

NOAH

NATIONAL ORGANIZATION for
ARTS IN HEALTH

BURNOUT, RESEARCH, PUBLIC HEALTH: CRITICAL ISSUES AND ACTION PLANS

Leadership Summit Report
January 16-17, 2020

A summary report commissioned by the National Organization for Arts in Health through the support of the Hamilton Saykaly Garbulinska Foundation and the Arts and Healing Program at Inova Schar Cancer Institute.

SUMMIT SPONSOR

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CONTRIBUTING AUTHORS

Barbara Steinhaus, NOAH Secretary
Scott Stoner, Smith Center for Healing and the Arts
Todd Frazier, NOAH Past President

STEERING COMMITTEE

Naj Wikoff
Claire de Boer
Annette Ridenour
Jackie Hamilton
Barbara Steinhaus
Danielle Acerra

CITATION

National Organization for Arts in Health. (2020).
Burnout, Research, Public Health: Critical Issues And Action Plans.
San Diego, CA: Author.

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**ALL THE ILLS OF MANKIND,
ALL THE TRAGIC MISFORTUNES THAT
FILL THE HISTORY BOOKS,
ALL THE POLITICAL BLUNDERS,
ALL THE FAILURES OF THE GREAT
LEADERS HAVE ARISEN MERELY FROM
A LACK OF SKILL AT DANCING.**

– MOLIERE

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Executive Summary

The mission of the National Organization for Arts in Health is to unite, advance, and serve the field of arts in health. Based upon the recommendations that came from the 2018 Leadership Summit, NOAH formed a national coalition to promote and facilitate action plans that address how arts in health impacts issues of concern. The issues of top priority identified by NOAH were Arts and Healthcare Provider Burnout, Arts in Health Research Initiatives/Priorities, and Arts and Public Health.

A second Leadership Summit was convened by NOAH from January 16-17, 2020, hosted by the Inova Schar Cancer Institute (ISCI), Fairfax, Virginia. Forty-one leaders and stakeholders in the healthcare services and the arts attended the event, made possible through the generous contributions of the Arts and Healing Program at ISCI and the Hamilton Saykaly Garbulinska Foundation. Participants divided themselves into the three topical working groups, Provider Burnout, Research, and Public Health; and were tasked with the following: define a critical issue within the topic, clarify available resources and challenges, and present an action plan by the end of the one and a half day summit.

Participants explored critical issues and challenges, strategic ways and means to achieve solutions, and actionable steps to meet identified goals and objectives. They shared key points of discussion with each other following break-out sessions, and engaged in creative activities. This report summarizes their discussions and developing action plans to advance the field of arts in health in the three areas: **Arts and Healthcare Provider Burnout, Arts in Health Research Initiatives/Priorities, and Arts and Public Health.**



Shanti Norris, retired Co-founder/ED, Lead Consultant, Smith Center for Healing and the Arts, Inova Schar Cancer Institute, welcoming the Leadership Summit participants to the Center and showing them the inspiring mosaic "Ginger" created in honor of a patient by her daughter, a local artist, made possible through donations to the Center.

Introduction

The National Organization for Arts in Health (NOAH) is proud of its experience coordinating national projects of the size and scope of the Leadership Summit and in developing strategies and partnerships essential to successfully meeting short- and long-term goals. The field of arts in health has been served by a national organization since 1989. In 2015/16, NOAH was formed after the closing of the Society for Arts in Healthcare.

During the restructuring efforts of 2015/16, the NOAH Board of Directors surveyed the field through a comprehensive needs assessment process to inform its new mission and vision. The NOAH Board continues to listen and respond to the field by hosting regular collaborative meetings with focus groups. To date, the NOAH Board has formally met with boards or representatives of the American Music Therapy Association, Americans for the Arts, Leslie University, Boston Arts Consortium for Health, Cleveland Clinic, Metro Health, and University of Kentucky HealthCare, and informally with dozens more. NOAH's commitment to a field-based shared learning process is reflected in the following joint statement released after a focus group meeting with the board of the National Coalition of Creative Arts Therapies Association: They (NOAH and NCCATA) look forward to continued collaboration toward a future where equitable access to the arts for individuals, families and caregivers in person-centered healthcare is available to all.

To realize the recommendation of forming a national coalition, NOAH decided to bring together leaders and stakeholders that would broaden awareness, critical thinking, and support beyond the immediate field of arts in health. The first Leadership Summit was convened on September 12–14, 2018, hosted by Georgetown University and the Georgetown Lombardi Arts and Humanities Program of the MedStar Georgetown University Hospital in Washington DC.

This summit brought together leaders in related fields to arts in health including human resources, nursing, patient experience, philanthropy, community health, public policy, and research, among other disciplines. Sponsored by The Westreich Foundation and Kaiser Permanente, facilitated by Janet Brown, former President & CEO of Grantmakers in the Arts, and documented by Gay Hanna (Hanna Merrill, Inc.), this event explored challenges and priorities healthcare facilities and communities face and specifically how the arts can be used to respond to these challenges. The diverse group of stakeholders reviewed the recommendations contained in the NOAH white paper, *Arts, Health, and Well-being in America* (2017), and identified priorities and strategic next steps NOAH could take to improve accessibility and outcomes across related fields over the next three to five years. Recommendations and conclusions from the 2018 Leadership Summit are presented in the report, *Addressing the Future of Arts in Health in America*, published with support from Houston Methodist Center for Performing Arts Medicine.

The ISSUES:

ADVOCACY, EDUCATION, RESOURCE DEVELOPMENT, AND RESEARCH

Recommendations from the 2018 Leadership Summit directed NOAH to build and lead a national coalition to actualize opportunities for collaborative work in four main areas: **advocacy, education, resource development, and research**. Additional recommendations identified outcomes necessary for NOAH to assume the leadership role: enlarge the NOAH membership, hold an annual summit for the new coalition, convene funders in partnership with philanthropic affinity groups, and develop a three-year business plan to ensure NOAH's sustainability.

Claire de Boer, NOAH President, opened the 2020 Leadership Summit with a response to the 2018 recommendations. "Our job at NOAH is to standardize the practice of arts in health, and to standardize the research about this practice so that it can happen more." She added that over the past year NOAH has increased its membership by greater than 50 percent, and is developing regional networks which involve members, new members, and a widening range of practitioners and stakeholders interested in the field of arts in health. NOAH has also increased streams of funding, and held several strategic planning sessions.

Todd Frazier, NOAH Past President, noted that though most hospitals create their own policies to manage artists working in environments of care, NOAH, through its Professionalization Committee, has created and published the foundational Code of Ethics and Standards for Arts in Health Professionals, endorsed by NOAH's membership and a comprehensive group of reviewers, ambassadors and friends of NOAH representing the broad field of arts in health. NOAH held a series of Professionalization Lab conference calls for members where they presented and discussed the Code and Standards. In addition, NOAH has recruited an esteemed group of writers and subject experts representing a range of disciplines incorporated in arts in health who are creating a Core Curriculum that will serve as a review guide for the Artist in Health Certification Examination, developed in collaboration with NOAH.

At the Summit inception and closing, participants were asked to describe with one word how they were feeling at that moment. This graphic depicts the words from the beginning of the Summit.

See page 10 for the closing words.



NOAH's efforts in Advocacy have included the Arts Advocacy Day, Washington DC, where Naj Wikoff, NOAH Second Vice-President, has met with Congressional leaders for the past two years; as well as leading a partnership with the National Coalition of Creative Arts Therapies Association (NC-CATA) and the Assembly of State Arts Agencies (NASAA) to conduct a nation-wide survey to determine the level and character of support by state arts agencies of arts in health programs. Another way that NOAH responded to the 2018 Summit recommendations has been to hold periodic Research Lab conference calls providing a platform for members and non-members engaged in research to share with members interested in understanding the structured process of rigorous arts in health investigation.

Key Findings from Leaders

Separated into the three topical working groups, Summit participants were tasked with the following: define a critical issue, clarify available resources as well as challenges, and present an action plan by the end of the day and a half summit. The groups met for three sessions, each followed by a "report out".

Arts and Healthcare Provider Burnout

Jay Kaplan, LCMC Health in New Orleans, and Alan Siegel, Contra Costa Health Services led the Provider Burnout discussions, assisted by Jay Bhatt, American Hospital Association. They presented key challenges and issues on which to focus group discussion as follows: (1) the high incidence

of burn-out across the medical profession, including clinicians and students, as reflected in the high rate of suicides (minimum 1/day), auto accidents, substance abuse, and clinical depression; (2) the need for systemic as well as individual solutions; and, (3) the arts as a transformative tool to achieve personal resilience and organizational well-being.



The Public Health working group dove into the impact of social determinants on public health, including institutionalized racism and mental health.



Report out session between working group intense meetings and discussions for all attendees at the 2020 Leadership Summit.

The working group participants identified the depth and breadth of the effects of burn-out based upon their wide range of experiences. Moira McGuire discussed a sense of moral injury experienced among service providers and recipients in the military and the need to project a wellness model rather than a focus on "healing." Jay Kaplan cited the "Superman" identity that causes physicians and clinicians to feel "betrayals of purpose" and secondary trauma in the face of patient loss and grief. Anthony Hyatt shared his recent experiences as an artist working with a palliative care team and their hunger for assistance in dealing with end-of-life trauma. Many cited the significant obstacle of an institutional "patient-first" culture in many healthcare facilities where task-oriented, tightly scheduled shifts disallow time for clinicians to connect with people (i.e. patients, staff, and other care-givers) as well as mindfulness - opportunities to stay emotionally and spiritually centered (i.e. time and permission to stay in touch with one's own feelings and spirit).

The working group addressed the need to identify effective arts-based strategies and programs across the industry that promote wellness among clinicians and caregivers while preventing secondary traumatization. Such models are based on the transformative power of the arts to motivate engagement in creative expression that leads to resilience.

Alan Siegel shared his own experience as a physician singer/songwriter who most recently composed and recorded a song about suicide (which he sang for the group). Jay Kaplan read a poem he wrote (“Unknown Earth”) including the line “there is nothing more important than to love deeply.” Dance therapist Jody Wager noted the success of “dance breaks” for staff in medical facilities and Scott Stoner shared the impact of poets (The Good Listening Project) providing “free custom poetry” through brief one-on-one conversations with patients, practitioners and caregivers at a cancer institute.



On the Inova tour, Summit attendees visited the Joan Hisaoka Healing Arts Gallery at the Smith Center.

The group concluded that documentation and measurement of programs that work needs to provide a comprehensive overview of arts-based solutions that can be applied across many settings. In addition to making the case for expanding opportunities (including time and space) to engage practitioners in creative expression, examples should also include: changing the physical environment; integrating the principles underlying arts and wellness in medical education and training programs; inserting artful practice in routine huddles and meetings (e.g. beginning and/or ending meetings with “mindful minute” time or other opportunity to self-reflect) – all combined to make creative activity an integral part of the practitioner’s day.

A BIG QUESTION:

How and why are the arts and humanities being used to educate physicians and inter-professional learners across the developmental spectrum?

Opening remarks were presented by Dr. Paul Haidet, Director of Medical Education Research and Professor of Medicine, Humanities, and Public Health Sciences at Hershey Medical Center, Pennsylvania State University. Dr. Haidet shared information about a scoping review commissioned by the Association of American Medical Colleges which addressed the following question: *How and why are the arts and humanities being used to educate physicians and inter-professional learners across the developmental spectrum?* The epistemic position taken in the majority of the articles characterized the relationship between arts and humanities and medicine as additive, rather than curative or intrinsic. However, the study presented some evidence that the arts can assist medical students in acquiring skills in expertise, such as leadership; in dialogue, such as communication and perspective taking; and as a vehicle for personal growth and/or social change.

A Scoping Review on the Use of Arts & Humanities in Medical Education

National Organization for Arts in Health Leadership Summit, Fairfax, Va., USA, January 16, 2020





Director, Center for Arts and Medicine, University of Florida, Jill Sonke, leading a discussion in the Public Health working group concerning the need for evidence-based information to ignite the partnership between arts and culture, and public health.

Arts and Public Health

Two leaders in Public Health headed the Arts and Public Health working group: Dr. Jennifer Lo, Director of Boston Public Health, a practicing pediatrician and NOAH board member, and Jill Sonke, Director for the Center for Arts in Medicine, University of Florida, who has just completed leading a two-year national “Shared Practices Research Synthesis Workshop” in arts and public health. Dr. Lo addressed the need for people in general to increase their understanding about public health programs and services as a means to enhance community wellbeing with the arts playing an integral role. Ms. Sonke expressed the need for more cross-sector collaboration in order to generate research and data for future policy development.

Although this working group looked at many issues in public health as relates to the arts, they assert that health happens in communities. Any micro view of how the arts affect the individual translates to community impact. Donna Farone, Region 4 Field Implementation Lead, VHA Office of Patient Centered Care & Cultural Transformation, wants to see how to better translate individual self-care into the community. Along her arts in health journey, Tamara Wellons has taught art to public school teachers because she was one herself; yet she had no forum in which to articulate her impact. Anne Bown-Crawford, Executive Director California Arts Council, asks ‘why are the arts not used in community development?’

The leaders discussed available resources for pre-existent research evidence, such as Art Place America which has reports and resources for creative placemaking. Beth Bienvenu, Accessibility Director, National Endowment for the Arts, suggested “The Mayor’s Institute of City Design”, and “Rural Design”, a collaboration of the NEA and the United States Council of Mayors, as a good resource. Other public policy resources were PolicyLink, Chambers of Commerce, the Governor’s office, the National Association of City and County Health Officials, and the National Assembly of State Arts Agencies.

One strength of the arts in public health is that it often communicates to all manner of people. It is also generally affordable, and contains inert human connection. The arts build bridges across communities, and engage and uplift, such as the MetroHeath project, Students Are Free to Express



Tamara Wellons, photographed during her artist-in-residence at the Arts and Humanities Program (AHP) at Georgetown University Hospital.

The Arts and Healing Program at Inova was developed through a partnership with the Smith Center for Healing and the Arts. Tamara Wellons, manager of the ISCI’s Artist in Residence program, sang her composition, “Pretty”, about the often unrecognized strength of a flower. ISCI President, Dr. John Deeken added his welcome to the 2020 Leadership Summit, and described how he has been able to develop a beautiful space for the institute community, knowing from the beginning that arts and healing would play an important role. Jackie Hamilton, NOAH First Vice-President and Manager of the Hamilton Saykali Garbulinska Foundation, offered her words of welcome and sincere appreciation for this important work of NOAH.

project (SAFE), which was developed to counteract teen suicide. One major difficulty is that cultural institutions aren't seeing themselves as a component of public health. Too often the arts are represented in ways that are "elitist" without offering equitable access to marginalized populations. There is little recognition that doctors are not the only ones suffering from burnout, but also emergency personnel and police. Systematic discrimination, which operates in and among social determinants, can reinforce institutionalized racism, thus compromising an effort to bolster community cohesion and wellness through the arts. These hard community issues require increased dialogue about race equity and ethics.



Music enriched the breakfast in the beautiful Inova space with Anthony Hyatt, violin, and Saori Nystrom, harp, both Artists-in-Residence for the Smith Center at Inova Schar Cancer Institute.

Arts in Health Research Initiatives/Priorities

The Research group, led by Steven Boudreau, Chief Administration Officer Rhode Island Department of Health, and Annette Ridenour, NOAH Treasurer, told this group that the Rhode Island evidence mapping project is wrestling with the complexities of research in this field. Ms. Ridenour observed that though most hospitals have visual arts as primary programs, visual arts have the fewest studies and tools for research. Might collaborations with educational institutions be a way to bridge the community artist with students pursuing research? They identified numerous difficulties with research in arts in health, each from their own perspective. Would developing standardization of the terminology help to leverage the data? Would national standards and protocols discourage siloing of the arts in health research and encourage and improve dissemination of analysis? Maria Jukic, Executive Director, Arts and Medicine Cleveland Clinic, has an initiative, "HeRe We Arts", which is wrestling with

the question of how to reduce the need for hospitalization. Yet it is difficult to share the data without standardization in language and research instruments. In the Rhode Island evidence mapping project, Dr. Boudreau and his colleagues found that simply discovering where research is being done and how to measure its success is not yet supported by best practices.

The group defined resources and challenges associated with arts in health research. Houston Methodist has an fMRI (Functional Magnetic Resonance Imaging) machine that creates biomarkers that would offer evidence-based findings for arts interventions. Dana Greene-Schlosser, Health Science Administrator National Institutes of Health, shared that the NIH has several million dollars poised to support arts in health research. The Rhode Island working group is developing a sorting capacity on their evidence map tied to key words that will bring up relevant studies. Megan Van Voorhis, President and CEO Arts Cleveland, also suggested the use of community needs assessments that could be useful as study models. The North Carolina state arts agency, as reported by Karl Blischke, Executive Director Pennsylvania Council on the Arts, wants to build awareness in the state and therefore has an initiative to fund research in the next fiscal year. Several important recent publications that support this work show evidence for arts interventions across the continuum of care, reveal that the arts play a positive role through prevention and promotion, management and treatment (WHO Report, 2019), and offer initial work on standardization of terminology (UF White paper, 2017).

Yet access to funding is stymied by lack of a consistent way to talk about arts in health research. There are no common assessment tools by which dosage, frequency, or success in application of an arts intervention can be measured. Public Health is not yet sitting at the table though their buy-in is critical. All of these above mentioned challenges block collaboration needed to promote more arts in health research.

RECOMMENDATIONS

The following recommendations are accompanied by a commitment from many of these professionals to remain actively involved in order to address and follow through on the recommendations.

The Arts and Healthcare Provider Burnout group asks ‘How can NOAH best advance this initiative on how the arts contribute to clinician well-being through interventions at cultural, organizational and individual levels?’ The first step is to create greater awareness across the healthcare industry of how the creative and expressive arts can improve staff well-being, build resilience, and address burnout. This will require the collection and organization of data and information (including evidence-based studies) primarily aimed at administrators, which documents the impact of arts-based programs and interventions. This should also include a curated repository of resources (e.g. video recordings by artist clinicians about their experience). Awareness will be expanded through presentations at major medical conferences (including pop-up exhibitions, learning labs, and guidance with integrating arts-based experiences within the conference agenda), publication of articles and op-eds, as well as a social media presence in the medical community. As a national leader in arts and health, NOAH can advocate for awards and other opportunities to recognize efforts that effectively harness the arts to combat burnout.



Dr. Jennifer Lo, Medical Director, Boston Public Health Commission, reporting to the whole group about the discussions from the sessions on Racism.

Secondly, resources need to be developed and disseminated that will help stakeholders to identify arts-based strategies and activities linked with specific outcomes that address burnout issues and challenges in their setting. The working group suggests a toolkit be developed with strategies and examples to guide interventions at the organizational level. The above will draw upon the developed repository of resources to develop learning modules for education and training of clinical staff and caregivers, as well as for residency programs. The process for developing tools and guidelines should also include information and ideas drawn from focus groups of clinicians and artists who work in a range of areas and settings in the field of healthcare.

Finally, the group recommends a plan for measuring the effects of strategies and resources to decrease burnout in conjunction with the arts-based wellness approach. Measures of success may include but not be limited to data scores for staff retention, suicide, treatment for stress-related illness, and accidents. Other sources of data might come from measures on the breadth and depth of interventions by organizations (at macro and micro levels) that specifically address this issue, such as the placement of a Chief Wellness Officer, or continuing education programming.

The Arts and Public Health group identified two separate issues from their discussion that they felt needed individual attention through asset-based framing: race equity and social cohesion: community building/isolation. The Race Equity group will develop a survey to help identify current activity by artists and arts organizations doing work around race equity, with a special focus on how art-based programs and services are engaging diverse groups of people, and what evidence of outcomes is available. They want to know “what does this term, race equity, mean to different populations?” They will develop marketing and communication strategies that define the role of arts in health in the dialogue around race equity. They will identify strategic partners, both within and outside of the arts that serve multi-cultural communities and conduct focus groups to increase the awareness of arts in health in diverse, multi-cultural communities. The marketing plan will be designed so that evaluation and impact analysis can help answer the question of what programming increases diverse participation.

The Social Cohesion group will develop and disseminate an issue brief on how arts and culture can address social cohesion and loneliness in communities. They plan to de-



The Research working group at the 2020 Leadership Summit led by Steven Boudreau, Chief Administrative Officer, Rhode Island Dept of Health, and Annette Ridenour, NOAH Treasurer.

velop a working group including those professionals already investing in this issue who have access to pre-existent resources dealing with related research. They plan to distribute this brief to both the field of arts in health and the public health community. With well-defined outcomes, they plan to collect data upon which arts in health researchers will build. The brief will also be used as a basis for presentations given to community, state and national policy organizations highlighting key examples of arts and public health projects and programs. This group strongly recommends that NOAH include public health as a visible part of the NOAH identity, scope, and administrative support. In NOAH's unique leadership role, this group would like to see NOAH promote a recommendation to public health professionals to include arts in all policies.

The Arts in Health Research group presented a three-year framework. The year one priorities are to work on the standardization of terminology and protocols. They also plan to identify priority intervention areas, and to develop a network of sectors and players with whom to collaborate. They also will address access to funding, develop an inventory of what is in the landscape, and identify gaps in current research. From collected data, they plan to produce relatable fact-sheets with models for moving guidance into practice until best practices can be established and shared.

The University of Florida and NOAH 2017 white papers will serve as a starting point for standardization of terminology. A searchable research repository will be created to in-

clude the resources already collected by the Rhode Island research. The group would like to develop an international Benchmarking Study whose results will inform the national research. Within the repository, this group will also house a resource directory for the field that includes a listing of advocates. In the second year, the group will build a "return on investment" case and tie this case to Community Needs Assessments and Population Health Goals to promote buy-in from hospital administrators and public health policy makers.

By year three, they plan to explore connections with electronic medical records and charity care, as well as explore access to advanced instruments for researchers to obtain biomarkers. They plan to continue work with an online searchable database for the field that includes a list of advocates, audiences, and their connection to the field. They would like NOAH to provide administrative and grant-writing assistance as the working group continues to leverage resources already in existence.



"Embroidery #2" by Maria Karametou is a 66 1/2" x 40 1/2" work made entirely of bobby pins. This artwork is in the collection of the Inova Hospital Group, Schar Cancer Institute.

Conclusion

At the opening and closing sessions of the Summit, Claire de Boer invited participants to share one word that expressed how they felt at that moment. Though these words varied somewhat, in both sessions the two words used more than others were the words grateful and inspired.

Those are truly the feelings of the NOAH board for the people who took their time to be present. Naj Wikoff, Summit moderator, offered this comment, “Your participation is the third sponsor; your participation matters profoundly.” As a national coalition, this summit produced three task forces of highly qualified professionals in the fields of arts in health, arts, and health care who have volunteered to work for a two-year period toward outcomes.

From their results in the Research group, arts in health could be shown to mitigate burnout in clinicians. The awareness of clinicians to the personal impacts of arts in health could spur their own openness to drive issues for their patients in the public health sector. More arts in health projects in public health could allow clinicians to make use of arts in health interventions in their own setting, which in turn would allow researchers more avenues for study and analysis. NOAH has heard these recommendations and will work to offer the requested administrative support and agency to these issues: Arts and Healthcare Provider Burnout, Arts in Health Research Initiatives/Priorities, and Arts and Public Health.

A word cloud graphic with a white background and purple text. The words are arranged in various orientations and sizes. The most prominent words are 'HOPEFUL', 'WE ARE', 'INSPIRED', and 'ENTHUSIASTIC'. Other words include 'NOURISHED', 'CHALLENGED', 'CREATIVE', 'TILLABLE', 'GRATEFUL', 'APPRECIATIVE', 'CONNECTED', 'EAGER', 'STILL', 'I LEARNED A LOT', 'STILL OPTIMISTIC', 'STILL STOKED', 'ENERGIZED', and 'TRIANGULATED'.

At the Summit inception and closing, participants were asked to describe with one word how they were feeling at that moment. This graphic depicts the words from the closing of the Summit.

See page 3 for the inception words.

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My hope and dream is that...by touching people's hearts through art, they will become aware of the interconnectedness of our people and the planet and be active partners in supporting solutions to a healthy planet and her people.

Ruth Westreich
President, The Westreich Foundation



2020 NOAH Leadership Summit Participant List

HOST / GUEST SPEAKER:

John Deeken, MD

President
Inova Schar Cancer Institute
Fairfax, VA

ARTS AND HEALTHCARE PROVIDER BURNOUT WORKING GROUP:

Jay Bhatt, DO, Co-Chair

Interim President and CEO
Institute for Diversity and Health Equity
Chicago, IL

Jennifer Bires

Executive Director, Life with Cancer and Patient Experience
Inova Schar Cancer Institute
Fairfax, VA

Lisa Howley, PhD

Senior Director of Strategic Initiatives and Partnerships
Association of American Medical Colleges
Washington, D.C.

Anthony Hyatt

Artist in Residence
Inova Schar Cancer Institute and Smith Center for Healing
and the Arts
Washington, D.C.

Jay Kaplan, MD, Co-Chair

Medical Director of Care Transformation
LCMC Health / NAM Action Collaborative
New Orleans, LA

Moira G. McGuire, CAPT, USPHS

Division Chief, Ancillary Services and Lead, Integrative
Health & Wellness
Walter Reed National Military Medical Center
Bethesda, MD

Shanti Norris

Retired Co-founder and ED, Lead Consultant Smith Center
Inova Schar Cancer Institute Hospital Wide Arts &
Healing Project
Smith Center for Healing and the Arts
Washington, D.C.

Julia Rowland

Senior Strategic Advisor
Smith Center for Healing and the Arts
Washington, D.C.

Alan Siegel, MD, Co-Chair

Board Member, NOAH
Contra Costa Health Services
Berkeley, CA

Peter Sirotin

Concertmaster
Harrisburg Symphony
Harrisburg, PA

Scott D. Stoner

Consultant, Artist in Residence Programs
Smith Center for Healing and the Arts
Washington, D.C.

Jody Wager

Chair
National Coalition of Creative Arts Therapies Associations
Washington, D.C.



An opportunity to be creative during the evening reception sponsored by NOAH at the 2019 Healthcare Symposium. Attendees were encouraged to paint a feather that was used to make a beautiful collage at the end of the conference.

2020 NOAH Leadership Summit Participant List

ARTS IN HEALTH RESEARCH INITIATIVES/PRIORITIES WORKING GROUP:

Donna Betts, PhD, ART-BC

Clinical Research Advisor
Creative Forces NEA Military Healing Arts Network
Alexandria, VA

Karl Blischke

Executive Director
Pennsylvania Council on the Arts
Harrisburg, PA

Steven Boudreau, Co-Chair

Chief Administrative Officer
Rhode Island Department of Health
Providence, RI

Claire de Boer

President, NOAH
Director, Kienle Center for Humanistic Medicine
Penn State College of Medicine, Dept. Of Humanities
Hershey, PA

J Todd Frazier

Board Member, NOAH
Director
Houston Methodist Center for Performing Arts Medicine
Houston, TX

Dana M. Greene-Schloesser, PhD

Health Science Administrator
National Institutes of Health
Bethesda, MD

Maria Jukic, JD

Executive Director, Arts & Medicine
Cleveland Clinic
Cleveland, OH

Annette Ridenour, Co-Chair

Treasurer, NOAH
President
Aesthetics, Inc.
San Diego, CA

Lisa Simms Booth

Executive Director
Smith Center for Healing and the Arts
Washington, D.C.

Megan Van Voorhis

President & CEO
Arts Cleveland
Cleveland, OH



The interactive workshop continued at the NOAH tradeshow booth during the 2019 Healthcare Symposium. All the lovely creations were incorporated into a collage at the close of the conference.

ARTS AND PUBLIC HEALTH WORKING GROUP:

Beth Bienvenu, PhD

Accessibility Director
National Endowment for the Arts
Washington, D.C.

Wendy Bohdel

Immediate Past Chief Operating Officer
The Institute for Integrative Health
President and CEO
The Bohdel Group
Baltimore, MD

Anne Bown-Crawford

Executive Director
California Arts Council
Sacramento, CA

2020 NOAH Leadership Summit Participant List

ARTS AND PUBLIC HEALTH WORKING GROUP (continued):

Donna L. Faraone

Region 4 Field Implementation Lead
VHA Office of Patient Centered Care & Cultural Transformation
Mountainside, NJ

Paul Haidet, MD, MPH

Director of Medical Education Research
Woodward Center for Excellence in Health Sciences
Education, Penn State University College of Medicine

Nora Halpern

Vice President of Leadership Alliances
Americans for the Arts
Washington, D.C.

Jackie Hamilton

Co-Vice President, NOAH
Former Director
UK Arts in Healthcare Program
Lexington, KY

Gay Hanna, PhD, MFA

NOAH Consultant
President
Hanna Merrill Inc.
Arlington, VA

Linda Jackson

Director, Arts in Medicine
The MetroHealth System
Cleveland, OH

Mitchell Kossak, PhD, LMHC, REAT

Professor Expressive Arts Therapy,
Licensed Mental Health Counselor
Lesley University
Cambridge, MA

David Leventhal

Program Director
Dance for PD at Mark Morris Dance Group
Brooklyn, NY

Jennifer Lo, MD, Co-Chair

Board Member, NOAH
Medical Director
Boston Public Health Commission
Boston, MA

Betty Siegel, JD

Director, VSA Accessibility
John F. Kennedy Center for the Performing Arts
Washington, D.C.

Jill Sonke, Co-Chair

Director
University of Florida Center for the Arts in Medicine
Gainesville, FL

Janine Tursini

Director & CEO
Arts for the Aging, Inc.
Rockville, MD

Tamara Wellons

Manager
Smith Center Artist in Residence Program at
Inova Schar Cancer Institute
Smith Center for Healing and the Arts
Washington, D.C.

Naj Wikoff

Co-Vice President, NOAH
Arts on Call
Keene Valley, NY

ADDITIONAL PARTICIPANTS:

Danielle Acerra

Operations & Communications Manager
National Organization for Arts in Health
Broomfield, CO

John Deeken, MD

President
Inova Schar Cancer Institute
Fairfax, VA

Barbara Steinhaus, DMA, Documenter

Secretary, NOAH
Brenau University
Gainesville, GA

OUR MISSION:

To unite, advance, and serve the field of arts in health.



HISTORY OF NOAH

As the National Organization for Arts in Health, we know through research and experience that the arts are an integral component to health, and we are committed to shaping a reality where that fact is accepted fully, and incorporated into medical treatment, medical education, prevention, and public health and wellbeing.

In 1989 an alliance was founded known as the Society of Healthcare Arts Administrators. The group acted as both a service and membership organization and was open to anyone interested in the field of arts and health. Throughout the years the organization took many names, organization structures, and was soon disbanded in 2014. However, in 2015 there was a necessity for a leadership organization in the arts and health arena to help move the field forward. Shortly after a steering committee was formed, funds were donated towards founding expenses, and a call for board members was placed. NOAH was founded in 2016 and has since then been dedicated to bringing together all disciplines of arts and health and to create a national convening that helps the field connect for annual conferences, training, access to news and resources, and a research database ("About NOAH", n.d.).

Resources

This list of resources offers a starting point for those interested in learning more about any of the topics introduced throughout this paper. All of these resources can be located through a quick internet search. The “living document” digital version of this paper, available on the NOAH website (www.thenoah.net), will link the reader directly to these and additional resources.

KEY WEBSITES TO LEARN MORE ABOUT ARTS, HEALTH, AND WELL-BEING

Americans for the Arts

- See Americans for the Arts’ numerous reports and advocacy briefings on arts in health; arts, health, & wellness; arts & healing
- Click on the Arts & Health Alliance Publications page to find a robust archive of resources.

National Organization for Arts and Health (NOAH)

- Click on “Resources”, then “Map of the Field” to find a searchable national map of programs.

University of Florida Center for Arts in Medicine

- Click on “Research and Resources” for extensive materials, including a searchable database of research publications.

Websites on Arts and Healing

- The Healing Power of Art and Artists. A website community and network. Click on “Resources,” then “Art and Healing Organizations” to find a large list of organizations engaged in Arts in Health.
- Foundation for Arts & Healing
- Art of Health and Healing. A Facebook page with excellent links to recent publications.

Websites for Healthcare Design Resources and Networks

- American Academy of Healthcare Interior Designers
- American College of Healthcare Architects
- The Center for Health Design. Numerous resources are available on this website for healthcare design professionals.
- International Academy for Design and Health. Sponsors a bi-annual arts in health award.
- CODAworx. A resource for artists working in both public and healthcare areas.
- Horticulture Therapy Institute
- Informe Design. A resource for articles on design and art.
- Research Design Connections. A resource for articles on design and art.

Websites of Medical Humanities and Health Humanities Networks

- Centre for Medical Humanities thepolyphony.org
- Consortium for Humanities Centers and Institutes (CHCI) Health and Medical Humanities Network
- Health Humanities Consortium

Websites of Relevant National Professional Associations

- American Art Therapy Association
- American Dance Therapy Association
- American Horticulture Therapy Association
- American Music Therapy Association. See www.musictherapy.org/research/ for an introduction to music therapy research.
- Association of Professional Art Advisors
- Design Research Society
- Environmental Design Research Association
- The American Society of Group Psychotherapy and Psychodrama
- International Expressive Arts Therapy Association
- The National Association for Poetry Therapy
- National Watercolor Society
- National Coalition for Creative Arts Therapies
- National Organization for Arts in Health
- North American Drama Therapy Association
- Society of American Mosaic Artists
- Sound Healers Association

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Kim Weise

NOAH STAFF

Danielle Acerra, *Operations & Communications Manager*
Sara Brown, *Volunteer Coordination*
Jason White, *Grant Writer*
Katie White Swanson, *Project Manager*
Lindsay Seier, *NOAH Student Organization*

National Organization for Arts in Health (NOAH)

3157 Third Avenue
San Diego, CA 92103
director@thenoah.net



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ARTS IN HEALTH

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