



The Veteran Arts Initiative (VAI) is a diverse creative arts program that aims to facilitate mental wellness, increase social connectiveness, and create a supportive community to form positive connections with the VA.

## Mission:

- Confidence through creativity
- Pride through accomplishment
- Healing through collaborative activity
- Understanding through expression

Whole Health  
Veteran Arts Initiative  
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# Whole Health Veteran Arts Initiative

Columbus VA  
Whole Health  
Creative Arts  
Program



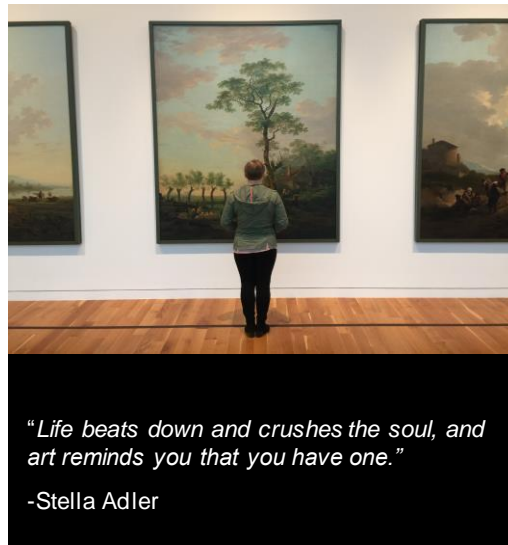
Heather.Seymour@VA.gov

***“The main thing is to be moved, to love, to hope, to tremble, to live.”*** -Rodin

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***“The moment of trust comes through the artistic, creative trust. It’s a kind of opening-up to yourself, and to the people around you, and trusting in the next steps... There’s a healing process that people who have experienced major trauma — including veterans — go through with the creative process.”***

- Daniel King, Veteran, artist, OU professor, and panel speaker of the 2018 Columbus Veterans Film Festival



Through a network of community collaborations with local and national stakeholders, **VAI** offers multi-disciplinary creative arts programs for Veterans and family members to foster therapeutic expression, promote resilience, and create social connections with purpose. **VAI** programs include visual arts, theater, dance, music, writing, group-based contemporary art interpretation, discussion, and exhibition.



**VAI** mission was developed by the Veteran Arts Council (**VAC**). The Veteran Arts Council is a self-governed group of Veterans that acts as an advisory board to **VAI**. **VAC** is part think-tank, part focus group developing innovative solutions to meet the needs of fellow Veterans.

**For more information  
Contact Columbus VA Arts  
Coordinator: Heather Seymour  
Heather.Seymour@VA.gov**

***“Art allows us to communalize the experience of being human.”***

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Kevin McClatchy founder of OSU Veteran Shakespeare Project

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*“My pain level from surgery seems to be nonexistent while being creative, I love this program.”*

-Veteran

*“I believe art is a form of relaxation and a way of communication which is incomprehensible.”*

-Veteran

## **FREE VAI / Whole Health Offerings**

- **Open Studio**
- **Workshops:**
  - **Visual Arts**
  - **Theater**
  - **Writing**
  - **Dance**
  - **Music**
- **Exhibition opportunities**
- **Museum & gallery trips**
- **Research on the health and psychological benefits of art**