



## Call for Instructors & Partners

### Pilot Arts & Wellness Program / Social Innovation Series

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#### **About The Contemporary Dayton**

Rooted in Ohio and nationally recognized for its excellence in producing and presenting contemporary art and artists, The Contemporary Dayton (The Co) is a trusted community resource for learning and experiencing the impact of the art of our time. Established as a non-profit in 1991, and newly located at The Dayton Arcade, The Co initiates new collaborations and continued longstanding partnerships in pursuit of this goal.

#### **Overview**

**ARTFUL WELLNESS** is The Contemporary Dayton's new multi-phased free and open wellness program.

Inspired by the Feb 2024 White House Domestic Policy Council and the National Endowment for the Arts, "Healing, Bridging, Thriving: A Summit on Arts and Culture in our Communities" Conference, The Co seeks to explore how the arts can contribute to health and well-being, animate and strengthen physical spaces, fuel our democracy, and drive equitable outcomes for communities across the country.

*Exploring the realms of mental health and suicide prevention within the context of an art museum offers a unique and enriching perspective on the human experience. Art has long been recognized as a powerful medium for self-expression, reflection, and communication. The diverse array of artworks within the museum's walls becomes a catalyst for dialogue, providing visitors with an opportunity to engage in open conversations about mental health. In this setting, the visual language of art serves as a bridge, allowing individuals to express and share their emotions, fostering empathy, and encouraging a deeper understanding of the complex issues surrounding mental well-being. By weaving discussions of mental health and suicide prevention into the museum experience, we not only enhance our appreciation for art but also create a safe space for meaningful conversations that contribute to breaking the stigma surrounding these critical aspects of human existence.*

The Contemporary Dayton's "Artful Wellness" program is designed to foster holistic well-being through a fusion of art and wellness initiatives. By offering a diverse range of activities, workshops, and resources, participants will be encouraged to explore self-expression, engage in meaningful conversations, and cultivate resilience and empathy.

#### **Target Population**

The Co's initiative is being guided by Montgomery County's 2021 Community Health Assessment. The data presented are from multiple sources such as the Centers for Disease Control and Prevention's (CDC) Behavioral Risk Factor Surveillance System (BRFSS), Ohio Department of Health Vital Statistics, U.S. Census Bureau, Greater Dayton Area Hospital Association hospital data, Dayton Children's Community Health Needs Assessment, Ohio Cancer Incidence Surveillance System (OCISS), and the Ohio Disease Reporting System (ODRS).

The target populations represent five underserved communities:

1. African Americans
2. African American Young Adults (under 30 years old)
3. Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ)
4. Hispanic/Latinos
5. Senior Citizens

These groups face barriers to receiving health care within their communities as well as opportunities to improve health. When asked to prioritize, the groups' top issues pertained to social determinants of mental health, substance use, and care coordination.

Reaching these audiences will include the following:

- **Community Partnerships:** local mental health organizations, community health centers, and social service agencies that already serve vulnerable populations.
- **Targeted Outreach:** marketing materials and strategies using culturally sensitive messaging and language
- **Accessible Programming:** free and open to be most accessible and inclusive
- **Peer Support:** Peer-led groups and activities can provide a sense of connection, validation, and support for participants who may feel isolated or stigmatized.
- **Culturally Relevant Programming:** collaborating with community leaders, cultural organizations, and local artists to create content that resonates with diverse audiences.
- **Long-Term Engagement:** offering follow-up support, alumni programs, and opportunities for continued involvement to build a sense of belonging and continuity can help sustain positive outcomes over time.

## Strategy

**Improve the health of the target population and measure the health improvement**

**Program Components:**

- **Meditation & Mindfulness Sessions (Summer 2024)**
  - Guided meditation sessions held in The Contemporary Dayton's gallery space.
  - Output: Participants will experience reduced stress and improved focus.
  - Outcome: Enhanced emotional well-being and mindfulness.
- **Workshops for Broaching Difficult Conversations through Art (Fall 2024)**
  - Workshops facilitating discussions on challenging topics such as diversity, equity, inclusion, and social justice.
  - Output: Increased awareness and understanding of complex social issues.
  - Outcome: Strengthened community connections and empathy.
- **Mental Health Workshops (Rotating subjects, beginning Fall 2024/Spring 2025)**
  - Workshops focusing on mental health awareness, coping strategies, and self-care practices.
  - Output: Participants will develop skills for managing mental health challenges.
  - Outcome: Improved mental health literacy and support network.
- **Suicide Prevention Programs (May 2025)**
  - Seminars providing education on suicide prevention, risk factors, and support resources.
  - Output: Increased knowledge of suicide prevention strategies.
  - Outcome: Enhanced ability to recognize warning signs and offer support to those in need.

- **Resilience and Empathy Programs (Summer 2025)**

Programs promoting resilience-building techniques and empathy development through art-based activities.

- Output: Participants will learn coping mechanisms and empathy skills.
- Outcome: Increased resilience and capacity for compassionate understanding.

- **Guides and Drop-in Activities (Summer 2025)**

- Monthly publication of wellness guides featuring articles, resources, and creative prompts.
- Weekly drop-in art sessions offering a space for spontaneous creativity and relaxation.
- Output: Accessible resources and opportunities for artistic expression.
- Outcome: Fostering a sense of belonging and creative fulfillment.

**Partners / Partners in Negotiation**

Anti-Defamation League (ADL) / Cleveland

Greater Dayton Area Hospital Association (GDAHA)

National Conference for Community Justice (NCCJ) of Greater Dayton

Premier Health (Lead Funder)

Montgomery County Prevention Coalition

& Montgomery County LGBTQ+ Health Alliance

## APPLICATION

### Mindfulness & Meditation Leader

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#### Schedule Needs (Jun, Jul, Aug)

1. 1 session weekly tied to targeted market: Levitt concert-goers. Session should take place so it ends prior to Levitt Concerts\*
2. 1 session include Sat drop-in between 11-4 OR propose a Wed or Thu lunchtime

\*Levitt Pavilion Summer 2024 Concerts

- 7 p.m. every Thursday, Friday and Saturday from 5/30 – 9/14 (except for Celtic weekend that last weekend of July)
- 4 concerts, on a Saturday (6/15, 7/20, 8/17 and 8/31) that will start at 5:30pm.

#### The Co Will Provide

- Launch dedicated section on The Co's website for the program series featuring practitioner/studio
- Marketing to target audiences via social & sign-ups via Eventbrite
- Dedicated safe space in the galleries, and potential Arcade Rotunda
- Co Membership and event invites for practitioner and/or studio
- Explore options for integrating program into ongoing programming and operations.

#### Experience & Duties

- Must have experience leading mindfulness and/or meditation classes (Option: you may also propose additional classes that which you have experience; these may be negotiated for an additional fee)
- Must have experience, presence, and be able to market self and sessions via social media
- Optional additional experience re:
  - facilitating discussions on challenging topics such as diversity, equity, inclusion, and social justice
  - mental health awareness, coping strategies, and self-care practices
  - education on suicide prevention, risk factors, and support resources
  - promoting resilience-building techniques and empathy development through art-based activities

#### Compensation

Contracted position, \$2,100 Total Fee for Summer Program, 14 weeks, payable bi-weekly, to include:

1. Preparation
2. Social media marketing
3. 2 weekly 60-90 min in-person sessions

#### To Apply:

Email by May 13 to Eva Buttacavoli, Executive Director at [eva@codayton.org](mailto:eva@codayton.org):

1. Word or PDF doc (max 2 pages) with the following:
  - a. Full Contact info (name, address, email, preferred phone, website and/or social addresses)
  - b. Resume, CV or Describe Your Practice / Expertise
  - c. Program and Schedule Proposal

## A Brief History of The Contemporary Dayton's Social Innovation Initiatives

- **ARTFUL WELLNESS** The Contemporary Dayton's new multi-phased free and open wellness program; proposed to include scheduled, drop-in, and outreach programming on contemporary issues, coping strategies, and self-care practices for Mental Health & Wellness. (Premier Health)
- **ARTSOURCE FELLOWS** Professional development training for working artists resulting in inclusion in Co Artist Registry and eligible for presentation to regional business and healthcare commission opportunities. (Ohio Arts Council, The Entrepreneur's Center)
- **ART IN THE CITY** Annual, city wide 25-downtown business location pop-up exhibitions and public vote, cash-prize competition. (Downtown Dayton Partnership)
- **BLACK & BROWN PRINT PROJECT** Material skills and marketing training for area Black and Brown artist applicants to translate their work into digital print editions for sale in area retail. (Ohio Arts Council, Dayton Printmakers Cooperative)
- **CONVERSATIONS** Annual lecture series featuring locally and nationally-recognized "architects of social change." Recent guests have included poet, cultural critic, and MacArthur Fellow Hanif Abdurraqib and artistic director of world-renowned Black dance company DCDC, Debbie Blundin-Diggs. Free and open to all, in-person, livestreamed, and accessible on The Co's website, Vimeo, and YouTube channels.
- **CSA (COMMUNITY SUPPORTED ART)** Modeled on farm delivery CSAs (community supported agriculture), local-artist commissioned print edition marketed and sold to "shareholders" / new collectors in advance and delivered late Summer.
- **"THE FOUNTAIN GALLERY" 2010-2020** Rotating bi-annual mural-making apprenticeship in the organization's under-utilized washroom / water fountain area.
- **MASTER CLASS** Annual intensive learning opportunities led by seasoned professionals; includes hands-on experience, practical advice, and inspiration to enhance skills and navigate the creative and business aspects of the art world. Master Artists have included Teju Cole, Harvard professor and photojournalist, New York Times Magazine; and Ken Emerick, SW Ohio Grants Administrator, Ohio Arts Council. (Central State University, Sinclair Community College, Stivers School for the Arts, University of Dayton, Wright State University)
- **REACH (Realizing Ethnic Awareness and Cultural Heritage), 1993-2020** Annual multi-cultural/DEI-focused fine arts, communication, film, theater, dance, music, and social issue educators conference. Sinclair Community College.
- **SUMMER FIRST FRIDAYS SERIES** Aligning with adjacent Levitt Pavilion free summer evening concert series, contracted local Scripted in Black collective to curate spoken word, performance, and live music for after-event gathering. (Scripted in Black)
- **VIDEO LIBRARY / 8-12 TEACHER RESOURCE** High-quality livestreams and original recordings of Artist Talks giving insight into artists' perspectives, creative processes, and contributions; paired with Grades 8-12 State of Ohio downloadable curriculum guides authored by local teachers. (Mitosis Creative)
- **VOTER REGISTRATION** During the 2020 presidential election, the organization dedicated its galleries to serve as the city's Voter Registration Center. (League of Women Voters)