

CALL FOR ART
The Art of Mental Health
A Juried Visual Art Exhibit

November 12th, 2019 – January 24th, 2020

Rubenstein Arts Center (“The Ruby”) at Duke University
2020 Campus Drive
Durham NC, 27705

Artists are invited to submit an original work that highlights mental health and wellness, with a specific focus on leveraging strengths, sources of resilience, or cultivating emotional well-being. Each work will be accompanied by a brief story describing how the work (either the subject matter or the process of creating it) showcases active efforts toward wellness.

Entry deadline: October 1st, 2019

EXHIBIT SUMMARY:

Maintaining our mental health and wellness requires intentional work, and this effort reflects both science and art. The science of mental health refers to research about factors that generally contribute to improved well-being – such as exercise, consistent sleep, being in nature, engaging in enjoyable activities, and doing things that give us a sense of accomplishment. The art of mental health is determining which specific factors are important to our own unique sense of wellness. The art of mental health is experimenting and determining what works for us as individuals to improve or maintain our emotional wellness.

In this exhibit, we will showcase visual art work that highlights active efforts toward creating or maintaining mental health and wellness. We are interested in curating an exhibit that displays many unique and personalized interpretations of the art of mental health, so we welcome a wide variety of submissions. Please refer to the end of this announcement for a sample work and sample story.

CALENDAR:

Call for artists:	August 1 st – October 1 st , 2019
Entry deadline:	October 1 st , 2019
Notification of acceptance:	October 18 th , 2019
Hand-delivery of accepted work:	November 8 th , 2019, 10am – 2pm & November 9 th , 2019, 1-4pm
Exhibit dates:	November 12 th , 2019 – January 24 th , 2020
Opening reception:	November 14 th , 6 – 8pm
Hand-removal of works:	January 25 th , 2020, 1-5pm

GUIDELINES:

Submission process:

Artists will submit their entry materials by email: miller@tapclinicnc.com. Please submit 1 work for consideration with 1-4 images of the work in JPEG format, along with the artist entry form. Please also include a brief story, of less than 300 words, describing how this work (either the subject matter or the process of creating it) showcases active efforts toward wellness. Please include “the art of mental health exhibit entry” in the email subject line with your complete submission.

Size limits and presentation:

Any type of visual art will be considered. There will be a limited number (6 or less) of pedestals to showcase works that cannot be hung, so works that can be hung have a greater probability of acceptance. All 2D or 3D works that can be hung must be submitted with wire attachments and be completely ready to securely hang. Please do not use sawtooth or alligator hangers. Please ensure that photos are framed and canvases are finished appropriately.

Entry fee:

There is no entry fee and each artist may submit 1 work for consideration. Please contact Melissa (miller@tapclinicnc.com) if you have any questions about your submission or the process.

Delivery and pick-up:

All works must be hand delivered during the delivery windows specified above, and artists must take any packing or transport materials with them after delivery. Special accommodations (e.g., a cart) must be requested and confirmed ahead of time. All works must be picked up during the pick-up window specified above. Any works remaining 1 week after the pick-up date will be donated.

Insurance:

Duke University will provide insurance while the exhibit is in its possession. The artist will provide the Campus Center Art Committee with a list of works and their values for insurance purposes no later than two weeks prior to the arrival of the works on campus. Insurance is on a wall-to-wall basis against all risks of physical loss or damage from any external cause except: wear and tear, gradual deterioration, and other standard exclusions contained in fine arts insurance policies. Artists with exhibits valued in excess of \$100,000 must contact the Director of Student Involvement to make special arrangements for coverage.

Reproduction of images:

Images of works in this exhibit may be used for archival purposes or publicity, including (but not limited to): social media, websites, publications, and videos. By submitting a work, artists agree that images of their work can be used in this manner. Of course, copyright will remain with the artists, and all images will be credited appropriately.

About The Rubenstein Arts Center ("The Ruby"):

The Ruby is a hub for artistic production at Duke University and a new arts venue for the Triangle. Students, faculty, visiting artists, and other collaborators come together in flexible project studios to hone their skills and create new work. It sits along Campus Drive, a short walk from the Nasher Museum of Art and the Sarah P. Duke Gardens, with glass facades through which the making of dance, film, visual art, theater and other art is visible.

About Melissa Miller:

Melissa Miller is a psychologist by day and an artist by night. She earned a Ph.D. in Clinical Psychology, and she worked at Duke University Medical Center from 2012-2019. Melissa is joining the team at the Triangle Area Psychology Clinic in August 2019, where she will continue to promote mental health and wellness. Melissa is an avid art collector and supporter, and creating and consuming art helps her to stay grounded, evoke creativity, feel fervent emotions, and connect with others. The Art of Mental Health Exhibit is a synthesis of two things that she loves, and she is thrilled to share this with her community. Melissa really appreciates your support and enthusiasm!

**The Art of Mental Health
Artist Entry Form**

Submission deadline: October 1st, 2019 (11:59pm)

Please submit materials to: miller@tapclinicnc.com

Artist name:

Title of work:

Year of work:

Value of work:

Medium/media:

Artist website:

Dimensions:

Height:

Width:

Depth:

If selected, are you able to deliver your work during the delivery window?

Yes

No

If selected, are you able to pick-up your work during the pick-up window?

Yes

No

Do you need any special accommodations for delivery or pick up?

Yes

No

If yes, please describe:

Submission checklist:

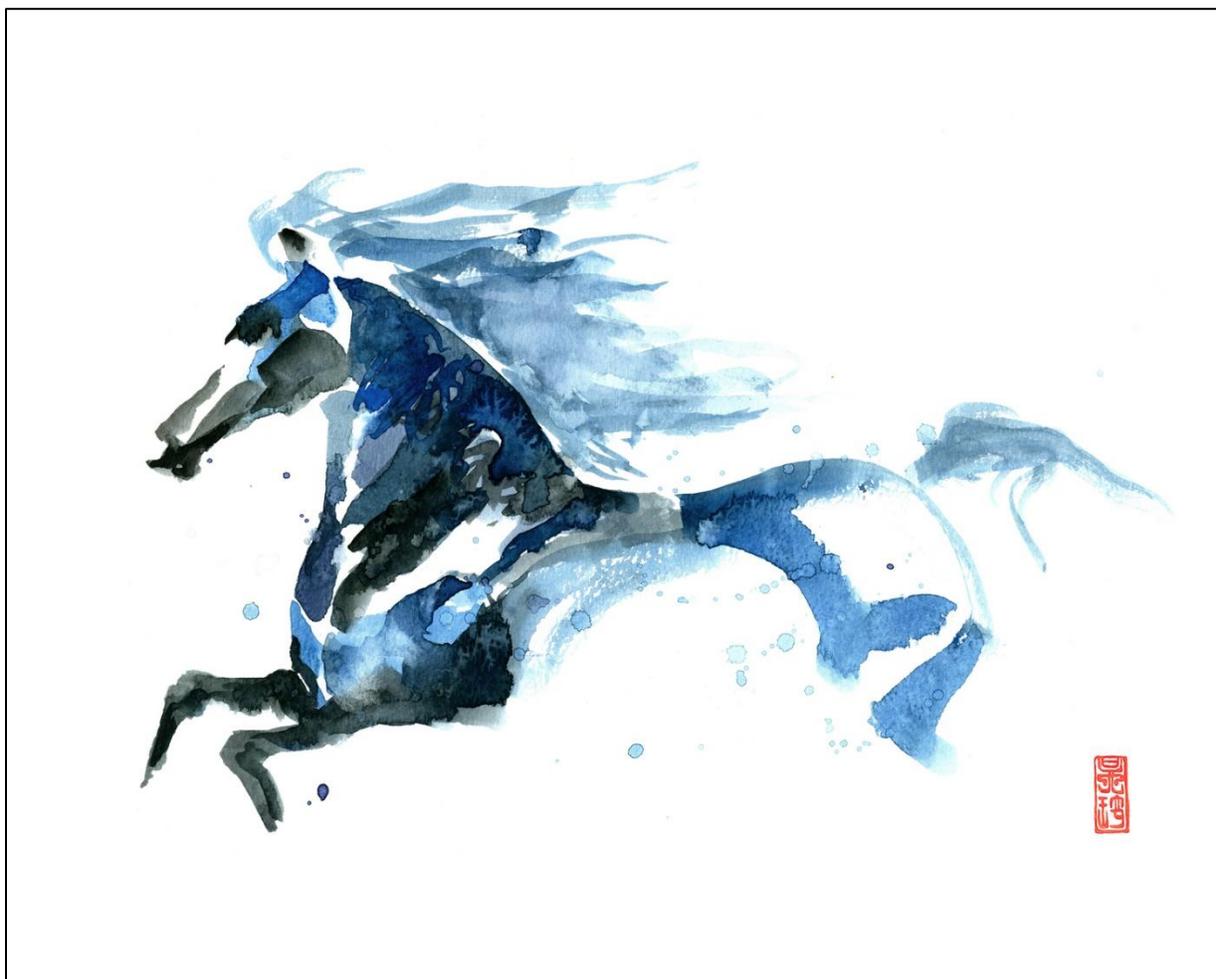
1-4 photos of the work in jpeg format

Brief story (300 words or less) describing how the work highlights the art of mental health

Completed artist entry form

Email subject line "the art of mental health exhibit entry"

SAMPLE WORK AND SAMPLE STORY:



Jade Wu
Blue Stallion, 2016
Watercolor on paper

For many years as an artist, I was afraid to work with watercolors because I knew that water would be hard to control. Without control, I thought I would not be able to make good artwork. But when I finally tried watercolor a few years ago, I realized that serendipity--only possible when letting go of control and accepting uncertainty--is a beautiful thing. With watercolor, I never quite know how a piece will turn out, so I take risks, go with the flow, and discover new ways of finding beauty. And I have found that this is also true with emotional health. When I open up to uncertainty, there is discomfort and anxiety, but there is also curiosity and fulfillment. And like with a watercolor painting, I'd rather have all the flowing colors than none.

www.jadewustudio.com