



Annual Report

2024-2025

www.artistshealthcentre.ca

THE AL & MALKA GREEN ARTISTS' HEALTH CENTRE

VISION

Our vision is to have a positive impact on the health and wellbeing of professional creative and performing artists.

MISSION

Our mission is to advance local, national and international standards of excellence in healthcare for professional artists through our activity in:



PHILOSOPHY OF CARE

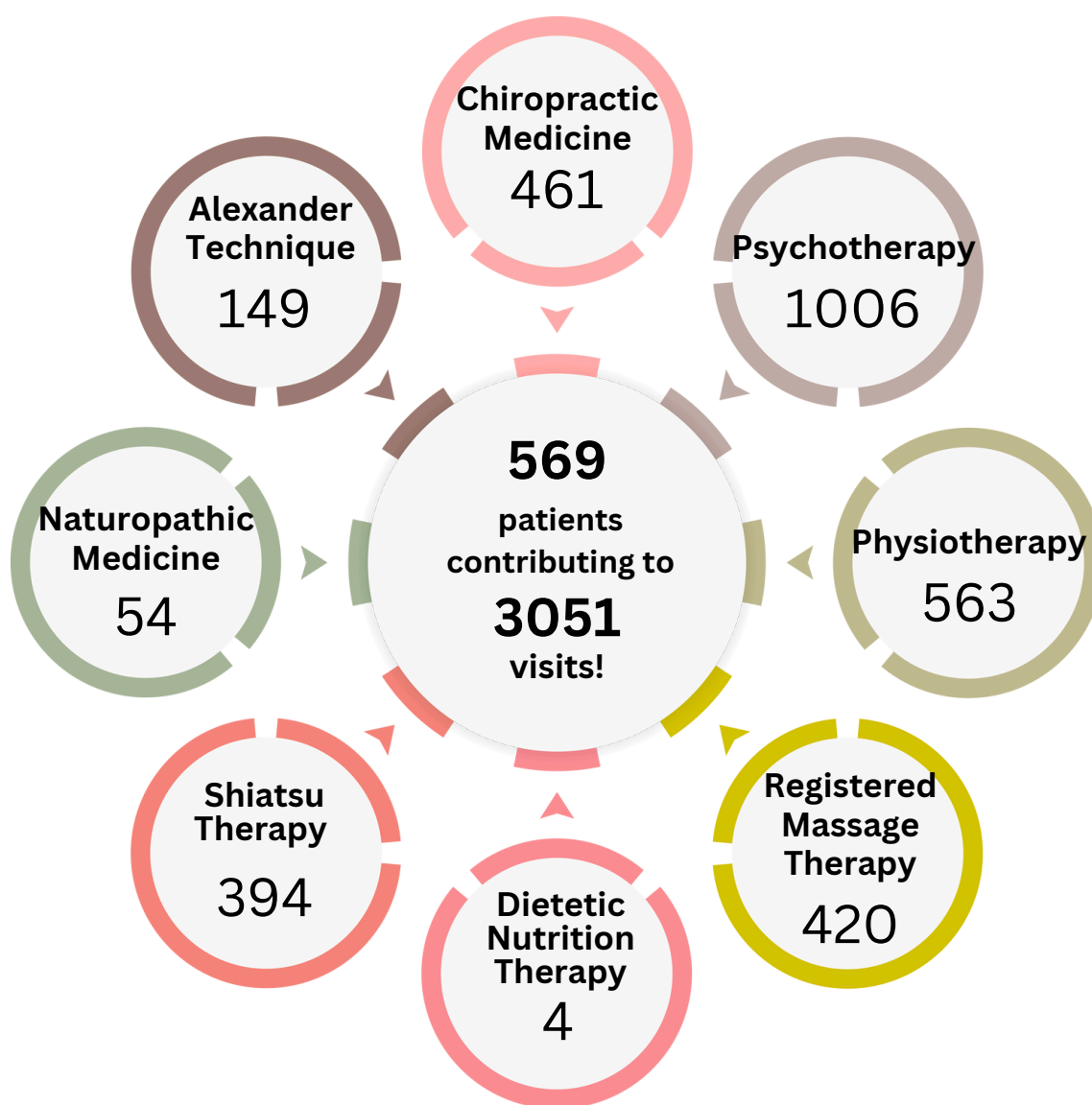
The Al & Malka Green Artists' Health Centre (AHC) recognizes that professional creative and performing artists belong to a unique occupational group. As such, their health concerns are often specific to their profession and to their particular emotional and socio-economic circumstances. At the Centre, professional artists have access to quality healthcare professionals who value health promotion and education. We work in partnership with artists to identify and address their health care needs.

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ADVANCING ARTISTS' HEALTH THROUGH EXPANDED SERVICES.

This fiscal year, we welcomed more patients and saw an increase in return visits. To better support the evolving needs of artists, we also introduced **two new services: Alexander Technique and Nutrition Health!**



Clinic data from April 1, 2024 to March 31, 2025

CELEBRATING OUR IMPACT: ARTIST TESTIMONIALS.

At the Artists' Health Centre, we are honoured to support the well-being of the vibrant artistic community we serve. This year, artists shared heartfelt feedback about the care and support they received. **Their words inspire us to continue delivering exceptional, specialized services.** Here's a glimpse of the incredible impact our Centre has made, directly from the voices of the artists themselves.

From tears to
satisfaction in
about 10 sessions.
- Jen Gilmore,
Musician

Everyone I've seen and
met so far has been
warm and kind. I feel safe.
-Carol Ann Apilado.
Weaver

I'm so grateful for the
all the care I've received
from AHC! Thank you to
everyone on the team. :)
-Nayani Thiyagarajah,
Director, Writer & Actor

I've worked with many splendid
practitioners at the Artists Health
Centre since returning from BC in
2008. From physiotherapists to
chiropractors, massage therapists and
Masters of Social Work, they've all
provided me with healing services that
have helped me a great deal. I highly
recommend them to any and all artists
of whatever discipline.
-Pam Hyatt, Actress

EXPANDING CARE, DEEPENING SUPPORT: PARTNERING ACROSS UHN FOR ARTISTS' HEALTH.

As part of the University Health Network (UHN), the **Artists' Health Centre** is proud to collaborate with other specialized UHN centres—SPARC, Altum Health, Munk Hearing Centre, SCOPE, and the Toronto Western Family Health Team—to provide artists with comprehensive and seamless healthcare.

These partnerships allow us to share knowledge and resources, and refer clients to trusted colleagues for advanced services such as chronic pain management, hearing services, hand therapy, and advanced rehab programs.

By tapping into UHN's broader network of expertise, we are enriching the continuum of care available to our artist community—ensuring they receive the right care, at the right time, from the right provider.



STRONGER PARTNERSHIPS, HEALTHIER ARTISTS.

2024-25 was a dynamic year of collaboration, fostering new synergies with organizations both locally and internationally! **We extend our gratitude to the following arts organizations for partnering with us to champion artists' health.** From co-planning and delivering health education initiatives to shaping strategic agendas for improving healthcare access, our shared vision and commitment brought many exciting ideas to life!



LEADING CHANGE THROUGH RESEARCH AND INNOVATION.

We are excited to share this fiscal year's research publications and highlight the progress of **several impactful projects currently underway!** The Artists' Health Centre remains committed to leading the field in expanding knowledge and innovation in artists' health.

Project	Progress and Timelines
The Impact of the COVID-19 Pandemic on Canadian artists: An Interpretive Descriptive Study using the Social-Ecological Model	<ul style="list-style-type: none"> Manuscript published: https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0310369
Artists' Satisfaction with Telerehabilitation in Physiotherapy during the COVID-19 Pandemic: A Cross-Sectional study	<ul style="list-style-type: none"> Manuscript published: https://onlinelibrary.wiley.com/doi/pdf/10.1002/pri.70002
Use of Subsidized Health Services by Artists in Canada: An Exploratory Study	<ul style="list-style-type: none"> Manuscript published: https://pubmed.ncbi.nlm.nih.gov/39395018/
Charting the Hero's Journey: A Co-Designed Board Game for Performing Artists' Self-Reflection	<ul style="list-style-type: none"> Manuscript submitted for publication
Implementation science in Performing Arts Medicine: A Scoping Review	<ul style="list-style-type: none"> Presented at the 2024 Society for Implementation Science Conference Manuscript in preparation
Clinical Competencies in the Assessment and Treatment of Musicians: A Scoping Review	<ul style="list-style-type: none"> Accepted for presentation at the 43rd Performing Arts Medicine Association International Symposium
A Blueprint for Action to Define Core Competencies in the Clinical Care of Musicians with Musculoskeletal and Neurological Conditions: A Modified Delphi Expert Consensus	<ul style="list-style-type: none"> Data collection in progress Published protocol: https://osf.io/w2by5/

RESHAPING HOW PERFORMING ARTS MEDICINE IMPROVES ARTISTS' HEALTH.

Article from Quarterly Newsletter, Fall 2024 Edition



image source: <https://www.wallpaperflare.com/search?wallpaper=london>

Global Reach: Artists' Health Centre Shares Research from London to Denver!

Dr. Li and her research team had a busy summer! In July, at the 42nd Performing Arts Medicine Association International Symposium held at University College London, Dr. Li led a workshop titled *Translating Research in Performing Arts Medicine: Effective Strategies for Applying Research to Practice*. It centered on introducing the community to knowledge translation and its crucial role in bridging the gap between research and practice. During the pre-conference activities hosted by Johns Hopkins University, she presented, *The Role of Knowledge Translation in Musicians' Health Advocacy*. Additionally, Dr. Li shared findings from her study, *Evaluating the Impact of an Artist-Centered Psychotherapy Training Elective in Family Medicine*. The event offered extensive engagement with an international community of performing arts medicine researchers, practitioners, and artists, fostering collaboration and knowledge exchange that will continue to shape and strengthen the field globally.

The momentum continued in September when Dr. Li presented at the 2024 Society for Implementation Research Collaboration Conference in Denver, Colorado. She shared her study, *Implementation Science in Performing Arts Medicine: A Scoping Review*, providing valuable insights into how implementation science can enhance the translation of research into practice within the performing arts medicine!



Dr. Li presenting at University College London, at pre-conference activity.

MOBILIZING SCIENCE TO TRANSFORM CARE FOR ARTISTS.



Working group members Pascal Haas; Drs. Katerina Vardonikolaki, Shelly-Anne, J. Matt McCrary; and Jeffrey Sabo after workshop facilitation at 42nd Annual PAMA International Symposium.

The group has already delivered three impactful workshops and is actively building a network of practitioners, researchers, and educators to mobilize research in performing arts medicine. Together, they are exploring how research can be more effectively applied in organizations, and healthcare settings—ultimately improving health outcomes for artists. **Stay tuned for an upcoming position paper!**

The Artists' Health Centre's Dr. Shelly-Anne Li launched a working group to accelerate the translation of performing arts research into practice within the Performing Arts Medicine Association (PAMA)—a global organization of healthcare professionals, artists, and educators committed to improving healthcare for performing artists. **This working group focuses on bridging the gap between knowledge and real-world application.**



Workshop attendees doing an exercise on how to develop a knowledge translation plan at the 42nd Annual PAMA International Symposium.



PAMA Performing Arts
Medicine Association

TRANSFORMING MUSICIANS' HEALTHCARE: A GLOBAL STANDARD.

The Artists' Health Centre is **thrilled to partner with Johns Hopkins University** to lead a groundbreaking international project to develop healthcare professional competencies for musicians' healthcare! This expert consensus study **brings together 100 leading specialists in musicians' health worldwide** to define the essential knowledge, skills and attitudes healthcare professionals need to provide care to musicians. **For the first time, a standardized set of clinical competencies will be established**—reshaping how care is delivered to musicians across healthcare settings. Meet the co-leads of this project (right)!



DR. SERAP BASTEPE-GRAY
Co-founder of Johns
Hopkins Center for Music
and Medicine



DR. SHELLY-ANNE LI
Scientist and Director,
Research & Community
Engagement, Artists'
Health Centre



Pre-conference Day: Musicians' Health Advocacy Convergence Activity that kickstarted the clinical competencies project along with other exciting musicians' health initiatives! July 17, 2024, at Institute of Sports, Exercise and Health, University College London.



Access the list of specialists in musicians' health who are in this project [here](#)

FROM CLINIC TO CONCERT HALL: UNDERSTANDING ARTISTS THROUGH IMMERSIVE LEARNING.

Our medical students engaged in immersive experiences that deepened their understanding of artists' health. We gratefully acknowledge the **Toronto Symphony Orchestra, Fall for Dance North, Shaw Festival's Alexis Milligan (Movement Specialist), and the dedicated practitioners at the Artists' Health Centre** for generously sharing their time and expertise. From tech rehearsals to clinical shadowing, these experiences left a lasting impact on the students' medical education. As future family physicians, they are now better prepared to deliver empathetic, informed care to artists in our community!

Academic Partner



From left: Aljeena Quereshi, Sammie Yu, Alexis Milligan, Dr. Shelly-Anne Li, Dr. Julia Lee and Akshar Tailor at the Real Human Connection Workshop aiming to improve physician communication and empathy.

During my shadowing experience with the Intake Coordinator at the Artists' Health Centre, I was intrigued by the unique challenges artists face compared to the general population. Many artists deal with complex mental health issues. This made me realize how integral mental health care is in treating artists, especially since none of the patients we saw had a family doctor. It showed me that serving the artist community requires a deeper understanding of their unique struggles. All of the patients we saw were seeking subsidies due to their unstable incomes. The financial instability of the artistic careers for many patients impacted their ability to seek consistent care. I've learned how vital it is to advocate for patients and find ways to reduce these barriers.

- Damilola Ojo Shittu, Year 2 Medical Student, University of Toronto

JOYSANNE SIDIMUS FUND: KEEPING ARTISTS HEALTHY, KEEPING ART ALIVE.

Impact of the subsidy fund for the period of Apr 1 2024 - Mar 31, 2025

126

Subsidy recipients

8

Types of services
accessed

885

Visits covered by subsidy

\$97,650

Total subsidy amounts
distributed this year

Hear from our fund recipients!

The financial support allowed me to access the care I needed to get over my injury. Really amazing team of health practitioners - physical therapy and massage were both essential in helping me through a tough time.

- Heather MacDonald, Musician

I had a wonderful experience as someone who was able to access the Joysanne Sidimus Fund. It really helped me during a time when I was having trouble finding support of any kind and made a huge difference in my life. I can't thank the Artists Health Centre enough.

- Shelley Simester, Actor/Singer

The Artists' Health Centre is an exceptional place. I have accessed their services twice in my career, when I most needed support. Both times I was amazed that there is such a service and support for artists in Toronto. The application process was easy and quick and after approval, I was able to access complimentary medical services that I couldn't otherwise. My body pain as a result of repetitive strain from painting improved significantly. I feel so blessed to have this service available to artists at times of need and feel so grateful to the funders and staff and the founders for their support and vision. Thank you!

- Meera Sethi, Visual Artist

BUILDING BRIDGES THROUGH SOCIAL MEDIA.

This fiscal year, we gained 100 more new lifetime followers than last year, reflecting our continued growth in reach and engagement across Instagram and Facebook. **Our digital media platforms are successfully fostering a vibrant online community of artists and arts organizations,** opening new opportunities for partnerships and collaboration.



Thanks to our thriving social media presence, we've built exciting partnerships with these incredible arts organizations!



A Collective of Healthcare Artists fostering resilience through artistic expression.



Craft Ontario is a member-driven organization in service of professional craftspeople.



Artists' Legal Advice Services helps artists, actors, musicians, dancers, writers and filmmakers address their legal problems.

LEARNING THAT HEALS: FREE WORKSHOPS THAT SUPPORT ARTISTS' HEALTH.

Thanks to our donors and community partners, **we delivered 25 FREE virtual and in-person health education workshops** this year—empowering artists with knowledge and tools to support their physical, mental, and emotional well-being. **We welcomed 200 new subscribers and over 700 workshop registrants worldwide**, showing strong demand for accessible, artist-centered healthcare education. Here are a few of the highlights, below!

Below: Dr. Chase McMurren's Narrative Workshop for Healthy Resets
Right: Tanya Bénard's Transforming Tension with Alexander Technique workshop





ROADMAP TO CARE
SERIES



Empowered Healthcare: Navigating
Your Care Journey as an Artist

with Dr. Shelly-Anne Li, PhD
and Carolyn Franke, RN



A VISION FOR GROWTH AND IMPACT.

The Centre is embarking on an exciting journey focused on five key pillars that will shape our endeavours in the coming year.

EXPAND WORKSHOP OFFERINGS

We are dedicated to broadening our range and increasing our number of workshops, ensuring they encompass various aspects of health and creative expression.

DIVERSIFY PROVIDER TYPES

By incorporating dietetic nutrition therapy and Alexander Technique experts, we aim to offer a wider suite of therapeutic modalities that support the health and creativity of our patients.

STRENGTHEN RESEARCH

In alignment with our commitment to evidence-based practice, we are intensifying our research efforts to improve artists' health outcomes and mobilize knowledge into clinical practice.

EXPAND OUTREACH AND MARKETING

We are committed to amplifying our outreach and marketing. By leveraging social media, hosting events, and collaborating with arts organizations, we aim to ensure that more artists have access to our resources.

CONNECT WITH COMMUNITY

We are actively connecting with the arts community in the design and delivery of our research and health services, to ensure that our offerings are relevant, effective and responsive to our artists.

ACKNOWLEDGEMENTS

We would like to express our heartfelt gratitude to the donors and volunteers who wholeheartedly contribute to the clinical, research, educational, and outreach endeavours at The Al & Malka Green Artists' Health Centre. Their generous support has played a pivotal role in enabling the Centre to achieve the remarkable impact it has today. Without their philanthropic contributions, the Centre's transformative work would not have been possible.

Contributions to The Artists' Health Centre Annual Report:

Dr. Shelly-Anne Li, Director of Research & Community Engagement, designed and prepared the impact report. Aga Halonska, Administrative Coordinator, provided data on clinical services and the subsidy program. Coco Jiang, Communications Coordinator, prepared the digital communications report. Gary Basran, Executive Director, reviewed and approved the final report.

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The Al & Malka Green Artists' Health Centre



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute