



NATIONAL INTREPID CENTER OF EXCELLENCE  
WALTER REED BETHESDA

# 2020 Arts-based Initiatives at Walter Reed National Military Medical Center

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**29 January 2021, 1415-1445**



# Disclaimer

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There are no relevant financial relationships or conflicts of interest to disclose.

# Agenda

1415-1420	5 min	Intro & Overview
1420-1425	5 min	Background of WRNMMC & Arts in Health Program
1425-1440	15 min	Discussion of Programs <ul style="list-style-type: none"><li>• <b>Operation Oasis</b></li><li>• <b>The Walter Reed Chalk-In</b></li><li>• <b>“I, Too”</b>: Healing Engagements on Racism</li></ul>
1440-1445	5 min	Q&A ( <i>if time allows</i> )



## Walter Reed National Military Medical Center (WRNMMC)



# Operation Oasis

## History

Operation Oasis was born out of the desperate need to address staff burn-out at the onset of the COVID-19 pandemic. The weekly schedule of sessions began as a collaboration between Resiliency, NiCoE, Arts in Health, Creative Forces, Pastoral Care, and Integrative Health and Wellness Services.

Operation Oasis was developed in a matter of days once discussions began. The program has been formally functioning since March 2020 and has become an integral part of staff resiliency efforts at WRNMMC.

## Overview

Movement, art, meditation, music, and wellness education are open to patients and beneficiaries of WRNMMC, as well as anyone with access to a link.



# Operation Oasis

Sessions are updated and distributed in a calendar every Monday morning to staff via email, and publically posted on WRNMMC's webpage. Currently 25+ sessions are offered each week with hundreds of participants joining weekly. Staff members may join anonymously if they prefer.



*Scan here to access the current Resiliency Services calendar, and join us for daily wellness sessions.*

RESILIENCY SERVICES Week of 25-29 January 2021		
<b>MONDAY</b> 25 JAN	0730 – 1500	<b>Staff Resiliency Service 1:1 Coaching.</b> Appointments offered upon request. Please email the Program Manager for more information: <a href="mailto:Steph@l.cathy.heldman@wrnmmc.org">Steph@l.cathy.heldman@wrnmmc.org</a>
	1330	<b>Stress-Reduction Practice</b> Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
	1500 – 1530	<b>The Power is in the Belly: Diaphragmatic Breathing and Movement for Stress</b> Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
	1800 – 1830	<b>Mindful Mondays: Mindfulness Techniques to Enhance Your Health, Wellness, and Resiliency</b> – Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
<b>TUESDAY</b> 26 JAN	0715 – 0745	<b>Sunrise Yoga</b> Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
	0730 - 1500	<b>Staff Resiliency Service 1:1 Coaching.</b> Appointments offered upon request. Please email the Program Manager for more information: <a href="mailto:Steph@l.cathy.heldman@wrnmmc.org">Steph@l.cathy.heldman@wrnmmc.org</a>
	0900 – 1000	<b>Stress Management/Meditation</b> Live Session: <a href="http://lchiv.lccs.com/wordpress/2017/05/04/">http://lchiv.lccs.com/wordpress/2017/05/04/</a>
	1000 – 1045	<b>Human Musical Jukebox</b> Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
	1130 – 1200	<b>Body-Based Tools for Coping with Stress Using Movement, Touch, Breath, and the Five Senses</b> – Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
	1330 – 1400	<b>Stress-Reduction Practice</b> Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
	1600 – 1630	<b>Mindfulness Meditation</b> Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
<b>WEDNESDAY</b> 27 JAN	0730 – 1500	<b>Staff Resiliency Service 1:1 Coaching.</b> Appointments offered upon request. Please email the Program Manager for more information: <a href="mailto:Steph@l.cathy.heldman@wrnmmc.org">Steph@l.cathy.heldman@wrnmmc.org</a>
	1200 – 1230	<b>Nutrition for Resilience</b> Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
	1300 – 1330	<b>Strategies for Better Sleep</b> Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>
	1330 – 1400	<b>Stress-Reduction Practice</b> Live Session: <a href="https://www.adobeconnect.com/resilience/">https://www.adobeconnect.com/resilience/</a>

# The Walter Reed Chalk-In



Photo courtesy of NICoE PAO

## History

With Operation Oasis sessions in full swing, collaborators wanted to host an event to express gratitude and support for the frontline workers throughout the hospital.

## Overview

The chalk-in was a 2-hour in-person event planned and facilitated by the Arts in Health Program. Participation was open to anyone with base access. The sidewalk chosen for the chalk-in was one that extends the length of the street across from the Emergency Department, with high foot-traffic and visibility. This community art event aimed to meet 3 primary objectives: Connection, creativity, and communication.

# The Walter Reed Chalk-In

## Connection

To create a space where it was appropriate to be within physical company of others, while still maintaining physical distancing. To provide an opportunity to see other people, safely be within their presence, and engage in conversation without the obligation of discussing work.

## Creativity

To engage in healthy regression, and return to a pastime of childhood to awaken a sense of play. To use one's entire physical body to make expansive marks and cover a large area on the ground.

## Communication

To intentionally express gratitude in a concrete and visible way. To boost a sense of wellbeing, not only for participants, but for viewers. To use words and images to create messages with meaning for other people to find.



*Photo courtesy of NICoE PAO*



# “I, Too”: Healing Engagements on Racism

I, Too

By Langston Hughes

I, too, sing America.  
I am the darker brother.  
They send me to eat in the kitchen  
When company comes,  
But I laugh, And eat well, And grow strong.  
Tomorrow, I'll be at the table  
When company comes.  
Nobody'll dare  
Say to me, "Eat in the kitchen," Then.  
Besides,  
They'll see how beautiful I am  
And be ashamed—  
I, too, am America.

## History

In continuation of conversations that arose from the special Town Halls facilitated by COL Andrew Barr, Director, WRNMMC, which focused on racism and social injustice, AIH partnered with Pastoral Care Services to facilitate opportunities for deeper understanding of race-based experiences. The sessions were crafted to allow for safe reflection and creative expression.

## Overview

Participants were first asked to engage in mindful movement by walking through a floor labyrinth. Participants were then asked to share their experiences through socially distanced art making, in response to several questions.

# “I, Too”: Healing Engagements on Racism



Photo courtesy of NICoE PAO

## The Labyrinth

A labyrinth is a singular path leading to a center. It is not a maze- a labyrinth has a singular defined path with a beginning, middle, and end. Walking the path is as much about the journey as it is about the destination. The process is meant to be a contemplative practice in mindfulness.

## Response Questions

- How does it feel to be on the path?
- Do you have an impulse to get to the end quickly or slowly?
- How do notice yourself moving in and out of the labyrinth?
- Do you find it difficult to stay focused?
- Once you reach the center, how do you feel?
- Do you like following the pathway or do you want to make your own path?

# “I, Too”: Healing Engagements on Racism

## Art Making

Prompt given to participants: *“Create a visual response to the statement, ‘I too, am Walter Reed’.* Use colors, lines, shapes, or symbols that may illustrate your thoughts, emotions, ideas, attitudes, or beliefs regarding the statement. Use one of the pre-cut tiles to create your artwork. Once all tiles are complete, they will be put together (similar to a quilt) and may be displayed at a later date.”

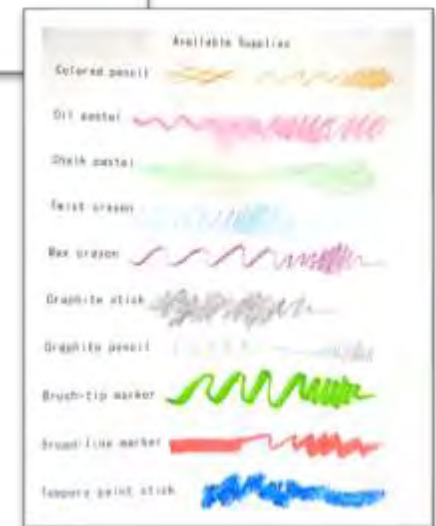
## Considerations

Infection control and social distancing were particularly important. Art supplies required one-time use and sanitization between participants. Instructions for obtaining and discarding supplies were posted. Art supplies were also demonstrated to ensure that participants could take what they needed, without having to test out many supplies, or spend time looking over everything that was available.

All art supplies on this table have been sanitized and are available for your use. Feel free to borrow a blue bin to collect and transport your supplies to a table.

Please do not return supplies here when you are finished. They should be placed in the return bin to your left.

Thank you!



# “I, Too”: Healing Engagements on Racism



## Response Questions

- What is your identity within this organization?
- Does this align with identities that you hold within other communities or groups?
- Do you generally agree with the statement, “I, Too am Walter Reed”? Why or why not?
- What is the first word that comes up for you when reading the prompt or the poem?
- What colors, symbols, or shapes surface when you consider the prompt or the poem?



Artwork used with permission

# Thank you for your time!



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*Please feel welcome to contact me with any questions.*

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