PHOENIX RISING

Art washes away from the Soul the dust of everyday life.

~Pablo Picasso

Voices United in Recovery

Special Edition

February 2025

RBHA's Art Group

On occasion, Richmond Behavioral Health Foundation (RBHF) is able to offer "Mini Grants" to programs at RBHA. All staff have the opportunity to submit proposals to the RBHF Board of Trustees for projects, program enhancements, and/or activities that they believe will have a positive impact for the individuals we serve. RBHA's Art Group was established by a proposal submitted by Olivia Claytor. Olivia facilitates the group, utilizing creative self expression to address topics of healing and recovery. The curriculum includes Practicing Gratitude, The Masks We Wear, The Armor of Strength, Coping Skills Toolbox, and Healing Symbols.

The following pages showcase some of the art created during these groups as well as feedback from a few participants.



Olivia's Statement

Art has always played a significant role in my life, from being a young girl in elementary school eagerly awaiting our weekly art classes to using art as a healthy coping mechanism during my recovery journey. Art is so multifaceted, bringing people together from all ages and backgrounds. On numerous occasions, I have used art to make social statements without saying a word. It allows me to express my deepest emotions and ideas.

Facilitating our Creative Expression Art Group means a great deal to me. I see the group as a gift that continues to give to others. Thanks to the support of RBHF, the generous donations made to RBHF, and Ms. Carolyn, we were able to bring the art group back to RBHA. I've had the privilege of helping create a safe space for my peers. Not only do I get to witness the beautiful artwork created by each individual, but I also get to see friendships blossom, confidence grow, and pride develop as everyone steps out of their comfort zones to create pieces that others can admire and enjoy.

I love everything about art and the group itself—it has truly given me a sense of belonging.

Healing Symbols















Symbols can have many interpretations according to a person's beliefs. Healing symbols are images that evoke peace and are very personal. Finding strength in symbols can feel empowering.

From Kieran, group participant:

I really like going to the art group because it helps me cope with some of the things I'm going through mentally and I have been wanting to get back into creating art. I also like chatting with everyone and getting some things that bother me in life (not too personal) off my chest with some positive feedback.

THE MASKS WE WEAR

Presenting a certain face to the wo
different masks that people wear in
through a variety of situations.

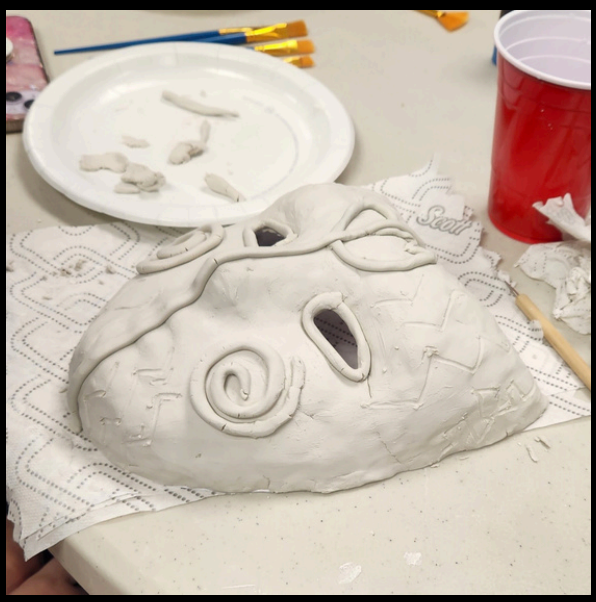
The reasons behind the different m
positive and negative. Some reason

- To gain social acceptance...t
- To hide excitement
- To hide happiness
- To hide vulnerability
- To hide the truth
- To hide fear
- To hide anger
- To hide sadness
- To hide depression
- To hide pain
- To deceive
- To manipulate

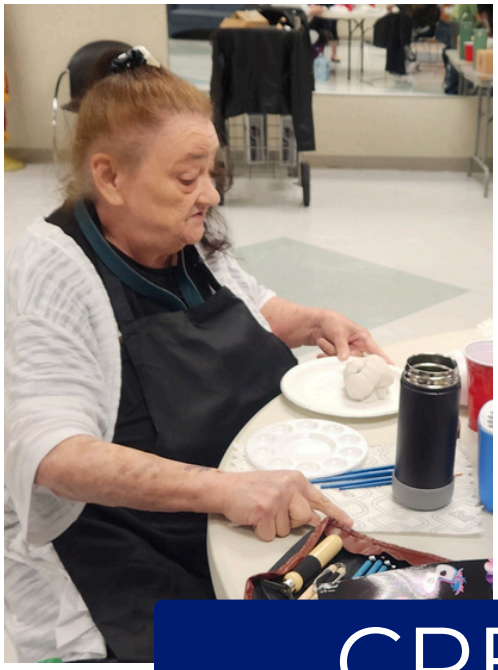
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me the norm and we lose
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ear is one way to make s

ifferent masks that

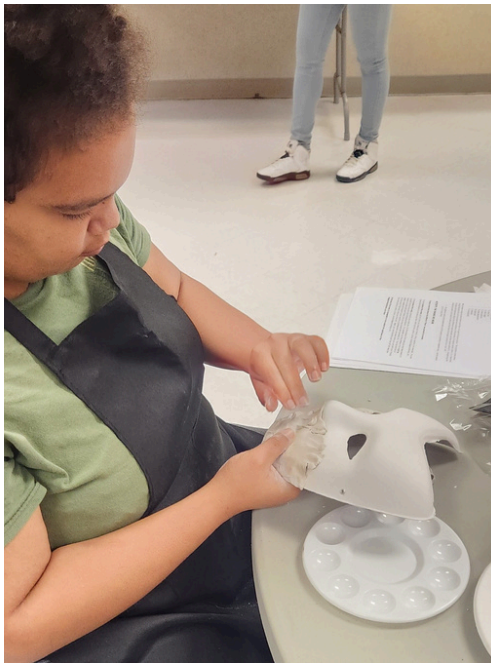




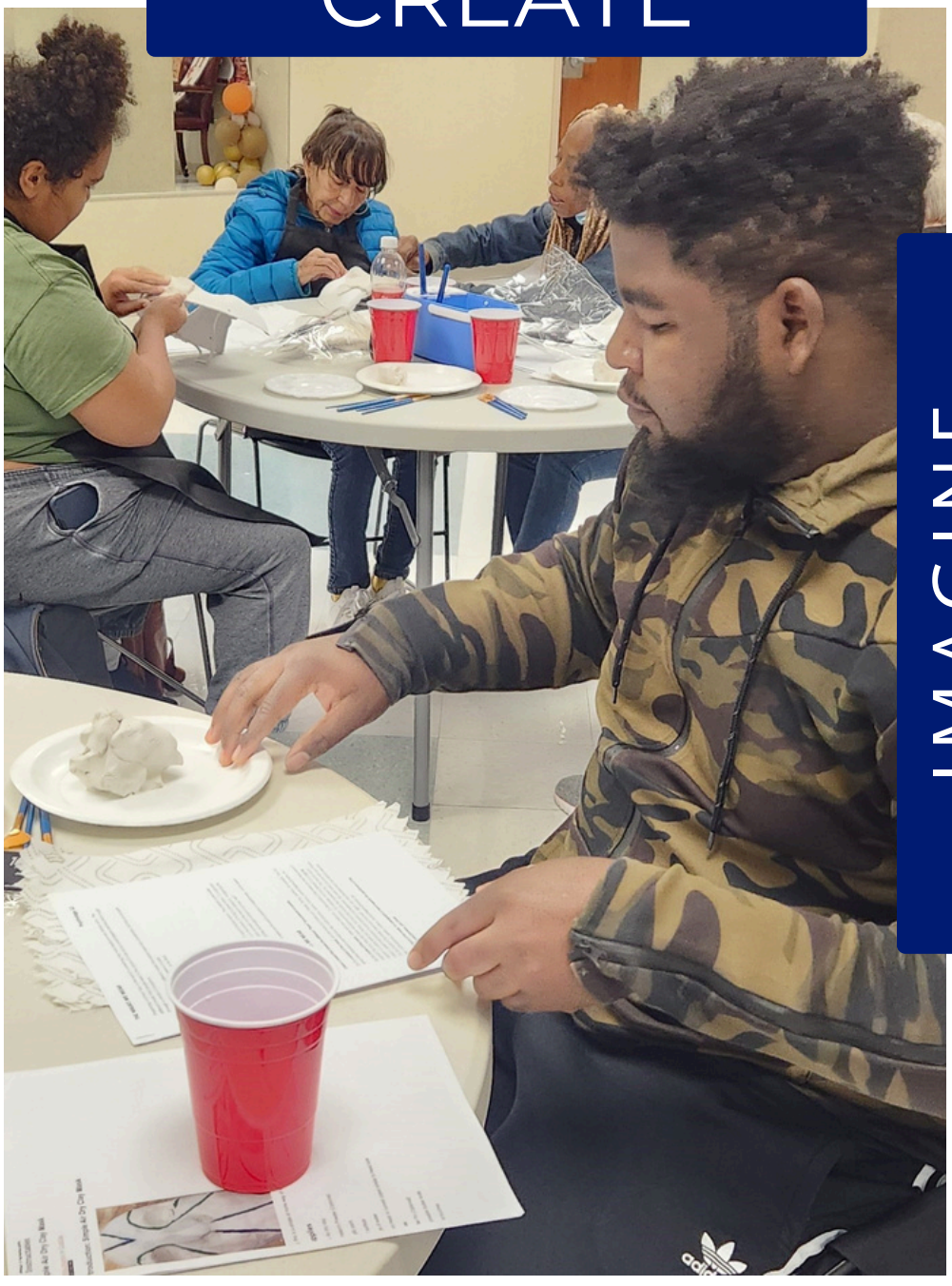






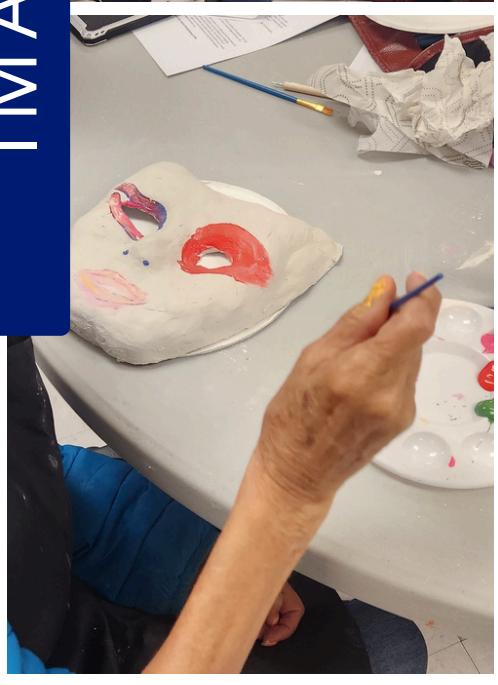


CREATE

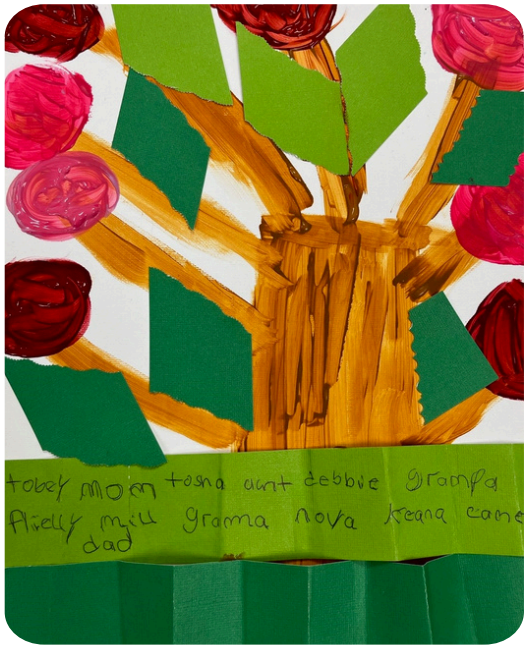


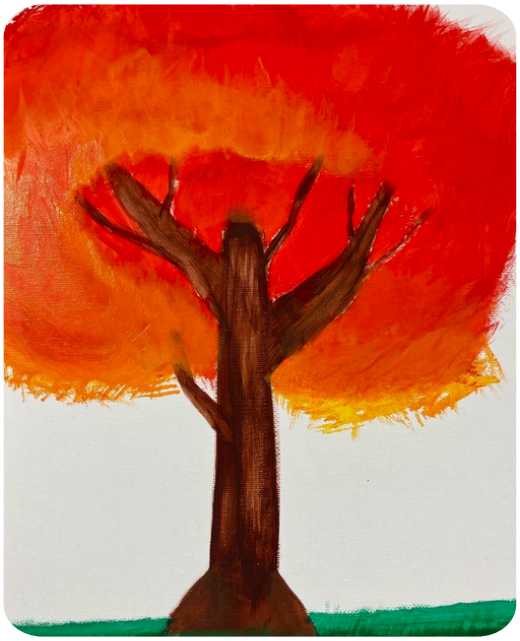
IMAGINE





Practicing Gratitude









Practicing GRATITUDE can increase feelings of vitality and optimism, while reducing feelings of depression.

Expressing GRATITUDE can strengthen bonds and create more positive interactions.

Mandalas

At the most basic level, mandalas represent wholeness, unity, connection, and harmony.













Daniel, another class participant, has identified 3 ways the Art Group helps him:



1. *The Art Group helps me express myself in a safe and comfortable way where I won't have to give a speech on why I feel this way because my feelings are mine, not anyone else's, and that helps me express myself without getting frustrated.*







2. *I had issues being around a group of people in a small space. I used to have small panic attacks but I have learned that small steps to face my fears is a good way to overcome bigger things.*

3. *The Art Group gives me two hours of just getting out of my house to do something.*



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