

# Duke University in Durham Offers Works Focused on Mental Health

Duke University in Durham, NC, will present *The Art of Mental Health*, a cross-disciplinary art exhibition, curated by Melissa Miller, on view in the Ruby

Gallery, at the University's Rubenstein Arts Center, from Nov. 12 through Jan. 24, 2020. A reception will be held on Nov. 14, from 6-8pm. *continued above on next column to the right*

6-8pm.

The exhibit will feature visual artwork by local artists, and the theme highlights mental health and wellness. 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 creating or maintaining mental health and wellness. For example, Stacy Crabill's mixed media work entitled *Patience is Bitter* is accompanied by a story describing how wise words from an art teacher helped her to overcome perfectionism in her art and in her life.



Work by Christine Hager-Braun

Christine Hager-Braun's fiber work, *Wall of Depression*, is complemented by a story about how quilting has helped her to break through the isolation and withdrawal that is characteristic of depression. The works and stories in this exhibit will provide insight into diverse and unique interpretations of *The Art of Mental Health*.

The curator, Melissa Miller, earned a Ph.D. in Clinical Psychology and works as a Psychologist at the Triangle Area



Work by Stacy Crabill

Psychology Clinic (TAP Clinic). Miller moved to Durham in 2012 to complete her pre-doctoral internship at Duke University Medical Center, and she has since considered Durham to be home. Miller 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. This exhibit is a synthesis of her professional and personal passions, and she is thrilled to be able to engage her local community to contemplate mental health and wellness and to work with local artists to create such a meaningful exhibit.

For further information check our NC Institutional Gallery listings, visit (<https://artscenter.duke.edu/event/the-art-of-mental-health-exhibit/>) or e-mail to ([miller@tapclinicnc.com](mailto:miller@tapclinicnc.com)).