Creative Health Kentucky

Arts Programming Overview + Teaching Artist(s) Bio

Creative Health Kentucky is led by Breanna Cox, who identifies as a Creative Health Practitioner, Licensed Art Therapist, Air Force Veteran, and Neurodivergent Xillenial. She has a belief that everyone is creative in some way and might use different tools or art materials. She has experience with 1-on-1 individual therapy in community mental health, private practice, and school based in Jefferson Co Schools. Breanna has experience with clinical groups in psychiatric settings such as at Peace Hospital (formerly "OLOP"), and with Louisville residents with severe mental illness ("SMI") as members at Bridgehaven. While pursuing her Masters, Breanna spent a year in research and Thesis working with a small group of readjusting veterans and a photo-based method that would help them potentially acclimate and ease the stress of civilian life. In office, Breanna is skilled and works well with folks with ongoing anxiety issues, and neurodivergent folks, and uses a natural creative process to encourage folks build their own awareness, understanding, insight, and self-compassion for themselves and others. Currently, Breanna hopes to bridge the domains of creative acts, public health, and building community one town at a time across Kentucky. She is currently facilitating art-based workshops. Examples of current clients for Breana include Shelby Regional Arts Council in partnership with Shelby Main Street, Child Care Council of Kentucky, the Nook Collective, Wounded Warriors, and Central Kentucky Creative Therapies. Creative Health Kentucky seeks opportunities across the region for events, programs, or long-term partnerships on bringing more safe exploration, curiosity, and help guide the story of families and communities.

While a graduate intern, I witnessed how important it is to have trained mental health and creative therapists embedded within school systems. While many families are doing their best, it often comes down to a strained family and/or a strained system. It is my goal to have programs that are strength-based and trauma-informed for everyone involved. For out-of-school programming, it is still just as important for teens and families to have access to care and to holistic, essential methods that tap into the nervous system and the whole community.

Artistic Content of Programming

Breanna using a natural creative process for clients that are at their age level and at their comfortability level for complexity. Breanna is intentional about exploratory and strength-based with art and expressive practices. After all, she believes that the art process is also an extension of the maker, the artist, and the participant. There is no good or bad art. Breanna will work with participants, clients, and community members to nurture and empower them of their own creative spirit.

Educational Content of Programming

I view educational content through a social-emotional lens, focusing on how art, creativity, and multidisciplinary expression can enrich an individual's sense of self and strengthen their connection to the community. My goal is to cultivate a safe and inclusive learning environment where everyone can benefit and feel welcome. I make it a priority to get to know each group or organization I work with, ensuring that my facilitation and leadership style align with their values. By fostering interconnectedness, kindness, growth, and the unique gifts that creativity offers each of us at our own pace, I strive to create meaningful and supportive experiences for all participants.

Process for hiring, training, and evaluating my performance/effectiveness.

As a Creative Health Professional and Art Therapist, I am consistently engaging in Supervision and CEU workshops. I also engage in my own art response and artmaking to help me understand clients, ongoing processes, and keep my art skills sharp.

How are participants of all backgrounds and abilities included in programming?

As someone who thinks differently and identifies as neurodivergent, I am deeply committed to creating a compassionate and safe environment for everyone—regardless of how they listen, understand, or experience the world. My own background is rooted in a mixed-race family, including my daughter, so it's important to me that all people feel seen and included, no matter their family or cultural identity. I also grew up in one of the most rural parts of Kentucky, which drives my passion to foster curiosity, inclusion, and a warm welcome for people from the region's outlying areas.

How do I engage teachers and community center staff before, during, and after programming?

I actively seek support from community center staff and teachers who are familiar with the organization's workings. Collaboration with all stakeholders is essential to ensuring the success of any workshop or program. While I may design and lead the arts-based components, the involvement of other staff professionals is equally vital to achieving positive outcomes. I value the assistance and ongoing support of everyone involved so that participants can gain the greatest benefit from the creative Process.

How do I engage participants in the creative and learning process?

I engage participants by thoughtfully considering their individual needs and challenges, as well as drawing upon their unique strengths and interests—such as an affinity for strategy games, a love of animals, artistic pursuits, or athletic activities. Throughout the creative process, I focus on coaching and empowering clients as they experience natural flow states. I am dedicated to understanding how each person navigates the world, including their learning styles and sensory or media preferences, in order to best support their growth and engagement.