

The Al & Malka Green  
Artists' Health Centre



# ANNUAL REPORT

## 2022/2023

[www.artistshealthcentre.ca](http://www.artistshealthcentre.ca)

Arts organizations play a vital role in supporting the health of artists; together, we promote greater awareness of artists' health issues, and identify innovative solutions to address them.

The Al & Malka Green Artists' Health Centre formed partnerships with nine major arts organizations with the goal to promote the health of artists. The Centre collaborates with other organizations to provide comprehensive health services, workshops, and resources for artists. Additionally, these partnerships allow the Centre to access expertise and knowledge of other organizations to better serve the needs of artists. These partnerships have allowed the Centre to expand its services and reach a broader community of artists and educate the next generation of healthcare professionals.

## Arts Organizations



RÉSEAU  
**SPARC**  
NETWORK

 **TORONTO**  
StreetARToronto

**theatre**  
**dance**  
**opera** **toronto alliance**  
for the  
performing arts



 BRITISH ASSOCIATION FOR  
**PERFORMING**  
**ARTS MEDICINE**



CANADIAN  
ASSOCIATION FOR  
THE PERFORMING ARTS

ASSOCIATION  
CANADIENNE DES  
ORGANISMES ARTISTIQUES

**ONTARIO PRESENTS**

ONTARIO PERFORMING ARTS PRESENTING NETWORK



**PAMA** Performing Arts  
Medicine Association

# Our commitment to advancing artists' health research ensured that we provide evidence-based, artist-centred care.

## Research & Quality Improvement

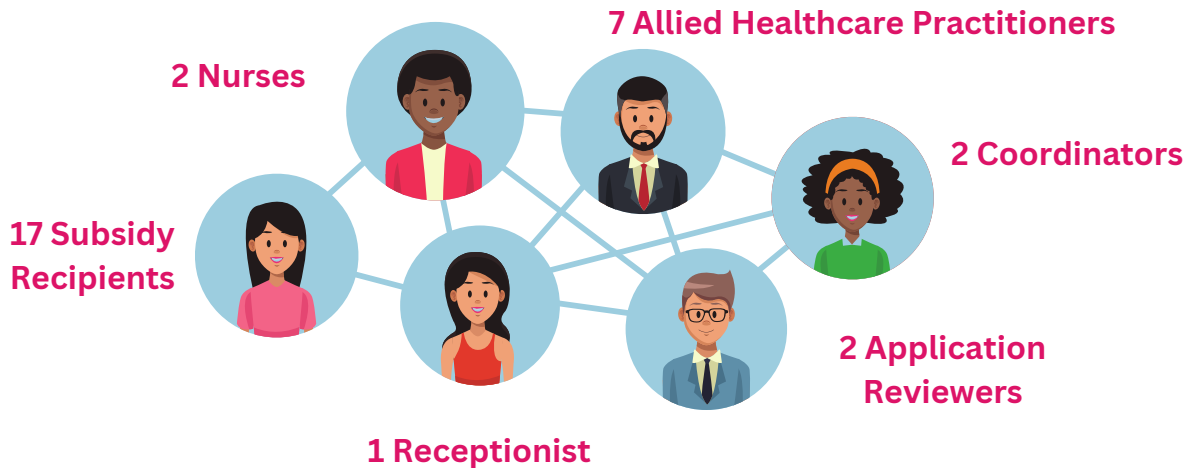
Five main research and quality improvement studies are completed or currently underway. They are a series of planned, interrelated projects that answer relevant scientific questions, or quality improvement initiatives aimed to improve the patient and health services outcomes at the Centre.

Study	Progress
<p><b>Facilitating access to healthcare for performing artists using subsidized health services in Canada: An interpretive descriptive study</b></p>	<ul style="list-style-type: none"> <li>• Presented at the 2022 International Symposium of Performing Arts Medicine Association</li> <li>• Award-winning paper published in Medical Problems of Performing Artists</li> </ul>
<p><b>Enabling access to healthcare: Characteristics and health outcomes of artists who access subsidized health services</b></p>	<ul style="list-style-type: none"> <li>• To be presented internally at the Practitioners' Team meeting</li> <li>• Manuscript completion: Spring 2023</li> </ul>
<p><b>A scoping review of mental health literacy constructs and interventions for performing and creative artists: Identifying current gaps and future directions</b></p>	<ul style="list-style-type: none"> <li>• To be presented at the 2023 International Symposium for Performance Science</li> <li>• Manuscript completion: Winter 2023</li> </ul>
<p><b>The impact of the COVID-19 pandemic on Canadian performing artists' health and healthcare access: An interpretive descriptive study using the social-ecological model</b></p>	<ul style="list-style-type: none"> <li>• To be presented at the 2023 International Symposium of Performing Arts Medicine Association</li> <li>• Manuscript completion: Winter 2023</li> </ul>
<p><b>Acceptability and feasibility of virtual telerehabilitation among artists in a Canadian community: 15-month follow-up</b></p>	<ul style="list-style-type: none"> <li>• Presented at the 2022 International Symposium of Performing Arts Medicine Association</li> <li>• Manuscript completion: Fall 2023</li> </ul>

We are committed to supporting artists' health so that they can continue to enrich our world with their creative vision and expression.

## Joysanne Sidimus Fund for Subsidized Health Services

The Joysanne Sidimus Fund (JSF) program for subsidized health services was *completely restructured* in 2021-2022. Restructuring the JSF program involved making significant changes to its application and review process, operational procedures, and accountability to improve its effectiveness, efficiency, sustainability, scale-up potential and health outcomes. **A total of 31 stakeholders participated in the JSF program evaluation and change implementation** led by Dr. Shelly-Anne Li. They provided feedback and suggestions on improving the JSF program. These stakeholders included:



Based on results of the evaluation, 10 major improvements were implemented:

Clinical report can be accessed by reviewers to inform decisions	Application reviewers jumped from 2 to 12	Reviewers now represent a professionally and culturally diverse group	Application now fully online, with secure data collection methods	Applications are now de-identified to protect the identity of applicants
Standardized scoring procedures to ensure transparency & fairness	Creation of JSF Handbook streamlines and standardizes all procedures	Decisions turnaround time shortened to 7 days from 1 month	Standardized reviewer onboarding process and orientation	Encrypted, centrally localized sharing folders to maximize efficiency and data safety

## Impact of the funds for the period of Dec 2021- Dec 2022



## Quotes from JSF Subsidy Recipients

**Sylvia, Actress**

The [subsidy program] was extremely helpful. I had just moved to [city], and I had no money. My health was suffering. The Center helped me tremendously to afford things like massages which I absolutely needed after so much stress and strife.

**Linda, Theatre Worker**

The costs of therapy is very inaccessible for somebody in my position. . . . I had this injury, and I was like, 'Oh, I have the subsidy so I can look into physiotherapy there.' Otherwise . . . I would have just continued suffering. . . . It's been super helpful.

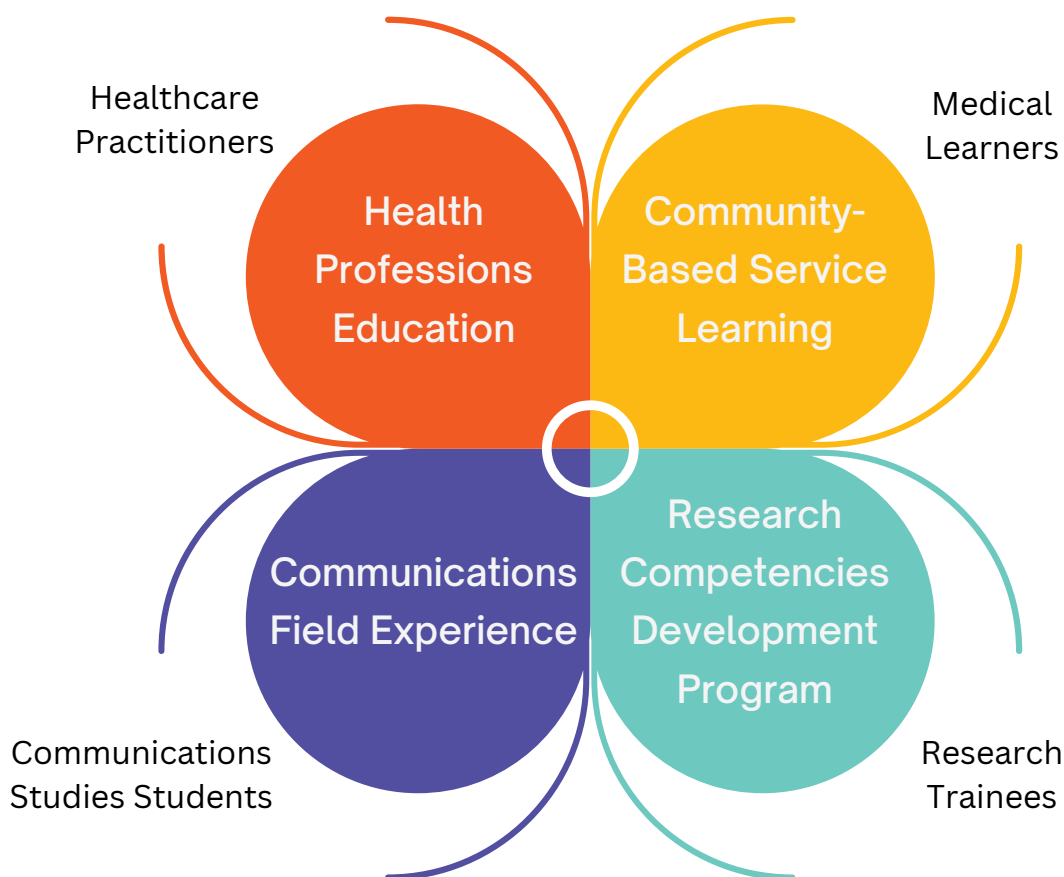
**Peter, Actor**

At the start of last year, I was in a pretty dark place mental health wise and didn't really have the funds to access therapy at all. . . . I couldn't afford therapy without it [subsidy].

*Names are pseudonyms and do not reflect the recipients' actual names.*

We are a leading voice in the movement to advance artists' health education and training among healthcare practitioners and learners.

## Education



## Professional Development for Healthcare Practitioners

- Monthly practitioners' team meetings provide opportunities to share knowledge and interact with new, relevant health information
- Partnership with BAPAM provides members only access to virtual health professions education workshop specifically designed for practitioners delivering artists' healthcare.
- External opportunities to connect and engage with artists and arts students in the community fostered greater understanding and appreciation of the barriers to healthcare access.

With our academic partners, we create innovative and interdisciplinary learning opportunities for students to advance research and clinical care in artists' health.

## Academic Partners



TEMERTY FACULTY OF MEDICINE  
UNIVERSITY OF TORONTO



## Training the Next Generation of Researchers in Artists' Health: The Research Competencies Development Program

This is a 12-month, experiential learning program established in 2021 by Dr. Shelly-Anne Li, which aims to equip artists' health research trainees with key research competencies and skills. These areas include: **systematic literature search, data collection, management, and analysis; plain language summaries, and manuscript writing.** All trainees co-develop their personal learning plan with Dr. Li and receive experiential learning through projects to achieve their learning goals, with 1:1 mentoring and feedback. After 12 months, all trainees rated having meaningfully higher levels of knowledge in research concepts and activities (Figure 1), and higher confidence in conducting artists' health research.

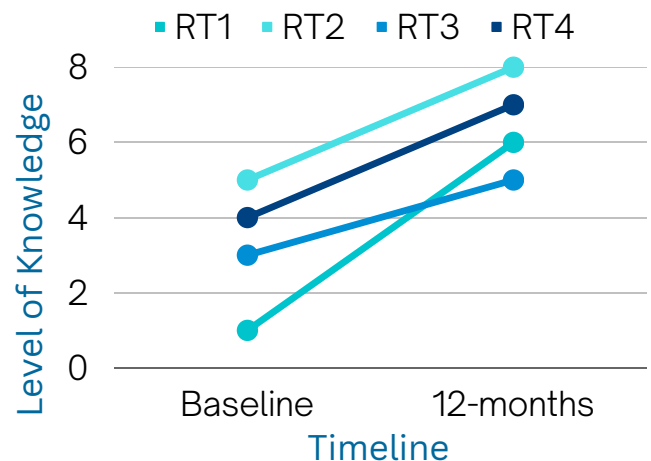


Figure 1. Change in research trainee's (RT) level of research knowledge (0= no knowledge; 10=expert knowledge) before and after participating in the Research Competencies Development Program



## Advocating for Artists' Health: Communications Field Experiences

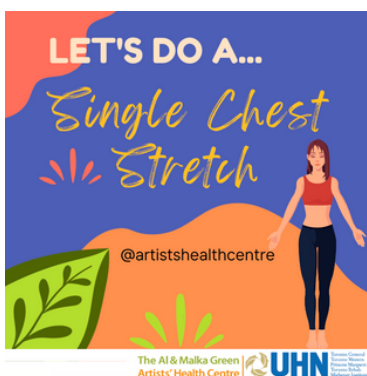
In partnership with York University, the Centre offers internships for undergraduate students who pursue Communications and Media Studies. One of the students shared their experience:

*The internship at the Artists' Health Centre deepened my understanding of the unique health-related challenges that artists face. As a contributor to the Centre's newsletter and Facebook blogs, I gained valuable experience researching and writing about the health conditions of professional artists across all disciplines. **Perhaps most importantly, the internship enabled me to become an effective advocate for artists' health.** I learned how to leverage the power of social media and digital communications to raise awareness and drive engagement. I also collaborated with other health professionals, which helped me develop a more holistic understanding of the challenges and opportunities facing this unique population.*

- Doyin Adeyale, 4th year York U student

## Interns learn about the power of visual storytelling and how to create health promotional content that resonate with artists.

Artists' Health Centre provided York University interns with opportunities to develop effective strategies for promoting health and wellness, and how to engage with the artistic community through social media. They developed Instagram posts that highlighted the importance of self-care, mental health, and injury prevention for artists.





## Education

### Empowering Future Physicians to Address the Health Needs of Artists: Community-Based Service Learning

The Centre partners with the Department of Family and Community Medicine, University of Toronto, to provide community-based service learning (CBSL) to 2nd-year medical students. In 2021 to 2023, 10 medical students participated in field experience sessions.

#### Medical Student Reflections from 2021-2022 Cohort

"Our group interviewed practitioners and artists at the Centre to develop a better understanding of how healthcare can be moved upstream for artists in Canada. The professionals we interviewed included a nurse practitioner, a massage therapist, and a physiotherapist. We also interviewed artists with backgrounds in music production, visual arts, and performance arts. Our research created the framework for our advocacy project, which had the following aims:

1. Explore challenges faced by artists through interviewing
2. Identify possible solutions (gov't. financial supports)
3. How can qualifying artists be identified for assistance?
4. What are the financial benefits, implications, and considerations of the advocacy pitch?

#### Moving Healthcare Upstream for Canadian Artists

Advocacy Pitch

Kramay Patel, Saba Manzoor & Tali Fedorovsky

Ultimately, we discovered that many artists suffer serious consequences due to financial insecurity and are not always able to access the healthcare they require."

#### What was it like as a medical student to collaborate with the Al & Malka Green Artists' Health Centre?

*This experience exposed us to a unique scope of community and family medicine practice that we likely would not have otherwise encountered in our training. **The experience also taught us about the unique health needs of artists and underscored the importance of a patient's social history in developing their care plan.** Importantly, we also learned about interprofessional collaboration medicine through our interviews with practitioners. The transferable skills we developed through this experience will continue to serve us in our careers in medicine.*

We share knowledge and best practices across the world to advance our mission of improving the health of artists.

Article from Quarterly Newsletter, Summer 2022 Edition



"Skyline of Chicago at night" licensed under Creative Commons Attribution-Share Alike 4.0 International.

## The Al & Malka Green Artists' Health Centre presented at the 40th International Symposium of Performing Arts Medicine Association in Chicago!

This year marks the 20th anniversary of The Al & Malka Green Artists' Health Centre! The Centre's practitioners (Vicki Hawkins, Leisa Bellmore) and researcher (Dr. Shelly-Anne Li) hosted a panel session at the International Symposium of Performing Arts Medicine Association (PAMA) in Chicago, IL. They shared the triumphs and challenges of the Centre's journey towards becoming the first and only centre specialized in providing health services to artists of all disciplines. This session allowed the opportunity to network and share experiences with international researchers, practitioners, artists, and administrators on how to plant a unique health centre in their country!



**PAMA** Performing Arts  
Medicine Association

Leisa Bellmore shared her findings on a study exploring practitioners' perspectives on an integrative assessment to serve the health needs of artists with complex health histories and comorbidities : "The Integrative Assessment Pilot Project (IAPP): Exploring a New Development in Integrative Care for Creative and Performing Artists".

Dr. Shelly-Anne Li shared her findings on the impact of the Joysanne Sidimus Fund on artists' health outcomes: "Enabling Access to Healthcare: Perspectives from Artists Who Access Subsidized Health Services". She also shared findings from "Artists' Satisfaction with Telerehabilitation in Physiotherapy During the COVID-19 Pandemic: A Cross-sectional Study"



From left to right: Vicki Hawkins, Leisa Bellmore, Dr. Shelly-Anne Li  
Photo credit: John Santos

# The Al & Malka Green Artists' Health Centre invited to speak at the Arts Advisory Council Symposium!



Group picture of panel speakers, facilitators and event staff at the Symposium on November 18, 2022.

The Big Picture: Celebrating Resilience in the Arts Symposium was hosted by the Arts Advisory Council on November 18, 2022 at the Cotton Factory in Hamilton, Ontario. **The Al & Malka Green Artists' Health Centre was invited to speak at the Symposium about the current mental health challenges of artists.** Dr. Shelly-Anne Li represented our Centre to speak about her most recent research findings on the impact of mental health from the COVID-19 pandemic, and how these challenges brought to light the barriers to mental healthcare access among artists. The mental health panel also included Dr. John Chong from the Musicians' Clinics of Canada, and Sonali Menezes, recipient of City of Hamilton's Emerging Artist Award in Media Arts.

**The Symposium was shaped by the community of Hamilton artists who reflected on how they have been impacted by the pandemic.**

**The Symposium focused on building a stronger, more resilient arts community, allowing members of the arts sector to reconnect and reflect on impacts of the pandemic.**



# We empower artists with the knowledge and resources they need to take control of their health and thrive in their creative pursuits.

## Creative Connections Series



**CREATIVE CONNECTIONS!**

**It's Free!**

A biweekly opportunity to connect with other artists and arts workers in a safe, facilitated discussion space.

**GOALS**

- Share experiences, triumphs, and challenges through discussion of a weekly theme
- Exchange resources
- Build community

**WHEN: Thursdays, 2:30-4:00pm**  
**WHERE: Virtually via Microsoft Teams - join anywhere!**

2022 Session Dates:  
**August:** 11th & 25th  
**September:** 8th & 22nd  
**October:** 6th & 20th  
**November:** 3rd & 17th

Between August to November 2022, the Centre launched the Creative Connections virtual group program that successfully engaged 30 artists of any discipline to share challenges and triumphs of an artist-centred theme, build community, and exchange practical resources. **Creative Connections was a pilot test to the larger-scale, wellness workshop series that we are hosting in 2023 (below).**

Feedback from facilitators and attendees demonstrated feasibility, acceptability, and usefulness of a virtual learning platform and a space for online community for artists.

## Wellness Workshop Series

Starting March 2023, the Centre is hosting at least 12 virtual wellness workshops to achieve our goal to promote health literacy and educate artists of all disciplines in Canada. Topics of these wellness workshops were determined by over 120 patients at the Centre. By inviting patients to vote on the workshop topics, we can ensure that we are meeting their needs. Check out a few of our workshops led by experienced practitioners below:



*How to be a Healthy Performer*

3-part series with **Dr. Nana-Adjoa Bourne, ND**

This 3-part series walks you through a new perspective on looking at your health and get some easy tools to extend your career as a performer and make your movement feel effortless.

**Dr. Nana-Adjoa Bourne, ND**  
 Dr. Bourne works with performing artists and athletes in helping them live an active lifestyle through both her clinical and field experience contributions.

March 22-31 2pm Online

Register here: [www.artistshealthcentre.ca](http://www.artistshealthcentre.ca)

The Al & Malka Green Artists' Health Centre | UHN | WELLNESS WORKSHOP SERIES



*Hearing Health*

Most earplugs are **not** designed with musicians in mind. In this workshop, learn what noise-induced hearing loss is, options to prevent it, how earplugs work, and what their limitations are.

**Dr. Kensley Behal, B.M., M.M., Ph.D.**  
 Kensley Behal is a musician, researcher, and consultant who specializes in musicians' health. She is also the President of the Musicians' Health Lab Inc.

APRIL 25TH 2023 7:30PM EST ZOOM PLATFORM

Register here: [www.artistshealthcentre.ca](http://www.artistshealthcentre.ca)

The Al & Malka Green Artists' Health Centre | UHN | WELLNESS WORKSHOP SERIES



*Wellness on a budget*

Artists shouldn't be convinced that they **cannot afford to promote their well-being**; there are cost-friendly strategies to maintain wellness. This workshop offers ways that enable you to stay in charge of your health without the expense of your financial stability.

**Carolyn Franko, RN, BA, CDE**  
 Carolyn is a registered nurse with 37 years of experience. Carolyn is also a certified diabetes educator.

JUNE 2023 TIME PM EST ZOOM

Register here: [www.artistshealthcentre.ca](http://www.artistshealthcentre.ca)

The Al & Malka Green Artists' Health Centre | UHN | WELLNESS WORKSHOP SERIES

# ACKNOWLEDGEMENTS

We would like to express our heartfelt gratitude to the donors and volunteers who wholeheartedly contribute to the clinical, research, educational, and outreach endeavours at The Al & Malka Green Artists' Health Centre. Their generous support has played a pivotal role in enabling the Centre to achieve the remarkable impact it has today. Without their philanthropic contributions, the Centre's transformative work would not have been possible.

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#### Contributions to The Al & Malka Green Artists' Health Centre Quarterly Impact Report:

Dr. Shelly-Anne Li designed and prepared the impact report. Aga Halonska provided the clinical and subsidy funds data. Teri Arany provided feedback and approved the impact report.

Date prepared: April 3, 2023

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## CONTACT

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University Health Network

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