



Expressive Therapy in Northeast Ohio: We got it goin' on!

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Quick definitions

EXPRESSIVE THERAPY

- Relational exploration through variety of creative outlets
- Facilitated therapeutic healing: safe space
- Focus on process, not product
- Not just "fun" or "arts and crafts"
- Goals are personal awareness AND sense of community

PALLIATIVE CARE

- Chronic, complex and/or life-threatening conditions
- Any age, any stage of illness
- Care wherever the child is, for as long as the family needs

Clashing discords, loss of equilibrium,
'principles' overthrown, unexpected
drumbeats, great questionings, apparently
purposeless strivings, stress and longing....
This is our harmony.

Vasily Kandinsky

Music?

Art?

Health care?

ET & Healing



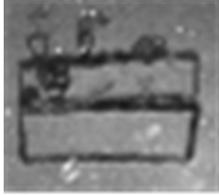
- Powerful techniques to achieve therapeutic and medical goals
- Reducing suffering from symptoms (pain, nausea, anxiety)
- Allows growth and life opportunities
- Stimulates thought
- Creates relaxation, inward focus
- Encourages active lifestyle
- In palliative care
 - Stimulating meaningful family conversations
 - Coaxing out hidden feelings and dynamics
 - Enhancing patient choice, control, self-identity
 - Nurturing helpless, exhausted and distraught caregivers
 - Incorporates siblings



Healing power of ETs

- For children with medical conditions AND/OR mental illness
 - Empowerment
 - Accepting diagnosis and treatment
 - Exert control in uncontrollable situations
 - Assist with pain, anxiety and other symptoms
 - Cope with feelings of fear, depression, isolation, withdrawal
 - Non-verbal communication
 - Allows activity to degree possible for each child
 - Reduced stress = physiologic benefits
 - Excitement, accomplishment = self-worth

A picture is worth...



Jen Rose
This is my daughter playing the guitar in music therapy. They sang and played instruments to the music from Frozen. This made her stay at the hospital not scary.



Why does ACH care?

- Family-centered care
 - Holistic healing
- ET enhances strength, energy and coping as well as physiologic contributors to wellness
 - Few adverse events/side effects!
- Resilience for families translates into more informed, empowered networks for children
- Coping and resilience for staff
 - Teaching clinicians to be present to conflict, chaos, dissonance and suffering
 - Mindfulness, curiosity and presence translate into compassion, empathy, effectiveness and health



Expressive Therapy at ACH

Emily Cooper Welty Expressive Therapy Center
create • heal • inspire
 Encourage the possibilities

Mission

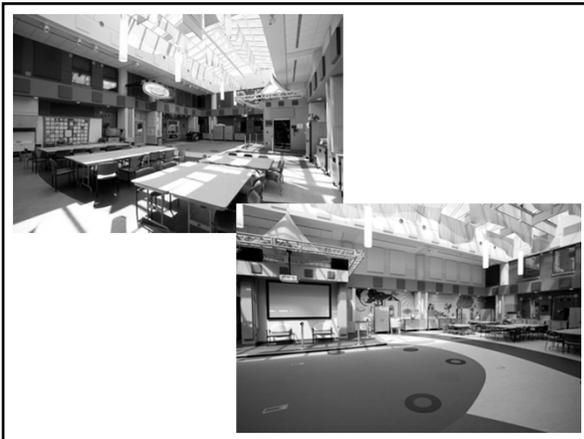
- To inspire hope and enrich lives by cultivating creative self-expression in a safe, healing, imagination-driven, family-focused environment that allows judgment-free expression of feelings and experiences

Vision

- Expressive Therapy is accessible and integrated into healthcare for all

ETC at ACH

- Opened in 2011 - unique 3000 ft² venue
- Centrally-located, multi-dimensional flexible space
- Staffed by board-certified AT & MT, coordinator, contracted specialists (MT, poetry/writing), interns, AIRs, community members, art tracker, volunteers
- Therapeutic options extend beyond walls
 - Bedside, outpatient, home, community
- Serves patients, families, staff & the community



Expressive Therapy Services in our Community

- Vibrant arts community
- Richness of health care
- Mecca for arts education and training
- Progressive funders (thank you, MCMF!)
- Convergence
 - Interesting, fertile time in health care
 - Emerging evidence base r/t healing arts
- And yet...
 - Gap between concepts and end-users
 - Isolated yet growing Behavioral Health sector



Northeast Ohio
HEaling ARTS Alliance

Mission

- Northeast Ohio Expressive HEaling ARTS Alliance seeks to promote awareness of and integrate expressive therapies into mental health treatment by:
 - Assisting with collaborative projects of arts organizations and mental health agencies that enhance quality of life for clients and families dealing with mental health concerns
 - Facilitating resource and information exchange among mental health agencies and local expressive arts organizations
 - Hosting a regular conference on the intersections between expressive therapies and mental health treatment



Members

Margaret Clark Morgan Foundation	ADM Board, County of Summit
Akron Children's Hospital	Guidestone
• Expressive Therapy Center	Child Guidance & Family Solutions
• Pediatric Psychiatry and Psychology	Project RISE
• Partial Hospitalization Program	Akron Public Schools
• Parent Partner Program	Ursuline College Art Therapy Program
• Child Neurology	Portage Path Behavioral Health
• Developmental-Behavioral Pediatrics	Blick Clinic
• Palliative Care Division	91.3 The Summit
• Community Leadership Team	Akron Community Foundation
Wick Poetry Center, Kent State Univ	Community representatives: Drama therapist Freelance artist
Weatherwane Playhouse	
Hattie Larlham Center for Children with Disabilities	
Access Homeless Shelter	



HAA of NEO

- Convened in June of 2013
- Seed money from MCMF
- Summit County... to start
- Monthly meetings
- Website coming soon...



10 Things NEO-HAA Is About

- Inspiration
- Awareness of own and other programs that are mission-aligned
- Highlight best practices to learn/fund
- Establish evidence-base
- Breaking down silos
- Education
 - Mental wellness and stigma of mental illness
 - "Alternative" treatments
- Sharing resources
- Reducing need to reinvent the wheel
- Sustainability (advocacy for funding)
- Model for other communities



What does the future hold?

- ROSE-COLORED GLASSES:
 - Increased community collaboration
 - Billable services
 - Integrated throughout health care institutions as accepted standard of care/best practice
 - Integrated into mental health services as expected part of the package
- TINTING DEPENDS ON:
 - Licensure/quality control
 - Consumer/grassroots demand
 - Outcome measurements
 - Creating value for the stakeholder



Madame Sarah



TOGETHER...
WE CAN
AND WE WILL!



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