

## Five-year Report, 2007-2011

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### 1. Mission and Areas of Focus for the Center/Institute

The University of Florida Center for the Arts in Medicine is committed to advancing research, education and practice in the arts in healthcare, locally and globally.

The Center undertakes work in three primary areas of focus: education and training, research, and outreach. The Center provides a framework for interdisciplinary collaboration among University of Florida faculty and students, health professionals, artists, and our local and global communities.

### 2. Re-Branding

In February of 2012, the Center for the Arts in Healthcare Research and Education, known as CAHRE, implemented a name change and re-branding campaign. The new name is the Center for Arts in Medicine, which aligns us more clearly with our sibling Shands Arts in Medicine program. We also implemented an “umbrella” name, The Arts in Medicine Programs at the University of Florida, to encompass both the Center and the Shands Arts in Medicine program.

The name change was motivated by two primary factors: 1) The original name was long and cumbersome; and people, even those long associated with the Center, constantly referenced the Center incorrectly; and 2) common confusion in the general public and among funders regarding the relationship between the Center and the Shands Arts in Medicine program, which functions as the Center’s sibling and partner program. This confusion had not subsided after 12 years of operations and efforts to clarify the relationship. The new name, by more closely aligning the two programs, has already begun to alleviate confusion and has been well received by our stakeholders and general community. We have designed a new logo for the Center, updated our website, and produced a new brochure that overviews the Arts in Medicine Programs at the University of Florida.

### 3. Major Activities of the Center

The major activities of the Center over the past five years have been focused in our three primary mission-driven areas of work: education, research, and outreach. In 2008, we undertook a comprehensive strategic planning process for the Center. This process yielded a strategic plan that guided our activities for three years beginning in 2009 and ending in 2011.

The plan focused strongly on expansion in the areas of infrastructure, curriculum, training programs, research, and outreach, with an emphasis on international programs. We are in the process of finalizing our new strategic plan for 2012-2014, which will focus most strongly on curriculum development and research goals (see attachment).

Over the past five years, our major activities have included:

*Teaching and Training:* Since 2007, we have expanded both our faculty and our curriculum significantly. We have expanded our faculty to include three lecturers, two adjunct faculty, and five affiliated faculty from other departments who teach courses in our curriculum. We have developed and implemented seven new courses, including *Introduction to the Arts in Healthcare* (HUM 2592), *Arts in Healthcare Practicum I* (HUM 3940L), *Arts in Healthcare Practicum II* (HUM4941L), *The Arts and Healing in Europe and North Africa* (HUM 4956, study abroad), *Culture, Health and the Arts in Sub-Saharan Africa* (HUM 4905), *Arts for Health, Peace and Community Engagement in Northern Ireland* (HUM 4956, study abroad), and *The Arts and Human Development* (HUM 2930). We have also implemented a new certificate program, the Arts in Healthcare Certificate, which was designed to serve UF students as well as professionals and students in any location. To date, three students have completed the certificate and ten are currently enrolled in the program. Additionally, eleven students have completed our Dance in Healthcare Certificate, and five are currently enrolled.

In 2008, we expanded our Arts in Healthcare Summer Intensive program to include an annual Arts in Healthcare Clinical Practice Intensive program at the University at Buffalo. Our primary Arts in Healthcare Summer Intensive program at UF has run at capacity for ten years, and UB program has run at capacity for four years. These programs represent the most comprehensive practical training available in the field, and bring participants each year from throughout the United States as well as other countries. In 2009, as a part of our broader Arts in Healthcare for Rural Communities initiative, we implemented an annual Arts in Healthcare for Rural Communities Training Program in the Florida panhandle. In 2011, we expanded the program to include two annual trainings, one in the panhandle and one in south Florida.

We are currently in the process of designing a graduate certificate in Arts in Healthcare, which we anticipate launching in spring 2013, as well as a Master of Arts in Arts in Healthcare, which we hope to launch in 2014.

*Research:* Over the past five years, we have undertaken and facilitated numerous studies that explore the effects of the arts on health. Examples of current and recently completed studies include:

- *Dance for Life: Assessing the Effects of Dance on Motor and Non-Motor Function in Parkinson's Disease*
- *Live Music as an Intervention for Pain and Anxiety in Adult Emergency Department Patients*

- *The Gift of Art and its Effect on the Medical-Surgical Work Environment*
- *Assessing Organizational Collaboration Among Organizations In Sixteen Rural Florida Communities*
- *Design of Effective Therapeutic Interventions for Persons with Mild TBI/PTSD Using Interactive Virtual World Environments*
- *Outpatient Indications of Flow State Experience During a Creative Art Activity*
- *Potential Effects of a Dance and Movement Program on Quality of Life in Parkinson's Patients*
- *Sustainability of an Arts in Healthcare Program Model for Rural Communities*
- *The Impact of a Theatre Program for STI and Intimate Partner Violence Prevention in a Rural Community*

These studies represent partnerships with the UF Center for Movement Disorders and Neurorestoration, The Digital Worlds Institute, Shands Nursing Administration, The Florida Office of Rural Health, and The Malcom Randall Veterans Administration Hospital. The projects include funding from the Kresge Foundation, the US Department of Defense, the State of Florida Division of Cultural Affairs, and the Parkinson's Research Foundation.

*Outreach:* Local and global outreach have been a major focus of the Center since 2007. Our outreach programs and projects provide UF students and faculty, as well as health professionals at Shands, with opportunities to broaden their skills and worldview while gaining cultural competency through service work. Our programs are designed to benefit our students and faculty while facilitating sustainable improvements in health for struggling communities both locally and abroad.

In 2006-07, we established our AIM for Africa program. Since this time, we have established ongoing programs in Kenya, the Gambia, Rwanda, and the Democratic Republic of the Congo (DRC). These programs include development of permanent hospital and clinic-based arts programs (Kenya and the Gambia), annual service learning trips for UF students and faculty (Rwanda and the Gambia), clinical and creative research (all sites), and education/training programs to enhance use of the arts for health (Rwanda and the DRC). We have undertaken nine service learning and residency programs to date in these African countries, and have included over 100 UF students and faculty members in these trips. We also conduct education and training programs in Africa and bring African artists and health professionals to UF to participate in our Summer Intensive training program.

In May of 2011, in partnership with the Society for the Arts in Healthcare and the Rwanda Red Cross, we hosted the two-day East–Central Africa Arts & Health Forum, in Kigali, Rwanda. With support from Johnson & Johnson, the forum brought together 108 invited participants from six African countries: Burundi, the Democratic Republic of the Congo, Kenya, Rwanda, Tanzania, and Uganda. The two-day meeting presented outstanding programs that use the arts to enhance individual and community health, improve health literacy, and provide new vocational skills to people whose lives are affected by illness and disability. Attendees discovered and

shared resources, collected best practices, and learned how to implement and sustain programs. In response to requests from forum participants and government leaders, we will conduct intensive training programs at partner universities in Burundi, Uganda, and the DRC in the fall of 2012.

Our Arts in Healthcare for Rural Communities program has, over the past four years, established active arts in healthcare programs in nine rural Florida communities. The project has been undertaken through partnership with the Florida Office of Rural Health and through funding from the Kresge Foundation and the Florida Division of Cultural Affairs. The established programs are providing access to the arts to people for whom access is limited by geographic location, economic circumstances, and other limitations, and are addressing significant health concerns. Each program has, through consultation and hands-on guidance from the Center, established a unique and responsive program model that addresses the specific needs of the community and its residents.

We have documented each of these program models and established an extensive set of resources that can now support organic development of arts in healthcare programs in additional rural communities throughout the State. The Arts in Healthcare for Rural Communities Toolkit, available free of cost on our website, is designed to provide resources for the development of arts in healthcare programs that address health disparities and support individual/community health in rural communities. As noted above, the program also includes two annual training programs in Florida, which have attracted health, social services, and arts professionals from throughout the U.S. as well as other countries.

As a part of this initiative, we undertake annual service learning programs in Franklin County, FL. Since 2009, these trips have brought teams of 20-27 students and professionals each spring to this struggling rural community to undertake major projects addressing health literacy and access to healthcare through the arts. Additionally, we have recently created a national Arts in Healthcare for Rural Communities Network. The network currently has approximately 40 members from 6 states.

In January of 2009, we implemented the *Dance for Life* program for people with Parkinson's disease. The free weekly *Dance for Life* program provides therapeutic and recreational movement opportunities for people with a diagnosis of Parkinson's disease and their significant others. The program is designed to help patients improve their quality of life through enhanced overall physical well-being, social interaction, creative expression, and targeted improvements in Parkinson's symptoms including balance, strength, and mobility.

As noted, above, we are currently conducting a major study assessing the physical and psychosocial benefits of the program. The success of the *Dance for Life* program also spurred the development and implementation of a weekly *Sing for Life* program and a weekly *Art in Motion* (visual arts) program for people with Parkinson's disease. We also host an annual *Dance for PD* training program at UF with the Mark Morris Dance Group. The training brings over 40 dance professionals from throughout Florida and the Southeast to UF.

#### 4. Center Structure

*Staffing and Infrastructure:* The Center for Arts in Medicine is housed in the College of Fine Arts and operates in partnership with the Shands Arts in Medicine program. The Center links the arts with all clinical disciplines of the UF & Shands Academic Health Center, and provides a framework for interdisciplinary collaboration across campus and beyond. We have offices in the McGuire Theatre and Dance Pavilion and at Shands Hospital, and in 2009, we established a physical presence in the Criser Cancer Resources Center in the new Shands Cancer Hospital. This year, with support from the UF Center for the Humanities in the Public Sphere, we developed and installed a new Medical Humanities Collection in the Resources Center. The collection is a part of the UF Library system and is designed to serve faculty, students, patients and families.

Our staff has expanded significantly over the past five years. We currently have one director, three faculty lecturers, two adjunct faculty, five affiliated faculty, one graduate assistant, one program assistant, two interns, and two research assistants. Each of our primary positions is uniquely funded. The director position is supported in part by Shands Hospital; one of our new lecturer lines is supported by private seed funding, which was matched by the provost; one lecturer line is supported by the College of Medicine. Through partnerships and innovative funding solutions, we have managed to develop a core staff that has enabled significant growth of the Center. Please see attached organizational chart for reporting lines.

*Advisory Board:* In 2008, the Center established an Advisory Board. Four individuals, as listed below, were invited to serve a two-year term on CAHRE's advisory committee. The committee meets annually in the spring to review the Center's activities and strategic plan, and to address any other necessary advisement issues. The Advisory Committee members are: Tina Mullen, Director, Shands Arts in Medicine; Leo Villalon, Director, UF Center for African Studies; Dr. Charles Levy, Chief, Physical Medicine and Rehabilitation, VA Medical Center; and Don McGlothlin, Dean Emeritus, College of Fine Arts.

## Five-year Report, 2007-2011: List of Appendices

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1. Center Organizational Chart
2. *Arts in Medicine Programs at UF* brochure
3. Completed 2009-11 Strategic Plan (Tracking Document)
4. 4-year Strategic Goals and Objectives
5. List of Funded/Proposed Grants
6. List of Courses
7. Certificate Curricula
8. Sample Project Reports: *Arts in Healthcare for Rural Communities, Franklin County Project, AIM for Africa: Rwanda, and the East-Central Africa Arts & Health Forum*

Also, please see our website at [www.arts.ufl.edu/cam](http://www.arts.ufl.edu/cam) for more information about the Center and our programs.

## Center for Arts in Medicine Contact Information

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