

To Really See: Exploring the medication-taking experience through story and person-centered art

Paul Ranelli, University of Minnesota College of Pharmacy
and

Jes Reyes, Avivo ArtWorks, Minneapolis, Minnesota

Engagement Scholarship Consortium 2019

Denver, Colorado

Objectives

1. Raise awareness regarding the medication-taking experience, especially behavioral health medications, to challenge stigma.
2. Give medication users, and health professionals alike, greater confidence as communicators with each other about medication issues
3. Articulate visually the experience of mental health medications and the relevance of such medications

What is Social Pharmacy?

Incorporates social implications associated with therapeutic and nontherapeutic uses of pharmaceutical preparations examined from the perspective of individual and group behavior and the social systems that exist between them.

Micro perspective: individual agency or interaction.

Macro perspective: systems and social structure.



**HOW DOES
YOUR BODY
PROCESS
MEDICINE?**





In the Beginning,



UNIVERSITY OF MINNESOTA

College of Pharmacy



Minnesota Public Health Association



Avivo ArtWorks

<https://youtu.be/5aPHIjJgHRc>

<https://vimeo.com/234772831>







Presented by Spectrum ArtWorks

To Really See

Art exploring the medication-taking experience

AUGUST 10 - SEPTEMBER 27, 2017

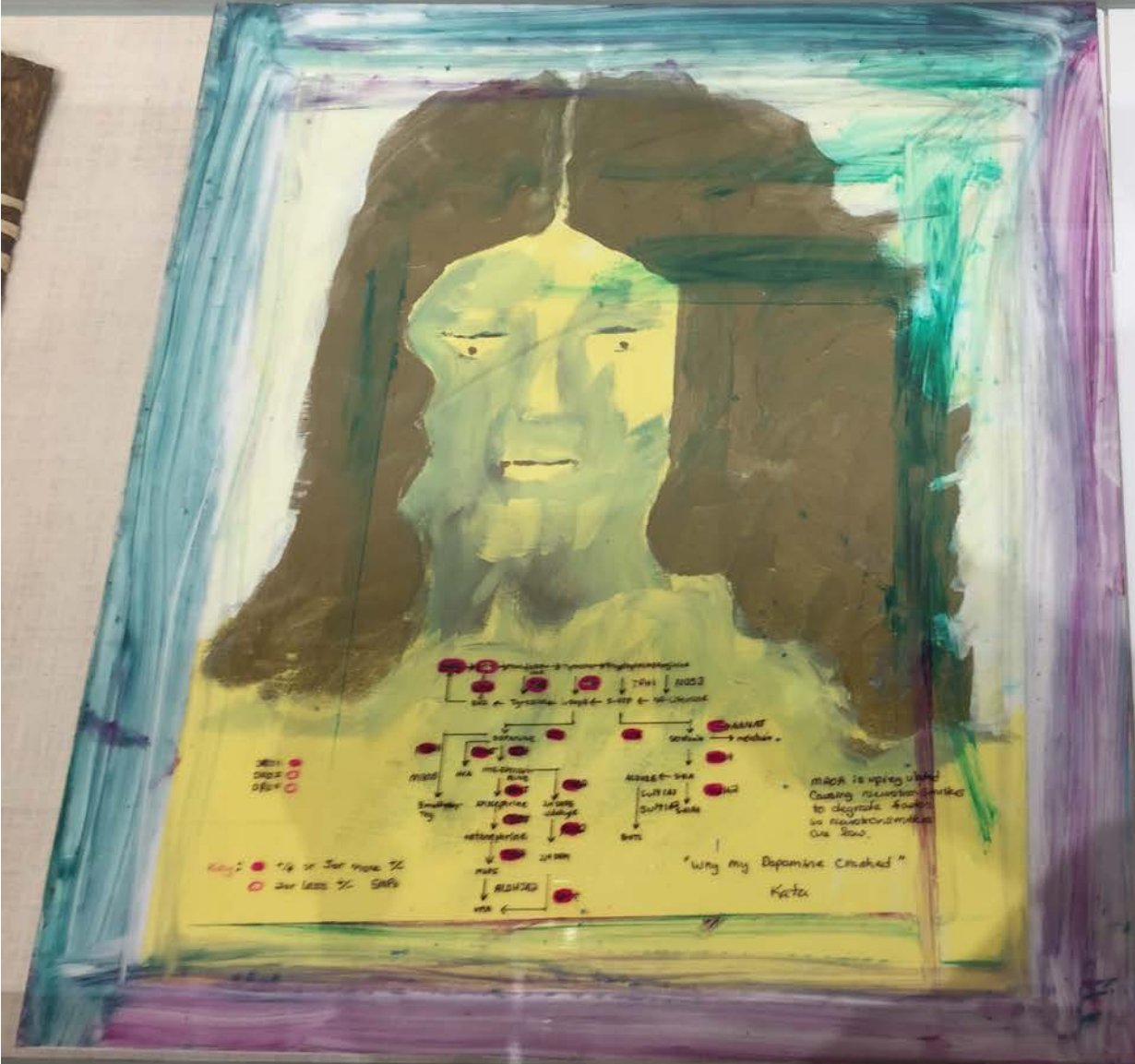
cargill hall



HENNEPIN COUNTY
MINNEAPOLIS CENTRAL LIBRARY







Genetic Testing for Mental Health Conditions

Genetic testing for mental health conditions is a complex and controversial issue. This policy outlines the ethical, legal, and social implications of genetic testing for mental health conditions, and provides guidance for the use of such information.

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Corporate Medical Policy

Genetic Testing for Mental Health Conditions

File Name: genetic_testing_for_mental_health_conditions
 Department: 10000
 Last C.P. Review: 7/2014
 Next C.P. Review: 7/2017
 Last Review: 7/2014

Description of Procedure or Service

Genetic testing for mental health conditions is a complex and controversial issue. This policy outlines the ethical, legal, and social implications of genetic testing for mental health conditions, and provides guidance for the use of such information.

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Kata

Why My Dopamine Crashed

Why did my Dopamine crash on a strong drug? This represents the real challenge balancing my neurotransmitters. It is a graph of my genetics. The red is r/r or at least three r's. This shows areas of increased genetic expression. The yellow is two or less r's. Areas where lifestyle will have likely impact outcomes. Green is the 0/r's. These are probably making neurotransmitters and neurotransmitter binding sites slow. So I need to work for balance daily. I use natural serotonin and acetaminophen.

r/r = both sets of genes, r = one set of genes.

Size: 1 cm x 1 cm

KaTa

Why My Dopamine Crash

Mixed Media

Why did my Dopamine crash on a strong drug: This represents the real challenge balancing my neurotransmitters. It is a graph of my genetics. The red is +\+ or at least three +\-. This shows areas of impaired genetic expression. The yellow is two or less +\-. Areas where lifestyle will more likely impact outcomes. Green is no SNPs. I have trouble making neurotransmitters and thankfully trouble breaking them down. So I need to work for balance daily. I use natural formulas and awareness.

+ \+ both sets of genes. + \- one set of genes.

Bio:

I am alive.



Kurt

Connecting with people that understand my illness is far more rewarding than pills. When I didn't enjoy the pills, I started seeking alternatives. Now, I seek to embrace the better path I am on to find more peace and relief from depression and anxiety.



Julia

Often times people don't know me and surprised when I tell them I am disabled, because I don't like to look different on the outside, so if it should be a thing we could immediately identify in someone, I wish it were that easy. Maybe we would be kinder to each other. Maybe we would feel less alone.

I recently had a friend to confide in a song I've had on repeat recently are the lyrics: "This isn't everything you are." I keep trying to tell myself this is true in my life I am an artist, I am normally ill, I take medication. This is not what defines me and although it sometimes feels like it, it is not everything I am.



Maria

Artichoke

Have you ever seen an artichoke anywhere other than the grocery store? I didn't until traveling in Iceland. Before my trip, I was talking with someone about my struggles with my recent art museum and they said I was like an artichoke. The picture of an artichoke they actually have in someone people think that artichoke from the artist. The illness simply reveals itself when I take off medication. I become increasingly plagued with symptoms that took much of my energy. After making the decision to go back on medication my art felt exhausted and less alive. There was a play on words with referring to me as an artichoke. Art is Chile. That's the way it was. Now I'm referred to as Art I used to Chile.



Steve

This is me when I was whole.

I fell through the cracks... until I found the Lighthouse.

This is me coming together, working with doctors, finding the right the medicine.





Starr
This is me when I was whole.
I fell through the cracks...un
This is me coming together,
finding the right the medic

Starr
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I fell through the cracks...un
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CHRISTI
FURNAS

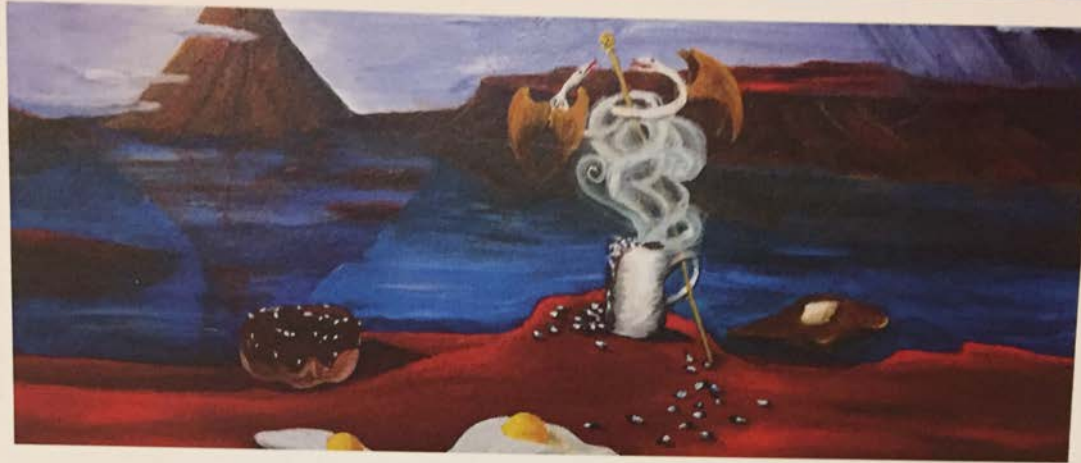






AVIVO

ArtWorks



Avivo ArtWorks (formerly Spectrum ArtWorks) has been supporting artists living with mental illness since 2004. Our multi-faceted art studio and programming is a specialized CSP service that reaches a population of members who are seeking space to make art, receive peer support, build skills, and access larger art career resources. In addition, we organize public projects that challenge stigma and raise mental health awareness. *To Really See* is the program's largest exhibition partnership. Avivo ArtWorks has previously exhibited with Soo Visual Arts Center, Augsburg College, Minnesota Landscape Arboretum, and the Minneapolis Institute of Art.

Join us during the reception on Thursday, November 9th from 5-7:30PM to meet the organizers of the exhibit, Avivo ArtWorks and Paul Ranelli, and get a special look into this compelling project.

Avivo 1825 Chicago Avenue | Minneapolis, MN 55404 | 612-752-8282

avivomn.org

To Really See

Exploring the medication-taking experience through art

There are many methods for expressing and exploring health-related events through art. The results often create compelling and people-centered objects or experiences. Attempts have been made using media, such as puppetry, theatre, songs or games. Photography and other visual art are also used to make subjects on health, meaningful and healing for the person and interesting and educational for the public and the professionals who serve the public. The community-focused art project and traveling exhibit, *To Really See*, captures these approaches and focuses on the display of creative, medication-use stories that users, artists, and participants wanted to express and share.

Exhibition partners University of Minnesota College of Pharmacy Professor Paul Ranelli and RESOURCE's Spectrum ArtWorks program present *To Really See* with the Hennepin County Minneapolis Central Library (on location August - September 2017). The exhibition will be on display at St. Luke's Hospital, Duluth (October 2017 - April 2018) and then at the University of Minnesota, Twin Cities, Bio-Medical Library (December 2017 - April 2018).


View a selection of visual art from
To Really See in the 3rd Floor Walkway.

LUKE



THE CHARITABLE CARE
AND WHEN HE SAW
FLECTION OF HIM
WOUNDS ... AND
TO AN IRE ... AND
NEM ...

BY THE ST. LUKE'S
HOSPITAL IN DULUTH, MN
ON OCTOBER 11, 1978
AFTER HE WAS BR
DIED TO THE HOSPITAL
ON 11, 1978

St. Luke's



**Most people
don't plan
for trauma.
We do.**



PATIENT.
ALL ELSE.

St. Luke's
Trauma Center

What is Photovoice?

Photovoice at the Avivo ArtWorks is a participatory art project that merges photography with creative writing. It is a project that supports individuals in creating artwork that visualizes and gives voice to the experience of living with a mental illness. It is an empowering art project that gives individuals the chance to speak through photos. Our current Photovoice project that explores the medication taking experience is our 3rd year engaging members in creating art in this way.

Some participants of Photovoice have never explored photography before. Some participants have never been able to express their experience of living with mental illness before. Often this project is referred to as, "recovery through photos."

Participants of Photovoice must be committed to the project, as it requires active involvement for 2-3 months. With community-focused weekly meetings that include photo walks and one-on-one time with project facilitators, participants are expected to contribute to the overall presentation of the work. Participants work with individually with project facilitators to decide on which photographs connect most to their recovery experience. Some already know what words they will pair with their images. Some need extra support from the group. A video of Photovoice is then created, prompted by the help of project facilitators. When the project is complete, the video is presented to their larger Avivo ArtWorks community, and sometimes publicly. Written text and companion images are exhibited as well within a wall display.

Having a final presentation of Photovoice is important to the overall project, as it provides recognition as well as validation. Exhibiting the work challenges mental health stigma and it supports the varying yet relatable personal stories of hope, resilience and reflection.

Thank you to all 2017 Photovoice participants!

Kurt
Martha
Glenn
Julia
Rory aka Money
Emma
Kessie
Paul
Starr

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The South West
Hospital &
Clinic Building

Hospital &
Clinic Bldg





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To Really See in the 3rd Floor Walkway.

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(2018).

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Results: Survey-1

Anonymous, voluntary, paper-pencil, various item style, metal drop box, all three locations.

20 items.

Three parts

- How heard about exhibit

- Opinions about exhibit

- Demographic items

115 surveys completed

Results: Survey-2

A few items

How interesting was exhibit?

90% extremely interested or interested

Inspired by seeing exhibit?

67% strongly agreed or agreed being inspired

Exhibit resonated with you?

83% strongly agreed or agreed

Exhibit exposed you to new perspectives?

80% strongly agreed or agreed

Results: Dialogue Board

- **“The risk and benefit of psychotropic meds is a tightrope act.”**
- **“I take away a better understanding of the impact of dependency on medication for survival.”**
- **“How well many people with mental health challenges navigate their worlds.”**
- **“I learned about the difficulty of healing.”**
- **“This show connects with my pain.” “It is okay to take medications.”**
- **“There is reluctance to use meds but the need to use them.”**
- **“Meds are necessary in some case but not the only answer.”**
- **“I liked the personal info on the artists and their experiences.”**
- **“Mental illness is an illness that doesn’t get the attention it deserves. Many suffer, few know!”**
- **“Art can help.”**
- **“This show reminded me that medication use is common.”**
- **“I learned how medications and life can be complicated.”**
- **“I learned that many may still struggle with taking meds even if they benefit from them.”**
- **“I learned how my children might view their own medications.”**
- **“I have a greater appreciation now, after seeing this show, for the need for public conversation on this topic.”**
- **“Mental illness is not part of my life so the shows made me stop and think.”**
- **“To Really See helps normalize mental health treatment.”**
- **“Always remember that each person’s recovery is unique.”**

To Really See



“The placement of medication alongside breakfast objects illustrates how common place medication is in our everyday lives.” - Tobias, *Breakfast Objects*, Acrylic on Canvas

A traveling art exhibition



Creating Art. Building Community. Fighting Stigma.

Exhibition Dates: August 10–September 27, 2017

Cargill Hall
Hennepin County Library—
Minneapolis Central
300 Nicollet Ave
Minneapolis, MN 55401

Opening Public Reception: Thursday, August 10 / 6PM
The Mary and David Doty Board Room, 2nd Floor

Join us at 6pm with a screening of Spectrum ArtWorks 2017 Photovoice Video and NAMI Minnesota's presentation: *Creating Caring Communities in Minnesota: Five Things You Can Do*. Learn about mental illnesses, the impact of negative attitudes and five things each of us can do to make Minnesota a better place for people who experience a mental illness.

Exhibition partners:



Spectrum ArtWorks is a program of RESOURCE. www.resource-mn.org

Learn more and follow exhibition announcements at www.artworksatspectrum.org.

For more information contact Jes Reyes at jreyes@resource-mn.org or (612) 752-8282.



