

## **Artbeat Studio, Inc. Resident Artist Policies**

### **Introduction**

Artbeat Studio Inc. is a unique community-based, peer-supported program providing social supports, working art studio/gallery space, and mentorship for individuals living with mental health challenges to promote recovery and empowerment. Artbeat Studio is committed to reducing stigma and discrimination associated with mental health challenges and poverty through positive action, mental health education, and advocacy. Artists are not charged studio rental fees but are responsible for incidental costs, providing their own art supplies, and adhering to participation expectations.

## **Artbeat Studio Services**

Artbeat Studio offers working space, community, and collaborative opportunities for artists with mental health challenges who use creative expression as part of their recovery journey. Artists are expected to be self-directed in their work, though mentorship opportunities may be available upon request. Artbeat provides non-clinical, non-institutional peer-support for adult artists living with mental health challenges and does not provide crisis support.

Artists may work with staff to set personal and program-related goals, track progress through journaling and portfolio development, and participate in gallery tours, local exhibitions, and discussions to strengthen skills and relationships as determined by the interests and capacity of the group. All artists are under a 30-day probation period at which point the artists can leave if they are not able to fulfill their end of the contract or if the residency does not fit in this season of their lives, and Artbeat Studio can terminate the artist's participation in the residency if they have not kept up to their end of the contract.

Each artist must attend the studio for at least 20 hours weekly, signing in and out at the reception desk during each visit. Artists also contribute to studio upkeep through assigned housekeeping tasks to maintain a collaborative and positive environment. Every week three artists will be responsible for the chores assigned and will rotate through the artists and chores through the course of the residency. Every Friday at 4:30pm staff will clean out the fridge and dispose of any food that has not been disposed of from that week. One artist will be assigned 'kitchen duty' every week; they are responsible for the oversight of the kitchen such as wiping down counters and emptying the dishwasher. However, it is up to individual artists to scrape out their food and place their dishes in the dishwasher or wash by hand.

## **Health and Safety**

Artbeat Studio maintains ongoing health and safety protocols to ensure a secure environment for all participants. Artists receive orientation to safety policies, and hazard assessments are conducted for new materials and procedures to promote healthy working conditions.

Specific safety guidelines include:

- Prohibition of spray painting, power sprayers, or aerosol products without staff permission.
- Use of toxic, hazardous, or flammable materials (including resin) is strictly regulated.
- Proper disposal of waste and cleaning of tools in designated areas. Cleaning art supplies must be done in the pottery room and never in the kitchen or bathrooms. Kitchen utensils and dishes are strictly for food use and are never to be used for art projects.

Emergency procedures, including evacuation plans, fire extinguisher locations, and contact information for medical or police emergencies, are prominently displayed and regularly reviewed.

**Artbeat Studio Facilities/Office Resources**

Artbeat Studio operates Monday through Friday from 10 AM to 5 PM, with occasional adjustments for special events or closures determined by the Executive Director and/or Studio Manager. Artists are responsible for maintaining hazard-free studio spaces and ensuring artworks and materials do not obstruct shared areas without prior permission. The fire escape is only for use in emergency situations.

Artists must use approved signage on studio doors and may post notices on designated bulletin boards only. Personal property, tools, and materials must be kept in personal studios.

Access to communal resources requires orientation, training, and adherence to scheduling guidelines. Any person wanting to use the pottery room must first participate in the foundations workshop with Jayme and/or Eleanor. The mechanical and tool room is strictly off-limits to artists. Limited donated materials are available for emergency use.

## **Community Culture**

### **Re: Respect**

Artbeat Studio promotes a supportive, healing environment, acknowledging diverse approaches to mental health recovery. Respectful conduct is expected, prohibiting discriminatory language or behavior based on race, gender, age, sexual orientation, disability, or religious orientation.

### **Re: Conflict**

Conflict resolution is encouraged through respectful communication and, if necessary, mediation facilitated by the studio manager. Continued use of discriminatory language or behavior may result in suspension from the studio. If any artists have concerns regarding the studio manager, they are encouraged to speak directly with the Executive Director, either in person or through email. She can be reached at [uyen@artbeatstudio.ca](mailto:uyen@artbeatstudio.ca).

### **Re: Trigger warnings**

Prior to sharing any information or stories involving violence, including topics such as sexual assault or self-harm, please give a warning such as: 'I'm going to share something that involves sexual assault or self-harm.'

### **Re: Noise**

Please keep noise levels low in the studios and use headphones instead of playing audio openly. When making or taking personal phone calls longer than a few seconds, please be considerate of others and relocate to a more private area, such as the pottery room if available.

### **Re: Personal contact info.**

You are responsible for who you share your personal contact with. Do not give someone's e-mail address or phone number to another person without their explicit permission.



Re: Touch.

You must ask before you touch somebody. For example, “Can I hug you?” and if they say ‘Yes’ then you can. There is no blanket consent regarding physical touch while here and there are no exceptions to this rule.

### **Artbeat Studio Outreach and Community Capacity Building**

Artbeat Studio advocates for participating artists through exhibitions, publications, and community engagement to raise awareness about mental health. Artists participate in a group exhibition at the end of each residency period, with artworks displayed and biographies featured in an Artbeat Annual book and online platforms.

Artbeat Studio retains the right to exhibit and promote artwork created at the studio with artist approval. Sales from group exhibitions are fully allocated to the artist, while separate agreements govern sales at Upbeat Artworks.

### **Conclusion:**

This policy document outlines the expectations, guidelines, and supportive framework provided by Artbeat Studio, Inc. for resident artists, fostering creativity, community engagement, and mental health empowerment.