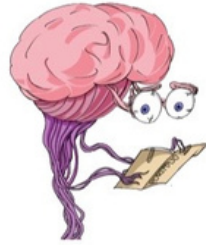


**PAINTED BRAIN  
CREATES LASTING  
COMMUNITY-BASED  
SOLUTIONS TO  
MENTAL HEALTH  
CHALLENGES AND  
THE IMPACT OF  
SOCIAL INJUSTICE  
THROUGH ARTS,  
ADVOCACY AND  
ENTERPRISE.**



## **GET CONNECTED**

PAINTEDBRAIN.ORG

5980 W PICO BLVD.  
LOS ANGELES, CA 90035

HELLO@PAINTEDBRAIN.ORG

MAILING ADDRESS: 1180 S BEVERLY  
DR. LOS ANGELES, CA 90035



@thepaintedbrain



@thepaintedbrain



@PaintedBrainLA



ARTS, ADVOCACY AND  
ENTERPRISE



## ARTIST SOCIAL ENGAGEMENT GROUPS

These psychosocial rehabilitation groups provide opportunity to engage in arts and creative activities with a focus on social skills development and interpersonal communication. The types of art activities we use include (but are not limited to): writing/journaling, poetry and/or spoken word, painting, drawing and coloring. Yoga, dance, meditation or music groups are available depending on the availability of certain group leaders.

\*Groups are 60 to 90 minutes and can accommodate up to 12 participants.



## SPEAKER BUREAU

This program provides direct contact with Painted Brain artists, peer leaders, and contributors who share their personal stories of lived experience, recovery, and growth, with the goal of decreasing stigma related to mental illness and mental healthcare. These talks have consistently led audience members to reconsider their ideas about people with mental illness in three key areas: reduced stigmatizing attitudes, improved attitudes about ability and potential, and increased belief in the potential for recovery. Most importantly, audience members have reported an increased likelihood of seeking mental health treatment and support.

## OUTREACH AND ENGAGEMENT STRATEGIES

Painted Brain understands the importance of being culturally competent when developing population centered outreach and engagement strategies to/for isolated communities. Painted Brain has been contracted by various agencies to provide outreach and engagement consulting services, training and implementation to better support them. Painted Brain specializes in providing outreach and engagement strategies in the areas of psycho-education, occupational therapy and mental health services.

## PAINTED BRAIN SERVICES



## ART CART- HOMELESS SUPPORT SERVICES

This is an innovative outreach program in which we take a cart of art supplies into local parks with the goal of engaging underserved and homeless individuals in creative activities and developing relationships. Through the development of these relationships we can foster trust that allows us to connect these individuals with services.

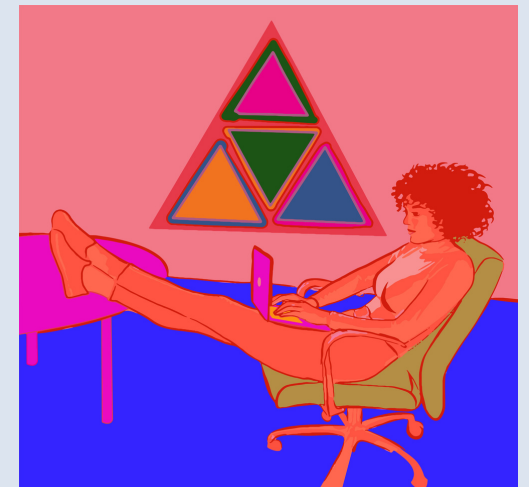
## OCCUPATIONAL THERAPY - ART OF SENSATION GROUPS

This group utilizes the Sensory Connection Program®: Curriculum for Self-Regulation and is designed to increase awareness of physical and emotional responses to stress and support incorporation of regulation strategies into participants' regular routines. Groups combine educational strategies with sensory play and can be easily adapted for less structured events or tailored for parent-child dyads.

\*Groups are 60 to 90 minutes and can accommodate up to 12 participants.

## PEER TECH

Peer Tech training programs focus on digital health literacy, digital literacy, how to create a website, social media, marketing and associate press writing. Painted Brain's Peer Tech team also provides consulting services for tech and media.





## About the Community

Painted Brain's community is made up of those who consider themselves to be a part of the community. We share some values regarding the worth of human experience and the meaning of dignity, and we generally have experiences that require us to think more intentionally about our mental health. Our community center provides a space for this community to meet. It is a space where we encourage leadership and creativity.

## VISIT US!

5980 W Pico Blvd, Los Angeles CA  
90035  
[james@paintedbrain.org](mailto:james@paintedbrain.org)  
[www.paintedbrain.org](http://www.paintedbrain.org)

## PAINTED BRAIN COMMUNITY CENTER

**A Peer-Led Space!**



# WHY DO WE NEED THE COMMUNITY CENTER?

Painted Brain started in response to a specific problem with the mental health system, the emphasis on individualized treatment. Mental illness impacts social communication, possibly the most significant impact because we are social creatures. Our ability to get our needs met depends largely on our social skills. Art and art activities promote interaction and allow for a sense of safety. Painted Brain is a collection of such activities, along with a team to help run, promote and develop it. All of this is in the service of building communities of artists. Ultimately we see art and group activities becoming a focus of mental health policy and service provision.

We need a place where people with extreme emotions and intense, non-typical mental experiences can come together and make something happen. We hope that Painted Brain is that place. Our potential is limitless.



## Becoming part of the community...

Painted Brain's community meeting (currently 2 pm Mondays at our headquarters) has been running continuously, weekly, for most of the ten-year history of Painted Brain, across many venues and with many hundreds of participants. The meeting is a chance to talk about the community, provide updates on activities, and discuss challenges and opportunities facing people in the community. This is a great first place to start.

However, we run an open community and invite interested parties to literally just show up and get involved. See our calendar here for our current hours and opportunities.

## For the people by the people.

Painted Brain is run by people from all economic and professional levels who are invested in Mental Wellness both personally and societally. We believe that Mental Health is as ubiquitous as Physical Health and deserves as much care. The Painted Brain Community Center is just one way Painted Brain is bringing health and wellness to anyone who needs it.

The community center employs many people, all of who make sure people feel welcome and find the means to create. The community center also has the support and presence of social work interns and occupational therapy students running some activities and providing individualized support to motivated artists with specific professional goals.

## Community Center Showcase

If you are interested in having one of our services at your agency, come to our community center and join a group! Groups ran at the the community serve as a great showcase for potential services that you want to bring to your agency.

# We THE COMMUNITY



## INSIGHT INTO OUR PROGRAMING:

Painted Brain has a number of programs and ways for you to get involved in our work. We have a vibrant, online space where individuals can connect and form a sense of community. If you are active on social media, please check out our Instagram, Facebook (Meta), Twitter, TikTok and Clubhouse to find ways to get involved with our various services and communal spaces. Google search "Painted Brain" to find our clubs and handles. If you're a blogger, consider writing for our blog covering topics ranging from mental health, technology and the arts.



## OUR CURRENT PROGRAMMING:

**CRG:** Project New Start - This initiative offers assistance and resource training to individuals with a history of incarceration to assist with clearing their records and finding work.

**CalHope: Crisis Counseling-** Our crisis counselors are available weekly to help individuals dealing with feelings of isolation and other difficulties due to COVID-19. Individuals can visit our webpage and schedule an appointment with a counselor of your choice.

**Online Zoom Groups** - Painted Brain offers a variety of groups via Zoom for individuals to find support and experience a sense of community while isolating at home.

**Digital Health Literacy Training** - Painted Brain offers a variety of technology training to the community to improve skills in digital health literacy and technology training to improve job readiness, sustainability, and overall wellness.

**Occupational Therapy:** Painted Brain offers a line of outpatient occupational therapy services to assist individuals in engaging with client-centered, meaningful activities.



## Join Our Community



Phone: 213 . 289 . 3578

Email: [Hello@paintedbrain.org](mailto:Hello@paintedbrain.org)

Address: 5980 W. Pico Blvd.

Los Angeles, CA, 90035





## OUR MISSION

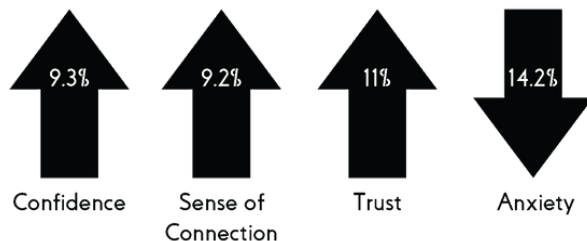
Painted Brain creates lasting, community-based solutions to mental health challenges and social injustices through arts, advocacy and enterprise.

## OUR COMMUNITY

Painted Brain continually works toward building a dynamic community of artists, activists and technophiles living with mental illnesses. We create TikTok and Youtube videos, Zoom and Clubhouse groups, Instagram and Facebook posts, as well as a variety of other social media content. Painted Brain has a growing viewership of over 500,000 across all of our platforms.

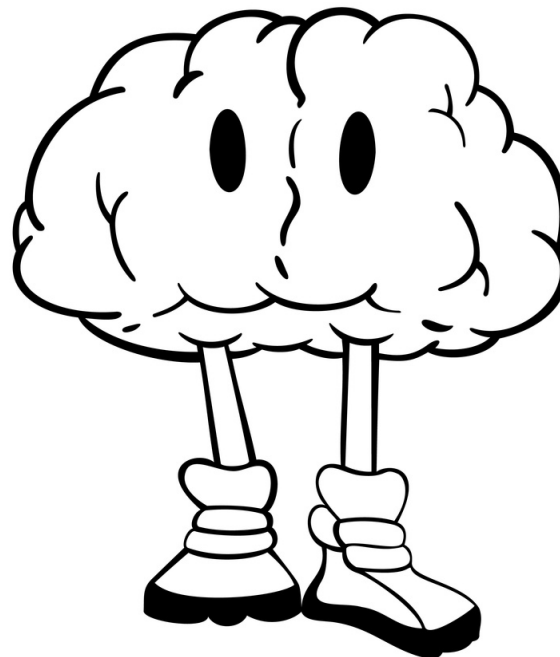
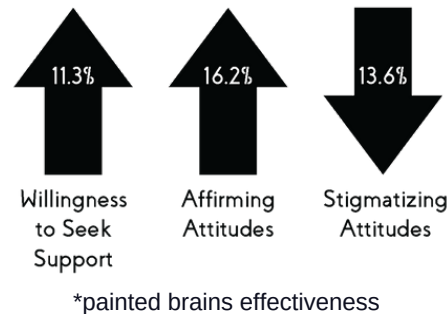
## GROUP SERVICES

While we are growing out of our community center in Mid-City Los Angeles, Painted Brain offers a variety of free, public online groups including training centered around specific populations and interest areas such as social/emotional support and our technology training programs. For lists of groups and how to join, please visit [PaintedBrain.org](https://PaintedBrain.org) and click the "Free Groups" button in the second panel titled "Groups".



## SPEAKERS BUREAU

Through personal storytelling, we bring a message of hope and inspiration to audiences ranging from high school to graduate school students, mental health consumers, to policymakers, and community leaders.



## TESTIMONIALS

"Nobody sends flowers when you're in the mental hospital, but Painted Brain is there when you get out. Their creative community is changing the way people think about mental illness." —Elyn R. Saks - Legal Scholar and Mental Health Advocate

"Painted Brain Art Groups give our residents something to do while they are here and somewhere to go when they move out." —Micheal G. Meye - Executive Director of Meadowbrook Behavioral Health Center

"The high school students of New Roads School benefit every time they hear stories from Painted Brain speakers. Through personal anecdotes and experiences, students put a face to someone with mental illness while stereotypes and preconceived notions are debunked. Our community benefits knowing that Painted Brain exists." —Josie Breger, LCSW - High School Counselor at New Roads School

"Connections to others and a sense of belonging is vital and essential to the recovery process. The Painted Brain has provided such an important connection and creative arts community using the commonality of mental illness for over ten years. The Painted Brain has been of tremendous value to many Step Up members during that time." — Tod Lipka, CEO of Step Up on Second

.....  
@thepaintedbrain

