The Challenge

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

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

**Collectively, these challenges require more than medical treatment to resolve**
UNDERSTAND...

- Veterans
- Active Duty
- Spouses
- Families
- Caregivers

...THIS AT-RISK POPULATION

Confronting emotional and physical health issues...housing and financial instability...stress of re-entry to civilian and family life...loss of purpose and isolation...adjusting to the civilian workplace...challenges to ongoing employment and education
Military leaders say we need every weapon in our arsenal to meet the many challenges we face today. However, one of the most powerful tools we have...the arts — is often under-utilized and not well understood within the military and the healthcare system.

Arts, Health and Well-Being across the Military Continuum, 2013
Why the Arts?

Opportunities to engage in artistic experiences as creators, producers, participants, or audiences.

Performing:
- Dance
- Drama
- Musical Theater
- Music (instrumental, vocal, electronic)
- Theater
- Opera

Visual:
- Painting
- Sculpture
- Photography
- Graphic Arts
- Craft
- Media Arts
- Design
- Architecture

Literary:
- Creative Writing
- Poetry
- Spoken Word

Performing arts include dance, drama, musical theater, music (instrumental, vocal, electronic), theater, and opera. Visual arts encompass painting, sculpture, photography, graphic arts, craft, media arts, design, and architecture. Literary arts include creative writing, poetry, and spoken word.
Good for Body and Mind

When we make, create, or repair something, we feel vital and effective. The arts play a powerful role in treating the physiological and psychological impacts of traumatic brain injury (TBI).
The arts are good for Socialization.

Participating in pleasurable activities addresses a common PTS symptom called emotional numbing – a lack of interest in activities, withdrawal, detachment, and reduced emotional expressiveness.
The arts speak to everyone, every experience, and create meaningful relationships.

The arts can be used to build resilience and coping skills and strengthen bonds among military families.
The arts are flexible and inclusive.

Just looking at art or listening to music can provide cognitive benefits and lessen anxiety, so a trip to the museum, a theater, a concert, turning on the radio, watching a video, taking photographs, or picking up a pencil and paper will help in some way.
ARTS DEPLOYED

The Arts Sector as Allies
A Continuum of Resources

• The individual unit is the artist.

• The work of artists is supported through multiple types of organizations: dedicated non-profits, independent contracted work through NPs, educational systems, government agencies, VSO’s, MTFs, artist-owned business.

• Art is practiced in various settings. Studios, schools, hospitals, senior centers, recreation facilities, parks, as well as cultural centers, museums, theaters, etc.

• The Arts are supported at the local level by government agencies, community-based non-profit arts agencies, and humanities agencies.

• The Arts are funded by public sector support (e.g. national, state, and local government agencies), private sector support (e.g. foundations, individual philanthropists, corporations, small donors), and by earned revenue including dues, fees, subscriptions, and sales.

Ron Whitehead / Stay Focused / The Veterans’ PTSD Project
Creative Arts Therapists

Clinicians specializing in therapeutic program designs involving art therapy, music therapy, dance/movement therapy, poetry therapy, drama therapy, and psychodrama.
Artists in healthcare or artists in residence who have a background in the healthcare field and in the arts. Likely to be directly involved with VA Centers and public healthcare facilities providing art experiences that are beneficial to servicemembers, veterans, families, and caregivers.
Artists already involved with military and veteran populations. Independent, amateur and professional artists are at the grassroots end of the military and veterans arts delivery continuum.
Arts Benefits to Military and Veteran SubPopulations

• Homeless Veterans
• Incarcerated Veterans
• Mental Disorders/Psychological Health
• Military and Veteran Caregivers
• Military Spouses
• Military Children
• Military Sexual Trauma
• Wounded Warriors – Traumatic Brain Injury (TBI)
The Arts Offer Solutions

Arts + Creative Arts Therapies = Force Multipliers

- Individuals
- Families
- Communities – Military, Veteran, and Civilian
Promoting a Dialogue for Change

- **2011**: National Summit—Arts in Healing for Wounded Warriors
- **2012**: Arts and Health in the Military National Roundtable
- **2013**: National Summit—Arts, Health & Well-being Across the Military Continuum
- **2015**: National Summit—Advancing Research in the Arts for Health & Well-being Across the Military Continuum
- **2016**: National Roundtable for Arts, Health & Well-being across the Military Continuum
- **2017**: National Summit: Reintegration & Resilience-The Role of the Arts in Recovery, Transition & Transformation across the Military Continuum
Program Partners and Collaborators
The National Initiative for Arts and Health in the Military National Network Directory connects those working to support military servicemembers, veterans, and their families through the arts. View the directory now, and submit your information to be included!

LEARN MORE
Music helping all veterans heal...

By offering employment opportunities

...expression and enjoyment.

Open Mic Night for Veterans – Sacred Grounds Coffee House Tampa, FL

Wisconsin
Hawaii
Idaho
Texas
Alabama
Arkansas
VA Palo Alto
Georgia
New Jersey
North Carolina
Oregon
Arts and Veterans
Workforce Transition & Reintegration

Shakespeare Center – Los Angeles

Veterans in Art
Employment Initiative
Arts and Veteran-run organizations

Veteran Artist Program

The Telling Project
It's time to speak. It's time to listen.
Veteran arts...creating an artistic legacy for generations to come

“What astonishes me most when I’m teaching a workshop among Veterans is how good the writing is, period. In fact, there’s reason to believe that an entire wave of a wholly new genre of literature, borne of our 21st-century wars, is being minted by this hybrid generation of combat Veterans...Harnessing memory, creating cosmos — true art — out of its characteristic chaos, has always been the anxious aim of the autobiographical writer, regardless of pedigree and past — though the experience of combat stands alone, I’d wager, as the single most traumatic and disorienting ritual experience since the beginning of time.”

~ “They Are Everywhere”, Joseph Bathanti, One State, November 13, 2013
Join and Promote NIAHM on Facebook
Join & Promote NIAHM E-News

August 2016 E-News
www.ArtsAcrosstheMilitary.org

Featured from the National Initiative Directory

The Armed Services Arts Partnership (ASAP) empowers veterans, service members, and military family members to re-unite and thrive in their communities through arts classes and performances. ASAP focuses on promoting artistic expression, skill-development, and camaraderie through six to twelve-week classes in stand-up comedy, improv, creative writing, and music. ASAP then partners with local colleges, arts organizations, and performance venues to continue the artistic and personal growth. ASAP provides participants with transferable life skills, a renewed sense of purpose, healing benefits, and stronger ties with communities through the arts. Read more...

From the Hill: Federal Advocacy News

Military Bands Already Seeing Cuts Due to Threat of Congressional Action

On June 16, the U.S. House passed a new provision that would prohibit military bands from performing in an official capacity for certain entertainment purposes, including dinners, dances, and social events. The intent of the amendment offered by Rep. Martha McSally (R-AZ) was for cost-reduction. Although nearly 4,000 arts advocates took action and asked their representatives to oppose her amendment, it passed without a vote and is now included in the House version of the FY 2017 Defense Appropriations. No similar provision is in the Senate version, and no final bill has been signed into law.

Despite this, military bands are already being cut and dismantled—including long-established bands with strong community followings. For instance, on August 9, the U.S. Navy’s Electric Brigade announced to the crowd of 300 people that their performance that night would be their last. To learn more about the impact these misguided congressional actions are having on military relations, communities, and musicians, read more.

- Military Times, Don’t discount military bands’ strategic value, supporters warn Congress;
- Air Force Times, Air Force rock band’s contributions shouldn’t be underestimated, airmen say.

Join the National Initiative for Arts & Health in the Military’s closed Facebook group to continue to receive updates on the latest developments and ways to take action.
VA ARTS AND HUMANITIES PILOT PROJECT

- Phase I pilot in 2015 – VISN3 NY/NJ
- Phase II – new VA sites in AR, CA, GA, NC, ND, NV, OH, PA, SD, TX
- Focus on creative arts therapies and arts partnerships in patient centered care planning
- Regional Meetings – Dallas & LA
- Mapping of Local Arts Resources at each site
- Baseline asset/needs through Facility Assessment tool
- Technical assistance & action planning
- Evaluation
- Partners: VA-OPCC&CT, AFTA, J&J

NEA CREATIVE FORCES

- Launched by NEA & DoD in 2011 at NICoE at Walter Reed Bethesda
- Expansion to Military Med Centers/Intrepid Spirits in AK, CA, CO, NC, TX, VA, WA through 1.98+ appropriation from Congress
- Preliminary investigation of VAHS inclusion
- Focus on treating TBI & PH with CAT as component of integrated health model
- Extension of therapeutic arts engagement into the community for patients, as well as family and caregivers
- Research on themes and brain imaging
- Partners: NEA and DoD, and engagement with State and Local Arts Agencies. AFTA serves as the Administrator for the project
- Visit Creative Forces: NEA Military Healing Arts Network for more info
That’s nice...
Prove it!
Arts in Defense Health

THE NATIONAL INTREPID CENTER OF EXCELLENCE

an instrument of hope, healing, discovery and learning
National Intrepid Center of Excellence: Collaborative, Patient-Centered Evaluation and Assessment

4 weeks of intensive diagnostics and treatment planning
NICoE Healing Arts Program

- Group Art Therapy Sessions
- Individual Art Therapy Sessions
- Family Art Therapy Sessions
- Spouse Expressive Art Groups
- Expressive Writing Groups
- Creative Writing Workshops
- Music/Music Therapy Sessions
NICoE Healing Arts Program
Melissa S. Walker, MA, ATR

The Injury

Split Self
THEMES IN THE MASKS

Self in/over time
(Past, present, future selves, questions and transitions)

Self in society
(Cultural metaphors, social commentary, existential reflections)

Self in community
(Belonging in military, region, ethnicity sports teams)

Self in relationships
(recognizing support and mourning loss)

Self as individual
(interests/attributes/ strengths; physical & psychological injuries)
*This presentation does not imply any Federal/DoD endorsement*
PTSD study

“Guitars for Vets: Evaluating psychological outcome of a novel music therapy.”

2011 Study at the Clement J. Zablocki VA Medical Center, Milwaukee, WI
Timothy R. Dillingham MD MS
http://www.hsrd.research.va.gov/research/abstracts.cfm?Project_ID=2141700403
The Arts & Post Traumatic Stress Disorder (PTSD) research: evidence based/peer reviewed


- A structured writing program was associated with improved diagnostic status and lower levels of intrusive symptoms, depression and state anxiety, while a trend was noted for the reduction of avoidance symptoms, for patients with PTSD. (Van Emmerik, A. A. P., Kamphuis, J. H., & Emmelkamp, P. M. G. (2008). Treating Acute Stress Disorder and Posttraumatic Stress Disorder with Cognitive Behavioral Therapy or Structured Writing Therapy: A Randomized Controlled Trial. Psychotherapy and Psychosomatics, 77(2), 93–100. http://doi.org/10.1159/000112886)
References – Arts & PTSD Research


The Arts & Traumatic Brain Injury (TBI)
research: evidence based/peer reviewed

• Patients with TBI who engaged in 4 30-minute sessions of neurological music therapy showed improvements in executive function and emotional adjustment, and decreases in levels of depression, sensation seeking, and anxiety.  

  [http://doi.org/10.1037/0090-5550.45.3.274])

  [http://doi.org/10.1093/jmt/35.4.228])

• Patients with TBI who participated in an aerobic dance training program showed significantly improved balance and coordination compared to patients who received traditional muscular training. (Dault, M. C., & Dugas, C. (2002). Evaluation of a specific balance and coordination programme for individuals with a traumatic brain injury. Brain Injury, 16(3), 231–244.  
  [http://doi.org/10.1080/02699050110103300])
References – Arts & TBI Research


2016 National Roundtable

Blueprint Priorities: Then
- Need for support for more research and interagency collaborations
- Need for training across sectors
- Patient, Person and Family centered programming
- Establish online presence for networking and sharing resources
- Inclusion of the arts and creative arts therapies in key agency strategic plans and policies

Blueprint Priorities: Now
- Need for strategic communication – share stories and outcomes
- Stakeholder education
- Facilitating the localization of effort through (but not limited to)
  - Asset mapping
  - Identifying and linking resources
  - Planning for sustainability
Thank you!