

Arts-in-Medicine (AIM) Annual Program Review

September 2018 - May 2019

I. Summary of Growth & Development

CLINICAL SERVICES BRANCH

- **Total number of participants** September 2018 through May 2019 is estimated at **32,601**. (This number is based on shift reports from artists and body workers.)
- **New and Expanded Services:**
 - Weekly waiting room sessions for patients and families at *UNM Clinical Neurosciences Center* including mindfulness, QiGong, and live music.
 - Monthly sessions for staff at *UNM Clinical Neurosciences Center* including massage, art, and music.
- **Special Events:**
 - UNM Music Department Summer String Festival performances at UNM Main Hospital, May 2019.
 - Massage at UNM Healthcare Workers' Week Wellness Fair, May 2019.
 - Health Sciences Center Orchestra performance at UNM Healthcare Workers' Picnic, May 2019.
 - Neuro Choir performance at UNM Main Hospital, May 2019.

EDUCATION BRANCH

- **Invited Lectures & Presentations:**
 - **New Mexico Center for Nursing Excellence 2019 Nursing Educators' Conference**, (Panelist, Jennifer Ferriday), *Interprofessional Collaboration – How We Partner With Each Other With Curiosity, Understanding, Kindness and Grace*, Albuquerque, New Mexico, June 2019.
 - **Southwest Conference on Botanical Medicine**, (Presenter and Workshop Facilitator, Melissa Sandoval), San Diego, California, June 2019.
 - **Presbyterian Hospital** (Presenter, Patricia Repar), *Wellness Initiatives for Healthcare Workers*, Albuquerque, New Mexico, May 2019.
 - **North American Network of Aging Studies Conference**, (Paper Presentation, Pamela Gravagne), *Just a Little Bit Crazy: TimeSlips Storytelling in a Geriatric Psychiatric Center*, Peterborough, Ontario, Canada, May 2019.
 - **Integrative Medicine for Mental Health Elective for Psychiatry Residents and Fellows** (Presenter, Patricia Repar), *Arts-in-Medicine at UNM: Healing and the Humanities*, Domenici Center, University of New Mexico Health Sciences Center, Albuquerque, New Mexico, January 2019
 - **Healing Warriors: A Women's Wellness Retreat for Immigration Attorneys** (Presenter & Workshop Facilitator, Jennifer Ferriday), *Art As Therapy: Exploring The Transformative Power Of The Visual-Art Creative Process As It Relates To Physical, Mental, and Spiritual Health*, Albuquerque, New Mexico, September 2018.
 - **Center for Contemporary Arts, Love Armor Project** (Presenter, Naomi Natale), *Lines Across Time Memory Booth*, Santa Fe, New Mexico, September 2018.

Education Branch (continued)

○ **Healing Arts Certificate Program**

- Healing Arts Certificate Program approved by Provost and six Healing Arts courses now listed in UNM catalog. Open to all main and north campus students as well as the community-at-large.
- Courses offered in FY 2019: *Arts-Based Community Engaged Projects - Healing Arts IV*, spring 2019 and *Whole Person Care - Healing Arts I*, fall 2018.

RESEARCH & INTERNATIONAL BRANCHES

○ In Africa (Dr. Repar, spring 2019)

- Follow-up workshops and collection of long-term data for *Deepening Connection for Healthcare Workers: Creative Workshops In Movement and Touch* study of 2018, St. Joseph's Hospice in Livingstone, Zambia.
- Music and exercise for 1-2 year olds at Open Arms Orphanage, Mangochi, Malawi.
- Consulting and support for All Saints Girls Empowerment Group, Mtunthama, Malawi.
- Consulting and support for Kataira Women's HIV Support Group, Lilongwe, Malawi.
- Powertag workshops for guardians of orphaned and vulnerable children from Malawi Children's Village, Mangochi, Malawi.
- Art-making for patients at Zomba Mental Hospital, Zomba, Malawi.
- Performance (*Changing Homes*), art-making and music for Queen Elizabeth Central Hospital Pediatric Oncology Unit, Blantyre, Malawi.

○ Grants and Financial Rewards

- Awarded McCune Charitable Foundation grant for community outreach.
- Awarded Urban Enhancement Trust Fund – City of Albuquerque grant for community outreach.
- Awarded Kate's Fund for Women grant for professional development.
- Awarded New Mexico Arts grant for clinical services at UNMH.
- Awarded College of Fine Arts Creative and Scholarly Research grant for research and work in Malawi and Zambia, Africa.
- Awarded Music Department travel grant for research and work in Malawi and Zambia, Africa.
- Applied for W.K. Kellogg Community Leadership Fellowship and denied.
- Applied for Mandela Washington Fellowship Reciprocal Exchange and denied.
- Applied for Nusenda Foundation grant and denied.

COMMUNITY OUTREACH BRANCH

○ **Local**

- *Lines Across Time Memory Booth* activities facilitated by instructors and students from Healing Arts IV Spring 2019 course:
 - **Albuquerque Veteran's Memorial**, May 2019
 - **El Centro de Igualdad y Derechos**, April 2019
 - **Museum of the American Military Family**, April 2019
 - **UNM Student Union Building**, April 2019
 - **Women Student Veterans of UNM**, April 2019
 - **Museum of the American Military Family, NM Veterans SAVE Motorcycle Ride**, October 2018

II. Quantitative and Qualitative Evaluation of AIM Sept 2018 - May 2019

1. For Healthcare Workers and Staff at UNMH: Massage, Music, Art-Making, Creative Writing & Yoga

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
UNMH	staff & healthcare professionals	massage, art & music	995	78	1.5
TOTAL			995	78	

Participant Feedback:

- *“The massage and music are just enough to calm, not make sleepy, nor slow momentum.”*
- *“I enjoyed the spontaneity of having this encounter during my lunch break. I felt grounded and more present. Hopefully, this will translate to my patients and my care.”*
- *“We wish you could come more often! If I win the lottery, I’ll make sure everyone at the hospital gets massage and music every week.”*

Artist Observations:

- *“This was an incredibly appreciative and involved group of health professionals! The charge nurse, in particular, took time to communicate her appreciation. She said, ‘The time for music and massage makes me feel more calm and able to get work done with greater focus and efficiency.’”*
- *“We really enjoyed visiting the unit today to provide massage and music. I know that we make a difference for the nursing staff, and I love hearing how the Arts-in-Medicine program changes their day. Today a nurse said, ‘When you visit our unit, it reminds me to slow down and take a few minutes for a massage and music. Every time I do this, it results in me getting more done with better quality and better problem-solving skills.’”*

2. Cancer Center Waiting Rooms and Chemo Suite: Live Music (guitar, alto flute, cello or harp), Open Art Studio, and Chair Massage

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
CRTC	patients & families	music	19,108	312	2.5
		art	2,549	182	2.5
		massage	497	52	2.5
TOTAL CRTC			22,154	546	

Participant Feedback:

- *“This is my first day here. The cello is my favorite instrument. The fact that you’re here on my first day makes me think this is a sign that everything is going to be alright.”*
- *“This is a wonderful addition to the care that is offered at the cancer center. In times like these, having people who show compassion and comfort is a blessing.”*
- *“The art and the beautiful building, as well as the warmth of all the people make me feel that I am embraced with love while receiving my treatment.”*
- *“Thank you for playing your music. I am a new member to the cancer club. I appreciate you. Your music made me feel better.”*

(Cancer Center, continued)

- *“It’s odd how when I am coloring, I don’t think about where I am and why I am here. It is nice to talk with someone who isn’t focused on illness and doctoring.”*
- *“We never imagined that there would be art and music at the cancer center. It makes all the difference.”*

Artist Observations:

- “[The infusion suites] are inherently more quiet than the rest of the building, so the sounds of the alarms and notifications on the machines punctuate the silence. I feel that adding a musical soundscape to the area can mitigate some of the stress, allowing the ear to focus on something new and soothing. Those working in the area were especially appreciative of my playing today.”
- “I met a gentleman on the first floor. He studied my art cart and began to tell me how important it was that I was bringing art into the cancer center. *‘Drawing became a very important part of my recovery from my illness. I drew pictures of the parts of my body that were in distress and would communicate with these parts through my drawings. I discovered a lot of things in this process and it brought me a deeper understanding and peace.’*”

**3. Emergency Room:
Live Music (harp or guitar) and Open Art Studio**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Adult ER	patients & families	music	1,015	26	2
		art	420	26	2
TOTAL			1,435	54	

Participant Feedback:

- *“I am new to the hospital here at UNM and I had no idea that something like this existed. The doctors forget that we are human and just push us through as quickly as possible. They forget that we have souls. You do not forget that. You treat us like humans.”*
- *“Thank you for helping me pass the time and ease my anxiety. You are truly a gift and I am blessed to have been here today at the same time as you.”*
- *“I forgot how messy chalk pastels are, but this was entirely worth it. Music and art is what life is all about. This is so soothing and relaxing. We are in an Emergency Room waiting room and I can’t believe it. This is really quite impressive. It is helping so many people.”*
- *“I was here a few weeks ago because my wife had to come to the ER. Today I am here because I have a hernia. I’m so glad to see you again because I wasn’t able to tell you how much better you made me feel that day. I was really scared and you being here really helped.”*

Artist Observations:

- “I had such a beautiful encounter with a patient today. I could see that she was anxious in the way she was fidgeting in her chair. I offered her some art materials, which she shyly accepted. After some time, I checked on her to see how she was doing. She responded, *‘It is so good and important that you are here doing what you are doing with the art. I feel much less isolated, afraid, and unsafe in this waiting room. I have been here for hours feeling nervous. Not just about my medical concern, but being surrounded by all these strangers. Now, I feel I have a little bubble of companions next to me and see others in the room respond to the art work. It really makes this place a little less scary.’*”

**4. Adult Psychiatric Center and Psychosocial Rehabilitation:
Live Music (cello or classical guitar) with Open Art Studio,
Time-Slips Storytelling, & Creative Movement**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Psychiatric Center	patients	music & art	1,437	26	1.5
		time-slips storytelling	199	26	1
		creative movement	140	12	2
TOTAL			1,776	66	

Participant Feedback:

- *“The music really helps. It balances out everything, and it’s calming. Even when a bunch of nursing students joined the session, I felt like the calming ambiance never changed.”* – Psychiatric Center staff
- *“I always look forward to your art group when I am here. It’s nice to have a friendly person to talk to that isn’t your doctor or therapist. You’re always so helpful when I’m not sure what to draw or how to draw it. Thank you for showing me how to use these oil pastels today. I’m excited to buy some of my own when I get out of here.”*
- *“I remember you. This was the best part of being here last time. I wish I could stay here all day. It’s so nice to get out of there [the unit] and make art and listen to music with the other people.”*
- *“I love the chalk pastels, even if they’re messy. They are so fun to move around on the paper. I love this!”*
- *“Your music was so relaxing. It helped me focus on my surroundings and my art. I was able to see everything with so much more detail.”*
- *“We are all so glad you are back. We’ve been trying to run an art group all summer, but the patients end up just using coloring pages or not even coming to group. When you are here, and with the music, the patients just adore it. It really is their favorite group to attend. You can see how relaxed and comfortable the patients are once they sit down. It really changes them.”* – Psychiatric Center staff

Artist Observations:

- “They [the patients] outdid themselves today. From a picture of an older lady catching a Frisbee on a beach, they invented a story that told how she met a very handsome man, fell in love and ended up getting married on that very same beach! There was a lot of laughter and open expression of how much fun it was.”
- “This was the first session where a patient asked if he could show me (the musician) his artwork. It was a painting of a tree in a riverbed, surrounded by green grass and fallen leaves. It looked like the end of summer, transitioning to fall. I asked if this was any place in particular. He said, *‘no, I just followed the music and painted what came into my mind.’* I’ve been playing my instrument for about fifteen years, and never once did I truly think the sounds I make could help conjure such an imaginative scene. That power should be so obvious, but I never really thought about it until today.”

5. Nite Lite:
Live Music, Life Review, Healing Touch at the Bedside

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Referrals Including Palliative Care Consult Service	patients & families	music, life review, art, poetry, healing touch, bereavement support	513	74	.5 – 3.0

Participant Feedback:

- *“The music was soothing. My son recognized one of the songs as his favorite to play on the trumpet.”*
- *“He is unresponsive, but it [the music] would be good for him, and I know his family would really appreciate it.” – NSICU nurse*

Artist Observations:

- “A very sweet lady regained her eyesight today and saw the blue sky and her grandchildren. She said *‘the harp music was a perfect ending to a perfect day’*. She sang along with Beatles songs.”
- “The ICU nurse directed me to play outside a patient’s door as he was sleeping. After playing for 30 minutes I started packing up. The patient woke up and started speaking, so the nurse went in. He asked to hear the harp in his room. As I started playing, the nurse started singing along. I told her she had a beautiful voice and asked if she wanted to sing some more. She sang another 3 songs for the patient. There were a lot of smiles from the patient and it felt like a mini party. I said this was a special, magical moment and the patient said, *‘It’s once in a lifetime for me.’*”
- “The family came to tell me a few times that the music was calming their son down. He had been taken off life support that morning and was restless. After some time, the family came out into the hall crying and exclaiming that their son smiled peacefully as he passed away. They were deeply moved and said they had all been praying for a miracle. They felt that adding the music during his passing helped him to find peace.”

6. Carrie Tingley Unit:
Art-making

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Carrie Tingley Unit UNMH	patients & families	art	577	52	2

Participant Feedback:

- A family member said, *“I had no idea that she could write and draw without being able to use her dominant hand! She has not done anything like that since we had to come to the hospital.”*
- *“It is great that you come to visit and bring art. So much happiness came through the artwork. It is very encouraging.”*
- *“I love painting! Thank you for bringing me paint and paper.”*
- *“Your program truly makes a difference for the kids here. They really enjoy doing art with you and look forward to your visit every week.” – Carrie Tingley Nurse*

(Carrie Tingley, continued)

Artist Observations:

- “The patient was very excited to make art today! He was with his mom and dad, and the art-making became a family affair. We had paper, paint, brushes and tape, and came up with a color block technique to create a stained glass effect. It was wonderful to be a part of this beautiful collaboration and bring a bit of joy to their lives.”

**7. Pediatric Dermatology Clinic:
Art-Making and Live Music**

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Pediatric Dermatology Clinic	Patients & families	Art-making, live music	283	26	2

Participant Feedback:

- *“Oh wow! Thank you for being here. It has been fun doing this paper collage with my son while we wait to see the doctor.”*
- *“It seems we’ve been waiting a bit longer than usual, so having her engaged in art has been wonderful. She’s not running around and bothering other people.”*
- *“I haven’t seen my kids smile this much in a long time. I know they are enjoying the art. It makes me happy to see them happy at a doctor’s office.”*

Artist Observations:

- “I worked with a lot of teens today. I really wanted to find an engaging project that would take them away from their phones. I had plans for a texture and stencil activity, but card making ended up being a more successful activity. They really liked making something that they could give to someone else.”
- “When I showed up to the clinic, the waiting room was completely full. I quickly pulled out all of my art materials and got people going. I worked with so many children and families that I lost count. I even had the pleasure of teaching some young children how to use scissors for the first time. It was an amazing day!”

8. Multicultural Music & Dance Concert Series:

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Barbara & Bill Richardson Pavilion (1 st floor café)	Healthcare workers, staff, patients, & families	Massage, wellness presentations, & music	3,976	24	1

Participant Feedback:

- *“After listening to the music, I feel lighter. I feel spiritually lifted, even though I wasn’t feeling so good when I first arrived.”*

(Multicultural Concert Series, continued)

- ***“I loved it! Not only did I love it, but also it took me back. The music brought back nostalgic memories of when I was a hospice nurse. I lived back in Pennsylvania then, and I would listen to music with my patients. One of my patients loved country music, especially Patsy Cline. Oh, he would have loved this show! Life is too short. Everyone is running around and not even noticing that life is passing them by. This concert made everyone stop for a moment and smile. It’s what they need.”***

Artist Observations:

- “I look forward to playing a concert for your program every year. I can see that it makes a difference in the audience members, but most of all it changes me. Playing a concert at the hospital is unique and puts life in perspective for me. I leave the hospital knowing that my music brought a little love to the families that are going through so much”
- “Today I met a young man who has been coming to the concerts every week. He is part of the Best Buddies program here at the hospital. He said ***‘I really like the music and it makes me feel calm. I love coming here for my lunch break on Wednesdays.’*** It means the world to me that our program makes a difference for the patients and families, as well as the volunteers and staff.”

9. Clinical Neurosciences Center:

Location	Participants (type)	AIM Services	Participants (#)	Sessions (#)	Session Length (hrs)
Clinical Neurosciences Center	Patients & families	Music, Mindfulness, QiGong, Yoga Massage, Art, Music	838	30	1.5
	Staff		54	6	3
TOTAL			892		

Participant Feedback:

- ***“The music has changed everything. I wanted something to take attention from my suffering.”***
- ***“I just moved my attention to my breathing. I didn’t realize that it was that simple to make a change. It works! I feel more at ease and not stressed about my appointment.”***
- ***“This is so cool. I can’t believe that I get to make art while I’m at work. My boss was the one that was encouraging me to come. I really needed this today.”*** – Staff, Clinical Neurosciences Center

Artist Observations:

- “I have a patient that I just saw for the first time who said that she has been practicing mindful breathing for the past couple of weeks, due to her experience with Arts-in-Medicine in the waiting room. She said it has been a game changer for her and that she is so much better since then. She also mentioned that she watched another person have a very powerful experience where, ***‘she had been so upset, crying and crying, and then after interacting with the woman teaching mindfulness, everything about her changed—her color, her look, her breathing, her demeanor. It was amazing.’*** Since then, my patient has been doing it and says she feels so differently and that she is so thankful to have had that experience.” – Counselor, Clinical Neurosciences Center.