



Strengthening the Arts in Healthcare and National Service

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Arts & Healthcare

Strengthening Our Nation's Healthcare Through the Arts

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ARTS & HEALTHCARE

Background and Partnerships

ADVOCACY ADVISORY COUNCIL

Anita Boles	Society for the Arts in Healthcare
Paula Cleggett	Vanderbilt University
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Linda Gantt	Intensive Trauma Therapy, Inc.
Adam Forest Huttler	Fractured Atlas
Darrel Jodrey	Johnson & Johnson Services, Inc.
Narric Rome	Americans for the Arts
Wilma Bulkin Siegel, MD	Columbia University
Judy Simpson	American Music Therapy Association

ARTS & HEALTHCARE

Definition

- Dedicated to transforming the experience of healthcare by connecting people with the power of the arts at key moments in their lives
- Represents over 16,000 medical, arts, and creative arts therapies professionals
- Integration of fields in the arts, including; literary, performing, visual arts and design
- In healthcare and community settings for therapeutic, educational, and recreational purposes



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Applications

Applied to a vast array of health issues to improve patients' overall outcomes, treatment compliance, and quality of life

- Post-traumatic stress disorder
- Autism
- Mental health
- Chronic illnesses
- Alzheimer's and dementia
- Neurological disorders and brain injuries
- Premature infants
- Physical disabilities



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Benefits

Research demonstrates benefits in hospitals, nursing homes, schools, rehabilitation treatment centers, mental health facilities, and other locations within the community

- Studies show that integrating the arts into healthcare settings helps to:
 - Positively impact patients' quality of life
 - Improve patient response to treatment
 - Communicate health and recovery information
 - Foster a positive environment for caregivers that improves workplace satisfaction and retention



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Research Highlights

Studies on various creative arts in healthcare subtopics point to the following economic trends:

- Reduced length of hospital stay; fewer medical visits
- Improved patient compliance during medical procedures
- Reduced use of pain and anti-anxiety medications
- Improved recovery time and therefore reduced need for higher levels of acute care
- Reductions in wandering and/or agitated states
- Reduced incidence of depression
- Decreased use of medical interventions covered by Medicare, among the aging population who are engaged in the arts

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Research Highlights

- In a 2006 study, **visual arts and art therapy activities** improved care for veterans returning from Iraq with symptoms of combat-related post-traumatic stress disorder.

(Collie, Backos, Malchiodi, Spiegel, 2006).

- Studies in 2005 demonstrated that **music therapy and music interventions** were been found effective for decreasing use of sedatives during medical procedures.

(Loewy, Hallan, Friedman, & Martinez, 2005; Walworth, 2005)

- Research about dance and movement done in the **dance/movement therapy** field shows that it contributes to the delay in onset of Alzheimer's disease for those at risk of the disorder.

(Verghese et al. 2003)

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Research Highlights

- Interventions involving **dramatic arts, drama therapy, and psychodrama** have been shown to reduce isolation for breast cancer patients.

(Sinding, Gray, Grassau, Damianakis, and Hampson, 2006)

- Studies using **creative writing and poetry therapy** report improvements in lung function for patients with asthma after participating in written emotional expression.

(Bray, Theodore, Patwa, Margiano, Alric, & Peck, 2003)

- Research that focused on **architecture and design** showed that intensive care patients exposed to nature images experienced less post-operative anxiety.

(Ulrich, Lunden, & Eltinge, 1993)

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Prevalence

Forty-five percent (45%) of healthcare institutions surveyed have arts programs utilizing creative arts therapists and/or professional artists in their facilities

(Society for the Arts in Healthcare, Americans for the Arts, Joint Commission, 2004 and 2007)

Investment in arts programs:

- Benefits patients' physical, mental, and emotional recovery
- Creates a healing environment
- Helps patients' families



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Prevalence

- Between 2004 and 2007, organizations funding their arts programs through their operating budgets only rose by 16%
- This promising increase accounts for only about half of the arts programs in healthcare institutions
- *Additional support is necessary for programs to adequately respond to our nation's growing healthcare needs*



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Action Needed

- Request the **Government Accountability Office (GAO) conduct a study** to assess the current status of federal support of creative arts in healthcare programs to improve the quality of healthcare services
- **Fund research** to increase access to creative arts in healthcare programs addressing older Americans, Post-Traumatic Stress Disorder, autism and others through federal health programs
- Ensure that **national healthcare insurance reform** proposals include artists and other creative occupations currently excluded from employer-based insurance plans

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Request a GAO Study

- A GAO study would provide a much needed status report on creative arts in healthcare programs in our federal healthcare system
- Presently, such an assessment has never been conducted

As Congress moves toward healthcare reform, decisions should be based on:

- Research driven by systematic data collection
- Practices that improve service delivery
- The effectiveness of federal support of creative arts in healthcare programs

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Research Funding

Further study of creative arts in healthcare programs shows great promise for the aged, our veterans, and individuals diagnosed with autism, among others

Improved Cost Control

- Economic analyses and cost studies show a positive trend in containing healthcare costs
- The creative arts offer cost containment within healthcare expenditures such as length of stay, patient compliance, and staff retention

Other benefits include:

- Higher levels of satisfaction among patients and caregivers
 - Reduced costs related to staff recruitment and retention
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Healthcare Insurance Reform

Critical Need for Healthcare Coverage

- Coverage and access to health insurance is challenging for the independent worker, including those in the arts and culture sector, without access to group plans provided by traditional employers
- Lack of insurance coverage deters those interested in joining this field, affecting the strength of the workforce
- The creative arts in healthcare community is encouraged by President Obama's positive statements on healthcare reform

National Service and the Arts
Strengthening Partnerships Between
National Service Initiatives and the Arts to
Address Un-Met Needs in America

Amy Fitterer, Dance/USA and OPERA America

National Service & The Arts

- The Corporation for National and Community Service (CNS) is an independent federal agency seeking to engage Americans of all ages and backgrounds in volunteer service.
- Past recipients include: Arts organizations, college programs, local art agencies, public and private schools, and summer arts camps.
- Eligible arts organizations must strive to meet unmet community needs in education, the environment, poverty, the elderly, public safety and health.

Legislative Update

- **Edward M. Kennedy Serve America Act**
(HR 1388/S 277)
- **Artist Corps:** Amendments by Rep. Crowley and Senators Sheehan/Gregg
- Provisions that affect nonprofit organizations

Examples: Arts & National Service

- Community Art Corps (Americorps State)
Maryland Institute College of Art
- KIC Program (Americorps VISTA)
Landis Community Outreach Center, PA

Examples: Arts and National Service

- “My Art... My World” (Learn & Serve)

Florida Learn & Serve

www.fsu.edu/~flserve/resources/handbook/index.html

- Art Goes To School, Inc. (RSVP)
Delaware Valley Region

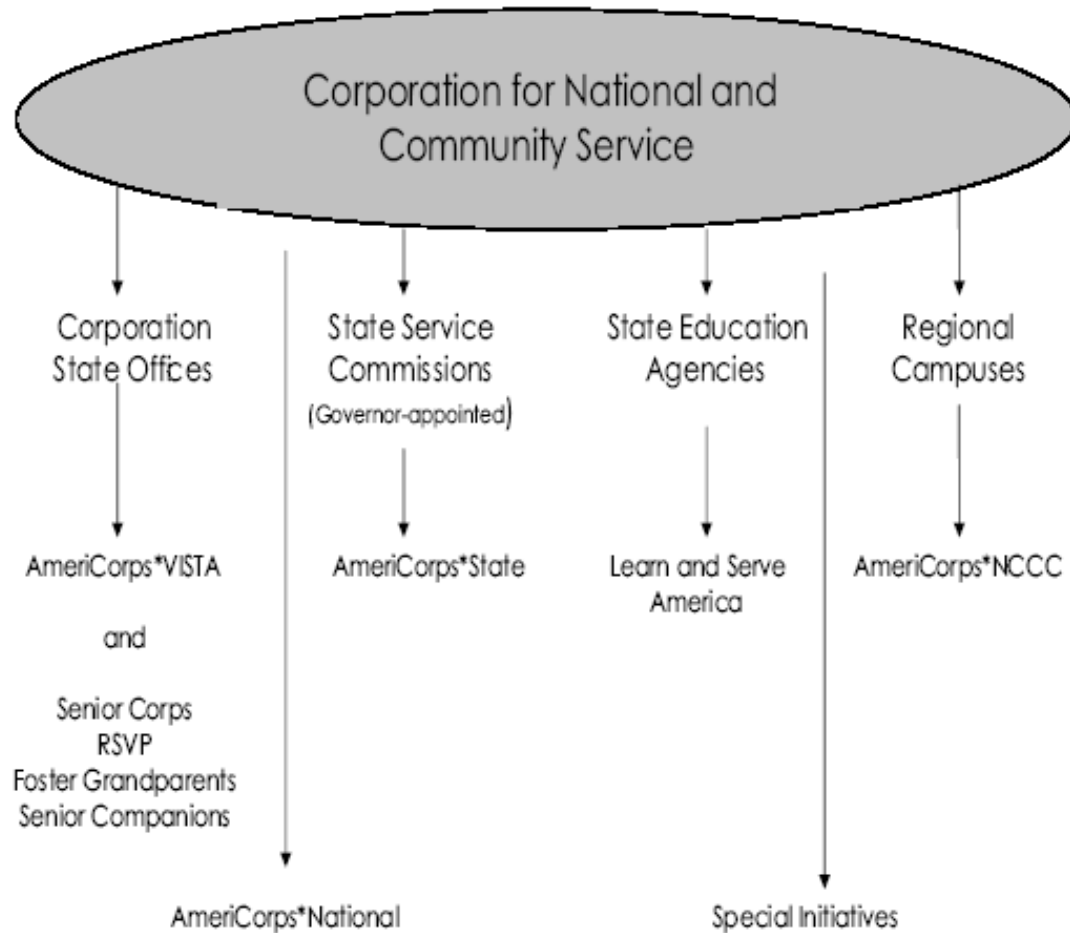
National Service Programs

- AmeriCorps
 - AmeriCorps*State and National
 - AmeriCorps*VISTA
 - AmeriCorps*NCCC

- Learn and Serve America

- Senior Corps
 - RSVP
 - Foster Grandparent Program
 - Senior Companion Program

CNS Resource Distribution Chart



AmeriCorps*State

- Majority of grant funding passed down to the Governor-appointed State Service Commissions to be awarded to non-profits through a competitive grant process
- Responsibility on sponsor organizations to recruit, train and place members as well as manage their living stipend payments
- This allows organizations to have significant independence

AmeriCorps*National

National Grant Programs:

- Direct Program
- Planning Grants
- Professional Corps Grants
- Educational Award Grants

Eligible projects must span multiple states and are administered directly by CNS.

AmeriCorps*VISTA

- Administered by the Corporation State Offices
- Supports long-term projects aimed at alleviating poverty and helping low-income neighborhoods
- VISTA volunteers work full time for one year
- VISTA tends to award only volunteers, though some state offices may offer grant money as well

AmeriCorps*NCCC

- Administered by 3 Regional Campuses
- Places volunteers, ages 18-24, in teams of ten to twelve to assist with relevant community issues
- Examples of potential projects that may be eligible to receive a team of NCCC members include:
 - Development of a summer arts camp
 - A community arts project assisting victims of natural disasters
 - A community arts project working to increase protection of the environment

Learn and Serve America

- Engages students in community service activities through in-classroom learning
- Arts organizations are eligible to apply for the following grants:
 - School Based Competitive Grant
 - Community-Based Programs
 - Higher Education Programs

Senior Corps

- Administered by Corporation State Offices
- Engages Americans ages 55 and older in community activities through:
 1. RSVP
 2. Foster Grandparent Program
 3. Senior Companion Program

Application Tips

- Interactive Program Selector

www.nationalservice.org/for_organizations/programs/selector.asp

Application Tips

- “Be prepared for the lengthy application process that must be done each year – despite the paper work, the program is worth the human capital received”

-Executive Director, Sponsor Arts Organization

- “If you can find the right volunteer, you can do many wonderful things”