



Inside Out:

ART AND
MENTAL
HEALTH

October 29 – November 30, 2018
CLOSING RECEPTION ON
THURSDAY, NOVEMBER 29, 2018
FROM 5:00 – 8:00 P.M.

UC Blue Ash College

University of

CINCINNATI



An Introduction to

Inside Out:

ART AND MENTAL HEALTH

By H. Michael Sanders

Human interaction with artistic expression, as both maker and observer, involves extremely powerful and inspiring dimensions. Viewers are able to experience worlds and visions arising from outside themselves through the visceral mechanisms of sight, sound and touch. Creators of art, whether visual, aural or textual, discover the power to intensify personal experience and thought into physical manifestations forming bridges to the senses and thoughts of others. In short, art can be a profoundly *transformative* experience for the integrated continuum established between the creator and the observer, a connection which is ripe with opportunity to fully experience both the *self* and the *other*.

With such dynamic and intense possibilities lurking at the heart of aesthetic experience, in all of its myriad variety, it should be no surprise to anyone that artistic expression contains the potential to *heal* as well as capturing and communicating the human experience. The work in this exhibition is an attempt to explore how artists confronting the profound challenges of mental health issues find ways to address and integrate these experiences in to their artistic practice, whether engaged in for aesthetic or therapeutic purposes.

Comprising over fifty individual artworks by thirty-eight artists, the work in this show has been selected to showcase well-developed artistic talents wielded by artists confronting mental health challenges, as well as the use of creative approaches to personal expression employed by individuals in a therapeutic context at one of the participating mental health organizations. A selection of original poetry related to the exhibition theme is also available on the UC Blue Ash Art Gallery webpage.

This creative collaboration between UC Blue Ash College Art Gallery, Central Clinic Behavioral Health and the Recovery Center of Hamilton County, was inspired by Central Clinic's 95th anniversary celebration during 2018, coupled with the fact that Central Clinic's location on the UC College of Medicine campus was initiated in 1932 by then UC President Dr. Raymond Walters, the prior namesake of UC Blue Ash College.

The UCBA Art Gallery is proud to present this collaborative exhibition which explores the richly textured human interests of identity and self-discovery, self-esteem and self-preservation, emotional release, psychological stability, and glimmering crystals of hope. Our hope is that the viewer sees in these varied works both windows to the experience of others, and mirrors reflecting the struggles and dreams we universally share.

PARTICIPATING ARTISTS

Anonymous

Anxiety, acrylic on canvas, 16" x 10" (n.d.), \$350

Suicide is Painless, acrylic and mixed media on canvas, 24" x 18" (n.d.), \$350

Theresa Bryant

Song Bird, acrylic on canvas, 6" x 6" (n.d.), \$7

Nicole Carter

Single Mind, acrylic on canvas, 12" x 12" (n.d.), \$30

Michael Coppage

David, acrylic on paper, 60" x 36" (n.d.), \$600

Desi, acrylic on paper, 60" x 36" (n.d.), \$600

Kat, acrylic on paper, 60" x 36" (n.d.), \$600

Michael, acrylic on paper, 60" x 36" (n.d.), \$600



Alyson L. Dempsey

Finding My Song, mixed media on canvas, 11" x 14" (n.d.), NFS

Your Glow Basket, found object with mixed media, 31" x 44" x 15" (n.d.), NFS

Sharon Frey

Glamour Girl, ceramic mask with mixed media, 8" x 6" x 4" (n.d.), \$75

Kabuki Girl, ceramic mask with mixed media, 8" x 6" x 4" (n.d.), \$75

Night Goddess, ceramic mask with mixed media, 8" x 6" x 4" (n.d.), \$75

Sarah Gallant

The Dragonfly's Dream, digitally altered collage on paper, 18" x 14" (n.d.), \$100

Dr. Sara Grace

Wounded Brain, acrylic on canvas, 9" x 12" (n.d.), \$75 | **COVER ART**

A Glimmer of Hope Amongst My Sky of Madness, acrylic on canvas, 8" x 10" (n.d.), \$65 | **COVER ART**



Group Project

Hope Community Center: Family Tree of Life, mixed media on canvas, 18" x 16" (n.d.), NFS Angel/Becky/Brenda/Carolyn/Debra/Kassia/Linda/Pamela/Rhonda

Margaret Hall

Butterflies Are Free, watercolor on paper, 11" x 8" (n.d.), \$50

Hammond

Looking for Happy, mixed media on canvas, 18" x 72" (3 panels) (n.d.), \$3500

Jonathan Hancock

Octagon Emoticon, enlarged print of ink on paper, 36" x 18" (2016), \$100

Denise Hanley

I Would Like to Thank Central Clinic, marker on canvas, 10" x 8" (n.d.), NFS

Uplifting Women, acrylic on canvas, 20" x 16" (n.d.), NFS



PARTICIPATING ARTISTS

Angel Harden

Planetary Division, mixed media on canvas, 8" x 10" (n.d.), \$40

Chloe Iloff

Gnomes (two examples), ceramic, variable dimensions (n.d.), \$15

Fairy Houses (three examples), ceramic, variable dimensions (n.d.), \$20

Anthony Kohlmayer

Migraine, acrylic on canvas, 10" x 8" (n.d.), \$30

Patrick Martin

Going to Central Clinic, acrylic on canvas, 16" x 20" (n.d.), NFS

Holly Ann Meiser

Bipolar... A Wonderful Wild Ride, mixed media with text on panel, 19" x 23" (2015), \$250

You've Seen Me as I Am, acrylic and tissue paper on panel, 20" x 16" (2008), \$225

Stephen Moore

405 Oak Street, acrylic on canvas, 16" x 20" (n.d.), \$50

Becky Mosteller

Eye of the Storm, acrylic on canvas, 10" x 8" (n.d.), \$30

Amy Mrusek

Boundaries, oil pastel and watercolor, 11.5" x 18" (n.d.), NFS

Dissociation Identity Disorder, acrylic and watercolor, 12" x 9" (n.d.), NFS

Jeannie Mueller

Howling at the Moon, watercolor, 13" x 9" (n.d.), \$200

Recardo G. Parker, Jr

Forever Love, mixed media on paper, 11" x 8.5" (n.d.), \$25

Escaping the Darkness, acrylic on canvas, 20" x 16" (n.d.), \$50

Kryisia Rush

Hello Central, acrylic on canvas, 14" x 11" (n.d.), NFS

Kimberly Phirman

Fragments of Change, acrylic on canvas, 16" x 20" (n.d.), NFS

Michael Reynolds

African Dancer, 20" x 16", colored pencil (n.d.), \$200

Jerry Saylor

Toulouse at Royale, oil on canvas, 36" x 24" (n.d.), \$1500

Rhonda L. Thorne

Untitled 1 (seeing the world through gauze), mixed media with acrylic and photographs on canvas, 12" x 12" (n.d.), \$155

Untitled 2 (rebirth), acrylic on canvas, 12" x 12" (n.d.), \$125



PARTICIPATING ARTISTS

Untitled 3 (skeezi's spaceshuttle party), mixed media with acrylic and photographs on canvas, 6" x 8.125" (n.d.), \$235

Untitled 4 (frantic undulations), mixed media with acrylic and screen on wood panel, 8" x 8.375" (n.d.), \$185

Untitled 5 (high atmosphere storm or rumble of the gods), mixed media with acrylic and photographs on wood panel, 9.625" x 11.125" (n.d.), \$165

Living things grow upward but are not free...., stoneware ceramic with cold-fire glaze, 8" x 17.5" x 5.25" (n.d.), \$850

Pam West

Young Girl, acrylic on canvas, 10" x 8" (n.d.), \$30

Allison Williams

Mantle of Motherhood: A Framework of Imperfection, mixed media on canvas, 24" x 24" (n.d.), NFS

Crystal Wright

Reaching My Goal Through the Darkness, acrylic on canvas, 20" x 16" (n.d.), \$1200

Can You See Me?, illustrated book of color photocopies (8 pages), 11" x 8.5" (n.d.), NFS

PARTICIPATING POETS

Linda Baden

"On Cloudy Days"

"Against All Odds"

Justin Chu

"My Sweet Desperation and Anxiety"

1. Life is Nothing Without Music
2. A Freak Like Me
3. Puddle of Blood
4. Life Spiraling Away
5. Be You

Alyson Dempsey

"Silent Tears"

Shelly Kinder

"The Battle"

Holly Ann Meiser

"Bipolar... A Wonderful Wild Ride"

"You've Seen Me as I Am"

Sacojya Pruitt

"Womanhood"

"Thinking of Ways to Not Love Myself"

Allison Williams

"Papa"



More information about the programs and services of Central Clinic Behavioral Health may be found on their website at centralclinic.org

More information about the programs and services of the Recovery Center of Hamilton County may be found on their website at recoverycenterhc.org



Acknowledgments

The UC Blue Ash Art Gallery is supported by the Office of the Dean and the departments of Art & Visual Communication and Electronic Media Communications. This exhibition is curated by H. Michael Sanders and John Wolfer, with the assistance of Matt Bennett and Nicole Trimble.

Gallery publications are edited by H. Michael Sanders and designed by Emily Gross. Gallery webpage is designed and maintained by David Bostic. John Wolfer is gallery director. A full online catalogue, including a PDF of this brochure, is available for this exhibition at the UC Blue Ash Art Gallery webpage at:

ucblueash.edu/about/community/art-gallery.

