

*Expressions: Exploring
Recovery Through Art*

South Eastman Region

Mission Statement

- *“Expressions: Exploring Recovery through Art”* is a community event that showcases the outstanding ability of those artists who use art in the journey of recovery from a mental health issue.



The Background

- started 6 years ago
- free community event
- held in conjunction with Mental Illness Awareness Week
- Average attendance of around 200

The Event

- Variety of art forms – display and program
- Artist Biographies
- Live background music
- Coffee & cake served prior to the program



Artists

- People who use art in recovery from a mental illness
- Local artists (South Eastman/North Eastman)
- ArtBeat artists



Evaluations

- 3.9 out of 4 for
 - Art Displays
 - Performances
 - Food/Refreshments
 - Overall Impression
- Do you feel that you understand more about mental health issues as a result of attending Expressions 2008? *89% yes*

My Favourite Thing About Expressions...

meeting other artists

the atmosphere of celebration - of welcome - of openness - of support for those affected by mental illness

Thanks for all those who spoke about illness for the sake of people like me

the honest depth

Very emotional. Brought tears to my eyes. Excellent show!!

listening to my sister's poetry being read to an appreciative audience

The performances and the profound effect it had on me

Future Plans

- 6th Annual Expressions – October 2, 2009
- Wellness Art Group
 - Partnership with members of local art community

