ARTS ON PRESCRIPTION: Improving health and wellbeing through arts participation
Acknowledgement of Indigenous Territory

The work of the Alliance and our members takes place on traditional territories of the Indigenous nations who have lived on these lands since time immemorial. The land we call Ontario is covered by 46 treaties, agreements, and land purchases, as well as unceded territories.

The Alliance is located in Toronto, on lands that are the traditional homes of the Anishinaabe, the Mississaugas of the Credit, the Huron Wendat and the Haudenosaunee.

Ontario continues to be home to many Indigenous people who live alongside settlers, newcomers, and people whose ancestors were enslaved across the Americas and the Caribbean. We are grateful to live and work on this land.

Recognizing this in a meaningful way means making commitments to sharing and upholding responsibilities to all who now live on these lands and the land itself. In our work, let us be mindful of these commitments.
Housekeeping

Click the orange arrow to open up your panel

Questions and Comments
Please type in the chat window circled in red throughout the meeting. During the Q&A period, we will moderate your questions for the panelists to answer.

If you require individual support, please raise your hand using the hand icon with a green arrow.

Slides, recording, and resources will be shared after the webinar.
Agenda

• South Riverdale Community Health Centre
• Art Gallery of Ontario
• North York Family Health Team
• CHIGAMIK Community Health Centre
• Canada National Ballet School
• Moderated Q&A

Please fill out our post-webinar survey
Surkhab Peerzada, Regional Manager, Chronic Disease
Choose Health

To enhance patient self-management and provider health literacy, partnering with primary care as well as community based health and social service providers, we offer evidence-based trainings and programs for community members and health care providers.

South Riverdale CHC’s Self-Management Service for Ontario Health – Toronto region
# Unpacking self-management

## Table 2. Comparison of Traditional Patient Education and Self-management Education

<table>
<thead>
<tr>
<th></th>
<th>Traditional Patient Education</th>
<th>Self-management Education</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>What is taught?</strong></td>
<td>Information and technical skills about the disease</td>
<td>Skills on how to act on problems</td>
</tr>
<tr>
<td><strong>How are problems formulated?</strong></td>
<td>Problems reflect inadequate control of the disease</td>
<td>The patient identifies problems he/she experiences that may or may not be related to the disease</td>
</tr>
<tr>
<td><strong>Relation of education to the disease</strong></td>
<td>Education is disease-specific and teaches information and technical skills related to the disease</td>
<td>Education provides problem-solving skills that are relevant to the consequences of chronic conditions in general</td>
</tr>
<tr>
<td><strong>What is the theory underlying the education?</strong></td>
<td>Disease-specific knowledge creates behavior change, which in turn produces better clinical outcomes</td>
<td>Greater patient confidence in his/her capacity to make life-improving changes (self-efficacy) yields better clinical outcomes</td>
</tr>
<tr>
<td><strong>What is the goal?</strong></td>
<td>Compliance with the behavior changes taught to the patient to improve clinical outcomes</td>
<td>Increased self-efficacy to improve clinical outcomes</td>
</tr>
<tr>
<td><strong>Who is the educator?</strong></td>
<td>A health professional</td>
<td>A health professional, peer leader, or other patients, often in group settings</td>
</tr>
</tbody>
</table>

Source: http://jama.jamanetwork.com/ on 07/31/2012
Contextualizing self-management

Model of Health and Wellbeing

Source: https://www.allianceon.org/model-health-and-wellbeing
Contextualizing Equity

The map in its gradation of colours captures the equity of Toronto. The redder an area, the worse the equity as measured for: economic opportunities, social development, participation in decision making, healthy lives, and physical surroundings.
Programs offered to community members

SOCIAL PRESCRIBING ACTIVITIES

- Introduction to mindfulness
- Mindfulness-focused Art-Making workshop
- Mindfulness-focused Art Gallery of Ontario tour
- Quarterly Film Talk

PEER FACILITATED EVIDENCE-BASED SERVICES

- Chronic Disease Management
- Chronic Pain Management
- Healthy Feet, Diabetes, and You
- Powerful tool for Caregivers
Beginning with the Art Gallery of Ontario
Community film screening - TIFF
Mandela Exhibit – TO Live
ROM – in the making

**STRENGTHS**

**ROM**
- Collections (art, culture, nature)
- Space (3pm onward)
- Spark inquiry / curiosity

**Riverdale**
- Co-design & lived exp
- 90 peers (variety of exp/stories)

**Options**
- Sundays
- Discussions re: belonging
- Storytelling framework
- Speculative fiction

**Use permanent collection**
- Self-guided tour on topic
- Role of peer to elevate convo
- ...
Equity and Justice matters

Source:
https://medium.com/@sandeepkumar_52041/equality-equity-and-justice-5f71ebe31245
Our peer facilitators
Equity and Justice matters

- $6 spent on food and transportation per person
- 834 sessions in languages other than English
Key reflections

- Partnership for health and well-being is possible
- Use data – quantitative and qualitative – to design services
- Advocate when you see gaps in services
- Seek partnership with other service providers that can fill the gap
- Innovation requires time, some level risk-taking, commitment of resources, and building on strengths
To learn more

- Please visit:
  - Website: [www.selfmanagementttc.ca](http://www.selfmanagementttc.ca)
  - YouTube channel: [https://www.youtube.com/channel/UClWxdX7fn_ctGBsoxxroEiQ](https://www.youtube.com/channel/UClWxdX7fn_ctGBsoxxroEiQ)

- Staff contact:
  - Surkhab Peerzada, [speerzada@srchc.com](mailto:speerzada@srchc.com), 416-572-3767 x 1
Melissa Smith, Assistant Curator, Community Programs, Public Programming & Learning
AGO 2028
AGO will lead global conversations from Toronto through extraordinary collections, exhibitions and programs, and by reflecting the people who live here.
Our Core Values are Art, Audience and Learning.
Public Programming and Learning

Public Programming & Learning will generate meaningful, experimental and inclusive experiences connecting people, art, and contemporary ideas.
Partnerships and Co-creation
Improved mood, Conversations, and Connections
Digital Programming and Socially Distanced Performances
Sabrina La Tona, Clinical Social Worker

slatona@nyfht.com
Rebecca Barnstaple, Dance Therapy-Based Program
Dance Therapy in Community Health
Methods, Models and Implementation
What is dance therapy?

Dance Therapy, Dance/movement therapy (DMT) is “the psychotherapeutic use of movement and dance to support intellectual, emotional, and motor functions of the body. As a modality of the creative arts therapies, DMT looks at the correlation between movement and emotion.” (ADTA)

Dance for health is the “holistic, evidence-based alternatives for the individual to manage and adapt to physical, mental and social health challenges. In Dance for Health sessions, trained teaching artists engage people as dancers, rather than patients, in joyful, interactive, artistic activity” (IADMS)

Adapted Dance is a” recreational dance practice which has been modified to accommodate the needs of people with special needs, as, for instance (but not exclusively), people with limited mobility. Dance moves are taught in accordance to the skills and strengths of each participant, allowing them to develop a better mobility and body awareness.” (NCDT)

Applied Dance refers to the application of dance-based methods, techniques and research findings; this may occur in coordination with a multi-disciplinary team in accordance with specific needs or goals supporting the health and well-being of individuals, dyads, or groups served by a centre or program.
Change the Pain
Dance Therapy for people with Parkinson’s and care partners
And we keep dancing....
This Thursday!!! Come dance with me 😊

Click the Zoom link below to join this Thursday’s class at 5PM:

http://www.improvment.us/improvment-classes

We are excited about our ongoing research, creating new pathways to grow our bench of facilitators to reflect the broader community we aim to serve, and activating new partnerships within the community to amplify the work of Black-led arts organizations with the launch of our new online course series in collaboration with the North Carolina Black Repertory Company, an organization we have long admired and are thrilled to support.

Click here to register for the Virtual Class Series!

Although the class series is free of charge, we invite you to click here to make a $5-$25 donation to NC Black Rep.
CANADA’S
NATIONAL
BALLET
SCHOOL
Sharing Dance
Lozinski Centre for Community Dance

Megan Ferris, Community Dance Faculty
Questions?
Celebrate Community Health and Wellbeing Week with us!

Social Media Buzz

• Share stories from your organization to highlight the great work you do using #CHWW2020 and #PowerInCommunity
• Find us on Twitter & Facebook; follow #CHWW2020 to see what’s happening across the province
• Sample messages in English and French

Take the CHWW Pledge! (new this year)

• Find the pledge on our website (English / French)
• Pledge graphics in English and French
• Share on social media with #CHWW2020 and #PowerInCommunity
Thank you!

Please fill out our post-webinar survey

Comments & feedback:
communications@allianceon.org