

The Battle Within: Preventing Military Suicides

The Effects of Arts Therapy

Nation Conference of State Legislatures

Jay H. Dick

Senior Director of State and Local Government Affairs

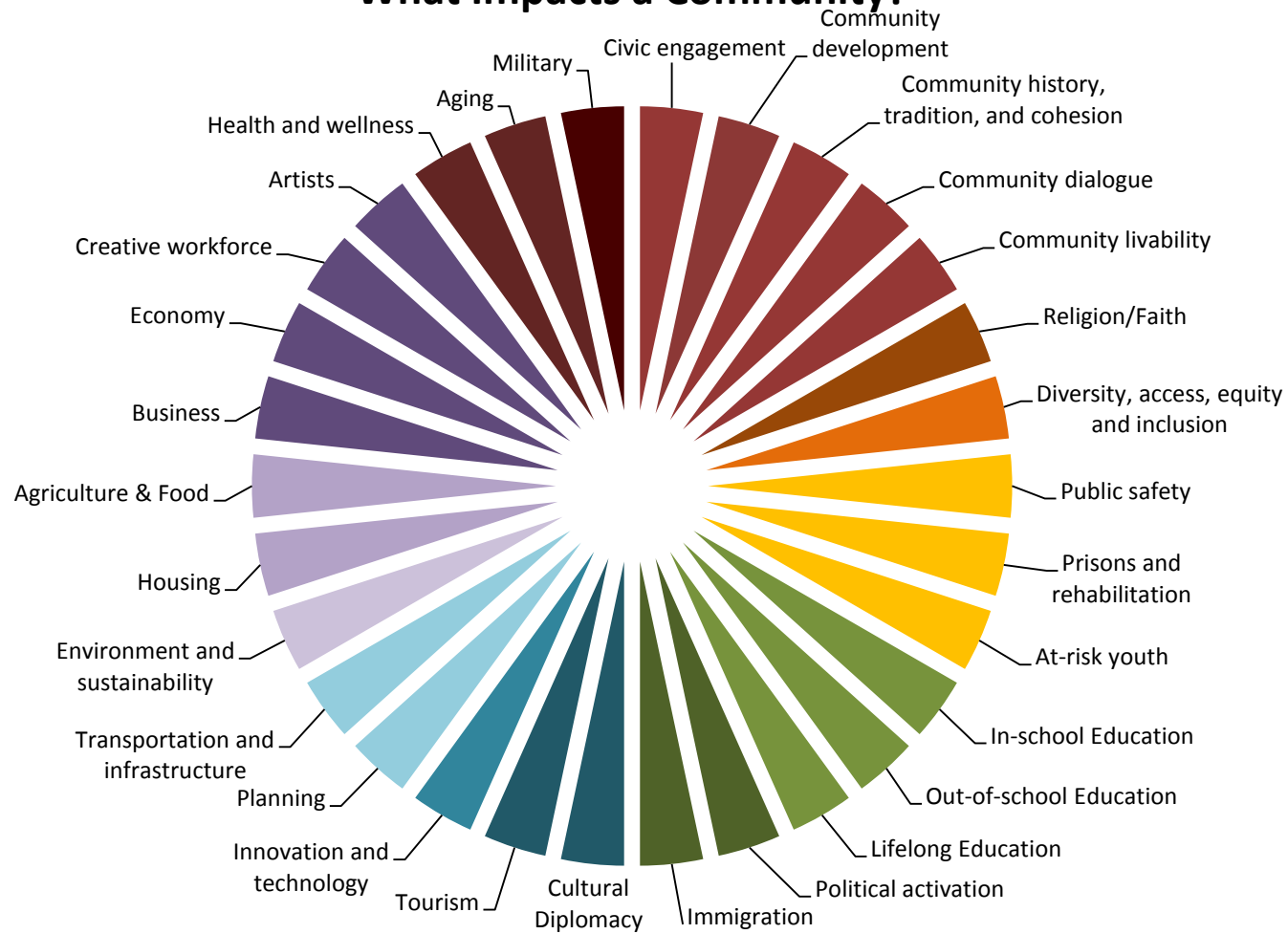


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Arts Topics

What Impacts a Community?





Federal Legislative Priorities

In the 116th Congress, Americans for the Arts has expanded its role and taken action on an increased range of issues than in previous years. Federal affairs is truly embracing "Arts and..." by encouraging Congress to consider the vital role of the arts in areas where the arts have formerly not been a focus such as juvenile justice, the economy, transit projects, and military health.

[Click here](#) to learn the latest status of each bill and to take action by contacting your members of Congress to support these bills.



Increased Arts & Arts Education Funding

Interior Appropriations Bill

House Interior appropriations bill includes a \$12.5 million increase in funding, to \$187.5 million, for the National Endowment for the Arts (NEA).

Education Appropriations Bill

Provides a \$8 million increase to Education Department arts education grant program -- the largest increase ever!



Increased Arts Health Programs for Veterans, Servicemembers, and Trauma Victims

Defense Department Appropriations Bill

Bill includes language to increase support for creative arts therapies for treating Defense Department servicemembers with traumatic brain injuries and psychological health conditions

Veterans Affairs Appropriations Bill

Bill includes language that would dedicate \$5 million in funding for creative arts therapies in treating veterans with traumatic brain injuries and psychological health conditions through the VA's Office of Patient Care and Cultural Transformation through their Whole Health initiative.

RISE from Trauma Act, S.1770

Bipartisan legislation to improve the identification and support of children and families who experience trauma. It includes support for local and state arts agencies and adds a new trauma program grantmaking category to the NEA's authorizing language.



Support for Arts & Juvenile Justice Programs

Justice Department Appropriations Bill

Calls on the Department of Justice Office of Juvenile Justice & Delinquency Prevention to include arts-based juvenile justice programs among its strategies.



Support for the Creative Economy

The CREATE Act, H.R. 1519, S.650

Through minor adjustments to existing federal programs, the legislation takes steps to better invest in our country's workforce and creative industries, while empowering the entrepreneurial spirit of artists and encouraging their role as contributors to the small business community.




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Arts Therapy in the VA and DoD



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Support for Arts &



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NATIONAL INITIATIVE FOR ARTS & HEALTH IN THE MILITARY



www.ArtsAcrossTheMilitary.org



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VETERAN TICKETS
FOUNDATION

Give something to those who gave



Songwriting With: Soldiers



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*



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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

Arts in Defense Health



THE NATIONAL INTREPID CENTER OF EXCELLENCE

an instrument of hope, healing, discovery and learning



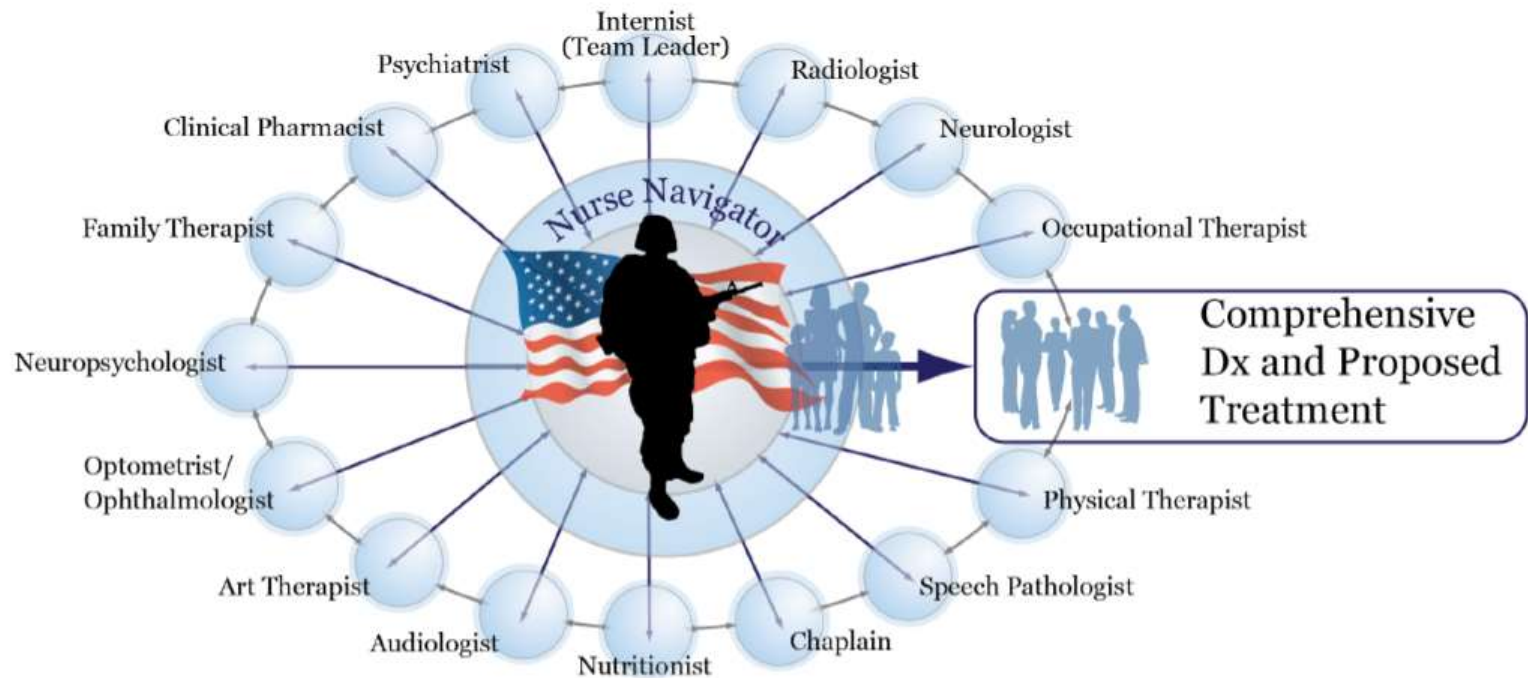
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National Intrepid Center of Excellence: Collaborative, Patient-Centered Evaluation and Assessment

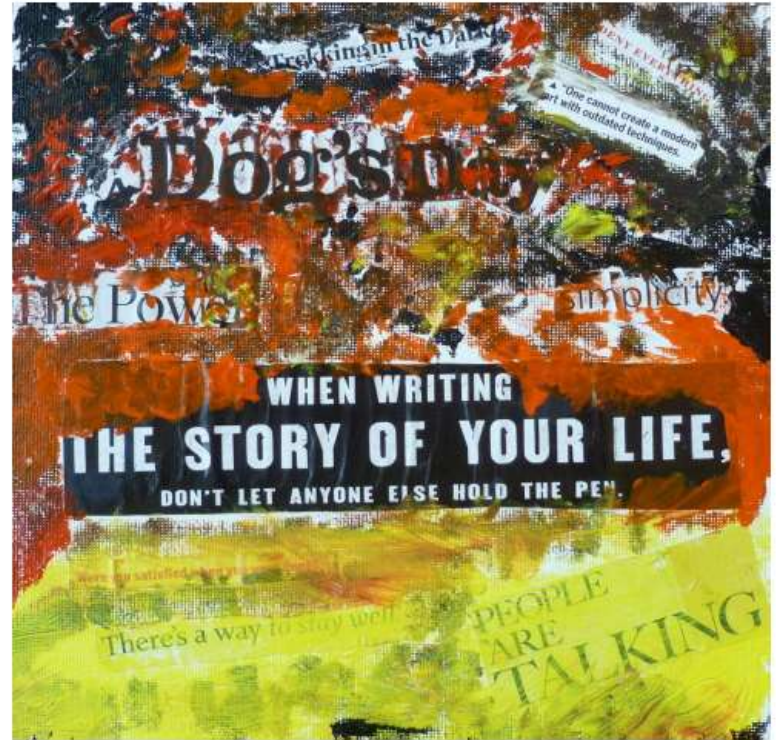
4 weeks of intensive diagnostics and treatment planning



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



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National
Endowment
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NICoE Healing Arts Program

Melissa S. Walker, MA, ATR



The Injury

Split Self



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Arts in Veterans Health

Changing the Conversation for
Veterans Health and Well-being



VA-OPCC Office of Patient Centered Care

THE SAN FRANCISCO VA PSYCHOSOCIAL REHABILITATION AND RECOVERY CENTER

COMMUNITY INTEGRATION THROUGH CREATIVITY

Projects have advanced Veterans' skills in theater, digital media, music, visual arts and dance with the help of established professional artist/contractors in the community.

<http://www.va.gov/PATIENTCENTEREDCARE/docs/Practice-PersonalDevelopment-CommunityIntegrationThroughCreativity-2015.pdf>



Director Max Reyneard and Jonathan Wei, founder of the "The Telling Project" help veterans bring their stories to life for their performance at the Mission Cultural Center Theater.



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The Arts & Post Traumatic Stress Disorder (PTSD) research: *evidence based/peer reviewed*

- Group music therapy appears to be a feasible and effective treatment for patients with PTSD who have not responded to more traditional cognitive-behavioral therapy. (Carr, C., d'Ardenne, P., Sloboda, A., Scott, C., Wang, D., & Priebe, S. (2012). Group music therapy for patients with persistent post-traumatic stress disorder--an exploratory randomized controlled trial with mixed methods evaluation. *Psychology and Psychotherapy*, 85(2), 179–202. <http://doi.org/10.1111/j.2044-8341.2011.02026.x>)
- Some reduction in PTSD symptoms was observed following drumming, especially increased sense of openness, togetherness, belonging, sharing, closeness, connectedness and intimacy, as well as achieving a non-intimidating access to traumatic memories, facilitating an outlet for rage and regaining a sense of self-control. (Bensimon, M., Amir, D., & Wolf, Y. (2008). Drumming through trauma: Music therapy with post-traumatic soldiers. *The Arts in Psychotherapy*, 35(1), 34–48. <http://doi.org/10.1016/j.aip.2007.09.002>)
- Following treatment using psychodrama techniques, patients with PTSD showed significant improvements in areas of hopelessness, feelings of guilt and shame, loneliness, and emotional expressiveness. (Ragsdale, K. G., Cox, R. D., Finn, P., & Eisler, R. M. (1996). Effectiveness of short-term specialized inpatient treatment for war-related posttraumatic stress disorder: A role for adventure-based counseling and psychodrama. *Journal of Traumatic Stress*, 9(2), 269–283. <http://doi.org/10.1007/BF02110660>)
- 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>)



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Beyond healing...



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Arts and Veteran-run organizations

Veteran Artist Program

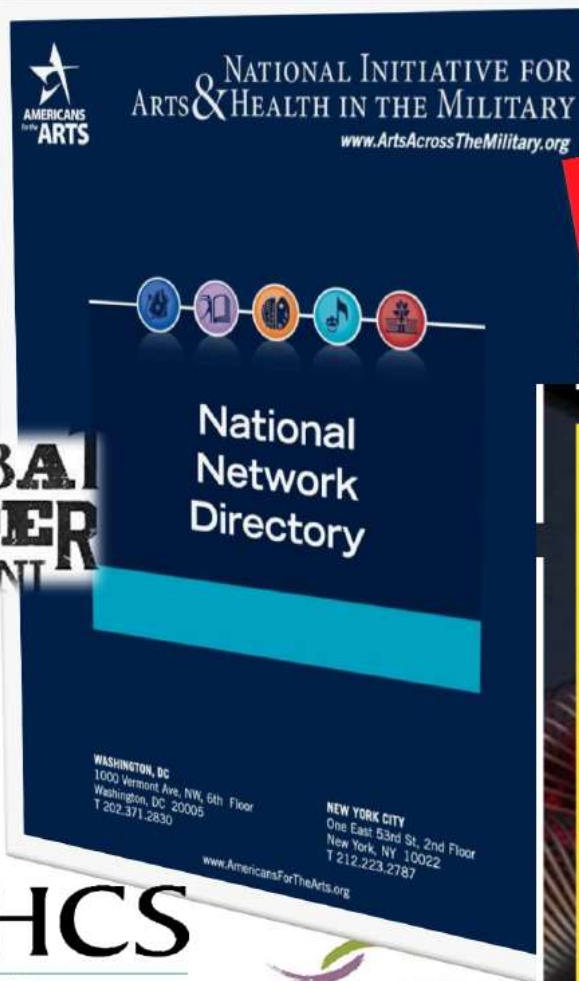


The Telling Project

It's time to speak. It's time to listen.



www.ArtsAcrossTheMilitary.org



NATIONAL NETWORK DIRECTORY

National Initiative for Arts and Health in the Military

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

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The Arts are the Solution!



www.AmericansfortheArts.org/Research

Discussion & Questions



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Thank You!

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