluation. *Psychology and Psychotherapy*, 85(2), 179–202. <http://doi.org/10.1111/j.2044-8341.2011.02026.x>
- Van Emmerik, A. A. P., Kamphuis, J. H., & Emmelkamp, P. M. G. (2008). Treating Acute Stress Disorder and Posttraumatic Stress Disorder with Cognitive Behavioral Therapy or Structured Writing Therapy: A Randomized Controlled Trial. *Psychotherapy and Psychosomatics*, 77(2), 93–100. <http://doi.org/10.1159/000112886>
- Bensimon, M., Amir, D., & Wolf, Y. (2008). Drumming through trauma: Music therapy with post-traumatic soldiers. *The Arts in Psychotherapy*, 35(1), 34–48. <http://doi.org/10.1016/j.aip.2007.09.002>
- Ragsdale, K. G., Cox, R. D., Finn, P., & Eisler, R. M. (1996). Effectiveness of short-term specialized inpatient treatment for war-related posttraumatic stress disorder: A role for adventure-based counseling and psychodrama. *Journal of Traumatic Stress*, 9(2), 269–283. <http://doi.org/10.1007/BF02110660>

# The Arts & Traumatic Brain Injury (TBI)

research: *evidence based/peer reviewed*

- Patients with TBI who engaged in 4 30-minute sessions of neurological music therapy showed improvements in executive function and emotional adjustment, and decreases in levels of depression, sensation seeking, and anxiety. (Thaut, M. H., Gardiner, J. C., Holmberg, D., Horwitz, J., Kent, L., Andrews, G., ... McIntosh, G. R. (2009). Neurologic music therapy improves executive function and emotional adjustment in traumatic brain injury rehabilitation. *Annals of the New York Academy of Sciences*, 1169, 406–416. <http://doi.org/10.1111/j.1749-6632.2009.04585.x>)
- Music therapy has been shown to hold promise as a complementary treatment modality to improving social functioning and mood for patients with traumatic brain injury. (Nayak, S., Wheeler, B. L., Shiflett, S. C., & Agostinelli, S. (2000). Effect of music therapy on mood and social interaction among individuals with acute traumatic brain injury and stroke. *Rehabilitation Psychology*, 45(3), 274–283. <http://doi.org/10.1037/0090-5550.45.3.274>)
- Rhythmic auditory stimulation results in improved velocity, cadence, and stride length among patients with TBI. (Hurt, C. P., Rice, R. R., McIntosh, G. C., & Thaut, M. H. (1998). Rhythmic Auditory Stimulation in Gait Training for Patients with Traumatic Brain Injury. *Journal of Music Therapy*, 35(4), 228–241. <http://doi.org/10.1093/jmt/35.4.228>)
- Patients with TBI who participated in an aerobic dance training program showed significantly improved balance and coordination compared to patients who received traditional muscular training. (Dault, M. C., & Dugas, C. (2002). Evaluation of a specific balance and coordination programme for individuals with a traumatic brain injury. *Brain Injury*, 16(3), 231–244. <http://doi.org/10.1080/02699050110103300>)



# References – Arts & TBI Research

- ❑ “The effect of music therapy on mood and anxiety-depression: an observational study of institutionalized patients with TBI.” *Annals of Physical and Rehabilitation Medicine – Guetin, Soua, Voiriot, Picot, and Herisson (2009)*
- ❑ “Evaluation of a specific balance and coordination program for individuals with a traumatic brain injury.” *2002 Brain Injury – Dault and Dugas*
- ❑ “Effect of music therapy on mood and social interaction among individuals with acute traumatic brain injury and stroke.” *2000 Rehabilitation Psychology - Nayak, Wheeler, Shifflett and Agostinelli*
- ❑ Rhythmic Auditory Stimulation in Gait Training for Patients with Traumatic Brain Injury.” *Journal of Music Therapy – Hurt, Rice, McIntosh, and Thaut (1998)*
- ❑ “The immediate and long term effects of singing on the mood states of people with traumatic brain injury.” *British Journal of Music Therapy – Baker and Wigram (2004)*
- ❑ “Group music therapy for patients with persistent post-traumatic stress disorder--an exploratory randomized controlled trial with mixed methods evaluation.” *Psychology and Psychotherapy - Carr, C., d’ Ardenne, P., Sloboda, A., Scott, C., Wang, D., & Priebe, S. (2012)*

# 2016 National Roundtable

## **Blueprint Priorities: Then**

- Need for support for more research and interagency collaborations
- Need for training across sectors
- Patient, Person and Family centered programming
- Establish online presence for networking and sharing resources
- Inclusion of the arts and creative arts therapies in key agency strategic plans and policies

## **Blueprint Priorities: Now**

- Need for strategic communication – share stories and outcomes
- Stakeholder education
- Facilitating the localization of effort through (but not limited to)
  - Asset mapping
  - Identifying and linking resources
  - Planning for sustainability

*Thank you!*

