

# ARTS IN HEALTH

## IMPROVING HEALTH THROUGH THE ARTS

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### ACTION NEEDED

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#### We urge Congress to:

- **Ensure implementation of the Substance Use-Disorder Prevention that Promotes Opioid Recovery and Treatment (SUPPORT) for Patients and Communities Act (PL 115-271), improving coverage of complementary and integrative health services, such as creative arts therapies, through the Dr. Todd Graham Pain Management Study.**
- **Support research funding for creative arts therapies and arts in health programs within federal agencies such as the National Institutes of Health (NIH) and Substance Abuse and Mental Health Services Administration (SAMHSA).**
- **In response to the December 2018 *Texas v. United States* court decision, preserve Affordable Care Act (ACA) provisions that provide access to affordable healthcare coverage for artists and other creative occupations.**

### TALKING POINTS

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#### **Creative Arts Therapies and Artist-Directed Programs Support Pain Management**

- **Cleveland Clinic** in **Ohio** offers art therapy groups for patients and caregivers in the Heart and Vascular Institute, Cancer Institute, Transplant units, and behavioral health. Research shows significant reduction in pain and anxiety and improved self-esteem, mood, coping skills, and sense of control.
- Active music therapy interventions facilitated by a Board-Certified Music Therapist among ICU patients at **Inova Loudoun Hospital** in **Leesburg, VA**, revealed improvements in pain perception, physiologic measures (heart rate, respiration rate), and anxiety levels.
- **Desert Hope Treatment Center**, operated by American Addiction Centers (AAC) in **Las Vegas, NV**, incorporates art therapy services in customized treatment plans for adults dealing with substance abuse and co-occurring conditions.

#### **Research in Creative Arts Therapies and Artist-Directed Programs**

- In response to the opioid crisis, the **National Center for Complementary and Integrative Health (NCCIH) at NIH** is funding research that examines the impact of behavioral interventions for prevention and treatment of opioid use disorder and what complementary therapies and non-pharmacologic treatments, including **creative arts therapies**, may work and how they work to manage pain.
- **NIH** launched the **HEAL (Helping to End Addiction Long-term<sup>SM</sup>) Initiative** in April 2018, an aggressive, trans-agency effort that seeks to support scientific solutions to stem the opioid public health crisis.
- **Kids Like Us** operates within the Frederick County Health Department Behavioral Health Services Division in **Maryland** with funding through **SAMHSA's Substance Abuse Prevention and Treatment (SAPT) Block Grant** and serves 26 schools across the county. The program offers free **art therapy** and counseling services to youth grades 4 and above who are affected by the addiction or substance abuse of a close family member. A longitudinal evaluation study began in 2010 and is still underway.
- **NIH** recently issued three funding opportunities to **examine music's ability to improve human health**. The initiative intends to: i) promote understanding of the basic mechanisms through which music is processed by the brain and body; ii) explore how music impacts health and physiology; and iii) facilitate rigorous music intervention studies to treat disease symptoms.

## Outcomes

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- Art Therapy is effective in improving cognitive and sensory-motor functions, helping cope with traumatic experiences, fostering alternative forms of communication, and reducing conflicts/distress.
- Dance Therapy programs can be an effective intervention for people suffering from chronic pain associated with fibromyalgia, leading to a significant decrease in the level of pain experienced and may also improve quality of life and physical functioning. Dance/movement therapy interventions can also potentially decrease anxiety, depression, and other negative outcomes associated with fibromyalgia.
- Drama Therapy is effective in finding improved socialization and coping skills, rehearsing desired behaviors, and finding flexibility in life's roles.
- Music Therapy is effective in reducing pain perception and anxiety, improving respiration, lowering blood pressure, normalizing heart rate, relaxing muscle tension, and positively impacting patient choice of anesthesia and amount of analgesic medication.
- The aesthetics and design of a medical treatment facility can influence energy consumption, staff performance, and patient recovery.

## Affordable Healthcare Coverage for Artists and other Creative Occupations

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### The national arts community requests that any efforts to alter the ACA maintain:

- Access to affordable individual policies;
- Protections for pre-existing conditions;
- Requirement for coverage of preventative services; and,
- Consumer protections, essential benefits, and minimum standards of care.

## BACKGROUND

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"Arts in Health" includes the professional creative arts therapies disciplines of art therapy, music therapy, dance/movement therapy, drama therapy, psychodrama, and biblio/poetry therapy, all of which are nationally board-certified therapies with licensure in selected states, as well as artist-directed applications of visual, literary and performing arts, and design. These creative arts therapists and community artists work together to provide quality, cost-effective services within a variety of healthcare and community settings.

Creative arts therapists and community artists work in diverse settings across a wide spectrum of populations, assisting people through all life stages. Settings include: hospitals, hospice programs, long-term care facilities, mental health programs, schools, rehabilitation treatment centers, disaster response teams, psychiatric forensic units, prisons, community centers, and wellness programs. In **pain management applications**, creative arts therapists can work in many different hospital units, including ICU, NICU, Pre- and Post-Op, surgery, cardiac care, obstetrics, emergency, pediatrics, physical rehabilitation, and outpatient programs.

Economic analyses, cost studies, and clinical research show a positive trend in the use of creative arts therapies and their impact on containing healthcare costs and facilitating functional outcomes achievement. Creative arts therapies and artist-directed programs have the potential to positively impact spending concerns, quality of care issues, and treatment needs of healthcare consumers. An investment in "Arts in Health" is an investment in America's health.