

The Al & Malka Green Artists' Health Centre



ANNUAL REPORT 2023 - 2024



THE AL & MALKA GREEN ARTISTS' HEALTH CENTRE

VISION

Our vision is to have a positive impact on the health and wellbeing of professional creative and performing artists.

MISSION

Our mission is to advance local, national and international standards of excellence in healthcare for professional artists through our activity in:



PHILOSOPHY OF CARE

The Al & Malka Green Artists' Health Centre (AHC) recognizes that professional creative and performing artists belong to a unique occupational group. As such, their health concerns are often specific to their profession and to their particular emotional and socio-economic circumstances. At the Centre, professional artists have access to quality healthcare professionals who value health promotion and education. We work in partnership with artists to identify and address their health care needs.

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CONSISTENTLY SERVING OUR ARTS COMMUNITY.

We are proud to continue providing excellent healthcare services to our vibrant arts community, many of whom were new patients.



Clinic data from April 1 2023 to March 31, 2024

EXCELLENCE IS OUR STANDARD.



As the only clinic that offers healthcare services to artists of all disciplines in Canada, the AHC takes great pride in consistently earning 5-star reviews on Google. But don't just take our word for it; hear directly from the artists who have experienced our care firsthand!

“

This clinic provides **EXCEPTIONAL** health care! The added bonus is that the practitioners understand the realities of sustaining an art practice in Toronto. They also have subsidies available.

”

Franci Duran

“

An amazing healthcare resource in the city for artists! I always recommend it to my artist friends. I've been going here since 2019 and it has really helped me to focus more on taking care of myself.

”

Claire Doyle

“

As a low income member of the community, I feel blessed to be the beneficiary of financial aid to receive services from the Artists' Health Centre. I had been unable to afford therapy, and being connected with therapists at the Centre has been a great help with my mental health journey. Their services helped me build confidence in myself and in the strength of my social support network. They took a heavy burden off my back and I would be struggling a lot more right now without their help.

”

Sarah Imrisek

ADVANCING ARTISTS' HEALTH THROUGH RESEARCH & QI.

These ongoing research and quality improvement (QI) projects showcase the Centre's dedication to advancing knowledge, refining practices, and ensuring the highest standards of care for artists. With a focus on multidisciplinary approaches and collaborative efforts, the Centre strives to contribute to the growing body of research in the field of artists' health and improving its services and programs.

Project	Progress and Timelines
<p>The impact of the COVID-19 pandemic on Canadian artists: An interpretive descriptive study using the social-ecological model</p>	<ul style="list-style-type: none"> Presented at the 2023 International Symposium of Performing Arts Medicine Association Manuscript accepted for publication
<p>A scoping review of mental health literacy for performing and creative artists: Identifying current gaps and future directions</p>	<ul style="list-style-type: none"> Presented at the 2023 International Symposium for Performance Science Manuscript under review
<p>Artists' satisfaction with telerehabilitation in physiotherapy during the COVID-19 pandemic: A cross-sectional study</p>	<ul style="list-style-type: none"> Presented at the 2022 International Symposium of Performing Arts Medicine Association Manuscript under review
<p>Evaluating the impact of an artist-centered psychotherapy elective</p>	<ul style="list-style-type: none"> Will be presenting at 2024 International Symposium of Performing Arts Medicine Association
<p>Implementation science in performing arts medicine: A scoping review</p>	<ul style="list-style-type: none"> Data synthesis in progress Estimated completion: September 2024
<p>The acceptability, usefulness and effectiveness of virtual health education workshops</p>	<ul style="list-style-type: none"> Data collection in progress Estimated completion: October 2024
<p>Practicing empathetic conversations: Enhancing patient-centered Care for BIPOC groups through Forum Theatre</p>	<ul style="list-style-type: none"> Proposal development in progress

SCIENTIFIC DISCOVERIES WITH A GLOBAL REACH.

Article from Quarterly Newsletter, Fall 2023 Edition



New York City Skyline. Image source: <https://travelleming.com/where-to-stay-in-new-york-city/>

Artists' Health Centre showcases research findings at New York City and Warsaw!

Our scientist Dr. Shelly-Anne Li shared her research findings at two international symposia in the summer of 2023! At the 41st Annual Performing Arts Medicine Association International Symposium in New York City, she presented findings from her study titled, *Impact of the COVID-19 pandemic on Canadian performing and creative artists' health and healthcare access: An interpretive descriptive study using the social-ecological model*. Her findings emphasized the importance of tailored interventions and policies that address artists' financial needs, access to healthcare and social networks, and the infrastructure required to support artists. **A BIG THANK YOU** goes out to the artists who generously took the time to meet with her and share their stories!

In Warsaw, during the 2023 International Symposium on Performance Science, Dr. Li presented on her study titled, *A scoping review of the mental health literacy construct and interventions for artists: Identifying current gaps and future directions*. Dr. Li discussed the significance of recognizing mental health risks and combatting the prevailing stigma surrounding mental health.



Old Town Market Square. Image source: <https://www.barcelo.com/pinandtravel/en/things-to-see-in-warsaw/>

Both symposia stood as important platforms for exchanging ideas and knowledge among artists, scientists, and practitioners from coast to coast. Dr. Li's research continues to spark discussions and initiatives aimed at improving health outcomes of artists at the Centre and across the world!



Left image. Dr. Li presenting at the 2023 International Symposium on Performance Science

FROM INSIGHT TO ACTION: PATIENT-ENGAGED RESEARCH.



The Al & Malka Green Artists' Health Centre | **UHN** Toronto General Toronto Western Princess Margaret Toronto Rehab Michener Institute

At the AHC, patient voices are not just heard; they're valued, respected, and integrated into the fabric of everything we do. Together with our patient partner, we're implementing arts-based wellness modalities that celebrates diversity, and fosters inclusivity. We are fully aligned with UHN's *Pride in Patient Engagement in Research* strategic initiative.



The Al & Malka Green Artists' Health Centre | **UHN** Toronto General Toronto Western Princess Margaret Toronto Rehab Michener Institute

Behind the Curtain: Community-Driven, Patient-Oriented Research for Artists' Health

Dr. Shelly-Anne Li, Assistant Professor at University of Toronto, and Alexandra Palma (MEd), Artist and Patient Partner, will discuss and reflect on effective strategies for facilitating community-driven patient-oriented research.

Wed Oct. 25 12PM EST

Online -> link in bio

Join us!

[LINK IN BIO](#)

@artistshealthcentre

Alexandra Palma

Shelly-Anne Li

The Al & Malka Green Artists' Health Centre | **UHN** Toronto General Toronto Western Princess Margaret Toronto Rehab Michener Institute

STRONGER TOGETHER.



During the period of 2023-24, the Centre formed new collaborations with 3 local arts organizations, and strengthened partnerships with 6 national and international arts organizations. By working and planning for events and initiatives with these esteemed organizations, the Centre is on an exciting journey towards creating meaningful connections and fostering mutual growth.

Arts Organizations



EMPHASIS ON EDUCATION.

We collaborate with academic institutions to equip the next generation of physicians, healthcare designers, and advocates for performing arts health by providing them with valuable experience and knowledge about the artistic community. In turn, they utilize the knowledge gained from their coursework to give back to artists in tangible ways, fostering a meaningful connection between healthcare and the arts.

Hear from our students!

Academic Partner



TEMERTY FACULTY OF MEDICINE
UNIVERSITY OF TORONTO



From left: Devanshi Desai, Jacqueline Fleisig, Dr. Shelly-Anne Li, Alexandra Palma (patient partner), Nicholas Dietrich at the Theatre Centre, Toronto, ON

Something that particularly stuck with me was a conversation about how difficult it can be to accessing health services while having a career in the arts. For instance, if you are waiting on a diagnosis, imaging or a surgery, often you do not have control over when those occur. Shows or auditions are on strict schedules and cannot conform around health issues. Artists might delay seeking treatment because of these logistical challenges. - *Jacqueline Fleisig, Year 2 Medical Student, University of Toronto*

I remember one of the stage managers mentioning that she visited her doctor with leg pain and was told that the leg looks fine. This made me realize that even if an artist may be in fine “medical health” (e.g., no fracture on x-ray), they may still not be at the level needed to perform. A strain that recovers 90% may be fine for many, but for an artist, that loss of 10% can be massive. - *Nicholas Dietrich, Year 2 Medical Student, University of Toronto*

Navigating Mental Health

Join us for a workshop aiming to **demystify mental health** and highlight **support systems for artists**. We'll cover common symptoms, overcoming stigma, and accessing professional help and resources. Empower yourself with knowledge and tools to nurture your mental well-being and advocate for a supportive community.

Jacqueline Fleisig, Nicholas Dietrich, Devanshi Desai
Devanshi, Nicholas, and Jacqueline are medical students at the University of Toronto. They are completing their community-based service learning at the AHC to advocate for artists' health!

THU MAY 2 2-3pm EST Online

artistshealthcentre.ca --> "Programs" tab

The Al & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

Academic Partner

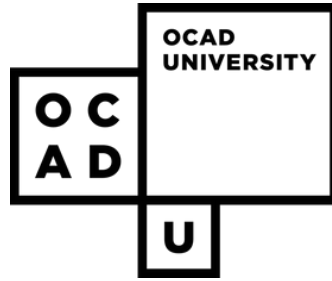


Sara Rashighi and Dr. Shelly-Anne Li, showcasing Sara's capstone research project, which culminated to a physical board game designed to guide performing artists through self-realization and resilience-building.



Check out the board game here!

<https://www.youtube.com/watch?v=7mucnycNdjg>



As a student in the "Design for Health" program for the Masters of Design at OCAD University, my experience with Dr. Shelly-Anne Li at the Artists' Health Centre has been transformative. Dr. Li's mentorship has been instrumental in shaping my research journey, providing invaluable guidance at every step. From refining research methodologies to conducting interviews and usability testing, her expertise has enhanced my skills and confidence. Dr. Li's generosity with her time and unwavering support have been pivotal in my professional development, making this collaboration immensely rewarding and enriching. - Sara Rashighi, Master of Healthcare Design Student, OCAD University



Sara Rashighi presenting on her capstone project. She describes how her board game can help performing artists find resiliency and strength using the Hero's Journey framework.



Upclose picture of the physical board game.

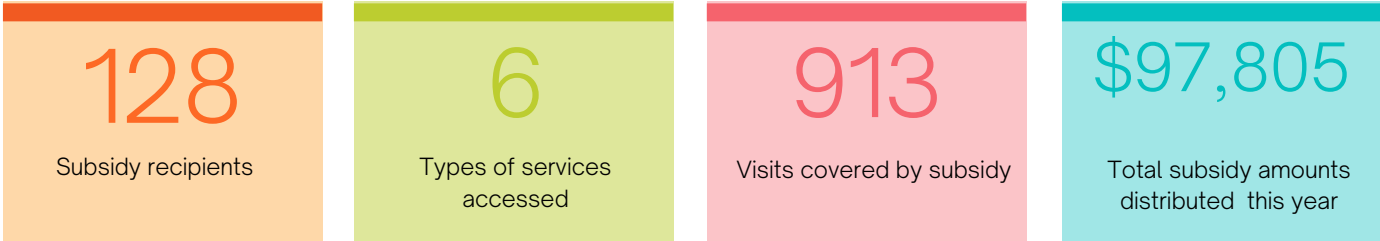
Academic Partner



I had a fulfilling internship at The Artists' Health Center. Art is more than a creative endeavour; art is an expression of emotion and heart. During my internship, I became aware of the serious physical and mental health challenges that artists are facing. Ongoing advocacy is crucial to help artists develop health screenings and sustain their creativity and talent. - Sirui Tao, 4th year communication and media studies intern, York University

JOYSANNE SIDIMUS FUND: SUSTAINING ARTISTS IN THEIR CREATIVE PURSUITS.

Impact of the subsidy fund for the period of Mar 31 2023 - Apr 1, 2024



UHN NEWS STORY FEATURING JSF RECIPIENTS

From UHN NEWS STORY - Published May 7, 2023

In the critical first months of treatment, the Artist' Health Centre helped to subsidize Ashley's care, as it does with all artists who demonstrate financial and health need. If a patient qualifies, they can apply for the Joysanne Sidimus Fund, which subsidizes 75 per cent of all their treatment costs at the centre, up to \$760 per year. Artists who are eligible can apply each year, for two consecutive years.

This subsidy also proved useful to Laura Bil, a freelance artist and art instructor at Sheridan College whose class was cut during the COVID-19 pandemic. "I was suddenly facing a career change," she says. "That was an entire stream of income that had been cut just like that."

Laura's role as a college instructor resulted in long periods of time sitting at a computer, which in turn resulted in enhanced physical distress. "The Artists' Health Centre's subsidy allowed me to receive chiropractic and physiotherapy services that had been associated with my physical pain," she says.

"With their support, I was able address the issues that came as a result of my profession."



David Liam Roberts, a Toronto cellist, started coming to the Al & Malka Green Artists' Health Centre at Toronto Western Hospital when he needed care resulting from the repetitive movements of playing an instrument. (Photo: UHN)

PATIENT-LED FUNDRAISING RAISES AWARENESS FOR ARTISTS' HEALTH.

UHN ON THE GO

December 2023

Patient donates proceeds from self-care kits to UHN's Artists' Health Centre

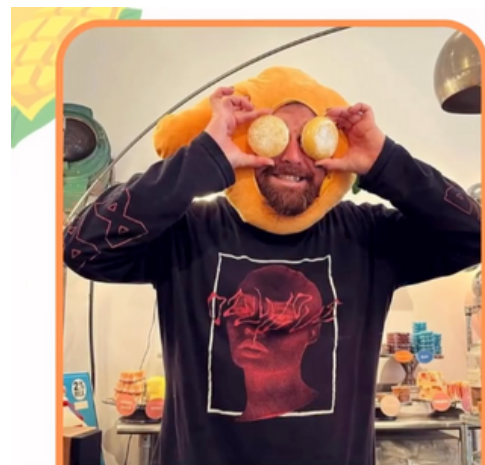
A patient at Toronto Western Hospital has partnered with a local artisan vegan soap shop to raise funds for The Al & Malka Green's Artists' Health Centre, a unique clinic that provides care to artists. Nicholas Patchell, a non-binary creative from Toronto, is selling self-care kits that include hand soap, candles, shampoo and conditioner among other care products. They will be donating 100% of the proceeds back to the Artists' Health Centre (AHC) to go towards the on-boarding of new patients.

"The Artists' Health Centre has played a major role in my recovery after being diagnosed with mental illness, as well as becoming sober after years of alcohol dependency and impulsive self-destructive behaviours," says Nicholas.

"I had set a goal to fundraise for a cause near and dear to me, and I could not think of a better fit."

During Nicholas' time at the AHC, which is part of the Department of Family & Community Medicine at UHN, they found that taking the extra time to practice mindfulness and create a self-care routine was beneficial for their recovery.

"I wanted to bring the joy of self-care to everyone and have the proceeds directly support mental health."

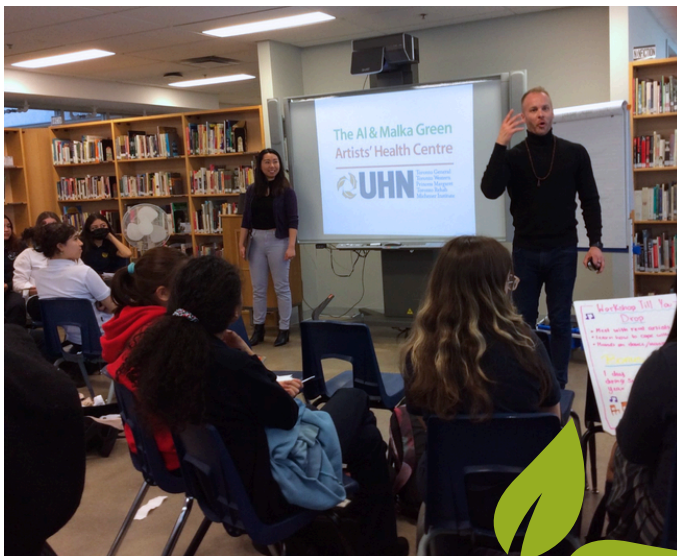


"The Artists' Health Centre and its services have helped me in taking better care of myself mentally and physically and I wanted to reciprocate the kindness"

Nicholas (@berkano_onakreb) is a non-binary creative living in Toronto, a patient and supporter of the Artist' Health Centre.

NURTURING YOUNG, CREATIVE MINDS.

Through its education events, the Centre aims to equip young artists with the knowledge and tools necessary to navigate the unique challenges they may encounter throughout their artistic journeys. By collaborating with schools and educational programs, the Centre actively engages with students, educators, and administrators to create promote the health of emerging artists.



Top photo: Brandon Love, CEO of Beanstalk Creative, introducing the Centre about the health services offered to artists of all disciplines.

Right photo: Dr. Shelly-Anne Li brainstorming programs and interventions with students from Loretto College about ways to promote artists' health among teenage artists



BRINGING HEALTHCARE TO FUTURE ARTISTS.

Thanks to our donors, we provided 50 free 15-minute health service sessions for OCAD University students during the annual wellness day. Over 500 students had the opportunity to engage with our chiropractors, RMT, and shiatsu therapist, benefiting from live demonstrations and educational sessions. The overwhelming response led to a waitlist, demonstrating the impact of donor contributions in fostering a culture of health and self-care for our future artists.



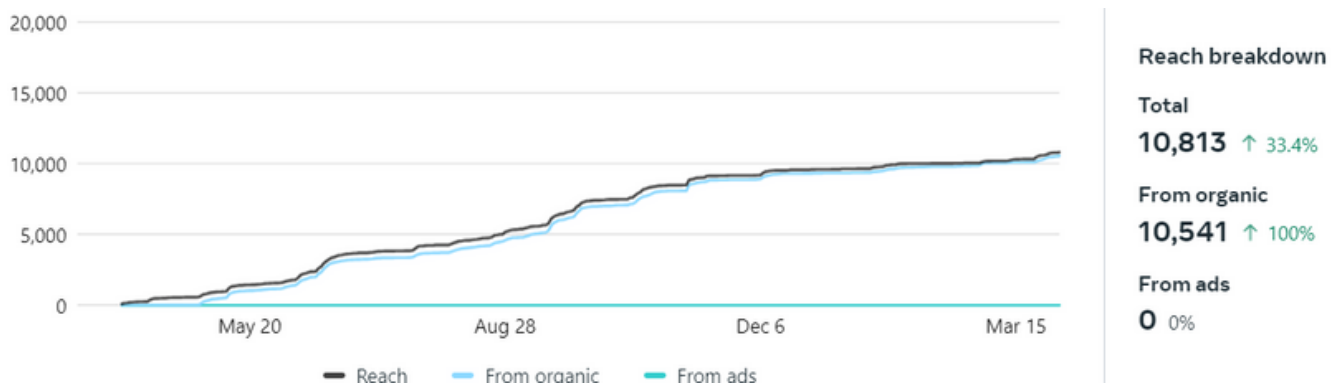
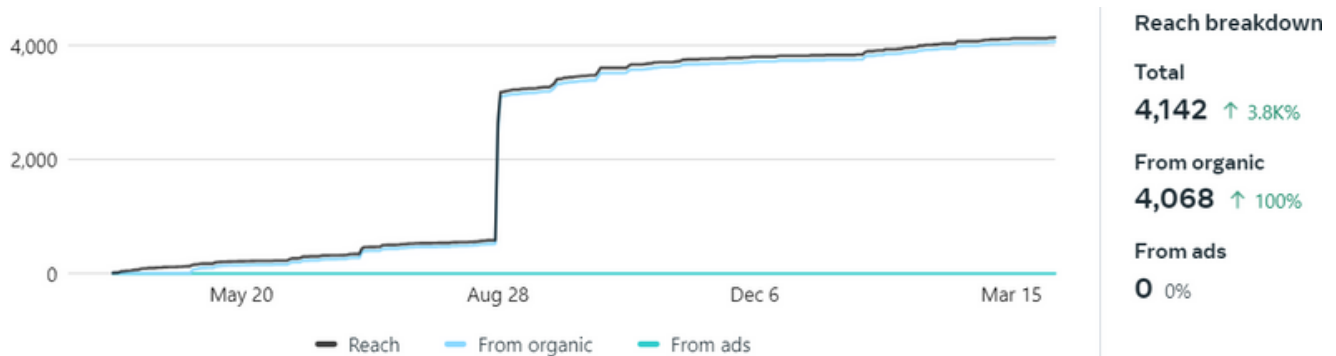
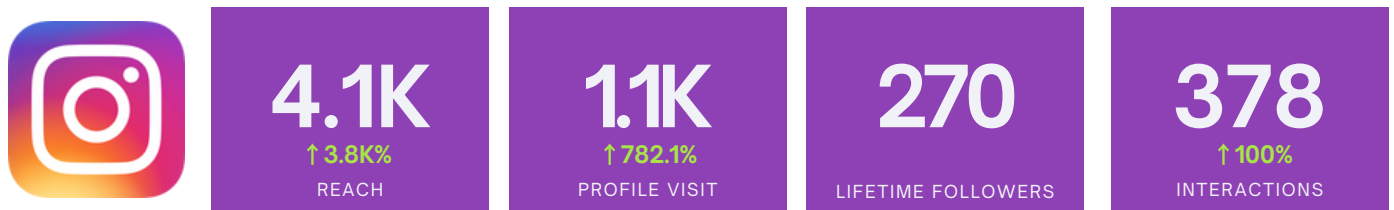
Top photo: OCAD U main campus.

Top right photo: (from left to right) RMT Lauren Leslie, Chiropractors Drs. Shirin Yousefi and Anita Shack.

Bottom right photo: (from left to right) RMT Lauren Leslie providing RMT for a student;; Dr. Anita Shack educating student about posture health.

CULTIVATING COMMUNITY DIGITALLY.

This fiscal year, we posted 79 posts each on Instagram and Facebook promoting health education, community building, and wellness support. We successfully reached a total of 14,900 artists in our community and engaged in 1,018 interactions with them!



BRINGING HEALTH EDUCATION TO ARTISTS WORLDWIDE.

We hosted 18 FREE workshops, with over 500 registrants and 300 actively participating. Of the 94 attendees who provided feedback, 89 (91.5%) would recommend the workshop to their friends and colleagues.

Building and Maintaining Positive Relationships



Join us to discuss what the **psychological issues** are behind relationships that start to break down or come into conflict, whether it's with a work colleague, band mate, family or partner. How can we see the **bigger picture** and start to **resolve** these issues?

Fiona Macbeth
Fiona Macbeth is a BACP-accredited psychotherapist and counsellor, with 27 years of experience at the BBC. Fiona now serves clients referred by BAPAM, Help Musicians, Equity, and the Royal College of Music.

WED NOV. 15 1-2pm EST Online

[artistshealthcentre.ca --> "Programs" tab](https://artistshealthcentre.ca -->)

The AI & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

Resilience for Artists and Makers



Join us to discover key strategies to boost your **confidence and resilience** in the face of artistic challenges! Learn tools that can be incorporated into both your artistic practice and your daily personal wellbeing habits to cultivate an empowering mindset.

Maddy Woolf
Maddy Woolf is a mentor, mindset coach, former professional dancer, and choreographer. Her step-by-step approach to self-development has helped hundreds of people take on their personal challenges and reach their goals.

FRI DEC. 15 11-12pm EST In-Person; AHC dance studio

[artistshealthcentre.ca --> "Programs" tab](https://artistshealthcentre.ca -->)

The AI & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

Musculoskeletal Injuries in Performing Artists



Are you interested in understanding musculoskeletal issues unique to performing artists? Join our workshop to learn how to identify **main injury symptoms** and discover practical strategies for **injury prevention**.

Iulia Toma
Iulia Toma is a professional pianist, a doctor specializing in physical medicine and rehabilitation, and a university lecturer in piano, piano & violin accompaniment, and professional pathology for instrumental musicians.

MON OCT. 30 11-12pm EST Online

[artistshealthcentre.ca --> "Programs" tab](https://artistshealthcentre.ca -->)

The AI & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

Body Image & Our Relationship with Food



Maintaining a healthy, balanced diet can be a struggle for artists with busy schedules. Join this webinar to understand how **eating disorders** affect artists, explore various **therapeutic approaches**, master **basic nutrition**, and navigate **mindful shopping**.

Fiona Macbeth & Lucy Swain
Fiona is a BACP-accredited psychotherapist and counsellor. Lucy is a specialist in nutrition and lifestyle medicine.

WED SEPT. 15 1-2pm EST Online

[artistshealthcentre.ca --> "Programs" tab](https://artistshealthcentre.ca -->)

The AI & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

Healing Through Tapping (EFT)



Unlock emotional freedom through **Emotional Freedom Technique (EFT)**, commonly known as **"tapping"**. In this workshop, you will learn to release stress, nurture well-being, and manage emotions with this ancient-modern technique.

Tanzina Amin
Tanzina Amin is a passionate visual artist, curator, educator and Reiki Master. Tanzina combines creative and holistic approaches to facilitate healing for others.

MON SEPT. 25 11am-12pm EST Online

[artistshealthcentre.ca --> "Programs" tab](https://artistshealthcentre.ca -->)

The AI & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

Wellness on a budget



Artists shouldn't be convinced that they cannot afford to promote their well-being; there are cost-friendly strategies to maintain wellness. This workshop offers ways that enable you to stay in charge of your health without the expense of your financial stability.

Carolyn Franke, RN, BA, CDE
Carolyn is a registered nurse with 37 years of experience. Carolyn is also a certified diabetes educator.

WED. JUN 28 11am EST Online

[artistshealthcentre.ca --> "Programs" tab](https://artistshealthcentre.ca -->)

The AI & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

Creativity and Motivation for Performing Artists



Join us to discuss what **creativity** is and what we need to be creative. Explore how we can find our flow state and what successful artists have said about discovering their creativity. Learn how to set **goals** that **motivate** us to achieve them.

Lucy Heyman
Lucy Heyman is a vocal and performance coach, researcher, and lecturer. Her PhD research at the Royal College of Music focuses on the health and well-being support of popular musicians.

WED NOV. 29 1-2pm EST Online

[artistshealthcentre.ca --> "Programs" tab](https://artistshealthcentre.ca -->)

The AI & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

Workload Planning for Peak Performance and Burnout Prevention



Join us with Dr. Matt McCrory as we integrate research and personal experiences to introduce effective strategies for performing artists. Learn to practice both hard and smart, **maximizing the impact of your time and energy** in the practice room.

J. Matt McCrory, PhD
Dr. Matt McCrory, a multidisciplinary researcher, specializes in the intersections of music, sports, and medical sciences, informed by a unique background in music performance, exercise science (BS), and biomedical science (PhD).

TUE MAR. 26 12-1pm EST Online

[artistshealthcentre.ca --> "Programs" tab](https://artistshealthcentre.ca -->)

The AI & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

Musicians' Hearing Health



Most earplugs are not designed with musicians in mind. In this workshop, **learn what noise-induced hearing loss is, options to prevent it, how earplugs work, and what their limitations are.**

Dr. Kaseley Bebel, B.M., M.M., Ph.D.
is a musician, researcher, and consultant who specializes in musicians' health. She is also the President of the Musicians' Health Lab Inc.

TUE. APR 25 7:50 PM EST ONLINE

[artistshealthcentre.ca --> "Programs" tab](https://artistshealthcentre.ca -->)

The AI & Malka Green Artists' Health Centre UHN WELLNESS WORKSHOP SERIES

A VISION FOR GROWTH AND IMPACT.

The Centre is embarking on an exciting journey focused on five key pillars that will shape our endeavours in the coming year.



ACKNOWLEDGEMENTS

We would like to express our heartfelt gratitude to the donors and volunteers who wholeheartedly contribute to the clinical, research, educational, and outreach endeavours at The Al & Malka Green Artists' Health Centre. Their generous support has played a pivotal role in enabling the Centre to achieve the remarkable impact it has today. Without their philanthropic contributions, the Centre's transformative work would not have been possible.

Contributions to The Al & Malka Green Artists' Health Centre Annual Report:

Dr. Shelly-Anne Li designed and prepared the impact report. Aga Halonska provided the clinical and subsidy program data. Coco Jiang prepared the digital communications report. Teri Arany provided feedback and approved the impact report.

Date prepared: April 30, 2024

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The Al & Malka Green Artists' Health Centre



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