Sanford Arts Vermillion

Ariadne (Ari) Albright, MFA
Artist in Healthcare
In 2004 and again in 2007, the Society of Arts in Healthcare partnered with the Joint Commission and Americans for the Arts to conduct surveys that examine the presence of the arts in U.S. healthcare facilities.

50% U.S. Hospitals have arts programming, 73% have permanent displays, 55% have arts activities for health care staff.
Ariadne (Ari) Albright, MFA

Artist experience:

• Program Coordinator and Artist in Residence, Sanford Arts Vermillion
• 7 years Roster Artist, South Dakota Arts Council’s Artists in Schools & Communities Program (AISC)
  • 4 years Arts in Healthcare specialization
• 7 years Art Educator
  • USD, CU, WITCC,WSC
• 25 years Freelance Artist

Personal experience:

• Parents
• Mother of 16 year old son, Cyrus
Arts in Healthcare Practitioners

The arts, including music, writing, movement, theater, contemplative, and visual artists, help patients and staff express their own creativity.

Art therapists trained to use their art to support measurable therapeutic results.

Fine artists help patients and staff express their own creativity.

2009 State of the Field Report: Arts in Healthcare
The primary purpose of Sanford Arts Vermillion (SAV), is to support client wellness through the arts and art engagement.

Clients include residents, patients, staff and families of Sanford Vermillion.
Goals

I. Special Care Unit
II. Care for Caregivers
III. Uplifting Environments
I. Special Care Unit

Pictured on left. Early art sessions with basic supplies. Right. After six months of art engagement, a complex project is completed by Special Care Unit residents.
I. Special Care Unit

Wellness shows in our faces, our language and in our actions.

Art with Ari Sessions meeting 3 to 4 times per week at the Special Care Unit, began with numerous, individualized projects to emphasize creativity and personal empowerment.

Learning to juggle with scarves.

Wellness shows in our faces, our language and in our actions.
II. Care for Caregivers

Arts engagement is designed to create a more relaxing environment, help personalize the work spaces, provide healthcare workers an opportunity for creativity and self expression that allows them to leave their emotions at work.

Using arts engagements as a tool for new, fun and experiential ways for staff to “re” connect with the folks in their care.

Addressing the “the redundancy of redundancy” through the arts.

Naj Wikoff, Culture of Care, 2004.
III. Uplifting Environments

Installation of paintings by USD Art Student, Lisa Wojak in staff break rooms. Conversations are sparked by displays.

Collaborative art projects are hung “in the home”. The residents co-curate the displays that personalize their environment.
III. Uplifting Environments

Interactive Felt Board Project: 4th of July  SAV Student intern and volunteer.  
(inset) Winter Night on the Prairie, with Ari Albright

Residents are delighted to share their work with staff, family and each other.
Outcomes

I. Outreach
II. Training
III. Resources
“Meaningful programming for our Special Care Unit needed to be retooled and developed. The integration of art into daily living activities demonstrated merit in an end of life setting in Sioux Falls. I viewed this as an opportunity to address resident quality of life issues and behaviors while meeting regulatory pressures for enhancing dementia and special care.

We have hit a home run!”
### I. Outcomes: Workplace changes

<table>
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<tr>
<th>Since SAV began</th>
<th>Residents taking anti-psychotic medications</th>
<th>State Survey Results: Quality of Life/Wellness and use of anti-psychotic medications</th>
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<tbody>
<tr>
<td>2012</td>
<td>30% of 62 residents</td>
<td>2 F-tags</td>
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<tr>
<td>2013</td>
<td>20% of 65 residents</td>
<td>0 F-tags</td>
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<tr>
<td>2014 (current)</td>
<td>8% of 65 residents</td>
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- 10 of the 20% had a reduction
- 7 of the 20% discontinued
- Through use of the art kits and art sessions, 2 residents have discontinued use of PRN antipsychotic medication as well.

In 2012, **CMS** announced the “National Initiative to Improve Behavioral Health & Reduce the Use of Antipsychotic Medication in Nursing Home Resident.”
I. Outreach: Touching Lives

**SAV 2013**

- Dakota Hospital Foundation Board of Directors
- Department Managers
- Care Center Staff
- Lunch & Learn (all SVMC staff)

- Dakota Gardens Tenants
- Hospital Patients
- Stroke Support Group
- Cancer Support Group
- Activites
- Residents Families
- Personal Art Work
- Breakthrough Leadership Seminar
- Sanford Network Director of Nursing Meeting
- SAV Art Exhibition
- Recycled Wish Bottles
- Mock Survey Representative
- Vermillion Arts Council funding the bottles
- Resident Families

- Engagement Model
- Activities Support
- Shared Internship / Professional Development
- Engagement Model
- Activities Support
- Shared Internship / Professional Development

- USD Internship and Volunteers
- Vermillion Area Dance Organization
- SDAC Artists in Residence

- Tree of Lights Fundraiser
- An Evening for Women
- Community Celebration
- Alzheimer’s Support Group
- Human Services Center

- National Healthcare Celebration
- Restorative Care
- Activities
- Dakota Gardens Tenants

- Sanford Art Exhibition

- Vermillion Arts Council funding the bottles
- Resident Families

- USD Internship and Volunteers
- SDAC Artists in Residence
- Invitation Training
I. Outreach

National Healthcare Week Theme “What Sparks Your Energy at Work?” Incandescent paints provided.

*Post-it on a Pear Tree* (tape mural) invites positive comments about co-workers.

Staff’s sand mandala (above), wish bottle (left) and Swedish heart (right).

Neighborhood Art Kits
II. Training: Art Modalities
(COLLABORATIVE AND INDIVIDUAL PROJECTS)

• Visual arts
  – 2-D: drawing, painting, sand work, cut paper, collage
  – 3-D: crepe paper, clay, mosaics, origami, book making, fiber arts

• Music
  – Sing-along for the Elderly CD’s
  – Instrumental music
  – Playing instruments

• Writing
  – Poetry, personal expression exercises

• Contemplative Arts
  – Guided meditation, breathing, labyrinths

• Movement
  – Whoga, stretching, ribbon dancing, juggling scarves, body percussion

Photo by Bill Willroth, Sr.
II. Training
SAV Student Internship, Volunteers and Professional Development Intensive

Healthcare learning modules, shadowing artists, arts engagement experience (group and one-to-one), studio & project preparations, self care strategies, academic research.
Working in Healthcare Environments

- Artist in service
- Honoring the memory of a loved one
- Broaden and deepen their skills with appreciative audience
- Personal characteristics and growth opportunities
  - Good communication skills, especially listening skills
  - Strong observation skills
  - Interest in older adults
  - Ability to teach
  - Openness to learning
  - Humility
  - Sense of humor
  - Authenticity
  - Sensitivity to cultural values
  - Consistent enthusiasm
  - Ability to improvise (see “in the moment”)
II. Training

Artists in Healthcare Environments Workshop:
Projects, Proposals and Protocol

Friday & Saturday October 24 - 35th, 2014. Training Intensive with Ari Albright et al

• 1.5 day workshop for artists, students and healthcare staff at Sanford Aberdeen, Aberdeen, SD.
  ✓ Training designed to bring arts and arts engagement to your communities’ Healthcare facilities; long term care, support groups, adults with disabilities, at risk youth, cancer centers dementia care

• Limited to 30 participants. Registration fee $225 includes meals and workshop materials.
  ✓ project templates, art directives, proposal samples, documentation, supply checklists, glossary, positive support training etc...

• Contact: FACEBOOK & Pinterest: Art with Ari
  Email: Ariadne.Albright@sanfordhealth.org   Website: www.arialbright.com
### February

**Sanford Arts Vermillion 2013**

Nam id velit non rius consequat faucibus.

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**Art with Ari**

Residents of Sanford’s Special Care Unit may enjoy a number of art-making projects hosted by Ari Albright, Program Coordinator and Artist in Residence for Sanford Arts Vermillion (SAV) including watercolor painting, showing, crochet paper crafts and journal making.

1.413 “Happy Birthday” Painting by Resident and Ari

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Sanford Arts Vermillion: Ari Albright, Program Coordinator and Artist in Residence

Phone: (605) 635 - 8980 Email: arialbright@sanford.org
III. Resources

- Rollins, Judy. *Bringing the Arts to Life. A Guide to the Arts and Long-Term Care*.
- Global Alliance for Arts & Health, IDEAS Institute, 2013. [http://thesah.org/doc/Bringing_the_Arts_to_Life_ebook.pdf](http://thesah.org/doc/Bringing_the_Arts_to_Life_ebook.pdf)
- Sanford Arts Vermillion, Sanford Health, Vermillion, SD Ariadne.Albright@sanfordhealth.org
- Sanford Arts, USD Medical Center, Sioux Falls, SD
- Shands Arts in Medicine Program, Gainesville, FL
- Sing-along with Eldersong at [www.eldersong.com](http://www.eldersong.com)
- Society of Arts In Healthcare (now Global Alliance for Arts and Health)
- WHOGA wheel chair yoga. Wellness Happiness, Opportunity for Gentle Activity at [www.whoganow.com](http://www.whoganow.com)
- Wikoff, Naj. *Culture of Care: A Study of Arts Programs in U.S. Hospitals*. Americans for the Arts, 2004
THANK YOU!

Our caring staff at the center of wellness at the work place.