



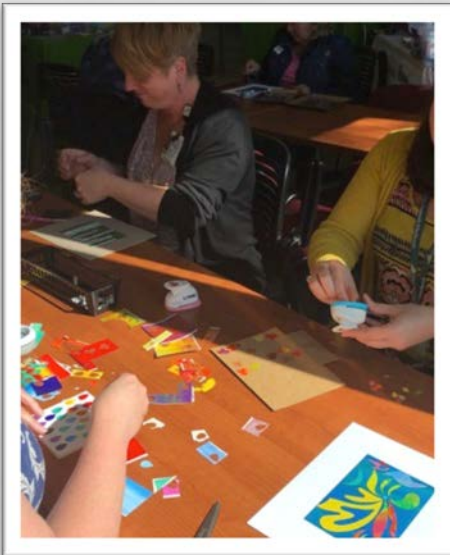
KC Parsonnet, RN, MEd, MPH  
Therapeutic Teaching Artist

### 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



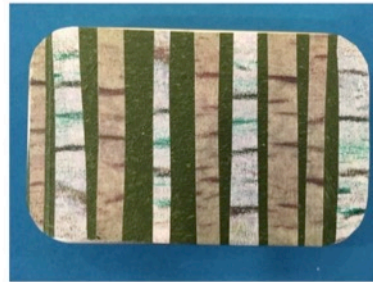


# PAINTED TAPE ART

## Cards, Tiles, & Bookmarks



# MORE PAINTED TAPE ART



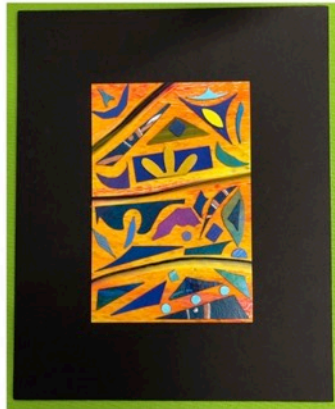
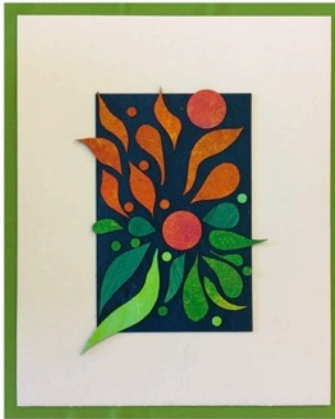
**Magnets, Tins,  
Candles, Pins**





# FRAGLETS<sup>®</sup> 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





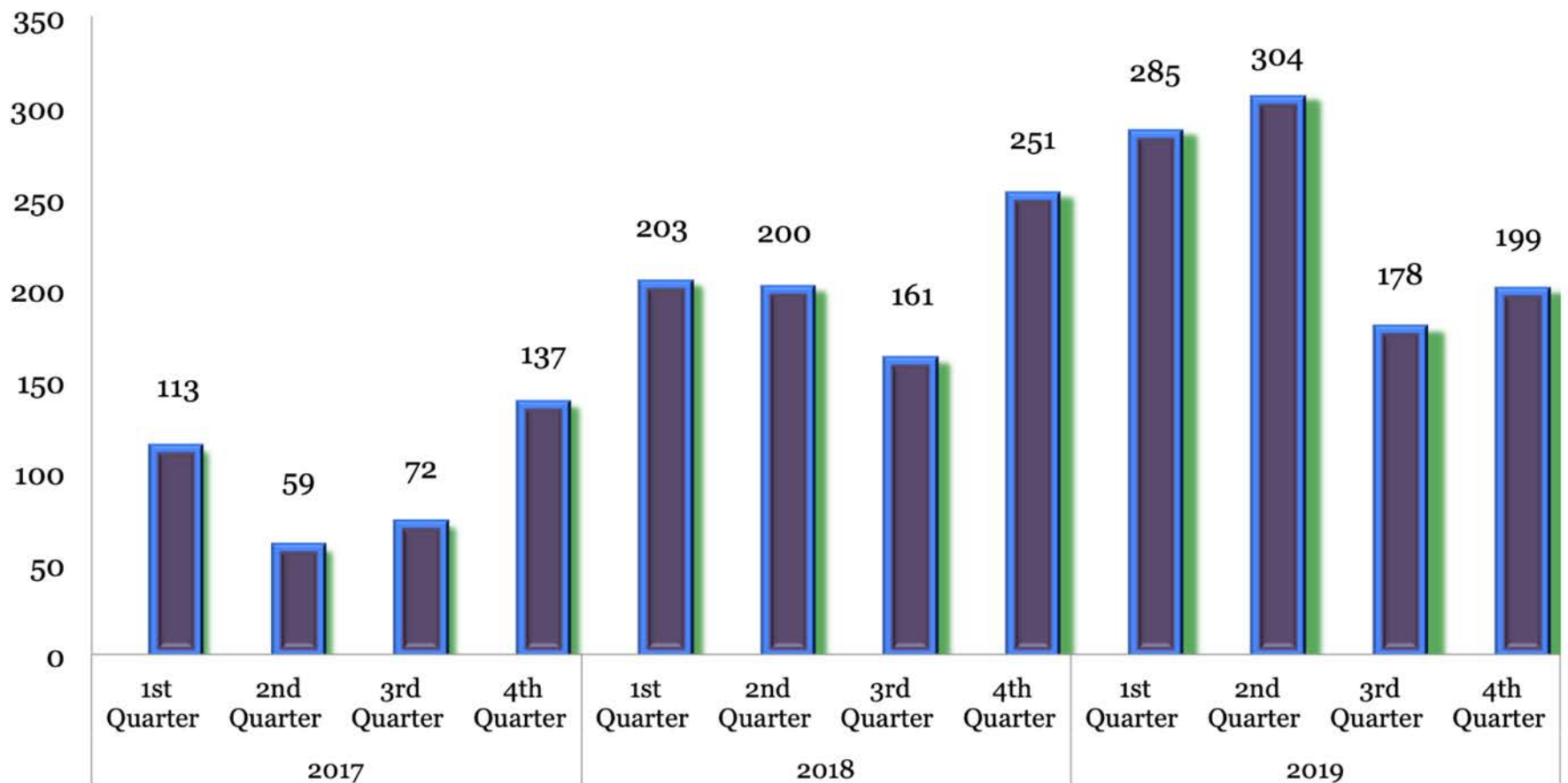
# AMOUNT OF WORK CREATED

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

381

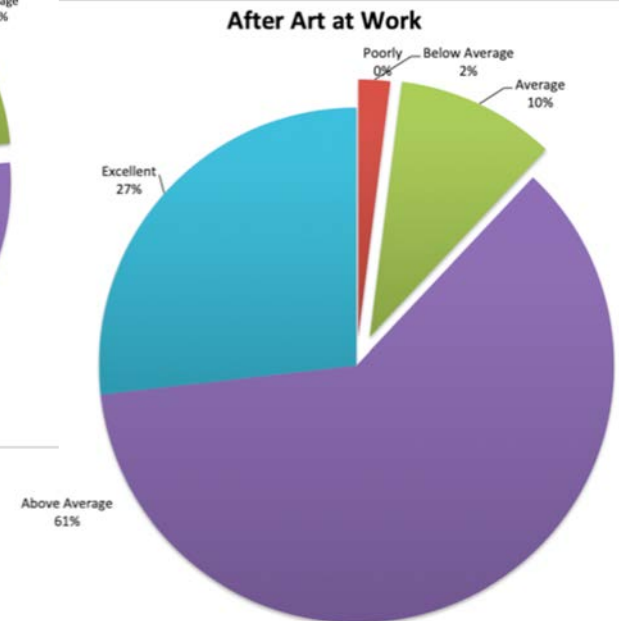
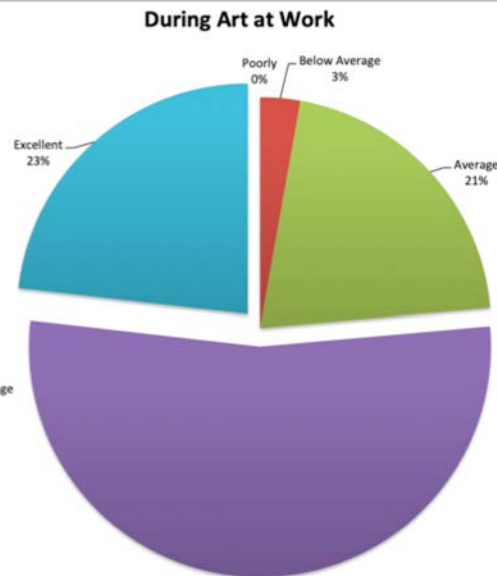
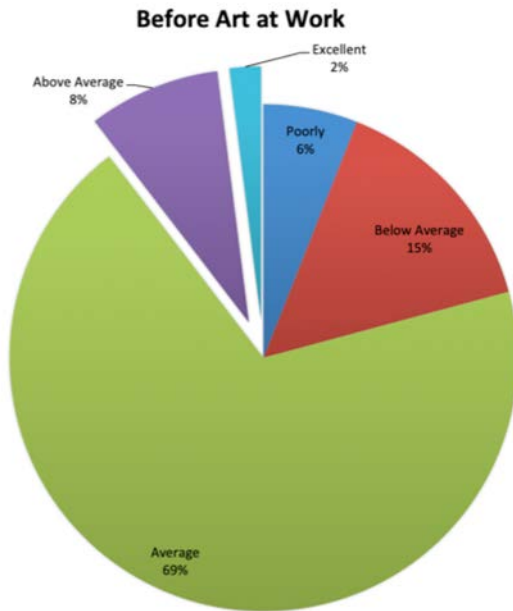
815

966



# SURVEY DATA

How people felt *Before, During, & After*



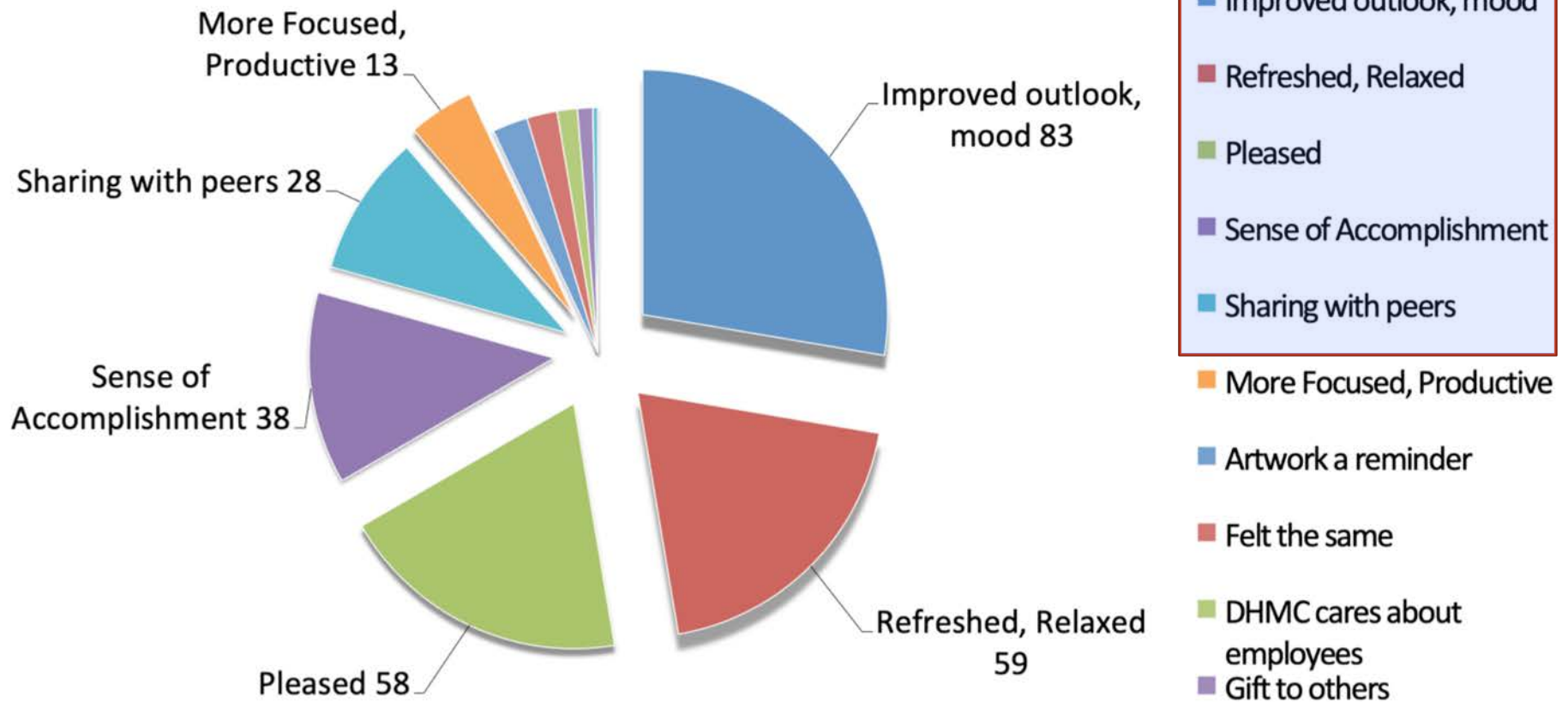
Legend

- 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?”

A word cloud of responses to the question "What did you like most about art at work?". The words are arranged in a circular pattern, with "Creative time" being the largest and most central. Other prominent words include "Mental break from work stress", "Time to relax", "Variety Art Projects", "Enjoyed Peers", and "Calm environment". Smaller words include "Music", "Art educator encouraging", "Discovered my creativity", "Novelty of Art Program", "Accessible art materials", "Helps think differently", "Created my own art", "Fun", and "Feel supported".

Variety Art Projects  
Enjoyed Peers  
Creative time  
Mental break from work stress  
Time to relax  
Calm environment  
Music  
Art educator encouraging  
Discovered my creativity  
Novelty of Art Program  
Accessible art materials  
Helps think differently  
Created my own art  
Fun  
Feel supported



# STAIRWELL MURALS 2009 - 2019

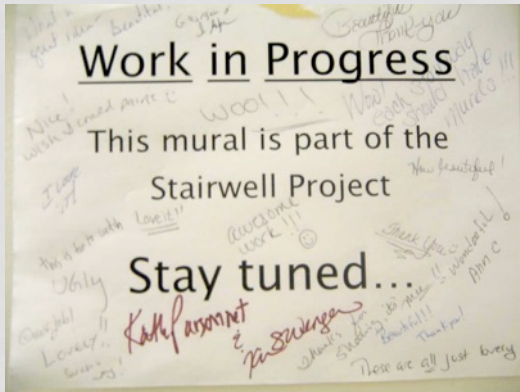


# MURALS, CON'T





# MURALS FEEDBACK



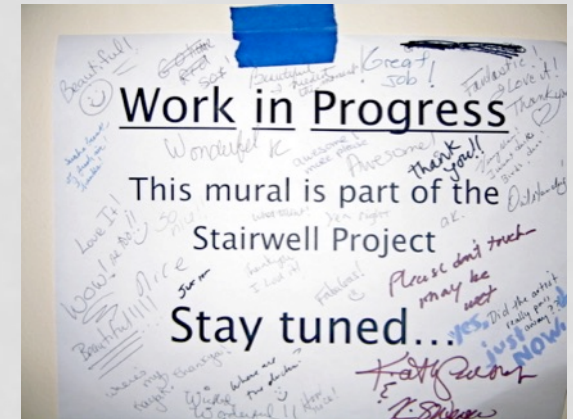
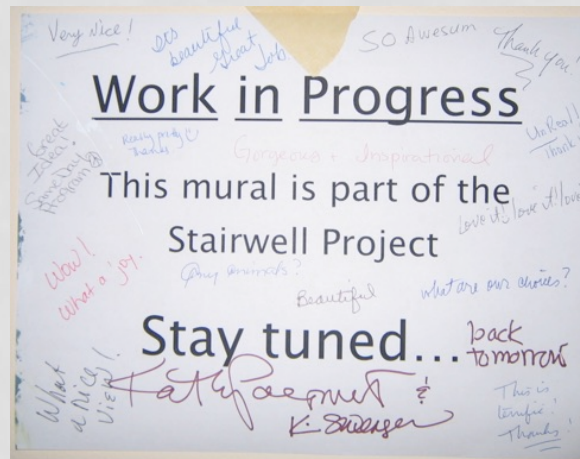
"Nice job- Loved seeing it as we were doing the stair quest! Hope you **do this in ALL the stairways** in hospital."

"**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."

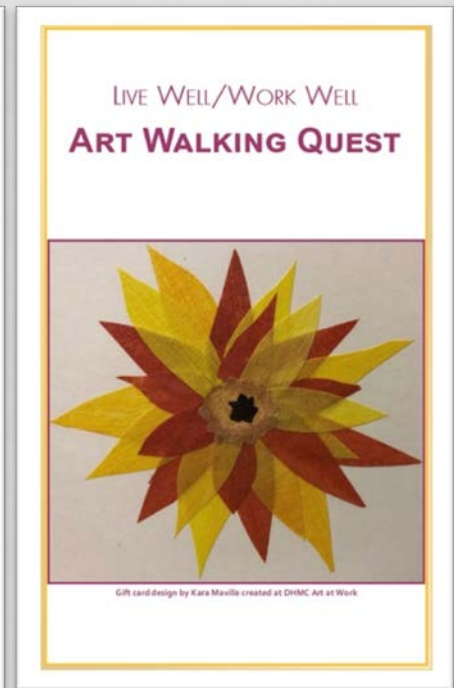
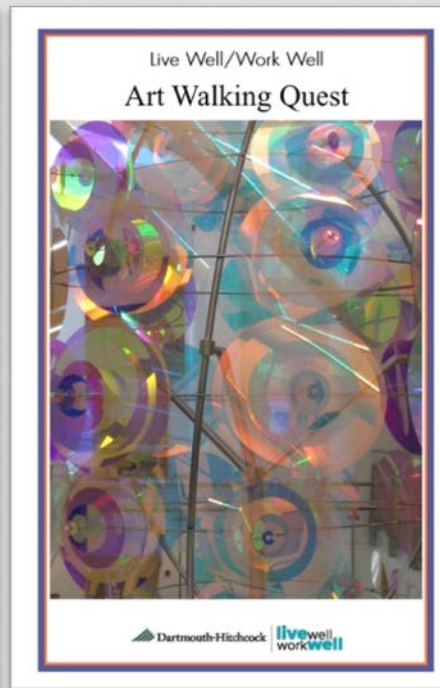
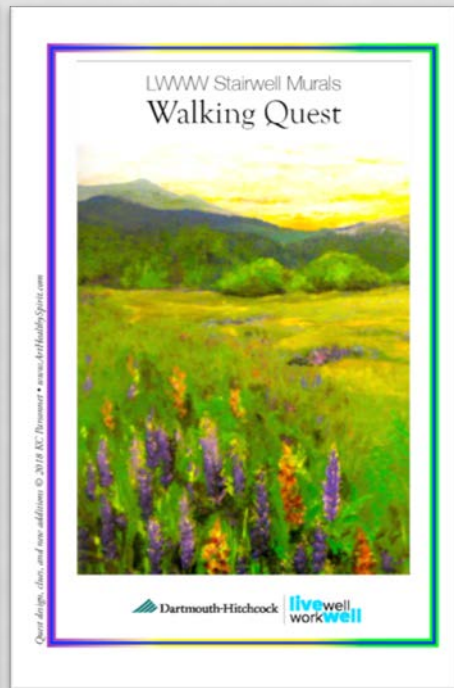
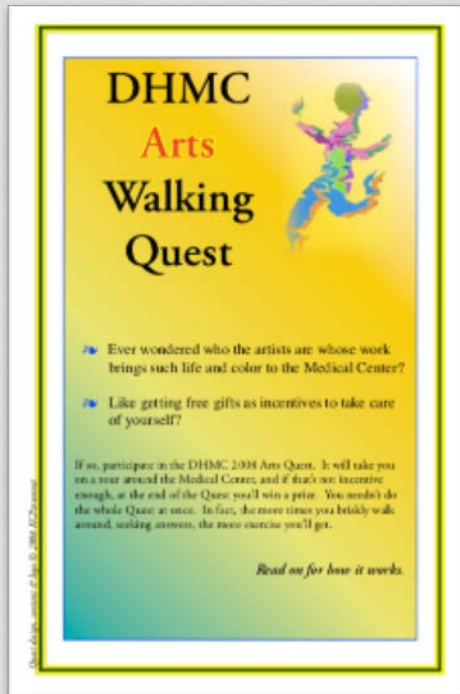
"I always take stairs, but this is **a mood elevator!**"



"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 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?