



Resources

Alice L. Walton School of Medicine: A new medical school partnered with Crystal Bridges Art Museum. This medical school is equipping a generation of doctors who are empowered to take care of themselves and to meet the needs of their patients. The school integrates access to the museum to train medical students on the use of the creative arts therapies.

<https://www.alwmedschool.org/>

Art Therapy Credential Board: Oversees the credentialing of art therapists in the United States. The profession requires a master's degree in art therapy from an approved program and 1,000 hours of supervised clinical experience before becoming credentialed. Board certification is an additional step that requires the art therapist to pass an exam. <https://atcb.org/find-a-credentialed-art-therapist/>

Arts in Healing Film Festival: The festival showcases innovative practices in the therapeutic and healing arts from around the world. Filmfreeway.com/ArtsinHealingFilmFestival

Art Therapy: The Movie-Documentary: Introduces what art therapy is, the benefits, the role of art therapy, and reviews the BrightPoint Program. https://youtu.be/CA6RAIXP-zA?si=-nkV3Z_661Evu

Ashley Gibson Barnett Museum of Art: The Ashley Gibson Barnett Museum of Art at Florida Southern College, founded in 1966 by a dedicated group of Lakeland, Florida community residents, is a 501 (c)(3) not-for-profit arts organization and Smithsonian Affiliate accredited by the American Alliance of Museums. It serves 66,000 local and global visitors annually through a diverse schedule of exhibitions and art education programs. The Museum's enduring mission is to engage audiences of all ages with world-class exhibitions, programs, and experiences and to offer avenues for lifelong learning and reflection on our shared world through art and visual culture. Programs like Access Art: Art Connects ALZ work to bring art connections to vulnerable populations. www.agbmuseum.org

Bonnet Springs Park- Bonnet Springs offers many various types of enriching engagements. It's mission is to enrich our community through nature, culture, recreation, and education. www.bonnetspringspark.com

Breaking the Chains Foundation- This is a national organization with local engagements that are arts and wellness related. Their mission is committed to the prevention of body-focused and mental well-being stigmas. They do this by transforming research and personal stories into artistic programs.

www.breakingthechainsfoundation.org

Carol Jenkins Barnett United Way Children's Resource Center: Located in the heart of Lakeland, the Carol Jenkins Barnett United Way Children's Resource Center is a community-based learning and resource center that provides classes, playgroups, workshops, developmental checkups, community activities, and support for parents and caregivers of children aged 0-6, as well as for expectant moms and dads. Each month, a music therapist is brought in for developmental classes.

www.uwcf.org/resourcecenter

Certification Board for Music Therapists: Oversees the certification of music therapists who must complete 1,200 hours of clinical training before taking the certification exam.

<https://my.cbmt.org/cbmtssa/f?p=CRTSSA:17800:5389532270137:::17800>

Dance/Movement Therapy Certification Board: Responsible for the regulation of dance/movement therapists. Registered dance/movement therapists must complete an approved graduate program in dance/movement therapy and complete 2400 hours of clinical practice. Once completed, a dance/movement therapist can become board-certified by passing an exam and obtaining a state license to practice. <https://www.adta.org/find-a-dancemovement-therapist>

Depot Arts District by Lakeland Arts Association: A new art hub that provides 35 artist studios, 2 galleries, and workshop rooms for art classes. The space will feature an outdoor garden space for events, a retail area, a re-use art supply store, and children's art programs.

<https://www.lakelandartsassociation.com/depot-arts-district-studio-spaces>

Design and Evaluate Arts in Health: Seven steps on how to design and evaluate arts in health projects created by the social biobehavioural research group, which comes from Dr. Fancourt et al.'s book Arts in Health. https://youtu.be/3h-1HJe_bfA?si=3hz4EBZxe1efu2Ww

Drawing Development in Children: Lowenfeld and Edwards designated the stages of drawing development. This slide show exhibits what each stage is and examples of each stage.

<https://www.slideshare.net/slideshow/drawing-development/25960410#2>

Engaging in the Arts for Health: People who are regularly involved in arts activities have a lower risk of developing mental health issues. This video explains how this occurs based on research. <https://www.joinexpeditions.com/exps/1257-engaging-in-the-arts-for-health>

EpiArts Lab: The University of Florida Center for Arts in Medicine is a National Endowment for the Arts Research Lab. They have a partnership with UF Center for the Arts in Medicine and University College London's Social Biobehavioral Research Group. The lab explores the impact of arts and cultural engagement on population health outcomes in the United States. This table

depicts the key findings from their research.

https://arts.ufl.edu/site/assets/files/188411/epiarts_table_final.pdf

Events for Connection: Provides a free toolkit that is research-based on how to plan events that decrease feelings of loneliness and increase enjoyment.

<https://www.julianneholtlunstad.com/events4connection>

Florida Children’s Museum: Florida Children’s Museum serves as a center of the community. Serving families with a multitude of programming including Able Arts, a special visual arts workshop that is curated just for students with disabilities. Registration is required.

<https://explorefcem.org/plan-your-visit/daily-programming/>

Ignite the Fire Inside Wellness

Lupita is a local Sound Practitioner and Raindrop Technique specialist and she hosts Sound Bath experiences.

Lakeland Community Theater: Provides a safe, nurturing, and educational environment where individuals of all ages can develop and showcase their talents.

<https://www.lakelandcommunitytheatre.com/>

Mayor’s Council on the ARTS: Provides a way to find events and support Lakeland’s art scene. Lkldarts.org

Neuroarts Academic Network: Aims to expand the transformative power of the arts—such as music, dance, painting, and storytelling—by building the emerging interdisciplinary field of neuroarts and training the next generation of leaders. Building on research that demonstrates how art positively affects the brain and body, neuroarts explores how creative expression can be integrated into mainstream medicine, public health, and across society to enhance health and well-being for all. <https://neuroartsblueprint.org/neuroarts-academic-network/>

Neuroarts Blueprint Initiative: Launched in 2019, the NeuroArts Blueprint: Advancing the Science of Arts, Health and Wellbeing is an initiative designed to strengthen, standardize, and propel the emerging field of neuroarts. <https://neuroartsblueprint.org/>

Neuroarts Resource Center: Explore the library for the latest discoveries, browse the directory to connect with people and organizations, dive into professional development opportunities to enrich your work, find exciting events to attend, uncover funding opportunities, and engage in meaningful conversations on the community bulletin board.

<https://www.neuroartsresourcecenter.com/home>

North American Drama Therapy Association: Provides the standards of registration for Registered Drama Therapists who have: expertise in dramatic, theatrical, and performance media; understanding of psychotherapeutic processes with different populations in a variety of settings; experience with the integration of the artistic and psychological aspects of drama therapy; professional work experience in the field of drama therapy, mental health and special education. The standards to apply as a registered drama therapist include 500 theatrical hours

(often completed in undergraduate studies), 800 internship hours, 1,500 professional experience hours, and a graduate degree (master's or doctoral degree in drama therapy) from an accredited program before <https://www.nadta.org/find-a-drama-therapist#/>

Notta Gallery: A new art gallery space showcases Florida artists in downtown Lakeland. They plan to have morning classes and supper clubs. <https://nottagallery.com/>

Polk Arts and Cultural Alliance: PACA is the designated Local Arts Agency (LAA) for Polk County. As such, PACA advocates for all the cultural arts organizations in Polk County and promotes the impact of the Cultural Arts Sector as integral to the quality-of-life in our county. www.polkarts.org

Social Prescribing: Rethinking Health: This video with Dr. Daisy Fancourt highlights the research on how social prescribing can be used to address problems that do not have a medical solution. <https://www.joinexpeditions.com/exp/1256-social-prescribing-rethinking-health>

Social Prescribing Youth Network: Free to join which allows members to stay up to date with news, development, resources, funding, and training. <https://mailchi.mp/ucl/spyn-sign-up-form>

Temple Grandin: An Open Door: A documentary that reflects on the influential life and work of Dr. Temple Grandin, who employed her gifts of visual thinking to advocate for humane treatment of livestock. TempleGrandindocumentary.com

Watson Clinic Arts in Medicine: Housed at the Watson Clinic Cancer & Research Center, our AIM program started in 2008 and has since become our community's leader in the field of Arts and Health. The AIM program offers a full range of programs and activities that prove therapeutic, with a focus on those with serious illnesses such as cancer. These opportunities fortify an individual's ability to cope with illness and treatment and are intended to inspire, comfort, encourage, and empower. <https://www.watsonclinic.com/services/arts-in-medicine.html>

Watson Clinic Legacy Lane: A heartfelt photography exhibit that honors the strength and resilience of cancer survivors. Modeled after the MetroHealth Legacy Lane project in Cleveland, Ohio, this initiative celebrates life beyond cancer, offering hope and inspiration to those on similar journeys.

For its inaugural year, the program has partnered with a talented local photographer, Scott Audette, to capture stories of five cancer survivors. These portraits, printed on stunning metal canvases, are displayed in the Watson Clinic Cancer and Research Center.

<https://www.watsonclinic.com/forms/legacy-lane-project.html>

Whole Steps Creative Arts Center: