

# News Release: Manatee Glens

P.O. Box 9478, Bradenton, FL 34206-9478 ☎ 941-782-4299 ☎ Fax: 941-782-4301 ☎ [www.manateeglens.org](http://www.manateeglens.org)

Staff name: Sondra Guffey

Email: [Sondra.guffey@manateeglens.org](mailto:Sondra.guffey@manateeglens.org)

Phone: 941-782-4320

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## **Expressive Arts Enhance Healing at 5<sup>th</sup> Annual Art In Recovery Exhibit**

BRADENTON – Manatee Glens’ Expressive Arts Therapy program participants will feature their artwork at an exhibit at Still Life in G gallery in the Village of the Arts in Bradenton during the month of October. The exhibit begins with a public reception on Friday, October 5 from 6 to 9:30 in the gallery at 1014 12<sup>th</sup> Street West in Bradenton. Art in Recovery 2012 includes the artwork of adults, children and adolescents in various programs at Manatee Glens. This juried art show includes a wide range of media and art forms. There are prizes for the first and second place artists. A few participants will also read some of their original poetry.

This unique program is under the direction of Licensed Mental Health Counselor and Certified Expressive Arts Therapist Deborah McKeever who is the supervisor of Manatee Glens Outpatient Detox. “Expressive arts give Manatee Glens clients and patients new ways to self soothe, state healing intentions, increase self-awareness and regulate emotions,” explained McKeever, who is also owner of Still Life in G gallery. “Expressive arts therapy is an avenue for self-expression for the many clients who have difficulty verbalizing what is going on.”

Manatee Glens offers expressive arts for children and adolescents in the day programs as well as adults in detox and intensive outpatient and inpatient programs. The participants come from various backgrounds and walks of life, and each experiences the arts differently. Client-artist Lin said she likes to work with the paint in her hands. “I listen to music and I get inspired. I move my hands over the paint, and it turns out free-flowing...I feel like it is a release. I studied at the Rhode Island School of Design. But the art I like the most came after my illness. It’s a blessing.”

Manatee Glens plans to introduce expressive arts groups in every program. The healing power of arts is assisting clients along their roads to recovery. “I often ask the clients in outpatient detox to identify what they are feeling with an emotional weather report,” McKeever explained. “They start with lots of clouds, and as they work through treatment, eventually the sun pokes through.”

The Still Life in G gallery is open the first Friday evening of every month and every Saturday from 11 am until 4 pm. It is convenient to many restaurants and other galleries and shops, making it an enjoyable destination for the evening or weekend. There is no charge to attend the opening reception on October 5.

For more information about Manatee Glens, or to schedule an interview with Mary Ruiz, President/CEO, please call 941-782- 4320 or e-mail [Sondra.guffey@manateeglens.org](mailto:Sondra.guffey@manateeglens.org) or visit [www.manateeglens.org](http://www.manateeglens.org).

Manatee Glens is a specialty hospital and outpatient practice in the Tampa Bay area treating mental health and addictions in youth, adults and seniors.

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Photo: Lin with one of her original paintings

Photo: City by Kathy Gibbs