

Discovery Meeting #16

December 13, 2010

Minutes



Photograph by Jennifer Roth

Present: Susan Bayley, Holly Campbell, Linda DeHart, Chris Graefe, Pattie Heyman, Joan Horgan, Heeyoung Na, Adelaide Smith, Arthur Stowe

Attending Via Skype: James Cavanaugh,

Attending Via Conference Telephone: Gail Ellison, Dorothy Martin-Neville

Welcome to new participant, Heeyoung Na.

Heeyoung Na is a Korean music student interning with Pattie Heyman of Cambridge Hospital. Heeyoung's interest in art and healing stems from a class assignment to prepare a poem and a drawing. The response of a classmate to the assignment brought her to a sense of art as a language of connection, making her feel more at home in the US.

Mission of The Discovery Meeting:

Our mission is to change the paradigm of the passive patient, inspiring people to find power and control over their own health by accessing and incorporating creativity in healthcare.

OPENING – Elevator Speeches

The first order of business was the Discovery Meeting elevator speech. Sue Bayley drafted two speeches, one for the Discovery Meeting and one focusing on The Art of Health documentary.

Adelaide Smith read the Art of Health elevator speech aloud (see addenda). Comments were:

- Too long
- Too much information
- Should be 10 seconds long
- What is the "hook?"
- Should use the first person – the poetic rule is that you can say anything as long as it's your own experience
- Can it be both personal and universal at the same time?
- Bullets at the end a good summation, maybe all we need.

Next Adelaide read the Discovery Meeting elevator speech.

Comments were:

- It references healing of “mind and body,” should also say “spirit.” And emotion and spirit are different.
- Discovery Meeting is more of a “Think Tank” in the service of creativity in American healthcare
- Clearly says what we are about. Well done.

A consensus was to send out both drafts with comments, and give everyone the opportunity to give feedback. Then revise and shorten.

USING LIFE STORY MAP TO FORWARD OUR MISSION

The importance of conscious narrative and sharing of experience was explored with a Story Map exercise provided to us by storyteller Alan O’Hare.

- First we had a brief meditation to discover an inspiring story/memory of a group or community that is evoked by the vision and mission of the Discovery Meeting.
- Next we paired off and each shared our story with our partner.
- Finally, those who wished shared their stories with the group.

We heard memories of

- school, where art class was the place that boys and girls were able to drop the barriers and relate to each other;
- summer camp, where song, poetry and memories brought the community together
- music class, where art and poetry became a cross-cultural language
- a feeling of sharing in the Discovery Meeting, bringing together the full spectrum of community at home and right out into the global community
- a movie, where a GLBT man found life instead of suicide through connection to people in a community
- The result was to create an experience where each person’s voice is present in the community through expressing their personal experience with one or more people and contributing to the gathering.
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The feeling was a respect for the important of story, and a consensus to add an agenda line to our meetings for sharing story each month.

INQUIRY OF THE DAY

James Cavanaugh began with a summation of what we have begun in the Discovery Meeting.

1. Discovery Meeting center/community to inspire ways and means
2. an effective idea ambassador in Healing Words
3. extant relationship w/the market via PBS
4. a carefully recruited and committed group of people (all over the country)

5. our quest The Art of Health
6. a wealth of interns awaits
7. introduction to the Obama Administration via Anne Avidon
8. a domain name -or 3- as
 - a) a place to meet and
 - b) a way to move our virtual images
9. our new (personal) attentions as the first benefit from our collective work

He offered three quotations that guide him in his work:

"Those who love a cause are those who love the life which has to be led in order to serve it." Simone Weil

"Nothing can resist a will which will stake even existence upon its fulfillment." Benjamin Disraeli

"Strength is a matter of the made-up mind." John Beecher

We are doing what must be done, he continued. He then told his own story of financial and personal diversions away from this work, concerns and resentments about the conflict it presented in his life, finally realizing that it just has to be done.

"This Discovery Meeting project is not boring. It's about commitment," he concluded. "Thank you, Discovery Meeting, for showing up month after month."

DISCOVERY MEETING ONLINE

With an eye to the future, members of the Meeting have been reserving domain names for our use, including:

artinhealing.org (Holly Campbell)

artinhealing.net (Holly Campbell)

the artofhealth.tv (James Cavanaugh)

These are in addition to two that were purchased earlier:

artasmecine.net (Adelaide Smith)

artasmecine.org (Adelaide Smith)

Which is the best address? What should we put on the website? Gail Ellison suggested we create a straightforward website and put it on all these addresses, then count the traffic to see which succeeds.

Holly Campbell says we could put up a site with pointers to all these addresses; collect stories; ask people what they are seeking.

COLLABORATION WITH SPAULDING REHAB HOSPITAL

A proposal to create an Art of Health trailer in collaboration with Spaulding Rehabilitation Hospital was discussed. Spaulding is building a new facility. There is a vigorous initiative to encourage and display art within the hospital

for the benefit of and produced by patients. They have a music therapy project and an art gallery.

A meeting of key Spaulding administrators with James and the Discovery Meeting supporters to discuss the potential was agreed upon. Betsy Pillsbury and Linda DeHart will coordinate to set it up.

FUNDRAISING

Holly Campbell has agreed to lead the fundraising effort. Jean Basiner volunteered to write an application for a Doug Flutie grant for an expressive therapy program. Initial guidelines will be out in July 2011, and the deadline for application is September 2011. Holly suggested a group discussion on line or by telephone, and said she will set that up.

SAH CONFERENCE

The 2011 Conference of the Society for the Arts in Healthcare (SAH) will be April 13-16 in San Francisco, California. James said that he will seek means of support in California to set up a documentary exhibit. His priorities are first to recruit interns for the project, second to prep for the conference, and third to shoot for a video or something to "show" at the conference. (Spaulding?)

A discussion followed regarding collateral, funding, and marketing venues. The consensus is that the SAH conference presents an opportunity to present the Art of Health document to an audience of key people in the arts and health movement.

Next Discovery Meetings: MARK YOUR CALENDAR

February 14

March 14

April 4

May 16

June 20 --- Then break for the summer months

By Susan Bayley for Discovery Meeting • www.discoverymeeting.org

Addenda:

- 1. The Art of Health Documentary Elevator Speech**
- 2. The Discovery Meeting Elevator Speech**

1. The Art of Health Documentary - Elevator Speech

(Delivery: Under two minutes)

We are making a documentary, *The Art of Health*, a ten-part TV series that will change the healthcare culture in our country.

When you are ill, injured or ailing, you don't feel well. You feel bad.

And whatever the cause or the treatment, what you want, right now, is to feel good.

Modern medicine is recognizing more and more that how we feel changes our state of health.

Is a person with a healthy body who feels depressed or ill really "healthy"?

Is an injured or ill person who has found joy and purpose in life "sick"?

Imagine a world where health and healing embrace both the mind and the body, where treatment is prescribed for our feelings as well as for our bodies.

Now, imagine the roles that art and creativity play in that world.

This is a pivotal time in our history to reveal what we know – and what we are discovering – of the Art of Health. Our proposed documentary, *The Art of Health*, is a ten-part TV series that will show how art and creativity bring new access to health and healing, and how it is today being practiced across the US and around the world. We want to plant the seeds of a renewal in healthy living and healing, combining the best of our science and our conscience.

We're making *The Art of Health*:

- to co-imagine a preferred healthcare system for our country
- to narrate the stories of health and healing already happening across the nation, and
- to present a new case for healthcare that feels better and costs less than we currently have in place.

We have the concept, the passion, and the commitment to create *The Art of Health* within the next three years. What we need is the financial support to move forward. That is why we are here.

2. The Discovery Meeting – Elevator Speech

(Delivery: Under two minutes)

The Discovery Meeting is a nationwide group of ordinary people, like me, dedicated to creating a world where health and healing embrace both the mind and the body, where treatment is prescribed for our feelings as well as for our bodies.

We want to raise awareness of and promote art and creativity as an integral part of the traditional healthcare pathways.

The human face of medicine is changing as both patients and clinicians bring creativity into treatment. Forty-five percent of hospitals now include arts programs. We want to make that 100 percent.

The Discovery Meeting is a model for communities across the country – and potentially worldwide - creating a network and information database of healthcare institutions, providers, people and their stories. The network and database can serve to generate a “groundswell” of support for integrating the arts and creative innovation into healthcare delivery pathways.

Our first project is to help implement the making of a documentary, *The Art of Health*, a ten-part TV series that will change the healthcare culture in our country.

As The Discovery Meeting grows, we will solicit and support additional projects that forward our purpose and mission, that create the groundswell of support for integrating the arts and creative innovation into our health and healing culture.

Many of us are active in The Society for the Arts in Healthcare, which for 20 years has led the national conversation about the practice and use of arts in the healthcare domain.

Currently an all-volunteer organization, we envision finding ways to support a core administrative structure to maintain the Discovery Meeting’s database and manage our projects.