



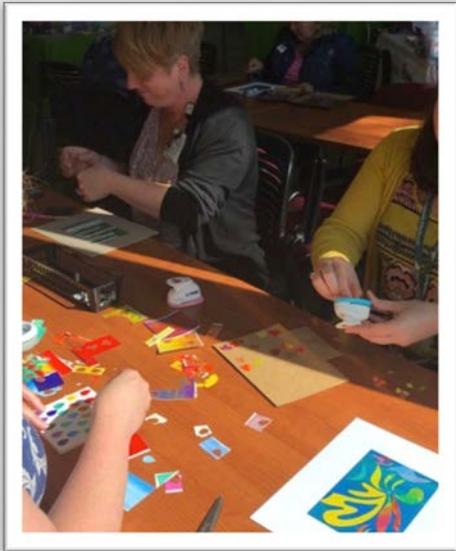
KC Parsonnet, RN, MEd, MPH
Therapeutic Teaching Artist

D-H Live Well/Work Well Program

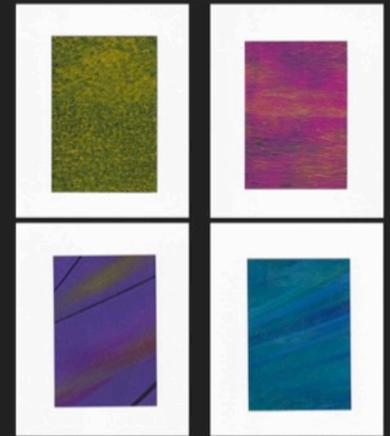
Pamela Tilton, RN, M.Ed, CHES, CHC ~ Health and Wellness Coach

Marion Cate, MEd, CHES, ACE-CPT, CWWPM, CHC ~ Manager, Employee
Wellness Health Improvement

WHAT "ART AT WORK" LOOKS LIKE



ART MATERIALS

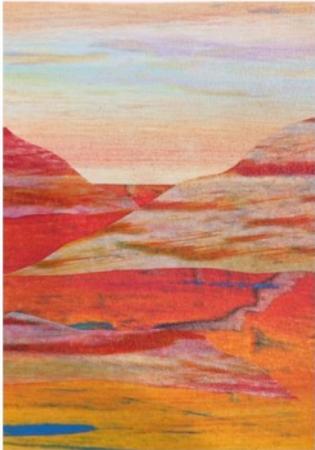


COLORING AWAY THE STRESS



PAINTED TAPE ART

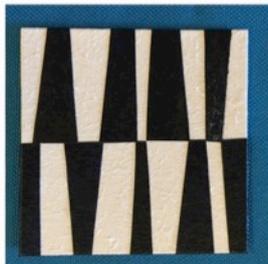
Cards, Tiles, & Bookmarks



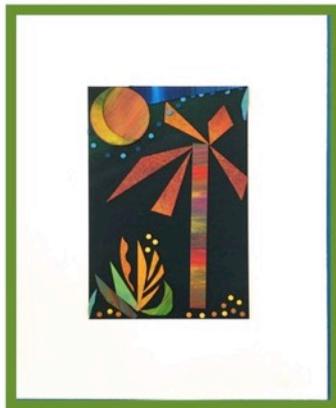
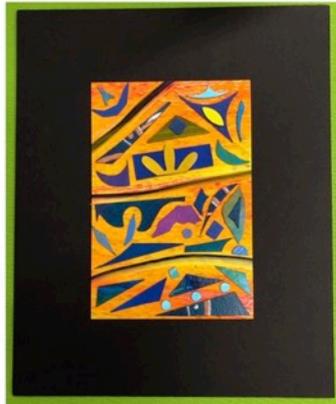
MORE PAINTED TAPE ART



**Magnets, Tins,
Candles, Pins**



FRAGLETS[®] MOVABLE ART



Magnetic Art



PARTICIPATION DATA

- Since program inception in Dec 2015
 - Pieces of art created – **over 3,000**
 - Attendees- **2,010**
 - Unique participants – **668**
- Art at Work goes mobile
 - Regularly scheduled events
 - DHMC, Novell, Coburn Hill, Heater Road, Evergreen,
 - Special events
 - GIM “Academic Half-Day,” Resident Appreciation Week, LWWW Health Expos, Department requests: Pathology, Audiology, Social Work
- Survey data (Feb 2018 - Oct 2019)
 - **277** responders



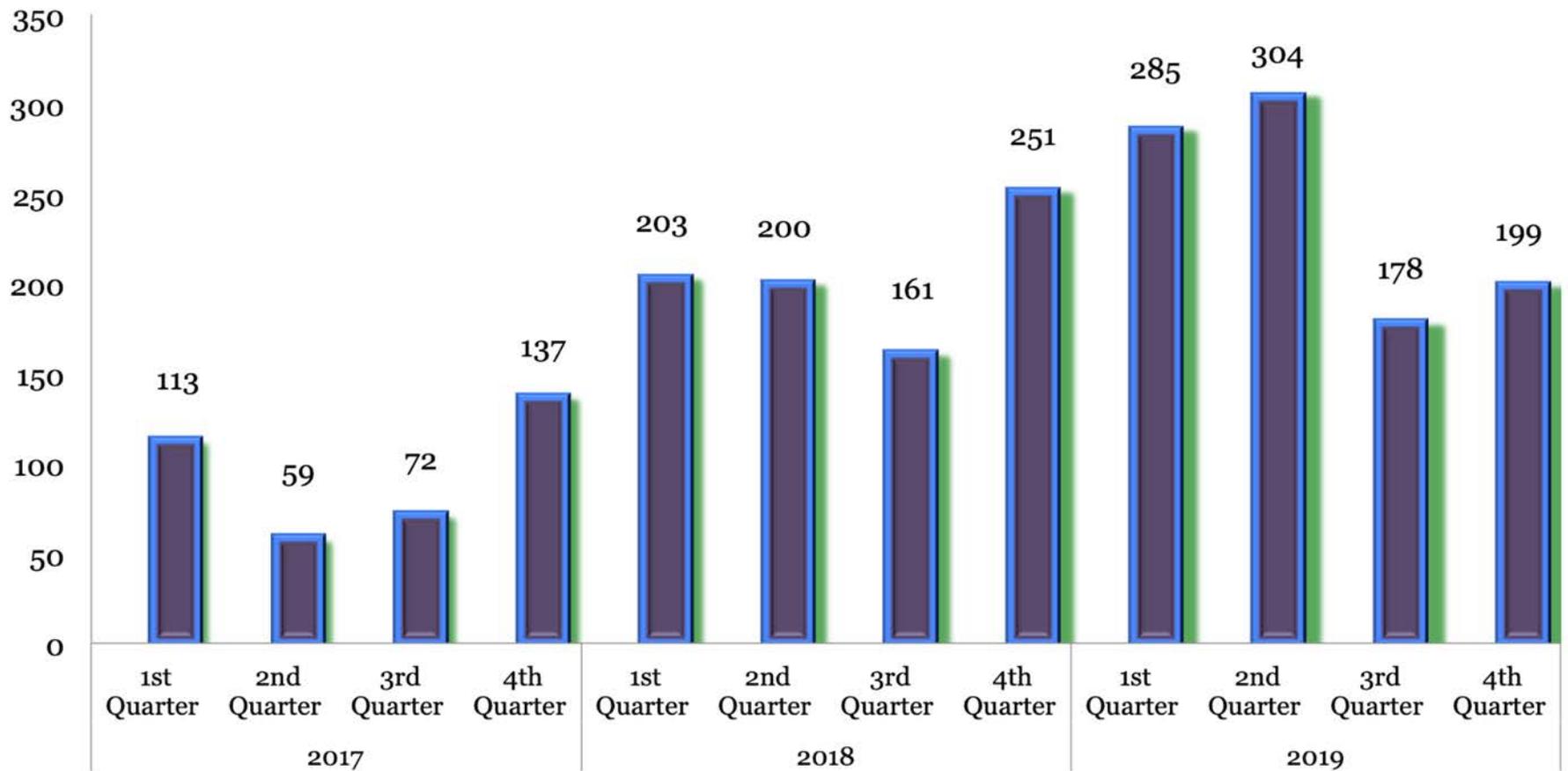
AMOUNT OF WORK CREATED

Chart of pieces of art created, by quarter, 2017-19

381

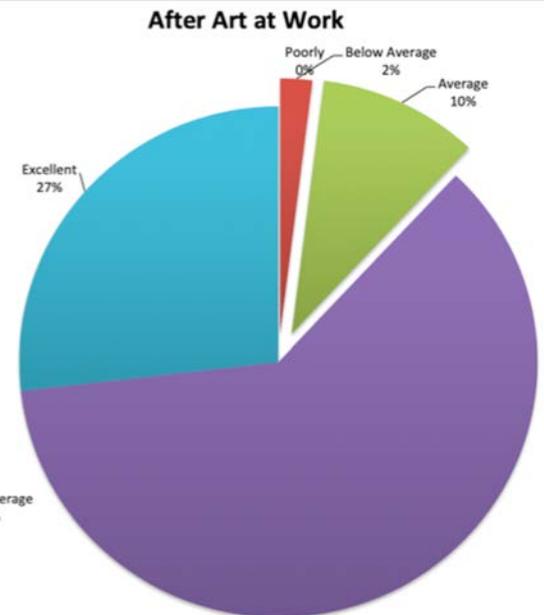
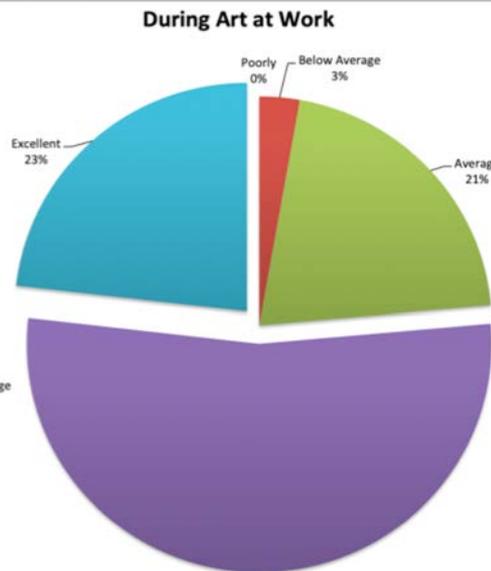
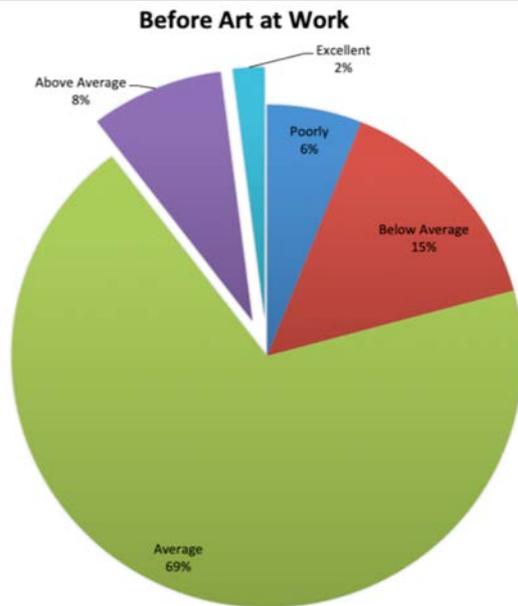
815

966



SURVEY DATA

How people felt *Before, During, & After*

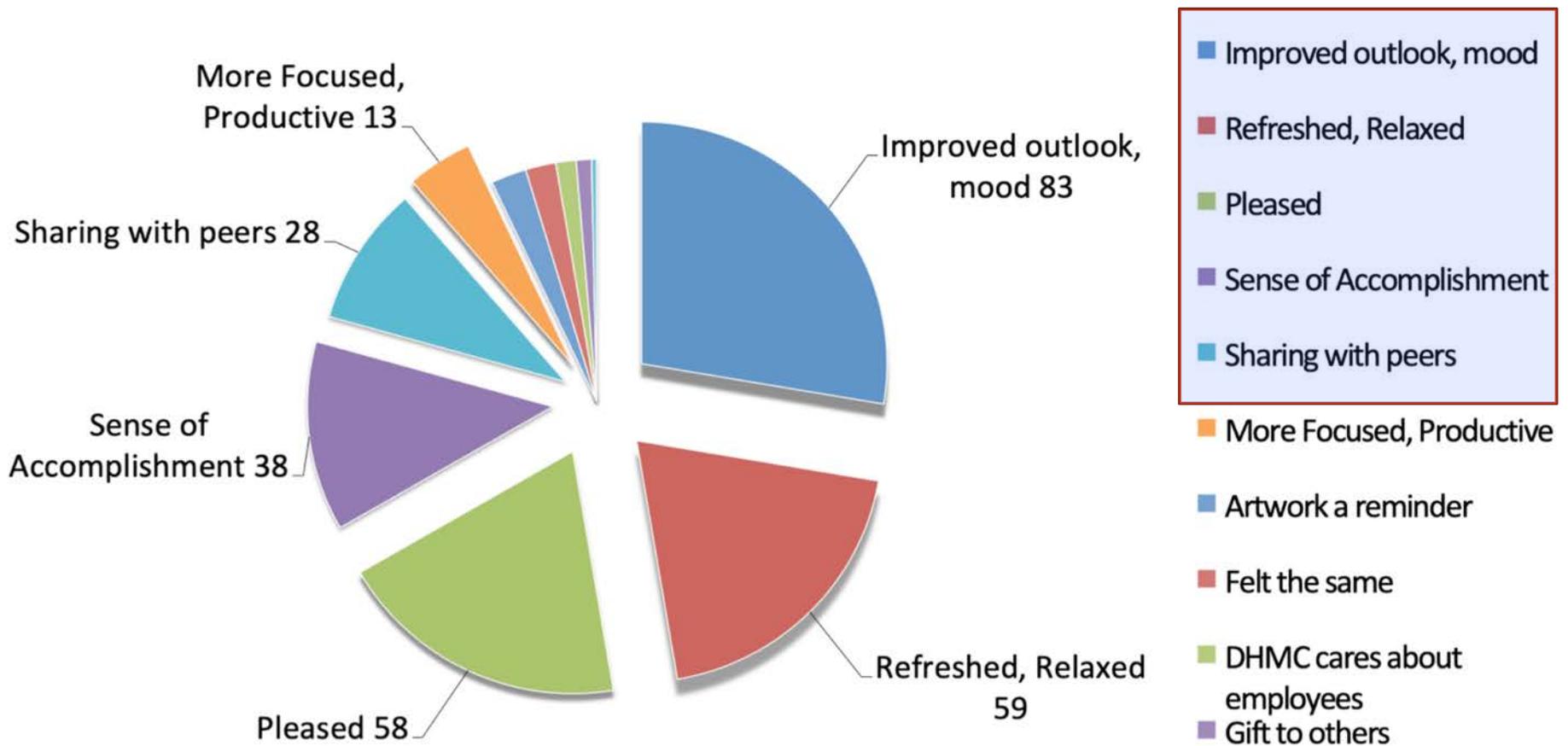


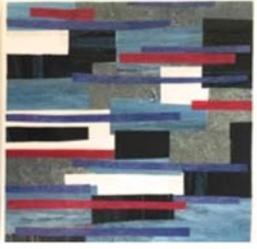
Legend

- Poorly
- Below Average
- Average
- Above Average
- Excellent

SURVEY DATA

EFFECT ON THE REST OF THE DAY





“WHAT I LIKED MOST”

In Their Words



“The opportunity to step away from my work and enjoy some low-pressure, pleasant **bonding time with coworkers**. The relaxing music was a great touch.”

“**Seeing coworkers outside of our normal routine** was nice.”

“I **look forward** to the next one and being **revitalized** again.”

“I was **more attentive to the needs** of those reaching out to me...**more engaged** for the rest of the day.”

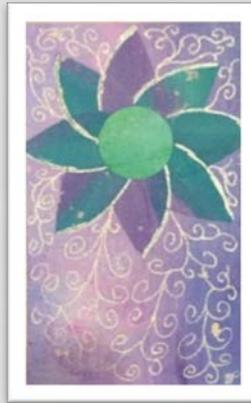
“...**Knowing that my employer provides this type of opportunity, I feel better about coming to work everyday.**”

...IN THEIR WORDS

“A chance to relax with my coworkers...

“This would be **a great environment to passively discuss work topics**”

“**My brain got a break** and I got something that I can put up in my office and **remember the calm feeling later on.**”



quieter people, getting out and laughing.”

“A nice respite to **allow me to focus** better for the remainder of the day.”

“Being able to **see other people in a non-work related task**”

Being creative and exercising the other side of my brain :)”

“The best part was **seeing**

“WHAT DID YOU LIKE MOST ABOUT
ART AT WORK?”

Variety Art Projects

Enjoyed Peers

Discovered my creativity

Novelty of Art Program

Accessible art materials Helps think differently

Calm environment

Creative time

Music

Felt supported

Created my own art

Fun

Art educator encouraging

Mental break from work stress

Time to relax

STAIRWELL MURALS 2009 - 2019



MURALS, CON'T



MURALS FEEDBACK



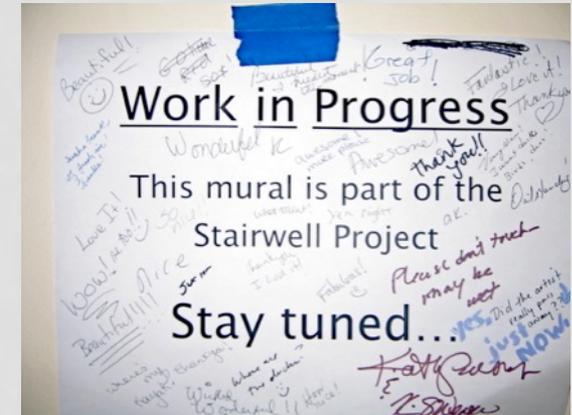
"Nice job- Loved seeing it as we were doing the stair quest! Hope you **do this in ALL the stairways** in hospital."

"**One on every wall**, please."

"An indication that **someone's thinking about [those of] us who work here.**"

"It is so nice to have these paintings. They are beautiful. **I actually walked up (and back down) another flight of stairs to get a better look** at the artwork."

"I always take stairs, but this is **a mood elevator!**"



"Thanks for a bit of beauty and **a hint of peace in an otherwise hectic day.**"

"I love the artwork. I have actually been **avoiding some of the stairwells that don't have artwork...** they are so dreary."

ART WALKING QUESTS

DHMC
Arts
Walking
Quest



• Ever wondered who the artists are whose work brings such life and color to the Medical Center?
• Like getting free gifts as incentives to take care of yourself?

If so, participate in the DHMC 2018 Arts Quest. It will take you on a tour around the Medical Center, and if that's not incentive enough, at the end of the Quest you'll win a prize. You won't do the whole Quest at once. In fact, the more times you brisily walk around, walking around, the more exercise you'll get.

Read on for how it works.

Quest design: Dana and Anne Sullivan © 2018 DHMC. Dartmouth • www.livewellworkwell.com

Dartmouth-Hitchcock **live well**
workwell

LWWW Stairwell Murals
Walking Quest



Quest design: Dana and Anne Sullivan © 2018 DHMC. Dartmouth • www.livewellworkwell.com

Dartmouth-Hitchcock **live well**
workwell

Live Well/Work Well
Art Walking Quest



Dartmouth-Hitchcock **live well**
workwell

LIVE WELL/WORK WELL
ART WALKING QUEST



Gift card design by Kara Maville created at DHMC Art at Work

Dartmouth-Hitchcock **live well**
workwell

DHMC EMPLOYEE CHOIR

What Did You Enjoy The Most About The Bring In The Choir?

- **Joining others and a director in creating something together.**
- I love to sing and have asthma and was given some **great tips from Patricia on how to use my body in order to be able to sing...**
- **Singing helps my depression**, and I frequently left feeling better than when I arrived...
- **When I am singing, I forget about everything else...**
- Made some new friends.
- **Gave a great sense of community.**



HOW THE CHOIR AFFECTED WORK

- **More engaged as an employee**
- A **pleasurable... outlet**
- **Rehearsal was the highlight** of the week!
- **Brightened my outlook**
- **More energy**
- Always puts me in **a better mood!**
- **Highlight of the week to join in song with others**
- **Increased energy at work**
- **Felt more positive about coming to work**



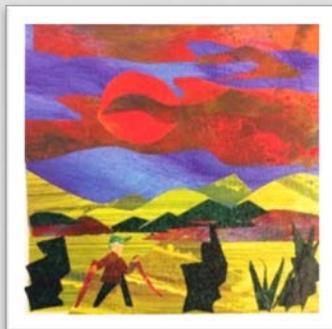
THANK YOU



- 1:00 – 1:30:
Poster Employee Art Programs
2005-2007



- 2:30 – 3:30:
Interactive Arts & Humanities
Activities



- Questions?