



Los Angeles  
County  
Arts &  
Culture



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JAMEEL ARTS  
& HEALTH LAB

- HEALING ARTS 2023 -

LOS ANGELES COUNTY ARTS AND HEALTH WEEK SUMMIT  
JUNE 9, 2023

# LOS ANGELES COUNTY ARTS AND HEALTH WEEK SUMMIT

## OVERVIEW

LA Opera *Connects*, Los Angeles County Department of Arts and Culture, Healing Arts—an initiative of the Jameel Arts & Health Lab—and the World Health Organization convened the second Los Angeles County Arts and Health Week Summit on June 9 to explore the connections between arts, wellness and recovery.

Featuring acclaimed soprano Renée Fleming—Special Projects Advisor for LA Opera and World Health Organization Goodwill Ambassador for Arts and Health—alongside local community leaders, this year’s Summit highlighted the importance of creative aging programs for older adults. The daylong event also showcased ways in which the arts support mental health and wellbeing.

The week culminated with participants attending a performance of [\*An Evening with Renée Fleming\*](#) at LA Opera on June 10.

**READ MORE:** [LAOpera.org/ArtsandHealth](https://LAOpera.org/ArtsandHealth)

## PROCLAMATION: LOS ANGELES COUNTY [BOARD OF SUPERVISORS](#)

The Board of Supervisors unanimously adopted a motion authored by Supervisor Hilda L. Solis declaring the week of June 5 “Arts and Health Week” in the County of Los Angeles and encouraging County departments to explore ways to build the arts into their health, wellbeing and recovery services.

“I’m proud to lead the effort in proclaiming Arts and Health Week in the County of Los Angeles,” said Los Angeles County Supervisor Hilda L. Solis, First District. “From arts education for young people to arts programming for older adults, arts and culture have been proven to make individual lives better and strengthen communities. To that end, I remain committed on our efforts to continue advancing cultural equity and inclusion so that everyone, no matter what zip code they live in, can experience the healing magic of the arts.”

**READ MORE:** [Arts and Health Motion by Hilda L. Solis Encourages Incorporation of the Arts in County’s Health, Wellness and Recovery Services](#)

## ARTS AND HEALTH WEEK GOALS

The goal of the Summit panel discussions and presentations was to explore how the arts can increasingly—and equitably—support health and wellbeing for the residents of Los Angeles County. Last year’s inaugural Summit highlighted ways in which Los Angeles County advances the intersection of arts and health through the work of the Department of Arts and Culture in collaboration with other County and local agencies, including commissioning civic art in hospitals and health centers, funding grants to arts organizations and nonprofits with community-based arts programs, delivering healing and trauma-informed arts education for systems-impacted and underserved youth, and placing Creative Strategist artists in residence within County departments to focus on health and equity for communities. This year’s Summit added a focus on the importance of creative aging for older adults, and further explored approaches that utilize arts and culture for greater mental health and wellbeing for all ages.

Building on the 2022 Arts and Health Week and related programming, LA Opera *Connects* and the Los Angeles County Department of Arts and Culture realized shared goals, which include:

- » Improving the understanding of connections between arts and health.
- » Expanding the network of partners.
- » Building and sharing knowledge of arts and health in the field.
- » Increasing access to the arts.
- » Increasing recognition of arts and culture for advancing equity.
- » Expanding equity, visibility and “making space at the table.”
- » Strengthening partnerships in the field and unlocking resources for arts and wellness.

**WATCH:** Click [here](#) to view the Los Angeles County Channel 36 segment on the Arts and Health Week Summit

## MORNING SESSION

### WELCOME AND OPENING REMARKS

**Christopher Koelsch**

-President and CEO, LA Opera

**Tehvon Fowler-Chapman**

-Vice President, LA Opera *Connects*

**The Honorable Hilda L. Solis**

-Los Angeles County Supervisor, First District

### [WATCH HERE](#)

**Renée Fleming**

-Advisor for Special Projects, LA Opera

**Rachel Moore**

-President and CEO, The Music Center



Supervisor Hilda L. Solis delivers opening remarks.  
Photo by Samuel Cruz.



Renée Fleming delivers opening remarks.  
Photo by Monica Almeida.

## FRAMING REMARKS

**Kristin Sakoda**—Director, Los Angeles County [Department of Arts and Culture](#)

Framing remarks and a [presentation](#) highlighting Los Angeles County initiatives advancing the intersection of arts and health.

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Kristin Sakoda delivers framing remarks.  
Photo by Monica Almeida.

## LOS ANGELES COUNTY IN CONVERSATION

Directors of the Los Angeles County Departments of Arts and Culture, Aging and Disabilities and Mental Health explored the role of the arts in aging, disability and in mental health services in the largest county in the U.S. The leaders highlighted ways the arts bring humanity, care and cultural relevance to the work of leading their health agencies and in addressing the challenges of social inclusion and wellbeing.

### Moderator

**Kristin Sakoda**—Director, Los Angeles County Department of Arts and Culture

### Participants

**Dr. Laura Trejo**—Director, Los Angeles County [Department of Aging and Disabilities](#)

**Dr. Lisa H. Wong**—Director, Los Angeles County [Department of Mental Health](#)

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L to R: Kristin Sakoda, Dr. Laura Trejo and Dr. Lisa H. Wong.  
Photo by Monica Almeida.



## PANEL DISCUSSION—CREATIVE AGING IN LOS ANGELES

Arts leaders and senior services practitioners discussed challenges facing older adults, the benefits of creative aging programs and how we can work across sectors to improve the quality of health and wellbeing for older adult communities.

### Moderator

**Tehvon Fowler-Chapman**—Vice President, *LA Opera Connects*

### Panelists

**John Kander II**—Executive Director, [Music Mends Minds](#)

**Roxy Kirakosyan**—Associate Director of Education & Outreach, [Alzheimer's Los Angeles](#)

**Carol Zou**—Creative Strategist/Artist, Los Angeles County Department of Arts and Culture

**Dr. Jennifer Wong**—Director, [Wallis Annenberg GenSpace](#)

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L to R: Tehvon Fowler-Chapman, John Kander II, Roxy Kirakosyan, Carol Zou and Dr. Jennifer Wong.  
Photo by Monica Almeida.

## AFTERNOON SESSION



Stacie Aamon Yeldell leads a group session.  
Photo by Monica Almeida.

### MOMENT OF CREATIVE WELLBEING

Led by **Stacie Aamon Yeldell**

Participants cultivated moments of peace and presence and learned self-regulation tools through a mindfulness grounding practice. Supported by live guitar, the session was infused with breath and vocal activations and included call and response and intoning.

[WATCH HERE](#)

## EXPERIENTIAL SESSIONS

**LA Opera Connects: Music to Remember** with **Nani Sinha**

Music helps us connect to each other and to our inner selves. *Music to Remember* is inspired by the powerful role that music plays in restoring the body, soul and memory. All are welcome to join in and find community. The program was designed for those who are living with dementia, Alzheimer's or who are experiencing other neurological conditions. Sessions stimulate remembrance and gently invite reflection through familiar and beloved songs.



Nani Sinha sings with attendees during an experiential session.  
Photo by Samuel Cruz.



**Alzheimer's Los Angeles: Memories in the Making led by Anne Oh**

*Memories in the Making (MiM)* is a unique fine arts program for people with Alzheimer's disease or other dementias that offers a creative and non-verbal way of communicating and capturing precious moments through art.



A Summit attendee paints during an experiential session.  
Photo by Monica Almeida.



Rachel Whiting leads an experiential dance session.  
Photo by Monica Almeida.

**Invertigo Dance: Dancing Through Parkinson's—Dance for Everybody led by Rachel Whiting**

*Dancing Through Parkinson's (DTP)* is a program designed specifically to aid people with Parkinson's and other neurological conditions through a unique sequencing of different forms of dance and movement. Building hope, community and wellbeing through the joy of dance, *DTP* is Invertigo's longest-standing community engagement program.

## PANEL DISCUSSION-ARTS AND WELLBEING

In this panel discussion, the conversation about arts and the power to heal was broadened to include arts leaders and health practitioners addressing community-wide solutions that utilize the arts to create conditions and environments that promote health and wellbeing.

### Moderator

**Tehvon Fowler-Chapman**–Vice President, LA Opera *Connects*

### Panelists

**Dr. Assal Habibi**–Associate Research Professor of Psychology, [USC Brain and Creativity Institute](#)

**Rachel Whiting**–Lead Teaching Artist, [Invertigo Dance Theatre's \*Dancing Through Parkinson's\*](#)

**Stacie Aamon Yeldell, MA, MT-BC, AVPT**–[Author, Speaker and Music Psychotherapist](#)

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L to R: Stacie Aamon Yeldell, Dr. Assal Habibi and Rachel Whiting.  
Photo by Samuel Cruz.

## ENDING KEYNOTE

**Christopher Bailey**–Arts and Health Lead, [World Health Organization](#)

Christopher Bailey described the neurology of awe and its uses in post-traumatic recovery, and through storytelling recreated the neurological healing experience of awe with the audience.

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Christopher Bailey presenting to the audience.  
Photo by Monica Almeida.



## CLOSING REMARKS

**Dr. Maria Rosario Jackson**—Chair, [National Endowment for the Arts](#)



Dr. Maria Rosario Jackson delivers closing remarks.  
Photo by Samuel Cruz.

Dr. Maria Rosario Jackson discussed the NEA's integration of the arts into strategies that promote health, wellness, and the resiliency of American communities—especially those that have been historically marginalized.

[WATCH HERE](#)

## CLOSING CONVERSATION

Los Angeles County Department of Arts and Culture Director Kristin Sakoda engaged in conversation with nationally renowned arts leaders Renée Fleming and Dr. Maria Rosario Jackson about the aim of policy, practice and programs on arts at the intersection of health.

### Moderator

**Kristin Sakoda**—Director, Los Angeles County Department of Arts and Culture

### Panelists

**Renée Fleming**—Advisor for Special Projects, LA Opera

**Dr. Maria Rosario Jackson**—Chair, National Endowment for the Arts

[WATCH HERE](#)



L to R: Kristin Sakoda, Renée Fleming and Dr. Maria Rosario Jackson.  
Photo by Monica Almeida.

## **RESOURCES AVAILABLE THROUGH THE LOS ANGELES COUNTY DEPARTMENT OF ARTS AND CULTURE**

### **ORGANIZATIONAL GRANT PROGRAM (OGP)**

Since 1947, the Department of Arts and Culture (from its inception as the Los Angeles County Arts Commission) has provided funding for Los Angeles County arts organizations to expand community access to the arts. OGP is Los Angeles County's longest-running arts grant program, providing funding for the diverse ecosystem of arts nonprofits that range in size, budget and discipline—from arts education to theater, music and dance, to visual, media and literary arts. The program also addresses systemic inequity in arts funding. Over 80% of grantees have budgets under one million dollars. These small and micro budget organizations are often chronically underfunded and include those that reflect and serve communities of color, historically marginalized and rural communities. In addition to direct funding, OGP grantees receive professional development opportunities, from workshops addressing cultural and racial equity to grant writing and human resources.

### **COMMUNITY IMPACT ARTS GRANTS (CIAG)**

Different from the Department of Arts and Culture's longstanding funding for nonprofits with a primary focus on the arts, CIAG supports arts-based programs of non-arts social justice and service organizations. CIAG was designed to address two priorities: making arts services available to Los Angeles County residents who might not experience them through traditional arts venues and outlets and encouraging integration of the arts in cross-sector work at local nonprofits. CIAG supports arts programming at nonprofits and municipalities that often serve low-income individuals, individuals with disabilities, veterans, systems-impacted youth and other underserved communities, with grants that have supported programs at the intersection of arts and health. An analysis of the program's impact by the Department of Arts and Culture's Research and Evaluation team found that CIAG grants supported a wide variety of populations and communities underserved by the arts as measured by specific populations, race and ethnicity and poverty rates, often in areas where over 25% of the population earned less than the federal poverty level.

### **PROFESSIONAL DEVELOPMENT OPPORTUNITIES**

Events serving artists, arts organizations, civic and community leaders and educators alike.

### **CIVIC ART**

The Department of Arts and Culture's Civic Art Division provides leadership in the development of high-quality civic spaces by integrating artists into the planning and design of inclusive facilities and providing access to artistic experiences for the residents of Los Angeles County. Working with leading artists, emerging public artists, Los Angeles County departments and communities, Civic Art commissions artwork—with community engagement—for new and renovated facilities throughout Los Angeles County. In supporting arts and health, several [Civic Art projects](#) and commissions are completed or underway for Los Angeles County health, hospitals and wellness center facilities, leveraging art to promote recovery and healing, welcoming environments while reflecting the cultural diversity of the communities that make up Los Angeles.

## **CREATIVE STRATEGIST PROGRAM**

A recommendation of the [Cultural Equity and Inclusion Initiative](#), the Creative Strategist-Artist in Residence program places artists, arts administrators and creative workers in Los Angeles County departments to work alongside staff, project partners and community stakeholders in a collaborative process to develop, strategize and implement artist-driven solutions to complex social challenges. Since its inception, the Department of Arts and Culture has placed artists with several Los Angeles County departments including Mental Health, Public Health's Office of Violence Prevention and the new Department on Aging and Disabilities. Resources and artist projects can be found on the website, including *Healing Through Story: A Toolkit on Grassroots Approaches*—a resource developed with and for Department of Mental Health staff by artist and Los Angeles County Creative Strategist Anu Yadav. The toolkit focuses on the power of story as an arts-based healing process that promotes wellbeing and connection. It highlights community-building methods and interviews with the community on the healing process.

## **CREATIVE WELLBEING CURRICULUM GUIDE**

The [Creative Wellbeing](#) approach uses arts-based strategies that build upon existing community strengths to enhance the capacity of adults to support young people in restoration and healing. Central to this model for supporting youth is a parallel process that supports the adults who work with them—strengthening protective factors by increasing adults' understanding of healing-informed approaches, self-attunement, and the preventative significance of their own self-care. As young people engage in healing-informed arts education, they explore identity and self-expression, discover ways to connect, and access an authentic sense of mattering, ultimately leading to an enhanced sense of wellbeing. Taken together, these strategies strengthen support to enhance wellbeing for youth and adults. Creative Wellbeing is an approach for fostering communities of wellness that was developed collaboratively by the Los Angeles County Department of Arts and Culture, Office of Child Protection (OCP), Department of Mental Health (DMH), and Arts for Healing and Justice Network (AHJN).



## SELECT RESEARCH RESOURCES ON ARTS AND HEALTH

AMERICANS FOR THE ARTS [SOCIAL IMPACT EXPLORER](#) AND [ARTS AND HEALTH FACT SHEET](#)

ARTPLACE AMERICA [CREATIVE PLACEMAKING RESEARCH](#)

NATIONAL ENDOWMENT FOR THE ARTS: [RESEARCH AWARDS](#)

[NATIONAL INSTITUTES OF HEALTH \(NIH\)](#): Information on Trans-NIH Music and Health Working Group, and research plans and funding opportunities for music and health.

[NEUROARTS BLUEPRINT](#): A partnership of the Aspen Institute's Health, Medicine & Society (HMS) program and the Johns Hopkins University School of Medicine.

» [NeuroArts Blueprint Report](#)

» [Economic Impact Analysis](#) of music engagement for Alzheimer's Disease in collaboration with AARP and KPMG.

[SOUND HEALTH NETWORK](#): A partnership of the National Endowment for the Arts with the University of California, San Francisco in collaboration with the National Institutes of Health, the John F. Kennedy Center for the Performing Arts and Renée Fleming.

WORLD HEALTH ORGANIZATION [HEALTH EVIDENCE REPORT](#)

## **LOS ANGELES COUNTY ARTS AND HEALTH WEEK PARTNERING ORGANIZATIONS**

### **LA OPERA**

LA Opera's mission is to serve the public by producing world-class opera that preserves, promotes and advances the art form while embodying the diversity, pioneering spirit and artistic sensibility unique to Los Angeles.

### **LA OPERA CONNECTS**

Opera connects us, through story and music, to our past, our future and each other. Now, more than ever, we each need and deserve this powerful pathway for connection. We are eager to share the wonder and promise of opera with all ages, neighborhoods and communities, because we know our connections enrich all our lives. LA Opera Connects invites you to especially explore all the many programs, classes and performances through which we engage with all ages. We can't wait to connect.

### **RENÉE FLEMING**

Renée Fleming is one of the most acclaimed singers of our time. Honored with four Grammy awards and the National Medal of Arts, Renée has sung for momentous occasions from the Nobel Peace Prize ceremony to the Super Bowl. A prominent advocate for research at the intersection of music, health and neuroscience, she works with the National Institutes of Health, the John F. Kennedy Center for the Performing Arts, the Aspen Institute and Johns Hopkins University on initiatives such as the NeuroArts Blueprint and the Sound Health Network and is the Advisor for Special Projects at LA Opera. Other honors include the Fulbright Lifetime Achievement Medal, Germany's Order of Merit, numerous honorary doctorates, and her 2023 appointment as the World Health Organization's Goodwill Ambassador for Arts and Health.

### **LOS ANGELES COUNTY DEPARTMENT OF ARTS AND CULTURE**

The mission of the Los Angeles County Department of Arts and Culture is to advance arts, culture and creativity throughout Los Angeles County. We provide leadership, services and support in areas including grants and technical assistance for nonprofit organizations, countywide arts education initiatives, commissioning and care for civic art collections, research and evaluation, access to creative pathways, professional development, free community programs and cross sector creative strategies that address civic issues. All of this work is framed by our longstanding commitment to fostering access to the arts, and the County's Cultural Equity and Inclusion Initiative.

### **WORLD HEALTH ORGANIZATION**

Founded in 1948, the World Health Organization (WHO) is the United Nations agency dedicated to global health and safety. The Organization connects nations, partners and communities to promote health and serve the vulnerable.

### **THE JAMEEL ARTS AND HEALTH LAB**

Focused on overlooked and underserved communities, the Jameel Arts & Health Lab coordinates and amplifies scientific research into the effectiveness of the arts in improving health and wellbeing, to promote its integration into mainstream healthcare and drive policy implementation across 193 United Nations member states.

FOR MORE INFORMATION ABOUT THIS INITIATIVE, INCLUDING UPDATES ABOUT  
2024 ARTS AND HEALTH WEEK, VISIT [LAOpera.org/ArtsandHealth](https://LAOpera.org/ArtsandHealth)

