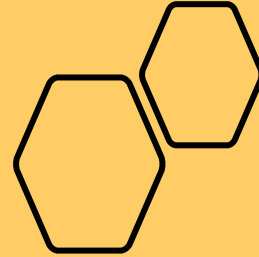


*Using Art to
Address Mental
Health and Stress
Issues in Farm
Workers*





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Migrant/Seasonal Farmworker

★ Isolation

★ Suffer mortality/morbidity rate higher than the vast majority of American population.

★ Poverty

★ Limited Access to Healthcare

★ Hazardous Working Condition

Farmwork is listed as second most dangerous occupation in the U.S. behind mining



Unique Responsibilities and Challenges of Working with Migrant Farm Worker Population



- ★ Time
- ★ Facilities
- ★ Involving Family
- ★ Utilizing a team effort: transportation, health education, translation, social services
- ★ Avoiding stereotypes
- ★ Advocacy
- ★ Confidentiality
- ★ Cultural Sensitivity






Barriers to Mental Health

In Migrant/Seasonal Farm Worker
Communities

*Breaking
the Silence:
Social
Attitudes
around
Mental
Health
Disabilities*

- ★ Male Involvement
 - ★ Social Acceptance of struggle
 - ★ Myths about mental health
 - ★ Media messages
 - ★ Social Taboo-shame, lack of dialogue
 - ★ See mental health as weakness
- 



Language Barriers



Cultural Factors





★ Dialect



★ Acculturation



★ Attitude

★ Awareness



Distrust of the system/police



Lack of Service/culturally appropriate services





*Increasing Cultural Relevance
of Services and Prevention*



*Communities are silent about mental health
and in denial about prevalence.*



*Social attitudes about alcohol/drug
use.*



*The Community blames person with
disability or mental health challenge.*



*People with mental health disorders
are stigmatized in the community.*



The role of the arts in healing and prevention



★ Like any good relationship, it takes work.

★ Additional elements needed

★ How do you define art:

– Art of Living

– Art of Conversation



★ Tool for mobilizing communities

★ Problem solving



Art can be a car

- ★ Materials-what can you use
- ★ Find your Center/Safe Space
- ★ Free your mind and the rest will follow
- ★ This isn't "So you think you can dance": No judges Allowed!
- ★ Focus on the Journey
- ★ Loving the Artist within





Materials



- ★ Examine your space
- ★ Whats available..What can you afford?
- ★ What's transportable?
- ★ Type of art: movement, visual, music
- ★ Medium: music, scarves, clay/plasteline, pencils, paint, crayons, voices...



Free your Mind and the Rest will follow

1

Don't feel you
have to identify
as an artist

2

Trust that what
you need will
be there

3

Don't focus on
the immediate
meaning

A collection of various paintbrushes, some with wooden handles and some with metal ferrules, are stored in a silver metal tin. The tin sits on a table covered with colorful paint splatters and art supplies, including a tube of paint and a palette. The background is a soft, out-of-focus mix of red, orange, and blue colors.

*This isn't a
competition*

- ★ Healing art shouldn't be judged.
- ★ Its important to be patient with yourself
- ★ There is no right or wrong way!



Focus on the Journey

- ★ May experience strong emotions or reactions
- ★ Do what you need to do to take care of yourself
- ★ Practice positive self care
- ★ Art can help you express things that are beyond language



*Loving the
Artist within*

- ★ Self-compassion
- ★ Connecting to self
- ★ Art may provide insight
- ★ Stress relief



Theater Arts

Acting on Impulse

A white, torn-paper-like border runs along the bottom edge of the slide, separating the text from a dark, textured background.



Music

Moving toward
Prevention



*Adapt to
your
audience*

Questions