



# *Art as* Support for **Recovery**

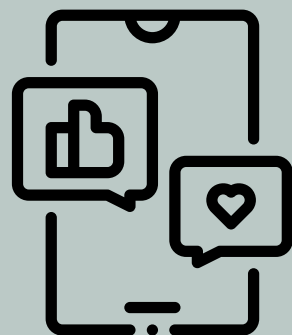
Strengthening community ties through the use of studio access, peer support, and creative vocational opportunity.

**Elizabeth Tritthart, CBHPSS**

22 W. Park St. STE 123 Butte, MT

## Available Services:

**Peer Support**, in the studio or in the field  
Fine Art Studio Practice **Instruction & Mentoring** (one on one or small groups)  
*handweaving, fiber arts, printmaking, drawing, painting and traditional handicrafts*  
Use of creative expression in the studio as a **wellness practice for recovery**  
**Creative vocational opportunities** for artists  
**Advocacy** for the acceptance of neurodiversity in the workplace  
**Team Building** for groups using an Art Studio to build trust and empathy



ArtSupportRecovery  
[Facebook](#)  
[Website](#)

**What we believe:**  
*Recovery is possible.  
Support is essential.  
Our chosen path is Art.*

**What we do:**  
Strengthen community ties through the use of studio access, peer support and creative vocational opportunity.

# My Why

---



## Creative Play

Making Art in the studio versus at home



I believe **creative play** builds stronger communities by increasing the feeling of **connectedness**. Through the completion of art projects together, **we build healthy relationships**, take risks, and **improve our artistic skills**. With these, we have the right tools to **make a positive impact at home and in the world** when we **share ourselves and our talents** with others.

I am building an artist community.  
Do you want to come play with me?

---

## Art + Support = Recovery

*Creative Expression is a wellness practice*

Engaging your body, mind and soul in the creation of art helps develop new patterns that support, strengthen and sustain the recovery process.



Having access to professional studio tools, peer support, and the opportunity to market your work to the public in a retail setting can be life changing for an artist struggling with employment while in recovery.

# Making Art

is exercising the connection between mind and body to communicate inner thoughts to others

**PROVIDE  
SUPPORT**

**ACHIEVEMENT  
& EDUCATION**

working in collaboration that fosters independence thereby improving quality of life decision making.

**SUSTAINED  
RECOVERY**

**VOCATIONAL  
OPPORTUNITY  
FOR MEANINGFUL  
WORK**

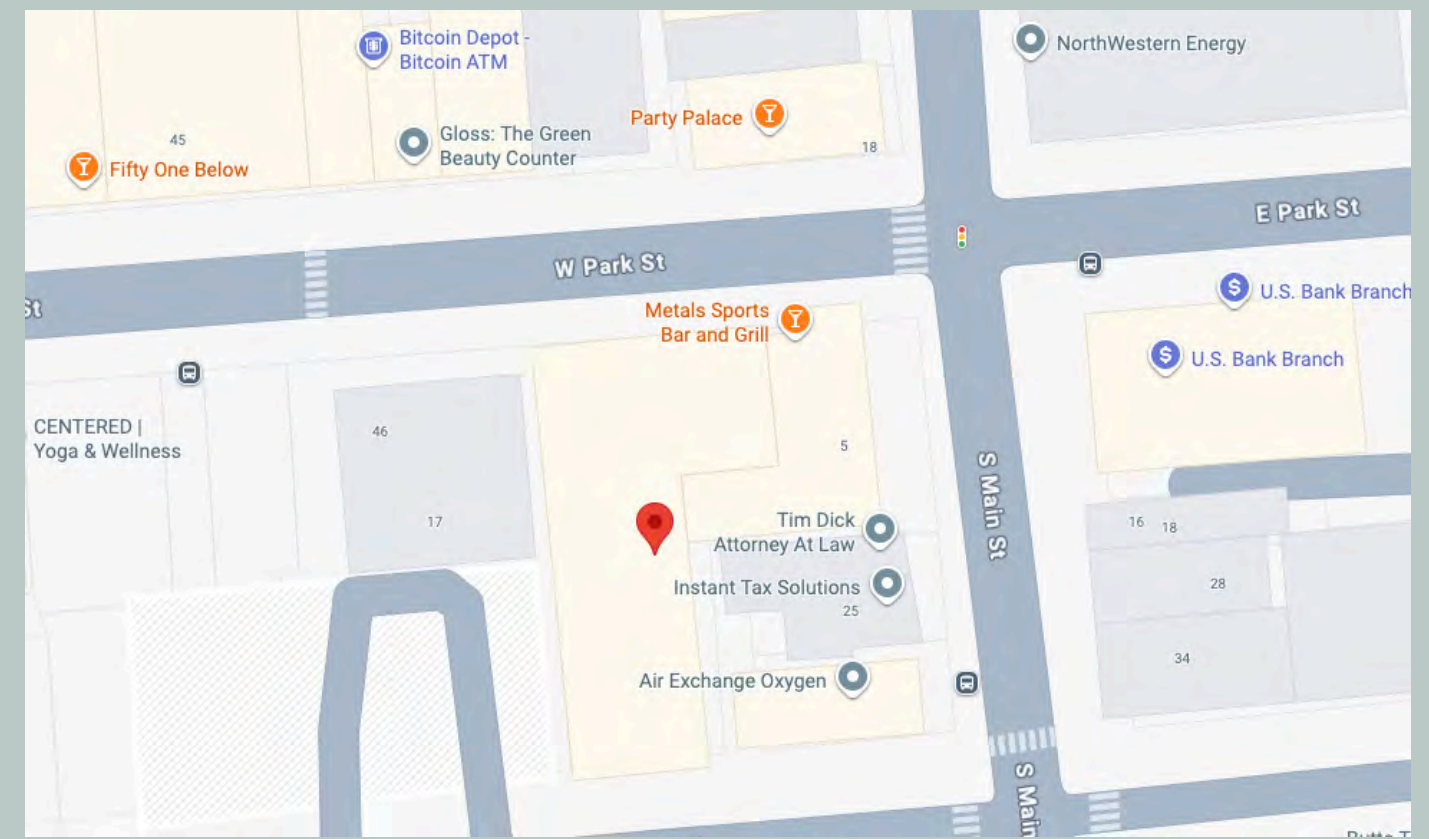
**SATISFYING  
RELATIONSHIPS/  
SUSTAINED  
PARTICIPATION  
IN COMMUNITY**

# Location:

22 W. Park Street  
between Dakota and Main st  
Heart of the Uptown Business District

Next to Bus Stop and Parking Garage  
High volume of walking traffic for  
shopping, food and entertainment  
during festival seasons.

Same block as Imagine Butte Resource  
Center and Phoenix Arts Alliance



# Components

## How we are organized:

Art as Support for Recovery is operating as a commercial business under a sole proprietorship. Your purchase dollars go directly into supporting this program and the artists who make the work offered for sale. The goal is to teach artists in recovery how to build and operate a successful art business. We believe there is dignity in earning our way.

- Private Mailbox System (CMRA)
- Art Studio Access / Instruction
- Retail Store
- Peer Support (CBHPSS)







# Private Mailbox Service - (CMRA)

A West Park St address - not associated with treatment facility or shelter or charitable organization. There is no differentiation between commercial boxes and scholarship ones.

**Service to Community** that helps underwrite the cost of the leased space.

# Vocational Opportunity

Studio time is supervised, it can be logged as work experience. Goals can be set for skill improvement. Progress can be tracked and reported.

Workshops and classes attended can also be tracked and reported.

As artist begins to place work in the store for sale, sales can be tracked and reported.

Progressing to independent booth sales at the Farmer's Market, or inclusion in local art shows also demonstrates vocational progress.



## Retail Store

Open to the public, Support our business model and the recovery movement, by purchasing art. All sales support the artist directly; by paying the rent for the studio space, development and production of creative vocational programs, compensating the artist for their completed artwork, and purchasing studio grade materials for artists to create with. Artwork prices are reasonable for artists working as a professional. We accept all types of payment options, cash, Venmo, Paypal, as well as major Credit and Debit cards.

### Current Retail Store Hours:

Monday through Friday 10 – 5

Saturdays - Most of Farmer's Market Hours

At the moment, we are in person sales only. We are planning for e-commerce capability in the future.



## Studio Access

### Creative expression is a wellness practice

Engaging your body, mind and soul in the creation of art helps develop new patterns that support, strengthen and sustain the recovery process.

### Why Art as Support?

In the studio, you will develop important life skills; decision making, safe risk taking, planning, and how to correct course while making a project. In the end, you create something beautiful to keep or give away, or sell.

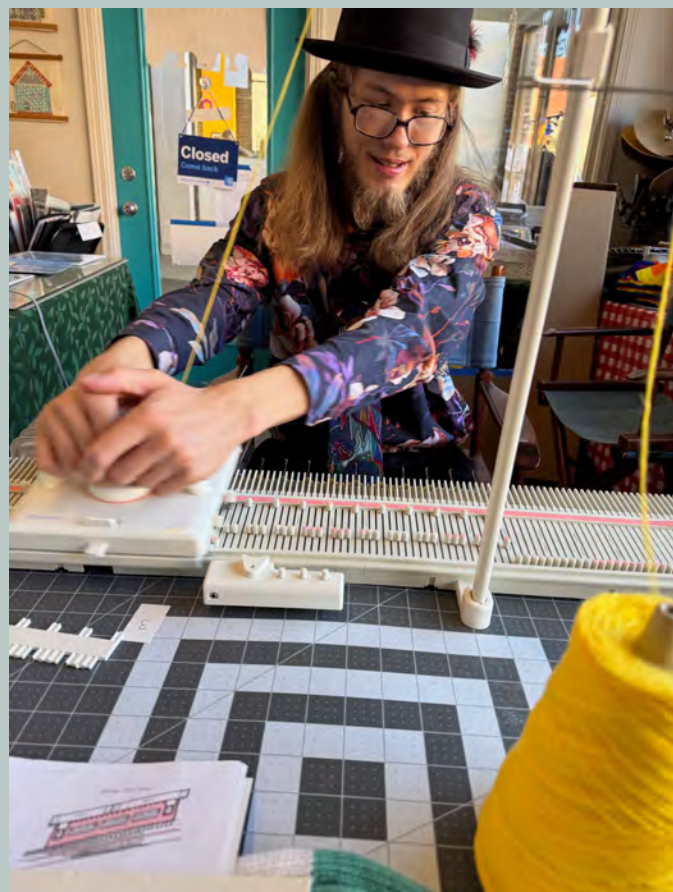


## About our Fiber Studio:

Weaving, spinning, crocheting, knitting by hand or machine, lace making, felting, or sewing. We have the equipment and the knowledge to help you achieve a successful outcome. You can work on a project solo or work as part of a small group. Tools are available, as well as a selection of studio fibers and textiles. You can also bring your own tools and materials.

## About the General Art Studio:

Supporting painting, printmaking, drawing, crafting and more. The studio is safe, we work with non-toxic materials and transparency, for no surprises. All processes are adaptable to meet physical limitations. Each week there are new themes and projects to work on. You can find out what types of art you are most interested in and pursue them with the support of a professional artist and peer supporter.



### ASR Offers a Membership Program

25% Discount on:

Art Studio Access/ Instruction

Peer Support Services

Group Meet Ups

Invitations to: Store Buyer's Days

ASR Art Events



# Pressure Points

Research findings to date

## LICENSING PROCESS

Supervision - Finding/Paying For  
Software for Record Keeping  
Therapy vs Support  
Siloing in Clinical System

## FACILITY

Military Medical Facility - resolve residual trauma  
Large Open Space - needed definition  
3 year commitment

## TRANSITION FROM ARTIST TO ADMINISTRATOR

## ADVERTISING GETTING THE WORD OUT

## BUILDING A TEAM EMPLOYEES/BENEFITS VOLUNTEERS

# Peer Support in the Studio

As an artist comes into the studio to work on a project, the studio has been prepared for their arrival. A project has been chosen, materials assembled, and the worktable is set. Peer Support provides introduction to tools and materials and safety instruction. Peer support remains in studio alongside of the artist while the project is being completed answering questions as they arise.

Questions often begin around processes and options, discussion then can move into decision making, risk management, and problem solving. There are many life skills and mentoring opportunities that arise naturally. Studio time helps to build trust quickly.

# Benefit of Independent Peer Support

I am not constrained by organizational requirements/quotas. I am able to concentrate directly on the client and their needs. Sessions can vary in length, no 15 minute check-ins to meet with entire case load daily. Referrals can be closely matched to clients personal preferences and spoken needs.

# Peer Support in the Field

Artists face the same situations as the general population.

Landlord chooses to sell house. Artist needs to find new housing quickly. Because of lower income, and reduced employment opportunities. Frequently there is a need to access services - NAHN, Action Inc, even the Rescue Mission if housing is not found in time. Artist suffers anxiety over the completion of financial paperwork due to trauma and shame over financial state.

Peer Support works with the artist to identify & fill out the needed forms, provides scanning/copying, printing, and review services, develops a plan for completion and submission of the needed paperwork to meet the deadline.

Artists can be paralyzed by the demands of many daily life activities. The goal of peer support is to find the next small step and work on completing it without adding to the trauma load.



# Biggest Concerns

what burdens could be shared



## FINANCES

Ensuring rent payments can be made. Goal is to be self supporting for rent in 6 months. Requires mailbox rentals.

## EMPLOYEES

Goal is to be able to generate income to support employees, their required taxes and benefits in a year. Requires Inventory for store, and solid programming,

SCHOLARSHIPS  
MAILBOXES  
**ART**  
STUDIO  
ACCESS

ADVOCATE FOR  
COMMUNITY  
PEER SUPPORT

**ASSISTANCE**  
WITH FINDING AND  
AFFORDING HEALTH  
BENEFITS FOR  
EMPLOYEES

# Questions?

