

## **Arts for Adult Resiliency and Social Connectedness**

**Program Description:** This new artistic self-expression selective prevention program helps individuals resolve conflicts, be problem solvers, develop interpersonal skills, manage behavior, reduce stress, increase self-esteem and self-awareness and achieve insight. The arts are universal in their power to express the range of human emotion and, therefore, accessible to all underserved cultural and racial/ethnic populations.

Program Update: BHRS issued a Request for Proposal, and unfortunately received no response. Currently, BHRS has initiated a process to restructure the program.