



2020

Year in Review



Art with a Heart in Healthcare

BEARS

Never

Give

UP!

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Art with a Heart in Healthcare

***We believe that creativity is
fundamental to the human experience
and that artistic expression promotes a
sense of well-being that leads to
improved patient health outcomes.***

***AWAHIH is a 501(c)3 non-profit
organization dedicated to providing
personalized fine art experiences
that enhance the healing process
for patients and their families.***

Meet Our Team

BOARD OF DIRECTORS

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*Co-Executive Director and
Artist-in-Residence*

Lori Presto, MSW
*Co-Executive Director and
Artist-in-Residence*

ARTISTS-IN-RESIDENCE

Matt Richards
Lisa Miyares
Dylan Bauer
Brooke McKinney
Jill Swanson
John Guinta
Abigail Santos
Meredith Sullivan
Bob Drost
Heidi Drost
Anne Roberts
Alexis Audate

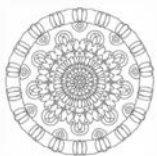


***“We accomplished many great
achievements together in 2020!”***

Let's Make Art!

In response to COVID-19 pandemic restrictions, our team has been adapting and learning the skills and techniques necessary for transitioning to a digital approach of reaching patients. As a result, Art with a Heart in Healthcare (AWAHIH) initiated a new project called “Let’s Make Art” in which we provide patients and the public with a variety of virtual fine art sessions.

Artists-in-Residence (AIR), volunteers, and interns have all contributed to our extensive collection of virtual art activities. From YouTube videos showing how to fold origami to Facebook Live sessions demonstrating how to recreate famous artists’ artwork, we have worked hard to ensure AWAHIH continues to carry out our mission of providing fine art experiences that can enhance the healing process.



- Facilitated over 60 Facebook Live art sessions
- Created over 100 free, printable coloring pages by over a dozen participating artists
- Uploaded more than 80 YouTube art tutorials; 42 hours of watch time; over 1,500 video views; more than 26,000 impressions (>999% increase)
- Restructured website (face and functionality) - added scalable databases and created a landing page for virtual art sessions
- Uploaded music, story-telling, and healing sounds playlists created by AWAHIH artists on our website
- Provided individual and group art sessions via Zoom
- Held weekly virtual staff meetings
- Held monthly virtual “Story Circle” sessions for our staff, interns, and volunteers to stay connected
- Loaned our iPads to Child Life Specialists to provide virtual art sessions for hospitalized patients

Bedside Studios

The protocol for bedside studios in the hospital rooms of WCH has looked a little different this year, but bedside art sessions are still just as enjoyable and impactful for patients!

Since returning to the hospital in July after being out due to COVID-19 precautions, AWAHIH provided over 1,500 patients with personalized fine art sessions. We even offered one-on-one virtual art sessions with patients while we could not be in the hospital.

An art session with an AWAHIH artist is one of the few happy experiences patients have while in the hospital. We believe that promoting positive emotions and enabling creative expression while providing one-on-one art sessions lead to better health outcomes and help reclaim a patient's sense of self from illness.



Our services include but are not limited to:

- Art Requests
- Visiting Artists
- Drawing and Painting
- Jewelry Design
- Clay Sculpting
- Music and Storytelling
- Caricature Art
- Media Center Art Shows
- Digital Art

"It's been pretty lonely [in the hospital] because of COVID ... but with you guys [AWAHIH] it's like coming home and getting to see your friends ... it's something to look forward to."

-Francesca, age 17
WCH patient



Group Art



This year, AWAHIH facilitated weekly group art and music sessions for both adult and pediatric Behavioral Health (BH) patients at Wolfson Children's Hospital (WCH) and Baptist Medical Center Jacksonville (BMCJ). We provided about 300 hours of service to these populations in 2020!

We witness the magic of art each week. Stress and anxious energy melt away as patients enter a creative flow while experimenting with different fine art mediums or while listening to soothing handpan sounds. After listening, the patients try out the intriguing instrument for themselves. AIR Matt explains, "The handpan has a limited amount of notes, all of which are on a scale, so there are no 'bad' notes to hit. This helps the patient build confidence and allows them to focus solely on keeping a steady rhythm, which in turn draws their attention in and turns the volume down on some of what may be troubling them." Regardless if they are passively or actively engaging, the relaxing and meditative quality of these fine art experiences are invaluable for patients in the BH setting.

"I have seen our patients light up when it is group time for Art with a Heart and Experiential Music. Our kids benefit greatly from these programs since these groups supply them with a time to relax, enjoy, and create while also giving them a much needed break from the hard work of intense treatment. Our staff and patients are beyond grateful for their services!"

-Pediatric Behavioral Health Staff Member



Patient Exhibitions

This year's annual patient art exhibition celebrated a decade of pARTnership© between AWAHIH and MOCA Jax! The exhibition featured select pieces of patient artwork from shows over the past ten years.

We held a virtual opening reception and were joined by patient artists, several members of our AWAHIH team, and community.

We heard powerful perspectives from three patients' as they reflected on working with AWAHIH and having their artwork displayed for a second time at MOCA. These past patients also expressed how their experiences have encouraged them to create art in their daily lives. They have found it helps alleviate anxiety and promote happy feelings. Some have been inspired to pursue degrees and careers in the art field.

Most of the public enjoyed the exhibition online by viewing MOCA's virtual tour, while others scheduled private tours to safely view the show in person. We are thrilled to already be planning our next patient art show as this partnership continues to grow. A special thank you to Florida Blue for sponsoring this commemorative exhibition!



“Honestly, when Brooke came into my hospital room and asked me if I would like to be part of something like this, my face lit up. And I was so excited because I'd been stuck in my room for I don't know how long. And when I finally was able to get out and just be myself it was absolutely amazing.”

- Joshua Junior, age 14
WCH patient

Special Events

Throughout the year, AWAHIH provided both virtual and in-person fine art sessions for patients, their families, and support groups. Another way we reached patients was by hosting art sessions in WCH's Media Center. Our AIR take turns leading hospitalized patients through various art projects with festive and seasonal themes based on the time of year.

Before the Media Center art session begins, we invite patients to participate and then supply them with materials to follow along and create their own artwork. The sessions are live streamed on patients' TVs and then replayed throughout the day. This is a safe and exciting way to engage several patients at once!



In 2020, AWAHIH ...

- Held art sessions at Wolfson 55 fundraising event
- Hosted six art sessions in the WCH Media Center
- Provided three group virtual art sessions for Kids Together Against Cancer (KTAC)
- Hosted more than 60 Facebook live art sessions



Fundraising

Although AWAHIH's annual fundraising event was canceled due to the COVID-19 pandemic, we still received significant support from our sponsors and community members. Over the course of the year, individuals, businesses, and organizations made donations and held supply drives benefitting AWAHIH. Most of the supplies collected were for our Art-To-Go bags, which we gave to hospitalized patients. Art-To-Go bags are a wonderful way to provide fine art opportunities in the hospital even when AWAHIH cannot physically be there. Patients can use these supplies to follow along with our virtual art sessions which require only materials from the bags to create. We are so grateful for the ongoing support we have received during these uncertain times.

- Hillary Whitaker Gallery - Art-To-Go bags
- The Mett family - Art supplies and donation
- 'Fill the Bags' virtual campaign - Art-To-Go bags
- Connor Diamond, Boy Scout Troop 650 - Art-To-Go bags
- Christ Church Academy in honor of Catie Cares - Art-To-Go bags
- Jaguars Foundation - Jaguars game tickets,
- Stephanie Borchers - Jewelry making supplies
- Brandon Linder, Jag's Center Lineman - Art supplies
- Luke Preza and community - Supply drive
- Woodworkers of Jacksonville - Wooden toys donation
- Episcopal School of Jacksonville, St Mark's campus - Art-To-Go bags
- Kerri Carter in honor Catie Cares - Art-To-Go bags



Projects



AWAHIH had several special projects this year! One of those projects was a new patient art display called *Bridging Communities* in the recently renovated lobby at Nemours Children's Specialty Care Clinic (Nemours) arranged to represent Jacksonville's Main Street Bridge. The exhibition features seventeen patients from all departments of the clinic. Our AIR helped the patient artists conceptualize and create their artwork in response to the question, "How do you connect with your community?" *Bridging Communities* showcases each of the patient's unique individual artistic expression while simultaneously embodying the commonality of our shared human experience that bridges us together as a unified Jacksonville community.

- Created new patient art display in the renovated Nemours main lobby
- Painted personalized banner artwork for Bone Marrow Transplant patients' rooms
- Created bereavement art for WCH patients' families
- Made banners and signs for WCH staff (e.g. Nurses Week, awards, and thank you banners)
- Worked with patients to create holiday cards for Auxiliary/WCH fundraiser
- Restructured AWAHIH website (face and functionality)
- Began a new project creating art for exam rooms and lobby in the Pulmonology/ Allergy department of Nemours
- Began a collaborative art project with patients



Partnerships



Mental health is a vital part of our lives impacting our thoughts, behaviors, emotions, and overall health. Art is a wonderful modality for enhancing our mental health as it is a way to express ourselves creatively without fear of judgement. This is why we are excited to have started a new program with BMCI providing weekly visual art and music experiences to adult and geriatric Behavioral Health (BH) patients. Patients expressed their appreciation for having access to the arts in the medical setting to AIR Matt, who leads the group in visual art sessions. He says, “Patients have communicated how great the facility is because of an arts program like ours and how it helps bring a sense of calm during their stay there.” Testimonials like this remind us that medicine and clinical treatments alone can help to heal the body, but AWAHIH makes a difference in healing the mind, body, and soul by promoting a sense of wholeness.

- Started a new program with BMCI BH Department
- Maintained partnership with University of Florida’s Arts in Medicine masters program (one Practicum student this year)
- Continued partnership with University of North Florida internship program (three interns this year)
- Celebrated 10th year of partnership with MOCA
- Began partnership with Streams of Sound, INC.
- Renewed partnership with Kids Together Against Cancer (KTAC)
- Continued partnership with Nemours
- Renewed partnership with WCH
- Maintained program with St. Vincent’s Healthcare in alliance with The Mayo Cancer Center outpatient infusion clinic
- Continued program providing bedside art sessions for adults at the Mayo Clinic San Pablo

Services Provided by Grants, Fundraisers, and Partnerships

- One artist three days a week at Nemours Children's Specialty Care Clinic (NCSSC) Hematology/ Oncology (Hem/Onc) waiting room: **Nemours Foundation**
- One artist two days a week at NCSSC Hem/Onc waiting room: **Tom Coughlin Jay Fund Foundation**
- *A Decade of P[art]tnership* patient exhibition at the Museum of Contemporary Art (MOCA), Jacksonville: **Florida Blue**
- Two-hour music & storytelling sessions weekly in Behavioral Unit: **Woodcock Foundation**
- Additional Artist-in-Residence at WCH for twenty hours a week: **Culture Builds Florida**
- Additional Artist-in Residence at WCH for twenty hours a week: **Cummer Family Foundation**
 - Three group art sessions in WCH Behavioral Health: **Hall-Halliburton Foundation**
- Distribution of 900 Art-to-Go Bags: Carter Family (Catie Cares)
 - Kids Together Against Cancer (KTAC) group art sessions: **Kids Together Against Cancer (KTAC)**
 - Extended nights and weekends: **Hall-Halliburton Foundation**
- General operating funds: **The Henri Landwirth Family Endowed Fund**
 - One artist two days a week at Mayo Clinic St. Vincent's: **Ascension St. Vincent's Foundation**
 - One artist two days a week at Mayo Clinic San Pablo: Mayo Clinic
- General operating funds: The Respond Adapt Recover Fund from the **Community Foundation for Northeast Florida**
- Adult and Geriatric Behavioral Health three hours per week: **Baptist Foundation**



Operational

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Lori Guadagno - Co-founder

Lisa Ullmann - Co-founder

Robert Monsky

Cynthia Jacoby Greene

Katherine Loeb

Sam Hall

Brooks Cannon

Kathy Soler-Sala

Melissa Roland

Jennifer Guthrie

Kasey Roache

Honorary Trustees

Louise Freshman Brown

Professor; University of North Florida

Suzanne Taylor

Community Volunteer

Karen Wolfson

Wolfson Children's Hospital



**Art with a Heart is grateful
for the selfless devotion of
our volunteers!**

Patsy Moore

Helen Meatte

Janet Massey

Kianna Godoy

Chrissy Granados

Teresa Graham



- Maintained strong working Board of Directors - met 20 times and welcomed two new members
- An AIR attended one day of the National Organization for Arts in Health (NOAH) national annual conference (virtual)
- Three AIRs participated in several of NOAH's Creative Response Forum virtual zoom sessions
- 10 news publications
- One TV news appearance


Our Sponsors



Art with a Heart in Healthcare extends our deep appreciation to the many philanthropic organizations, businesses, and individuals who supported our mission during 2020. The success of our programs would not be possible without you.



The Henri Landwirth Family Endowed Fund



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