

YOU AREN'T ALONE

LIVE ART EVENT

PRESENTED IN
PARTNERSHIP
WITH 

PERFORMANCES

- 7:15 PM** **Welcome**
Chelsea Borruano/Brian Haldane
- Lily Snow & Anneke Miller**
@refugeaerial | @amiller8777
Performing: I'm my closest friend (better treat her well)
7:30 PM This piece is about overcoming the spiral of negative talk and remembering that you too are worthy of love. This duet explores the journey of self love.
- Lauren Hebert, Anne Marie Herring, Cayla Cole, Emma Granier, Gabby Thibodeaux, Madolyn Brumfield, Kendall Braud and Julian Guillory** with Of Moving Colors Productions | **@ofmovingcolors**
7:40 PM
- Yvonne**
7:45 PM Performing: Mental Hugs
Learning to unite my mental thoughts with my spiritual voice.
- Kelsi Beaver | kelsimusic.com**
7:50 PM Performing: How Long - You're Enough
Kelsi has struggled with mental health throughout her life and this song represented a really difficult time that she had to overcome. **You can also view her hand-painted clothing as part of the visual arts display in the front of the room.**
- Ross Rushing**
7:55 PM My journey of recovery from drugs and alcohol led me to Improv. It's been an AMAZING EXPERIENCE ever since the first time I made it on stage and has helped bring real joy to my life. Plus it's a great replacement from drinking and drugging, and has proven to be some of the most fun I have ever had in sobriety.
- 8:15 PM** **Intermission**
- 8:30 PM** **Chelsea Borruano | @alongthegravelroad**
Performing: 28
- 8:35 PM** **Kabuki Dancers | kabukidancers.com**
Performing an original dance piece that we created with different urban dance styles such as House, Funk, and Hip-Hop.
- 8:40 PM** **Krissy Clark | booking inquiries: (225) 410-8574**
Performing: Cry Me a River
Telling my mental health and the people who couldn't handle it to cry me a river!
- Sage | @meyesacredspace**
8:45 PM Performing: Between the Lines
Between the Lines is an intimate observation of a presence not easily seen, but deeply felt. This presence is a remembrance of what is. Lyrical prose, Kemetic yoga, and intuitive reiki are offered as tools to feeling what is here. Unwritten. Between the lines.
- Erin Fuson | @emindmove | emindmove.com**
9:00 PM Performing: We Worry
A poem about anxiety + overcoming it
- Katie Rabalais | @rebel_airess**
9:05 PM Performing: human
This song "human" by Christina Perri and doing an aerial performance to it brings together two equal and opposite parts of me. The struggle with moderate clinical depression, postpartum depression, and general anxiety disorder and my need to please or gain approval meets the part of my identity that "paints" in the air... I set myself free up there.
- J. Rees | jreescreative.wixsite.com/jrees**
9:10 PM Performing: Horses, Little Brother & Something to Hold You
Since early childhood, I have seen the world through the kaleidoscopic view of a mentally ill mind. seasoned with years of trauma and substance abuse, I have visited rock bottom more times than I would like to admit. music, art, writing—the creative processes in general—have always been the medicine i give myself in order to continue after each tumble. Over the years, I have tended these talents, and am now able to help foster difficult but necessary conversations using them. songwriting (specifically) has become both a boat and bridge in this effort, connecting me to myself and others, while allowing me to explore the vastness of our collective struggles in the process. The stories in my songs do not all belong to me— they are the details of us all and how intricately we are woven together. They are simply reminders that "you aren't alone." (j. rees, 2022)

VISUAL ART

Karla Clow | [Culturalyst.com/karlaanne](https://culturalyst.com/karlaanne)

"Recriminations"
12x12 on wood

I have depression and anxiety. I often over share or make mistakes. These increase my social anxiety and I create a prison for myself in my head and often in my life.

Maison Dupre' | medsart.com / [@_medsmeds_](https://twitter.com/_medsmeds_)

"troubadour"
48x36 acrylic on glass

My work forces my presence. That is its greatest gift to me. Before I became immersed in visual art, my pursuits in life allowed for no peace of mind. This reality compounded as I found more success through the years. I felt much like a loose dog on the interstate. My work is driven to achieve an intuitive connection with color, shape, and sensories. To envelop a viewer with a depth and balance that allows for a sharp moment of clarity is my absolute desire. I'm drawn to abstraction because with the absence of figurative suggestion, colorfield work evokes and prompts an open inner self.

The nontraditional tools and techniques I employ have been developed through practice, study, and experimentation, and using layered glass as canvas not only forces me to take my time (so as to not break it), but it allows for me to explore my work as a game of negatives: how to execute, what to take away, what to keep. Glass also brings a living quality to each work, for the way light reflects and moves on and through the medium causes the color to shift and change with each day and season.

Jennifer Esneault | jenniferesneault.art

"Losing My Marbles"
10x10 print

Much of my work surrounds the themes of mental illness and modern femininity. During the pandemic, I couldn't work with models, which made storytelling more difficult. I found myself reaching into my portrait archives to create all-new surreal pieces that best described how I felt during this time of isolation.

Loveday Funck | lovedayfunck.com

"Bloom"
20x16 canvas

My childhood was a landscape of trauma and neglect. Sometimes I've wondered who might I have been; what might I have accomplished if I'd been given that love and support? Might I have bloomed into a creature with healthy patterns and a capacity for trust and vulnerability?

Barbara Lockhart | iambarbaralockhart.com

"Rebirth"
handmade jewelry collection

Rebirth is a special collection of Barbara Lockhart Jewelry that tells the story of how faith delivered her from depression and how nature became inspiration for her jewelry line.

Lindsay Rosso | lindsayrosso@gmail.com

"Kitchen," "Smoke" & "Linda, Linda"
12x16 acrylic on stretched canvas

Exploring feelings of emptiness, indecisiveness, and despair that I experience during times of depression.

Justin Solomon | illovative.com

"Break Point," "Trapped" & "Boys Feel Too"
11x14 framed acrylic

Black Mental Health: My three submissions revolve around three separate things, but those three things all relate to the subject of being black and dealing with mental health issues. My first piece is called "Break Point" which depicts the portrait of a young black male standing in front of broken glass with various words (surrounding mental health) written on it as he screams at it, therefore reaching his breaking point. My second piece "Trapped" depicts the feeling of being trapped in the darkest and deepest parts of your own mind. The painting is a portrait of another young black male with tears running down his face staring at you the viewer but instead of normal eyes you see prison cell-like bars over solid black eyes symbolizing a sort of "emptiness." My final piece "Boys Feel Too" while on a lighter note, touches on a group that isn't often discussed enough when it comes to mental health: children, or in this case young boys. The piece depicts a young black boy hugging himself with an illuminating background, which was my attempt to represent that it's okay for a young boy to understand and have emotions and not ignore or suppress them for the sake of toxic masculinity stereotypes such as "boys don't cry" which is reinforced on boys at such young ages. These pieces I've created are characterizations of black mental health which in turn I hope to spark conversation about it as it is not talked about enough and unfortunately not taken very seriously either.

Whitney Tates

wetpaintarts.com | @wetpaintarts

"Broken, But Still Good"

24" diameter wood panel

Shattered glass is often a symbol of anger and violence. In this case, it's more about fragility and vulnerability. This piece is a representation of survival, how a person with invisible illnesses or trauma can present as a whole and "happy" individual, but inside they're shattered. The sharp edges of glass fall away, piece by piece until the raw version of yourself is revealed.

Lana Bernard Toniolo | toniolo@bellsouth.net

"Self Portrait of an Outcast"

24x18 oil on canvas

"Hope In Despair"

9x12 watercolor

"Welcome to My Life"

20x15 watercolor

"Self Portrait III"

30x22 one of a series of 5 watercolor

"2007 Self Portrait"

16x20 print of an acrylic painting

Journey of Healing through Art: I realized, recently, that my self portraits - from the early days of beginning an art career in the early 80's until my last self portrait, painted in 2007 - reflected my journey from deep depression, a process of healing, and eventually an emerging into peace, gratitude and appreciation of self. I credit that healing journey, in large part, to the world of art and my participation in it. I would like to share that story with others, especially with those who are struggling.

Roni Vincent

"Pound of Flesh"

16x20 oil on canvas

"Pound of Flesh" is a personal representation of body dysmorphia and how those who experience it see themselves. The depiction in the painting is a woman pulling her skin on her stomach with one hand, scissors to her flesh in the other hand. The painting focuses on the torso of the woman to represent the pinpointed focus of body dysmorphia to exactly that: the body.

"All Eyes On You"

16x20 mixed media

"All Eyes On You" is representative of the chaotic energy inside the mind of a schizophrenic. The depiction is a profile of a woman in visual distress while the background is made up entirely of negative images, faces, and words/phrases found and torn out of magazines. The background is intentionally made to feel overwhelming and difficult to find one spot to focus on to reflect that feeling of schizophrenia.

Both pieces are the beginning of a 7-part series I began working on in my senior year of high school that revolves around the social representations (or lack there of) of mental illnesses. All parts in the series are connected by one word I think of when I think of struggling with a mental illness: anguish. This word is presented in both artworks, and will continue to be hidden in the future works of this ongoing series.

Erin Fuson | @emindmove | emindmove.com

"Your Hands" / "My Body"

2 - 20x24 framed prints

This two photograph series portrays my own exploration of emotions surrounding my own sexual assault. Through my art and therapy, healing was possible.

Darian Graivshark | @impressionsbydarian

"Bloom"

24x24 mixed medium on canvas

Explore the projection of light, and the entanglement of dark underneath, in "Bloom."

Payton Lenhart | @Impayton

"For Dad, Love Payton."

10 - 18x24 posters in frames

A 10 piece poster series to help spread suicide awareness, with 3 of the pieces being an in-depth story on my own struggles and my story with suicide.

Ian Moreau | @ohhecknoian

"(Un)hinged"

sculpture H 13"x W 9" x D 9"

The hardest part about therapy, or any type of self healing, is not necessarily opening up, but not knowing what's going to be inside once you do. Peeling those layers back can expose more than anticipated, and this piece (almost too literally) expresses the unexpected pieces of myself exposed from opening up with my therapist for the first time. It's difficult, and scary, but important to open up and let the wounds breath so they can heal.

Ashli Ognelodh | @ashliognelodh

"We Are Not Obligated to Welcome You" 30x40

"God Never Wastes The Hurt" 30x48

"Peace Be Still" 24x48

The pandemic allowed me the opportunity to explore myself beyond the self I present to society; the version of me that is in its rarest and truest form. This discovery allowed me to understand the importance of loving all parts of me, even the ones I deem invaluable, because they each play a role in creating the person I am today.

Syd Prochaska | @sydproart

"Electric Daisy"

11x14 acrylic on canvas

Electric Daisy "ED" expresses the beauty in healing, specifically the continuous struggle of disordered eating. A struggle that never truly goes away, one just works to triumph even in the hardest of times.

A MESSAGE FROM OUR FOUNDER

Just a few years ago, I was in a very dark place and had never felt more alone. I didn't have a name for it at the time, I just knew I needed more help than what my family or friends could give. That's when I made the decision to reach out to a therapist for the first time. And it changed my life. I finally understood that the way I had been feeling my entire life was not just a part of who I was, but it was something that was happening to me, something that I could actually manage and begin healing from. I suffer from depression and anxiety. It has a name. It is an illness. I don't have to deal with it on my own. I am not alone. It is an ongoing struggle that I will always carry, but I can manage it, I can make it through the bad days (with some help), and on the good days, my mission is to make sure everyone around me can too. It's this experience that led me to wanting to help others to know that hope and healing is out here. That has grown into so much more, into this, and we're still just scratching the surface. My hope is to continue this journey to help make mental health and wellness more accessible and equitable for **everyone**.

Welcome to the second annual You Aren't Alone Live Art Event. I'm Chelsea, founder and Executive Director of the You Aren't Alone Project. We are a non profit organization built by incredible and passionate volunteers with the mission of creating a support network for mental health in Baton Rouge and beyond so that no one ever has to feel alone. If you take anything from tonight, we hope it is that.

By being here, you are helping to facilitate and change conversations around mental health and that is no small thing. Thank you. And to the artists that have and will share their stories with us tonight, we are so grateful for you. Thank you for your strength and vulnerability. Thank you for your light and hope.

I am so glad you are all here.

Chelsea Borrivano

