

## Resources from Arts Initiative Virtual Series: Arts, Mental Health & Social Distancing

**Dr. Sarah Lipson** (contact: [sklipson@bu.edu](mailto:sklipson@bu.edu))

Links to more information on the Healthy Minds Study:

- Basic information about Healthy Minds Study: [healthymindsnetwork.org/research/hms](https://healthymindsnetwork.org/research/hms)
- Data interface: explore HMS data, including a breakdown by students' academic major (e.g., art and design vs. engineering, etc.): [healthymindsnetwork.org/data](https://healthymindsnetwork.org/data)

**Dr. Jeremy Noble** (contact: [jnoble@artandhealing.org](mailto:jnoble@artandhealing.org))

- About Foundation for Art & Healing: [artandhealing.org/our-history](https://artandhealing.org/our-history)
- Stuck at Home (together): [artandhealing.org](https://artandhealing.org)
- The Unlonely Project: [artandhealing.org/unlonely-home](https://artandhealing.org/unlonely-home)

**Dr. Girija Kaimal** (contact: [gk27@drexel.edu](mailto:gk27@drexel.edu))

- American Art Therapy Association: [arttherapy.org](https://arttherapy.org)
- Health, Arts, Learning and Evaluation (HALE) Lab at Drexel University: [drexel.edu/cnhp/research/faculty/KaimalGirija](https://drexel.edu/cnhp/research/faculty/KaimalGirija)
- Dr. Kaimal's personal work: [girjakaimal.com](https://girjakaimal.com)

### Shares by Attendees:

- **Arts Education Partnership:** [artsedsearch.org](https://artsedsearch.org)
- **Strategic National Arts Alumni Project** at Indiana University offers career preparation and satisfaction: [snaap.indiana.edu](https://snaap.indiana.edu)
- **Alliance for the Arts in Research Universities:** [a2ru.org](https://a2ru.org)
- **Translations: Chains of Positive Energy (c.o.p.e.)** New artistic endeavor to feel inspired and connect with each other: [translations2020.weebly.com/chains-of-positive-energy-cope.html](https://translations2020.weebly.com/chains-of-positive-energy-cope.html)
- **ArtsAction Group** international community-based collective of arts educators, art therapists, artist teachers, and educators committed to facilitating arts and education initiatives with children and youth in conflict-affected environments: [artsaction.org](https://artsaction.org)
- **NeuroArts Field Guide** from International **Arts + Mind Lab** at the Johns Hopkins School of Medicine is updated weekly with articles about evidence-based arts ideas and explanations about the science behind them: [artsandmindlab.org/covid-19-neuro-arts-field-guide/](https://artsandmindlab.org/covid-19-neuro-arts-field-guide/)
- **Music-related research** of Dr. Nina Kraus: [brainvolts.northwestern.edu](https://brainvolts.northwestern.edu)
- **American Dance Therapy Association (ADTA)** psychotherapeutic use of movement to further the emotional, cognitive, physical and social integration of the individual - [adta.org](https://adta.org)
- **American Music Therapy Association:** [musictherapy.org](https://musictherapy.org)
- **National Organization for Arts in Health (NOAH)** advocates & unites those working in the field: [thenoah.net](https://thenoah.net)
- **Hexagon Project** realize social and global challenges facing the world today and use art as a vehicle to reimagine how these challenges can be addressed through critical thinking, research and creative expression: [hexagonproject.org](https://hexagonproject.org)
- **National Association of Music Merchants (NAMM) Foundation** music & music-education related resources: [nammfoundation.org](https://nammfoundation.org)
- **Boston Arts Consortium for Health (BACH)** Network to heighten visibility of the arts as an effective tool in promoting health and wellness: [bachboston.org](https://bachboston.org)
- **Together: The Healing Power of Human Connection in a Sometimes Lonely World** book by Vivek Murthy MD: [vivekmurthy.com/together-book](https://vivekmurthy.com/together-book)