

Pillows of Unrest Project

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The 'Pillow' as a Symbol of our Unrest

Pillows of Unrest is an Art & Recovery Project and a Public Awareness Campaign created in 1994 by North River's founder and C.E.O., Franklin A.J. Marquit, and is dedicated to: *The healing and recovery of those who suffer and have suffered the debilitating effects of the stigma and discrimination of mental illness in an unenlightened society.* In the creation of this 'pillowcase art', lies the healing that comes from self-exploration and expression. It is our

It is up to us, those that are affected most, to make the changes.

Beverly Burgtorf

promise, that these 'individual stories' become 'voices' in the struggle to bring education about mental illness to the public eye. We commend those who participate in this Project. It is not easy to hold a mirror to the psyche and record the pain, but sharing our experiences is the only way that we can make others understand what stigma does. We cannot recover in a society that discriminates against us and it is up to us, those that are affected most, to make the changes. Participants in this Project express their emotions about stigma and discrimination using a pillowcase as a canvas. Whether the pillow is used in sleep or as a means of relief or escape during the day, it is a reflection of our daily lives. The pillowcases are then exhibited by North River Gallery and Empowerment Center at our Art Exhibitions. It is our goal to eventually take this Exhibition to Washington, D. C. and address the Nation with participation from every State.



Pillows of Unrest Logo by Beverly Burgtorf

Pillows of Unrest at Advocacy Conference

Pillows of Unrest was exhibited at the Mental Health Association in NYS's Advocacy Conference in the Concourse outside of the Garden Room in the Empire State Plaza in Albany, New York. Hundreds of persons saw the Exhibition and were given information about this and North River's other programs, including Senator Cook and NYS Disability Advocate Richard Warrender, and many representatives from Consumer Organizations in the New York City area and throughout the State.

MAY 19 is Anti-Stigma Awareness Day

Creating Pillowcase Art...

Pillows of Unrest is a copyright of National Artists For Mental Health, Inc. The brochure and all materials may be copied, but our name must appear on all material, including media, used for this Project. *It is very important to maintain the consistency of Pillows of Unrest for historical reasons, as it will become a permanent archive/collection.* Pillowcases can be created individually or in a group (Work-Shop). The artist's name and address should be written in permanent ink inside each pillowcase. *A variety of art materials can be used such as, acrylic, marker, fabric paint, pen...even embroidery thread or buttons. A painting, poetry, short story or slogan can be used.*

Pillows of Unrest is a unique tool to educate and enlighten the public.

Participating in this Project is challenging and rewarding. It allows consumers to have a voice in their own recovery, which is an integral part of the healing process. By

educating the public, through the Pillow of Unrest Exhibitions, we can help put an end to stigma and discrimination. This Project is about stigma and our feelings about it. This message should be clear to the participants. No fee should ever be charged for participation in this Project. We are committed to your participation in this grass roots network. We know that together, *we can make a difference.*

For Information about having a Work-Shop in your community or for Technical Assistance, Call North River Gallery and Empowerment Center.

Pillows of Unrest Exhibitions encourage & foster a social/reconnecting component, which is crucial to healing.

We feel that this Project will educate the Community at large and will ultimately help to chisel away at the stigma and discrimination associated with mental illness and mental health treatment. This Project gives each person, who creates a personal pillow of unrest, a voice and a forum in which to be heard. These Exhibitions are a moving tribute to the struggle towards recovery and are a means of conveying the social problems associated with discrimination. They are a window through which a person can confront mental illness (many for the first time). Pillows of Unrest is an excellent tool for prevention and awareness and can be exhibited at Events of all kinds, thus strengthening the ongoing dialogue about mental health issues.

Project goals are to:

provide a positive creative expression to express emotion and thoughts involving the stigma & discrimination associated with mental illness *and,*

create an educational moving portrait to help chisel away and end discrimination *and to,*

illustrate the humanity behind the stories in the pillowcase artwork.

Contact North River for a Work-Shop

Pillows of Unrest Work-Shops

were given at Middletown Recovery Center in Middletown, New York and in Amsterdam at St. Mary's Hospital in February and March respectively.

In Middletown, 48 consumers participated in a Work-Shop which included a talk with Veronica Newberry, A North River Artist, and Ralph Ivery, Artistic Director. Consumers in the Amsterdam Work-Shop are planning a visit to North River Gallery in April. We are looking forward to seeing them.

Previous Pillow's Work-Shops included an IPRT class from Albany with our board president, Dr. Ed Knight, who visited us here in Catskill and enjoyed a trip to Columbia-Greene Community College to view North River's Exhibition.

slogans, poetry or a story.



LEE FERRIS/ M.T. EAGLE

Photo: Franklin A.J.
Marquit, CEO

***Expressive Art is
Healing and
Empowering...***

*"What one should seek
is not to analyze the
product so much as to
attune oneself to the*

*creative process; not to spot masterpieces
but to respond to the vitality of the
expressive act itself."*

Roger Cardinal

HOW TO CREATE A PILLOWCASE

- Use a pillowcase
- Art Materials... such as, pen, dye, fabric paint, acrylic, marker, colored pencil, glue, glitter, buttons or embroidery thread
- Think about your pillow, reflect on your personal experiences and how you feel when you nap or sleep...especially when you use it as a means of escape.

Then, create your pillowcase by drawing, painting and/or writing

Send Pillowcases to North River with a written summary of the 'Work-Shop experience, so that we can share your story.

Join us...and become a friend of the Pillows of Unrest Project.

Donations are always welcome, so that we can build, maintain, care

UPCOMING EXHIBITIONS/EVENTS

Pillows of Unrest will be shown at North River's following Exhibitions.

The 4th Annual Statewide Art Show - May 20 - 24th

Reception - 12:00 - Noon

In the Well Area of the Legislative Office Building at the Capital in Albany.

We plan to exhibit 1000 pieces of Artwork & Poetry created by our Peers.

Everyone is welcome to attend the reception. Speakers, Entertainment and an open Buffet.

Journeys of the Mind

June 4-13th

reception - June 4 - 5 to 8 pm.

Regional Office of Mental Health in New York City - 75 Morton St., 7th Fl.

HEALING VISIONS

June 2-20th

reception - June 11 - 5 to 8 pm.

Cast Iron Gallery at 159 Mercer St. in SoHo, Manhattan.

ANTI-STIGMA

Awareness Day is

MAY 19th, Create a Pillows of

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inside...

The Pillows of Unrest Project and how to participate.