



CREATE PEACE OF MIND™

Stories, Community & Impact

VOLUME 1 - December 2016

OUR STORY

PeaceLove is changing how people think about mental health. Through expressive arts programs and storytelling, we help individuals and communities create peace of mind. Here's how it all began.



After discovering that painting dramatically subdued the symptoms of his Obsessive Compulsive Disorder (OCD), PeaceLove co-founder Jeff Sparr teamed up with his cousin, Matt Kaplan, to share creativity and peace of mind with as many people as possible.

From 2009 to 2015, we shared our story and workshops in classrooms, hospitals, community centers, and corporate board rooms. We reached over 25,000 people in diverse communities and the result was always the same - participants experienced improved mental wellness and gained new tools to talk about mental health.



As word spread about the work that we were doing and requests poured in, we realized we would need to change our model to meet the growing demand for our programs.

In February 2015 with the support of CVS Health, we launched the CREATORS program to address the increasing demand for PeaceLove programs nationwide. Through the CREATORS program we train and empower frontline professionals to deliver our life-changing expressive arts curriculum to their communities. CREATORS work directly with individuals, families, and groups to help them achieve improved mental health and better quality of life through artistic expression.



With the support of our partners and individuals like you, we have provided 40,049 expressive arts experiences to communities in need.



CREATORS

Delivering expressive arts to communities in need

The CREATORS Program equips frontline professionals to deliver our expressive arts curriculum to their communities. Facilitators work directly with individuals, families, and groups throughout the country to help them achieve improved mental health and better quality of life through artistic expression.

After receiving training, CREATORS deliver ongoing workshops consisting of visual arts, storytelling, sound, and movement with the purpose of providing new resources and skills to achieve mental wellness.

Since February 2015, we have trained 64 CREATORS who have delivered 1,035 workshops and 9,756 total expressive arts experiences.





CREATIVE CALISTHENICS

Getting out of comfort zones through an exciting and unexpected exercise with paint



RHYTHM AND COLOR

Collaborating through a multimodal experience of musical creativity, artistic inspiration, and dynamic energy



DUAL EMOTIONS

Exploring the relationship between different emotions experienced



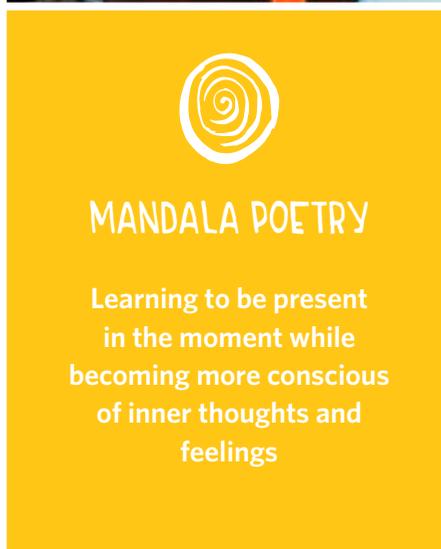
STORY SHOES

Expressing each person's unique story and life journey using three-dimensional collage and stories



MANDALA POETRY

Learning to be present in the moment while becoming more conscious of inner thoughts and feelings



TRANSFORMATION COLLAGES

Inspiring transformation of unhealthy behaviors and thought patterns into a positive alternative path

CHANGE

"Let me start with before... this is a patient who spends most of her day sleeping. I can only imagine what she must be feeling or going through. No one visits her in the hospital except her mom, and that is sporadic. This is her third Christmas with us and the umpteenth time this year she has been told there is no treatment for her and that her disease is progressing. She doesn't want to go home, but she doesn't want to be in the hospital either. So, I was a little nervous. This is a family who has fired almost every caregiver involved in her care.

During the workshop, my heart started to sing. The patient was smiling and laughing. In three years, I can only think of one other time that she had a real smile and a real laugh. (The other time was when she received her Make a Wish.) Not only was she smiling, but she was raw and honest and focused on the project. This is a girl who even fired the teacher that used to come every day... a teacher who loved her and went above and beyond.

After the workshop, I was amazed. There was an imaginary bridge that was built between the two of us during that session. I am still smiling. It is now two days later and the nurses have been commenting on the 'different' girl that is in her room. She is still smiling and interactive. She is even awake. They were asking me what happened to 'change her' over the past few days."

-CREATOR Traci Aoki-Tan , Kaiser Permanente Medical Center, Roseville, CA

DURING THE
WORKSHOP, MY
HEART
STARTED TO
sing.

SAFE

"I wasn't sure how the group was going to feel about the Rhythm and Color workshop. When they walked in the room they seemed uncertain about the percussion instruments on the floor. But they warmed up to the instruments and bonded with each other through fits of laughter and synchronized rhythms.

It was really powerful day. One inmate shared about his mental illness and how his symptoms increase when he gets out of his daily routine and less sleep. He also stated, 'I felt safe to close my eyes.' In a place where everyone is always watching their backs to stay safe, it was a really powerful statement to hear about the trust and connectedness that has developed between the members of the group.

Another participant, who has never shared anything about his art, showed the part of the picture that he drew, stating, 'this is all of us, in the sanctuary of the frog pond, and here, up the stream is the harsh coldness of the compound. This is safe place for us to get away and leave everything else behind for a little while.'"

-CREATOR Valerie Carter, Federal Medical Center, MA

I FELT
SAFE
to close
MY EYES.



CREATE

In 2015, Michaels Stores joined us as the official art supply partner of PeaceLove. High quality art supplies are essential to our expressive arts programs, and Michaels is a dream partner to support our growing needs.

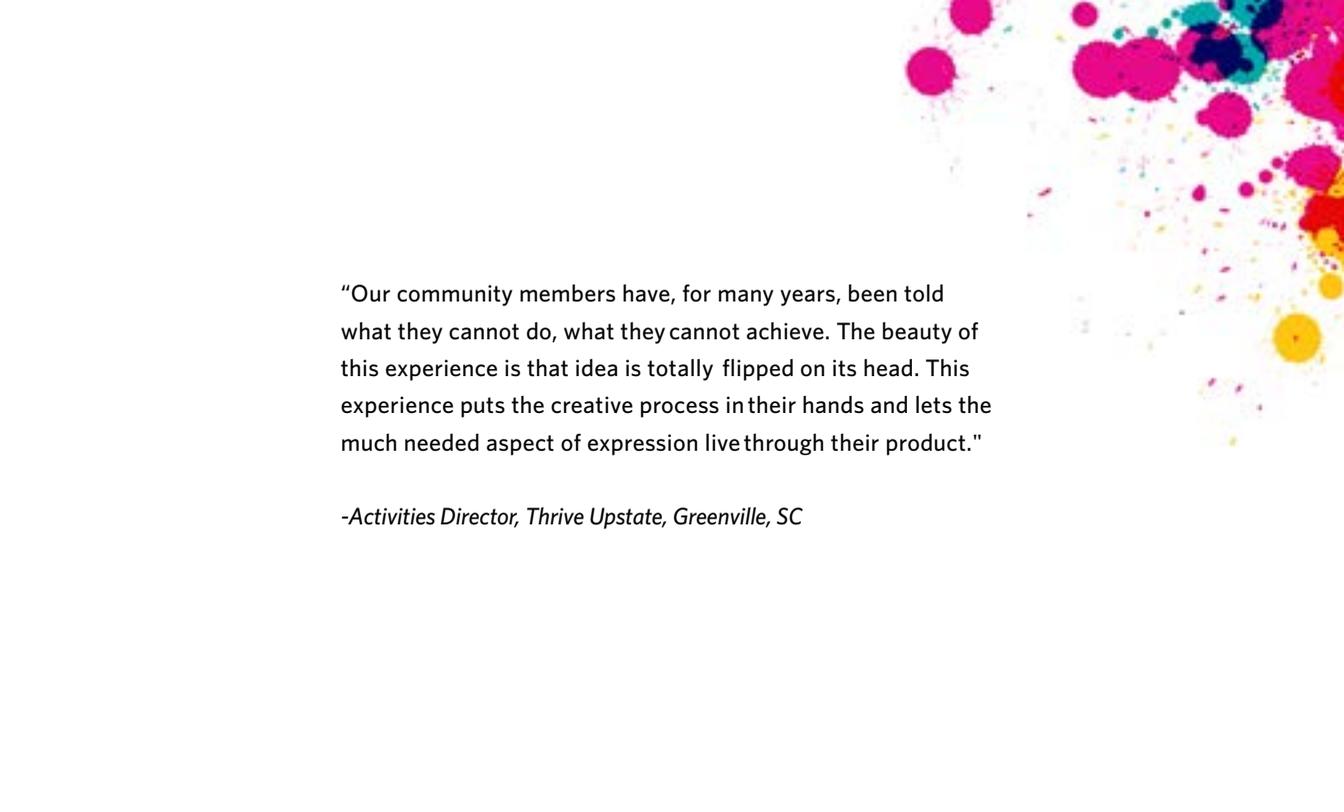
To help kickstart CREATORS, Michaels has provided hundreds of kits to equip CREATORS with all of the art supplies they need to facilitate ongoing programs and create peace of mind in their communities. Thanks to Michaels, we are on track to improve the mental health of 250,000 people by 2019.

"THERE WERE
A LOT OF
supplies
THAT REALLY
MADE ME GET
CREATIVE."

—ADOLESCENT PATIENT,
NEW HAMPSHIRE HOSPITAL



PeaceLove
CAN & WILL
CHANGE
OUR CULTURE



"Our community members have, for many years, been told what they cannot do, what they cannot achieve. The beauty of this experience is that idea is totally flipped on its head. This experience puts the creative process in their hands and lets the much needed aspect of expression live through their product."

-Activities Director, Thrive Upstate, Greenville, SC



"We also had a lengthy discussion at our leadership meeting yesterday about how PeaceLove can and will change our culture and climate and support the wellbeing of not only clients but ALL our hardworking, committed employees."

- Margaret Holland McDuff, CEO, Family Service of Rhode Island



This experience puts
THE
creative
PROCESS
in their hands.

IT WAS AN **JOY** IT UPLIFTED MY SPIRIT
ABSOLUTE JOY A UNIQUE WAY TO PROCESS + LET GO
OF WHAT IS HOLDING US BACK

extremely calming **FEELING SAFE**

"IT MADE ME
FEEL LIKE WHAT
I'M GOING THROUGH
WILL BE
ALRIGHT."

Our purpose is to empower
people to share their mental
health stories and create peace
of mind through expressive
arts experiences. Here's what
our participants have shared.

THE **FREEDOM** took me out
of my comfort
TO GET MESSY = *gone* (NOT AN
"ARTS + CRAFTS"
PERSON)

mindful **FOCUSED** CALM + HAPPY

EVERYONE WAS VERY **WELCOMING** **FUN** EXPRESS **CONNECTING**
WITH OTHERS
~ AND WARM ~

I felt very comfortable
IT BROUGHT OUT A LOT OF EMOTIONS AND A GREAT FEELING OVERALL

IMPACT

THANK YOU

With the support of people like you and our partners, we are changing the way people think about mental health and together have provided peace of mind for tens of thousands of children, teens, and adults. Here's what we have accomplished to date:



64

CREATORS
Trained



13

States with Ongoing
Programming



40,049

Expressive Arts
Experiences Delivered

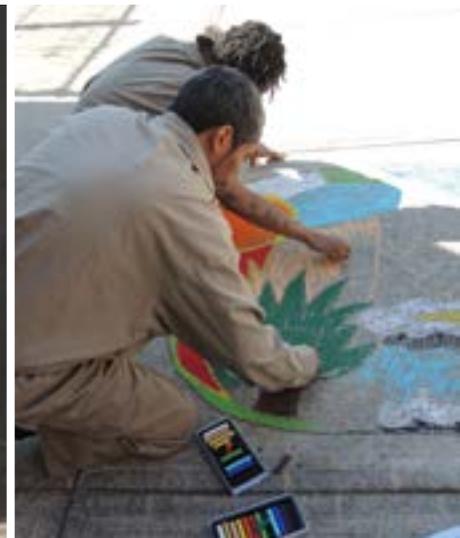
ALEX AND ANI
 Bain Capital Children's Charity
 Blue Cross Blue Shield of RI
 Bradley Hospital
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 Care New England
 Caron
 Chase Family Foundation
 CVS Health Charity Classic
 Diamond Hill Capital Management
 Elms Foundation
 Family & Children's Aid
 Friendship Foundation
 G. Lopes
 Graphic Innovations
 Guitar Center
 Hanky Panky
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Jake & Co.
 Jewish Alliance of Greater RI
 Marsh & McLennan Agency
 Michaels Stores
 Newport Hotel Group
 Pawtucket Credit Union
 Prechter Family Fund
 Providence Auto Body
 Rhode Island College
 Starlight Children's Foundation
 Tourtellot
 Whole Foods Market
 Wolf Greenfield & Sacks
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 Jerry and Kim Lowe
 John & Jessica Pinkos

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 Steve Dawson
 Saul Kaplan





PeaceLove is changing how people
think about mental health.

We help people find their voice, make meaningful connections, and discover new tools for mental wellness. Through expressive arts programs and storytelling, we help individuals and communities create peace of mind.

LEARN MORE AT [PEACELOVE.ORG](https://www.peacelove.org)