



Supporting Community Wellbeing through the Arts

SNAC July Webinar
July 20, 2023



We're the Indiana Arts Commission.



Resounding Joy, APS Grantee



Our focus is on strengthening
Indiana through **arts** and **creativity**.

Why arts and creativity belong in every community

- Arts and creativity improve Hoosiers' **health and wellbeing**
- The arts sector generates **economic benefits**
- Participation in the arts **improves learning outcomes** and students' career readiness
- Creativity is a skill that's **sought-after by employers**
- People want to be where they have access to both a variety of **creative activities** and **vibrant places** where they feel both **welcomed** and **inspired**

St. Joseph County - Art Beat Festival (APS Grantee)

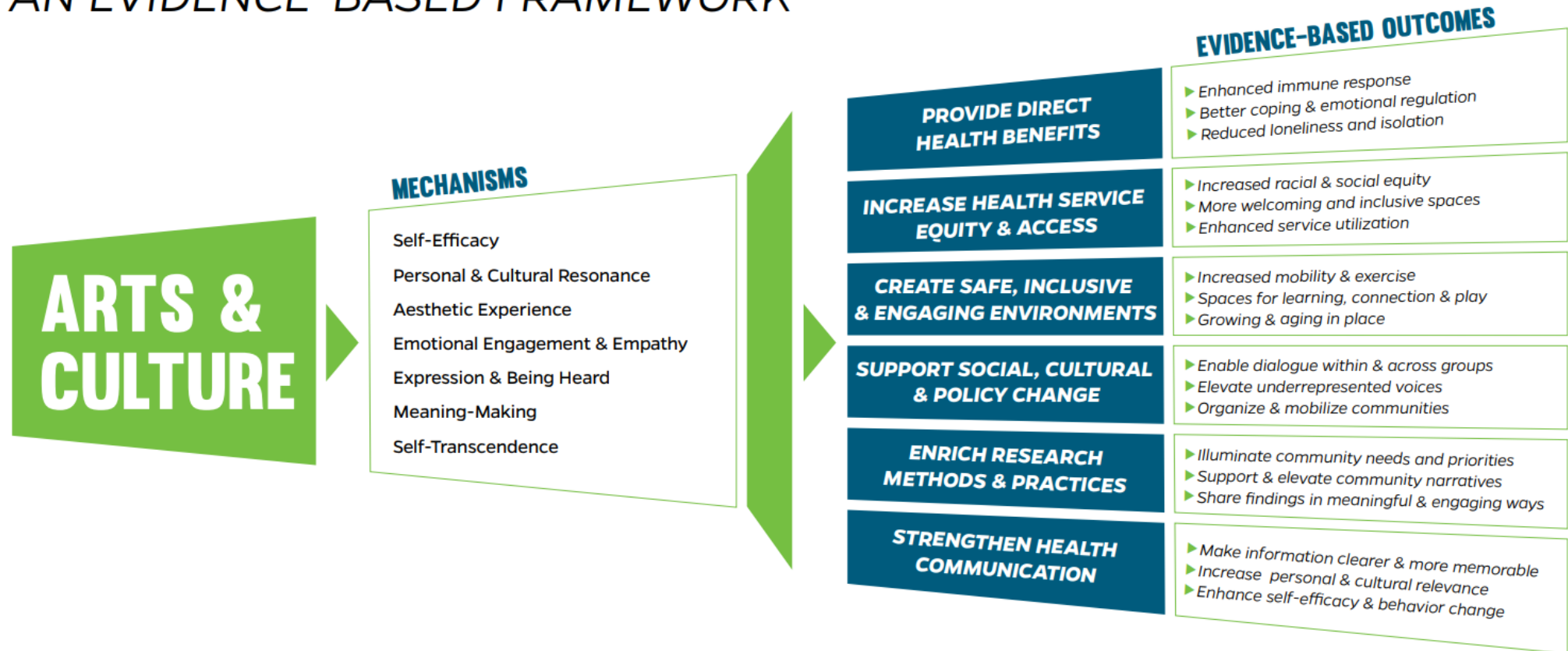


How Arts & Creativity Impacts Health



ARTS & CULTURE IN PUBLIC HEALTH

AN EVIDENCE-BASED FRAMEWORK



Arts & Culture Provide Direct Health Benefits

Participation in arts and cultural activities is increasingly associated with improved health and well-being, healthier aging, and stronger communities. Many arts- and culture-based strategies provide direct and immediate health benefits, such as:

- increased physical activity
- stress-reduction
- increased social cohesion and reduced loneliness
- better coping with chronic conditions
- increased happiness and wellbeing



Outcomes associated with providing direct health benefits:

Enhanced immune response	▼
Enhanced coping and emotional regulation	▼
Reduced loneliness and isolation	▼
Longevity	▼
Reduced stress	▼
Enhanced memory and cognition	▼
Enhanced self-efficacy	▼
Reduced cardiovascular reactivity	▼
Enhanced social support	▼
Improved social behaviors	▼
Increased exercise	▼
Adoption of healthier behaviors	▼
Improved treatment and management of health conditions	▼
Wellness/Prevention (reduced burden on primary and emergency care systems, less healthcare seeking)	▼
Wellbeing and thriving	▼

Music is shown to have a positive effect on **systolic blood pressure, diastolic pressure, and heart rate.**

(Loomba, Arora, Shah, Chandrasekar, and Molnar, 2012)

A study on the relationship between **public art and public health** revealed that residents living within one mile of a **newly installed mural** reported:

- An **increase in collective efficacy**, including social cohesion, and trust among neighbors as well as **informal social control.**
- A **decrease in stigma** toward individuals with **mental health or substance abuse challenges.**

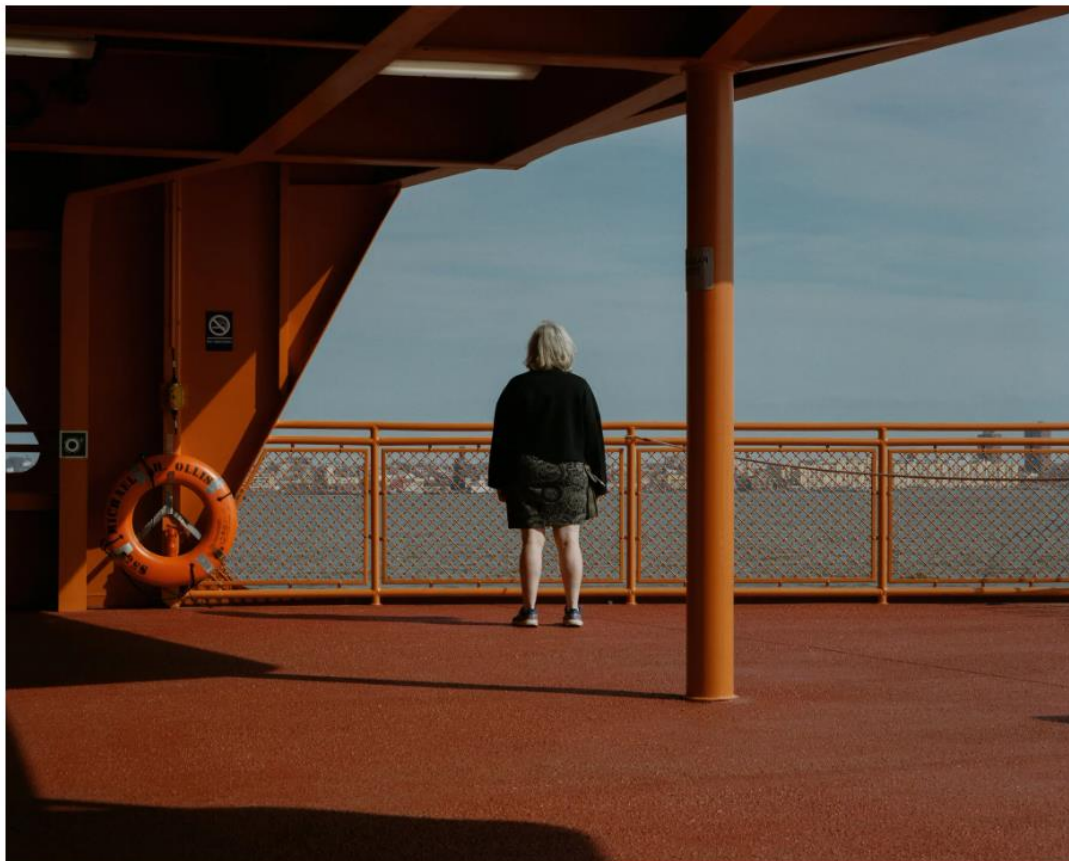
Individuals who engaged weekly in the development of a **community-engaged public art** program reported **decreased levels of stress.**

(Porch Light Program, Yale University School of Medicine, 2015)

OPINION
GUEST ESSAY

Surgeon General: We Have Become a Lonely Nation. It's Time to Fix That.

April 30, 2023



Lila Barth for The New York Times

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How the Arts Can Benefit Your Mental Health (No Talent Required)

Drawing, music and writing can elevate your mood. Here are some easy ways to welcome them into your life.

Give this article 228



Keith Negley



By Christina Caron

May 22, 2023

Sign up for the Well newsletter, for Times subscribers only. Essential news and guidance to live your healthiest life. [Get it in your inbox.](#)

When Dr. Frank Clark was in medical school studying to be a psychiatrist, he decided to write his first poem.

“All that chatter that is in my head, everything that I’ve been

Get Lost in Clay, Even if It’s Just for the Weekend

Pottery workshops like those at the Watershed Center for Ceramic Arts in Maine are filling up with people who want to connect with others instead of screens.

Give this article 01



Preparing clay for the slab roller during a pottery workshop last month at the Watershed Center for Ceramic Arts in Newcastle, Maine. Claire Brassil/Watershed Center for Ceramic Arts



By Ainara Tiefenthaler

How Arts Supports Health Equity and Inclusion



Arts and Culture Can Help Create Safe, Inclusive, and Engaging Environments

Because the arts employ personal and cultural expression and representation, their incorporation into non-arts spaces, like health and social services facilities, can help reflect and elevate local and cultural values and narratives, which in turn can increase comfort and inclusivity.

- Arts programs generate new spaces for inclusive gatherings.
- Arts make ordinary moments extraordinary.



Arts and Culture Increase Health Service Equity and Access

When health and social services are physically integrated with arts and cultural services, access can be significantly increased. Co-location of arts, health and social services can enhance utilization of all services, resulting in direct and long-term health benefits.

- Arts and cultural physical spaces and experiences offer a sense of connection and safety
- Arts and cultural physical spaces and experiences reflect local cultural traditions which can be leveraged to better understand how to deliver services designed to improve wellbeing
- The arts are also working to increase equity, inclusivity, and access. Collaboration across both sectors can help identify blind spots and develop effective solutions toward achieving more equitable services and systems.



Increased mobility & exercise



Spaces for learning, connection and play



Growing & aging in place



Welcoming social spaces



Cultural and historical representation



Build civic pride and engagement



Increased racial & social equity



More welcoming and inclusive spaces



Enhanced service utilization (such as via co-location of arts and health services)



Elevation of underrepresented voices



Representation of history and culture in the physical environment



Recognition and application/integration of local cultural assets





<https://vimeo.com/145986579/ec3e0269a7>



Dancing til Dusk

Sixteen years of FREE dancing in Seattle parks!

IN THE NEWS

- 2015 / Seattle Times Slideshow: Dancing til Dusk Series Kicks Up Its Heels
- Seattle Met Culture Fiend Slideshow: Dancing til Dusk





OUTFRONT

"We thrive when we work together."

Learn more at SmoketownVoice.com

Project HEAL is organized by IDEAS xLab & supported by the Smoketown Neighborhood Association. -Your Smoketown Neighbors

Shirley Mae's Cafe
Specializing in Southern Cuisine
"Home of The Blues"
800 So. Clay Street
589-5285 Or 589-9931

WHISKEY
BY THE
DRINK



Dawn Batson – Lifelong Arts Indiana



Emily Guerrero – Lifelong Arts Indiana



How to Engage Arts Partners in Community Wellbeing



Finding Partners

Start with the IAC and its Regional Arts Partner Network

Find your local Arts Council or Arts Commission

Where to Find other Kinds of Arts Organizations (visual arts, performing arts, museums, historic homes)

- Social media
- Local Government
- Local Community Development entity
- Local Community Foundation
- Local Tourism Bureau
- Festivals, community events
- GuideStar

Where to Find Artists

- Arts Organizations
- Arts Festivals, community events
- Social media
- Craft stores (Michaels, etc.)
- Frame stores
- Antique malls
- Farmer's Markets
- Etsy
- Art teachers (music & band, visual arts)
- Quilt guilds
- Garage bands
- Scrapbookers
- Church choirs & musicians
- Square dance groups
- Dance studios
- Sign painter
- Graphic designer
- Writing groups



How to Start the Conversation

Finding Common Ground:

Spend time understanding:

- What do they do
- Who their audience is
- Where they do what they do
- Their goals for community

Spend time sharing:

- What you do
- Who your audience is
- Your goals for community



Resources to Jumpstart Arts & Community Wellbeing



Funding and Resources



Through the IAC and its Regional Arts Partner Network:

Arts Project Support: funding for a single or series of arts activities (mural, performance, classes, concerts, etc.) in a community; non-arts entities encouraged to apply. Application opens in December – Deadline in late February.

Lifelong Arts Indiana: training and funding for aging services providers (senior centers, community-based senior serving organizations) to provide creative arts experiences for older adults. Ongoing program. Provided in partnership with FSSA's Division of Aging.

Local Community Foundations

Indiana Destination Development Corporation: funding for commissioned public murals (can be community-building activity) Funding timeline varies (last cycle was March 2023)



Idea Hub

[The University of Florida Center for Arts in Medicine](#)

[The Project for Public Spaces](#)



Umbrella Sky Project, Batesville Area Arts Council



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