

Rx for Wellbeing at the Clark

What is it?

Rx for Wellbeing at the Clark offers free access to the Clark Art Institute and Clark programs to mental health practitioners and the clients they support and serve. The purpose of *Rx for Wellbeing at the Clark* is to encourage and facilitate engagement with art and/or a visit to the museum as part of an individualized therapeutic plan.

Why?

Numerous studies have linked engaging with art to improved health and wellbeing. At the Clark, we define art as “the expression or reflection of human experience, imagination, and values.” So, engaging with art offers an opportunity to engage with and explore what it means to be a human being. Engaging with art encourages positive self-awareness, appreciation of others, and a sense of connectedness to a larger-than-self reality. A visit to the museum can be a break from the pressures of daily life, a new experience, and/or a constructive family bonding activity.

How?

Practitioners in the mental health field who provide direct service to clients and would like to integrate engaging with the Clark (in-person or virtually) into their practice are welcome to join *Rx for Wellbeing at the Clark*. Contact Lily McGartland, the Education Department Coordinator, at lmcgartland@clarkart.edu, to get the ball rolling! Lily will send you two (or more!) program folders which include two free admission tickets to the museum, an invitation to visit, a coupon for a snack at our café, and a variety of other materials to help people of all ages enjoy our galleries and grounds, such as gallery guides, drawing pads, and trail maps.

If your client needs help with transportation to and from the Clark, we will work with you to provide accessible transportation. We are also happy to customize an experience for your client or a group; Lily will work with you to develop a tailored plan that meets your visit goals.

Practitioners who join the *Rx for Wellbeing at the Clark* program will be gifted a one-year Clark membership, so that you can see first-hand how valuable engaging with the Clark can be! We will ask participating practitioners to respond to two email inquiries (one at the end of January and one at the end of April) to let us know how you have integrated the *Rx for Wellbeing* program into your work with two (or more) clients, sharing how their engagements have gone, and anything else that you may want to let us (and your fellow practitioners) know.

**THE
CLARK**