



Queen of the Plains
By Artist Amy Smith

Artists for Change

Created by
Gayle Bluebird
Anna Pate Glover
Deborah Trueheart

GERALDO GONZALEZ



Dubbed “The King of Transit,” Gerald Gonzalez was born in Philadelphia, Gonzalez was always a bus and train enthusiast. He creates drawings that pulse with energy, spilling over with the excitement he feels about creating. Working mostly with colored pencils and in watercolor, he creates Technicolor worlds brimming with buses, trains, trolleys and subway lines. He also photographs transit subjects for music videos and movie projects.

Over the past eight years, Gonzalez has become more visible in Delaware’s art scene, appearing in exhibitions at the Delaware Art Museum, downtown Wilmington’s MKT Place Gallery, The Delaware Contemporary and Delaware College of Art and Design. The University of Delaware has purchased four of his works, and Gonzalez was included in a recent exhibition at Philadelphia’s Fleisher Ollman Gallery.

GERALDO GONZALEZ ART





ALICE J. WASHINGTON

The theme is nature and flowers. These pieces came from original macro photography that I took of bees who were pollinating the flowers. I was taking care of my mental health at the time I took these...getting out of sheltering in place for a bit...at a local park.

Artwork including photographs are a great source of wellness and recovery for me. During the pandemic, I had the opportunity to reconnect with me, "The Artist". It was nice to get to know me and other artists.

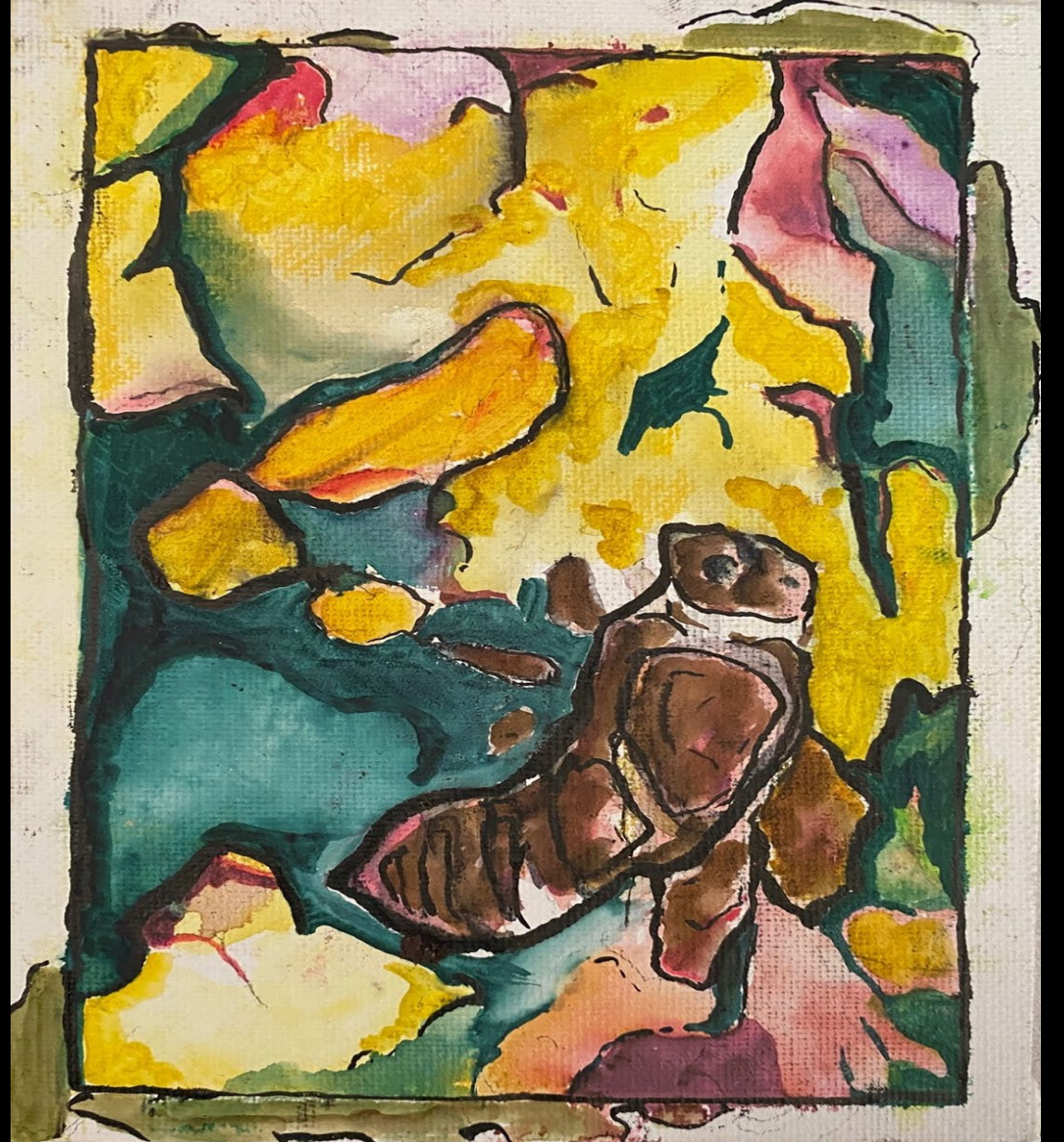
I submit these with great respect for the leaders of the consumer/client/ex-patient movement. They have made great strides for all who have lived experiences from mental health concerns.

awashington1946@gmail.com

The Art of ALICE J. WASHINGTON



"Bee 1"



"Bee 2"

Amanda Lipp

Art for Sale:

Contact Information:

amanda@amandalipp.com

Art

Amanda began drawing with crayons while she was a patient at the psychiatric hospital. A thoughtful nurse noticed she wasn't recovering and that she might benefit from a creative outlet. Amanda's crayon drawing is a technique of layers upon layers of wax and then etching away.

Bio

Amanda Lipp is a filmmaker, public speaker, and Founder of The Giving Gallery. She has produced over 60 short films about mental health and given over 150 speeches sharing her personal story. Amanda serves on the Mental Health Advisory Panel at Google and is a member of the Interdepartmental Serious Mental Illness Committee (ISMICC) created by Congress to advise on federal mental health policy. Amanda is a former board member of the National Alliance on Mental Illness (NAMI). Amanda graduated from UC Davis.



Amanda Lipp's Artwork





Amy has a passion for mental health advocacy that is evident in everything she does. She is a Colorado survivor-activist, artist, and mother of a behavioral health policy maker. She is known for her hard work, creative thinking and honest, painful assessment skills. Living in rural Southeast Colorado and supports her community through grant writing, community organizing, creative space generation, and working on social justice projects with her son, Ty. She studied Art at University of Southern Colorado.

Recipient of the 2012 Howie the Harp Award

crazydiamondusa@gmail.com

Amy Smith's Artwork



Bee Here Now



The Planning Council

Anna Pate Glover;
Winston Salem, NC



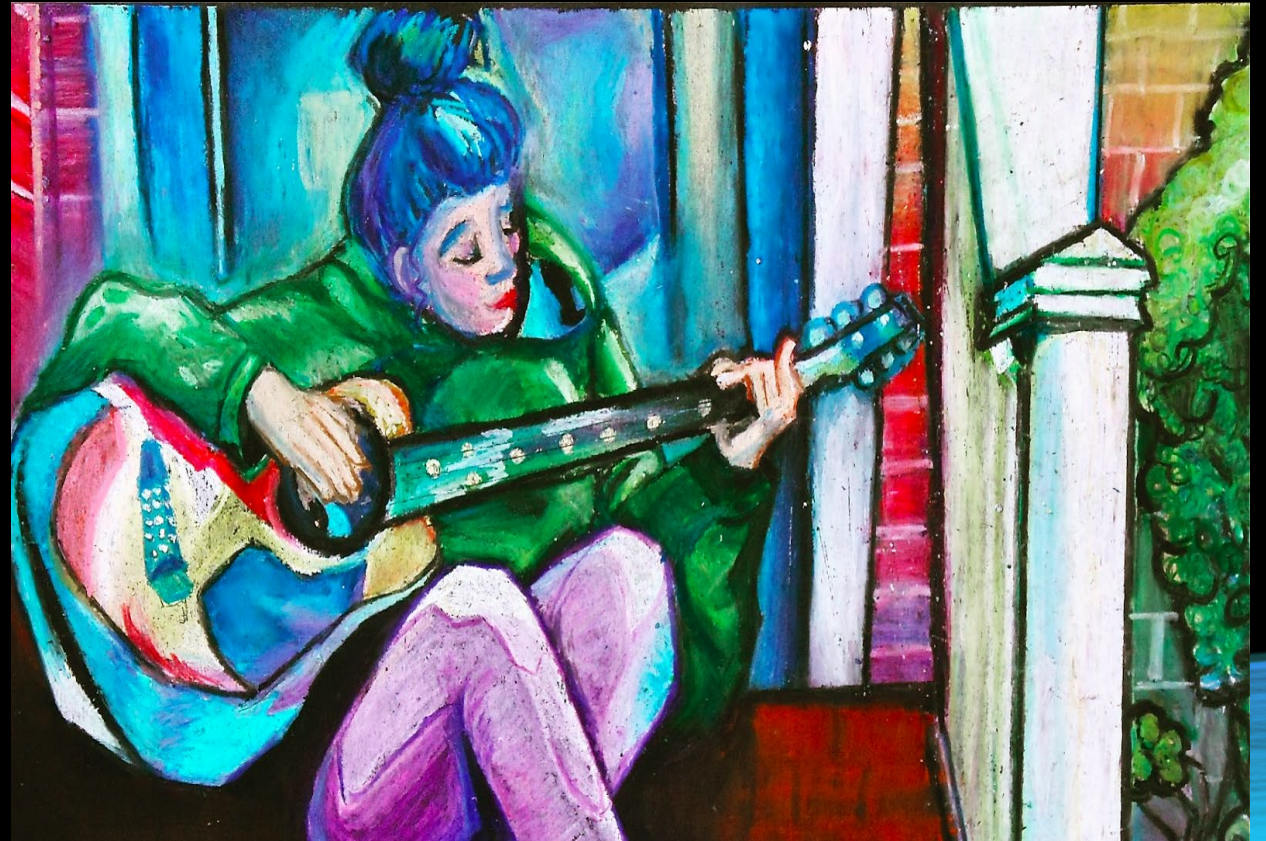
I was first thrown into the world of diagnoses and systematic psychiatric care at the age of five. The next twenty years of my life were primarily dedicated to what felt at times, as nothing more than finding the strength to take the next breath. Throughout the years, I have been diagnosed with over twelve different mental disorders, have been in and out of inpatients and outpatient facilities (both voluntary and involuntary) and rehabilitation centers and have battled wearily for redemption.

I am grateful to say that I have found that and more through the help of proper care, support, and self-sought autonomy through creative expression.

Organizations:

Certified Peer Support Specialist and Art Teacher at Green Tree Peer Center in Winston Salem, NC

ANNA PATE GLOVER'S ARTWORK





BETH FILSON

It was drawing that gave me voice after my first hospitalization. One drawing a day for 9 months. It was anchor, explanation, a way to hold on to the truth of myself all others denied. Beth's focus is trauma-informed peer support and how this reframe of distress changes the stories we have to tell.

Beth Filson is internationally recognized for her work in Trauma-Informed Care/Approaches. Her black and white etchings have appeared in numerous publications including *The Florida Review*, *Meat for Tea*, and *Art Papers*. Beth is an award-winning poet and writer. She lives in Western Massachusetts.

bethfilson@gmail.com

The psychiatric meds cause the body to become dysfunctional, numb. Heavy, full of physical grief, it grows inured to touch, to dreams, to motivation. The focus shifts from psychic pain to physical inertia; all bodily functions slow: waste, desire, ambulation. This is not unlike the function of self-inflicted violence: to bring the intangibility of psychic distress into the physical realm. To bring suffering to a pin prick focus and thereby exert some control over it. To make the territory of despair a thing you can carry. This is about making the unsayable a word and then acting on the word. Still, everyone misses the point: for every action there is an equal and opposite reaction. Cutting, burning, punching. No one asks *reaction to what?* I am taking control of what before has been the uncontrollable, the unbearable, the unsayable, the unforgivable and unforgiving, the unendurable, the unending.... But this explanation is heartily rejected by psychiatry.

Beth Filson's Artwork



*The the.
e.m. filson*

Beth Filson's Artwork



“Sometimes these are not just Scars II”

Raised in Atlanta, GA, Bonnie Schell then spent 30 years in CA. When she attended the Alternatives Conference in 1991, she was blown away by almost 2,000 people peacefully presenting creative ideas for healing and she became inspired to find support and money for a drop-in center run by peers, the Mental Health Client Action Network (MHCAN 1995 to present) in Santa Cruz.

Bonnie is devoted to people who have a madness experience being able to tell their stories which she published in *Voices & Visions* chapbooks, the "Poetic Justice" column in *Dendron* for ten years, and the California edition of *The Altered State*. She was a contributing editor to *On Our Own, Together: Peer Programs for People with Mental Illness*, ed. Sally Clay (Vanderbilt University Press, 2005). Her poetry has appeared in *Coastlines*, David Kime's *Transcendent Visions*, *No Restraints: An Anthology of Disability Culture*, and *Knuts House Press: Insanity Edition*. Her memoirs are in the anthologies: *The Well-Versed Reader* and *Unbroken Circle: Stories of Cultural Diversity in the South*. Moving to North Carolina in 2004, Bonnie became Director of Consumer Affairs for a managed care company. Now in retirement, she is putting together a collection of stories about her history with psychiatry.



BONNIE SCHELL

<https://bonnieschellauthor.com/>

Someone like Me

Bonnie Schell's

In 1963 I would go to the college library
read entire bibliographies, tilt
the stacks by reaching for
the wedged book never checked out.

I sought the lonely, overlooked, mis-understood
and like a Joan of Arc took up their banner
quoted those unknowns in my next freshman essay
in spite of the assignment. Mystic prayers,
a Sanskrit dictionary, the poet laureates of Mississippi,
drawings of the humours.
making connections, the unexpected tie,

continually circling with heavy eyes
all the eccentric, uncoded minds
in the search for someone, anyone
promising, but peculiar
angry, longing
Incipient
insane

Brenda Lewis, Phil, PA

Brenda Lewis, from Philadelphia is a self-made artist. While suffering from PTSD in 2009, her therapist introduced her to the scribble method to help with the healing process. Since then, she has been sharing her art at programs in her community. She was the recipient an award for Art and Mental Health given by the Department of Behavior Health

SCRIBBLE ARTIST



Brenda Lewis,
PA

blewis4451@yahoo.com



Chaim Durst, TX

Location:

Website:

Artwork Titles: "Lunar Eclipse" & "Swan Dive"

Art for Sale: NFS

Contact Information:

Email: discountmuse@gmail.com

Instagram: https://www.instagram.com/cobalt_rising/

Twitter:

<https://mobile.twitter.com/chaimdurst/>

Bio:

My life is defined by how I relate to physical and emotional pain. For thirty years, I used every escape mechanism I could envision to flee it. After almost thirty years of doing so, the very weapons I used against pain had enslaved me and nearly cost me my life. Today, the act of creation serves as my primary painkiller. Transmuting pain into beauty gives me purpose and sustains my will to live.

CHAIM DURST'S ARTWORK



"Lunar Eclipse" 11"x8.5"
Colored pens and watercolor pencils



"Swan Dive"
11"x8.5" colored pens and watercolor pencils



Corinna West

Poetry for Personal Power's founder, Corinna West, is an Olympic Judo athlete, entrepreneur, mental health civil rights worker, bicyclist, poet, and chemist. She has lived experience of recovery from "major depressive disorder," and 11 other psychiatric labels. She has a Masters degree in Pharmaceutical Chemistry.

She was a catalyst for Kansas City's lead role in the national mental health dialogue project. She was a Cohort VIII fellow of the Kansas Health foundation. Recipient of the 2013 Judi Chamberlin award from the National Coalition on Mental Health Recovery.

corinnawest816@gmail.com

Cynde Kinyon
Rochester, NY

crochetcynde@gmail.com

My name is Cynde Kinyon and I'm a Transitional Peer Support Specialist working at Affinity Place, a Respite House in Rochester New York, for the Mental Health Association. I find art to be grounding and a perfectly opportunity for mindfulness and meditation. Today, all thing art keep me balanced when life is chaotic. When life is good, I take the opportunity to try new things and experiment with new materials and approaches. I hope you enjoy my artwork which show the healing properties of art and how it helps me in my journey of recovery and wellness.

Cynde Kinyon's Artwork





Cynthia Christensen, Barre, VT

Being creative amuses me, a loyal companion through joys & challenges of youth, school, work, family, parenting, grandparenting, and becoming a senior. I preferred creative options for school projects, initiating community art projects as an adult, and I hope to create as a senior, unto my end days

Life can throw us trauma and I have known my share. Creating art calms me, brings acceptance of each new present. Colors heal spirits, bringing fresh remembrance of self and worth. I am inspired by stories of art supporting, connecting, and healing others.

Art is for sale

<https://www.cynthiachristensenart.com/shop-art>



Cynthia Christensen's Artwork



Deb Trueheart, Venice, FL

Deborah Louise Trueheart is a consultant, educator, counselor, writer, artist, motivational speaker, and change agent. She has transformed her own experience of suffering by using traditional and alternatives therapies, vibrational medicine, spirituality and artistic expression.

I began using artistic expression as a vehicle to heal trauma. I have discovered that as I create something of beauty, I must recognize that beauty in myself. I Believe that the artist acts as midwife... guiding the creation into form and through the very act of creating, simultaneously gives birth to him or her-Self; ... and finally, I know myself as an artist.

debtrueheart@gmail.com

Recipient of the 2018 Howie the Harp Award



Moon Dancer

Trueheart 



Trueheart Rising

Prints & posters for sale www.debtrueheart.com

When I was about 10 years old, my aunt had a lobotomy. Back then, sticking a needle into a person's brain to rid the symptoms of mental illness was considered the most progressive form of treatment. Lobotomies were kept secret. The stories of all those people that felt desperate enough to undergo this are barely mentioned in journals dealing with psychiatric treatment.

These pieces of artwork are of 2 women who underwent lobotomies. I tried to put a human face on them, so that something about them would be remembered. Lobotomy is not an easy thing to think about. But when we close our eyes to it, the victims become insignificant, and their life stories remain forgotten.



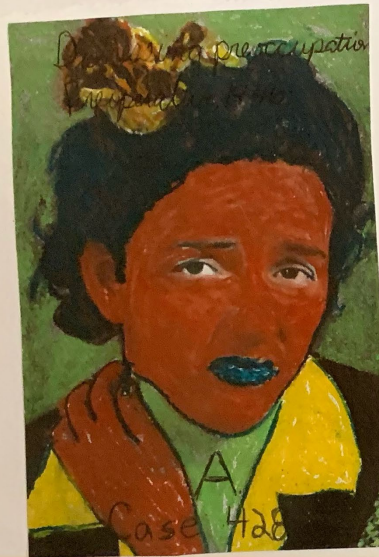
rosenfein@sbcglobal.net

PAIN

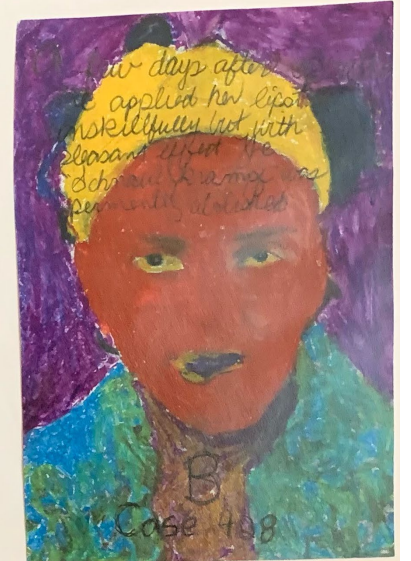
Prefrontal lobectomy changes the attitude of an individual towards his pain. It does not alter the perception of pain. Pain is bodily and mental suffering and lobotomy becomes surgery for the relief of pain. Fear seemed to have gone. The pain was still present, but it was not so distressing as before. If we lose a part of our body and mental suffering, then we are not so distressed. It is more difficult to understand. It may be argued whether a pain is a sensation or an emotion. As a sensation, it is a local, a quality and a localized. As an emotion, it has a pervasive, insinuating, all-encompassing manner of concentrating the attention on the affected part. It is accompanied by an uncomfortable preoccupation with the future consequences of pain.

Figure 110. Case 9. December 28, 1936, one month after lobotomy. "If the trouble's in the head it's no use operating on the belly."

Ellen Rosenbaum's Art



b) Case 428. Distressing preoccupation. Preoperative, 1946.



(c) Case 428. A few days after operation she applied her lipstick unskillfully but with pleasant effect. The "autzkrampf" was permanently abolished.

Emunah Susson, Fort Lauderdale, FL



Emunah grew up in Israel , where she was hospitalized for an eating disorder. her family came to the U.S. when she was 12. She works at 9Muses Art Center and uses all her spare time doing art which is what makes her happy. “Art for me is life.” She uses found objects to make jewelry and other art objects. Her goal is not to sell though she does sell some of her art now. She has received no training. She is a WRAP facilitator and helps at the SF Wellness Center.

emunahssusson@yahoo.com



Emunah Susson's Artwork

GAYLE BLUEBIRD

Gayle Bluebird (Bluebird) has a long history of building a network of artists, writers and performers throughout the country. She has conducted many arts workshops at peer conferences and has developed a training module on the arts for peer specialist certification training for the Academy of Peer Services in the state of New York. She has received many awards including the prestigious SAMHSA Voice Award for Consumer Leadership in 2010 at Paramount Studios in Los Angeles. A frequent presenter at NYAPRS Conferences, she received a Lifetime Achievement Award at the conference in 2016. Though retired she continues to promote alternative programs and practices for peers changing their lives through peer support.

Bluebird Consultants

Greensboro, NC

gaylebluebird1943@gmail.com

Recipient of the 2007 Howie the Harp Award



Gayle Bluebird as "Henrietta"

GAYLE BLUEBIRD'S POEMS

Thinking of Blessings

*The word and its
Many meanings,
Akin to peace,
 To love,
 To faith,
 To unity--
 Counting,
 Adding up,
 Taking a day
 To celebrate,
 To be a One
With everyone--
 Reminders of
What we all share,
 Our humanity,
 A branch,
 A leaf,
 A flower...*

Poetry Found in Boxes

*Looking for love
What written before,
Saved for days like this,
Along with chicken soup,
Strong words I might have
Put down
On paper.
Added in spices like garlic
And ginger,
Such bliss still around,
Flying XXs and OOs on paper,
Soothing, almost as tasty.
Lips kissed and touched
By hot soup!*

Mother of Makeup Artist & Speaker

Gloria has painted with makeup since 2005. She painted with donated makeup until the pandemic in 2020. She paints on 8 1/2 x 11 white acid free bond paper. She has painted thousand pieces of beautiful art with makeup. You can see her makeup art at www.gloriasart.com.

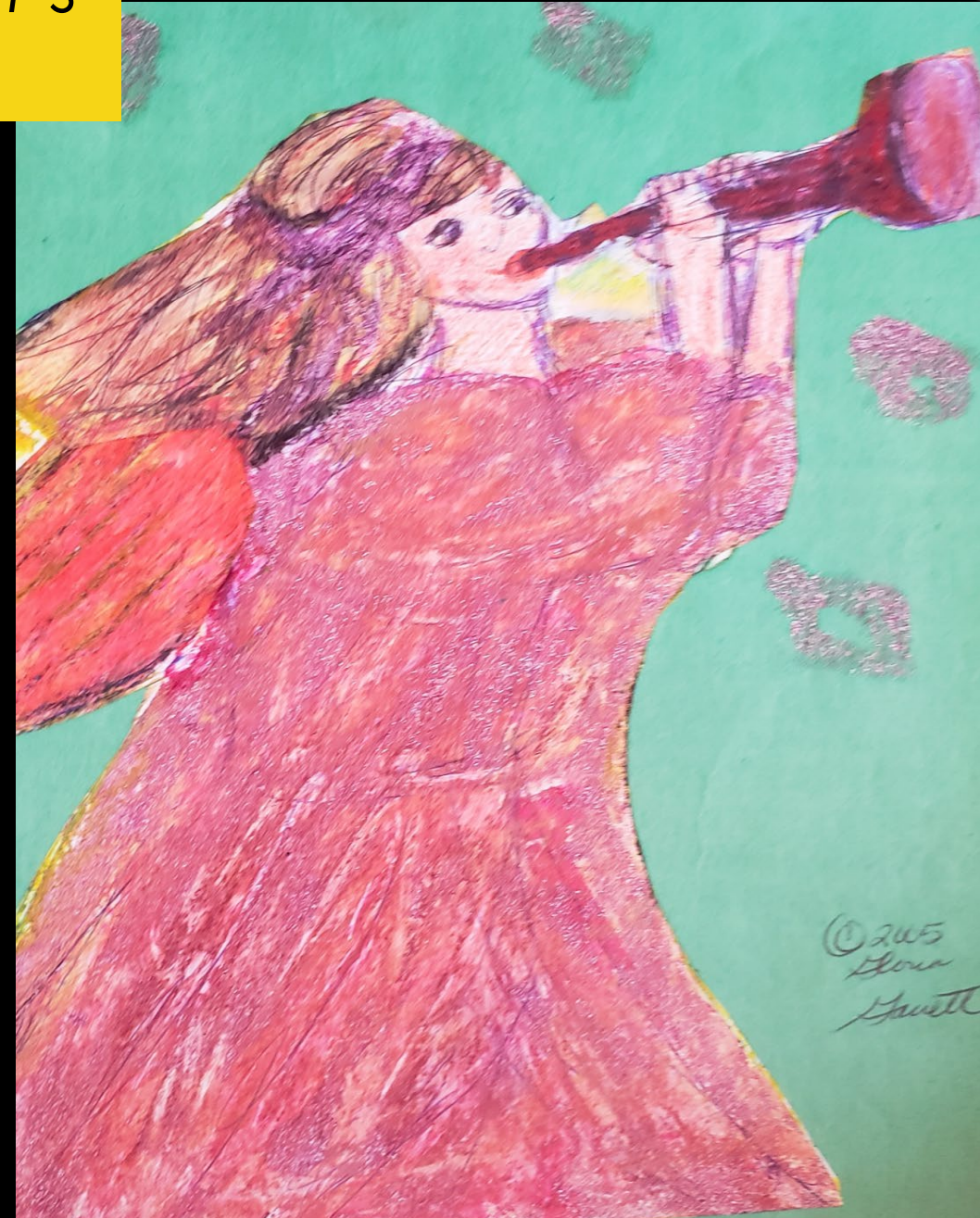
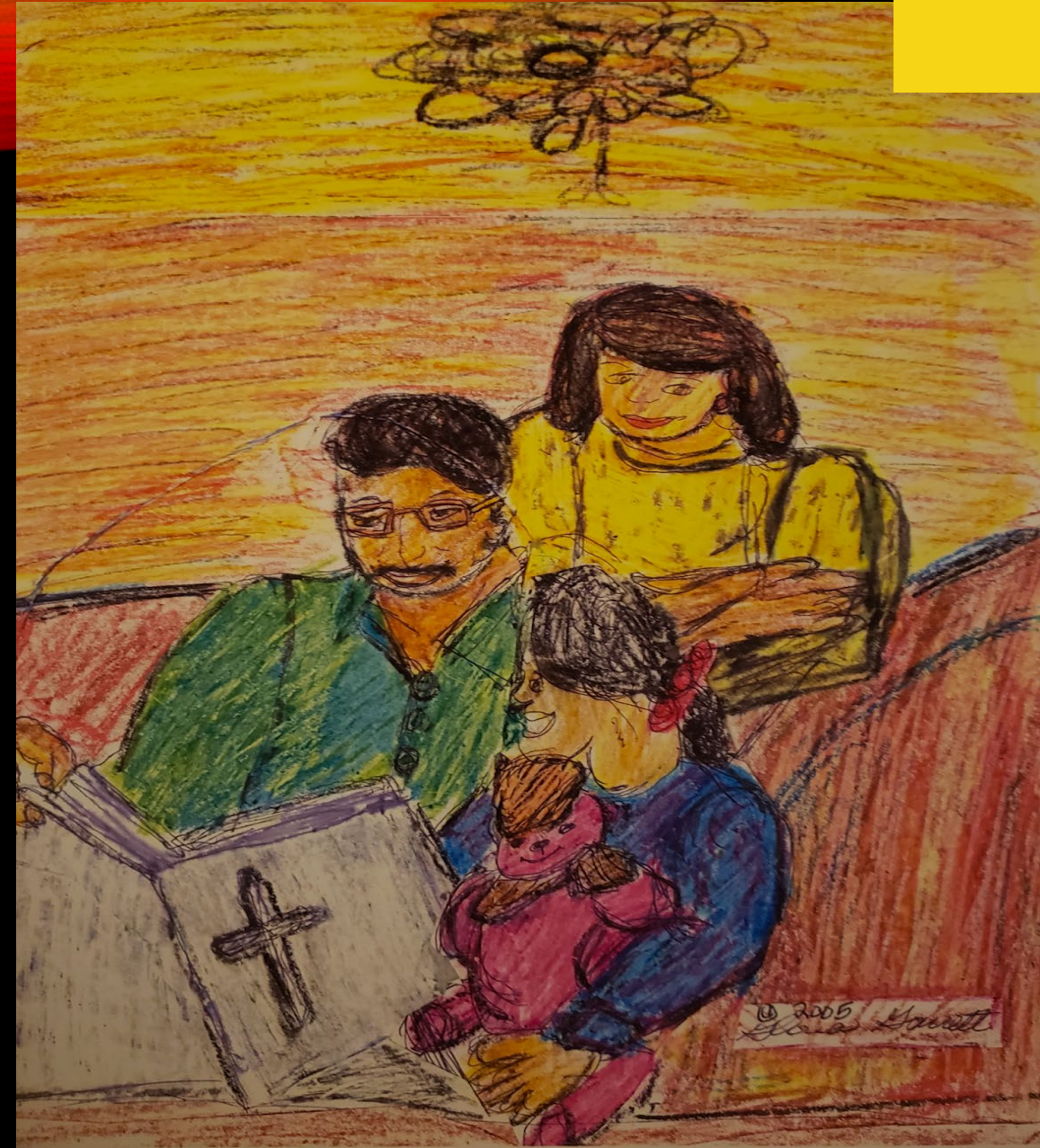
Her art is bold, energetic and colorful. Her art makes people smile. She and her art were part of the show, "What Makes Us Smile" at The American Visionary Art Museum. She has been one of the visionary artist there since 2005

gmgarrett01@comcast.net



Gloria Garrett, MD

Gloria Garrett's Artwork





IRENE O'NEILL

The vitality that got Irene O'Neill voted "most energetic" by her high school graduating class 45 years ago infuses her life today. Five days a week she works as a recovery specialist in suburban Chicago. Evenings and weekends she devotes to the Awakenings Project, an all-volunteer enterprise that creates exhibitions, performances and publications showcasing art created by people with mental illness.

She is the organization's Vice President and Co-Founder. Irene also lives with bipolar disorder. She feels it's important to emphasize the possibility for recovery. "The most important thing is hope," she says. "My life is so much better than I could ever have imagined in my darkest days."

*IRENE O'NEILL'S
ARTWORK*

The Awakenings Project, IL
www.awakeningsproject.org



Jean Campbell, PhD; CA



CONTACT INFORMATION:

Jean Campbell, PhD
Harmonious Circle Consultations

j3ancamp@gmail.com
www.theharmoniouscirclepress.net

Long before the passage of the historic Americans with Disabilities Act, I came out of the closet as a person diagnosed with mental illness. I dedicated my professional career to bringing a human face to the needs and aspirations of mental health consumers.

Now retired, I spend my time completing my second novel, cultivating my garden, and embracing truly spontaneous art. I am drawn towards an undiscovered country where art takes form in scientific explorations and research comes to voice through creative expression. Artifacts of my lived experience trail after me as strands of consciousness intertwine, ignite, and mark a path onward...always onward.

Jean Campbell Art



The Oracle
1983 oil on canvas
30" x 24"



The Dome
1979 oil on canvas
60" x 50"

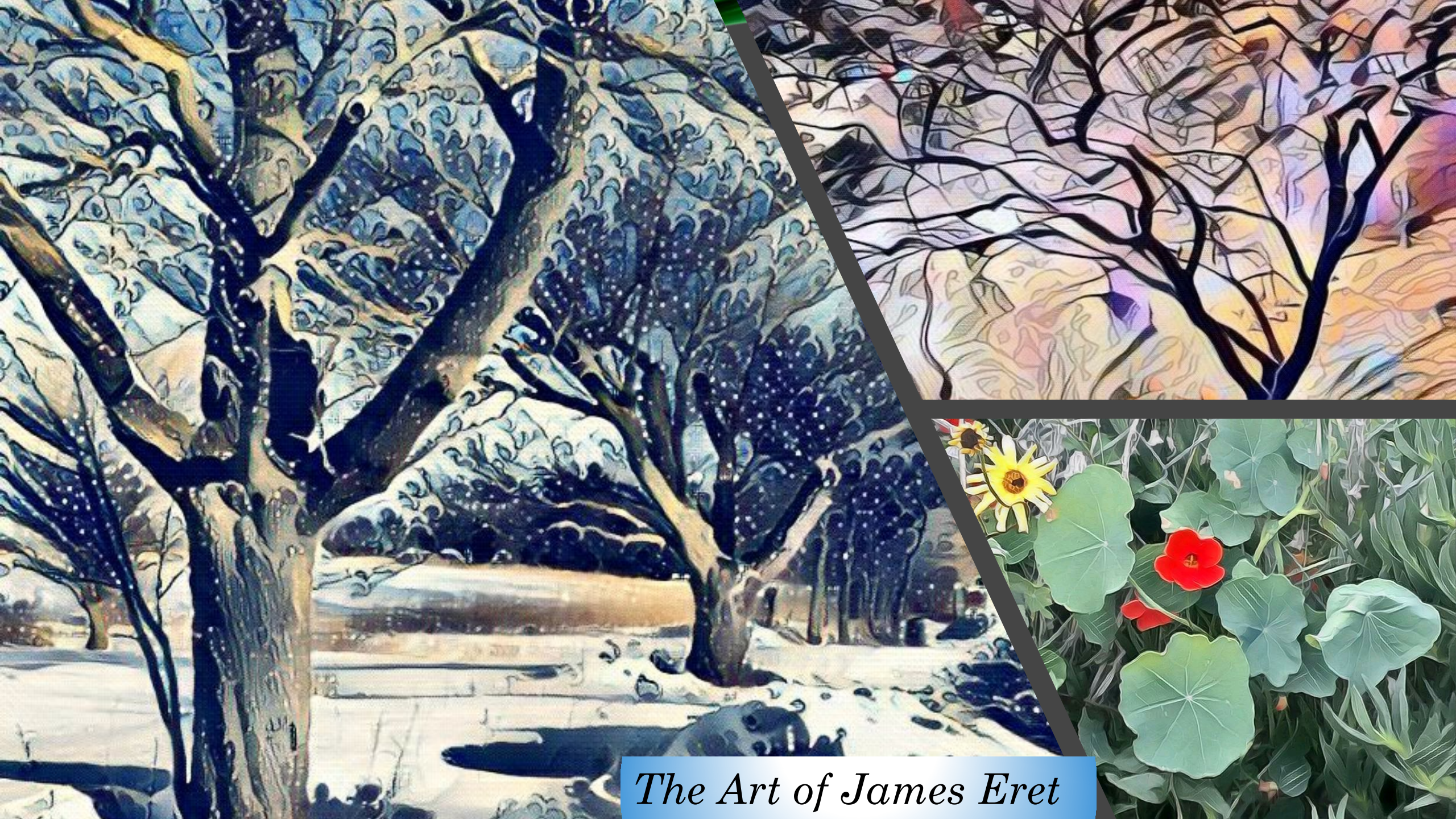
James Eret

James Eret is the author of "Footfalls," a book of his poetry about the Vietnam War and Nature and PTSD. He has a degree in art from the University of Illinois Chicago.

James has been Writing Director of the Creative Arts Consortium, a non-profit organization in San Diego that promotes the Poetry and Art of Adults with mental disabilities. He is a Vietnam Veteran. He is a widower and has three sons and nine siblings.



jameseret@gmail.com



The Art of James Eret

**Always Finding the Moon
(For my son, Dylan)**

**No matter how overcast the sky is,
My youngest son always finds the moon,
Pointing at it like he had just discovered it,
Full of youthful excitement, saying "It burns."
We drive past a field of dead sunflowers,
Slashing over the puddles and bumpy roads.
From a moving gray haze in the east, rising
Like a dream over the restless Lake Michigan waters,
A full moon appears, disappears, then appears,
My youngest son pointing his rigid finger
Into the eye of The Sea of Tranquility,
Before a lunar silence pulls a tidal blanket
Over once deep-remembered, magnetic night.
Luna moth, in your sacred greenness not to be seen
By any mortals, fly at the light of the moon, you sporting
Your delicately ribbed lime green and veined wings,
Perfectly camouflaged—flitting through the dark forest
Like a phantom, like my youngest son's unbridled imagination,
All our imaginations, when we choose to use them
For moonlit visions and Luna moths dance till dawn
In the fullness of the moonlight.**



The Art of James Eret



JEN PADRON

Jen Padron is an outsider artist, self-taught in abstract expressionism painting with acrylic on any surface. art+ designs home interior tables, head board design and other North and South Carolina wood flat surfaces.

Jen lives in South Georgia and is pursuing her MSW at Valdosta State University. She is the 2021 award recipient for the Dewar College of Education and Human Services Alheida B. Seever Scholarship 2021 and is the 2020 Esperanza Hope Awardee

<https://srccpsn.net> and
<https://facebook.com/jenpadronimagery>
<https://facebook.com/jenpadron>



Jen Padron's Artwork

Majoring in Studio Art at Georgia State University I received a Bachelor of Visual Arts degree. In 2004 the Carter Center in Atlanta invited me to give a solo exhibit to an audience that included President Jimmy Carter and his wife Rosalynn.

In my work I find beauty in either what I paint or how I paint it. Primarily, I bargain with artistic elements such as line, color and shape in varying intensity, variety, placement and proportion to bring about beauty and elegance of style with simplicity in design. I approach each beginning from a variety of viewpoints resulting in the use of styles as if they were different colors or shapes.

Communicating a feeling of hope, inspiration and joy is my goal.



Jerome Lawrence; Atlanta, GA

bestartistever@msn.com

Jerome Lawrence's Artwork



"Man in the Mirror II"



Ken Segal, DE



kensegal@comcast.net

Ken Segal was born in 1959 in Philadelphia, PA. He received a BFA in Graphic Design in 1985 from The Tyler School of Art of Temple University. Ken developed drafting and 3D computer graphics/animation software for 20 years, wrote monthly articles for CADence Magazine and co-authored The AutoCAD 3D Book. His last major work in the field was re-creating auto accidents in 3D animation for the courtroom.

Today, Ken is a fine art painter and a Peer Recovery Specialist for The Creative Vision Factory in Wilmington, DE, a free art studio and gallery for those on "The Behavioral Health Spectrum."

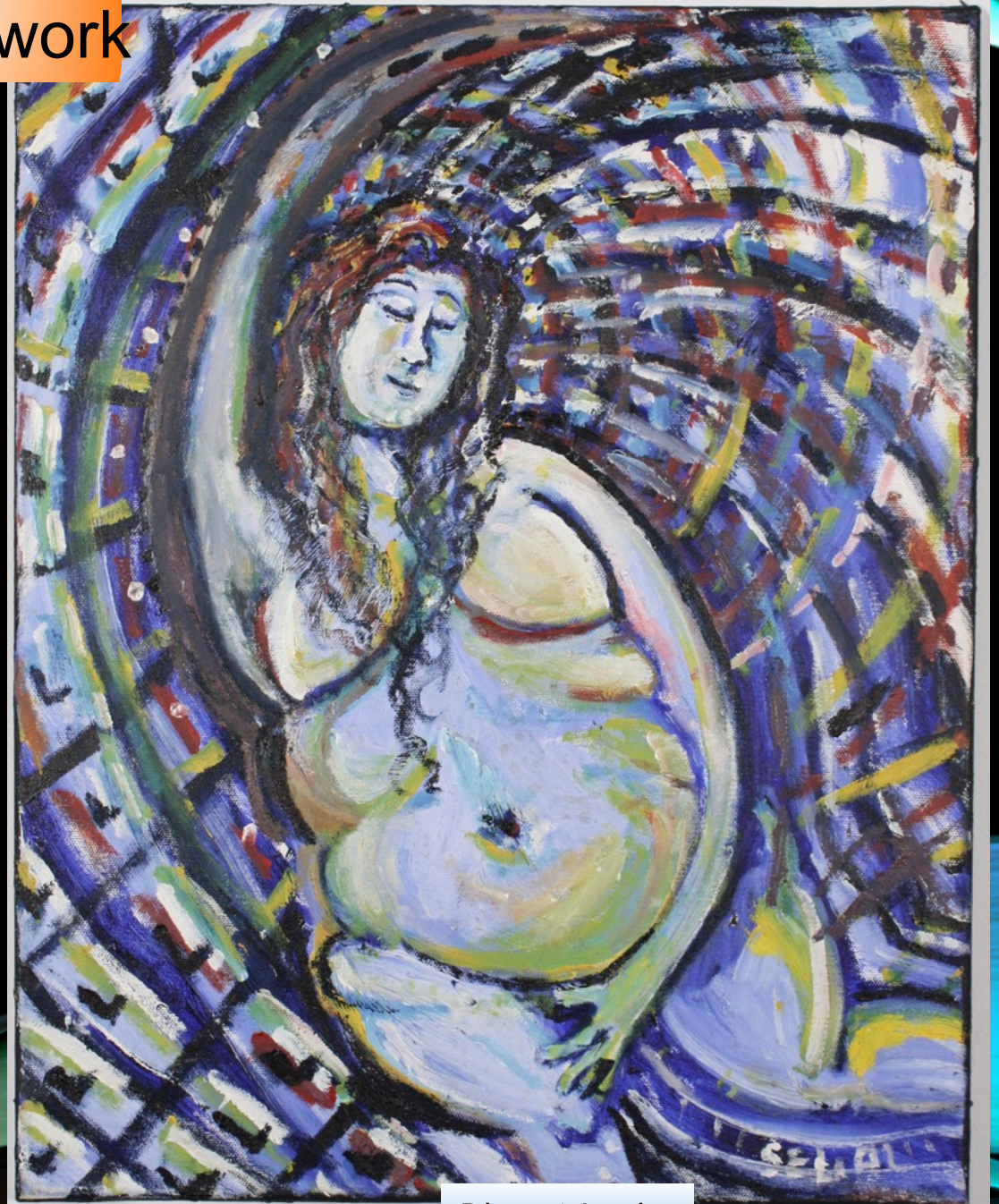
I have a large collection of drawings with markers and over 100 paintings in my studio, in various sizes, including fluorescent acrylic (black light) paintings, "conventional" acrylics and oils. Most depict "humanoid" figures - humans, angels, demons with auras, halos and nimbuses.

ALL my output is for sale.

Ken Segal's Artwork



The Kiss



Blue Nude

Margaret Leah Lunevitz

I am a consumer survivor, with degrees in Law, Fine Arts and English and a certificate in Fashion Design. I am also certified to teach Yoga.

As an attorney, I worked primarily in mental health defense law.

I am a watercolor artist who has exhibited and sold my work through various organizations and at shows. I do not have a website, but I have a Facebook page and most of my work is displayed there. Prints and some originals are available for sale.

I have participated in many Alternatives Conferences, including one in Los Angeles where I produced five acts of a play I wrote, "Side Effects".

Currently, I reside in upstate New York where I live a quiet life in nature, searching for healing and peace in my watercolor world...



mlunayoga@gmail.com

Maggie Lunevitz's Artwork



“Landscape II”



“The Bipolar Experience”

USED ON the COVER OF “ON OUR OWN” BOOK
by JUDY CHAMBERLIN



Meghan Caughey
Portland, Oregon

Recipient of the 2009 Howie the Harp Award

I am pulled into the gorgeousness of natural, human, and animal forms. The brilliance of line and color will not let me rest. I must paint the emotion and forms that relentlessly hurl me into life.

To live--art is essential. Imbibing the life force-- is essential for making art. I survive because I am able to draw and paint the edge where I find myself. Sometimes the images tear me apart--but by painting them, I am transformed and made whole--- the action and images restore my soul.

A tube of cadmium yellow, or red paint will be my food and holy sacrament, the vehicle into transformation. This is a joy; this is where I find the Life Force.

I am so grateful for this jagged life!

MEGHAN CAUGHEY

PORTLAND, OR

Mud Flower Book



"Hugging Form"
From Meghan's early work

Meghan's transformative art evokes strong emotions when viewing it, from the very deep and painful to the light and joyful. "My life has been rather raw and hard to look at but I have tried to make it into something that has beauty...and art has done that for me."



"Lotus with Sparks"
From Meghan's Lotus Series later in Recovery

www.meghancaughey.com

<https://www.amazon.com/Mud-Flower-Surviving-Schizophrenia-Suicide/dp/1643886398>



When they step out of activist and academic roles to her love of working with oils, acrylics, and sprays, Lauren Tenney, who now lives in South Florida, can be spotted with paint all over her clothes. Painting has a healing value for Tenney who has trouble parting with her personal journey work, "My Trauma Doesn't Come Cheap.

10e is available for reasonably priced commissioned pieces and has a growing line of clothing and accessories available on VIDA. 10e aims to fund the making of an historical true horror, *Mental American Monster: The Sprawl of American Psychiatry*, with proceeds from art.

www.LaurenTenney.us www.MadMagick.com

LaurenTenney@aol.com

LAUREN TENNEY

"Hell in Progress"



LAUREN TENNEY ART



"Time Warp"

PHOEBE SPARROW WAGNER



Wagner is an award-winning poet, author and artist who wrote

WE MAD CLIMB SHAKY LADDERS, poems about her life with the mental illness, schizophrenia, and co-author, with her sister, a psychiatrist, of *DIVIDED MINDS: Twin Sisters and their Journey through Schizophrenia*, a memoir, which was a finalist for the Connecticut Book Award and won the NAMI Outstanding Literature Award in 2006. Her art is always available for sale and donation. She currently lives in Vermont.

phoebesparrowwagner@gmail.com

Phoebe Sparrow Wagner's Art



Phoebe Sparrow Wagner, VT

"There is no negative space, only the shapely void. Hold your hands out, cup the air. To see the emptiness you hold is to know that space loves the world."

P. Wagner

<https://phoebesparrowwagner.com>

<https://www.artfolie365.com>



Patricia Obletz, WI.

My passion to internalize the external through self-expression in words and in color is a magical gift. I found out the hard way that practicing my art keeps me on the right side of sanity.

Two programs I created and facilitated, “Wordshop”* and “Colorplay,” proved that art is healing for all ages. “Wordshop” also launched my career as an activist for mental health through art, spiritual freedom through singular acts of creation.



Patricia Obletz
Artist, Activist, Author,
Editor [https://www.oilsbyobletz.page/
obletz@sbcglobal.net](https://www.oilsbyobletz.page/obletz@sbcglobal.net)

Patricia Obletz's Artwork



Documentary

Ode to Anne Frank



Patricia Obletz
Artist, Activist, Author,
Editor <https://www.oilsbyobletz.page/>
<http://www.MilwaukeeRenaissance.com/PeaceOfMind/>

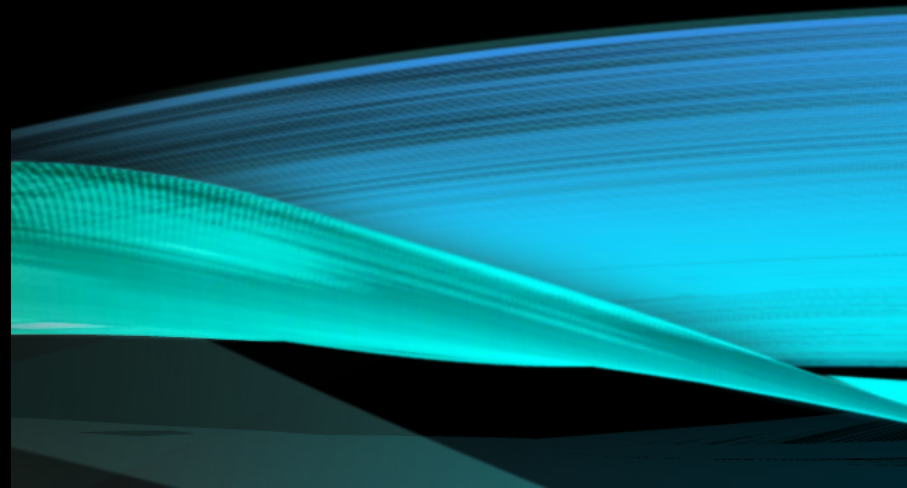
Robert Lundin



Robert Lundin is the founder and editor of *The Awakenings Review*, an annual literary journal dedicated to publishing poetry, fiction, essays, and photographs by people with a relationship to mental illness, either self, family member, or friend. Submissions to *The Awakenings Review* come from all quarters of the U.S. and from dozens of foreign countries. To buy a subscription or individual copy, and to view our submission guidelines, reach us at www.awakeningsproject.org.



*Robert Lundin's
Artwork*



SAM OASTLER, CA



Samuel Oastler grew up in Chicago area, but now lives, works, thinks, and paints in Santa Cruz, CA. Sam has worked at the Mental Health Client Action Network for twenty years and is a member of the Santa Cruz Art League as well as a member of the Cabrillo Screen Printing Club. Sam's work has been shown three times in the De Young disabilities "Art Slam" shows, at the Santa Cruz Museum of Art and History, and at the Cabrillo Library and Cabrillo Gallery, as well as at the Michelangelo Gallery and at the Attic. Sam is a Dungeons & Dragons and Pathfinder enthusiast, but always finds time for 12-step programs.

After a troubled childhood, Sam learned to paint in convalescence, admiring the work of Andy Warhol and Jean Michel Basquiat. His mixed media pieces including cards can be seen on Facebook under Art by Sam Oastler.



ART by SAM OASTLER

Summer Breeze, Miami, FL

Adirah-Miryam Israel has published a collection of poems under the pen name "SUMMER BREEZE". Her book is a poetic memoir that traces her journey from mental health diagnosis to living in recovery with a mental illness. Ms. Israel is a certified WRAP Facilitator and has spoken on Recovery Topics throughout south Florida.

You can find Summer Breeze's book here... <http://bit.ly/poet-summerbreeze>.



poetsummerbreeze@gmail.com

Summer Breeze's Artwork

*“Who will mourn my passing, when
Death comes knocking at my door?”*

*Who will grieve my departure,
when life's breath in me is no
more...”*

poetsummerbreeze@gmail.com



Sybil Noble, KC, MO.

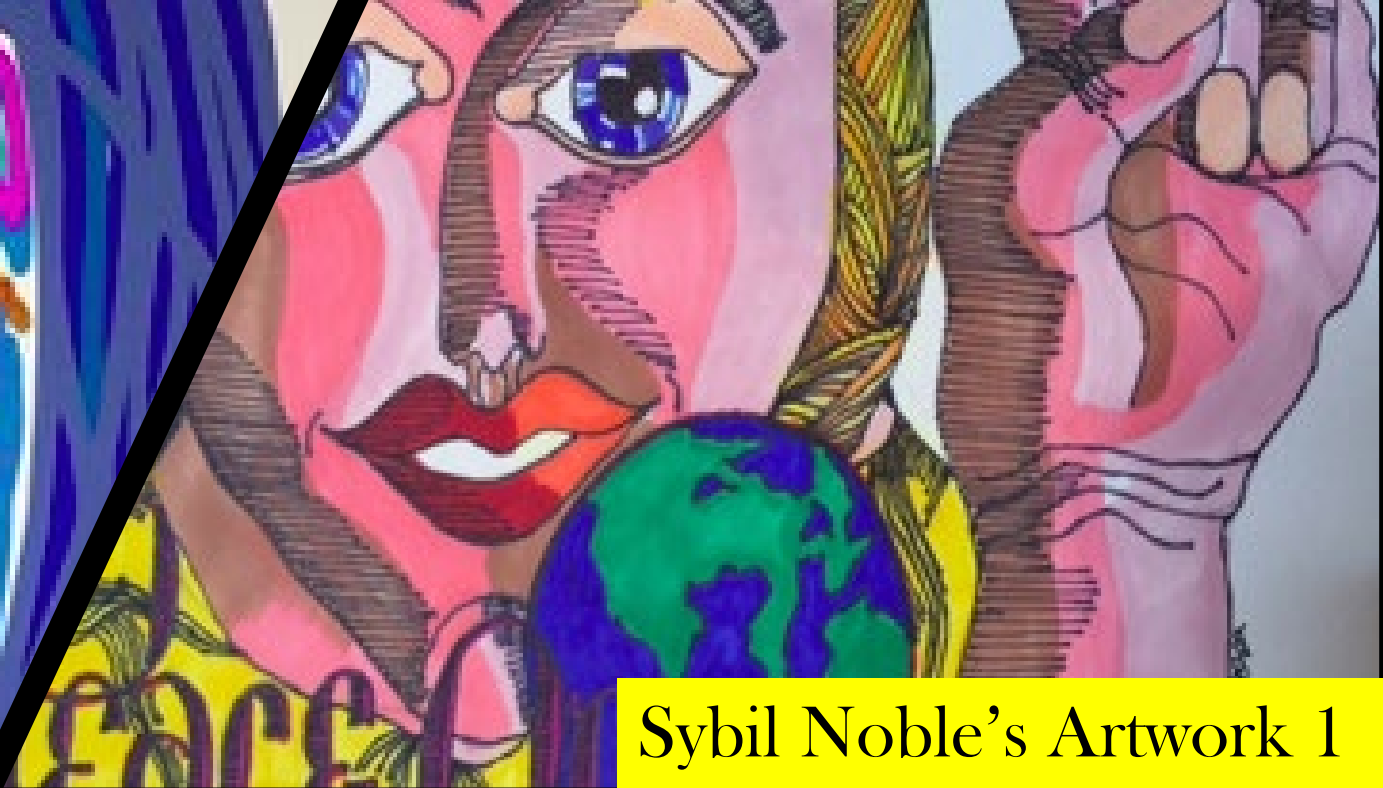
nobullsart@gmail.com

Sybil Noble



In 2006 I graduated with a BA in art therapy....
I was doing art until 2017, when my husband
of 27 years passed away and I developed
essential tremors....

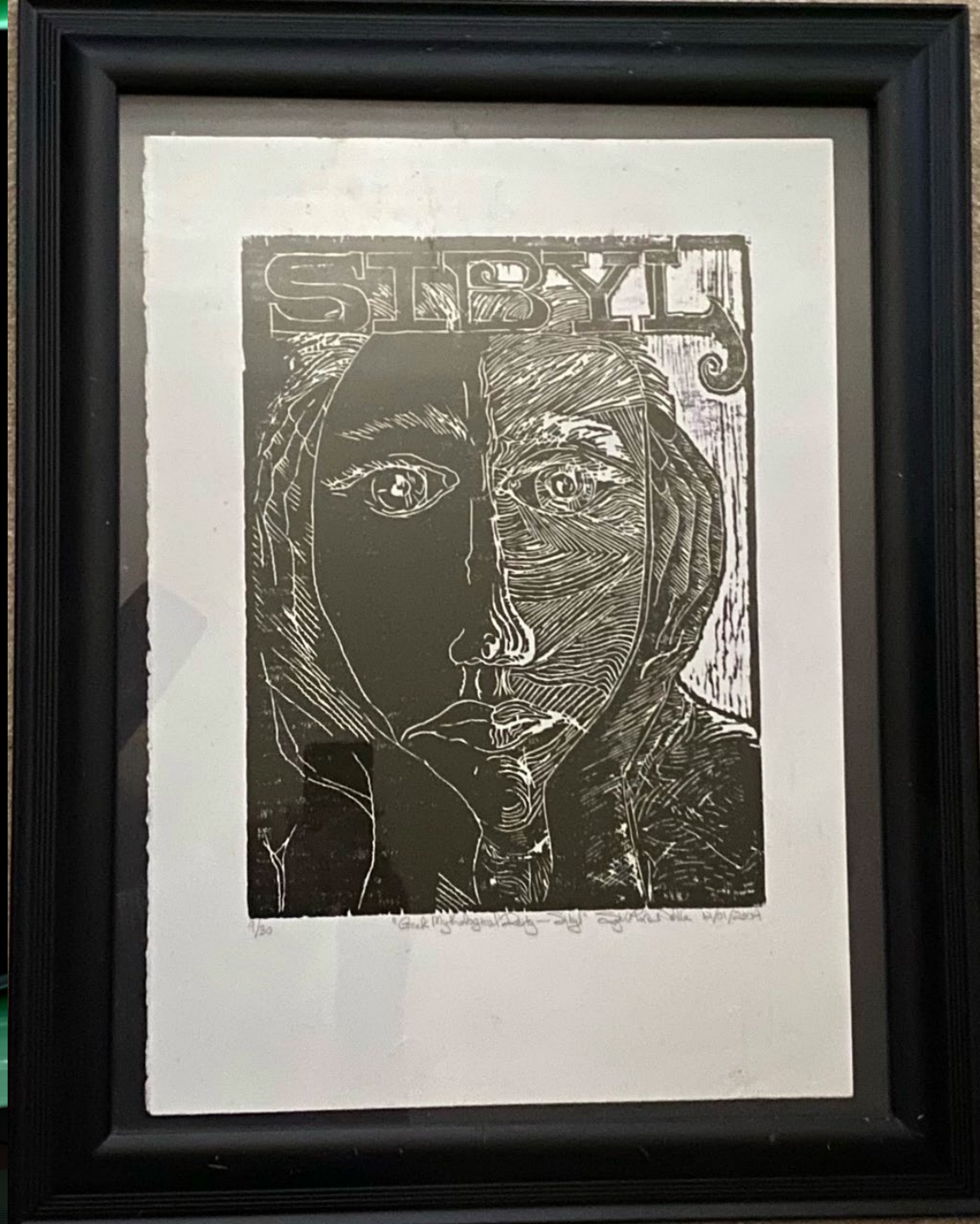
Now my focus is on collages. I like to think of
my art as “whimsical studies with comments
on societal stigmas, feelings, mental illness,
and the human condition.”



Sybil Noble's Artwork 1



Sybil Noble's Artwork 2



ISAAC BROWN



Issac Brown's Art



This exhibit was created by three individuals who believe that art may be our highest hope for things to change. Both our lives and mental health systems that do not much more than confining people.

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Feel free to contact them by email. You also might find them on Facebook.

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