Military leaders say we need every weapon in our arsenal to meet the many challenges we face today. However, one of the most powerful tools we have...the arts – is often under-utilized and not well understood within the military and the healthcare system.

Arts, Health and Well-Being across the Military Continuum, 2013
The Challenge

- More than **2.5 million U.S. troops** deployed since 2001
- Historically unprecedented—**extended and multiple deployments**, **exposure to nontraditional combat** and **shortened time at home between deployments**.
- More than **48,000 US wounded**
- More returning home with **physical and psychological traumas**
- Significant impacts on families and healthcare providers

- 22 million veterans in the US today (1% of US population)
- Veterans report **difficulty returning to civilian life**—in 2012, 10% of homeless citizens were veterans (HUD)
- Civilians not connected with the military want to help but don’t know how

**Collectively, these challenges require more than medical treatment to resolve**
Process for Change: Dialogue Across Sectors

2011: National Summit—Arts in Healing for Wounded Warriors

2012: Arts and Health in the Military National Roundtable

2013: National Summit—Arts, Health & Well-being Across the Military Continuum

2015: National Summit—Advancing Research in the Arts for Health & Well-being Across the Military Continuum
Why the Arts and the Military?

National Initiative for Arts & Health in the Military

Arts, Health and Well-Being across the Military Continuum—White Paper and Framing a National Plan for Action (October, 2013)
The Arts Offer Solutions and Opportunities

Arts + Creative Arts Therapies = Force Multipliers

Individuals
Families
Communities – Military, Veteran and Civilian
New Program
Partners and Collaborators
ARTS DEPLOYED: A Practical Guide to Support Arts, Health, and Well-Being Across the Military Continuum

WEBINAR SERIES free of charge - linked on ALA website

• Part One– Introduction to the Guide ....3/11
• Part Two - Current Programs, New Possibilities, and Ways to Help ... 4/8
• Part Three - Arts Deployed: Building a Grassroots Community MilVet Creative Arts Initiative ... 5/20

• eBook to follow the Guide and available for download from the ALA website and www.ArtsAcrosstheMilitary.org
Online listing of individuals and organizations serving Veterans, military service members and their families through the arts.

For use as a resource, reference, and/or a community model; national and local arts represented;

36 states plus the District of Columbia, searchable by state or table of contents.

All disciplines represented.

No membership or service fee.

www.ArtsAcrosstheMilitary.org
https://www.youtube.com/watch?v=ZFjNBYzuWIE
NATIONAL INITIATIVE FOR ARTS & HEALTH IN THE MILITARY

Third National Summit: Advancing Research in the Arts for Health and Well-being across the Military Continuum

Thursday, February 27, 2015
Natcher Auditorium, National Institutes of Health
Overview of Summit: Focus on Research

• **Three symposia** featuring NIH and Defense-funded researchers

• **Dual approach** – arts-based research with applications for military populations and military population research with applications for the arts

• **Five Break out groups** examining promising practices along the military continuum: active duty/Military Treatment Facilities, Veterans health/VA Medical Centers and Community support, Military Families
What Does Art Do?

• Art therapy may relieve pain by addressing emotional distress and provides a valuable diagnostic tool

• Music can promote sleep for pain patients, as well as increasing self-efficacy and reducing stress

• Actively playing music can change the brain in fundamental ways, restoring the signature of a healthy brain

• While they are not enough on their own to address chronic pain management, the arts and creative arts therapies can act like a “force multiplier” by:
  – Making other interventions work better – by inspiring patients to work harder and to push through pain and to motivate them to continue working
  – Provide complex solutions to addressing treatment for a complex phenomenon across the Biopsychosocial Model—physical, emotional, cognitive, behavioral, social domains
Observations

• Lack of sustained resources continues to be the number one barrier to developing a robust evidence-base for the arts and creative arts therapies.

• Research that is there demonstrates that Art is impactful in every stage of care—and more clinical trials are essential to bring the patients values, experiences and preferences more into research process.

• “Practitioners, researchers, funders, health care decision makers, policy makers, families, care givers, and patients need to work together. On multiple levels, starting with patients to policy, we need to talk to each other.”

--Wayne B. Jonas, MD, LTCOL (Ret), MC, USA, President and CEO, Samueli Institute Symposium III panelist
For More Information Contact

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Visit www.ArtsAcrosstheMilitary.org