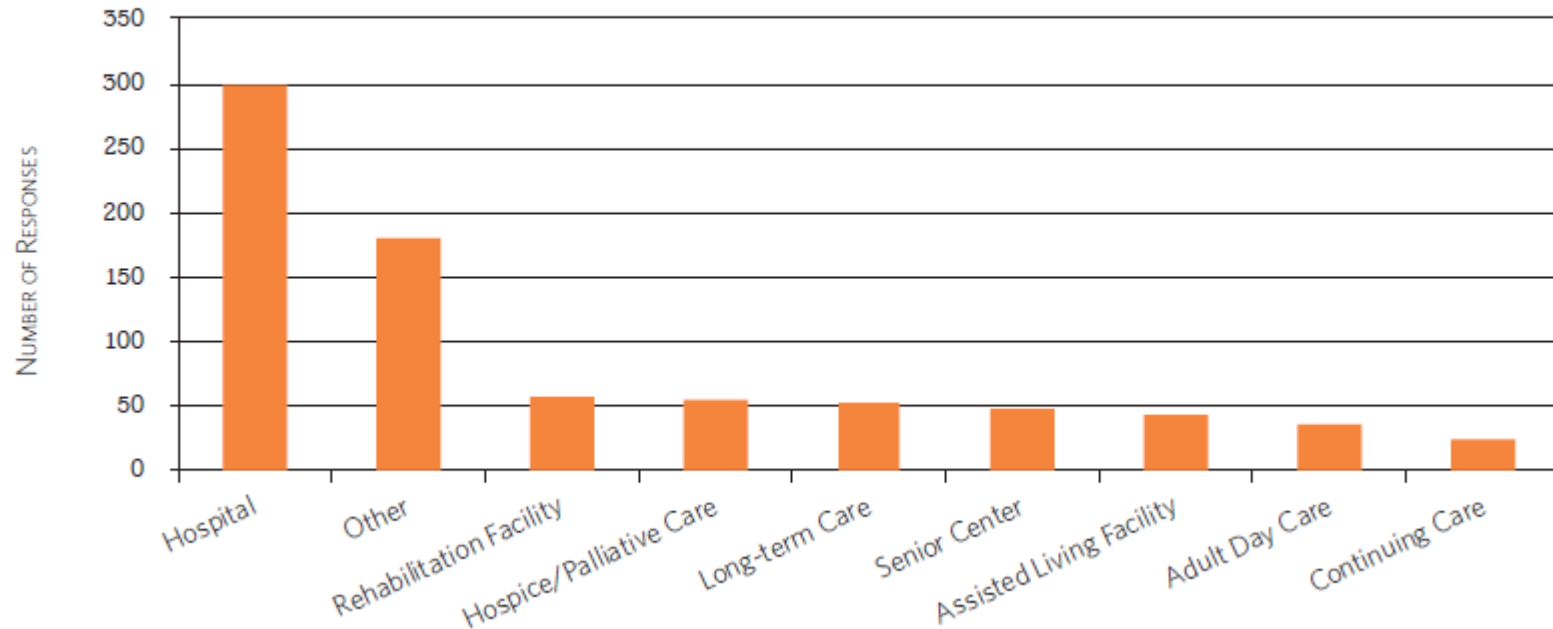


Sanford Arts Vermillion

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.

FIG 16 *Where Does the Arts in Healthcare Program Take Place?*



2009 State of the Field Report: Arts in Healthcare

50% U.S. Hospitals have arts programming, 73% have permanent displays, 55% have arts activities for health care staff.

Culture

of Care

Ariadne (Ari) Albright, MFA

Artist experience:

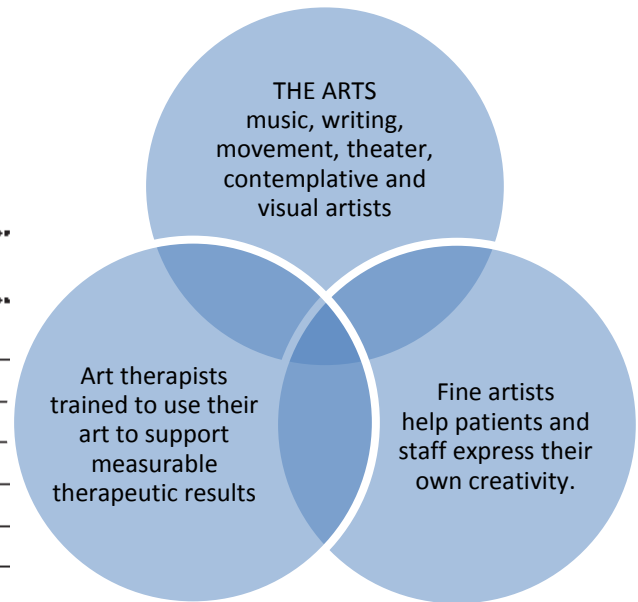
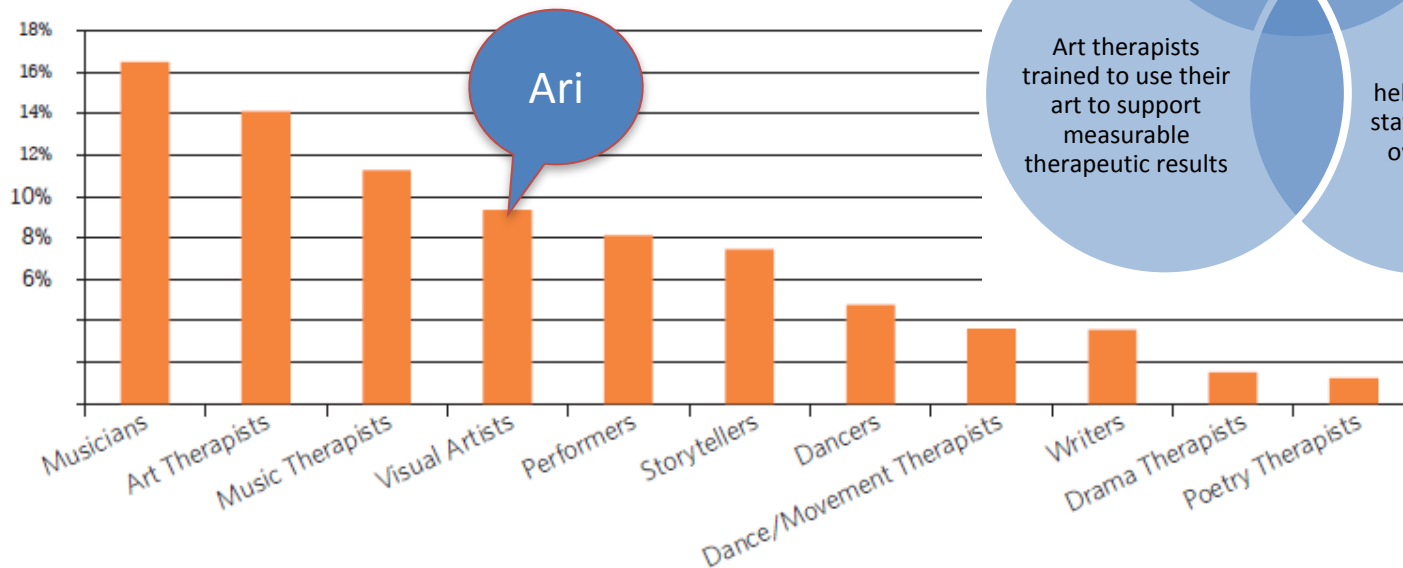
- Program Coordinator and Artist in Residence, Sanford Arts Vermillion
- 7 years Roster Artist, South Dakota Arts Council's Artists in Schools & Communities Program (AISC)
 - 4 years Arts in Healthcare specialization
- 7 years Art Educator
 - USD, CU, WITCC, WSC
- 25 years Freelance Artist

Personal experience:

- Parents
- Mother of 16 year old son, Cyrus

Arts in Healthcare Practitioners

FIG 3 *Arts in Healthcare Practitioners 2007*



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



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.

Naj Wikoff, Culture of Care, 2004.



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.

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

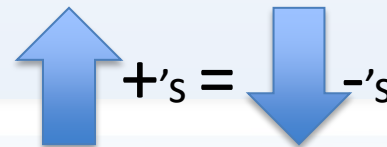
Arts and Admin at Sanford Vermillion

“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!”

Tim Tracy, CEO /
Sanford
Vermillion

Problem to
solve



I. Outcomes: Workplace changes

Since SAV began	Residents taking anti-psychotic medications
2012	30% of 62 residents
2013	20% of 65 residents
2014 (current)	8% of 65 residents

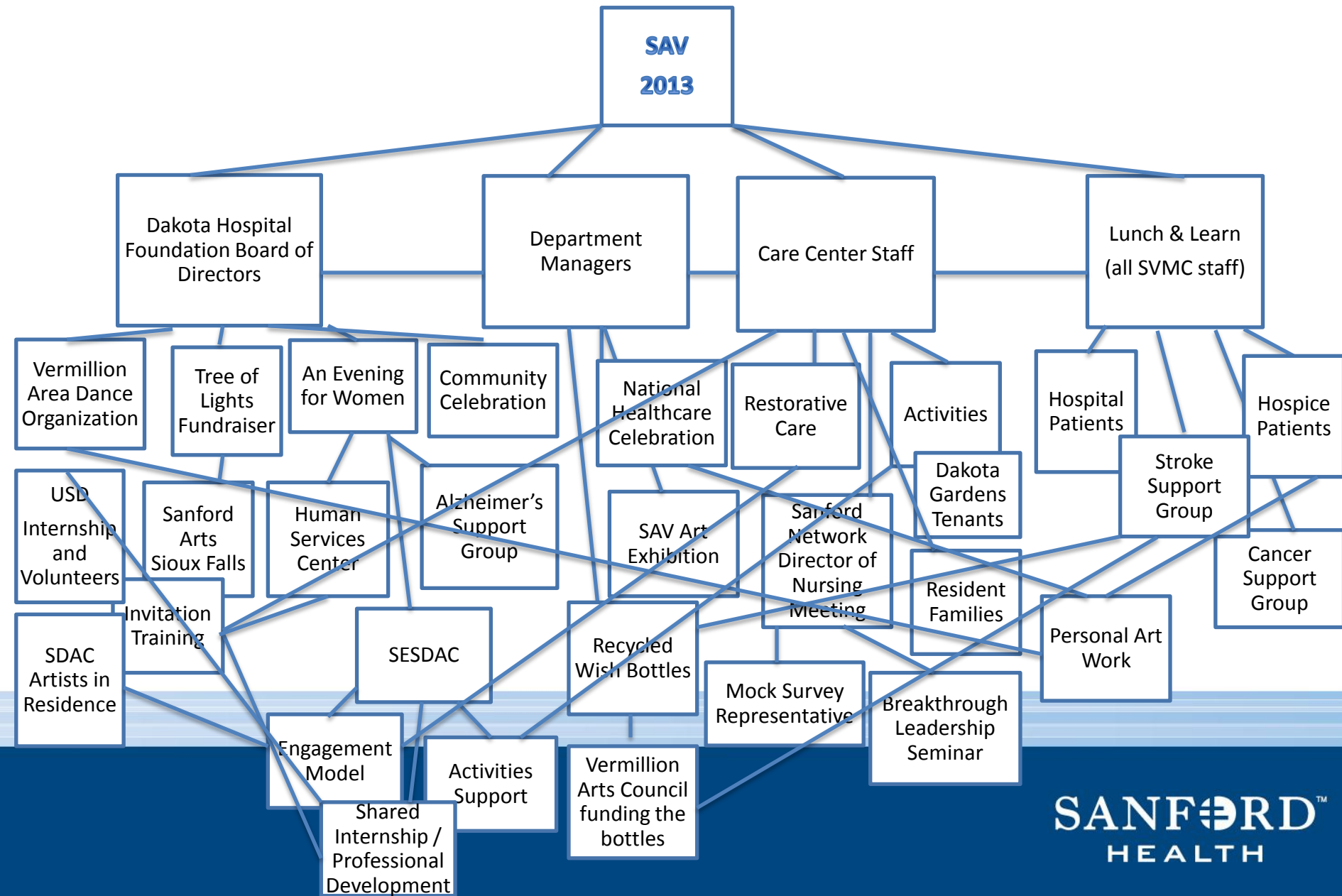
- 10 of the 20% had a reduction
- 7 of the 20% discontinued

Since SAV began	State Survey Results: Quality of Life/Wellness and use of anti-psychotic medications
2013	2 F-tags
2014	0 F-tags

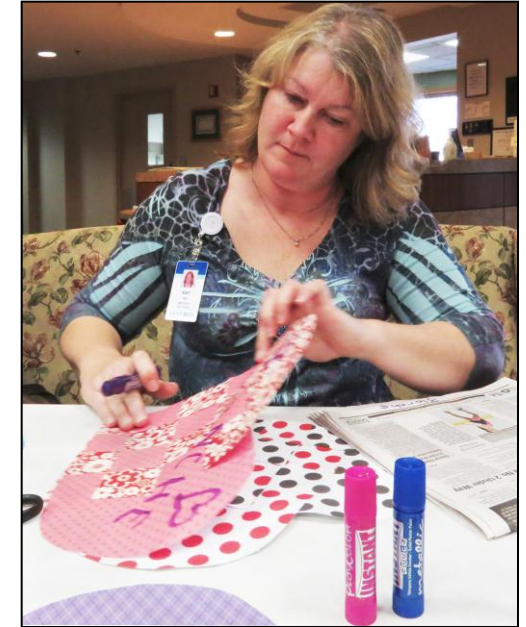
- Through use of the art kits and art sessions, 2 residents have discontinued use of PRN antipsychotic medication as well.

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



I. Outreach



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

Neighborhood Art Kits

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.

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”)



Bringing the Arts to Life: A Guide to the Arts and Long-Term Care, 2013

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

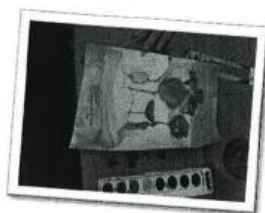
February

Sanford Arts Vermillion 2013

Nam id velit non risus consequat iaculis.

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, drawing, crepe paper crafts and journal making.



1.24.13 "Happy Birthday" Painting by Resident and Ari

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 9:30 to noon Art with Ari @ Special Care Unit	2 3:30 to 6:00 pm Art with Ari @ Special Care Unit
3	4	5	6	7	8	9 3:30 to 6:00 pm Art with Ari @ Special Care Unit
10	11 3:30 to 6:00 pm Art with Ari @ Special Care Unit	12 9:30 to noon Art with Ari @ Special Care Unit	13	14	15 9:30 to noon Art with Ari @ Special Care Unit	16 3:30 to 6:00 pm Art with Ari @ Special Care Unit
17 3:30 to 6:00 pm Art with Ari @ Special Care Unit	18	19 9:30 to noon Art with Ari @ Special Care Unit	20	21	22 9:30 to noon Art with Ari @ Special Care Unit	23 3:30 to 6:00 pm Art with Ari @ Special Care Unit
24 3:30 to 6:00 pm Art with Ari @ Special Care Unit	25	26 9:30 to noon Art with Ari @ Special Care Unit	27	28		

Sanford Arts Vermillion: Ari Albright, Program Coordinator and Artist in Residence
Phone: (605) 638 - 8580 Email: ariadne.albright@sanford.org

MARCH

Sanford Arts Vermillion

2014

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Element of Art: COLOR	Kourtney MTW 2:30 - 5:30 Debra M 9:00 - 11:30 T TH 2:30 - 4:30 Liz T TH 2:00 - 5:00 S 3:00 - 5:00		Katelyn T TH 3:30 - 5:30 (Sun 2-4) S 3:00 - 4:30 Kelsie Jo MW 1:00 - 4:00 Pat M 1:00 - 3:30 Shel W 3:30 - 5:00		1 SAV Closed
2 - 4 pm Katelyn MUSIC Rounds @ SCU CC & DG No Kourtney 6-9 th	9:00 to 11:00 am Art with Ari @ SCU Debra 1:00 - 2:30 pm Art @ SCU Ari, Pat & Kelsie	(SDAC Ari to Sanford SF) 2:30 to 3:30 pm Art @ SCU Deb & Liz Group Soup @ SAV 3:30 - 4:30 Mid Term: Reflective Journals & Calendar Hours DUE	9:11 SEDSAC cleaning 1-2:30 SEDSAC prep @ SAV 7 pm Artists & Authors Series Ari @ V.P. Library	(SDAC Ari to Sanford SF) 3:00 - 4:30 pm Care C. Art @ fireplace Liz, Kate, Debra	6 OPEN STUDIO @ SAV	8 3:00 - 4:30 pm MUSIC ARTS @ SCU Liz & Katelyn, Ari
9 Visiting Artist/Writer B.J. Buckley 10 th - 14 th Planning MEETING 2 - 4 pm SPRING BREAK No Liz, Deb this week	10 9:00 to 11:00 am Art with Ari @ SCU B.J. 1:00 - 2:30 pm Art @ SCU Ari, Pat & Kelsie Jo B.J. Buckley 3:00 - 4:30 pm Care C. Art @ CC cafeteria Ari, Kourtney, Katelyn & B.J.	11 9:00 to 11:00 am Art with Ari @ SCU w/B.J. Katelyn Care for Caregivers Project (location TBD) Group Soup @ SAV 2:30 - 5:00 pm Visiting Artist B.J. Buckley	12 9-11 SEDSAC cleaning 1-2:30 SEDSAC Art Session w/B.J. @ SAV 3:30 - 5:00 pm BJ, Ari, Shel & Kourtney ARTS @ Dakota Garden	13 9:00 to 11:00 am Art with Ari @ SCU B.J. Katelyn 1:00 - 2:30 pm Art @ SCU Ari, Katelyn B.J. Buckley 3:00 - 4:30 pm Care C. Art @ CC cafeteria Katelyn & BJ	14 Care for Caregivers Project (location TBD)	15 SAV Closed
16 2 - 4 pm Katelyn MUSIC Rounds @ SCU CC & DG NO Pat this week	17 9:00 to 11:00 am Art with Ari @ SCU Debra 1:00 - 2:30 pm Art @ SCU Ari, Kelsie 2:30 pm Studio Clay w/ Kourtney	18 2:30 to 3:30 pm Art @ SCU Deb & Liz Group Soup @ SAV 3:30 - 4:30 JILL/POSITIVE SUPPORTS	19 9-11 SEDSAC cleaning 1-2:30 SEDSAC prep @ SAV 3:30 - 5:00 pm ARTS @ Dakota Garden Shel & k	20 3:00 - 4:30 pm Care C. Art @ fireplace Liz, Kate, Debra	21 OPEN STUDIO @ SAV	22 3:00 - 4:30 pm MUSIC ARTS @ SCU Liz & Katelyn
23/30 2 - 4 pm Katelyn MUSIC Rounds @ SCU CC & DG	23/31 9:00 to 11:00 am Art with Ari @ SCU Debra 1:00 - 2:30 pm Art @ SCU Ari, Pat & Kelsie 2:30 pm Studio Clay w/ Kourtney	25 2:30 to 3:30 pm Art @ SCU Deb & Liz Group Soup @ SAV 3:30 - 4:30 Sara/SA Sioux Falls	26 9:00 to 10:30 Art with Ari @ SCU 9-11 SEDSAC cleaning 1-2:30 SEDSAC prep @ SAV 3:00 - 4:30 pm Art with Ari @ SCU 3:30 - 5:00 pm ARTS @ Dakota Garden Shel & k	27 3:00 - 4:30 pm Care C. Art @ fireplace Liz, Kate, Debra	28 OPEN STUDIO @ SAV	29 3:00 - 4:30 pm MUSIC ARTS @ SCU Liz & Katelyn

Sanford Arts Vermillion: Ari Albright, Program Coordinator and Artist in Residence
Phone: (605) 638 - 8580 Email: ariadne.albright@sanfordhealth.org

III. Resources

- Hayes, Jill and Sarah Povey. *The Creative Arts in Dementia Care*. London, Jessica Kingley Publishers, 2011.
- Hawkins, David R. *Healing and Recovery*. Sedona, Veritas Publishing, 2009.
- McNiff, Shaun. *Art Heals. How Creativity Cures the Soul*. Boston, Shambhala, 2004.
- 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
- Society of Arts In Healthcare (now Global Alliance for Arts and Health)
- State of the Field Committee. *State of the field report: Arts in healthcare 2009*. Washington, DC: Society of Arts in Healthcare.
- WHOGA wheel chair yoga. Wellness Happiness, Opportunity for Gentle Activity at 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.