



# Art + Health:

Creative Practices for Individual and  
Community Well-Being



## Residency Program Highlights:



***Florence Nightingale:***  
***The Reluctant Celebrity***  
Mainstage Performance



Participatory Applied Improv  
& Paint Along Workshops



Youth Melodrama &  
Community Discussions

## Art + Health Programs Enhance Well-Being, Resilience & Community Engagement

### Research Based Benefits

#### Veterans & Trauma

- Social Connection & Resilience
- Mental Health & Well-Being (NEA / VA Studies)

#### Youth Development

- PTSD & Trauma Symptoms
- Confidence & Empathy (Wallace Foundation)

#### Community Well-Being

- Social Cohesion & Belonging
- Civic Engagement & Reflection (NEA / What Works Well-Being)

