

CREATE



PEACE^{OF}MIND

PEACELOVE COMMUNITY & IMPACT 2019





WE USE CREATIVITY TO
EXPRESS EMOTIONS



AND FIND
PEACE OF MIND

10 years ago we started PeaceLove with the dream of helping people feel better through creativity. Our purpose is to empower people to express what's going on inside, to access creative tools to improve mental wellbeing, and to find peace of mind and love for self.

To date, we have equipped over 150 frontline professionals with PeaceLove programs. We train these CREATORS to teach creative expression as a wellness habit, just like you'd teach someone to practice yoga or use a journal. Then, they're able to offer ongoing workshops in their communities where they help people explore visual arts, storytelling, sound, and movement as tools that make it easier to talk about and support each other's mental health. These workshops help people understand that being vulnerable is valuable.

Thanks to our growing family of CREATORS, over 70,000 people have been introduced to this life-changing tool – creativity as a means of creating peace in their minds and lives. When we share our art, we tell our story. We build community, we build trust, we build safe space, and we create meaningful conversations around mental health.

Thank you for helping us bring PeaceLove to thousands of communities. Thank you for helping us to spread mental health options that are open to everyone. Together, we can harness the power of creativity and storytelling to give millions of people the tools to feel better.

-Matt and Jeff, Co-Founders

2019 HIGHLIGHTS

This year was filled with so much creativity, growth and connection. 2019 was a big year for PeaceLove, and we truly couldn't be more excited for what's to come in 2020!



WORLD ECONOMIC FORUM

Celebrating global progress in mental health in partnership with Johnson & Johnson



RADICAL HOPE

Partnering to design a rigorous evaluation for program efficacy



STAND TOGETHER

Selected as one of 15 partners committed to breaking the cycle of poverty in America



YMCA 175

Sharing our message and approach with the world's largest youth movement



STORYTELLERS '19

Celebrating our sixth year and over 70 storytellers and thousands of attendees



"IMPRISONED" THE MOVIE

Partnering with Equitas to expand our work in prisons



PROGRAM TEAM

Increasing our program and training capacity by 300%



70,000TH EXPERIENCE

Improving mental health for tens of thousands of individuals



WE ARE ALL
CREATIVE
PEOPLE

Our team is growing! This year we added 6 new hires to our CREATORS program staff. Welcome to the team Abbie, Christina, Deidre, Kim, Maegan, and Mia!

IT'S ABOUT THE
PROCESS



**NOT THE
PRODUCT**

CREATORS

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



These are the faces of
CREATORS across the US,
Canada, and Jamaica who
are bringing PeaceLove's
expressive arts workshops
to over ten thousand
people every year.

IMPACT

With your support, we are equipping thousands of people with creative tools to improve their mental health. Here is what we have accomplished together:



153

**PeaceLove CREATORS
Trained**



5,891

Workshops Run



27

**States, Canada, and Jamaica
Receiving Programs**



73,178

Experiences Delivered

Behavioral Health

School

Workplace

Hospital

Justice Involved

Community

Residential

Conference



RADICAL HOPE EVALUATION

RADical Hope is dedicated to measurably improving the brain health of our country's young people. Working with scientists across the field, RADical Hope is establishing a model to evaluate social behavioral programs with the goal of setting a standard that can be universally applied.

RADical Hope's Evaluation of PeaceLove aimed to measure the effectiveness of PeaceLove's six core workshops against RADical Hope's core values: Connectivity, Engagement, Empowerment and Emotional Regulation.



943

**Participant
Surveys**



4/5

**Positive Impact
Rating**



80%

**Participants want
more PeaceLove**

Using universally applied scales to measure certain program features, the evaluation provided quantitative and qualitative evidence of a strong positive workshop experience for both participants and CREATORS. Global averages of 1-5 point scores and analysis of word association frequency data provide strong, consistent evidence that Participants and CREATORS are benefiting from the PeaceLove expressive arts workshop experiences.





PEACE IN GRIEF

The “Transformation Collages” workshop inspires transformation of unhealthy behaviors and thought patterns into a positive alternative path. Participants make an image of a behavior that is holding them back then tear it up and use the pieces to create a new, inspiring image.

Wow! This was one of the most awesome workshops I have ever led! It was truly amazing to see these widows work through some grief and find a little peace of mind. One participant in particular was really transformed. At first she was quiet and only answered questions in short sentences, and at one point she even put her head down on the table. When she was told to portray a thought pattern that she felt was holding her back, she sat with a blank sheet in front of her for a long time.

Finally, she drew something and then shared, “I drew a bottle with the word ‘fear’ inside, because everything has been scaring me since my husband died. We did everything together and now I am on my own... I want to break the bottle!” Afterwards she proudly showed us her shimmering broken bottle collage, where she wrote, “I am at peace.”

CREATOR Ceceley Chambers is Chaplain for HopeHealth Weekend of Hope and Healing, an adult grief retreat that took place at Aldersgate Camp & Retreat Center in North Scituate, RI.





HE WOKE UP
RELAXED
AND
SMILING



DREAMING IN THE HOSPITAL

The “Creative Calisthenics” workshop uses paint to help participants get out of their comfort zones and focus on something that brings them peace of mind.

I was asked to see this patient because he was having a difficult time coping with being in the hospital. His brother had a traumatic amputation months before, so this patient was having an especially hard time being in the hospital. The longer the patient stayed, the more anxious he got. My first workshop with him was Creative Calisthenics. The nurses were excited that the patient was encouraged to use both hands to paint, as he had been refusing up to this point. At first, it looked like the patient was just mixing the paint and plopping globs on his canvas. But, as he got further in the process, he started to sweep the paint back and forth across the canvas. He named it “The Ocean.”

The next day, the mother shared that she and her son had the best night’s sleep ever in the hospital. She shared that the patient woke up dreaming he was in the ocean, where it was warm like a bathtub. He woke up relaxed and smiling! It had emotionally changed things for both of them. They both woke up happy and more positive. He was supposed to be in the hospital for another week, but the patient continued to progress and was able to be discharged two days later!

CREATOR Traci Aoki-Tan is a Child Life Specialist on an inpatient general pediatric floor/PICU at Kaiser Roseville in California.




POWER OF PROCESS

The “Dual Emotions” workshop explores the relationship between different emotions experienced at once. Participants use face shapes to create a self-portrait that expresses their feelings through the faces.

Typically this group of high schoolers is high-energy, talkative and hard to keep on task. Today was a different vibe. The group was quiet as I introduced the workshop and showed the demos. The students were very intrigued by the details of the demos. When students received their materials to create their Dual Emotions projects, there was not a sound in the room. Students were so focused on their own work that there was barely any crosstalk between them. It was such a shift from previous workshops. I was also amazed that during the sharing portion of the workshop, one student shared that she did not “feel good” after the workshop sometimes. This led to an amazing discussion about the power of process and exploring what they felt comfortable doing. One student found herself in tears during the workshop and stepped out several times to gather herself. She continued to return to the room after each time and resume her process of creating. It never ceases to amaze me how our young people carry around so much inside of them, and do not express it. With each piece of art that I looked at with these teens, I saw tears, broken hearts, questions and thunderstorms. I saw sunshine, hearts, connections and release. So many of these students don’t find ways to explore what they are feeling, and PeaceLove can be that one block of time for them to really explore what is going on inside of them.

CREATOR Kim DiOrio-Rooney is a former School Social Worker at The Met High School in Providence, Rhode Island. Kim joined the PeaceLove team in June of 2019.



OUR
YOUNG
PEOPLE
CARRY
SO MUCH
INSIDE



**PEACE
OF MIND**
STORYTELLERS

Our sixth annual Peace of Mind Storytellers event inspired conversations of acceptance, understanding, and hope.



WE ALL HAVE TO
TAKE CARE
OF OUR
MENTAL HEALTH

Tatyana Frost
Computer Scientist, High School Student

STORYTELLERS 2019

On May 16th, we brought together leaders and newcomers in the mental wellness space to share their mental health stories and the work they are doing to help create peace of mind in the world.



Husseini Manji, MD, FRCPC
Global Head, Neuroscience, Janssen



Perri Easley
Student, Mental Health Advocate



Abbie Stenberg
CREATOR, Peer Recovery Specialist



Dr. Kate Stone
Creative Scientist



Mark Brand
Social Entrepreneur



Scott Sorensen
Puppeteer (with special guest Devin Wildes)



Tatyana Frost
Computer Scientist, High School Student



Devan Mulvaney
Musician



U-Meleni Mhlaba-Abedo
Poet, Lead Playmaker



Philip Sheppard
Cellist



Eric Kelly
Boxer, Celebrity Trainer



Broadway Quartet
John Carden, Sandy Taylor, Michael Ferreri and Tony Oakley



Samantha Ramirez-Herrera
Filmmaker, Civil Rights Activist

"A sign of strength is also being open and honest with our mental health, and telling the world that it is okay not to be okay, and that you can do something about it."

-Storyteller Perri Easley



THANK YOU

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ORGANIZATIONS:

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CVS Health
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Hilton Providence

Janssen
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New Harvest Coffee Roasters
Newport Hotel Group
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Paul Stoffels
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Stephanie Prechter
Steve Dawson
Steven Sigal
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CREATORS:

Ali Clements
Allison Giuliano
Amanda Malone
Amara Riccio
Amber Havens
Amy Niezrecki
Andrea Durant Deming
Andrea Erickson
Andrew Wolff
Angie Cain
Anthony Lafuci
Ashley Mazejko
Ashley Quan
Ashley Rogers
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Bel Thayn
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Bethany Taylor
Beverly Perez
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Brittany Hook
Carla Beattie
Carla De Lemos
Ceceley Chambers
Chelsea Rudomen
Chris Forsyth
Chris Brault
Christina Getz
Cole Robinson
Colleen Hayes-Costello
Courtney McGuire


Dana Hillman
Darren Ellison
David Leicht
Diane Dioguardi
Ellice Park
Emily Gardner
Erin Albanese
Erin Ortega
Frankie Stovall
Gayle Canary
Grace Williamson
Haley Gerstein
Janice Sanchez
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Stephanie Pezzone
Sunnie Ennis
Tammy Hayes
Taylor Hooker
Traci Aoki-Tan
Tracy Jones
Tresalyn Butler
Valerie Carter
Vanessa Cubellis
Victoria Palmisano

STORYTELLERS:

Abbie Stenberg
Sandy Taylor
Tony Oakley
John Carden
Michael Ferreri
Devan Mulvaney
Devin Wildes
Dr. Hussein Manji
Dr. Kate Stone
Eric Kelly
Mark Brand
Perri Easley
Philip Sheppard
Samantha Ramirez-Herrera
Scott Sorensen
Tatyana Frost
U-Meleni Mhlaba Adebo



Together we help people create peace of mind.™

PeaceLove empowers people to share their mental health stories and create peace of mind through expressive arts. We use creative expression to inspire, heal, and communicate emotions that are often difficult to convey in words.

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