



# Arts in Healthcare Training Program

27 September – 2 October, 2012

## Background

The *Arts in Healthcare for East-Central Africa* Training Program was held in Gisenyi Rwanda at the Kigali Independent University from 27 September through 2 October, 2012. The training program was presented by the University of Florida Center for Arts in Medicine in partnership with the University of Goma, the Kigali Independent University, the Rwanda Arts in Healthcare Initiative and the Society for the Arts in Healthcare. The program was presented in response to the need for training that was articulated by participants of the 2011 East-Central Africa Art & Health Forum, held in Kigali Rwanda in May of 2011.

In May 2011, the University of Florida's Center for Arts in Medicine, in partnership with the Society for the Arts in Healthcare and the Rwanda Red Cross, hosted the two-day East-Central

Africa Arts & Health Forum, in Kigali, Rwanda. With support from Johnson & Johnson, the forum brought together participants from six African countries: Burundi, the Democratic

Republic of the Congo, Kenya, Rwanda, Tanzania, and Uganda. Many high-caliber arts and health programs have operated in East-Central Africa for years, and participants at the forum expressed a deep desire to learn about successful models and strategies for implementing arts programming to improve health in their communities. The two-day meeting presented best practice models from the region that enhance individual and community health, improve health literacy, and provide new vocational skills to people whose lives are affected by illness and disability. Attendees discovered and shared resources, collected best practices, and learned how to implement and sustain programs.



What resonated most from the many dialogues that took place at the forum was the participants' desire for additional networking and educational opportunities, such as locally based forums and training intensives—in other words, a means for learning the process of implementation, and for translating all they heard and saw into concrete benefits for their communities. Thus, the 2012 *Arts in Healthcare for East-Central Africa* training program was planned in partnership with regional leaders in the arts, health, and education.

## Program Goals

The *Arts in Healthcare for East-Central Africa* training program was designed to provide skills and resources specific to the development of arts in healthcare programs that support individual and community health in East-Central Africa. The overarching goals of the training were:

- 1) To facilitate an understanding of the roles and value of the arts in health programs and healthcare
- 2) To provide skills, such as program planning, needs assessment, resource mapping, and grant writing, for the development of sustainable arts in healthcare initiatives in East-Central Africa
- 3) To spur the development of programs in East-Central Africa that enhance health literacy, the provision of healthcare, and vocational opportunities by connecting the arts to healthcare
- 4) To spur connections among organizations and individuals in healthcare and the arts that can lead to enhancements in healthcare and overall quality of life in the region, including economic well-being

## Participants

The training program was attended by 55 people, including 34 from Rwanda and 21 from the Democratic Republic of the Congo. Participants included medical, public health and social sciences students, artists, hospital and clinic administrators, educators, and nurses. 51 of the 55 participants successfully completed the entire program and were awarded Certificates of Completion from the University of Florida.

## Program Presenters and Special Guests

The training program was designed and taught by Jill Sonke, Director of the University of Florida Center for Arts in Medicine. Jill Sonke has been an Artist in Residence in the Shands Arts in Medicine program since 1994, where she founded

the Dance for Life program. Jill is active in research, curriculum and program development at UF, serves on the board of directors of the Society for the Arts in Healthcare, runs numerous international service learning and cultural exchange programs, and is a frequent presenter, consultant, and guest artist at universities, conferences, and festivals throughout the United States and abroad. Additional instruction was provided by Jean Bosco Rukirande, previous Coordinator for the Rwanda Red Cross, western region. Mr. Rukirande was trained in Arts in Healthcare at the University of Florida and at the University at Buffalo in the United States, and has coordinated numerous arts in healthcare initiatives in the Gisenyi and Rugerero districts in partnership with the University of Florida center for Arts in Medicine.

Several special guests provided introductions and insights into the topic from their unique perspectives. Dr. Emmanuel Cyeze, Vice Rector of the Kigali Independent University welcomed participants, provided closing comments and also participated in the certificate award ceremony. Dr. J. Kayumba represented Prof. Dr. Richard Mihanda Bitwe, Director of the Goma General Hospital and Dean of Faculty at the University of Goma. Didier Nkulikiyeyezu, Director of the Rwanda Arts in Healthcare Initiative, and Murwanashyaka Janvier Zoulou, President of the Student body of the Kigali Independent University also completed the training and provided important insights related to professional and educational opportunities for students and artists in the region.



## Program Curriculum

The five-day training presented an array of theoretical and practical topics, including:

- Historical and Theoretical Foundations of the arts in healing practices;
- Contemporary Practices in the Arts in Healthcare;
- Arts in Clinical Settings;
- Arts in Community Settings;
- Needs Assessment;
- Resource mapping;
- Program Planning;
- Program Administration, Funding and Partnerships;
- Research and Evaluation methods for Arts in Healthcare Programs; and
- Grant Writing.

Sessions used both didactic and experiential teaching methods, and both French and English interpretation was provided. Additional experiential Creative Practice sessions allowed participants to directly experience use of the arts in the context of individual and community health. These sessions were presented by leaders of arts in healthcare programs in Rwanda and the DRC, and demonstrated specific arts techniques that can be used to promote health, health literacy, disease prevention, community engagement, and arts-based vocational skills development.

As a capstone to the program, students worked in small groups to develop a formal Arts in Healthcare Program Plan, which allowed students to practice and demonstrate the knowledge and skills they learning in the training program. Each small group presented their program plan to the entire group, and all participants provided both positive and critical feedback to further develop each plan and deepen the understanding of both knowledge and skills.

The detailed project plans, which included mission and vision statements, goals, objectives, methods, budgets, and sustainability plans, were outstanding, and included programs designed to address health literacy, at-risk youth, drug abuse, hospital-based patient populations, mental health, and refugee and war-affected populations. Examples of proposed projects include:

- *Introduction of Art at the Provincial Hospital of Goma*
- *Rwanda Arts in Healthcare Initiative – Integration of Arts in Rwandan Health Systems*
- *Art Program for Refugees in Kayaruchinya Camp – 6 month pilot*
- *Improvement of Mental Conditions of Traumatized Patients through Art in the Centre de Sante Mentale in Goma, DRC*



## Outcomes and Future Plans

*Arts in Healthcare for East-Central Africa* training program fully met its objectives, with participants demonstrating the knowledge and skills they gained through the program's group project assignment. The program spurred tremendous enthusiasm among participants and the two hosting universities for further training and professional development opportunities in Rwanda and the DRC. Leaders and students from the Kigali Independent University and the University of Goma have expressed interest in developing educational opportunities for students to study arts in healthcare within their curriculum in partnership with the University of Florida Center for Arts in Medicine. While these longer-term plans will continue to be explored, an obvious and immediate need for a train-the-trainer program for arts in healthcare leaders in Rwanda and the DRC was articulated.

In response, a train-the-trainer program will be presented at the Kigali Independent University in May of 2013 by the UF Center for Arts in Medicine, and will prepare regional leaders to develop local training programs in Rwanda and the DRC, and to develop organizational structures to support arts in healthcare programs and practitioners. It is our hope that representatives from the Ministries of Health, Culture, and Education can be involved in both the planning and presentation of this program in order to insure that it most effectively addresses current needs in each region related to health, culture and education.

Following the train-the-trainer program in May of 2013, the regional leaders envision the development of a revenue-generating annual Arts in Healthcare Intensive Training Program in Gisenyi, Rwanda. This program will be developed as a partnership between the UF Center for Arts in Medicine, the University of Goma, the Kigali Independent University, the Rwanda Arts in Healthcare Initiative, and will be marketed to professionals in the field internationally. A similar program has been offered at capacity at the University of Florida for 11 years, we believe that the leadership involved in this initiative can develop a program specifically focused on use of the arts for health in rural and developing communities. We are confident that this program will have a high appeal for arts in healthcare students and professionals world-wide, and will position Rwanda as a leader in the international field.

