



STONECREST
CENTER

A Behavioral Health Hospital

Internship Summary

Amelia Brown
1/13/20 – 7/22/20

StoneCrest Center

- StoneCrest Center is an inpatient psychiatric hospital located in Detroit.
- We take people in crisis from all over Michigan.
- Typically people come straight from the ER or are petitioned to come by a therapist, doctor, police officer, case worker, etc.
- People can also voluntarily admit themselves.



What to Expect

- The average length of stay at StoneCrest Center is 7-10 days, but they can be longer or shorter depending on the situation.
- Stays vary on diagnosis, cooperation and participation in the program, and availability in housing or placement after leaving the facility.
- Patients are expected to see their doctors, take their medications, participate in groups, practice good hygiene, and eat all of their meals.



Group Therapy

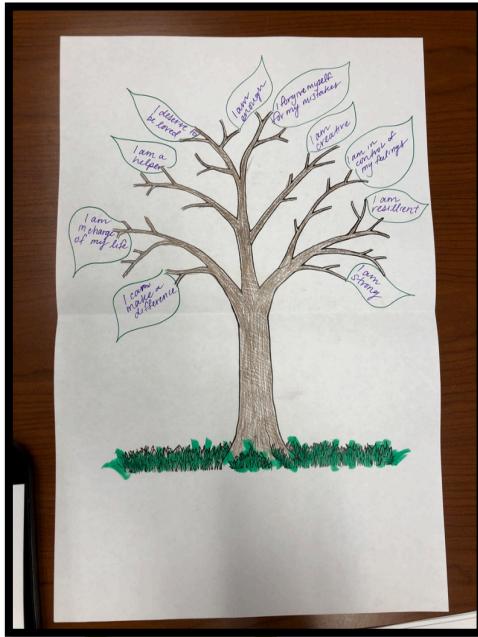
- In addition to art therapy groups, patients are offered various clinical group therapy, activity therapy, music therapy, and social groups several times a day.
- Art therapy is offered and is considered to be part of the activity therapy department.
- The art therapist at StoneCrest right now is also a clinical therapist, so she has many other responsibilities including a case load.
- StoneCrest is currently looking for an art therapist to work in the activity therapy department again.



Group Art Therapy

- Some examples of groups I have lead on my unit at StoneCrest Center:
 - Affirmation Trees
 - Road Drawing
 - Peaceful Place
 - Dream Catchers
 - Ugly Art
 - Torn Paper Images
 - Distorted Coloring
 - Outside/Inside Boxes
 - Blackout Poetry





Group Art Therapy

- **Affirmation Trees**
- Client receives an outline of a tree with no leaves, and a list of positive affirmations.
- They are to either choose affirmations from the list, or make up their own, and add them to the tree and decorate it.
- The tree and affirmations represent them.



Group Art Therapy

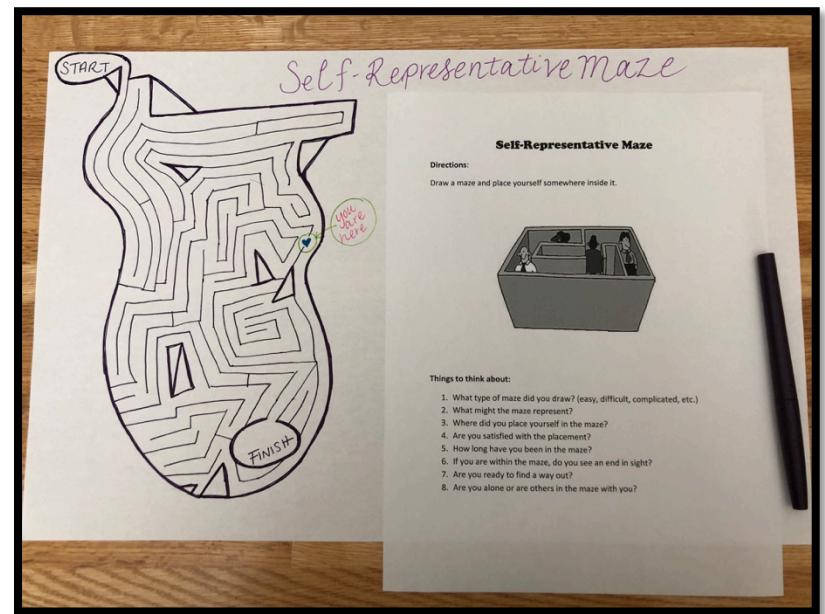
- **Inside/Outside Boxes**
- The outside of the box represents what you put out to the world, and the inside is your true inner self.



Group Art Therapy



- “Peering Out”
- “Self-Representative Maze”

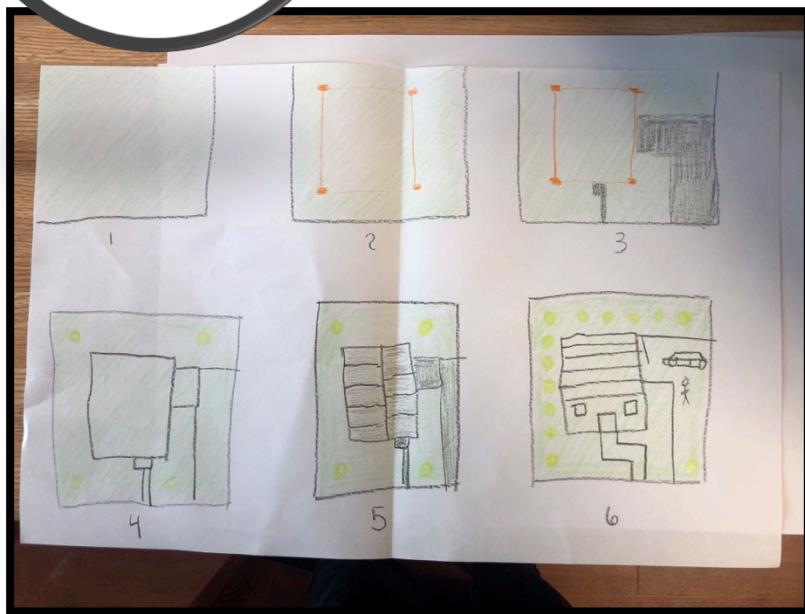


- Things to think about:
1. What type of maze did you draw? (easy, difficult, complicated, etc.)
 2. What might the maze represent?
 3. Where did you place yourself in the maze?
 4. Are you satisfied with the placement?
 5. How long have you been in the maze?
 6. If you are within the maze, do you see an end in sight?
 7. Are you ready to find a way out?
 8. Are you alone or are others in the maze with you?

Group Art Therapy



- “Growth and Self-Awareness”
- “Expectation Vs. Reality”





Individual Art Therapy

- One of my favorite projects that I did with a client at StoneCrest was a goal drawing.
- I thought it was appropriate for this setting because I had a client who was going through a lot of life changes and was working on figuring it all out while he was in the hospital.
- I created a worksheet to help him get started and afterward he made a drawing to represent it.
- He created this sunflower to represent the goal and asked me to do the calligraphy.

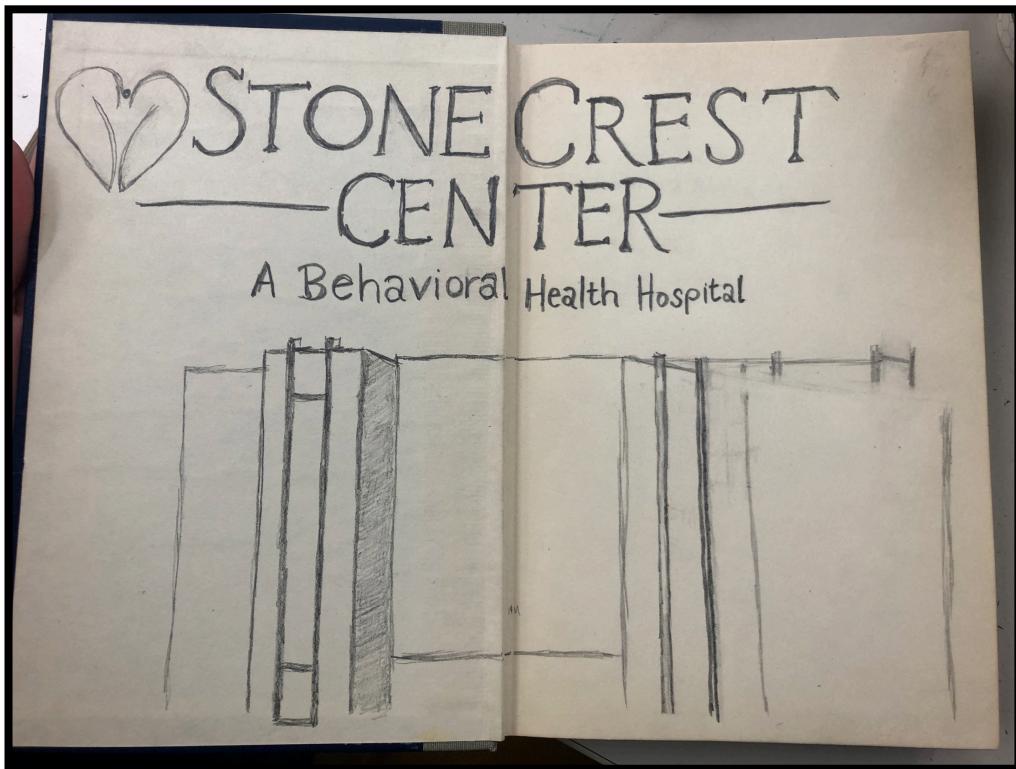
Responsive Art Piece



■ **Altered Book**

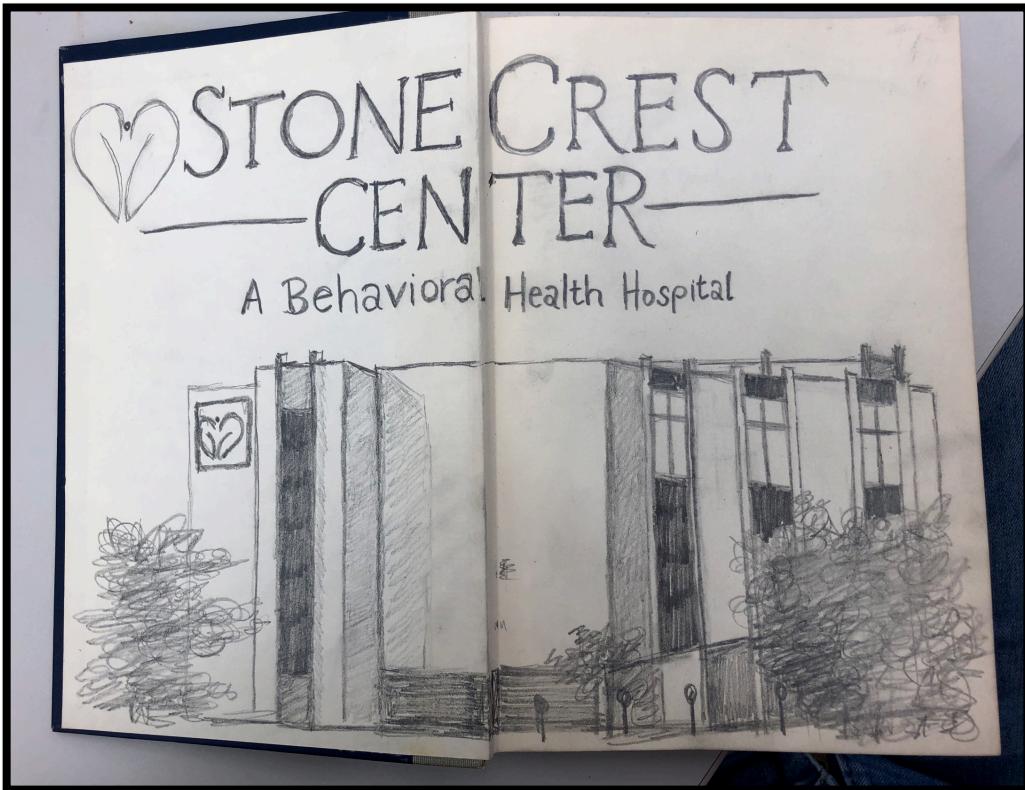
- I decided to make an altered book as my responsive art piece to internship.
- I wanted my journey to be able to be told as a story, because I knew that was what I would be going through there.
- I was able to document each week or each significant feeling/event on a different page, and what I was going through and feeling on that day.
- I found it to be a very effective way to document my internship.

January 24, 2020



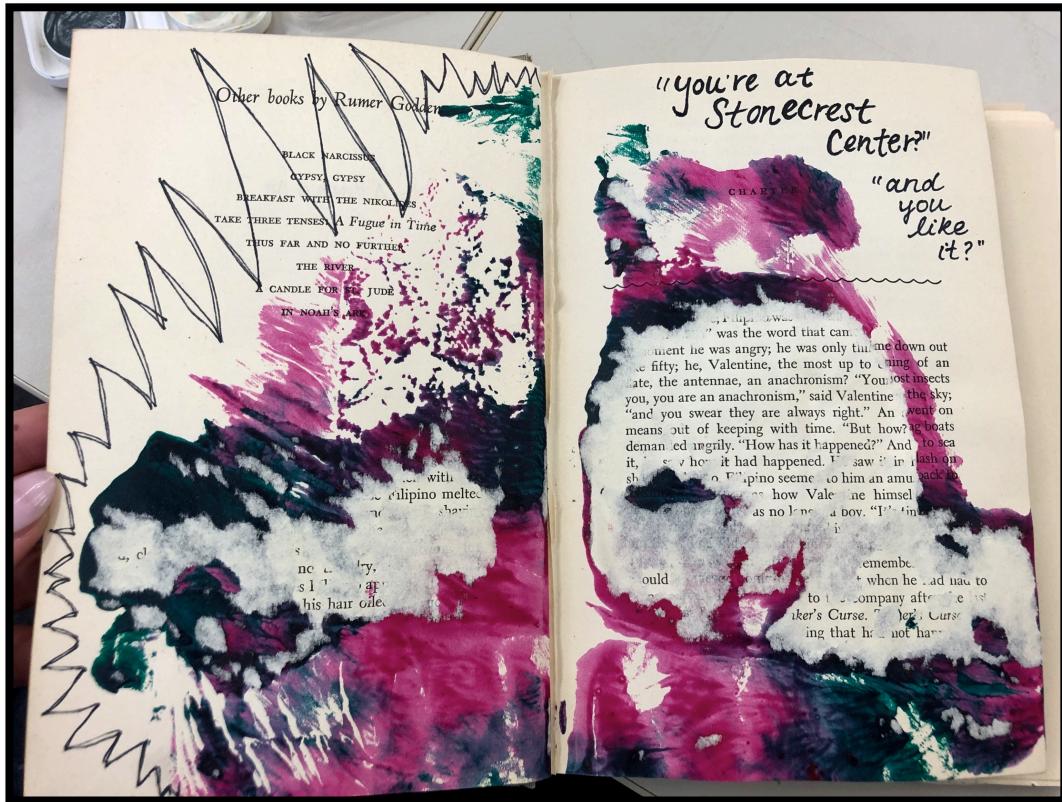
- This was after my first week at StoneCrest. Our first whole week was training, I had to go through the same training as the employees so it took several days.
- I didn't exactly know what to think yet and I think this first page really shows that.

February 7, 2020



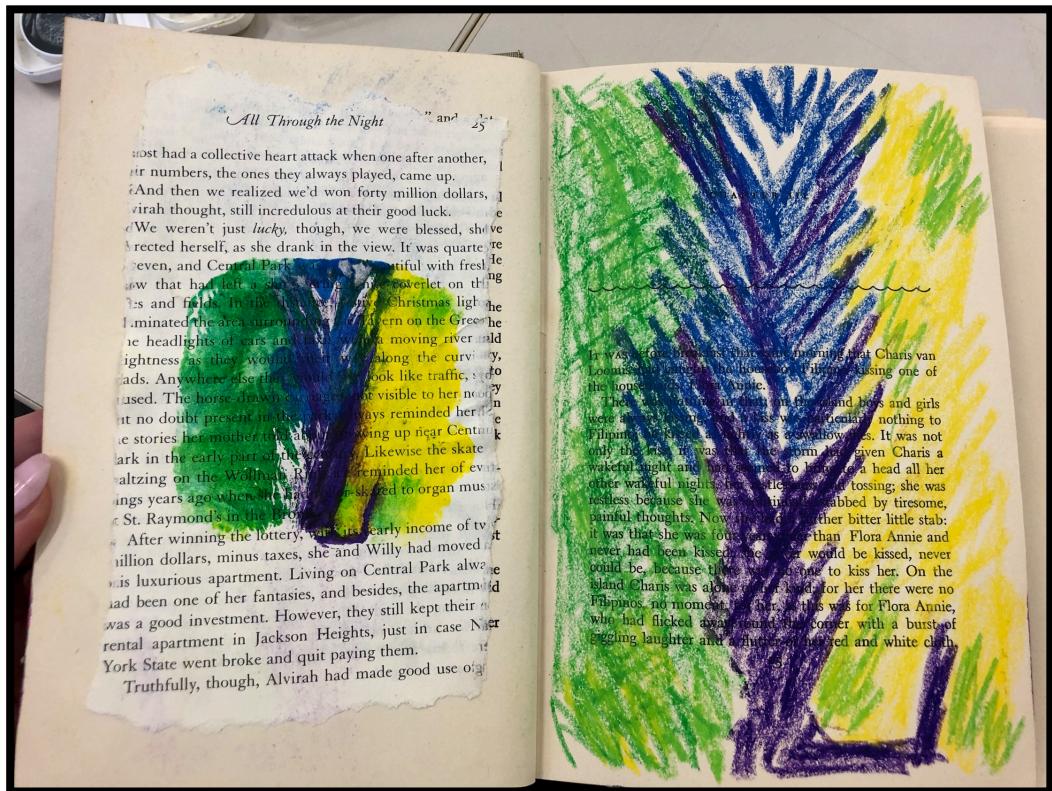
- Two weeks later I was starting to get a handle on how things were. I finished the sketch of the building.
- I chose to use pencil because it is a medium I never use and this placement seemed familiar yet out of my comfort zone.

February 7, 2020



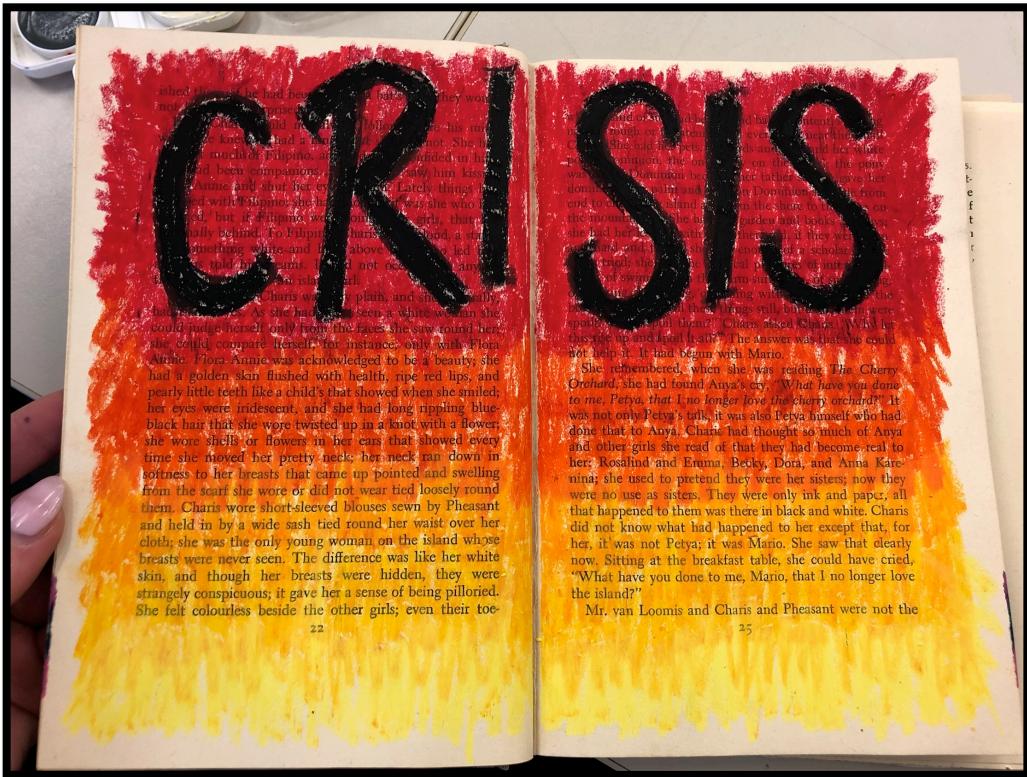
- This week, I was truly trying to find myself at StoneCrest. I was starting to fall into a rhythm but also feeling sort of replaceable.
- I didn't know what art to make on my piece for the week so I used the art experiential we were learning that day for inspiration.

February 21, 2020



- This was another responsive art piece using the printing we learned in class.
- Afterward, I made a copy of the drawing in pastel.
- I think it represented me trying to fit in at StoneCrest and as an art therapist.

February 21, 2020



ished themself he had been in love with her. They were from the same island, and they had been together ever since his mother had found him a home in the capital. She had been a widow, and he had been a boy. They had been companions, and she had seen him kiss Flora Annie and other even older girls. Lately things had changed, but if Flamingo were only a girl, that would not have been so bad. To Filomena Charis had seemed a strange something white and blue above the island, and led her to think that the island was not the only thing that was strange.

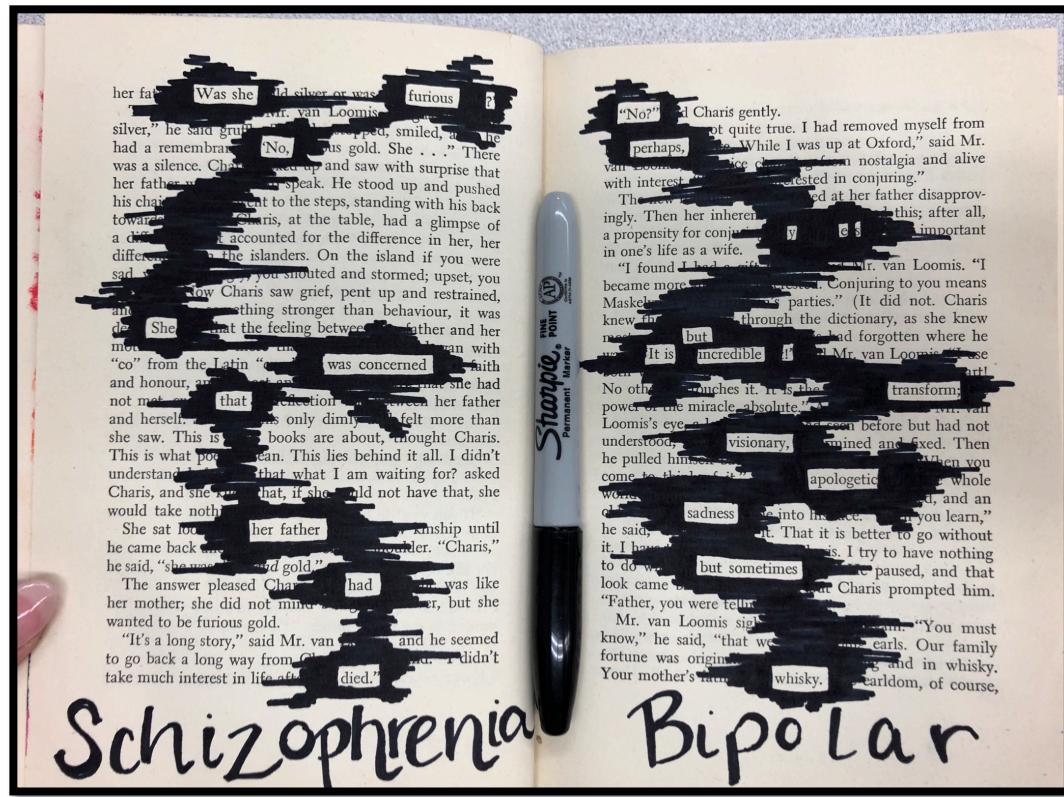
Charis was plain, and she was ugly. As she had never seen a white woman she could judge herself only from the faces she saw round her; she could compare herself, for instance, only with Flora Annie. Flora Annie was acknowledged to be a beauty; she had a golden skin flushed with health, ripe red lips, and pearly little teeth like a child's that showed when she smiled; her eyes were iridescent, and she had long rippling blue-black hair that she wore twisted up in a knot with a flower; she wore shells or flowers in her ears that showed every time she moved her pretty neck; her neck ran down in softness to her breasts that came up pointed and swelling from the scarf she wore or did not wear tied loosely round them. Charis wore short-sleeved blouses sewn by Pheasant and held in by a wide sash tied round her waist over her cloth; she was the only young woman on the island whose breasts were never seen. The difference was like her white skin, and though her breasts were hidden, they were strangely conspicuous; it gave her a sense of being pilloried. She felt colourless beside the other girls; even their toe-

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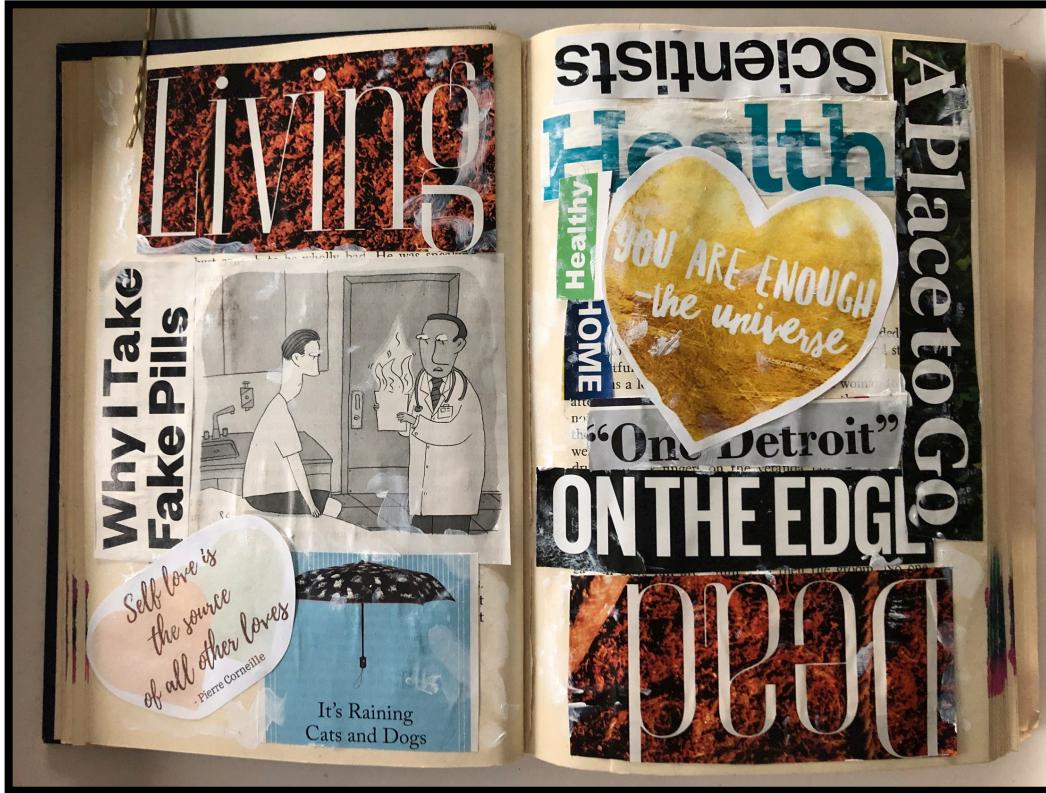
- This was a hard week for my patients. There were a lot of people in and out that needed a lot of help.
- I stuck with pastels because I am comfortable with them and I needed some security this week.

March 6, 2020



- This week I had my group do blackout poetry.
- To be fair, I decided to try it in my altered book this week.
- I came up with two different poems that I thought described perfectly what most of my patients go through daily.

March 16, 2020



- Coronavirus has everything shut down. I'm still going to StoneCrest because they really want me there.
- Today I decided to do some collage as a stress reliever.
- These are all words and photos I already had cut out that I thought were relevant with my patients.

March 16, 2020



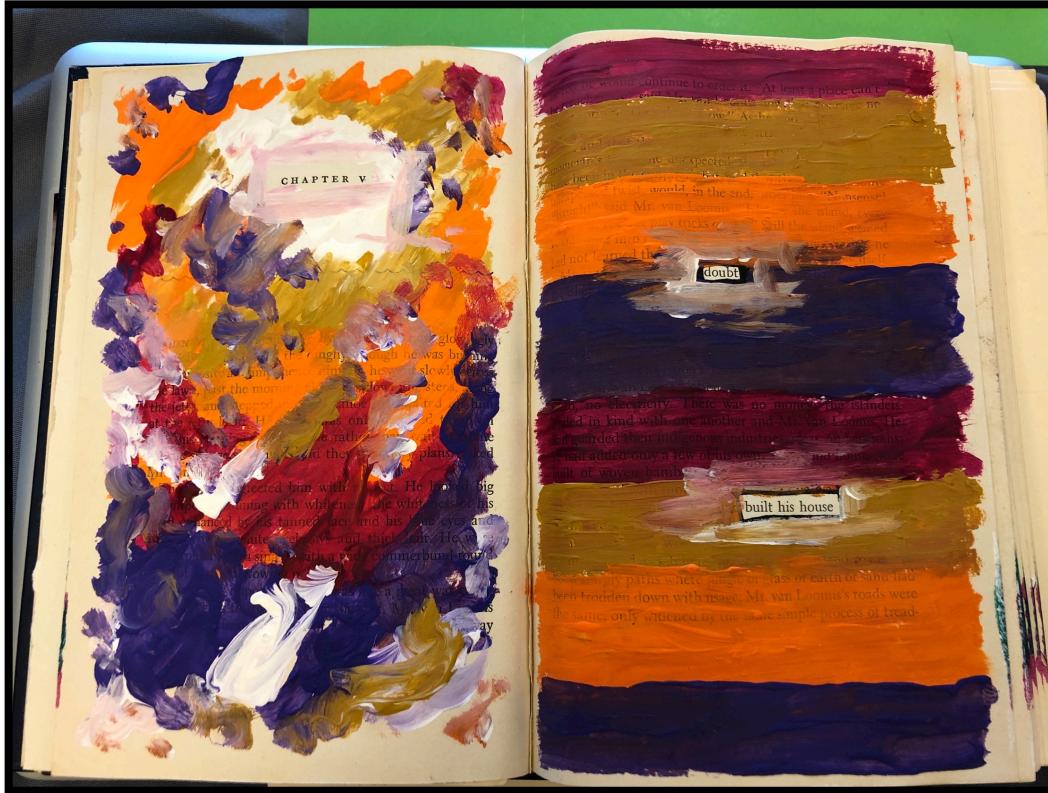
- I used acrylic paint in my book today as well.
- I've been getting more creative in my groups and trying new things with my patients.
- I am definitely getting more comfortable in leading groups that ultimately may fail.

March 16, 2020



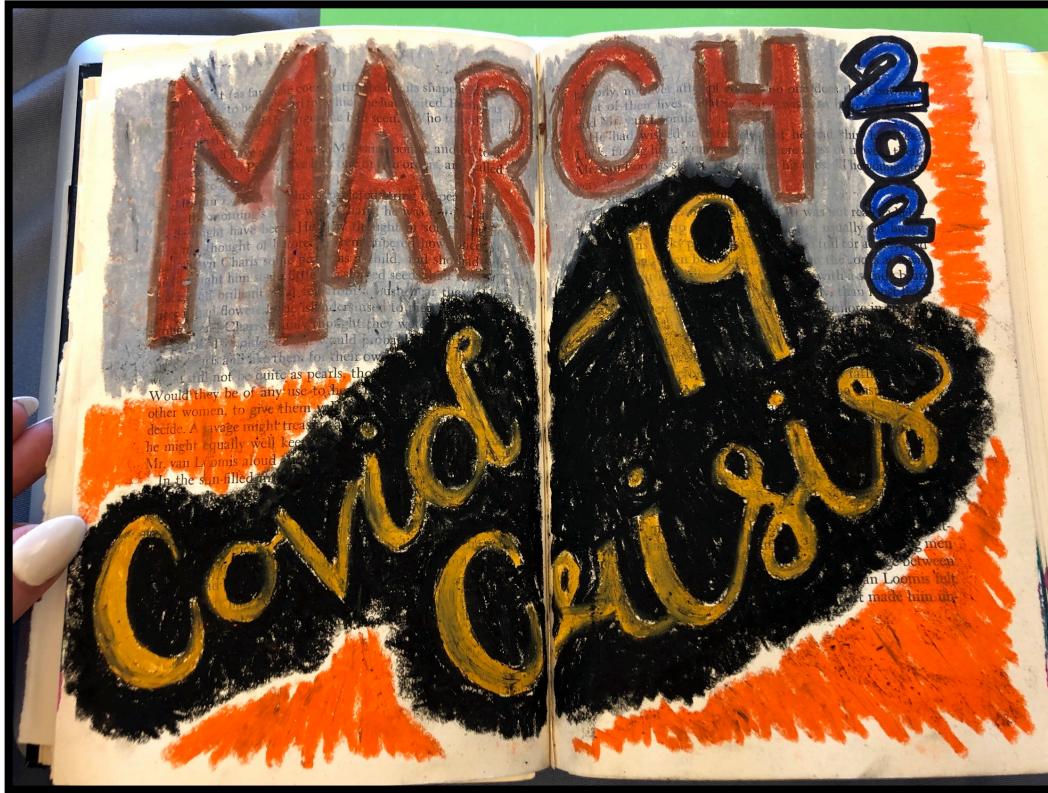
- Everything is kind of crazy with the Coronavirus so this was a reflection of that.
- Everything at StoneCrest Center is on edge with one unit being a quarantine.
- What is happening??

March 20, 2020



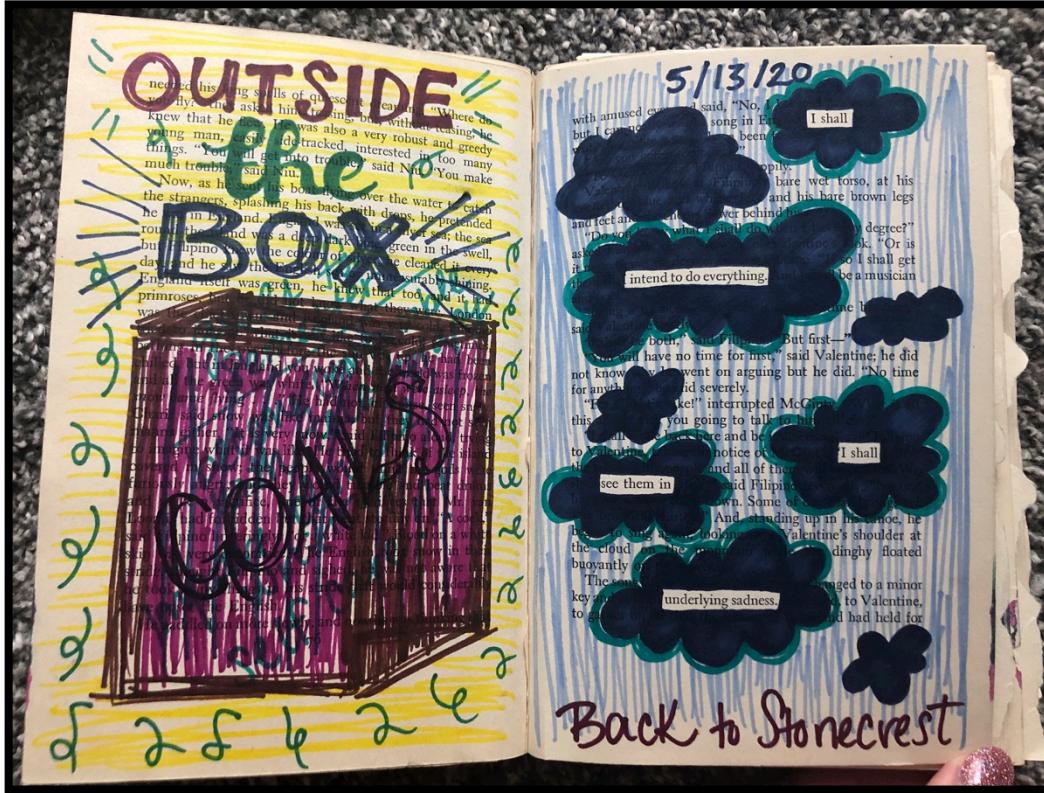
- Another acrylic paint response to the night and day craziness that Coronavirus has brought on this life.
- I made this with leftover paint from another piece I was working on. I feel inspired to use leftover paints to make new things.

March 20, 2020



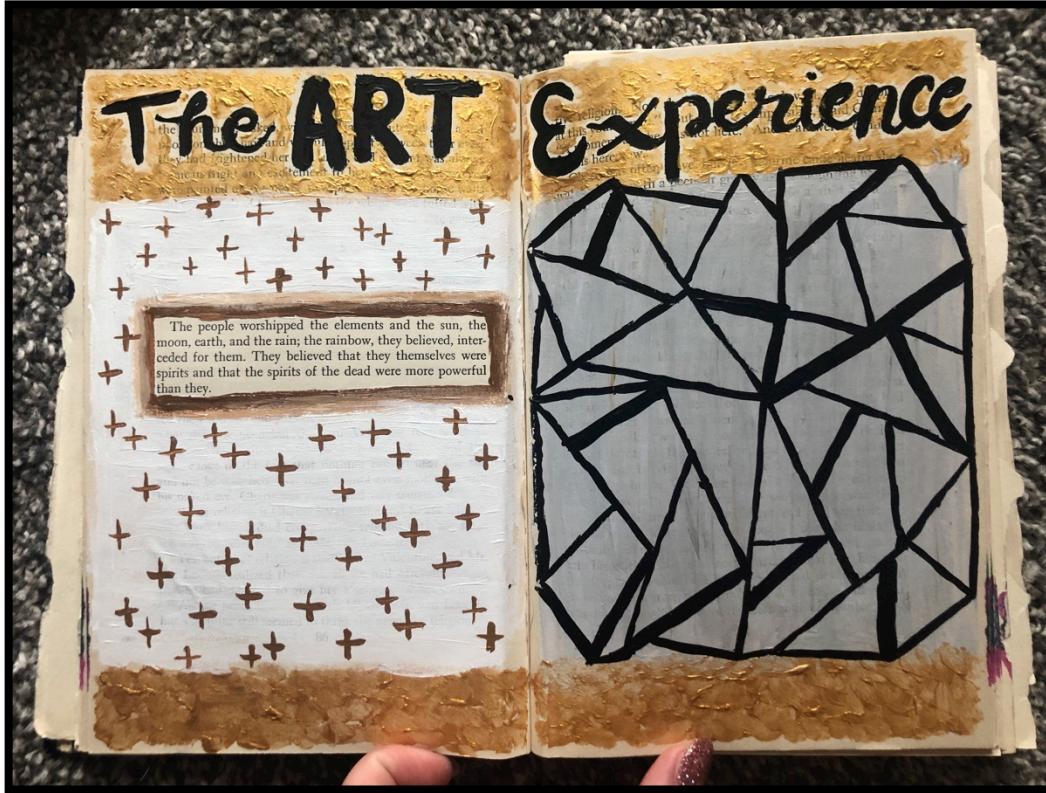
- This piece was a pastel depiction of how this crisis is making me feel inside.
- The black represents some dread, as well as alarm from the orange.
- Everyone at StoneCrest and at my job with seniors are freaking out and its hard to stay calm.

May 13, 2020



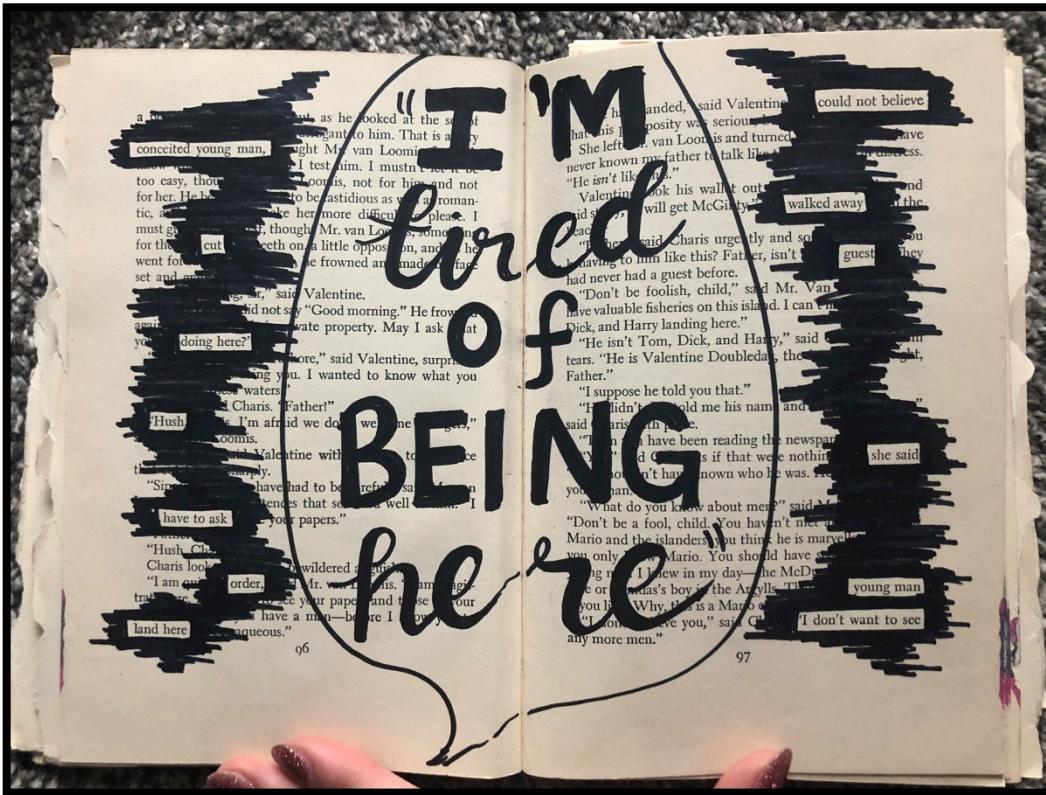
- This was my first piece after I returned to my internship after being off for over a month due to Covid-19.
- Initially I had stopped going because I was afraid of contracting the coronavirus, but I ended up getting it anyway at work. I was sick for 6 weeks.
- This is a depiction of a new way of thinking for the rest of internship.

May 14, 2020



- This piece was created after my first open studio with the Art Experience.
- Open studio was conducted online due to Covid-19, and it was definitely an experience.
- I tried to represent a stained glass effect with acrylic paint. The whole online thing seemed fragile and foggy.

May 27, 2020



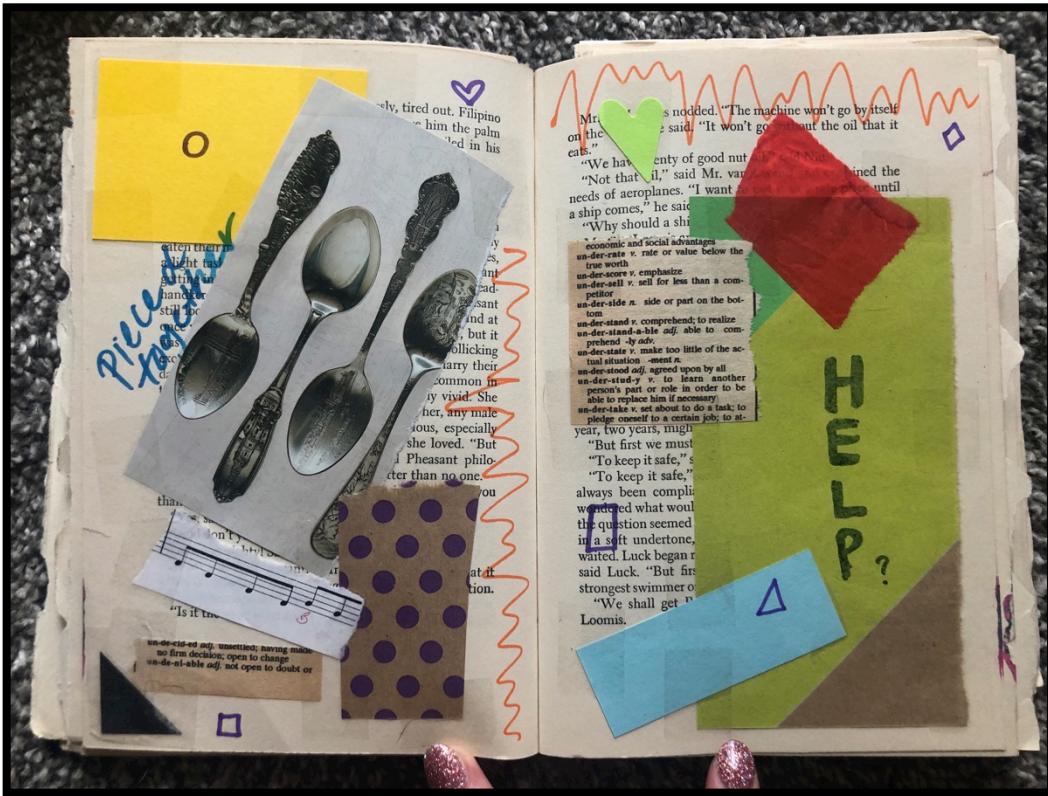
- This piece was inspired by one of my patients. He kept saying “I’m tired of being here” every time I came onto the unit.
- At this point I began to feel similarly, but in relation to not seeing an end in sight in internship or in Covid-19.
- I included some inspired blackout poetry on each side.

June 11, 2020



- This piece was inspired by my first one on one art therapy session at StoneCrest.
- The tree is done with oil pastels which is my most comforting medium.
- I felt accomplished and happy because I actually enjoyed it whereas I didn't know if I would.

June 24, 2020



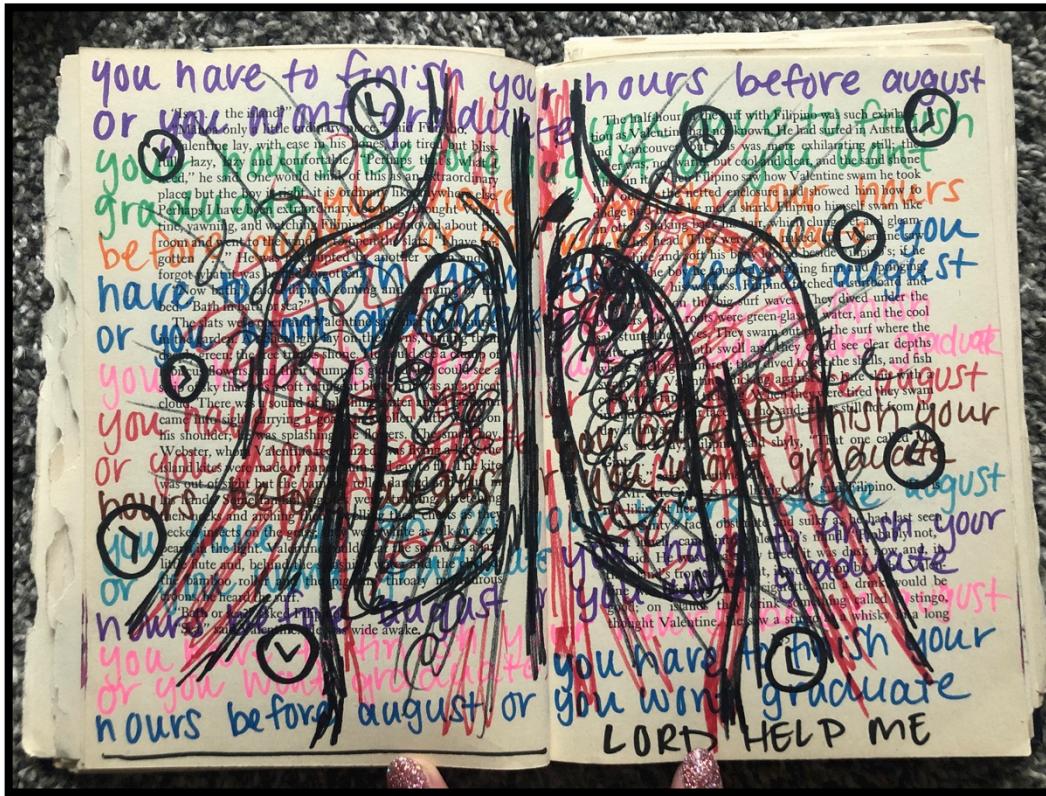
- This piece was inspired by the fact that the end of the semester was rapidly approaching and I felt like I was trying to piece together everything in time for graduation.
- I also started taking on more groups and responsibilities at StoneCrest.

July 1, 2020



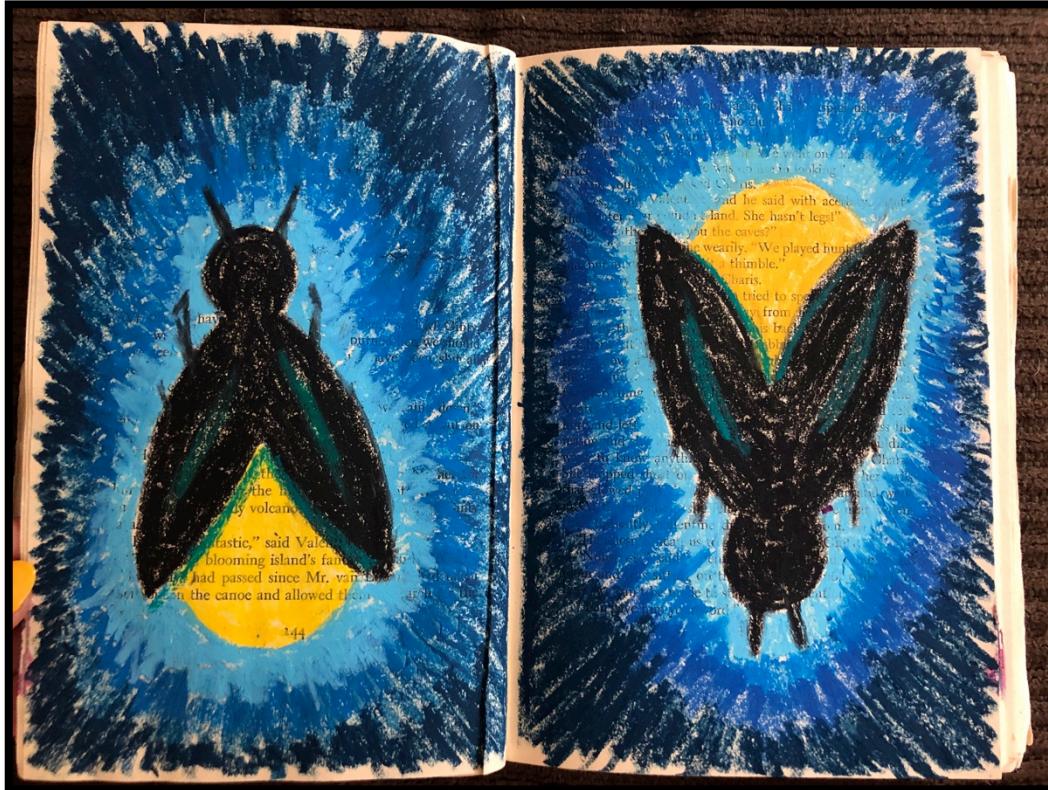
- This piece was a pastel depiction of how my feelings feel so opposite about the end of the semester next month.
- On one side, I am excited for everything to be over.
- On the other side, I am anxious that everything won't be completed in time.
- Somehow they are similar feelings.

July 6, 2020



- This piece was done with sharpies.
- Originally it was to represent the anxiety I've been feeling about finishing all of my hours.
- Afterward, I realized it could also be another indication of the anxiety that Covid-19 itself has caused.

July 15, 2020



- This piece was done with oil pastels.
- It represents the light at the end of the tunnel with internship.
- Groups have become way more comfortable and I'm finally seeing an end in sight hours wise.
- The lightning bugs are my symbol of hope.

Conclusion

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- I have learned a lot more about crisis, inpatient settings, and mental health since being at StoneCrest Center.
 - I have learned a lot of valuable things about both group art therapy and individual art therapy.
 - I have learned a lot about groups not going as planned and figuring out something else to do in the moment.
 - I plan on accepting the position as their staff art therapist in the activity therapy department once I receive my degree.

Conclusion



- Unfortunately, I didn't get to spend any time at the studio at The Art Experience due to Covid-19.
- I helped with several online Open Studios and it helped me get used to online sessions with clients.
- It was difficult because I didn't know what types of art supplies they would have at home, or if they would be motivated to make art.
- I also built some relationships with other Art Therapists here.

Potential Job Sites



MAAT
MICHIGAN
ASSOCIATION OF
ART THERAPY

- Inpatient
 - **StoneCrest Center – Detroit**
 - Harbor Oaks – New Baltimore
- IOP's
 - New Oakland Family Centers – Clarkston
 - River's Bend – Detroit
 - Bald Mountain Behavioral Medicine – Lake Orion