



# Newsletter

## Arts, Mental Health & Addiction: Celebrating 30 Years with Workman Arts

*Lisa Collins, MSW, Interview with Amadeo Ventura, Executive Artistic Director*

Workman Arts (WA) is a multidisciplinary arts organization promoting the understanding of mental health and addiction. WA offers support to artists living with mental health and addiction through peer programming, public presentation and community partnerships. Amadeo Ventura has been with Workman Arts (WA) as the Executive Artistic Director for over a year and a half. Early on he noticed a lack of physical creative spaces for member artists and a loss of a sense of community among participants. The pandemic had a part in creating these issues and Amadeo's main goals became partnering with other arts organizations to find collaborative spaces and bringing a sense of community back to WA.

Nearly forty years ago Lisa Brown founded WA in Toronto. A longtime lover of the arts, Lisa started holding drama and poetry nights at the Centre for Addiction and Mental Health (CAMH). Working as a nurse on evening shifts, Lisa noticed that these nights really brought out creative energy in

the clients and gave them an outlet for expression. As these drama nights gained momentum, Lisa went on to organize two public theatre productions: Home for Christmas by John Mckillop and Innerspeak by Louise Arsenault. This creative outlet enhanced the quality of life for people who were dealing with mental health and Lisa saw the therapeutic benefits that the arts had for clients. Recognizing the potential of the arts she sought to make them a permanent fixture at CAMH. Lisa founded the Workman Theatre Project in 1987, forming a board of directors and incorporating the company. In 1991, the Workman Theatre Project was given a permanent home in the Joseph B. Workman Theatre at the CAMH Queen Street site.

Workman's target membership has evolved over the years. WA's mission is serving multi-disciplinary artists that have lived experience of mental health and addiction issues. Amadeo says, "We do this through peer-to-peer programming to enhance [their]

con't p. 3

### In this issue:

**Workman Arts, p. 1**

**Around Alberta  
p. 2 - 4**

**Around Canada  
p. 4 - 5**

**Around Alberta  
p. 5 - 6**



## Your News Your Contributions

Do you have news, information, research findings, events to share with others? Let us get the word out! Send your news in by February 20th. Questions, comments, or further information contact: [LCollins@mtroyal.ca](mailto:LCollins@mtroyal.ca)

# Around Alberta



The Conservatory at Mount Royal University is pleased to announce

## Arts Health 2025

Monday, April 14, 9 to 4 p.m.

Explore systems, care pathways, and feature live demonstrations.

Questions & Further information: [LCollins@MtRoyal.ca](mailto:LCollins@MtRoyal.ca)

Arts Health 2025 is proudly sponsored by The Branch Out Foundation



## Neuroscience & Art

**Book:** [Connections - Bringing Neuroscience and Art Together](#) this new 87-page, full colour book is available as a hard copy or online. Images curated by Marilene Oliver and Simonetta Sipione, produced by Oliver, Sipione joined by Gillian Harvey, Daniel Laforest for the Neuroscience and Mental Health Institute and the University of Alberta. The book features essays, artists, and artwork exploring the neurology through art.

**Exhibition:** [Royal Albert through June 22, 2025](#) in addition to the book Connections artwork can be explored at the Royal Albert through mid-June tickets to the exhibit can be found [here](#).



### ARTS FOR WELLNESS

#### Music Series at South Health Campus

Sponsored by Alberta Health Services, brought to you by Stagehand

Join us for incredible performances aimed at helping you truly feel better. All shows are **free** and open for everyone at **South Health Campus** to enjoy!

Jan 9 - Jaiden Riley	Feb 27 - Alice Jane
Jan 23 - Backyard Betties	Mar 13 - Dave Hirschman
Feb 13 - Bluebird Telegraph	Mar 27 - Tissa Rahim

**Time:** All events, 1-2 PM

**Location:** South Health Campus Hospital, 4448 Front Street SE, Calgary, the Alcove near Good Earth Coffee

**Cost:** Free; Artist tips welcome!

For further info & directions to the Hospital:  
[support@stagehand.app](mailto:support@stagehand.app)

# Workman Arts

con't from p. 1

professional skills, presentations, community partnerships and creating a greater understanding of mental health through the arts. Members that have gone through our programs usually become instructors that teach and mentor new artist members.” In addition, WA has a Members Advisory Committee that contributes to the strategic planning and development of WA and its membership. Committee members represent the perspectives WA members, bringing their own lived experiences and their knowledge of interests and concerns of the other members. In this way, WA’s mission and work are participatory representing and addressing current needs and trends.

One issue that has been driven by member participation is the recognition that marginalization and mental health are connected. Amadeo says, “When addressing one issue the other must also be addressed.” As an organization, WA tries to meet the needs of as many artist members as possible while accommodating individual needs. Amadeo acknowledges, “This can be challenging when individual needs and behaviours contradict the needs of the collective. This is mostly evident in workshops and programs.” In such cases, WA works to ensure the safety and comfort of the collective and safety and comfort of the collective and try to

work with the individual to ensure they have resources and capacity to participate in a manner that safe for all. In this way, WA endeavours to balance individual and collective needs, marginalization, and mental health needs. Rendezvous with Madness is one program offering that showcases the interface of marginalization, mental health and addiction using the arts to raise awareness these issues with the public.



According to the WA website, “Rendezvous with Madness is the first and largest arts and mental health festival in the world. Using art as the entry point to illuminate and investigate the realities and mythologies surrounding mental illness and addiction, Rendezvous With Madness spotlights the human capacity for endurance in the face of great challenges.” The festival is WA’s largest offering seeing many transitions over the years. Originally emphasizing theatre it evolved into a multi-arts festival then had a run largely focusing on film and visual arts. In recent years, it has shifted back to multi-arts. Driven by the needs of artist members, resources, and artistic vision the festival stays true to WA’s mission and objectives putting participating members front and centre.

To learn more visit: [Workman Arts](#)

## Around Alberta

### Rest and Revitalize!

The Deep Listening Path invites you to “Embrace 2025 as Your Year of Rest & Sustainable Impact”

As the day unfolds, take a moment to pause and check in with yourself. How is your energy flowing? Your mind settling? Your body holding? In a world that pulls us in many directions, finding rest isn’t just a luxury—it’s a necessity. The Deep Listening Path invites you to reconnect with your natural rhythms, honor rest your body craves, and gently color your energy back to life. Whether you’re reflecting in quiet moments or sharing space with a supportive community, this is your time to care for yourself, one mindful breath at a time.

Give yourself the gift of well-intentioned rest through the REST PLANNER designed for artists, changemakers, non-profit leaders, and influencers at any stage of their journey who give so much of themselves to the world. Guided by Dr. Hemani’s Color Your Energy approach, the planner offers practical tools to uncover where rest is missing in your life and replenish what you need to thrive with resilience and balance.

10% OFF using code “Happy2025”  
To learn more visit: [Deep Listening Path](#)



# Around Alberta

## Call for Participants: Sound and Physiology Study

Research participants are needed for Sound and Physiology Study

Are you interested in being part of innovative research exploring how different musical tones affect the body? We are seeking participants for an upcoming study that will investigate physiological responses to sound.

What's involved:

- In-person session in Calgary
- Listen to different musical tones
- Non-invasive physiological measurements using standard sensors
- No musical experience required

Location: Calgary, AB



This research combines technology, medicine, and sound therapy to develop new approaches to understanding how sound affects our bodies.

If you're interested in participating or learning more when the study begins, please contact:

Lisa Graham [lgraham1@mtroyal.ca](mailto:lgraham1@mtroyal.ca)

## New Article

### A systematic review of the comparative effects of sound and music interventions for intensive care unit patients' outcomes

Senior author Michael Frishkopf with HEAR co-founder Dr. Stephanie Plamandon with several other researchers are pleased to announce their latest publication in the journal *Australian Critical Care*, *A systematic review of the comparative effects of sound and music interventions for intensive care unit patients' outcomes*. The article captures research

conducted across Alberta by University of Alberta researchers and results raise the possibility that different auditory interventions may have varying degrees of effectiveness for specific patient outcomes in the ICU.

You can access the article online [here](#).

# Around the Canada

## MHRI 2025 Conference

MHRI (Music Health Research Institute) located at the University of Ottawa will hold the Third Annual Conference in person in Ottawa from May 13 - 16, 2025. MHRI has issued a call for proposals due January 15, 2025 that explore any of the following topics:

- Therapeutic impact of music
- Music, medicine, and mind

- Music learning and teaching
- Music, health, culture and society
- Musicians' health and wellness

To learn more visit [MHRI](#). Or, if you have questions, please contact Anna Zumbansen and Erin Parkes, co-chairs of the MHRI 2025 conference committee, by sending an e-mail to [Music.Health@uottawa.ca](mailto:Music.Health@uottawa.ca)



Artists in Healthcare

MANITOBA

Senator and Truth and Reconciliation Commission, Chair Murray Sinclair spent the last four months of his life at St. Boniface Hospital in Winnipeg. He found comfort in the music of Quinton Poitras, a Métis musician who played his favourites, especially the blues. Niigaan Sinclair says that even though his father was in a lot of pain, the music helped him feel joy in the moment. Music was provided by Artists in Healthcare Manitoba. The organization has provided comfort and relief since 2001. You can listen to a podcast of about Sinclair's story featured on [White Coat, Black Art](#) [here](#).

Learn more at [Artists in Healthcare Manitoba](#).

## UPCOMING 2024 TRAINING & EVENTS

by Room 217

- Jan 15 - Webinar - The Effects of Aging on the Auditory System
- Feb 10/11 - MUSIC CARE TRAINING Level 1
- Feb 12 - Webinar - Songs for Hearing and Belonging
- Feb 13 - Masterclass - Programs at Lotus Centre
- Mar 12 - Webinar - Music Care Stories from the Nurses Station
- Mar 19/20 - MUSIC CARE TRAINING Level 2
- Apr 9 - Webinar - The Role of Music in Complicated Grief
- May - MUSIC CARE TRAINING Level 3
- May 12/13 - MUSIC CARE TRAINING Level 1
- May 14 - Webinar - MUSIC CARE CERTIFY Stories at an Adult Day Program
- June 5/6 - MUSIC CARE TRAINING Level 2
- June 11 - Webinar - Stories from a Singer/Songwriter

To learn more visit [Music Care](#)

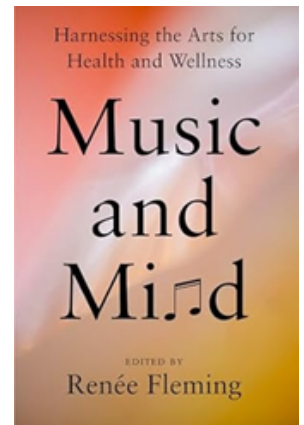


## From Around the World

### Music & Mind

Soprano, Author, and Music Healthcare Advocate, Renée Fleming has edited a new book: [Music and Mind: Harnessing the Arts for Health and Wellness](#)

Praise for Music and Mind “At a time when the bonds of our common humanity are being stretched to the limits, at the same time as the intensifying stresses on our personal well-being, Renée’s book is a timely reminder that music is the meta language that connects all individuals and spans all cultures, religions, and races. Music has never been more important.” —Sting. Music and Mind is available online and at bookstores.



## Musical Care in Dialogue



**Musical Care International Network** continues its Musical Care in Dialogue series in 2025!!

### **Marginalised Communities & Geography in Musical Care**

Thursday, 30 Jan, 2025 00:00 – 01:00 GMT  
april l. graham-jackson (Berkeley University, USA)  
Naomi Sunderland (Griffith University, Australia)

### **Hearing, Disability, and Musical Care**

Tuesday, 18 Mar, 2025 14:00 – 15:00 GMT  
Juanita Eslava (Orquesta Filarmónica de Medellín, Colombia); Kjetil Falkenberg (KTH Royal Institute of Technology, Sweden); Ailsa Lipscombe (Victoria University of Wellington, New Zealand)

### **Musical Care Supporting Perinatal Mental Health Around the World**

Tuesday, 13 May, 2025, 10:00 – 11:00 GMT  
Shantala Hegde (National Institute of Mental Health and Neuro Sciences, Bengaluru, India); Bonnie McConnell (Australian National University, Australia); Katie Rose Sanfilippo (City University, UK)

To learn more about the Musical Care in Dialogue series and listen to past conversations, please find more information [here](#).

To learn more about the Network visit [Musical Care](#)

## Musical Care at the Beginning of Life: Policy Recommendations

Musical care practices at the beginning of life can include in parent/caregiver-baby groups, music therapy in neonatal intensive care units, and much more. Substantial evidence from some of this work exists, however availability is uneven across the UK and across areas of the beginning of life. This report provides policy recommendations based on a two-part project that included input from parents, practitioners, and key stakeholders throughout England and Wales. The report is available [here](#).



## Music and Science: Call for Submissions

**Music and Science** will publish a Special Collection: **Interdisciplinary and Intercultural Perspectives on Musical Care**. This Special Collection, guest edited by Neta Spiro, Bonnie McConnell, and Katie Rose M. Sanfilippo, will focus on musical care which broadly “refers to the role of music—music listening as well as music-making—in supporting any aspect of people’s developmental or health needs” (Spiro and Sanfilippo, 2022, pp. 2-3). The Collection invites submissions that reflect the Network’s values which highlight the importance of cultural context, interdisciplinary perspectives, diversity, inclusivity and participation, and ethical and anti-oppressive approaches. The aim of the Collection is to bring together a wide range of perspectives on musical care from numerous disciplines and professional backgrounds as well as perspectives of those with lived experience, with the goal of developing, debating, and elucidating our understanding of musical care around the world. To learn more about submission information and topics of interest visit: [Music & Science](#).

**Submission deadline: April 18, 2025**

*Thanks for Reading!*