

Pittsburgh Center for Arts & Media POWER House Long Term Residency Project



Darby Testa, POWER House Program Manager

- Clinical Social Worker
- 7 years clinical and management work in MI, GA, and PA
 - Previous populations
 - Women's Specialty Services and Families
 - Addictions, Mental Health, and Severe and Persistent Mental Illness (SPMI)
 - Specialty Courts (Drug Court, MH Court, DUI Court, DV Court, Veterans, Juvenile)
 - Women and adolescents who are incarcerated

Our Mission



POWER's mission is to help women reclaim their lives from the disease of addiction to alcohol and other drugs, and to reduce the incidence of addiction in future generations.

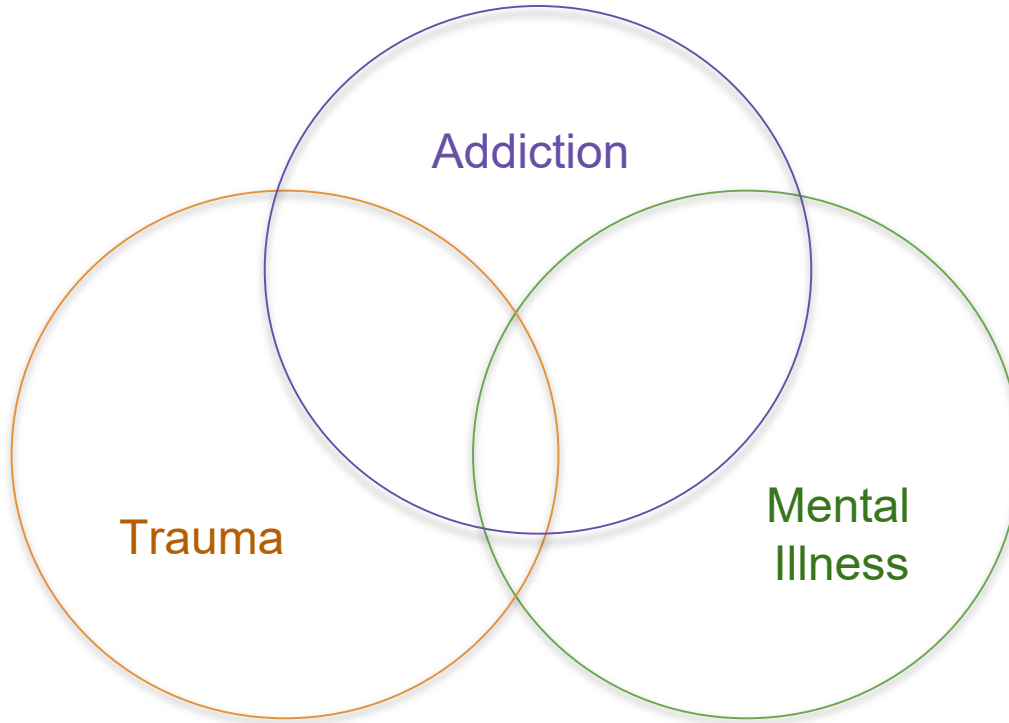
POWER House ~~Site~~ Services



24/7 Recovery Support staff
Group and Individual Therapy
Case Management
Psychiatry



Perspectives on Care



Amber Coppings

Artist/Teaching Artist

- Interdisciplinary Artist
- 17 years as a Teaching Artist



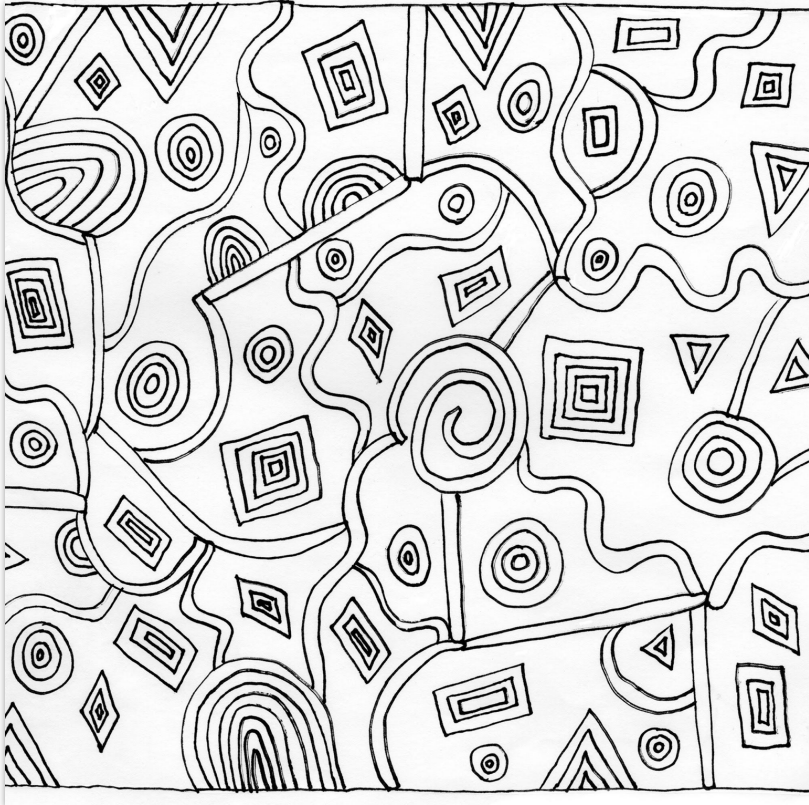
What is a Teaching Artist?



A Teaching Artist is a professional working artist who facilitates creative experiences with others and considers this a part of her artistic practice.

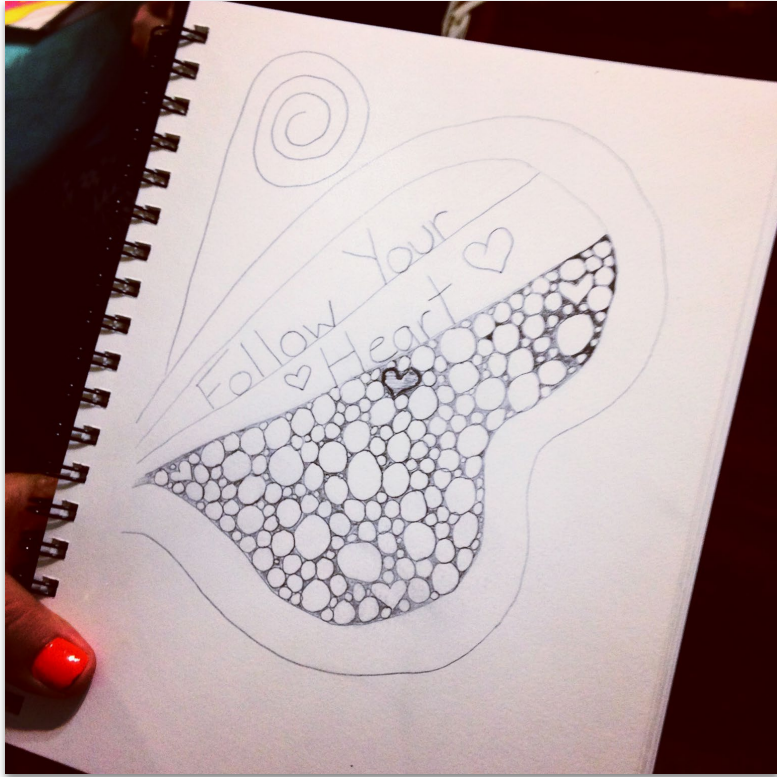
The process of creating, perceiving, and reflecting through the arts is emphasized and experienced as an essential pathway to the finished artwork.

Impact: New Behaviors



70% use art outside class time
as a coping skill
and
help alleviate cravings

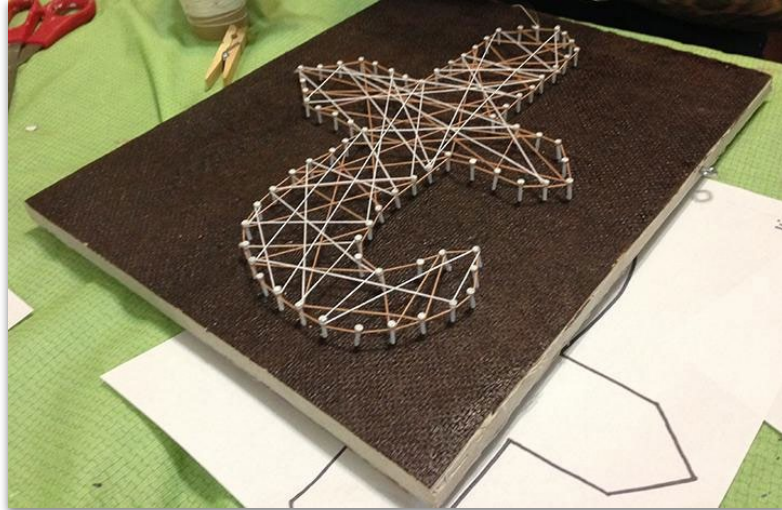
Art on Their Own Time



New Family Interactions



- Family activities at home
- New conversations at POWER House



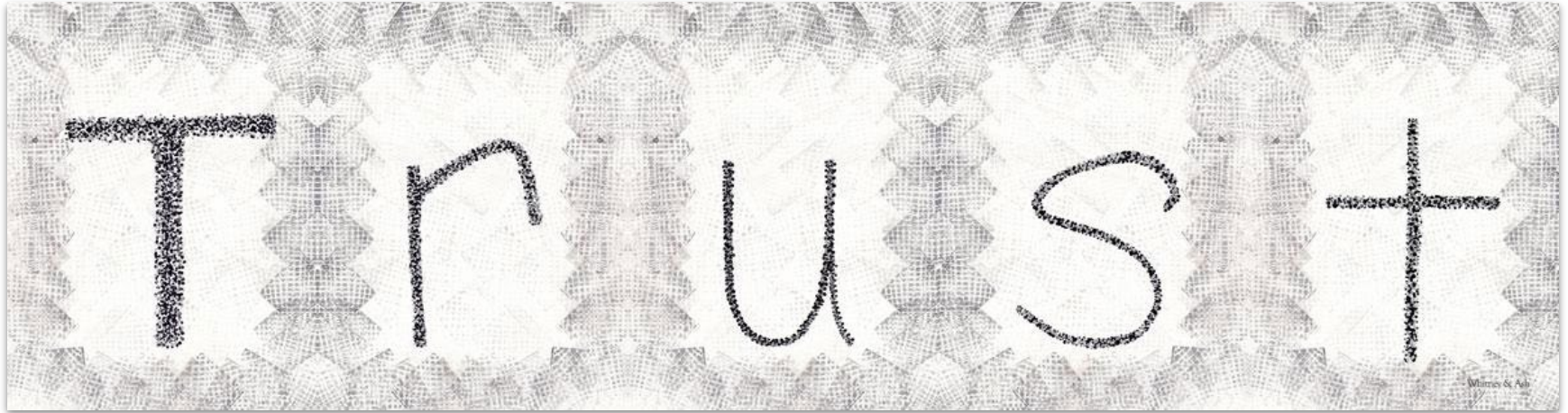
New Family Interactions



- Shared sense of pride
- Evidence of progress

Goals of PCAM POWER House LTR

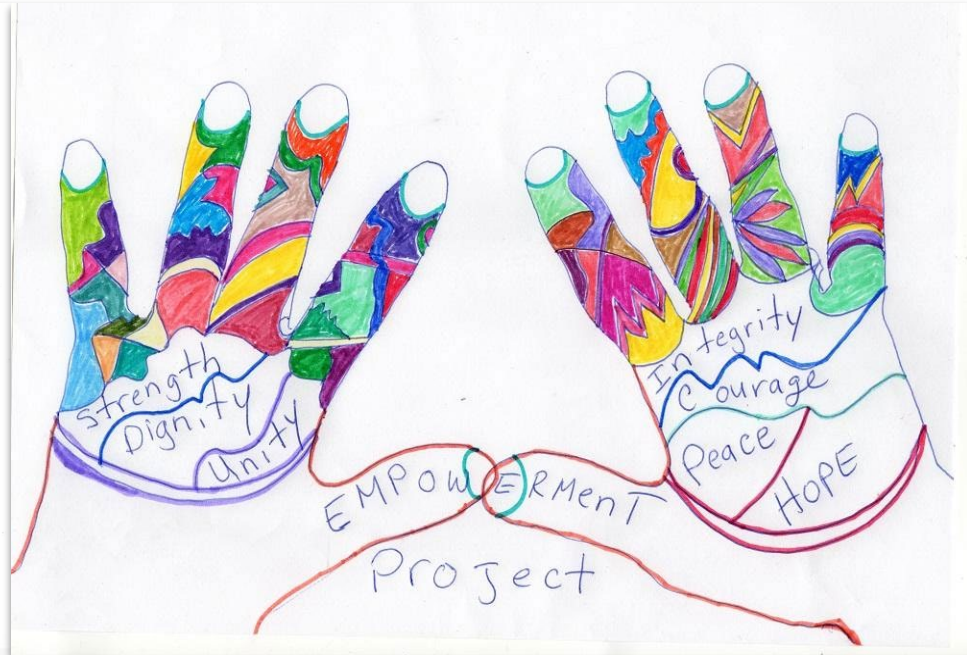
Build skills & confidence with individual & group goals



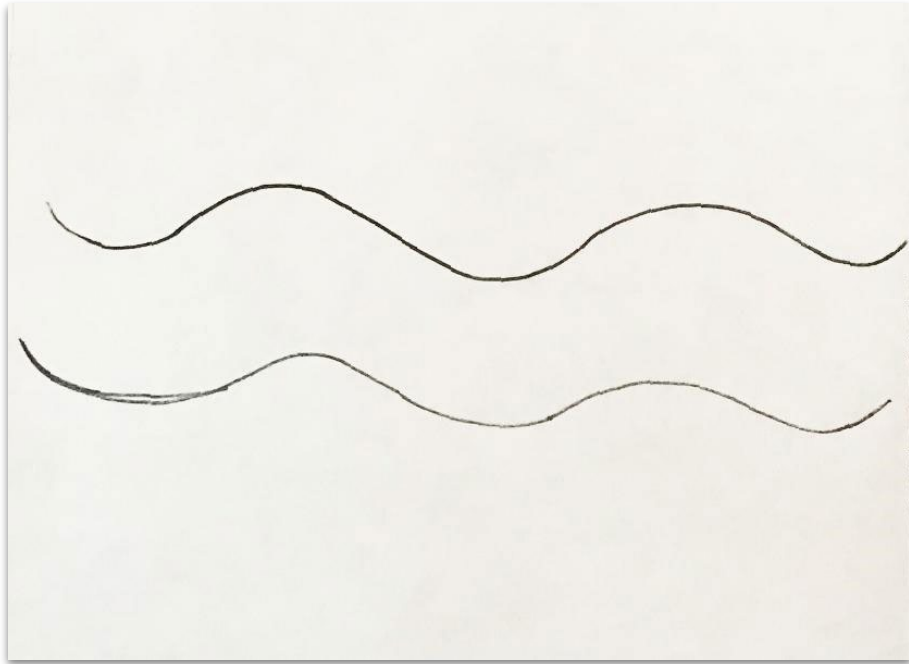
Give back to our community



Artmaking to Help Heal



Introduction to Art: Observation



Mark -making/Drawing

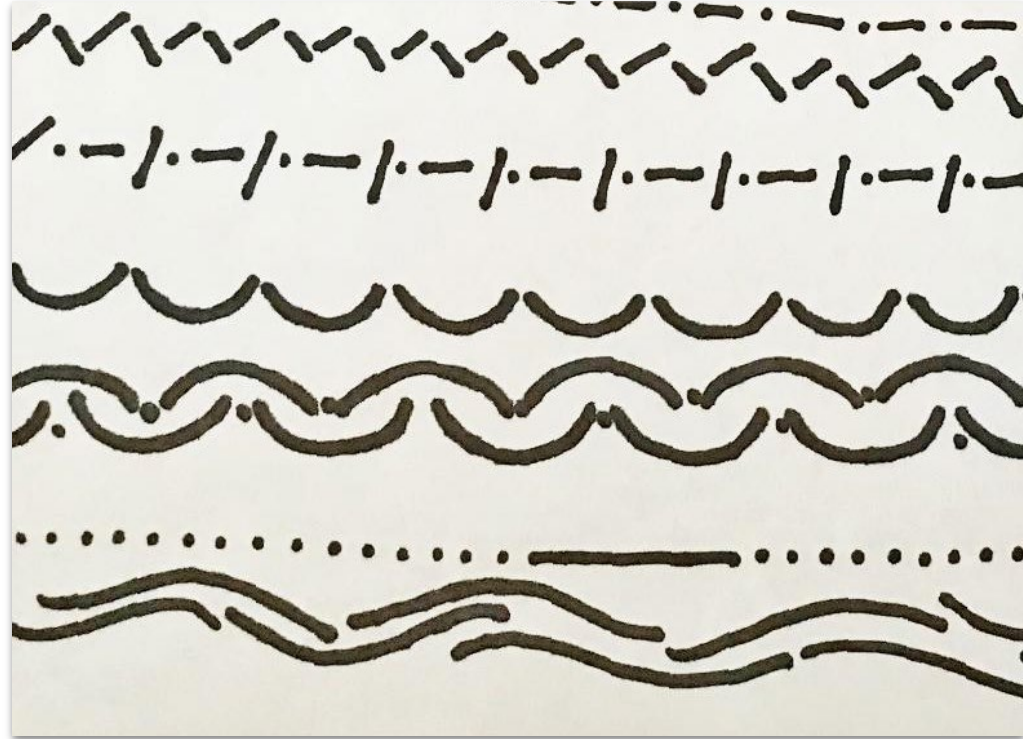
- Awakens observational skills
- Hand-Eye coordination through creative activity
- Recognizing the artistic choices of others

Expression



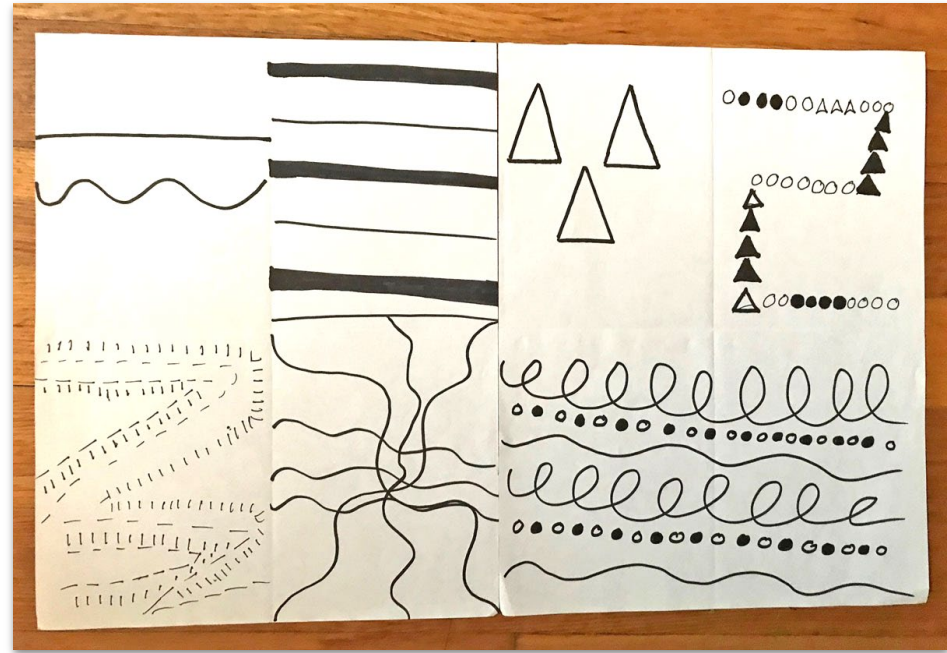
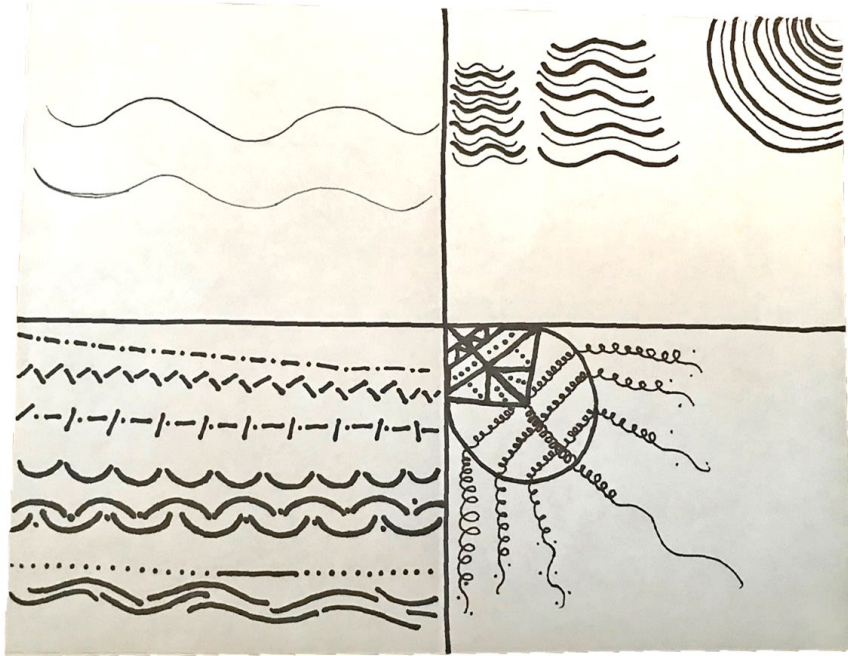
- Safely reflect on emotions
- Translate a feeling into art
- Share without words

Observation + Expression + Artistic Choices = Beginning of a Work

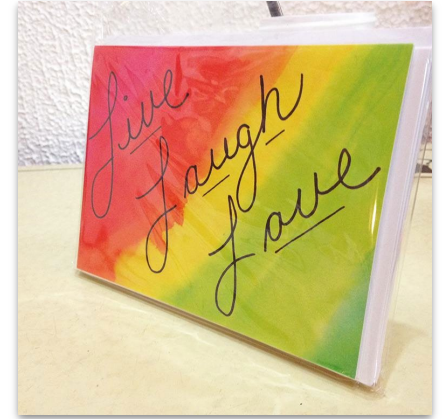


Day One in the POWER House

Beginning of class: "I Can't Draw."
End of class: "I didn't know lines could do so many things!"



Meeting Our Goals



Recovery Encouragement Posters



POWER Pillows



In Their Words



“Everything this program has to offer is a welcome experience for myself and future women.

The attention and helpfulness is an honor to receive.

Thank you for allowing me to be a student of the arts.”

Therapeutic Gain



Through the artist in residence program, the women we serve gain opportunities to use their creative voices, reimagine and regain their identities, and explore their new world in a new way.

Why it Works



Partnerships like POWER and the artist in residence program could be replicated throughout the state.