“ARTS IN HEALTH” and “ARTS IN THE MILITARY”

Across the nation, the arts are an integral component of healthcare. Creative arts therapists providing medical, rehabilitative, mental and behavioral health services and partnerships between artists and health professionals demonstrate tangible benefits, including improved patient outcomes, reduced costs, and enriched care environments. This document provides evidence that supports successful creative arts therapies and community arts programs and encourages growth of these programs to improve the health and wellness of Americans.

“Arts in Health” and “Arts in the Military” includes the creative arts therapies professions of art therapy, music therapy, dance/movement therapy, drama therapy, and biblio/poetry therapy, all of which are registered and/or nationally board certified therapists with licensure in selected states, as well as artist-facilitated applications of visual, literary and performing arts, and design. These creative arts therapists and community artists work together to provide quality, cost-effective services within a wide variety of healthcare and community settings.

APPLICATIONS

Creative arts therapies services and artist-facilitated programs are known to benefit a vast array of society’s health and wellness related needs and challenges. These include symptoms related to mental health and/or chronic illnesses, post-traumatic stress disorder, Alzheimer’s and dementia, neurological disorders and brain injuries, autism, premature infants, and physical disabilities—to improve patients’ overall health outcomes, treatment compliance, and quality of life.

Research demonstrates the benefits of the creative arts therapies and artist-facilitated programs in traditional healthcare settings as well as in veterans' facilities, mental health programs, schools, rehabilitation treatment centers, military bases, hospice programs, prisons, psychiatric forensic units, nursing homes, community centers, disaster response teams, and wellness programs.

RESEARCH

The following citations highlight evidence related to active duty military, veterans, and older adults:
Positive outcomes gained through **art therapy and art interventions**:  

Art therapy was associated with positive effects when compared with control groups in a number of studies in patients with different clinical profiles (including dementia, Alzheimer’s, military populations, and more). It was reported to be associated with a number of benefits and cost-effective compared with other clinical treatment approaches.


A review of the extant literature reveals that art therapy is useful in dementia treatment, by engaging attention, providing pleasure, and improving neuropsychiatric symptoms, social behavior, and self-esteem.


A unique multi-centre randomized control group trial on the use of art therapy for people with dementia provided clear evidence of positive and durable benefits to aspects of mental alertness, sociability, physical and social engagement in clients with moderate and severe dementia. These changes were quantitatively and qualitatively different from the pattern of effects achieved with a parallel programme of recreational activity.


Participants (111 women, ages 26 – 82) with a variety of cancer diagnoses were paired by age and randomized to either an eight-week mindfulness-based art therapy (MBAT) intervention group or a wait-list control group. The MBAT group demonstrated a significant decrease in symptoms of distress and significant improvements in key aspects of health-related quality of life. This investigation provides encouraging data that support a future role for the MBAT intervention as a psychosocial treatment option for cancer patients.


This randomized controlled trial was designed to determine if art therapy in conjunction with Cognitive Processing Therapy (CPT) was more effective for reducing symptoms of combat posttraumatic stress disorder (PTSD) than CPT alone. Art therapy in conjunction with CPT was found to improve trauma processing and veterans considered it to be an important part of their treatment as it provided healthy distancing, enhanced trauma recall, and increased access to emotions.
In this study of the therapeutic effects of group art therapy in a psychotherapy unit of a Russian veteran’s hospital, 112 veterans being treated for stress-related disorders were randomly assigned to an experimental group (art therapy) and a control group. Results suggest that image formation and artistic activity foster cognitive and creative problem solving and increased self-esteem, and that humor serves as an important therapeutic function in this population.

This study correlated an art therapy descriptive technique with adult combat-related victims in an effort to identify art themes and graphic elements associated with post-traumatic stress disorder. The designed rating instrument, referred to as the Combat Trauma Art Therapy Scale (CTATS), consists of 62 items aimed to detect common themes associated with war time experiences. Using the CTAS, raters examined 158 pictures, with depictions of women, violence, and combat interwoven, suggesting an ongoing struggle to cope with the emotional aftermath of recent traumatic experiences.

Positive outcomes achieved through music therapy and music interventions:

VA participants who received rhythmic auditory stimulation, a neurologic music therapy technic, following strokes improved their one-limb stance, cadence, velocity, stride-length, and posture significantly more than control participants.

Participants diagnosed with post-traumatic stress disorder (PTSD) experienced greater reductions in symptoms with music therapy than with cognitive behavioral therapy.


Soldiers diagnosed with PTSD regained a sense of control and increased self-confidence through music therapy techniques of rhythmical synchronization, while playing basic and complex rhythmic patterns in a circle group drumming. Drumming was found to serve as a substantive instrument for expressing aggression and communicating anger. Though trauma can isolate and disconnect the victim from society group therapy can restore social relationships by fostering feelings of belonging.


Individuals diagnosed with brain injuries that participated in neurologic music therapy showed improvement in executive function and overall emotional adjustment, and lessening of depression, sensation seeking, and anxiety.


Research exploring the applied effects of vocal work and singing with patients with Parkinson's disease focuses on the psychosocial aspects of music therapy in rehabilitation and coping with degenerative neurological disease.


Studies support the efficacy of MT and other musical interventions on mood, depressive syndromes, and quality of life on neurological patients.


Including music therapy as a complementary service with cancer surgery may help manage preoperative anxiety in a way that is safe, effective, time-efficient, and enjoyable.

Music therapy significantly improved disruptive behaviors and anxiety levels in people with dementia.


Studies in pain and symptom management demonstrate greater patient preference and tailored outcomes when skilled and credentialed music therapists provide interventions vs. services administered by other health professionals or the patient/family.


Positive outcomes attained through dance/movement therapy and dance activities:

Meta-Analysis of Dance/Movement Therapy Interventions and the Therapeutic Use of Dance

  [http://dx.doi.org/10.1016/j.aip.2013.10.004](http://dx.doi.org/10.1016/j.aip.2013.10.004)

Dance/movement therapy contributes to the healing process directly on a body level when utilized in the treatment of complex psychological trauma with survivors of torture, rape, and war.


A randomized controlled trial implementing a 10 week DMT group examined changes in the short- and long-term (N = 162) on people suffering from stress. Utilizing The World Health Organization Quality of Life Questionnaire 100 (WHOQOL-100), the study found that DMT significantly improved quality of life, especially psychological well-being and general life in the short and long term. Social relations, global value, and physical health improved significantly in the short term. Spirituality and general life improved in the long term as an effect of dance therapy.

  [http://dx.doi.org/10.1016/j.aip.2012.03.008](http://dx.doi.org/10.1016/j.aip.2012.03.008)

In an RCT of Dance/Movement Therapy (DMT) as a group intervention in stress treatment, researchers found that negative strategies decreased and distraction improved significantly.
through DMT. Psychological distress and psychopathology decreased significantly after treatment. Gains were found to be maintained even at 6-months’ follow-up.


Integrated dance/movement therapy and body psychotherapy intervention for patients with schizophrenia resulted in significant improvement in negative symptoms and showed greater treatment outcomes.


Dance/movement therapy has been utilized as the primary therapeutic intervention for families exposed to domestic violence. DMT offers not only a way to address the physical and emotional patterns of immobilization but also, as a reparative tool, it assists victims in integrating healthy self-regulatory capacities that have been stunted by trauma experienced through the body. DMT provides a direct approach to address specific symptoms of abuse that appear in individuals within a family, and helps re-choreograph the family dynamics and relationships dysregulated by the domestic violence.


Interventions involving drama therapy, psychodrama, and dramatic arts have demonstrated the following benefits:

Working with clients with PTSD, drama therapy safely increases capacity to tolerate the remembering and expressing of difficult memories.


- Drama Therapy Testimonials [http://www.nadta.org/what-is-drama-therapy/testimonials.html](http://www.nadta.org/what-is-drama-therapy/testimonials.html)


Research focused on the benefits of **architecture and evidence-based healthcare design**: 


**Additional Arts in Health Research**


**Art in Children’s Hospitals**


Creative Arts Therapies and Artist-Facilitated Programs

Creative Forces Clinical Research Summit, 2017
https://www.arts.gov/CreativeForcesSummit

National Initiative for Arts and Health in the Military Network Directory

Closing the Gap: Research on the Impact of Creative Arts in Military Populations
https://nccih.nih.gov/research/blog/creative-arts-in-military-populations

Art Therapy and the Elderly
http://www.aplaceformom.com/blog/2013-10-31-art-therapy-good-for-brain/

'Memories in the Making' Helps People with Alzheimer's and Caregivers

Art in Senior Living

Use of Art Therapy in the Treatment of Veterans
http://www.arttherapy.org/upload/useofarttherapywithveterans.pdf

Art Therapy and CPT Benefit PTSD, Early Results Suggest
http://www.familypracticenews.com/specialty-focus/mental-health/single-article-page/apa-ips-art-therapy-and-cpt-benefit-ptsd-early-results-suggest/7a2725e5d11e4e90ed45d4c286f1a856.html

Navy Doctor Promotes the Healing Power of Artistic Expression

Second Lady Karen Pence Advocates Art Therapy for Wounded Warriors

How Art is Helping Veterans Overcome PTSD
https://www.artsy.net/article/artsy-editorial-art-helping-veterans-overcome-ptsd

Behind the Mask: Revealing the Trauma of War (through Art Therapy)
http://www.nationalgeographic.com/healing-soldiers/
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Creative Arts Therapy a Useful Tool for Military Patients

Art Therapy Helps Service Members Cope with Trauma

IONA/The Phillips Collection art therapy program for older adults welcomes First Lady of South Korea
https://www.iona.org/first-lady-south-korea-visits-iona/

Marines Using Dance to Improve Coping Skills

Kennedy Center and National Institutes of Health: Sound Health: Music and the Mind
http://www.kennedy-center.org/festivals/soundhealth

Kennedy Center: Breakthroughs with Music Therapy: Recovery, Resilience, Quality of Life,
https://www.youtube.com/watch?v=pzJB3oI4RHM

Music Therapy Featured in 2017 National Memorial Day Concert
http://www.pbs.org/national-memorial-day-concert/features/music-therapy/

Music Therapy Strikes a Chord
http://www.cochrane.org/news/music-therapy-strikes-chord

Music Therapy Documentary Premieres at the Kennedy Center
https://www.musictherapy.org/music_therapy_documentary_premieres_at_the_kennedy_center

World News Tonight with David Muir - March 2015
Persons of the Week: Celebrating All Music Therapists

Music Therapy and Military Populations
http://www.huffingtonpost.com/ronna-kaplan-ma/music-therapy-and-military_b_4875374.html

Therapeutic Music Opportunities for Military Veterans
http://www.operationwearehere.com/MusicTherapy.html

Creative Expression and Therapeutic Opportunities for Military Veterans and Families through the Arts
http://www.operationwearehere.com/ArtTherapy.html

Music Therapy for Arizona Veterans
http://arizonasonoranewsservice.com/music-therapy-arizona-veterans/
Healing Through Music
http://www.health.harvard.edu/blog/healing-through-music-201511058556

Temple VA Music Therapy Program Helping Vets with PTSD

Music Therapy: Healing for Body and Mind

Dance Therapy to Heal the Body and Mind

Dance Therapy for Dementia
http://wgntv.com/2017/02/20/dance-therapy-for-dementia/

NYU's Drama Therapy “As Performance” series uses therapeutic theatre to address challenging issues, such as eating disorders, mental health, race, disability and more.
https://steinhardt.nyu.edu/music/dramatherapy/asperformance
https://steinhardt.nyu.edu/music/dramatherapy/asperformance/past

Assessing the impact of live music in Emergency Departments
http://arts.ufl.edu/academics/center-for-arts-in-medicine/researchandpublications/ed/

Assessing the impact of the arts in medical-surgical environments
http://arts.ufl.edu/academics/center-for-arts-in-medicine/researchandpublications/nursing/

Benefits of artists collaborating with nurses on interprofessional care teams

Dance and Parkinson’s Disease
http://arts.ufl.edu/academics/center-for-arts-in-medicine/researchandpublications/dance-for-life/

Using the arts for health messaging
http://arts.ufl.edu/academics/center-for-arts-in-medicine/researchandpublications/arts/

Using the arts as part of an Ebola Response
http://arts.ufl.edu/academics/center-for-arts-in-medicine/researchandpublications/the-arts-and-ebola-rapid-response/

Use of dance to improve the integrity of the Fornix of older adults
National Organization for Arts in Health: “Arts, Health, and Well-Being in America”
https://thenoah.net/about/arts-health-and-well-being-in-america-a-white-paper/

Benefits of community-based arts in health interventions for people living with dementia
http://www.tandfonline.com/doi/figure/10.1080/13607863.2015.1011080?scroll=top&needAccess=true

Using arts and architecture to understand social exclusion
https://www.researchgate.net/publication/312495286_The_social_invisibility_of_mental_health_facilities_understanding_social_exclusion_through_art_and_architecture

Using dance to enhance the quality of life for people living with Parkinson’s disease

Using the arts to enhance quality of life of elderly living in long-term care

Folklorist Troyd Geist and the North Dakota Arts Council (NDCA) with the Bush Foundation and South Dakota Arts Council, published Sundogs and Sunflowers: Art for Life Program Guide for Creative Aging, Health, and Wellness and associated materials.
http://www.nd.gov/arts/programs/art-for-lifehttp://artsinmedicine.ufhealth.org/programs/arts-therapies/dancemovement-therapy/

NEA partners with UF’s Center for Arts in Medicine on Telehealth Initiative

Arts and Wellness at the Kennedy Center Millennium Stage: American Dance Therapy Association.
http://www.kennedy-center.org/video/index/M60049

Drama therapy short videos
http://www.nadta.org/what-is-drama-therapy/gallery.html

Drama Therapy with the Military
https://www.youtube.com/watch?v=fRYK4Ld4esA

Standing Tall, documentary about children who engaged in Drama Therapy after witnessing the fall of the Twin Towers from their classroom on 9/11
https://www.youtube.com/watch?v=F-HAsTr2LO4&spfreload=10

Drama Therapy Bibliography
http://www.nadta.org/what-is-drama-therapy/bibliography.html
Health Risks and Cost of Social Isolation
https://www.aarp.org/content/dam/aarp/ppi/2017/10/medicare-spends-more-on-socially-isolated-older-adults.pdf

How Professional Teaching Artists Can Help Older Adults Develop Artistic Mastery - Lifetime Arts
https://www.youtube.com/watch?v=7x72IHa3G6E

Why Teaching Art in Libraries Works - Lifetime Arts - January 2013
https://www.youtube.com/watch?v=t-yHTLRVfNM

TCG’s Blue Star Theatres Program
https://www.tcg.org/Advocacy/BlueStarTheatres.aspx

TCG’s Veterans & Theatre Institute
https://www.tcg.org/Advocacy/BlueStarTheatres/VeteransTheatreInstitute.aspx

Blue Star Museums Program
https://bluestarfam.org/resources/family-life/blue-star-museums/

NEFA Report of convening bridging artist, military, veterans' and civilian communities
https://www.nefa.org/blog/art-service-understanding-convening-learnings

The Museum of Modern Art
https://www.moma.org/visit/accessibility/dementia

Walker Art Center

Portland Art Museum
https://portlandartmuseum.org/artnow/

Frye Art Museum
http://fryemuseum.org/program/here_now

Carnegie Museum of Art
Programs for Accessibility | Carnegie Museum of Art

Museums Using the Arts to Enhance Observation Skills of Medical Students

Harvard
https://www.harvard.edu/media-relations/harvard-joins-growing-trend-arts-education-med-schools

Boston Museum of Fine Arts
https://www.huffingtonpost.com/entry/what-medical-residents-learn-from-art-museums_us_56bb95ae35504fd6c5
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Yale
https://news.yale.edu/2009/04/10/class-helping-future-doctors-learn-art-observation

Frick – Columbia Med School

Metropolitan Museum of Art
https://www.smithsonianmag.com/arts-culture/teaching-cops-to-see-138500635/

Philadelphia Museum

Cantor Art Center – Stanford

Additional Program Examples

**National Capital Region Quality Symposium Poster: Dance/Movement Therapy: An Integrative Approach to Warrior Wellness.** The need for integrative mental health services for veterans is evidenced by a rise in interest in non-pharmacological approaches, including arts-based practices. This pilot case study is an analysis of an existing dance/movement therapy (DMT) based mind-body wellness program within a larger traumatic brain injury (TBI) program for military service members. Data from patient surveys, clinical notes, the researcher-practitioner’s embodied observations, and historical data from the TBI program indicate 1) potential increase in mind-body awareness for patients and 2) a possible shift in movement flow. Inconsistencies in program messaging suggest further exploration of the critical tenets of integrative medicine.

**Drama Therapy at Hackensack University Health Network (New Jersey)** utilizes Drama Therapy to focus on the strength and resilience of pediatric medical patients to encourage the development of age-appropriate coping skills for children who are being treated for life-threatening illness or injuries. In addition, drama therapy is used to aid in healing of families who have lost loved ones.

**Drama Therapy** at the New York City funded Health + Hospitals network utilizes Drama Therapy, and other creative arts therapies, in the inpatient and outpatient, treatment of children, adults and the elderly who experience chronic and acute mental illnesses. In using Drama Therapy, these patients are able to safely express themselves with compassionate and strength-based treatment to find stability, appropriate socialization and desired behaviors.

The **Phoenix Indian Medical Center** hosted a “Healing Through the Arts Health Fair,” which welcomed several local organizations and nearly 600 Native American artists and entrepreneurs. An estimated 3,500 community members attended the event on Saturday, December 16, 2017. The health fair was organized by the Office of Community Relations and Tribal Affairs and supported by PIMC Dental, Pediatrics, Behavioral Health, Benefits Coordination, and Public Health
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Nursing. Community partners included Native Health, Phoenix Indian Center, Unity Homecare Agency, Phoenix Public Library, and Catholic Charities Community Services, Inc.

**Methodist Hospital of Chicago in Chicago, IL provides Dance/movement Therapy** and other creative arts therapy services to older adults in an inpatient setting as a means to help support management of anxiety, depression, psychosis, and early onset dementia. Dance/movement therapy provides an opportunity for older adults to engage in expressive movement to support socialization, increased mood and functioning, and overall greater stabilization in an effort to re-integrate patients back into their daily living environment.

**Prime Healthcare’s West Anaheim Medical Center, Huntington Beach Hospital, La Palma Intercommunity Hospital, and Glendora Community Hospital, Senior Mental Health Programs** provide Dance/Movement Therapy (DMT) services to older adults suffering with multiple losses, declining independence, overwhelming depression, anxiety, agitation, confusion, and psychosis. DMT offers individuals struggling with mental health issues an opportunity to express themselves and interact with others in a meaningful way, nonverbally.

**Dance/movement therapy at Austin State Hospital in Austin, Texas** allows seniors to be more independent, more socialized and to connect to purpose and meaning.

**The Hebrew Home for the Aged** specializes in both short term rehabilitation and long term living for older adults. The Hebrew Home utilizes drama therapy along with individual attention to the residents that makes a real difference in their quality of life.

**CYC Connecting Youth and Community, in cooperation with The Prevention Team**, has received drug free communities grants from the US Substance Abuse and Mental Services Administration to reduce the use of tobacco, alcohol, and other drugs by youth in Wilmington and Lake Placid as well as throughout Essex County, NY. These grants have helped underwrite a series of murals and other public art activities organized to empower youth to make healthy choices and become engaged citizens. The youth design, fabricate, and install murals in public settings that range from Olympic sports venues to youth centers, create banners and posters for public display, and photographed and interviewed adults under the guidance of professional artists.

Working with 20 library systems in 12 states, **Lifetime Arts, through IMLS funding**, increased the number of libraries across the country that could provide professionally led sequential arts instruction for older adults. The program provided a practical, replicable, and sustainable approach for transforming library services for older adults to align with new knowledge, societal priorities, and collaborative practice.

**Lifetime Arts, through a grant from Aroha Philanthropies**, administered this program wherein fifteen nonprofit organizations were selected to participate in national demonstration project. These organizations represent a broad array of communities to demonstrate the impact of integrating Creative Aging programs in a wide variety of situations. Selection of organizations balanced urban/rural communities, small/large organizations, culturally specific communities and geographic locations across the United States.