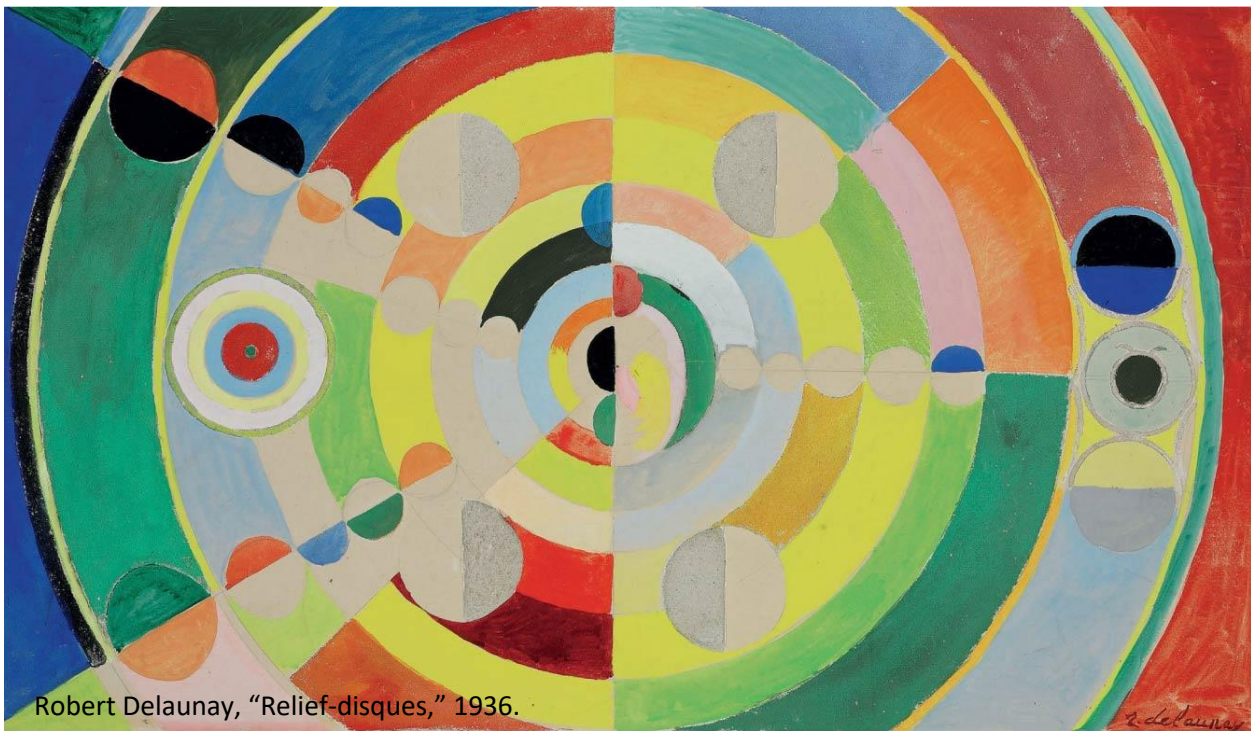


Newfoundland and Labrador Arts and Health Compendium

Prepared on behalf of the Arts and Health Research Exchange Group
Newfoundland and Labrador Centre for Applied Health Research
Memorial University of Newfoundland



Robert Delaunay, "Relief-disques," 1936.

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Compendium Organization

This compendium lists arts and health-related research projects, community programming, and health sector programming taking place in Newfoundland and Labrador. Projects and programs included may be recent (within the last five years), in progress, or upcoming. These are organized into seven main sections of art sectors:

- (1) Visual and Textile Arts
- (2) Music
- (3) Dance
- (4) Theatre
- (5) Creative Writing and Storytelling
- (6) Multimedia (technology-based, such as digital arts)
- (7) Mixed Media and Other (projects that use more than two of the above listed art sectors, or that do not fit in one of the above listed art sectors)

A project or program is listed in the category of the main art sector that it uses. A project or program will be cross-referenced and listed in two separate categories if it uses two main art sectors. A project or program will be listed in the Mixed Media and Other section if it utilizes more than two main art sectors.

Each of the seven main sections includes three subsections of type of program or project:

- (1) Research Projects
- (2) Community Programming
- (3) Health Sector Programming

A project will be included in Research Projects subsection if it is an arts and health-related research project conducted in Newfoundland and Labrador. Entries will list the project or article title, date of publication (or 'in progress'), description or abstract of project, authors/project team members, and links to sources and more information, if applicable (i.e. link to abstract, journal article, website, or news outlet).

Programs will be included in Community Programming if they provide arts and health-related programs and services carried out by a community organization (i.e. non-profit organizations for social health and wellbeing). Programs will be included in Health Sector Programming if they provide these services carried out by a health-based organization (i.e. by registered health professional or health authority). Entries will include the name of the program, a description of the program, the facilitator or purveyor of the program, and links to more information, if applicable (i.e. link to program website, news article, video, or social media page).

All research, community, and health sector project and program entries will be listed under their affiliated organization, if applicable. Organization information will include the name of the organization, a description of their mission and services, and links to more information and sources (i.e. website, social media page). Contact information for project and program authors, facilitators, and team members is in the Appendix at the end of this document. All clickable links for information sources and contact information are written in blue text.

Research Projects

Art Hives

Art Hives are publicly accessible community art studios that can be established in multiple locations. There have been four Art Hives in Newfoundland and Labrador; one in Corner Brook (Community Open Art Studio), two in St. John's (HearthStone Studio and The Open Studio Project), and one in Sheshatshiu (Kakatshu Utshishtun). Art Hives aim to support community connection and social inclusion, and fight against isolation and social marginalization. Art Hives support wellness and connection among community participants. Both locations in Newfoundland and Labrador are facilitated by registered Art Therapists; activities are informed by art therapy practice, and are a supportive environment for arts and health-based research.

Source: [Art Hives Website](#)

Art hive: A relational framework for social change (2020, in progress)

Following the [Open Studio Project](#), the researchers expanded their work based on feedback from the student participants. Adler's Crucial C's (competency, counting, connecting, and courage) informed observations of how the art hive process impacted newcomer student experiences. Newcomer youth participants requested to invite local students to participate in studio sessions with them, increasing their social engagement. Outcomes revealed that the Art Hive provided space for "social connection and exchange, fostered creative competency, and supported social connection. Students experienced a 'home-like' support and felt noticed by others. A student-curated exhibit and open house was hosted by the youth, who took charge of mini-printmaking workshops and demonstrated an overall pride of ownership of the hive space and program."

Authors: [Leah Lewis](#), [Heather McLeod](#), [Xuemei Li](#)

Source: [Research Gate Webpage](#)

Newcomers, creative spaces, and connection through art (2018)

This article reviews community arts programs, specifically the community art therapy programming of Art Hives, as an accessible social support, mental health, and preventative care resource for newcomers to Canada who are residing in Newfoundland and Labrador. This programming is explored as a method of challenging negative experiences of migration which have a negative impact on individuals wellbeing. These experiences may include discrimination, othering, cultural shock and bereavement, loss of the familiar, and barriers (language, stigma, cultural and identity) to accessing public mental health services. It outlines two Art Hive projects in St. John's, NL and the potential impact on the wellbeing of participants.

Authors: [Leah Lewis](#), [Heather McLeod](#), [Xuemei Li](#), [Haley Toll](#)

Source: [Research Gate Webpage](#)

Resilience and hope: Exploring immigrant and refugee youth experiences through community-based arts practice (2020)

This paper is part of [The Open Studio Project](#). The aims of this community-based arts practice include fostering resilience and community attachment via interpersonal connection and exchange

as mental health prevention. In the Open Studio Project, the Art Hive is in a centre-city high school serving immigrant and refugee youth in St. John's. This population, who often face an insider/outsider dynamic of disconnection, can benefit from this publicly accessible art-making space. An earlier phase of this project involved visual art making and exploring experiences of inclusion and belonging ([The open studio: Exploring immigrant and refugee youth experiences of belonging through community-based arts practice](#)). A second phase of the project included some of the same youth as well as new members; local students invited by the immigrant and refugee youth ([Art hive: A relational framework for social change](#)). This phase investigated resilience and hope as a feature of wellbeing and functioning, and its relationship to the experiences of these youth in the Art Hive setting. The Art Hive is structured along seven parameters: focus on intentional art making; no judgmental commentary (positive or negative); non-evaluative in nature; no forced participation; witnessing; sharing; and participatory involvement of facilitators. Following the program, a focus group generated data on how the Art Hive informs cultural experiences and feelings of hope.

Authors: Leah Lewis, Heather McLeod, Xuemei Li

Source: [Research Gate Webpage](#)

Right care, right place, right time: The Atlantic Canada art therapy roadshow (Bon soin, bon endroit, bon moment: Tournée d'art-thérapie au Canada atlantique) (2019)

Apart from a few larger hospitals, art therapy is often not a practice incorporated into mental health organizations, educational institutions, or community agencies in Newfoundland and Labrador. This project was inspired by the Art Hive movement, the Grenfell traveling missions, and the state of mental health reform in Newfoundland and Labrador. Three art therapists collaborated to provide art therapy outreach via pop-up open art studios to communities in smaller towns, remote locations, and with marginalized groups. The authors believe these studios have the potential to become ongoing and permanent mental health resources for the province.

Authors: Sandra Hewitt-Parsons, Sylvia Calatayud, Dawna Lee

Source: [Research Gate Webpage](#), [Atlantic Canada Art Therapy Pop up Roadshow Video](#)

The HearthStone community studio: Community art therapy in practice (2020, in progress)

This ongoing project is based on the [HearthStone Studio](#) located in St. John's. This Art Hive uses a self-directed framework, in which participants create art with loose facilitation by art therapists. They facilitate conversation, connection, exchange, and engagement with the group, the space, and materials. The programming is grounded in the combined tenets drawn from community psychology, art therapy and social justice-feminist practice.

Authors: Leah Lewis, Heather McLeod, Xuemei Li

Source: [Research Gate Webpage](#)

The open studio: Exploring immigrant and refugee youth experiences of belonging through community-based arts practice (2018)

This research explores [The Open Studio Project](#), held at a high school in St. John's. The Art Hive was in a centre-city high school serving immigrant and refugee youth in St. John's. The project involved visual art-making and exploring high school immigrant students' experiences of inclusion

and belonging. The purpose was to help immigrant and refugee youth to adapt to a city in Newfoundland, where newcomers often face an insider/outsider dynamic of disconnection. The Open Studio was structured along seven parameters: focus on intentional art-making; no judgmental commentary (positive or negative); non-evaluative in nature; no forced participation, including witnessing and sharing; and as importantly, participatory involvement of facilitators. The participant-planned and hosted final school exhibit contributed to learning, sharing, and group cohesiveness. A plain language needs assessment, semi-structured interviews, and focus group were also used to generate data on how an Open Studio informs cultural experiences and feelings of integration and belonging.

Authors: Leah Lewis, Heather McLeod, Xuemei Li

Source: [Research Gate Webpage](#)

Art Pieces: Cultural and Pedagogical Inquiry Journal

The following artwork has been published in this peer-reviewed academic journal:

1. Beausoleil, N. (2018) I need to draw people. *Cultural and Pedagogical Inquiry*, 10(1).
2. Beausoleil, N. (2018). Self Portrait. *Cultural and Pedagogical Inquiry*, 10(1).
3. Beausoleil, N. (2018). Self Portrait 2018. *Cultural and Pedagogical Inquiry*, 10(1).
4. Beausoleil, N., 2018. Port Rexton Aquarelle. *Cultural and Pedagogical Inquiry*, 10(1).
5. Beausoleil, N. (2018). Signal Hill vert et noir. *Cultural and Pedagogical Inquiry*, 10(1).
6. Beausoleil, N. (2018). Chat et tournesol. *Cultural and Pedagogical Inquiry*, 10(1).
7. Beausoleil, N. (2018). Jeune homme au café. *Cultural and Pedagogical Inquiry*, 10(1).
8. Beausoleil, N. (2018). Edible flowers. *Cultural and Pedagogical Inquiry*, 10(1).
9. Beausoleil, N. (2018). The Blue Mosque. *Cultural and Pedagogical Inquiry*, 10(1).
10. Beausoleil, N. (2018). Artist statement. *Cultural and Pedagogical Inquiry*, 10(1).

The Female Body Aging Project: Understanding perspectives on healthy body image and the aging body to inform healthy aging policy and practice

This ongoing project is a two-phase design. In Phase 1 the researchers conducted interviews and focus groups with women regarding issues of body image, health, and aging messages and policies. This informed the second phase in which they created and conducted healthy aging workshops for aging women in three communities in Newfoundland (St. John's, Clarenville, and Pasadena). Within these workshops they provided a presentation on Phase 1 results, had an expert lead physical activity, and held a healthy aging cafe where participants had coffee, tea, and treats while discussing the findings and priorities for them in relation to health and aging policy in the province. The workshops ended with a collage activity in relation to the research themes and discussions. Participants were provided with supplies and basic instructions on collage construction and created collages that reflected what was meaningful to them in relation to the discussions. This was followed by a sharing session where participants were given the opportunity to talk about their art piece. Evaluation of this initiative was very positive.

Research Team: Pamela Ward, Sue Ann Mandville-Anstey, Marlene Browne, Erin Cameron

Aging as a productive process: A critical analysis of aging policy in Newfoundland and Labrador, Canada (2020, in progress)

Results from The Female Body Aging Project will be published in this manuscript, which is in development for the Journal of Aging and Social Policy. Evaluation and results will also be shared with funders and stakeholders at the Newfoundland and Labrador Healthy Aging Research Program (NL-HARP).

The Rooms

The Rooms, in St. John's, is a provincial art gallery and museum. It features rotating exhibitions from local artists to showcase "history, heritage, and artistic expression". They offer programming to youth, students, and artists to participate in workshops and provide an immersive learning environment. The Reference Room is home to collections for research use.

More Information: [The Rooms Website](#)

Arts activities for older adults living with type 2 diabetes: Exploring the role of the arts on the perception of healthy aging (2020, in progress)

The objective of this study is to explore how older adults living with diabetes in Newfoundland and Labrador perceive the relationship between arts engagement and their wellbeing. An arts program will be developed in collaboration with The Rooms for local seniors living with diabetes. Art activities will include visual arts and music. Participants will be interviewed to capture their personal experiences with the art program, which will be analyzed with a theoretical lens. Outcomes related to wellbeing will be shared with the participants and program facilitators following the study. This study has implications for arts as a health resource for Newfoundland and Labrador's aging population.

Author: [Abdullah Saif](#)

Cross Reference: [Music](#)

General

Assimeu (s/he mends the snowshoe): Reconnecting the family through dyadic art therapy (2018)

This research is a qualitative, single case study that explores the lived experience of an Indigenous mother and her children reconnecting their bonds post-foster care. Using an attachment informed dyadic art therapy approach, the family participates in a total of twenty sessions to repair their relationships. Emboldened through their process of creating art and storytelling, the dyads cultivate attunement, parental nurturance, trust and relational repair that leads to the family's reunification. In the spirit of reconciliation, this inquiry is guided by an Indigenous research method and encourages the use of Indigenous symbolic healing and cultural resilience in art therapy. The intention of this research is to offer an approach to art therapy practitioners who are working with the Indigenous community in their efforts to reunify Indigenous families from separation.

Author: [Dawna Lee](#)

Source: [Raven's Nest Art Therapy Publications](#)

Cross Reference: [Creative Writing & Storytelling](#)

Exploring the impact of a weight stigma intervention on the attitudes and practices of public health nurses: A mixed-methods study (2018-2020, in progress)

This project involved a weight bias intervention that was developed and implemented by the research team with 112 Public health nurses in the Eastern Health region. The nurses first complete a pre-intervention survey followed by an online module created by the team and uploaded to the Eastern Health LEAP system. This was followed by a three-hour face-to-face intervention in which nurses were provided with health versus weight (critical obesity) focussed evidence-based content in an effort to begin shifting to a Health Centred model of care. Participants were shown a number of patient narrative videos that described instances of weight bias in health care. The nurses were asked to respond to these stories in relation to impact and how we can shift care. The session was evaluated using a post-intervention survey along with follow-up participant interviews.

Research Team: Pamela Ward, Erin Cameron, Holly Foley, Lori Robbins, Sarah Nutter, Erin McGowan

Making the journey: A photovoice study about transportation and quality of life for persons with disabilities (2017)

This participatory research study was created to better understand how transportation impacts a person's quality of life. By engaging in the established research method of photovoice, a process was created in which a group of adults with disabilities (participants) used photography to share their stories. The participants worked closely as a collaborative team with members from Memorial University and Empower to create visual stories about their experiences of transportation, and the supports and barriers to accessibility as experienced and understood by persons with disabilities. This project was published as a book (Making the Journey), presented in art exhibits in St. John's (Foran-Greene Room at City Hall, First Space Gallery, MUN QEII, and online on Instagram and Twitter), and presented at an international conference (International Collaboration for Participatory Health Research, June 2018). The art exhibits intend to raise awareness and create an understanding of the impact of transportation on the quality of life for people. The research team aims to increase awareness and support for accessible transportation for persons with disabilities.

Author: Kathleen Sitter

More Information: Making the Journey Twitter Webpage, Making the Journey Instagram Webpage, Making the Journey Facebook Event Webpage (2016), Making the Journey Art Exhibit, MUN News

Perceptions of paratransit accessibility among persons with disabilities: An adapted photovoice study (2019)

This article describes an adapted photovoice study that explored the facilitators and barriers to accessing paratransit services among people with disabilities. This 18-month study involved adults with disabilities developing photovoice stories about their paratransit experiences in Eastern Canada. The photovoice stories represent an in-depth examination of the familial, social, geographical, and environmental factors and their complex association with paratransit services. Distributing the photovoice stories through social media also served as a practical application of health promotion as the process allowed for a broader audience reach to bear witness to the

experiences of participants from the disability community. Discussion includes recommendations for developing and sustaining responsive paratransit services with the assertion that persons with disabilities are at the forefront in making informed changes and improvements in ensuring transportation is accessible for everyone.

Authors: Kathleen Sitter, Jennifer Mitchell

Source: [Article on PubMed Website](#)

Stop living secret lives: The visual stories of sex work (2020, in progress)

This research study explores the experiences of sex workers who live and work in Newfoundland and Labrador. Photographs were created as part of a 15-month study. The artists share their experiences across the following areas: The Industry, Healthcare, Law, Supports, Foundations, and Basic Needs. The study included individuals who were 18 years or older and self-identified as women, trans, or non-binary people who receive money or goods for sexual services. All have been working and/or living in the province for at least six months. The research draws on Community-Based Participatory Visual Research. The artists shared their experiences through visual media. This is the first human rights study of its kind in the province of Newfoundland and Labrador. The goal is to raise awareness and create an understanding of the life experiences of sex workers. Ultimately, it is the hope of the research team to increase support for people involved in sex work.

Research Team: Kathleen Sitter, Janice Kennedy, Paula Sheppard Thibeau, Jenny Wright, Heather Jarvis, Amy Burke, Ophelia Ravencroft

Source: [Stop Living Secret Lives Website](#)

Taking up the vitality message: Health knowledge, feeling good, and pleasure in Newfoundland children's drawings and talk (2015)

Canada's Vitality message of learning how to eat well, be active, and feel good about one's self served as the health promotion framework of this study. Research with adults, embodiment, and health suggests that feeling good about one's health and body is an impossible proposition, as learning to care for the body is a constant and obligatory individual responsibility with limited possibilities of contentment. The authors posit that learning how youth feel and experience health in relation to feeling good and pleasure is imperative given the complex and contested relationships individuals have with health. Based on focus groups with 123 Grade 2 and Grade 4 students, the researchers examined how children understand healthy practices and messages about the ideal "healthy" body. They used a thematic and performance analysis combining talk, drawings, and talking about the artistic productions. Results showed children's relation to health and the body, with possibilities for alternative conceptions of self and embodiment. The authors propose an investigation of children's sense of pleasure and "having fun" as an avenue of research for critical scholars who aim to challenge dominant discourses of health and the body.

Authors: Natalie Beausoleil, LeAnne Petherick

The role of arts-based research in creating safe spaces for newcomer refugees (2018)

This article discusses the role of arts-based research in generating a supportive cross-cultural way for newcomer refugees to express themselves within an arts-based research and art therapy context.

Visual & Textile Arts

It begins by reviewing literature on the global and contemporary experiences of refugees and displaced persons and the need to support newcomer refugees, particularly women. Furthermore, this article briefly discusses the connection between art-making and health with recent relevant systematic reviews, experiential designs, and biomarker evidence. It concludes that arts-based research can be a way to support diverse forms of knowledge and communication, with a particular focus on cultural humility.

Author: [Haley Toll](#)

Source: [Research Gate Webpage](#)

Community Programming

Art Hives

Art Hives are publicly accessible community art studios that can be established in multiple locations. There have been four Art Hives in Newfoundland and Labrador; one in Corner Brook (Community Open Art Studio), two in St. John's (HearthStone Studio and The Open Studio Project), and one in Sheshatshiu (Kakatshu Utshishtun). Art Hives aim to support community connection and social inclusion, and fight against isolation and social marginalization. Art Hives support wellness and connection among community participants. Both locations in Newfoundland and Labrador are facilitated by registered Art Therapists; activities are informed by art therapy practice, and are a supportive environment for arts and health-based research.

Source & Contact: [Art Hives Website](#)

Community Open Art Studio

This Art Hive is held at [Safe Harbour Expressive Arts](#) in Corner Brook. Participants are encouraged to express themselves through creating art together, with guidance and open dialogue facilitated by an art therapist. Art supplies are donated, and funds raised for supplies for participants in need of them. Volunteers, students of Psychology and Fine Arts programs at Grenfell campus (Memorial University), often help facilitate sessions alongside the art therapist.

Art Therapist: [Sandra Hewitt-Parsons](#)

HearthStone Studio

The HearthStone Studio Art Hive is in partnership with Memorial University of Newfoundland's Faculty of Education Counselling Psychology program. This program is grounded in the concepts of community psychology and community art therapy. The HearthStone Studio is a free, accessible space that serves participants from a variety of backgrounds, including those referred from [Stella's Circle](#), senior's programs, and the Association for New Canadians (ANC), among others. Therapeutic aspects are independent and individualized for each participant; each participant engages in their own art making activities. The HearthStone Studio uses a general interpersonal framework in which they facilitate conversation and engagement with the space and materials. Projects can be independent and remain personal, or participants may create collaborative art pieces to foster interpersonal engagement and social wellness.

Art Therapist and Researcher: [Leah Lewis](#)

Coordinator: [Cathia Finkle](#)

Related Research: [HearthStone Research Project](#)

Kakatshu Utshishtun

A community art studio for youth ages 8-18 years. This is an open studio Art Hive that is available to community members to come and make art in a group setting. Art creation supports themes which are of importance to the participants. For example, they held a travelling art exhibit exploring the theme 'Reconciliation: What does it mean to you?'

Art Therapist: [Dawna Lee](#)

The Open Studio Project

This program is a partnership between Memorial’s Faculty of Education and the English School District of Newfoundland and Labrador. This open studio is held at Holy Heart of Mary High school, and is open to high school students who are newcomers to Canada. It provides a safe space for youth to connect with others, have peer- and social supports, and explore themes of belonging. These activities are beneficial for mental health, wellbeing, and happiness through positive experiences and healing through art. Facilitators are present during open studio sessions; the art hive is loosely structured and participants are free to control their level of engagement.

Art Therapist and Researcher: Leah Lewis

Related Research: Open Studio Research Project

More Information: Article in The Gazette (Memorial University paper)

Autism Society

The Autism Society, Newfoundland Labrador (ASNL) is an organization which aims to promote “the development of individual, lifelong, and community-based supports and services for people with autism spectrum disorder (ASD), their families, and caregivers.” They offer programming both on-site and through community organizations in the Avalon area. Community settings aim to increase accessibility of social opportunities and physical activity.

Source: Autism Society NL Website

Art Therapy

Individual Art Therapy sessions aim to address specific goal areas through a variety of therapeutic art activities, such as experimenting with a variety of art textures and mediums, perceptual art, bilateral art, and more. These sessions are offered through Spectrum Consultants Group in St. John’s, which offers specialized services in the areas of ASD, Attention Deficit Hyperactivity Disorder (ADHD), Obsessive Compulsive Disorder (OCD), Naturopathy and family-focused transition support.

Contact: Sarah White

Source: Autism Society Programs Webpage

Choices for Youth

Choices for Youth is an organization devoted to providing supports for young people, including building programming, systems, and opportunities that provides individualized support for participants. Areas of support include housing, employment, social enterprise, health and outreach (harm reduction, recreation, wellbeing), and family support. Choices for Youth prides itself on inclusivity and providing a safe, supportive space to help meet the individual needs and goals of their participants.

Source: Choices for Youth Website

The Artful Program

This program uses art therapy to promote self-expression through creation of art and discovery of coping mechanisms which are transferrable to other areas of their lives. Participants also avail of peer support and learning new art techniques and skills. Visual arts include fun activities for the youth age group, including painting sugar skulls, water colour painting, and making tie-dye t-shirts.

Source: [Choices for Youth Programs Webpage](#)

Easter Seals NL

Easter Seals is a centre that offers developmental and recreational programs for adults and children living with physical and/or developmental disabilities. Their mission is to “engage, inspire, and empower by providing life-changing programs and services for persons with disabilities”. This organization is centered around inclusivity and breaking barriers for anyone in need. They offer a number of programs and camps to fulfill their mission.

Source: [Easter Seals NL Website](#)

Group Art Therapy

Group art therapy programs have been offered for both adults and children (during the summer camp for children) facilitated by an art therapist. In each program, the choice of materials was based on tactile stimulation and the development of fine motor skills. Clay and acrylic paint were frequently used. The group setting was equally beneficial as a way to overcome feelings of isolation and helplessness.

Art Therapist: [William Henault](#)

Expressive Arts Program

Facilitated by an art therapist, participants will work in a group setting with arts such as paint, clay, plaster cast, and photography. Participants will avail of a supportive environment to experiment with new arts and gain new skills. Peer support and sharing offers learning and reflective experiences about creativity and personal significance of artwork.

Art Therapist: [William Henault](#)

Source: [Easter Seals NL Programs](#)

Safe Harbour Expressive Therapies

This organization in Corner Brook is founded and headed by Sandra Hewitt-Parsons; art psychotherapist, registered naturopath, and artist. They offer regular group and individual art therapy sessions and workshops for children, youth, and adults. All sessions are facilitated by an art therapist to promote the creative process, therapeutic dialogue, reflection, and the goal of achieving personal mental wellness. Sessions use predominantly visual arts, however other arts may be used as appropriate and relevant to each client. Online sessions became available during the distancing measures of COVID-19, allowing the reach of art therapy services to extend beyond the Corner Brook region.

Art Therapist and Director: [Sandra Hewitt-Parsons](#)

Stella's Circle

Based out of St. John's, Stella's Circle provides support, services, and programming to adults in the community who face barriers to fully participating in their community. These barriers may include mental health challenges, addictions, trauma, poverty, homelessness, criminal justice involvement, low literacy, and long periods of unemployment.

Community & Participant Animateur: [Maude Parent](#)

More Information: [Stella's Circle Website](#)

Upcoming Programming

1. Community garden labyrinth Zen garden: a combination of horticultural therapy, employment skills and art therapy. Activities may include learning team work, communication skills, design the eventual zen garden, building the zen garden, decorating the zen garden with art projects.
2. Knitting circle: learn to knit while connecting with others. Building a community quilt.
3. Woodworking: Art therapy, using woodworking at the medium Not happening yet, still planning
4. Photo voice group
5. Connecting online during COVID-19 distancing measures

Contact: [Maude Parent](#)

Clinical Art Therapy Group – Emmanuel House

Emmanuel House is a mental health facility in which the patients reside. An art therapy program with weekly sessions (2 hours long) was built into the residents' schedules, which they attend with their social worker. Various visual arts are used, including water colour paints, paper mâché, plaster of Paris, poetry, and drawing. The art therapist offers specific directives to explore themes such as isolation identity, and freedom, while still encouraging spontaneous creative expression. Sessions are typically held in-person at Emmanuel House but have been held via online video conferencing during the COVID-19 distancing measures.

Art Therapist: [William Henault](#)

Clinical Art Therapy Group, Open Studio – Naomi Centre

Naomi Centre is an emergency shelter for women. In 2019, an open studio art therapy program was available to residents who chose to participate. The open studio structure encouraged empowerment of the women to use the time and space at their own volition. Various visual arts were used, including water colour paint, clay, and plaster of Paris. Tactile, hands-on use of the materials was intentionally promoted to encourage nervous system responses. This aimed to calm stress and anxiety due to trauma and enable participants to express thoughts and emotions creatively. Dialogue with the art therapist was open throughout the art making; participants could share the significance and depth of their art work at their own pace while the therapist asked them open ended questions.

Visual & Textile Arts

Art Therapist: William Henault

Upcoming Programming

6. Community garden labyrinth: a combination of art therapy and mindfulness. Activities may include painting rocks, laying them, and creating a labyrinth in the community garden for mindfulness walks.
7. Knitting circle: learn to knit while connecting with others
8. Woodworking: Art therapy, using woodworking at the medium
9. Photo voice group
10. Connecting online during COVID-19 distancing measures

Contact: Maude Parent

Health Sector Programming

Health Science Centre

In 2019, an 8-week group art therapy program was offered for patients in the Eating Disorders program of the Inpatient Psychiatric Unit of the Health Science Centre. The facilitating art therapist worked very closely with the team of health professionals. The intention was to enable patients to feel and express themselves. Materials used included water colour paints, paper mâché, poetry, and plaster of Paris.

Art Therapist: [William Henault](#)

Veterans Pavilion (LTC facility)

Art therapy is provided to residents at the Veterans' Pavilion of the LA Miller Centre in St. John's by two dedicated recreation specialists.

Music



Music in the Abstract by B. Donne, 2012 © FineArt America

Research Projects

CAANLab: Cognitive Aging and Auditory Neuroscience Laboratory

Study of age-related changes in hearing and cognition to generate knowledge that can be used to improve these abilities for older adults. Focus on the benefits and association between music and both hearing and cognitive abilities.

The effects of short-term musical training on the neural processing of speech-in-noise in older adults (2019)

This study involved music training for non-musicians and the connection to hearing abilities. Participants were given piano training at home (using computer program) for 6 months, at least 30 minutes per day, 5 days per week. They worked through lessons and songs at their own pace. Brain imaging results did not reveal a direct benefit of musical training on understand speech in noise, there was a change in performance for those who received musical training. Therefore, results indicated that short-term musical training in older adults may have potential to reduce age-related decline in speech perception.

Authors: David Fleming, Sylvie Belleville, Isabelle Peretz, Greg West, Benjamin Zendel

Link: [Article PDF Download](#)

Music training improves the ability to understand speech-in-noise in older adults (2019)

This study involved music training for non-musicians and the connection to hearing abilities. It is part of a bigger project, with the same participants and methods as the previous study. Participants were given piano training at home (using computer program) for 6 months, at least 30 minutes per day, 5 days per week. They worked through lessons and songs at their own pace. Participants' ability to understand a word among loud background noise improved following this intervention. The authors state that the results indicate "musical training provides a causal benefit to hearing abilities. Importantly, these findings suggest that musical training could be used as a foundation to develop auditory rehabilitation programs for older adults."

Authors: Benjamin Zendel, Greg West, Sylvie Belleville, Isabelle Peretz

Link: [Article PDF Download](#)

The impact of aging on neurophysiological entrainment to a metronome (2019)

In this study, a metronome was used to research the ability of older adults to coordinate brain processes with environmental cues. In this case, it was the ability to respond to the sound of the metronome. There is typically an age-related decline in this ability, especially depending on the rate of sound from the metronome. This is important because music perception may be less impacted by aging compared to other processes.

Authors: Sarah Sauv , Emily Bolt, David Fleming, Benjamin Zendel

Link: [Article PDF Download](#)

Music

Random feedback makes listeners tone-deaf (2018)

This study is about tone deafness (amusia). Researchers were able to replicate the experience of amusia in people without this condition by providing participants with random feedback sounds while they listened to music. This arts-based study is important to understand how feedback, as in this study, influences brain activity, understanding, and learning. Better understanding of these brain systems may be able to inform rehabilitation for amusia and other learning disorders.

Authors: Dominique Vuvan, Benjamin Zendel, Isabelle Peretz

Link: [Article PDF Download](#)

Neurophysiological and behavioural differences between older and younger adults when processing violations of tonal structure in music (2018)

This study is about aging and music perception abilities, covering both hearing and cognitive ability. They compared how younger and older adults can detect out-of-tune and out-of-key notes. Although aging is associated with decline in auditory and cognitive abilities, this was not the case in the current study. Older adults were found to have similar or better ability than the younger adults. This is perhaps because older adults with experience in music *preserve* the ability to distinguish the musical anomalies, despite age-related changes in *how* they process the information. This has interesting implications for preserving cognitive and auditory ability throughout aging, with training and practice.

Authors: Marie-Élaine Lagrois, Isabelle Peretz, Benjamin Zendel

Link: [Article PDF Download](#)

The impact of musicianship on cortical mechanisms related to separating speech from background noise (2015)

This study looked at how music training affects hearing ability, specifically, separating speech from background noise. This common age-related hearing difficulty is found to be less pronounced in musicians and people with previous music training; they are better able to make the distinctions of speech in background noise and suffer less from this common age-related hearing difficulty.

Authors: Benjamin Zendel, Charles-David Tremblay, Sylvie Belleville, Isabelle Peretz

Link: [Article PDF Download](#)

Towards music-based auditory rehabilitation for older adults (2020)

This publication is a chapter in the book: Music and the Aging Brain. It explores the connections between music training, hearing abilities, and hearing rehabilitation. Understanding speech in noisy environments worsens with age due to changes in how auditory information is relayed and processed in the brain. Hearing abilities are often better in musicians, and evidence suggests that music training may improve hearing abilities in older non-musicians. This chapter highlights the mechanisms which support better hearing in older adults with music training. The authors explore the application of these mechanisms, where functions preserved in older adults are used to build improved listening skills, to in turn improve speech-in-noise perception.

Authors: Benjamin Zendel, Sarah Sauvé

Link: [Chapter Link](#)

Ongoing and Upcoming Projects

1. How music is processed in the brain. These projects are interested in better understanding what regions in the brain are giving rise to processes related to music, such as processing notes in the musical scale, how pitch and rhythm interact for brain processing, and how aging impacts the ability to identify musical themes in a concert (see project 2 for more information). Then, use that information to improve auditory or cognitive function. Music studies aim to help to identify, understand, and improve auditory and cognitive function.
2. How aging impacts the ability to identify musical themes in concert. In this study, the Newfoundland Symphony Orchestra will perform a new composition piece of music for study participants in the audience. These participants in the audience will be told to identify when they hear a theme which is repeating throughout the performance by clicking a device every time that they hear the theme. The device will record the number of times the participants clicked. Individual factors of the participants will be studied to see if there are characteristics which predict the music perception ability to identify the repeating theme. These characteristics may include age, hearing ability, musical experience, or genetics, for example. This has implications for hearing and cognition, and for understanding the factors that may help or hinder these abilities.
3. PhD project: Vocal pedagogy in boys going through puberty. It is debated if boys going through puberty should be singing or not, for fear of damaging vocal folds. This project will aim to have boys going through puberty continue singing without damage to the vocal folds, as well as have them become more accomplished singers at the end of the study.

Co-supervisor: Jane Libel

Contact: Jennifer Beynon-Martinec, Student Director of Atlantic Boys and Girls Choir

4. Post Doc project: This project is about learning atonal music (that which doesn't follow the general musical structure of the major scale) and the effect on the brain. Atonal music is a course taught in the Faculty of Music, so this setting will be used for the research project. They will study if these students/musicians' brain will become more 'flexible' and change after learning to 'break the rules' of music.
5. Student project: Community choir project. This will be a brain plasticity (ability to change) study of older adults in choir. They will aim to learn if community choir participation improves hearing ability, and can if it is possible to predict who will have the most success with improvements in hearing ability. This will be based on what the individual predictive factors are to provide the most benefit. Factors to consider will include: people who enjoy music and singing, level of pre-test hearing ability, cognitive ability, and genetics.

Easter Seals

Easter Seals is a centre that offers developmental and recreational programs for adults and children living with physical and/or developmental disabilities. Their mission is to “engage, inspire, and empower by providing life-changing programs and services for persons with disabilities”. This organization is centered around inclusivity and breaking barriers for anyone in need. They offer several programs and camps to fulfill their mission.

Source: [Easter Seals NL Website](#)

Music

Community building through inclusive music making (2017)

This project aimed to expand on music therapy sessions at Easter Seals, a non-profit organization, to include performances and workshops with community musicians. The goals and practices used for persons with physical disabilities prepared participants to benefit from inclusive music-making with local musicians who had no previous music therapy experience, but whose performing styles were closely aligned with the musical preferences of the participants. The four workshops, which were held over six months, involved music therapy participants, accredited music therapists, local musicians, and volunteers engaging in music making together where teaching and learning was shared amongst all involved. The workshops were also an important mechanism for raising greater awareness of the needs and abilities of the music therapy participants.

Authors: Jane Gosine, Deborah Hawksley, Susan LeMessurier Quinn

Source: [Article Webpage](#)

The Rooms

The Rooms, in St. John's, is a provincial art gallery and museum. It features rotating exhibitions from local artists to showcase "history, heritage, and artistic expression". They offer programming to youth, students, and artists to participate in workshops and provide an immersive learning environment. The Reference Room is home to collections for research use.

More Information: [The Rooms Website](#)

Arts activities for older adults living with type 2 diabetes: Exploring the role of the arts on the perception of healthy aging (2020, in progress)

The objective of this study is to explore how older adults living with diabetes in Newfoundland and Labrador perceive the relationship between arts engagement and their wellbeing. An arts program will be developed in collaboration with The Rooms for local seniors living with diabetes. Art activities will include visual arts and music. Participants will be interviewed to capture their personal experiences with the art program, which will be analyzed with a theoretical lens. Outcomes related to wellbeing will be shared with the participants and program facilitators following the study. This study has implications for arts as a health resource for Newfoundland and Labrador's aging population.

Author: [Abdullah Saif](#)

Cross Reference: [Visual & Textile Arts](#)

General

Music mental health: Exploring the impact of a community-based music program on youth well-being (2020, in progress)

This is a qualitative research project exploring perceptions on how a local community-based music program impacts youths' well-being. The study consisted of interviews with youth participating in the [Strong Harbour Strings](#) music program and their caregivers, as well as a focus group of the instructors.

Author: [Brittany Howell](#)

Community Programming

Autism Society

The Autism Society, Newfoundland Labrador (ASNL) is an organization which aims to promote “the development of individual, lifelong, and community-based supports and services for people with autism spectrum disorder (ASD), their families, and caregivers.” They offer programming both on-site and through community organizations in the Avalon area. Community settings aim to increase accessibility of social opportunities and physical activity.

Source: [Autism Society Webpage](#)

Music Therapy

[Renée White Music Therapy](#) offers individual & small group music therapy programs typically in studio and in the comfort of your home. Each session is facilitated by a certified music therapist with specialized training in ASD. Sessions are not offered in-person during the COVID-19 distancing measures.

Contact: [Renée White](#)

Source: [Autism Society Programs Webpage](#)

Better Breathing Choir

The Better Breathing Choir is a choir that is designed to support individuals living with respiratory issues or lung disease. Membership is also open to family members and friends, with no need for any previous musical experience. Meetings are held weekly, and have been ongoing online throughout the COVID-19 distancing measures. They combine breathing, posture, physical, and vocal exercises with singing songs. Usually there is social time after the singing! This choir provides a relaxed and supportive environment to sing. It is facilitated by academics and health professionals to support anyone living with breathing difficulties or lung disease.

Contact: [Jane Gosine](#)

More Information: [Better Breathing Choir Website](#), [CBC News Video](#), [CBC News Article](#), [MUN News Article](#)

CNIB NL

The CNIB is the Canadian National Institute for the Blind. It offers programs, services, supports, and advocacy for empowerment of people impacted by blindness. Programs and services are offered in five major categories of live, play, work, learn, and tech. Within these, multidisciplinary professionals and volunteers offer services to foster skill development, training, education, active living, and social engagement.

Source: [CNIB Website](#)

Community Music Jam Session

In these sessions, a music therapist facilitates weekly jam sessions. Participants can enjoy a supportive space to share, create, and listen to music together. This is currently available in Newfoundland and Labrador and Canada-wide online during the COVID-19 distancing measures.

Music

Contact: Gillian Anderson

Source: CNIB NL Programs Webpage

Mindfulness Through Music

This program is facilitated by a music therapist who guides the practice of mindfulness through music activities. Participants will listen and play music together followed by reflective and relaxation activities. The overall aim is mindfulness and relaxation. This is currently available in Newfoundland and Labrador and Canada-wide online during the COVID-19 distancing measures.

Contact: Gillian Anderson

Source: CNIB NL Programs Webpage

Easter Seals NL

Easter Seals is a centre that offers developmental and recreational programs for adults and children living with physical and/or developmental disabilities. Their mission is to “engage, inspire, and empower by providing life-changing programs and services for persons with disabilities”. This organization is centered around inclusivity and breaking barriers for anyone in need. They offer several programs and camps to fulfill their mission.

Source: Easter Seals NL Website

Creative Expressions Music Program

The Easter Seals Creative Expressions Music Program offers an opportunity for participants to create and share music based on their interests and abilities. Common goals and interests within the group are identified and used to guide the program outcomes.

Source: Easter Seals Programs Webpage

Eastern Owl

Eastern Owl is an Indigenous-led women’s drum group, based in St. John’s. They use a blend of First Nation’s drum music and contemporary Folk music to create their unique sound. In 2020, they won ‘Indigenous Artist of the Year’ at the East Coast Music awards. In addition to performing music, this group is active in the community. They aim to inspire deeper connections with traditional practices and culture, educating both Indigenous and non-Indigenous audiences. Additionally, they are connected with the First Light St. John’s organization, with group members leading creative writing and song creation workshops. They are often involved in local festivals and community gatherings across Newfoundland and Labrador, taking part in singing groups, cultural circles, and teaching singing and drumming to others.

More Information: Eastern Owl Facebook Page

First Light St. John’s

First Light is a local organization which serves the “urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect, and friendship”.

Music

They provide programming, social support, and events for the local community. They are continuing to provide services through the COVID-19 distancing measures, including virtual programming, medical supplies, infant supplies, personal care items, food support, and emotional and stress supports.

Source: [First Light St. John's Website](#)

Community Cultural Circle

This weekly program introduces participants to fundamental concepts of Indigeneity. It incorporates traditional Indigenous knowledge and methods alongside modern ideologies. It is run as a traditional talking circle, and therefore includes aspects such as drumming and sacred medicines. “It operates through assessing, understanding, and reflecting upon a holistic approach to self-care and self-exploration through an Indigenous lens”.

More Information: [Community Cultural Circle Webpage](#)

L'Arche Avalon

This organization supports individuals with intellectual disability through establishing homes, planning and hosting gatherings to celebrate diversity, promote socialization, and enhance belonging, and organize activities and programs for members such as monthly walks, gatherings, jam circles, spiritual expressions, and weekly lunches to “help foster the growth of our community”.

Source: [L'Arche Avalon Website](#)

Jam Circle

The Jam Circle meets once a month for a musical social and a snack. This program is a safe space for members to create music in a supportive environment. Activities include singing, storytelling, music making, and time for listening. Members learn new skills related to sign language, music notes, and instruments, and participate in exercises related to memory, improvisation, leadership, and teamwork. The group has online videos for songs, sign language, and stories.

Contact: [Grace Rose](#)

Lullaby Project – NL

Initially created in New York at Carnegie Hall, The Lullaby Project now has worldwide offerings in a variety of settings, such as correctional institutions, intensive care units, senior facilities, refugee camps, daycares, breastfeeding support for women, expectant mothers, anti-violence against women organizations, and more. In this program, facilitators work with people in the creation of lullabies which have personal meaning. Lullabies may be written for a child, spouse, parent, someone who has died, for the land, for oneself, for your past self, or for who you wish you had been, for example. The Lullaby Project – NL has been offered in a few settings in St. John's. It focuses on community, and uses the arts of music and creative writing to create a piece of work which may (or may not) be transformed into song.

NL Facilitators: [Jan Buley](#), [David Buley](#)

Music

Newfoundland & Labrador Correctional Centre for Women

The Lullaby Project is offered at the Newfoundland & Labrador Correctional Centre for Women (NLCCW), located in Clarenville. It runs for 8-12 weeks at a time. It provides a community art experience which focuses on important themes of self-worth, self-esteem, self-affirmation, self-discovery, discovery of ability, awareness of beauty (in self, others, and in art creation), awareness of creative ability, sharing knowledge, and community and peer support. It utilizes personal creative writing journals, group creation of lullabies, group singing, and poetry, as well as other aspects of the arts, such as sewing, weaving, painting, and quilting.

Facilitators: Jan Buley, David Buley

More Information: "Waiting for the Time" Podcast, NLCCW Description

Cross Reference: Creative Writing & Storytelling

Music Group

This modified music program is offered for persons with mental and physical disabilities, and is currently offered online during the COVID-19 distancing measures. It is a great opportunity for self-expression, social experience, and social support. Participants love connecting through music and dance. At the end of the summer (2019) the participants hosted a talent show to showcase newly learned musical abilities and to highlight the participants.

Program Creator and Facilitator: Grace Rose

Renée White Music Therapy

This organization based out of the St. John's area offers clinical music therapy for groups and individuals in home and community settings. Music therapy goals may include increased attention to task, improved verbal and music communication, boost in mood, decreased anxiety, improved social skills, improved self-expression, promotion of positive self concept, and increased independence and opportunity for choice. Intervention activities in sessions may include playing instruments, music improvisation, singing or vocalization to music, movement to music, song writing, relaxation techniques, and music listening. All sessions are offered online during COVID-19 distancing measures.

Contact: Renée White

Source: Renée White Music Therapy Website

Music therapy and adapted lessons

Music therapy sessions in which participants can start or continue learning a musical instrument; it is appropriate for anyone who is interested.

Individual Music Therapy

Music-based interventions which are facilitated by an accredited music therapist. Interventions address individualized goals, and may include playing the instrument, singing, and movement activities. These sessions are available to participants of all ages and abilities.

Music

Individual Adapted Lessons

Music-based interventions which are facilitated by an accredited music therapist. Lessons include modified methods, techniques, and instruments to meet the needs and learning styles of each individual. Instruments available to use include voice, piano, ukulele, guitar, and violin.

Group Music Therapy (ZoomTunes)

In this group program, music-based activities are used as a catalyst for social engagement with others. Groups are small and are based on common goals and shared interests.

Infant music therapy (ZoomTunes)

This program is for infants under one year of age and their caregivers. It offers a fun and supportive environment for families to “learn the important role music plays in bonding, co-regulation & cognitive development for your infant”.

Glee club: Music for health and wellness

This weekly program is about improving overall health and wellness. Active music making, singing, stretching, and socializing are the focus of this program. It is designed to “address issues relating, but not limited to; Parkinson's, Brain Injury, COPD, Hypertension, Chronic Pain & Mental Health.”

Shallaway Youth Choir

Lauda

This choir is for children and youth from 5-18 years of age. The participants include neurotypical and neurodiverse youth; those who have challenges with typical classes are supported to participate in this choir. It uses a mentorship structure within the program between kids, with the more senior members mentoring the newer members. Facilitators include researchers, music therapists, and physicians who specialize with ASD. This programming moved online during the COVID-19 distancing measures, and has been successful in this setting; some participants are more comfortable participating while in their own home.

Contact: *David Buley*

More Information: [Lauda Website](#), [CBC Article](#), [YouTube Video](#)

Stella's Circle

Based out of St. John's, Stella's Circle provides support, services, and programming to adults in the community who face barriers to fully participating in their community. These barriers may include mental health challenges, addictions, trauma, poverty, homelessness, criminal justice involvement, low literacy, and long periods of unemployment.

Community & Participant Animateur: *Maude Parent*

More Information: [Stella's Circle Website](#)

Music

Music Therapy

Jam sessions are open for everyone in the organization, including participants, staff, and volunteers of Stella's Circle, and are held once per week. They were moved to an online platform during the COVID-19 distancing measures.

Music Therapist: [Renée White](#)

Inclusion Choir

This inclusion choir program is available to participants staff, and volunteers of Stella's Circle. Singing sessions are held once per week. Throughout the COVID-19 distancing measures, activities include 'watch parties', in which the group watches related videos together online while chatting together. Singing challenges are also held, in which participants will record a song performance at home and other group members watch along.

Contact: [Maude Parent](#)

Strong Harbour Strings

A non-profit organization that provides equal access to music education and performance for young people residing in underserved neighbourhoods.

Facilitator: [Carole Bestvater](#)

More Information: [Strong Harbour Strings Website](#)

Wape'k Muin

Wape'k Muin, which means White Bear in Mi'kmaq, is a men's drumming group that usually practices at First Light St. John's headquarters. The group facilitator gives teachings related to the drum and leads traditional First Nations songs. Drumming is a form of medicine and therapeutic healing, and is said to cleanse men of their negative energy. The facilitator also leads a men's group which focuses on land-based healing and medicine; stating "the land and all that us gives us is considered medicine for us and contributes to our healing processes".

Facilitator: [Michael Johnson](#)

More Information: [First Light St. John's Website](#)

Music

Health Sector Programming

Music Therapists within Eastern Health:

Long Term Care:

- Pleasantview Towers: Rose Walsh Power
- St. Patrick's Mercy Home: Deborah Hawksley
- St. Luke's Home: Sheila Williams
- Veterans Pavilion (LTC facility) music therapy provided by two dedicated recreation specialists.

Community/Eastern Residential Support Board

- Leanne Kearsey

Pediatrics (Acute Care, Rehabilitation and Child Development Outpatient Care)

- Janeway: Susan LeMessurier Quinn

Mental Health and Addictions:

- Janeway Psychiatry Acute Care and Outpatient Care: Susan LeMessurier Quinn
- Tuckamore Centre: Valmy Assam

In Central Health

- Jennifer King: Hope Valley Centre and Community Mental Health

Dance

Dance



Passionate Floral Dance Abstract, Irina Sztukowski © 2015

Research Projects

Newfoundland & Labrador Correctional Centre for Women (NLCCW)

The NLCCW is a provincial institution for incarcerated women located in Clarenville. It is the only institution in Newfoundland and Labrador which houses exclusively female offenders. As a provincial institution, it houses women with sentences of less than two years and for those who are awaiting trial. It has a capacity of 26 inmates, although it operates at over-capacity when necessary. Supports for women at the NLCCW include monthly visits from a psychiatrist, weekly visits from a medical doctor, nurse practitioners as-needed, a part-time psychologist, volunteers (for example, from Stella's Circle), and correctional staff (officers, lieutenant, and superintendent). Programming is important for prison populations, who suffer from mental health and addictions concerns at a higher rate than the average Canadian population.

A delicate dance: Towards an embodied social work practise (2019)

Chapter in book: Dance, Confinement and resilient bodies/Danse, Enfermement et corps résilients. In this chapter, the author discusses their experience as a social worker for women who are living at the NLCCW and who have returned to the community. Specifically, they discuss running a dance workshop at the NLCCW. The project was grounded in the feminist theory of embodiment, an important, recurring theme for women in prisons. The dance workshops provided an outlet for women to work through trauma, substance abuse, or mental health concerns. As a mind/body practice, it acts as a tool for the social worker to support women in developing coping skills, positive feelings about themselves, and connection to the body. Finally, a dance-based performance would allow women to share their stories with others.

Authors: Amy Sheppard, Natalie Beausoleil

Making up our own moves: Exploring movement, dance and experiences of the body at the Newfoundland and Labrador Correctional Centre for Women (2016)

This project is the first publication of the dance workshop which was offered to women living in the NLCCW, outlined above. The purpose of the workshop was to provide the women with an opportunity to discuss body image, embodiment, and the impacts of prison on the body. Two workshops were offered to two groups of 20 women. This paper outlines the creation of the workshop, including the theoretical and methodological influences. It also outlines the learnings from discussion of key themes, including body image, embodiment, and dance participation. The results are based on the relationships between workshop facilitator (author) and participants, impacts of prison on the body, and sexuality within a women's prison. The author discusses the potential of future work in this setting and context. Based on the feedback from participants, the author created a guide to 'assist others in offering similar workshops to women in prison'.

Author and facilitator: Amy Sheppard

Community Programming

Autism Society

The Autism Society, Newfoundland Labrador (ASNL) is an organization which aims to promote “the development of individual, lifelong, and community-based supports and services for people with autism spectrum disorder (ASD), their families, and caregivers.” They offer programming both on-site and through community organizations in the Avalon area. Community settings aim to increase accessibility of social opportunities and physical activity.

Source: [Autism Society NL Website](#)

Rhythm Works

This is an integrative dance program which aims to support participants with individual learning styles. This supportive, fun, and engaging environment uses rhythm and hip-hop dance.

Contact: [Sarah White](#)

More Information: [Autism Society Programs Website](#)

Easter Seals

Easter Seals is a centre that offers developmental and recreational programs for adults and children living with physical and/or developmental disabilities. Their mission is to “engage, inspire, and empower by providing life-changing programs and services for persons with disabilities”. This organization is centered around inclusivity and breaking barriers for anyone in need. They offer a number of programs and camps to fulfill their mission.

Source: [Easter Seals NL Website](#)

Dansability

This weekly program is for “persons with a disability to explore dance through music and free movement. This program is open for everyone of all ages and abilities.”

Contact: [Dayna Penney](#)

Facilitator: [Debbie Parsons, The Music Collection/Dance Corner](#)

More Information: [Easter Seals Programs Webpage](#)

Ebb Movement & Health

Ebb Movement & Health offers dance movement therapy, adapted dance, and dance interventions for health. Movement and dance can benefit individuals physically, mentally, emotionally, spiritually, cognitively, and socially. It can help people work through problems, express emotions, and develop self-esteem.

Organization Creator & Contact: [Hilary Walsh](#)

Source: [Ebb Movement & Health Website](#)

Dance

Adapted Dance

This program is a recreational dance practice which is adjusted for people with special needs. It provides an opportunity to learn dance in a supportive and social setting. Classes are adapted and structured to match the strengths and abilities of each individual. Dance styles include creative movement, ballet, jazz, hip hop, and partner dances. Participants can learn at their own pace and have fun while building dance and life skills.

Dance Movement Therapy

Individual and group dance movement therapy sessions are offered. Individual sessions focus on client goals, for clients of all ages and abilities. Group sessions focus on mental health and well being, including themes of “improving self-esteem, confidence, working through grief, anxiety, depression, and developing skills and strategies to manage mental wellness”.

Seniors Movement Group Program

This program for seniors aims to enhance overall health and wellness, and addresses issues relating, but not limited to, Parkinson's, Post Stroke, Dementia, Brain Injury, Chronic Pain & Mental Health.

First Light St. John's

First Light is a local organization which serves the “urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect, and friendship”. They provide programming, social support, and events for the local community. They are continuing to provide services through the COVID-19 distancing measures, including virtual programming, medical supplies, infant supplies, personal care items, food support, and emotional and stress supports.

Source: [First Light St. John's Website](#)

Ilingavut

Ilingavut (Inuktitut for “we belong”) is Inuit specific programming available for parents/caregivers and their children of all ages, backgrounds and genders. Through a holistic approach that reflects spiritual, cultural, and social needs of families, Ilingavut focuses on the sharing and celebration of Inuit culture, language, and teachings, including Inuit drum dancing, throat singing as well as Inuit values.

More Information: [Ilingavut Program Webpage](#)

Neighbourhood Dance Works

This community organization leads dance initiatives in Newfoundland and Labrador, connecting youth and artists within the province and across Canada. Their community outreach and youth initiatives benefit artists and the public, including performances and workshops with social and cultural focuses. Programs encourage individuals of all abilities, supporting individuals with disabilities. Through partnership with First Light, Spirit Song Festival, and The Arts and Culture

Dance

of Newfoundland and Labrador, they explore dance in an Indigenous-led process with local artists in a residence program. Additionally, in 2019, they spearheaded an annual Festival of New Dance. This festival aimed to ‘curate a program that challenges and inspires our community to think deeply about the performance experience, to stimulate conversations between artists and audiences that nurture a wider understanding of artistic aesthetics as well as social and cultural points of view’.

Contact: [NDW Director Email](#)

More Information: [Neighbourhood Dance Works Website](#)

Stella’s Circle

Based out of St. John’s, Stella’s Circle provides support, services, and programming to adults in the community who face barriers to fully participating in their community. These barriers may include mental health challenges, addictions, trauma, poverty, homelessness, criminal justice involvement, low literacy, and long periods of unemployment.

Community & Participant Animateur: [Maude Parent](#)

More Information: [Stella’s Circle Website](#)

Expressive Therapies Addictions Group

Social workers from Stella’s circle use expressive therapies in form of dance, movement, and embodiment activities to work with women who are in the NLCCW as well as criminalized women returning to the St. John’s area from the NLCCW. Individual and group sessions are held which use aspects of dance and movement embodiment (such as yoga) to address mental health, trauma and the body, and mindfulness. Arts are incorporated into already existing therapies for counselling sessions. Activities may also include other arts, such as colouring and music listening for mindfulness. Weekly sessions have been available for women in the NLCCW online during the COVID-19 distancing measures.

Social worker facilitator: [Amy Sheppard](#)

More Information: [Stella’s Circle Website](#)

Dance

Health Sector Programming

No entries at this time

Theatre



Audience 17 Painting by Tim Miller, © Saatchi Art

Research Projects

The Dialysis Project

The Dialysis Project is performance-based research with a multidisciplinary basis of grief psychology, health transition and the experience of loss of health, social understandings of 'health', and creative arts. It explores themes which have long existed in the discussion of quality of life and dialysis: identity, isolation, freedom, ability, mental health, sexuality, and mortality. Using an autoethnographic approach, it provides a longitudinal reflection of being a dialysis patient. It emphasizes patient voice and lived experience. Knowledge is shared in this performance as it relates to other patients, in terms of illness, normalcy, and supports, and as a learning tool in communities and health care settings and research. It looks at the role that patient voices should play in their health care provision, in health policy, and in disseminating health information. The piece is performed by researcher and artist Dr. Leah Lewis, and includes a live performance of self-administering dialysis on stage. Data collection for this work will include fishbowl-style conversations and audience surveys.

Project Collaborators: Leah Lewis, Jan Buley, Natalie Beausoleil, Pamela Ward

Performer: Leah Lewis

Trans Support NL

This organization aims to improve the experiences of trans, non-binary, Two-Spirit, and gender diverse individuals through advocacy, community building, and expanding gender diversity awareness and inclusion in the province. They offer resources for peer supports, training, information on transitioning, and online-accessible resources, publications, and research in the field.

Source: Trans Support NL Website

Utilizing trans artistry in the development of an interprofessional teaching/learning strategy to enhance the knowledge, attitudes, and behaviours toward gender diverse people (2020, in progress)

This project involved a collaboration between Faculty and the organizations noted above. The team worked with Artistic Fraud NL to deliver 3 performances of "TransVersing", a play written and performed by a group of trans young adults in collaboration with for the Love of Learning. The team in partnership with the above listed groups and the performers developed an educational initiative that included a short Trans 101 session provided by Trans Support NL and a full performance of TransVersing followed by a questions and answer period with the Trans Support NL educators and the performers. Pre-and post evaluations were distributed, and feedback was gained from the audience of almost 300 people over 3 runnings.

Authors: Pamela Ward, Anne Marie Lewis, Sarah Pickett, Olga Heath, Jennifer Dyer

General

Making decisions about surgical treatment: Using digital stories to explore the experiences of breast cancer patients (2016-2018)

This project is part of the parent research project, Understanding the Experiences of Breast Cancer Patients through Digital Stories, which is a 3-year study guided by patient-oriented research. Using digital stories, a group of breast cancer patients created their own digital story to share their personal breast cancer treatment experiences. The digital stories informed the subsequent research phases and overall recommendations. The digital stories have been screened to over 1000 people including community members, patients, and health care professionals. The digital stories also inspired a theatre production, The Cut of It, performed in 2019. The research was made possible by a Patient-Oriented Research grant awarded by the Newfoundland and Labrador Support for People and Patient-Oriented Research Trials Unit, NL Support. This project is cross-referenced in the Theatre and Multimedia sections of this compendium.

Project Team: [Kathleen Sitter](#), [Natalie Beausoleil](#), [Erin Cameron](#), [Erin McGowan](#), [Gail Wideman](#), [D Walsh](#), [Alex Mathieson](#)

More Information: [Patient Stories Website](#)

Cross Reference: [Multimedia](#)

Patient stories about breast cancer care: Creating a research-based theatre production (2017-2019)

This project is part of the parent research project, Understanding the Experiences of Breast Cancer Patients through Digital Stories, which is a 3-year study guided by patient-oriented research. Using digital stories, a group of breast cancer patients created their own digital story to share their personal breast cancer treatment experiences. The digital stories informed the subsequent research phases and overall recommendations. The digital stories have been screened to over 1000 people including community members, patients, and health care professionals. The digital stories also inspired a theatre production, The Cut of It, performed in 2019. The research was made possible by a Patient-Oriented Research grant awarded by the Newfoundland and Labrador Support for People and Patient-Oriented Research Trials Unit, NL Support. This project is cross-referenced in the Theatre and Multimedia sections of this compendium.

Project Team: [Kathleen Sitter](#), [Natalie Beausoleil](#), [Erin Cameron](#), [Rosemary Lester](#), [Alex Mathieson](#), [Erin McGowan](#), [Gail Wideman](#)

More Information: [Patient Stories Website](#)

Cross Reference: [Multimedia](#)

Community Programming

Autism Society

The Autism Society, Newfoundland Labrador (ASNL) is an organization which aims to promote “the development of individual, lifelong, and community-based supports and services for people with autism spectrum disorder (ASD), their families, and caregivers.” They offer programming both on-site and through community organizations in the Avalon area. Community settings aim to increase accessibility of social opportunities and physical activity.

Source: [Autism Society NL Website](#)

Social Circus

In partnership with Ignite Circus and Eastern Health, Social Circus aims to combine the teaching and performance of circus skills such as hula hooping, juggling, balance, acrobatic and clowning to allow participants the ability to connect and express themselves.

Contact: [Sarah White](#)

More Information: [Autism Society Programs Webpage](#)

TimeSlips

This organization is based on creative care and engagement for elders, including a focus on the area of memory loss. In St. John’s, the facilitator works with the Presentation Sisters group, sisters of the convent and former teachers. This program uses a prompt, such as a photograph or item, to spark story creation in the participants; participants explore the story connections and memories that may be associated with the prompt to co-create stories. Working with participants who typically have Dementia or Alzheimer’s Disease, a different photo prompt is used each week and different stories created. This group has, however, used the same photo for several weeks and through intense literary co-creation have transformed the story into a theatrical play! The story shares personal reflections and experiences with memory loss, offering a cathartic outlet which invites elders to celebrate narrative creativity. This environment offers community and peer support, knowledge sharing, and the opportunity to create and discover beauty. It promotes positive self-esteem, self-worth, self-discovery, and self-affirmation.

Facilitator: [Jan Buley](#)

More Information: [TimeSlips Website](#)

Cross Reference: [Creative Writing & Storytelling](#)

Theatre

Health Sector Programming

No entries at this time

Creative Writing & Storytelling



Research Projects

General

Assimeu (s/he mends the snowshoe): Reconnecting the family through dyadic art therapy (2018)

This research is a qualitative, single case study that explores the lived experience of an Indigenous mother and her children reconnecting their bonds post-foster care. Using an attachment informed dyadic art therapy approach, the family participates in a total of twenty sessions to repair their relationships. Emboldened through their process of creating art and storytelling, the dyads cultivate attunement, parental nurturance, trust and relational repair that leads to the family's reunification. In the spirit of reconciliation, this inquiry is guided by an Indigenous research method and encourages the use of Indigenous symbolic healing and cultural resilience in art therapy. The intention of this research is to offer an approach to art therapy practitioners who are working with the Indigenous community in their efforts to reunify Indigenous families from separation.

Author: Dawna Lee

Source: Raven's Nest Art Therapy Publications

Cross Reference: Visual & Textile Arts

Community Programming

Lullaby Project – NL

Initially created in New York at Carnegie Hall, The Lullaby Project now has worldwide offerings in a variety of settings, such as correctional institutions, intensive care units, senior facilities, refugee camps, daycares, breastfeeding support for women, expectant mothers, anti-violence against women organizations, and more. In this program, facilitators work with people in the creation of lullabies which have personal meaning. Lullabies may be written for a child, spouse, parent, someone who has died, for the land, for oneself, for your past self, or for who you wish you had been, for example. The Lullaby Project – NL has been offered in a few settings in St. John's. It focuses on community, and uses the arts of music and creative writing to create a piece of work which may (or may not) be transformed into song.

NL Facilitators: [Jan Buley](#), [David Buley](#)

Newfoundland & Labrador Correctional Centre for Women

The Lullaby Project is run at the Newfoundland & Labrador Correctional Centre for Women (NLCCW), located in Clarenville. It runs for 8-12 weeks at a time. It provides a community art experience which focuses on important themes of self-worth, self-esteem, self-affirmation, self-discovery, discovery of ability, awareness of beauty (in self, others, and in art creation), awareness of creative ability, sharing knowledge, and community and peer support. It utilizes personal creative writing journals, group creation of lullabies, group singing, and poetry, as well as other aspects of the arts, such as sewing, weaving, painting, and quilting.

Facilitators: [Jan Buley](#), [David Buley](#)

More Information: [“Waiting for the Time” Podcast](#), [NLCCW Description](#)

Cross Reference: [Music](#)

Stella's Circle

Based out of St. John's, Stella's Circle provides support, services, and programming to adults in the community who face barriers to fully participating in their community. These barriers may include mental health challenges, addictions, trauma, poverty, homelessness, criminal justice involvement, low literacy, and long periods of unemployment.

Community & Participant Animateur: [Maude Parent](#)

More Information: [Stella's Circle Website](#)

Creative Writing Group

This program is an extension of social work for mental health offered through Stella's Circle as a creative writing group for women at the NLCCW. They write about their experiences, poetry, short stories, journaling, include visual arts, or just write their thoughts. They also co-create a scrapbook for the next women who will enter the NLCCW, to share their experiences and insights with the women newly entering this new setting. There is significant therapeutic value and impacts on the mental health of these participants. The writing group is ongoing using online video conferencing throughout the COVID-19 distancing measures.

Facilitator: [Amy Sheppard](#)

The Flat Forks Writing Group

This creative writing group was formed for people who work in caregiving. Members meet weekly to create individual and group pieces to avail of the social and mental health benefits of creative writing. These include peer support, knowledge sharing, awareness of (creative) ability, and promoting self-esteem, self-worth, self-discovery, and self-affirmation.

Facilitator: [Jan Buley](#)

Thrive

This organization serves priority individuals who need social supports. They work with the local health authority and communities to address gaps in services, build relationships and supports, share knowledge about existing programs and services, and conduct outreach to marginalized individuals. Their main offerings include assistance with employment, healthcare, housing and childcare, justice, education, and community involvement.

More Information: [Thrive Website](#)

THREADS: Teaching Hope & Resiliency through Education in the Arts, Drama, and Story

This program is supported by Bell Let's Talk and Memorial University of Newfoundland. It uses mentoring, creative writing, and skill teaching to help youth with mental health challenges who are not being properly supported through their school systems. Often, those who have been pulled out of school or who have dropped out, and are seeking a Generalized Educational Development (GED) high school diploma equivalency. The goals are focused on educational supports and connections to overcome barriers including trauma, mental illness, and poverty. The research goal of this project is to study the impact of peer support and connection on these youth.

Contact: [Jan Buley](#)

More Information: [Bell Let's Talk Website](#)

TimeSlips

This organization is based on creative care and engagement for elders, including a focus on the area of memory loss. In St. John's, the facilitator works with the Presentation Sisters group, sisters of the convent and former teachers. This program uses a prompt, such as a photograph or item, to spark story creation in the participants; participants explore the story connections and memories that may be associated with the prompt to co-create stories. Working with participants who typically have Dementia or Alzheimer's Disease, a different photo prompt is used each week and different stories created. This group has, however, used the same photo for several weeks and through intense literary co-creation have transformed the story into a theatrical play! The story shares personal reflections and experiences with memory loss, offering a cathartic outlet which invites elders to celebrate narrative creativity. This environment offers community and peer support, knowledge sharing, and the opportunity to create and discover beauty. It promotes positive self-esteem, self-worth, self-discovery, and self-affirmation.

Facilitator: [Jan Buley](#)

More Information: [TimeSlips Website](#)

Cross Reference: [Theatre](#)

Creative Writing & Storytelling

Health Sector Programming

No entries at this time

Multimedia



Oil painting *Forgotten Vacancy* by You Jin © 2016

Research Projects

CAANLab: Cognitive Aging and Auditory Neuroscience Laboratory

Study of age-related changes in hearing and cognition to generate knowledge that can be used to improve these abilities for older adults. Focus on the benefits and association between music and both hearing and cognitive abilities.

Supersized: Playing Super Mario 64 increases hippocampal grey matter in older adults (2017)

This study looked at the effect of video game training on brain matter. Participants were given training with Super Mario 64 at home using a computer program. Participants did this for six months, five days a week, for at least 30 minutes per day. After this intervention, participants had a significant increase in grey matter in the hippocampus region of the brain, which is responsible for forming memories and learning. The control group of participants who did not receive video game training showed no change or even loss of grey matter over the same period. This shows an interesting. This shows that this type of training may have a positive effect on the memory systems of older adults.

Authors: Greg West, Benjamin Zendel, Kyoko Konishi, Jessica Benady-Chorney, Veronique Bohbot, Isabelle Peretz, Sylvie Belleville

Link: [Article PDF Download](#)

Playing Super Mario increases oculomotor inhibition and frontal eye field grey matter in older adults (2019)

This research looked at the effect of video game training on vision systems in the brain. This report was part of a larger study and has the same participants and training as the entry above. Participants were given training with Super Mario 64 at home using a computer program. Participants did this for six months, five days a week, for at least 30 minutes per day. Vision processing was evaluated by a vision performance test and by measuring grey matter in the vision regions of the brain. After this intervention, participants had improved vision processing when compared to before the training. This shows that this type of training may have a positive effect on the vision systems of older adults.

Authors: Moussa Diarra, Benjamin Zendel, Jessica Benady-Chorney, Carroll-Ann Blanchette, Franco Lepore, Isabelle Peretz, Sylvie Belleville, Greg West

Link: [Article PDF Download](#)

Labrador Friendship Centre

The Labrador Friendship Centre, located in Happy Valley-Goose Bay, aims to provide programs and services to “enrich the lives of the Inuit, Innu, and Metis of Labrador through the provision and implementation of social, cultural, health, educational, employment, and developmental initiatives”. Programs and services include an assisted living program, room rentals, a hostel and cafeteria, Aboriginal family centre, community outreach, S.H.I.E.L.D, and other rotating programs as available.

More Information: [Labrador Friendship Centre Website](#)

Evaluating knowledge and attitude change among participants in a participatory filmmaking and HIV and AIDS education workshop for Indigenous youth (2018)

The aim of this study was to evaluate Indigenous youths' HIV and AIDS knowledge and attitude change after participation in an arts-based HIV and AIDS education workshop. Indigenous youth attended a participatory filmmaking workshop hosted as part of a community-based research project, which was examining the use of arts in HIV and AIDS prevention with Indigenous youth in Labrador. Participatory filmmaking was used to engage youth and create dialogue about HIV and AIDS, sexual health, and health in general. The study assessed knowledge and attitude change post-workshop. Youth completed pre- and post-test surveys immediately before and after the workshop, and were interviewed about their experiences approximately two weeks later. Using content analysis, interview transcripts were analyzed for themes related to HIV and AIDS knowledge and attitude change. Results showed that HIV knowledge scores and attitude scores both significantly improved following the workshop. Six main themes were found in the findings from the interviews, that the participants: 1) learned what HIV is; 2) learned how HIV is transmitted; 3) learned about stigma; 4) operationalized new knowledge; 5) learned about self-efficacy: boundaries/healthy relationships; and 6) attributed their knowledge and attitude change to the environment created through participatory filmmaking. The author suggests that participatory filmmaking is a promising strategy for HIV and AIDS education and prevention with Indigenous youth. Improving HIV and AIDS knowledge and attitudes is essential to addressing the overrepresentation of Indigenous youth affected and infected by HIV and AIDS in Canada. This research was part of a PhD thesis of the same title, available below.

Author: [Rachel Landy](#)

More Information: [PhD Thesis](#)

General

Digital storytelling and validity criteria (2020)

The paper explores the validity criteria of digital storytelling when applied as a research method in Participatory Health Research. The article begins with an overview of digital storytelling as a participatory visual research method. To demonstrate the validity criteria of digital storytelling, what follows is a reflexive account of a 2-year Participatory Health Research study that used digital storytelling as a research method to investigate treatment experiences among breast cancer patients. The authors offer a suggested summary of validity criteria for digital storytelling when applied to Participatory Health Research and describe the application of participatory, intersubjective, catalytic, contextual, empathic, and ethical validity. The article concludes with a discussion about resources and distribution.

Authors: [Kathleen Sitter](#), [Natalie Beausoleil](#), [Erin McGowan](#)

Source: [Journal Article](#)

More Information: [Patient Stories Website](#)

Making decisions about surgical treatment: Using digital stories to explore the experiences of breast cancer patients (2016-2018)

This project is part of the parent research project, Understanding the Experiences of Breast Cancer Patients through Digital Stories, which is a 3-year study guided by patient-oriented research. Using digital stories, a group of breast cancer patients created their own digital story to share their personal breast cancer treatment experiences. The digital stories informed the subsequent research phases and overall recommendations. The digital stories have been screened to over 1000 people including community members, patients, and health care professionals. The digital stories also inspired a theatre production, *The Cut of It*, performed in 2019. The research was made possible by a Patient-Oriented Research grant awarded by the Newfoundland and Labrador Support for People and Patient-Oriented Research Trials Unit, NL Support. This project is cross-referenced in the Theatre and Multimedia sections of this compendium.

Project Team: Kathleen Sitter, Natalie Beausoleil, Erin Cameron, Erin McGowan, Gail Wideman, D Walsh, Alex Mathieson

More Information: [Patient Stories Website](#)

Cross Reference: [Theatre](#)

Newfoundland and Labrador artists' collaboration, activism and community involvement during COVID-19 (2020-2021)

This research project proposes to study how artists in Newfoundland and Labrador are creating selves, communicating about arts, contributing to community, and developing new initiatives in the digital sphere in the time of COVID-19. It uses a narrative performance conceptual framework to analyse artists' posts in the social media platform Instagram. Posts will be included from January to December 2020 which describe artists' involvement in collaboration, activism, and community wellbeing in the province of Newfoundland and Labrador during COVID-19. This study is informed by scholarly literature about the role of artists in health crises, news media articles about the contribution of artists to the well-being of communities during this pandemic, as well as publicly available digital content posted by artists and art organizations.

Authors: Natalie Beausoleil, Jessica Gibson

Patient stories about breast cancer care: Creating a research-based theatre production (2017-2019)

This project is part of the parent research project, Understanding the Experiences of Breast Cancer Patients through Digital Stories, which is a 3-year study guided by patient-oriented research. Using digital stories, a group of breast cancer patients created their own digital story to share their personal breast cancer treatment experiences. The digital stories informed the subsequent research phases and overall recommendations. The digital stories have been screened to over 1000 people including community members, patients, and health care professionals. The digital stories also inspired a theatre production, *The Cut of It*, performed in 2019. The research was made possible by a Patient-Oriented Research grant awarded by the Newfoundland and Labrador Support for People and Patient-Oriented Research Trials Unit, NL Support. This project is cross-referenced in the Theatre and Multimedia sections of this compendium.

Mixed Media and Other

Project Team: Kathleen Sitter, Natalie Beausoleil, Erin Cameron, Rosemary Lester, Alex Mathieson, Erin McGowan, Gail Wideman

More Information: [Patient Stories Website](#)

Cross Reference: [Theatre](#)

Community Programming

Autism Society

The Autism Society, Newfoundland Labrador (ASNL) is an organization which aims to promote “the development of individual, lifelong, and community-based supports and services for people with autism spectrum disorder (ASD), their families, and caregivers.” They offer programming both on-site and through community organizations in the Avalon area. Community settings aim to increase accessibility of social opportunities and physical activity.

Source: [Autism Society NL Website](#)

Video Game Creation

In this program, participants explore video game creation in small groups. This includes aspects of creativity, digital art, troubleshooting, responsibility, self confidence, and socializing.

Contact: [Sarah White](#)

More Information: [Autism Society Programs Webpage](#)

Health Sector Programming

SmART Aging Project at Western Health | Nurse educators at Western Regional School of Nursing are partnering in a community-based arts program for older adults. Dubbed "SmART Aging," the program aims to help maintain and improve cognitive fitness for older adults with mild to moderate frailty or mild to moderate cognitive decline. Participants in the program will be provided the opportunity to stay socially connected through in-person or virtual participation in arts-based activities to lessen the risk of developing dementia, maintain cognitive health, promote engagement and fulfillment, and improve overall quality of life. Participants and artists will be recruited to participate in this project. The SmArt aging research project is a collaborative effort of Gros Morne Summer Music, Western Health and the Western Regional School of Nursing and is supported by a SPARK grant. SPARK grants are made available by the Centre for Aging and Brain Health Innovation.

Interventions include, music, dance visual art, storytelling, and other arts-based activities.

https://www.nlcahr.mun.ca/Research_Exchange/SmART_Aging_Oct_22_2020.pdf

Mixed Media and Other



Research Projects

General

Art therapy and disability (2020, in progress)

This paper will explore the challenges and experiences of the author in establishing oneself as an art therapist and identifying as disabled. It discusses the current medical model and power dynamic between doctor-patient or professional-client and the internal biases associated with that typical power dynamic. It covers other people's perceptions on disability, including clients and fellow health care professionals.

Author: Sandra Hewitt-Parsons

Medical humanities in Canadian medical schools: Progress, challenges and opportunities (2019)

Chapter in book: Routledge Handbook of the Medical Humanities. This research study outlines the status of medical humanities in Canadian medical schools by consulting medical/health humanities colleagues in universities. The authors define the medical humanities as "a field embracing perspectives and approaches across the arts, humanities and social sciences focused on educational goals concerned with the human side of medicine". Researchers and physicians were asked questions about the medical humanities curriculum offerings at each school. Interviews were also used to identify key themes on the topic. Key informants discussed the importance of medical humanities teachings and use by physicians, leading to improved patient outcomes.

Authors: Allan Peterkin, Natalie Beausoleil, Monica Kidd, Bahar Orang, Hesam Noroozi, & Pamela Brett-MacLean

Stories and Art of Local Transformation in Health Education (SALT-HE) (2020, in progress)

This project is taking place at Memorial University of Newfoundland, as well as in other universities across Canada, United States, and Australia. This project engages people in workshops to explore stories around social accountability, and uses art making and story telling as a medium through which the researchers will gather information. The research approach, called parralactic praxis, will use the feelings and ideas generated through art making to produce new ideas and art. The project will include workshops and interviews with people at Memorial University as we explore our own journey towards social accountability as a Faculty of Medicine.

Memorial University Contact: Jill Allison

The power to heal: Promoting artistic activities and exploring the possibility of integrating an arts program in our medical school (2013-2015)

The overall objective of the project was to explore the possibility of establishing an arts program in the medical curriculum at Memorial University. The other research objectives were the following: to locate arts and medical humanities in the developing field of arts based research; to learn about successes and challenges from proponents of arts programs in medical schools in Canada and beyond to learn about their successes and challenges; to meet key informants among medical students and professors in the faculty to assess their interest in engaging in artistic

Mixed Media and Other

activities as part of learning/teaching; to explore possibilities to use the arts to promote wellness for medical students at MUN; to conduct a review of healing arts initiatives in Newfoundland and Labrador; and to bring together local and provincial artists, community organizations, and activists interested in working in the area of artistic creativity and health in partnership with the MUN Faculty of Medicine. More than twenty interviews were conducted for this research and the results of this research reveal an important need for arts programming within the Faculty's formal curriculum and extracurricular activities. Moreover, this study has allowed the author to partake in, and contribute to, the emergent and cutting-edge field of arts-based research in health and arts in medical education. The project was funded by an Ingram Award from the Medical Graduates' Society of Memorial University.

Author: Natalie Beausoleil

Through the window: Creativity as a tool for family members caring for a loved-one living with Dementia (2019)

This study provides first-hand arts-informed narratives from caregivers at locations in St. John's and rural Newfoundland. The stories draw attention to the creativity involved in providing care to a family member with dementia by exploring the less visible aspects of the caregiving role and illustrate that caregivers attend to personhood through creativity. The objective of the research was to provide a deeper understanding of the caregiving role through exhibiting participants' creative projects at a community venue. The study took place in St. John's between 2012 and 2014. Twelve family caregivers shared their caregiving story through an initial meeting, a creative project, and an art exhibit. The participants engaged with symbol, metaphor, imagery, and text to share their narratives using song-writing, singing, home renovation, photography, painting, poetry, short story, film, pencil-sketch, geo-caching, felted-wool, digital story, mixed media, and play-dough. The artifacts created by the participants helped the participants to articulate their caregiving roles and the often-invisible work they do. This study found that caring for a family member living with dementia is essentially a creative solution-finding role. In looking at these family caregivers through a creative lens, one can see otherwise invisible aspects of their lives. This research contributes to how we understand the context of caring for a loved one with dementia.

Author: Megan Morrison

Source: Memorial University Thesis

Community Programming

Association for New Canadians

This organization, operating out of St. John's, exists to offer settlement and integration services to immigrants and refugees in Newfoundland and Labrador. They offer programs, services, and support to assist with language learning, skill development, and employment. Programs are offered as available and needed, and may include arts and health-focused activities such as creative writing and storytelling for mothers and children, puppetry work and creation for memory loss, and art therapy through community programming (see [Art Hives - HearthStone Studio](#)).

More Information: [ANC Website](#)

Body Mapping for Musicians

This program is offered by Jennifer Johnson, a violinist with the Newfoundland Symphony Orchestra and a licensed Andover Educator who specializes in teaching healthy movement patterns to musicians. Her teachings aim to address and prevent injury based on the anatomical design of the body in movement, as taught by The Association of Body Mapping Educators. She teaches ongoing lessons from her studio as well as annual summer week-long workshops at Memorial University of Newfoundland to train musicians in the material.

Facilitator: [Jennifer Johnson](#)

More Information: [Body Mapping Webpage](#)

The Craft Council of Newfoundland and Labrador Gallery

The Craft Council of Newfoundland and Labrador Gallery is currently working on programming entitled 'Sensorius: Where the skin meets the eye'. This program will focus on removing barriers to create an environment that will give equal opportunities for the population as a whole; disability-identified communities do not always have accessible and equitable opportunities to benefit from sight-based art galleries. This program will focus on accessible spaces and works, disability-related art, art by people with mixed abilities or who identify as disabled, and by inclusive companies and artists to inspire, welcome, and be a safe space for all public. The Craft Council of Newfoundland and Labrador Gallery will be including interactive, sensory, tactile, and haptic exhibition pieces to highlight in the Sensorius: Where the skin meets the eye project, to stimulate senses beyond sight and provide a unique arts experience for those in the disability-identified community.

More Information: [Craft Council NL Website](#)

First Light St. John's

First Light is a local organization which serves the "urban Indigenous and non-Indigenous community alike by providing programs and services rooted in the revitalization, strengthening and celebration of Indigenous cultures and languages in the spirit of trust, respect, and friendship". They provide programming, social support, and events for the local community. They are continuing to provide services through the COVID-19 distancing measures, including virtual programming, medical supplies, infant supplies, personal care items, food support, and emotional and stress supports.

Source: [First Light St. John's Website](#)

Breathe

The Breathe program acts as a safe space for parents to practice self-care and engage in peer support. It is open to participants spanning the pre-natal to grandparent stages. Trained volunteers provide safe and stimulating childminding in a nearby room to allow parents/caregivers to engage in a variety of activities. Such activities span the emotional, spiritual, intellectual and physical notions of the individual and range from crafting, cooking classes, workshops, and outings which allow parents/caregivers to receive peer-support. Such support serves to improve the lives of children by promoting healthy living for parents/caregivers to benefit the entire family.

Source: [Breathe Program Webpage](#)

Turtle Island Youth Program

The Turtle Island Youth Program acts as a safe space for Indigenous and non-Indigenous youth to come together in a culturally relevant, friendship-based atmosphere. It offers a wide variety of activities that encourage and empower youth to develop and maintain a healthy, positive lifestyle in a way that focuses on the cultural needs of all youth, regardless of their cultural identity. Each month, activities are planned which reflect cultural, educational, recreational, academic, social, health and lifestyle, as well as leadership and skills-building opportunities that are selected in consultation with the youths' needs and desires. Arts used include visual arts and crafts, music through playing instruments and singing, and storytelling.

Source: [Turtle Island Program Webpage](#)

Healers of Tomorrow Gathering / Kisi m'pilutesnen sapo'nuk / Kauaitshiashut nantem kamamueitunanut / Paitsijitsavut ilinniajuut

This program is a week-long summer camp held on the First Nations land at Memorial University of Newfoundland, Grenfell Campus for Indigenous young adults from across Newfoundland and Labrador. The initial goal of the program was to provide exposure of Western health care professionals for Indigenous young adults. Diverse healthcare professions that require college or university training are highlighted. The goals have since expanded to include concepts of healing and wellbeing. This includes teachings from Elders, healers, and knowledge holders from Indigenous groups, as well as aspects of the arts such as art therapy, drama, dance, and music. These integrated activities would target themes of wellbeing and exploring sense of self, as well as give young people opportunity to express who they are as members of an Indigenous community in whichever arts medium they choose. Program evaluation is conducted through participants developing a photo voice journal to describe their experiences.

Facilitator: [Carolyn Sturge Sparks](#)

More Information: [Healers of Tomorrow Gathering Webpage](#)

Inuit Futures in Arts Leadership: The Pilimmaksarniq/ Pijariuqsarniq Project

This organization supports Inuit and Inuvialuit to become leaders within their communities in all areas of the arts, by providing innovative, hands-on mentoring and training opportunities. Inuit Futures ilinniajuut (students/learners) undertake their own research in the arts, participate in other Inuit-led artistic projects, or gain valuable skills and knowledge by participating in paid

Mixed Media and Other

internships. The Pilimmaksarniq/Pijariuqsarniq Project is led by an all-Inuit team of researchers and arts practitioners from across Inuit Nunangat (the four Inuit regions of Canada), and includes dedicated partners from colleges and universities across Canada, Arctic arts organizations, and southern arts institutions that have committed to fostering and developing Inuit talent for long term success. Inuit Futures in Arts Leadership: The Pilimmaksarniq/Pijariuqsarniq Project is grounded in Inuit Qaujimajatuqangit. They emphasize pilimmaksarniq/pijariuqsarniq, the Inuit societal values of developing skills and knowledge through observation, mentoring, practice, and effort.

Research and Administrative Coordinator: Danielle Aimée Miles

Source: [Inuit Futures Website](#)

De-ICE-olation Online Artist Workshop Series

This workshop series was hosted by Concordia University in Montreal, Quebec, however, it was available online and connected with many participants from Newfoundland and Labrador. As a response to the distancing measures of COVID-19, this online series hosted Inuit artist-led workshops and presentations to “help us stay connected, alone together!” Art activities included crafting, parka making, throat singing, graphic design, beadwork, embroidery, makeup, creative writing, drawing, and more. The 12-week series included workshops, tutorials, and Q&A sessions.

More Information: [De-ICE-olation Webpage](#)

Labrador Creative Arts Festival

The Labrador Creative Arts Festival is a yearly celebration of arts focusing on youth and student involvement and learning. It is created by and for Labradorians. Through creating, performing, and participatory arts students learn about self-expression, self-confidence, social interaction, and critical thinking skills, as well as aesthetic sense. It employs arts from all sectors, including performing arts, creative writing (i.e. scripts), photography, music, mime, dance, writing, drama, puppetry, improvisation, film, and visual arts. The Festival upholds the following two principles:

1. There is an expressed need for young people residents in Labrador, be they Innu, Inuit, Metis, to know their past and their role in the developing Labrador community, to aid them in becoming active in the preservation of their heritage, as well as arbiters of their future.
2. To provide individuals with an opportunity to come together and share their creative experiences because of the geographic and social diversity within Labrador, thus becoming aware of the varied and composite lifestyles in Labrador.

Coordinator: [Bridget Murphy](#)

Source & More Information: [Labrador Creative Arts Festival Website](#)

Labrador Friendship Centre

The Labrador Friendship Centre, located in Happy Valley-Goose Bay, aims to provide programs and services to “enrich the lives of the Inuit, Innu, and Metis of Labrador through the provision and implementation of social, cultural, health, educational, employment, and developmental initiatives”. Programs and services include an assisted living program, room rentals, a hostel and cafeteria, Aboriginal family centre, community outreach, S.H.I.E.L.D, and others as available.

More Information: [Labrador Friendship Centre Website](#)

SHIELD (Sexual Health Information Exchange Labrador District) Project

SHIELD (Sexual Health Information Exchange Labrador District) Project is a youth led and adult supported initiative encouraging positive sexual health, personal wellness, and healthy relationships through Art, Culture, and Technology (ACT) empowerment opportunities and life experiences. Indigenous knowledge and values are incorporated into sexual health and well-being.

More Information: [SHIELD Website](#)

Raven's Nest Art Therapy

This is a private practice which offers art therapy out of two locations, Goose Bay and Sheshatshiu in Labrador. It is open to everyone, but mostly serves the local Indigenous population. The main focus is attachment work, working to strengthen emotional bonds (for example, for caregivers in the foster care system). Arts used depend on the client, and therefore covers a wide range of mediums.

Art Therapist: [Dawna Lee](#)

More Information: [Raven's Nest Art Therapy Website](#)

St. John's Women's Centre

The St. John's Women's Centre is part of the St. John's Status of Women Council. It provides free women-centred, community-based programs delivered in a safe, non-judgemental, open, and caring environment. It offers programming related to many issues affecting women, including social isolation, mental health, violence, marginalization, poverty, housing, trauma, and system navigation. Programs include a variety of arts for health and wellness, including mindfulness workshops, crafts, drumming circles, creative writing classes, gardening, music programs, healthy living series, mental health information sessions, and more. Classes are available on a seasonal basis and are developed based on feedback from participants. Programs may also be designed by outside facilitators (usually individual artists or facilitators not affiliated with a specific organization) who volunteer their time, talent of knowledge around these topics. The overall aim is to nurture mastery, skill building, self-esteem, and respect for any women in the community accessing their services.

More Information: [St. John's Women's Centre Website](#)

Stella's Circle

Based out of St. John's, Stella's Circle provides support, services, and programming to adults in the community who face barriers to fully participating in their community. These barriers may include mental health challenges, addictions, trauma, poverty, homelessness, criminal justice involvement, low literacy, and long periods of unemployment.

Community & Participant Animateur: [Maude Parent](#)

More Information: [Stella's Circle Website](#)

Equine Therapy

This program has been offered to women in the Stella's Circle program who have experienced trauma. It uses the Royal Newfoundland Constabulary (RNC) horses to guide the therapy, with RNC officers present as well. Participants have very positive experiences with the horses, and are also able to create a better relationship with the ENC officers. Some women have had poor previous experiences with officers, poor opinions of law enforcement, fear, or misunderstanding. This program provides insight and gives them a positive experience of who the officers are and what they do.

Horticultural Therapy

Hosted in the community garden, participants can use a hydroponic unit and grow a variety of herbs and plants, and benefit from the activity and guided therapy.

Social Work

Arts (movement, yoga, dance, horticulture, visual arts, music) are incorporated into already existing therapies that are offered, they go hand-in-hand.

Social Worker: Amy Sheppard

Mindfulness Yoga

Yoga and mindfulness is available in the community garden for participants of the Stella's Circle program.

Ueuepetshu Circle

This program is hosted at the daycare Shakastueu Pishum Center (daycare/Aboriginal Headstart) in the Sheshatshiu Innu First Nation. The Ueuepetshu Circle is an attachment and culturally informed program for preschool children and caregivers to jointly explore art making activities with the intention to strengthen their emotional ties and bonds. It began in March 2020 but was paused due to the distancing measures of COVID-19.

Art Therapist: Dawna Lee

Health Sector Programming

Janeway Child Health and Rehabilitation Centre

Group and individual art therapy is offered in the Child and Adolescent Psychiatry Department of the Mental Health and Addictions Program. This program is for youth with mental health issues requiring psychiatric services up to age 18. They use therapeutic properties of various art materials with the art making process to help reduce symptoms of mental illnesses and improve coping strategies. They may also function as Art psychotherapy depending on the needs of the youth. Goals of outcomes include emotion regulation, anxiety management, improving mood, self-expression, developing problem solving skills, challenging perfectionism, processing grief, exploring self-identity, grounding, and benefit to interpersonal relationships. Other art and wellness workshops are offered for outpatients to create and take a concrete object that will help with everyday coping; these may include journaling, calming glitter jars, Zen gardens, and more.

Art Therapist: [Beverley King](#)

More Information: [Child and Adolescent Psychiatry Unit Webpage](#)

Thrive

This organization serves priority individuals who need social supports. They work with the local health authority and communities to address gaps in services, build relationships and supports, share knowledge about existing programs and services, and conduct outreach to marginalized individuals. Their main offerings include assistance with employment, healthcare, housing and childcare, justice, education, and community involvement.

More Information: [Thrive Website](#)

HOPE Program

The HOPE program in St. John's is offered to individuals 15 years of age and older who struggle with eating disorders. They aim to help change eating disorder symptoms, challenge thoughts and behaviours, and develop means of coping. They use a multidisciplinary team, including registered art therapist. Group art therapy uses the therapeutic properties of various art materials with the art making process to help reduce symptoms of mental illnesses and improve coping strategies. They may also function as Art psychotherapy, depending on the needs of the youth.

Art Therapist: [Beverley King](#)

More Information: [HOPE Webpage](#)

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