Arts in Health
Improving Health Through The Arts

Donna Betts
American Art Therapy Association
Judy Simpson
American Music Therapy Association
Naj Wikoff
National Organization for Arts in Health
Arts in Health
Professions/Providers

Creative Arts Therapists
Art Therapy
Dance/Movement Therapy
Drama Therapy
Music Therapy
Poetry/Biblio Therapy
Psychodrama Therapy

Expressive Arts Therapists
Professional Artists
in all disciplines

Architects, Interior Designers
Arts/Cultural Agencies & Councils
Arts in Health
Architects and Interior Designers
Create uplifting and welcoming environments
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Cultural Agencies and Museums

Opportunities to enhance quality of life for older adults

Venues for enhancing medical student observation skills
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Professional Artists & Expressive Arts Therapists

Use their art forms to help people express their emotions, reduce their experience of pain and anxiety, and gain new skills and a sense of belonging.
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Creative Arts Therapists

Distinct Health Professions
Nationally and State Regulated

Clinical and Therapeutic Outcomes

Members of Treatment Team
Evidence-Based Practice

#ARTSADVOCACY
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Populations Served

- Autism
- Alzheimer’s and Dementia
- Chronic Illnesses
- Developmental Disabilities
- Mental Health
- Neurological Disorders
- Physical Disabilities
- Post-Traumatic Stress Disorder (PTSD)
- Premature Infants
- Pre- and Post-Surgical
- Traumatic Brain Injury
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Settings

- Schools
- Hospitals
  - Hospice Programs
  - Veterans’ Facilities
    - Military Bases
  - Community Centers
  - Correctional Facilities
    - Wellness Programs
  - Mental Health Programs
  - Long-Term Care Facilities
  - Disaster Response Teams
- Rehabilitation Treatment Centers
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Benefits

Positive impact on healthcare needs, quality of care issues, and healthcare spending
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State Partnerships

Rhode Island Arts and Health Network

RI State Council on the Arts and RI Department of Health

• Patient Care
• Education
• Community Well-being
• Healing Environments
• Care for Caregivers
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Action Needed

**Action 1**

Ensure implementation of the Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment (SUPPORT) for Patients and Communities Act (PL 115-271), Improving coverage of complementary and integrative health services, such as creative arts therapies, through the Dr. Todd Graham Pain Management Study.
Arts in Health Programs
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Outcomes

• Reduce Stress and Anxiety
• Decrease Depression Symptoms
• Increase Natural Endorphins
• Cognitive Stimulation
• Promote Self-Awareness
• Improve Self-Esteem
• Foster Self-Expression
• Reduce Heart Rate
• Lower Blood Pressure
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Action Needed

**Action 2**

Support research funding for creative arts therapies and arts in health programs within federal agencies such as the National Institutes of Health (NIH) and Substance Abuse and Mental Health Services Administration (SAMHSA)
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**National Institutes of Health**

**National Center for Complementary and Integrative Health (NCCIH)**
Behavioral Interventions for Prevention and Treatment of Opioid Use Disorder

**HEAL (Helping to End Addiction Long-term℠) Initiative**
Scientific Solutions to stem opioid health crisis

**Music and Health**
Funding initiatives to examine music’s ability to improve health

**Substance Abuse and Mental Health Services Administration (SAMSHA)**
Substance Abuse Prevention and Treatment (SAPT) Block Grant
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Action Needed

**Action 3**

In response to the December 2018 *Texas v. United States* court decision, preserve Affordable Care Act (ACA) provisions that provide access to affordable healthcare coverage for artists and other creative occupations.
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Healthcare Coverage

- Access to affordable individual policies
- Protections for pre-existing conditions
- Requirement for coverage of preventable services
- Consumer protections, essential benefits, and minimum standards of care
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Key Committees

Senate Health, Education, Labor and Pensions (HELP) Committee
https://www.help.senate.gov/

House Committee on Energy and Commerce: Health Subcommittee
https://energycommerce.house.gov/

House Education and Labor Committee: (ACA issues)
https://edlabor.house.gov/issues/the-affordable-care-act

House Ways and Means Committee: Health Subcommittee
https://waysandmeans.house.gov/
Senate HELP Committee

REPUBLICANS BY RANK
• Lamar Alexander (TN)
• Michael B. Enzi (WY)
• Richard Burr (NC)
• Johnny Isakson (GA)
• Rand Paul (KY)
• Susan Collins (ME)
• Bill Cassidy, M.D. (LA)
• Pat Roberts (KS)
• Lisa Murkowski (AK)
• Tim Scott (SC)
• Mitt Romney (UT)
• Mike Braun (IN)

DEMOCRATS BY RANK
• Patty Murray (WA)
• Bernie Sanders (VT)
• Robert P. Casey, Jr (PA)
• Tammy Baldwin (WI)
• Christopher S. Murphy (CT)
• Elizabeth Warren (MA)
• Tim Kaine (VA)
• Maggie Hassan (NH)
• Tina Smith (MN)
• Doug Jones (AL)
• Jacky Rosen (NV)