



Annual Report: June 2019

Statement of Purpose: Art of Health and Healing within CCHS improves the health, wellness and experience of healthcare for our patients, families, staff, and greater community through creative programs and healing environments.

Art of Health and Healing wants to give thanks for the great generosity of Contra Costa Regional Health Foundation.





THERAPEUTIC MUSICIANS

History of Therapeutic Musician Funding—CCRHF:

- 1) Pilot year 2016-2017, patients and staff had a dramatically positive reaction to having therapeutic music played in the ICU and IMCU approximately 6-8x/month.
- 2) Year 2017-2018, ICU/IMCU 3x/month, expanded to 4A/4B 3x/month. In the wards, we have more harp and flute in the rooms themselves.
- 3) Year 2018-2019 ICU/IMCU weekly, expanded to 4A/4B/5D weekly. In the wards, we have more harp and flute in the patients rooms. All of that funding has been used.

Y2018-2019 CCRHF awarded \$11,660 for Therapeutic Musicians. CCRMC Auxiliary had donated \$5,000 5/18 towards expanding Therapeutic Musicians as well.

Together, this \$16,600 supported:

Weekly Therapeutic Musicians in ICU/IMCU, 52 sessions (3 hrs each)	\$9,360
Weekly Therapeutic Musicians on wards (4B/4A/5D), 52 sessions (3 hrs each)	\$7,800

In formal and informal comments from patients, nurses, doctors, family/caregivers, and other staff who interact with TM in the ICU, IMCU, and the wards, the response has been nearly universally positive. The harp and flute have been greatly valued by the patients and staff and the dominant response is that it has helped calm very stressful environments.

An additional positive outcome has been that an anonymous donor has sponsored Healing Muses to play for Wellness Wednesdays in the lobby twice a month.

Select Comments from various recipients of Therapeutic Music: (as recorded by Healing Muses in ICU & IMCU)

Nurses:

- Head nurse of the IMCU talked to a nurse about how much he loved the harp music -- he found it very relaxing and pleasant.
- Administrator nurse told me she really appreciates the music when there.
- Nurse rose said 'I forgot to tell you how much I love the music'. Head nurse -- he wanted to know my favorite key, how the harp is structured, and he really complimented the music -- said he loved it.
- She thanked me and was lovely and gracious. After listening, she clapped, & said "that was awesome".

THERAPEUTIC MUSICIANS

Select Comments from various recipients of Therapeutic Music: (as recorded by Healing Muses in ICU & IMCU)

Patients:

- Asked the nurse to tell me that she had really enjoyed it.
- Man who was unconscious. His wife kept talking to him and stroking his hands. By signs, we communicated that the music was good and she was grateful, and that I understood it was difficult. music helped to relax her.
- ICU I played for a lady suffering with aphasia from a stroke; she listened and appeared to enjoy the harp music.
- Played in front of the previously combative patient -- he slept.
- "That was beautiful"
- Played for a gentleman who was moaning with pain.
- A gentleman who was having a psychotic episode and had to be restrained, which I did; it seemed to help relax him. said it cleared his mind.
- Female patient loved the harp music
Nice patient on a guided slow walk around the ward asked about the harp and wanted to know the name

Staff:

- Mexican male housekeeping staffer said "thank you for the music."
- A young male nurse came through from another area and said the music made him feel like he was at a spa.
- IMCU a female technician said "i love hearing your harp"
- The Irish priest said "that's so healing,"
- Irish priest passed through; he was quite happy to see me and said "now we have both physical and spiritual healing."
- Chaplain says: 'oh it's an angel with a harp'.
- The technician wheeling the gurney said "yes, it speeds healing."
- Appreciation from mostly the people working there. attentively listen.

Doctors:

- Said the music was helpful
- A male doctor gave me a big smile "that's so relaxing."
- ICU, a female doctor was training two young nurses, and she commented to me "that's so nice."
- One doc said the music is really relaxing, for all of us

Visitors:

- Played for those near the noise to try and normalize things as much as possible.
- Head ICU nurse asked me to play in front of a specific room, where two elderly ladies were keeping vigil and singing for their dying blind brother. They were extremely appreciative of the harp music and asked me to stay, so I played there for about an hour and a half.
- One of the women was a harpist /flutist and her sister said the music really helped her cope and made

EXPRESSIVE ARTS THERAPY ANNUAL REPORT FOR 2018-2019

Below is a summary of highlights of services and events from the 2018-2019 year.

Current team:

Three MFT associates, Amelia Hall, Angela Gosalvez, & Xan Morris

Two half-time Clinical Supervisors Suraya Keating and Nicki Koethner.

Due to the end of Supplemental Health contracts and end of internships, we lost several interns in Fall and again in the Spring of 2019.

At present, due to losses of staff (including loss of Supplemental contract) and difficulty of hiring new staff (including hiring freeze and limitations of student intern positions), it is impossible to fulfill the ongoing demand for services. In response, we have decreased or ceased services in several groups and we are utilizing supervisors to see patients to meet demand for services at CCRMC.



What's new in 2019?

Remedy Groups (Re-entry) - EXA has returned to work with the REMEDY GROUPS, a bi-monthly support group for individuals who have been formerly incarcerated. Will assist with reentry into society and processing the difficulty of this process by accessing positive inner and outer resources.

Martinez Detention (weekly, started April, 2019)

2 EXA interns & 1 supervisor are now providing a weekly Expressive Arts Therapy group at the Martinez Detentions facility for incarcerated individuals with severe mental illness. Has been well received both by the staff and clients at Detentions. Activities include dance/movement activities and arts projects which promote self-esteem and positive connections among group members.

Ongoing EXA Clinical Work:

Art By the Bedside (includes many Extended Stay Patients)

Art for Wellness Table (weekly Thursdays from 3-4:30 pm in CCRMC lobby)

Psych Emergency (youth)

Infusion Center (decreased frequency)

We Can Groups (limited availability)

Prenatal Groups (more limited availability)

Homeless Shelters (3 shelters, weekly or bi-weekly)

Choosing Change (decreased to 1 site weekly)

Pain & Wellness (monthly, 2 sites)

Special events:

Art Break Day - EXA team joined Art is Moving Art Break Day (September, 2018) providing Karaoke singing and various visual arts activities for relaxation, de-stressing and community bonding. Well received by hospital visitors, patients and staff.

Celebration of Life - May 31, 2019

Supporting the Infusion Clinic staff and Oncology department, the EXA team provided tables with tote-bags to decorate and face-painting, which offered patients and their families sharing their struggles and resilience of their cancer stories.



Presentations:

International Expressive Arts Therapy Association (IEATA) Annual Conference Feb, 2019.

Dr. Alan Siegel, Suraya Keating, MFT, and Adrian Orozco Blair, AMFT, presented a workshop entitled: "Cultivating a House of Healing: Expressive Arts Therapy at Hospitals and Clinics" to an appreciative audience.

Nerd Night, Oakland, 7/18. Dr. Alan Siegel provided an overview of AHH's work and the greater Arts in Health.

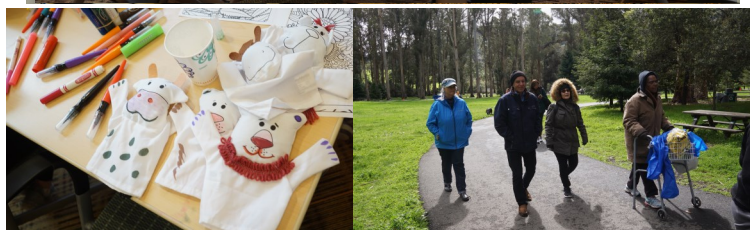
HEALING THROUGH CREATIVITY FAIR

Highlights:

- Honored National Hospital Week
- Integrative Health- Chiropractic Services
- Expressive Arts—Hands On Activities
- Food As Medicine:
Public Health (Rethink your Drink)
- Fun Photobooth
- Live Music
- 100 attendees



Healing Through Creativity Fair, formerly (Health Care Workers as Creators) is an annual event since 2006, where CCHS staff members can showcase their artwork, perform music & dance, and engage in Expressive Arts



WALK WITH A DOC WCHC

Walk With A Doc West County Health Center (WCHC) received a \$50,000 grant from City of San Pablo.

6 monthly trips to Regional Parks.

13 weekly walks or Walking As Medicine groups.

All monthly trips include Expressive Arts & live music.

Highlights:

- Parks RX Day
- Naturalist-led walks
- Health Education/Medical Group Visits at WCHC
- Expressive Arts
- Yoga/Zumba/Tai Chi
- Avg participation monthly walks = 60

Walk with a Doc is a nationwide program that encourages physical activity, visiting local parks and an opportunity to connect with a local physician outside of the hospital setting. The program aims to reverse sedentary lifestyles.