

# ACTHIV ChangeMakers: An Artistic Expression of Wellness in the Ponce Clinic Community

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## BACKGROUND

- **Wellness** describes the active pursuit of physical, mental, emotional, spiritual, social, and environmental health.
- Wellness is a **universal need**, but the journey is individual.
- Up to **70% of primary care visits** relate to stress and lifestyle, while burnout and suicide risk among healthcare providers continue to rise.
- **Wellness is essential** for patients and healthcare providers.

## METHODOLOGY

### 1 Formed a Multidisciplinary Team

P.O.P. Art Program + Center for Well-Being + Primary Care + Community Outreach

### 2 Identified a Challenge: Promoting Wellness

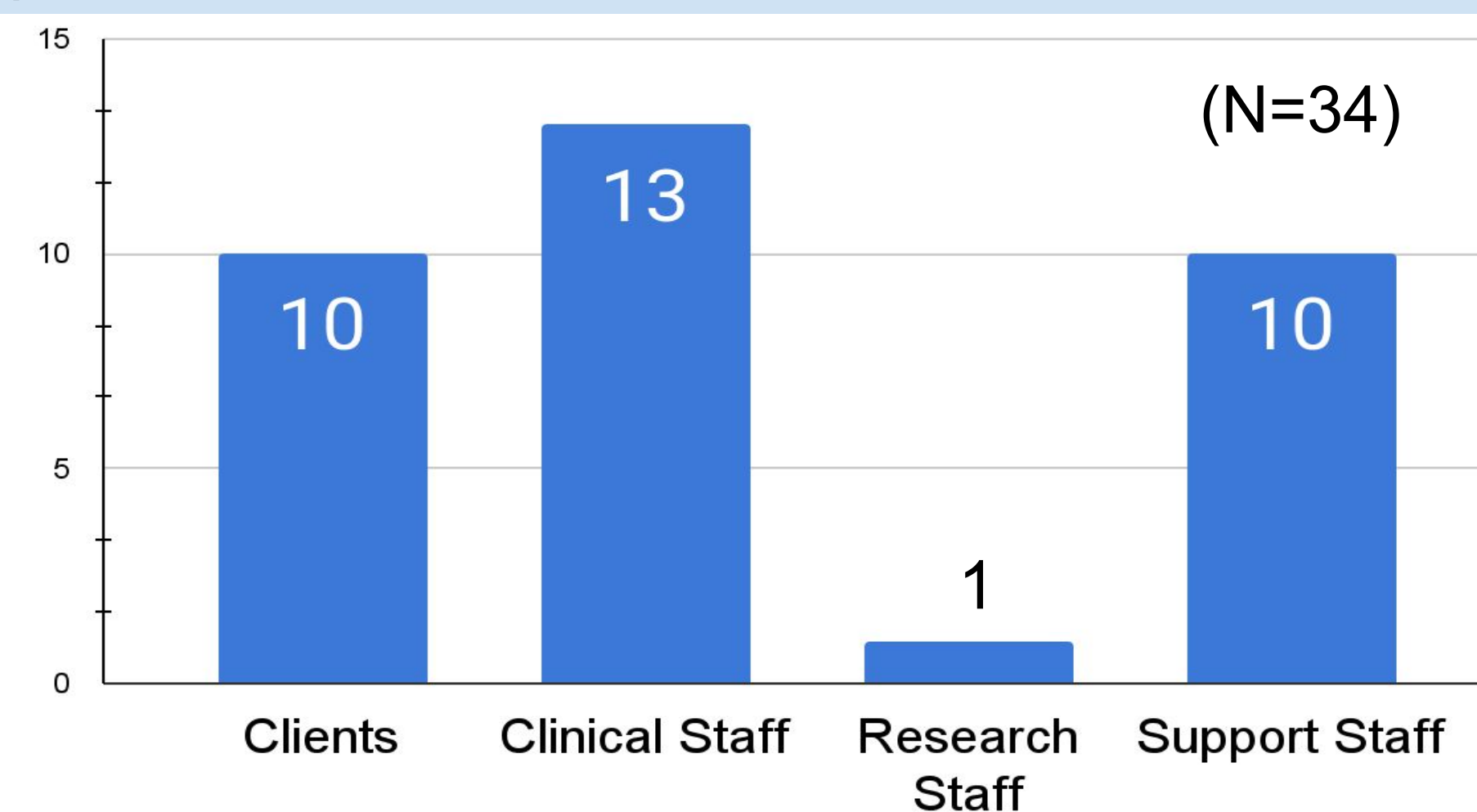
### 3 Applied an Adaptive Leadership Framework

### 4 Engaged Staff & Clients

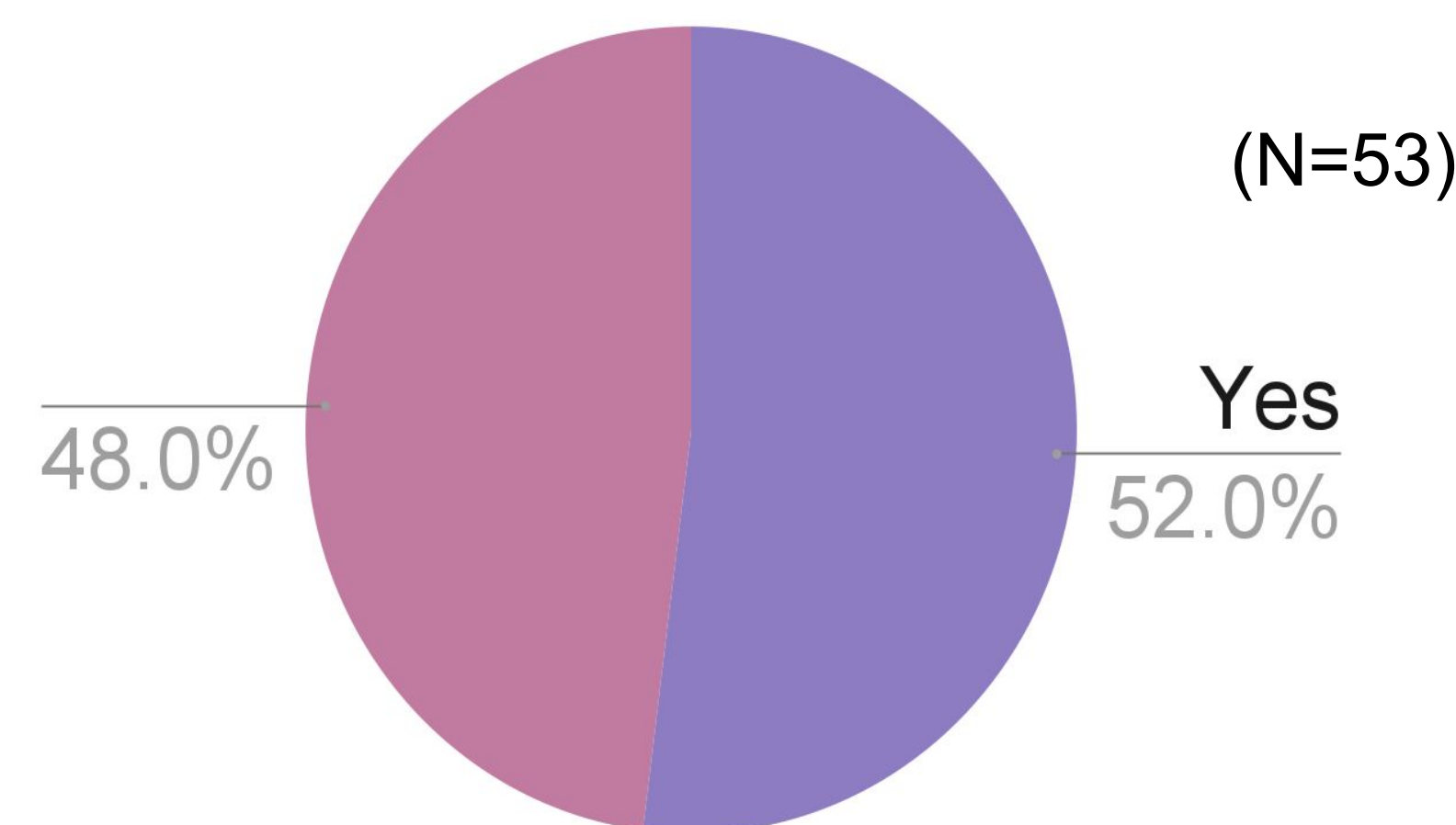
Call for Art → Reflection on wellness → Group Exhibit → Reflection on project

## RESULTS

**Figure 1.** Participants who contributed their artwork to the group exhibition.



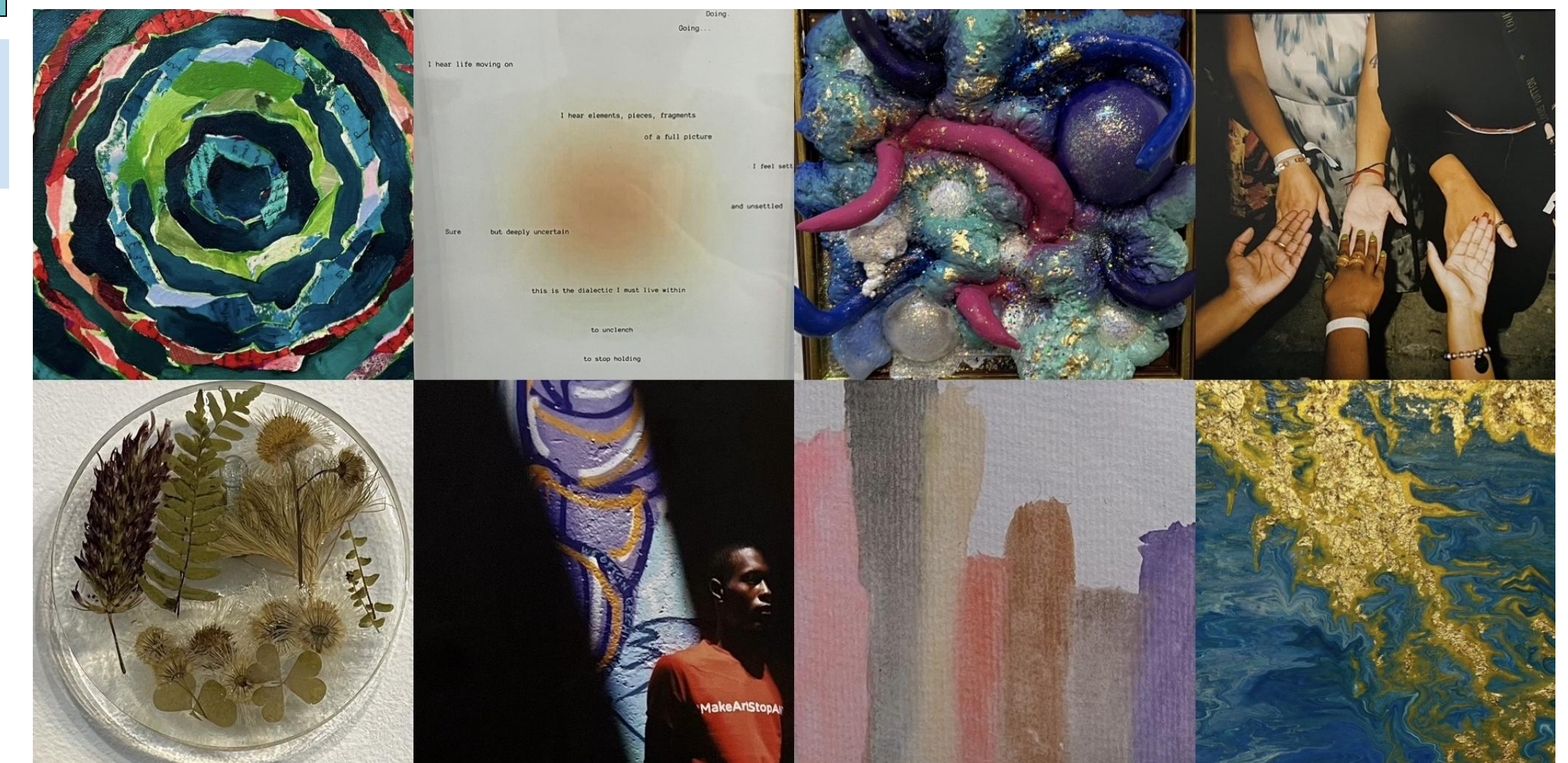
**Figure 2:** Did opening night attendees learn something about themselves through the group exhibition?



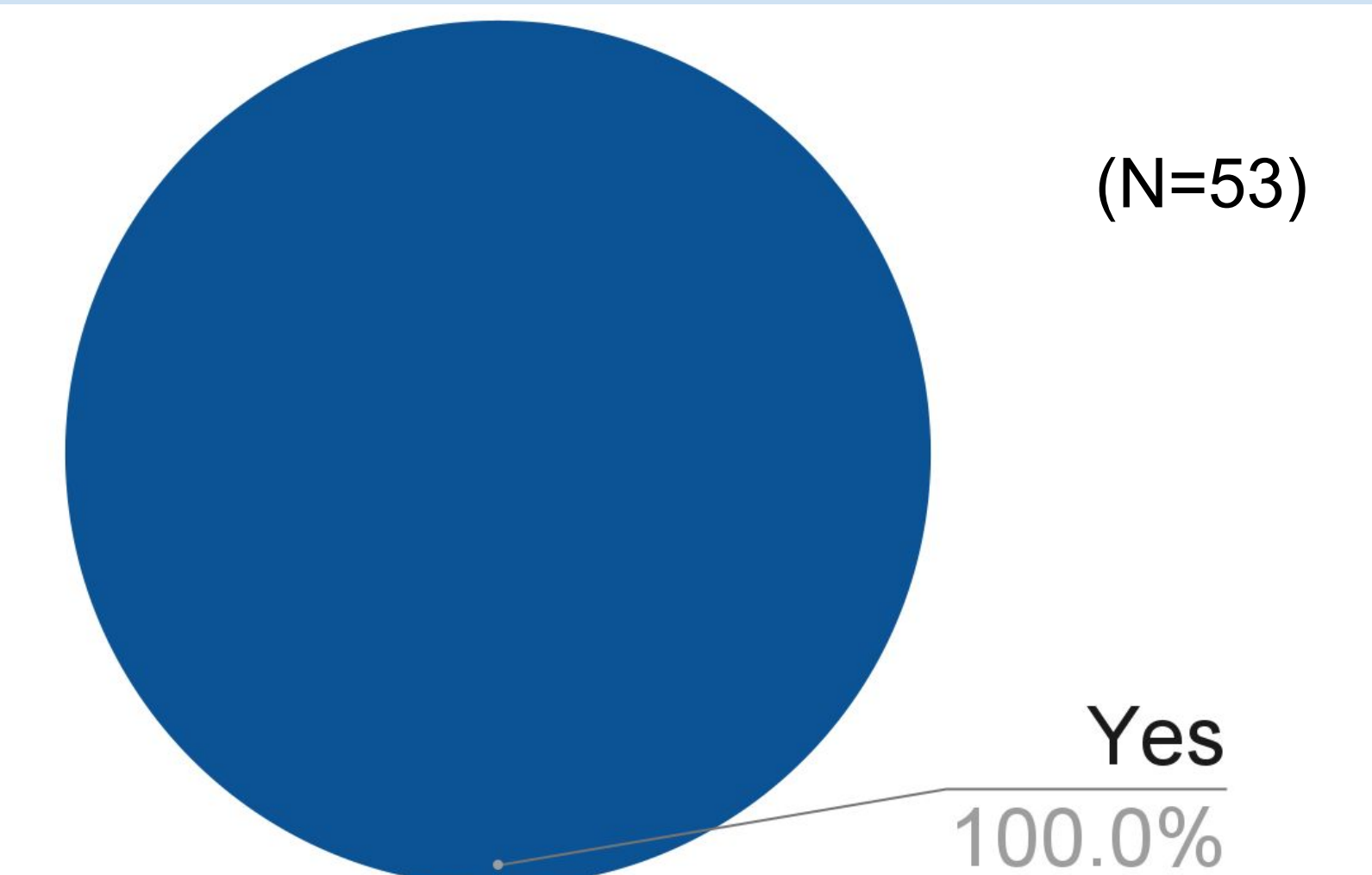
**Chart 1.** Themes of opening night reflections.

1. Enjoyment of the project
2. Pride in their artwork
3. Increased capacity for vulnerability
4. Increased sense of community

**Figure 3.** Select artistic expressions of wellness.



**Figure 4.** Would opening night attendees participate in future projects?



## CONCLUSIONS

- Creating art proved to be a **powerful tool for wellness**, fostering meaningful connections with self and others.
- Inspired by its success, we plan to **launch similar projects** in the future.