



Enhancing the Rehabilitation Experience Through Art

Presented by:

Jared Quinteros, Artist

Jeff Bisdee, TRS

EXPERIENCE ART



- ❖ Intro to Experience Art
- ❖ Benefits of Experience Art
- ❖ Re-Animating/Animating the Brain & Spirit
- ❖ Mentoring Through Art & Experience
- ❖ Where Do We Create From Here?

INTRO to Experience Art

- Jared's story
- Therapeutic Recreation
- Donor Support
- *Audience Volunteers?*



Benefits of Engaging in Art

- **Promotes Creative Growth**
- **Enhances Problem-Solving Skills**
- **Encourages Stress Relief, & Positivity**
- **Boosts Self-Confidence**
- **Offers a Healthy Challenge**
- **Fosters Emotional Awareness and Growth**
- **Bolsters Memory, Concentration, & Spatial Awareness**
- **Improves Fine Motor Skills**

"Would you like to *Experience Art*... Learn to Paint?"

Common responses...

- "I haven't painted since I was a kid in school!"
- "I can only draw a stick figure!"
- "I can't use my hands now."



BENEFITS OF EXPERIENCE ART

1. **Social Bonding**
2. **Stress Respite**
3. **Emotional Channeling**
4. **(Re-)Animating the Brain & Spirit**
5. **Resourceful Physical Function**
6. **Motivation, Inspiration, and Setting Goals**
7. **Mentoring opportunity**

Social Bonding

- Defeating hospital Isolation
- Togetherness
- **Story Telling**
- Connecting



Stress Respite

- Free the mind
- Engaging the brain
- Get in a "zone"
- Fresher perspective
- Lower cortisol levels
[3]



Emotional Channeling

- Grief & loss
- Insight
- Self-Discovery and Self-Esteem





“Empathy”

*By Ray
(on B.I.)*





Animating^[1] Definition:

To make someone seem more **happy** or **active**.

To move into action, to **inspire action**.

To give **spirit** and **support** to.

Encourage and **give life** to it.

Animating through Experience Art

- **Activate a *current or new* interest**
- **Providing the opportunity and materials**
- **Offering instruction to develop further**
- **Encourage and give life to their experience**

Animating the Brain

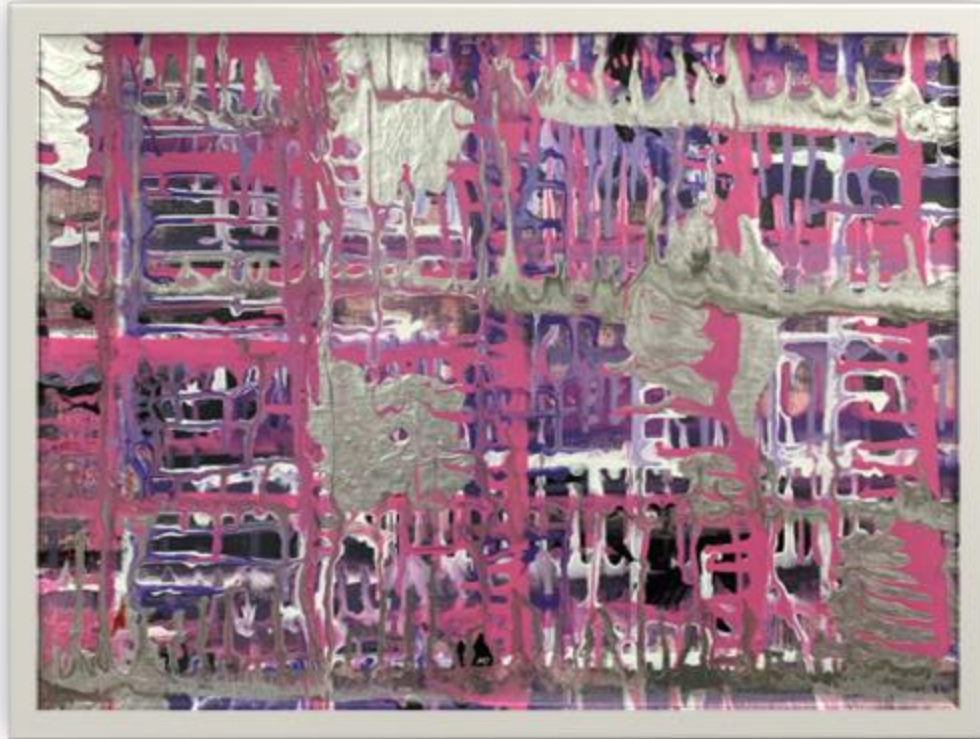


By Brad

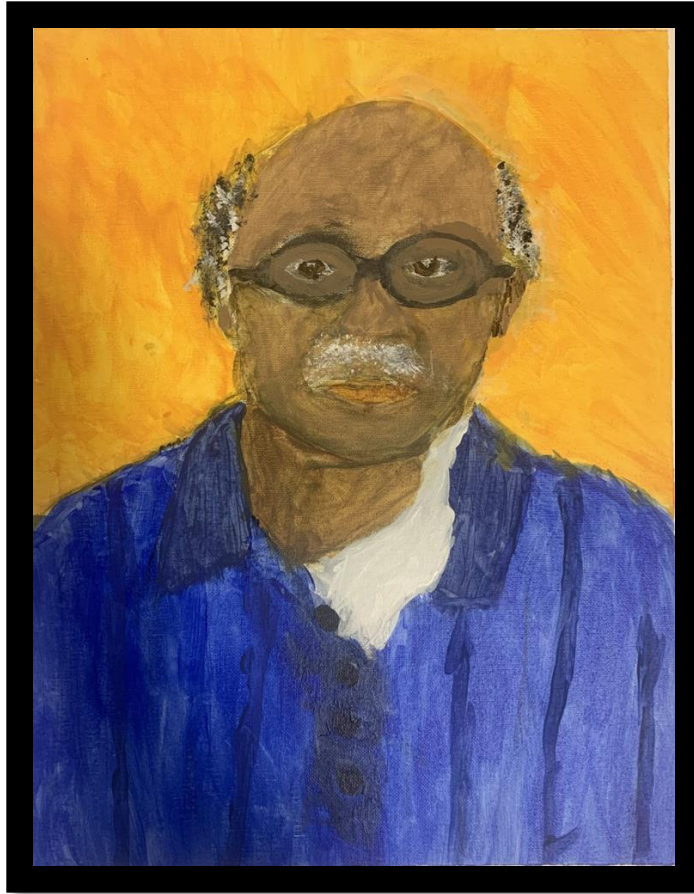


By Becky

Animating the Brain



By Jaqueline



Grandfather
by Brittany

Reanimating^[1] definition:

To animate or **become animated again**: such as...

to bring back to **life** or to come back to life

to regain **vitality** or to restore **vigor** and **zest** to

restoring life or **consciousness**

**To bring (someone or something) back to life or
to come back to life**





To regain vitality or to restore vigor and zest to (someone or something)





Resourceful Physical Function

- Mouth Sticks
- Hand Cuffs
- Standing Tolerance
- Sitting
Tolerance/Balance
- Fine Motor



Hand Cuff



Mouth Stick





Motivation, Inspiration, and Setting Goals

- Starts with an invite... "Would you like to..."
 - Jared's role of instruction & inspiration
 - Patient's art goals

Mentoring Through Art & Experience



- Jared as an *Artist Mentor*
- Patient to patient mentoring
- Audience Volunteer's Experience!

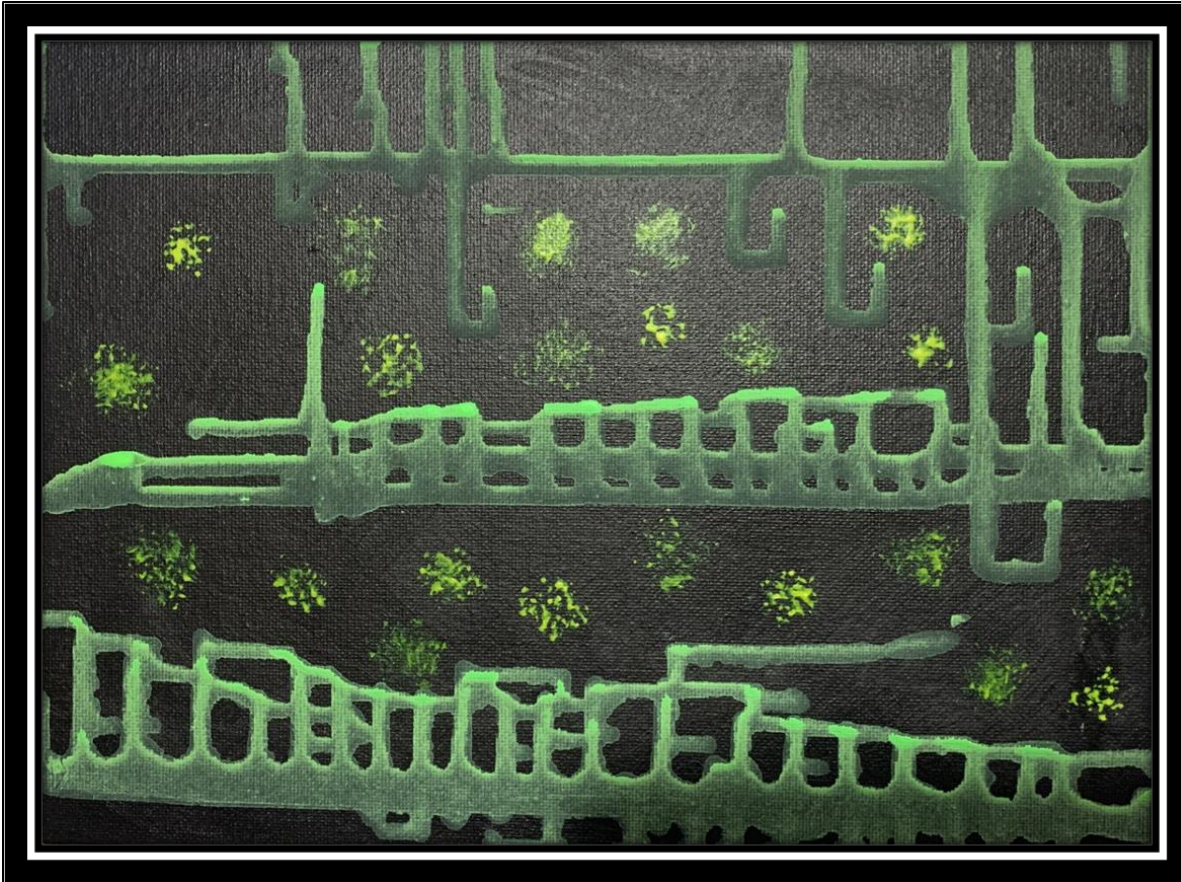
Where Do We Create From Here?

EXPERIENCE ART

- Donor Support
- 3 Dimensional, Digital
- Art Show
- A Studio for All

THERAPEUTIC RECREATION

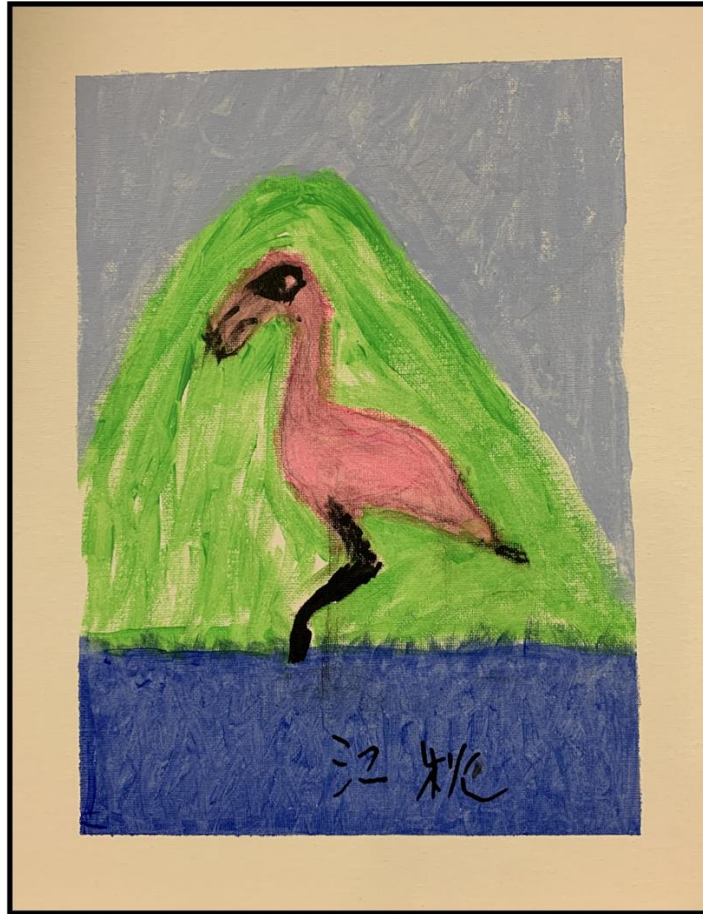
- Transition from Activities Model
- Develop Art, Music, & Horticultural Therapies
- Develop Adapted Sports & Recreation
- Community Re-entry



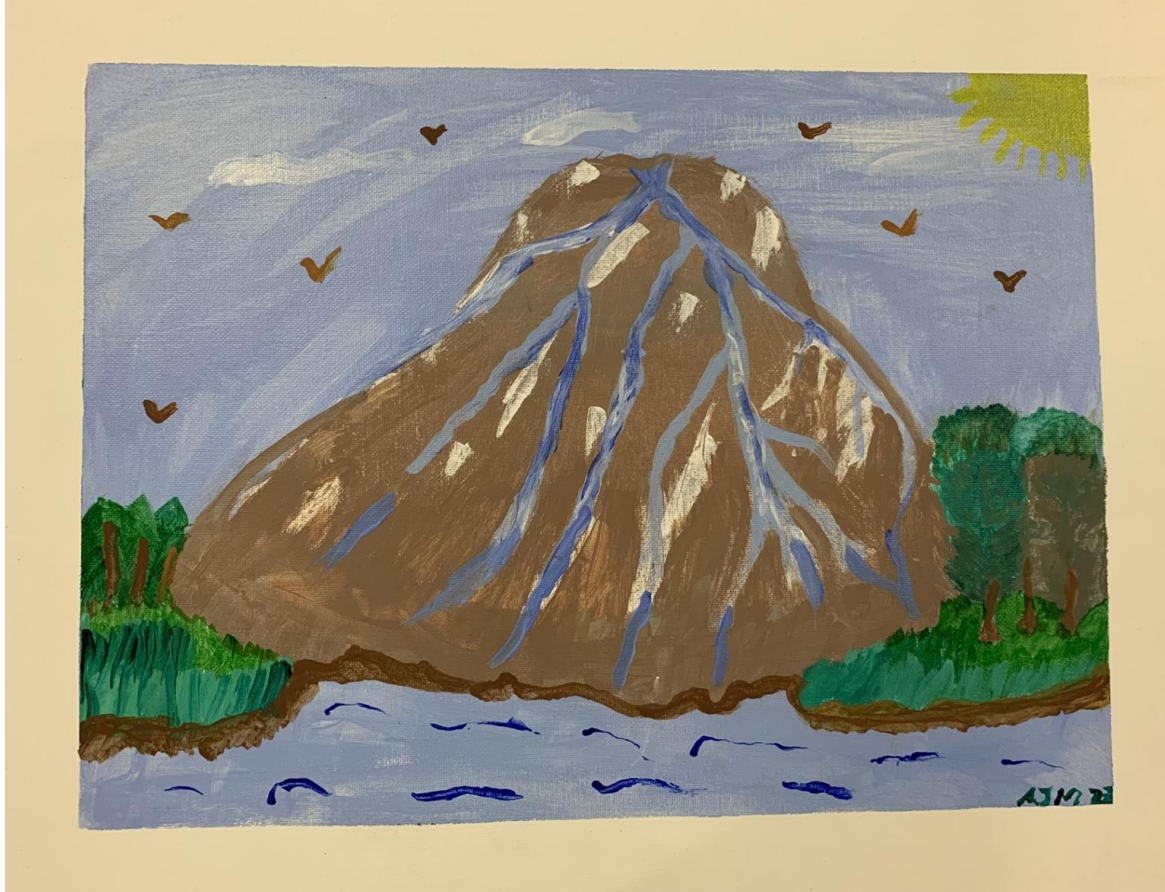
By Frankie



By Talia



By Qui





By Dan

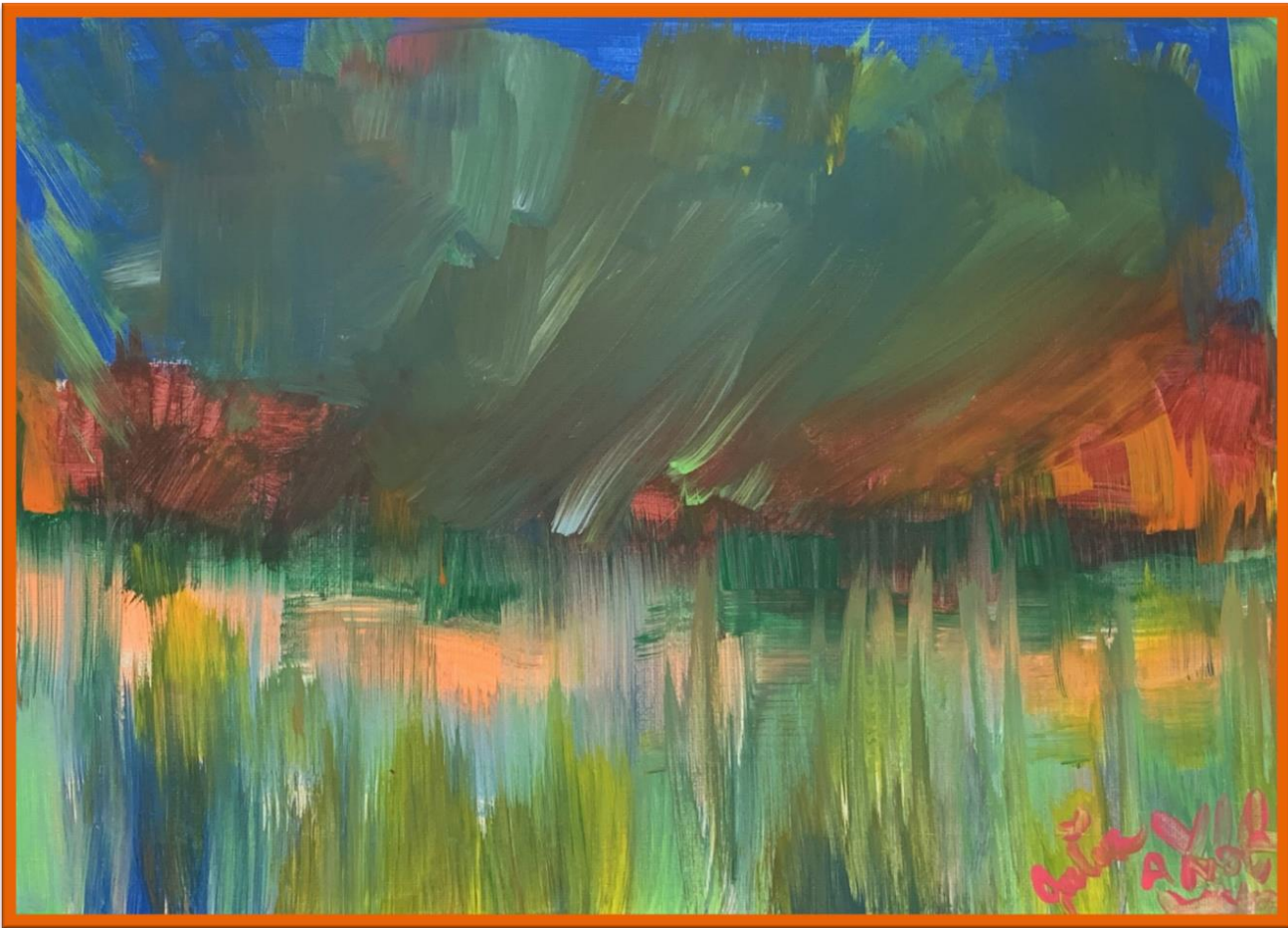








By Frankie



1. © 2024 Merriam-Webster, Incorporated
2. Microsoft Copilot
3. Kaimal G, Ray K, Muniz J. Reduction of Cortisol Levels and Participants' Responses Following Art Making. *Art Ther (Alex)*. 2016 Apr 2;33(2)



Thank you!

Would You Like To Experience Art?