

# Arts in Health

## INITIATIVE

### What is Arts in Health?

Arts in Health utilizes arts-based experiences to enhance healthcare delivery. These programs provide imaginative experiences and provoke an emotional response in those who participate. Research has shown that these programs can benefit patients psychologically, physiologically, socially, and behaviorally.

The Applied Theatre Center's Arts in Health Initiative works to improve the social and mental wellbeing of patients in group settings or at the bedside by providing:

**Interactive theatre pieces**

**Stimulating visual arts activities**

**Thoughtful writing prompts**

#### ATC Programming Director

**Rachel Rutkowski** is an arts-in-health professional based in Greenville, SC. Rachel holds a dual BA/BS in theatre and biology from Wofford College and a Masters degree in arts-in-medicine from the University of Florida. She works in foster care homes and with adults on the autism spectrum.



#### ATC Executive Director

**Dale Savidge, PhD., RDT** is a drama therapist who works in foster care group homes, substance use treatment programs, and with adults on the autism spectrum.

