

# Tuesday, October 19 Redefining Health & Wellbeing

Sponsored by Penn State Health

\*ALL TIMES ARE IN EASTERN STANDARD TIME, SCHEDULE SUBJECT TO CHANGE

11:00 am -  
11:15 am

## NOAH Welcome/Conference Opening

11:15 am -  
12:00 pm

## Keynote: Evelyn Burnett Art Activism for Community Health, Wellbeing + Racial Justice

In this interactive session, Evelyn will share local and national examples of Art Activism as a practice to promote and increase health, and well-being undergirded by racial equity, inclusion, and justice. Evelyn will engage participants as they share their stories of art as a catalyst for health, well-being, and racial justice. She will encourage participants to connect in building a movement to normalize art activism in healthcare.

12:00 pm -  
12:10 pm

## Break

12:10 pm -  
12:50 pm

## Operation Oasis: Arts Based Resiliency Sessions for Military Patients, Staff, and Families

SARAH MOORE

Want to learn how Walter Reed Creative Arts Therapists and Arts in Medicine Professionals supported healthcare staff, patients, families, and themselves during COVID?

In this session participants will learn about Walter Reed's "Operation Oasis" initiative and walk away with curated resources and a simple dance/movement resiliency practice they can use in their own lives.

## Restorative Arts: Building a Museum Program for Restorative Justice

ALICE GARFIELD + NADIA HARDEN

Are you interested in transforming the justice system through art?

Join us to learn how the Museum of Fine Arts, Boston's Restorative Arts program leverages arts engagement and community partnerships to offer restorative interventions for individuals involved in the justice system.

12:50 pm -  
1:00 pm

## Break

1:00 pm -  
1:40 pm

## The Importance of Representation of African Americans in Healing Spaces

OPHELIA M. CHAMBLISS

Want to learn more about the history of the African American image, both historically and today? This presentation will inform the participants about the cultural significance, the representational changes, and what image can and should look like today.

## Making Arts Programming Accessible

KAILEIGH ANNE TAYEK +  
TERRANCE HUNTER

Join the Central Florida Community Arts Team as they share how they create unique partnerships and programming to make the arts accessible to all in their community.

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1:40 pm -  
1:45 pm

## Break

1:45 pm -  
2:15 pm

## Art Refresh - The Ceremony Within

JANICE BAKER + IVA BRITO

Poet Iva Brito joins Art Refresh to explore the power of words to illuminate the ceremony in life's simple moments. Create individual and collective written expressions that celebrate the simple things that bring meaning to our lives.

## Research Corner

GREGORY YODAN + CLAIRE DE BOER

Everyone is invited to join us for a roundtable discussion on the role of the NOAH research committee. No prior research experience is needed to participate. Scientists, artists, arts administrators, patients and healthcare providers each have a seat at this table to share their views and join in the discussion. We would like to hear from members how the research committee can best serve you. Greg and Claire will ask for feedback on our vision for NOAH research labs, to be launched in November 2021.

2:15 pm -  
2:35 pm

## Break

2:35 pm -  
3:20 pm

## Plenary - Reframing Visual and Performing Art in Healthcare Settings

FACILITATOR: CLAIRE DE BOER

SPEAKERS: MADELINE FELICIANO WEISER, OPHELIA M. CHAMBLISS, ANNETTE RIDENOUR, KERRY ROYER, JEAN BERNARD CERIN

How might current public and performing art policies in healthcare settings be exclusionary? What changes in practice can we make to ensure that people of diverse communities are clearly included in the efforts to support the well-being of patients and health care workers through the arts?

3:20 pm -  
3:30 pm

## Break

3:30 pm -  
4:10 pm

## ACTIVITY - Inclusion in Creative Aging: A Multi-sensory Approach

JANINE TURSINI, SARAH HOUSE, DONNA JONTE, NANCY HAVLIK, LAUREN MAZOW BOYLE, MILES SPICER

Explore the multi-sensory interplay of music, dance, and poetry with Arts for the Aging teaching artists. Discover how to use art to combat isolation, build community, and improve wellness for older adults and caregivers.

## What's In the Box?: Exploring the experiences + impacts associated with a remotely delivered art + craft project for visually impaired UK veterans

CLAIRE CASTLE, DR. HILARY ENWARD, NIKKI HEINZE, TOM KERSEY

Participants will learn about the project design, delivery, and findings relating to data gathered via journaling over the three-month project and end-of-project interviews with veterans.

**NOAH**NATIONAL ORGANIZATION for  
ARTS in HEALTH

5TH ANNUAL

National Conference

THE ART OF RESILIENCE

OCTOBER 19-21, 2021

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4:10 pm -  
4:20 pm

## Break

4:20 pm -  
5:00 pm

### Sharing Experiences and Building Community: Using Creative Arts Therapies to Promote Recovery and Mental Health

AMY CHEUNG, RICK ROBERTS &amp; MARIA THOMAS, LAURA WOOD

Interested in drama therapy or the Zentangle Method? Learn about how our Massachusetts-based academic program leverages creative arts therapies to promote mental wellness in our community.

### ACTIVITY - Look and Look Again : Experience the Power of Perspective-Taking through an Interactive Conversation about Art

LORENA BRADFORD + JULIA LANGLEY

Perhaps you have heard about museum programs offered for medical students and healthcare professionals but have never participated in one. Or maybe you have, and you want to see how the online platform could possibly compare. This session is for you—and everyone! Join us to experience how a conversation about a work of art can help us examine the limitations and potential of perspective-taking, and how doing so relates to confronting bias.

5:00 pm -  
5:10 pm

## Break

5:10 pm -  
5:50 pm

### Art Transforms Us: Creativity as a Path to Individual and Community Recovery

HOLLY JACOBSON

Meet Path with Art, an arts creation organization whose program centers on healing individual and community trauma through artistic skill development, confidence and stability building, and meaningful community engagement.

### Building Youth Resilience: A scoping review of Theatre-based Interventions for Suicide Prevention among Adolescents

NICOLA OLSEN + CHIAO-WEN LAN

How does theatre build resilience in youth? Come explore the effectiveness of theatre-based intervention for suicide prevention.

### Persuasive Communication to Advance Arts in Health

CONSTANZA ROEDER + RICHARD WILMORE

Are you struggling to find support for your program? After this session, attendees will be able to develop communication strategies to persuade stakeholders, apply marketing and PR principles to advance their organization, and leverage advocacy opportunities to advance the field of Arts in Health.

5:50 pm -  
6:40 pm

## Networking

**NOAH**NATIONAL ORGANIZATION for  
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5TH ANNUAL

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THE ART OF RESILIENCE

OCTOBER 19-21, 2021

# Wednesday, October 20 Rebuilding our Foundations

Sponsored by Houston Methodist Performing Arts Center

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11:00 am -  
11:05 am

## Morning Wake-up Silk Reeling and the Breath

JUDITH SACHS, ANYONECANDANCE®

11:05 am -  
11:15 am

## NOAH Welcome

11:15 am -  
12:00 pm

## Keynote: Yoko Sen Sounds of Caring

How might we reimagine the role of arts in healthcare to be a vehicle of cultural transformation? Yoko will share a personal journey of how the word "resilience," however well-intentioned, may sometimes alienate those we intend to support, and, through her team's work on transforming the sound experience in hospitals, explore case studies on what it means for arts to support resilience at the cultural level.

12:00 pm -  
12:15 pm

## Break

12:15 pm -  
12:55 pm

## Community Arts Workshops for Women with Cancer: Reflections on Survivorship and Identity

SANDRA HOULE

Discover the value of community-based art workshops for women living with cancer, in the areas of self-identity, wellbeing, and quality of life.

## The Benefits of Dance for Women Living With and Beyond Cancer - sharing practice and outcomes

EMILY JENKINS

Ever wondered about the potential of dance in the context of cancer diagnosis and recovery? This presentation will share the extraordinary, life enhancing benefits of Move Dance Feel - a UK based community interest company that delivers dance to women living with and beyond cancer.

## Collaborative Resiliency Projects: Partnering across hospital departments to create elevated, meaningful resiliency projects

CAROLINE DOCWRA,  
VIRGINIA B. GRAY, SHAY  
THORNTON KULHA

As the prevalence of burnout continues to grow, collaboration is a way to sustainably build or create arts-focused projects to build resiliency. Gain a framework to create more sustainable, accessible projects that further embed your program's value into the hospital experience.

## Leaders of Tomorrow Showcase

### Combatting Loneliness & Anxiety with Virtual Bedside Concerts

ISABELLA PALACPAC,  
JASON WANG

### Jefferson COVID Stories: Creative writing and reflection as a way to foster resilience, connection, and catharsis in the face of COVID-19 and systemic racism

NICHOLAS SAFIAN

### Pharmacy + Theatre = Pharmakon:

### Performing Science

MICHAEL VALDEZ

12:55 pm -  
1:05 pm

## Break



# Wednesday, October 20 Rebuilding our Foundations

Sponsored by Houston Methodist Performing Arts Center

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1:05 pm -  
1:45 pm

## Storytelling Rounds: Supporting Clinician Wellness at Boston Children's Hospital

GINNY LEWIS, LAKI VAZAKAS, DENNIS DOHERTY

Do you want to learn how to develop narrative medicine sessions for clinicians and frontline workers? Please attend our session. We will share the model we've developed (Storytelling Rounds) which uses expressive writing, photonarrative, and video art to confront clinicians' moral injury and PTSD.

## Stir Crazy: How Creating Comedy During the Pandemic Fostered Healing

EMMA PALZERE-RAE, REBECCA ATKINS, CARIN JEANNIE ESTEY

Learn how the Players created healing for themselves -- and the public -- by tackling the pandemic through sketch comedy. Participants will see excerpts from the work, hear about the creative and technical process, and learn best practices for doing theater with adults living with mental illnesses.

1:45 pm -  
1:50 pm

## Break

1:50 pm -  
2:20 pm

## Art Refresh- Our Nested Hearts

JANICE BAKER

Enjoy an illustrated nature story and its message for compassionate self-care. Create a nest as a visual reminder of the place within your heart where you can return for comfort.

## Networking

## Student Networking

2:20 pm -  
2:40 pm

## Break

2:40 pm -  
3:20 pm

## Plenary - Engaging the Arts for Vaccine Confidence in the US: A CDC + Arts Partnership

JILL SONKE + LOUISE SHAW

Learn about why public health needs artists, culture-bearers and the arts to enhance vaccine confidence and demand and discover program examples and resources, including field guides, repositories, and a new CDC funding opportunity for arts organizations.

3:20 pm -  
3:30 pm

## Break

3:30 pm -  
4:15 pm

## Plenary - Funding Arts in Health Programming

SPEAKERS: NAJ WIKOFF, MEL COHN, CINDY PERLIS

This interactive session will provide information ranging from developing donor relations to making the ask and identifying sources of possible revenue. Participants will learn how to clearly convey the impact and purpose of their programs to people and agencies that want to make difference.

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# Wednesday, October 20 Rebuilding our Foundations

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4:15 pm -  
4:25 pm

## Break

4:25 pm -  
5:05 pm

### The Choreography of Care

STUART PIMSLER

The Choreography of Care will offer new techniques for bringing creative expression to the healthcare provider's workplace. Along the way, participants will learn new approaches for self-care and wellness.

### ACTIVITY - Innovative intergenerational arts programming in response to the pandemic: Three programs illustrated

ELIZABETH LOKON, KATHY BENDER, CHLOE BRADWELL

Three organizations in three countries (USA, Canada, and the UK) responded to the challenge created by the pandemic: How to maintain intergenerational connections around the arts when in-person visits are not possible? The goal of this workshop is to inspire attendees to think outside the box and consider limitations imposed by the pandemic as opportunities to diversify offerings. Videos, example artistic creations, and tools for replication will be shared.

5:05 pm -  
5:15 pm

## Break

5:15 pm -  
5:55 pm

### Healing the Healers: Instrumental music learning to promote resilience and wellbeing in healthcare workers

DR. KATHY MAY TRAN, LUTHER WARREN, TANYA MAGGI

Boston Hope Music Teaching Project is an innovative collaboration between New England Conservatory and Massachusetts General Hospital that applies 1:1 instrumental musical learning as a therapeutic tool in the context of healthcare workers. Healthcare-worker learners experience recovery and resilience, while conservatory graduate-student teachers experience a greater sense of purpose in healing the healers. We share the organization of this model and opine upon its impact on individual participants, musical and medical institutions, and the greater community.

### ACTIVITY - Mobilizing Wonder as an Art of Resilience: Wonder Box Creativity Kits for Children with Medical Complexities and their Families

SARAH DOLENS-MOON, ELIZABETH REIFSNIDER, LILLIE RICHARDSON, STEPHANI ETHERIDGE WOODSON

Wondering how to spark wonder as a form of art in health practice? Come to our Interactive creative activity session, "Mobilizing Wonder as an Art of Resilience: Wonder Box Creativity Kits for Children with Medical Complexities and their Families," where you'll learn a framework for developing drama-based creative activity kits for caregivers and their loved ones.

5:55 pm -  
6:40 pm

## Networking

# Thursday, October 21 **Leading & Transforming Through Arts in Health**

\* ALL TIMES ARE IN EASTERN STANDARD TIME, SCHEDULE SUBJECT TO CHANGE

10:50 am -  
11:00 am

**Morning Wake-up Living Voice Work**  
RENEE BENMELEH, SOUND NOURISHMENT

11:00 am -  
11:30 am

**NOAH Welcome/NOAH Core Curriculum**

11:30 am -  
12:15 pm

**Plenary - World Health Organization** Advancing an equitable global arts and health agenda  
NISHA SAJNANI, CHRISTOPHER BAILEY, INJONGE KARANGWA, KHALID ALBAIH, SUSAN MAGSAMEN  
A healthy society is a just society. The WHO Arts and Health agenda is concerned with the role of the arts in physical, mental, and social wellbeing. With this in mind, this panel will present efforts to advance research, practice, and policy concerning the arts and health within a framework of global health equity. This plenary is presented in collaboration with Healing Arts New York.

12:15 pm -  
12:30 pm

**Break**

12:30 pm -  
1:10 pm

**Improving Research and Evaluation at Intersections of Music and Mental Health**

DR. TASHA GOLDEN

What research has been conducted at intersections of music and mental health, and what can we learn from it to advance the field? This presentation shares findings from the first global scoping review of the literature regarding music-based approaches for serious mental illness. Attendees will leave with an understanding of the current research landscape, barriers to advancement, and actionable steps they can take to improve research and reporting practices that will advance and sustain the field.

**The “Art” of Communication: How the Creative Hand/Brain Connection Fosters a Language of Resilience**

CALLIE LASCH + BETSAN CORKHILL

Science tells us that 60% of the brain is devoted to the hands. By engaging our hands creatively, we stimulate greater functional wellness through the building of new neurological synapses and support proper communication between both sides of the brain. This communication extends to how we perceive, share, and receive communications with our healthcare providers. The ‘art of communication’ is a vital tool in nurturing resilience in the health of patients and their relationships with medical providers.

**Knitting With A Purpose: Wellness, Comfort, Community**

CAROL CAPAROSA, SCOTT STONER, MARY ANN SALMON

Why Knit? Learn how the art of knitting can bring about wellness, comfort, and community to people Project Knitwell serves in a wide range of public health settings – and why knitters can strengthen artists in residence teams!

1:10 pm -  
1:20 pm

**Break**

# Thursday, October 21 Leading & Transforming Through Arts in Health

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1:20 pm -  
2:00 pm

## Music & Medicine Activities to Increase Provider Resilience

MATTHEW BROOKS +  
DR. STEVE WENGEL

This session will inform others about the benefits of music and medicine initiatives on the well-being and balance of providers. Using UNMC as a model, and considering evidence from recent studies, session attendees will understand how initiatives can be built and sustained, and what impact it has had on participants.

## ACTIVITY - Dance for Veterans

CHRISTINE SUAREZ

In this session, participants will experience the Dance for Veterans program. You will move, create and connect with your own body and each other. We will collectively examine the on-going impact of this dance-based modality for mental and physical health.

## NOAH Arts in Health Awards

Join us in honoring artists and organizations who demonstrate an arts project or initiative in a health setting that has measurably improved the health or wellbeing of the intended population.

The 2021 awards will again take into account the unprecedented work being done during the pandemic and those addressing the Coronavirus in their work.

2:00 pm -  
2:05 pm

## Break

2:05 pm -  
2:35 pm

## Art Refresh- Journey to the Mother Tree

JANICE BAKER + SHAYLA JAMES

The music of Shayla James is intertwined with imagery and written reflection as you walk the pathway in this expressive journey seeking wisdom from the Mother Tree.

## Networking

2:35 pm -  
2:55 pm

## Break

2:55pm -  
3:40pm

## Keynote: Theo Edmonds Leadership & The Future of Creativity in Arts in Health

Future of work studies show everyone will face a similar scale of potential job losses and gains. But even as artificial intelligence technologies offer new avenues for economic advancement, diverse, historically underestimated groups, will face new challenges overlaid on long-established ones. Research suggest that cultures of inclusion are antecedent conditions of employee wellbeing and organizational innovation and growth, especially in uncertain economic environments and markets. This session will explore the emerging leadership roles for artists who engage transdisciplinary science for population health innovation.



# Thursday, October 21 **Leading & Transforming Through Arts in Health**

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3:40pm -  
3:50pm

3:50 pm -  
4:30 pm

## **#CapeBreak: Granting Black Womxn Permission to Drop the Metaphorical Cape Associated with Being the Strong Black Womxn**

CHRIS OMNI

Greetings to my fellow Sista Queens and to those who gather to bear witness to the power of voice and agency of a Black womxn. This presentation was unapologetically created to shower Black womxn with love, grant a warm dose of permission to embark on a journey of radical self-restoration, and to shine a light on the toll that the Strong Black Womxn phenomena and Superwoman schema play in our lives.

## **New Uses of Technology in Arts in Health**

BROOKE MCKINNEY + MATTHEW RICHARDS

Would you like learn about technological approaches to providing healing art experiences that promote health and well-being? In this session, participants will walk away with the strategies and resources necessary for sustaining a virtual arts program, producing live-streamed art sessions, and facilitating meaningful digital art projects.

4:30 pm -  
4:40 pm

## **Break**

4:40 pm -  
5:20 pm

## **History of Arts in Health: How we got to where we are**

NAJ WIKOFF

Want to know how the field of arts in health has evolved? This presentation will provide a brief world history of the diverse and shared roots of arts in health; an evolution that touches on key moments and players over time.

## **The Art of Wellbeing: The Association of American Medical Colleges FRAHME (Fundamental Role of Arts and Humanities in Medical Education) Initiative**

ELIZABETH GAUFBERG

During the Summer of 2020, when COVID-19 and racial injustice made for an atmosphere of uncertainty for the nation, AAMC FRAHME partnered with the National Endowment for the Arts (NEA) to provide arts and humanities opportunities designed to improve the wellbeing of healthcare workers. Participants engaged in storytelling (in partnership with StoryCorps), narrative (55-word stories) and poetic creations (in partnership with the Good Listening Project).

5:20 pm -  
5:30 pm

## **Break**

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5:30 pm -  
6:10 pm

## **Creative Aging in Community: Enhancing the Lives of Older Adults through Arts Education. A National Update**

MAURA O'MALLEY

Learn how community-based Creative Aging programming is gaining attention, generating new funding and impacting how multi-sector state agencies and national organizations collaborate to develop and sustain large scale arts education programs for older adults. Gain a national perspective on the growth and impact of creative aging programming outside of the arts and health care sector.

## **A Multidisciplinary COVID-19 Adherent Music Engagement Pilot, Data and Experiences**

DR. MARY PERKINSON, DR. PHATAK,  
MEGHAN RAMIREZ

Nebraska HeartBeats provides participant-centered, collaborative music sessions that inspire joy, engagement and reminiscing through music-making. Presenters will share how a multidisciplinary team came together to develop, fund, implement, evaluate, and disseminate curricula for individuals with Alzheimer's and related dementias through a COVID-19 adherent pilot program.

6:10 pm -  
6:30 pm

## **NOAH Conference Closing Remarks**

*\*This updated schedule was posted on October 15th.  
Check the NOAH website for the latest schedule.*