



SOCIETY FOR THE ARTS IN HEALTHCARE

THE 2008 BLAIR L. SADLER INTERNATIONAL HEALING ARTS AWARDS

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Top Honors Awarded in 2008 International Arts and Healing Competition

Winners of the 2008 Blair L. Sadler International Healing Arts Awards will be recognized at the Society for the Arts in Healthcare's 19th annual conference on April 18, 2008, at the Doubletree Hotel, Philadelphia, Pennsylvania.

"At a time when patients and their families are increasingly concerned about stressful hospital environments, innovative arts partnerships with healthcare providers are more important than ever," says Blair L. Sadler, former President of the Rady Children's Hospital in San Diego, California and Senior Fellow at the Institute for Healthcare Improvement. "The 2008 award winners are inspiring and effective examples of low cost, high impact projects that have had a measurable impact on people's lives. They are excellent models for others to learn from and to follow. Particularly impressive with this group of winners was the number of them who had actually published their work in peer-reviewed journals."

"The Society for the Arts in Healthcare is honored to partner with Blair Sadler, a tireless champion of the arts in healthcare, to promote our shared vision of how the arts can uplift healthcare experiences," says Anita Boles, Executive Director of the Society for the Arts in Healthcare in Washington, DC. "The Sadler awards are an invaluable opportunity for artists around the globe to showcase their exemplary work in healthcare settings."

At a special awards ceremony during the conference, Sadler will present a \$1,000 cash prize to each of the five first place professional winners. All winners will receive up to two complimentary registrations to attend the SAH conference in Philadelphia. The 2008 award recipients are:

Melinda M. Bridgman coordinated *Art as a Source of Healing*, a model collaboration, now in its seventh year, between Rhode Island School of Design (RISD) and Emma Pendleton Bradley Hospital in East Providence, Rhode Island. Bradley Hospital, the nation's first psychiatric hospital devoted exclusively to children and adolescents, is a teaching hospital for the Warren Alpert Medical School of Brown University and a national center for treatment, training and research. The program is an interdisciplinary, fine arts course offered by RISD and open to both RISD design and Brown students

(most of whom are pre-med). Students participate in an arts practicum at the hospital where multi-media arts projects are the catalyst the students use to mentor the patients who have serious emotional or behavioral problems, some with the additional challenge of mental retardation or autism. Students experience mentoring a child struggling with a psychiatric disorder; patients experience a relationship with a caring, consistent adult. Students submit a personal transformation project demonstrating how an aspect of the course is healing to them and a practicum project exploring their mentoring relationship. As a result of the process and successful completion of art projects, self-esteem is often significantly improved in most patients. The *Art as a Source of Healing: A Retrospective* public art exhibition displayed the artwork of the students and the patients in this program.

Judith-Kate Friedman developed a comprehensive music program entitled *Songwriting Works at the Jewish Home (SWAJH)* in San Francisco, California, now in its eleventh year. This engaging, replicable and inclusive creative process activates the innate musical capacities of elders, their families and caregivers, and gives them full access to the mental, physical, spiritual and social/emotional benefits of composing and performing their own original songs in community. This collaboration produces astonishingly outstanding recordings, publications and performances that bring participants' voices to international audiences. Primary participants' average age is 87; 70% to 80% have early to middle stage Alzheimer's disease or other dementias; and 50% are at risk or being treated for depression. Research in 2007 demonstrated how SWAJH breaks isolation, relieves pain, gives elders, their loved ones and the greater community new ways to develop and deepen relationships, and enhances intercultural and interfaith understanding while creating musical works that transform societal attitudes about aging, health and creativity. Theresa Allison, MD, MMusic, a medical doctor and ethnomusicologist, produced an excellent piece of research around this program that will soon be published in a book chapter in the *Oxford Handbook of Medical Ethnomusicology: Music, Medicine and Culture* (Oxford University Press, 2008). Rabbi Sheldon Marder extols the value of this creative process in *Jewish Pastoral Care, 2nd edition* (Friedman, ed., Jewish Lights Publications, 2005).

Lisa Gallagher designed a program to study *The Clinical Effects of Music Therapy in Palliative Medicine* through her work for The Cleveland Music School Settlement in conjunction with the Harry R. Horvitz Center for Palliative Medicine at The Cleveland Clinic and funded by the Kulas Foundation. From 2000 to 2002, two hundred patients with chronic and/or advanced disease and 68 families were evaluated after participation in one music therapy session. Utilizing guidelines determined by the music therapist, data was collected from observation of the patients' response to their music therapy session. All improvements in symptoms were statistically significant. For instance, protocols used to reduce anxiety and stress were successful 84.5% of the time. Patients responded 92.5% of the time positively to the use of music to provide comfort, solace and to improve self-esteem. The majority of staff members surveyed had a positive response. Statistical analysis of the data and the results, reviewed and co-authored in an article by several palliative medicine physicians along with the music therapist, were published in *Support Care Cancer* in 2006. The results of two earlier studies by the music therapist on music therapy in palliative medicine were published in the *Journal of Palliative Care* and in *Support Care Cancer* in 2001. Further controlled quantitative and qualitative studies are in progress or being planned.

Patricia Caballero Schillaci created a year-long dance movement/therapy program, *Prenatal Therapeutic Dance Project (PTDP)*, to improve prenatal education and care as well as to provide mind and body healing effects for pregnant women. Weekly sessions for 32 participating women took place at Settlement Health, a community health center that serves East Harlem in New York. The sessions, where pregnant women received guidance in gentle, physically and emotionally expressive arts, also provided a forum for discussing perinatal health education topics. The qualitative evaluation was administered via a telephone interview of the participants. A measurable impact was noted by the percentages of positive responses. For example, all of the patients reported increases in energy levels with decreases in physical discomfort; all reported that the PTDP increased their pregnancy care

knowledge; and 90% reported an improved connection with their baby. Forty percent attributed their ability to avoid medication during labor to the program. Also, 40% of those who had given birth at the time of the survey attributed their quick recovery to participation in the PTDP. The strategy to promote the program was distribution of fliers in both Spanish and English. Participation in the year-long pilot program was 94% Hispanic and 6% African American. Future efforts will be to increase promotion to a more diverse population from the community.

Xueli Tan, a music therapist, conducted a study, *The Effectiveness of Music Therapy Protocols during the Debridement Process*, to explore ways that music therapy could help burn patients in intensive care experiencing pain, anxiety and muscle tension throughout the process of burn wound dressing changes. Key investigators (and co-winners of the Sadler Award) included two medical doctors, **Richard Fratianne, MD, FACS** and **Charles Yowler, MD, FACS, FCCM**. The research study evolved from a unique partnership between three Cleveland, Ohio organizations, The Cleveland Music School Settlement's Music Therapy Department, MetroHealth Medical Center's Comprehensive Burn Care Center and the Kulas Foundation and is now in its eleventh year with more research projects under way. Twenty-nine inpatients ranging in age from 8 to 71 years participated in this study, each undergoing two consecutive days of research. Patients were randomized to receive music therapy services on the first or second day, with no music on control days. In addition to patients' subjective self reports of pain and anxiety levels, researchers collected objective data focusing on observations of patients' behavioral manifestations of pain and anxiety. Results of this study, which strongly support the effectiveness of music therapy in such cases, will be published in a book chapter in *The Science of Music as Medicine*, scheduled for Spring 2008 publication by the Kulas Foundation. Tan's work was covered on a front page of *The Plain Dealer* in June, 2005. These music therapy protocols could be a model for effective treatment throughout the country and around the world.

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ABOUT THE BLAIR L. SADLER INTERNATIONAL HEALING ARTS COMPETITION

Competition sponsor Blair L. Sadler is the former president of Rady Children's Hospital in San Diego and is a senior fellow at the Institute for Healthcare Improvement in Boston. Under his direction from 1980 to 2006, Rady Children's Hospital received numerous awards for its commitment to the arts and their impact on healing. Annette Ridenour, co-founder of the Blair Sadler Awards, is the president and founder of Aesthetics, Inc., an internationally recognized design firm promoting the arts in healthcare. The competition has been a partnership with the Society for the Arts in Healthcare since its inception in 2001. The competition aims to recognize innovative artists who have partnered with healthcare organizations to develop and implement high quality projects that have a measurable impact on patients, families or staff.

ABOUT THE SOCIETY FOR THE ARTS IN HEALTHCARE

The Society for the Arts in Healthcare is a non-profit 501c3 international organization based in Washington, DC. Founded in 1991, it is dedicated to promoting the incorporation of the arts as an integral component of healthcare. Funded in part by the National Endowment for the Arts and Johnson & Johnson, the Society for the Arts in Healthcare provides program development support through grants, consultant services and the convening of conferences and symposia to a wide range of arts and healthcare institutions. Over 1,700 Society for the Arts in Healthcare members, including artists and healthcare professionals, serve patients and their families in the US and abroad. For more information, visit www.thesah.org or call 202-299-9770.