**The Incredible Intensity of Just Being Human is an art exhibit presented with the mission of opening a dialogue on mental health and mental illness in the greater Issaquah community. Art will be exhibited at artEast, at Blakely Hall, and at Swedish Medical Center. We are on Facebook, and you are invited to learn more at** [www.**theincredibleintensity**.com/](http://www.theincredibleintensity.com/).

**Event Schedule:**

**April 22 2016, Friday 6-8 p Soft Opening**

[Blakely Hall Community Center](http://www.issaquahhighlands.com/learn/blakely-hall-community-center/" \t "_blank), 2550 NE Park Drive  
Key note speakers Serena McDonald, mental health advocate; Carla Villar, Director [artEAST](http://arteast.org/" \t "_blank); live music performed by Sam Foster

**April 29 2016, Friday 6-9 p Opening Reception**

[Issaquah Senior Center](http://issaquahseniorcenter.org/" \t "_blank) at [75 Creek Way](http://binged.it/1OKjhuO" \t "_blank) followed by a reception at [artEAST Art Center](http://arteast.org/" \t "_blank), [95 Front Street](http://arteast.org/about-us/contact-us/" \t "_blank)  
Grand Opening reception with keynote speakers: [Ellen Forney](https://ellenforney.com/" \t "_blank), award winning author and graphic novelist of [Marbles](http://marblesbyellenforney.com/" \t "_blank); [Mayor Fred Butler;](http://issaquahwa.gov/index.aspx?NID=528" \t "_blank) Robin Callahan, Director, [Issaquah School Foundation](http://issaquahschoolsfoundation.org/" \t "_blank); Kate Vrijmoet, exhibit curator. Live music by Issaquah School District Evergreen Orchestra String Quartet includes a selection from composers with known mental illness

**May 4 2016, Wednesday 6-7:30 p Exhibit Tour**

[artEAST Art Center](http://arteast.org/" \t "_blank) [95 Front Street](http://arteast.org/about-us/contact-us/" \t "_blank)  
*A parent’s perspective and therapist’s thoughts: Anxiety and depression in youth* , Artist [Holly Ballard Martz](http://www.hollyballardmartz.com/" \t "_blank) & mental health professional Jenna Genzale co-lead tour. Holly will share her journey parenting a child with depression and Jenna will provide education and clinical resources in the community.   
Jenna Genzale, LMFT, CDP specializes is serving those experiencing anxiety and trauma. She has been working on the Eastside for 8 years. Jenna’s experience also includes Trauma-Focused Cognitive Behavioral Therapy and many other evidence based treatment models. She is passionate about helping clients find their inner strength and developing healthy family attachments.

**May 6 2016, Friday 6-7:30 p Exhibit Tour**

[Blakely Hall Community Center](http://www.issaquahhighlands.com/learn/blakely-hall-community-center/" \t "_blank) 2550 NE Park Drive   
*Double Trouble: Dual Diagnosis of Psychosis and Addiction*. Artist [June Sekiguchi](http://junesekiguchi.com/" \t "_blank), son Quin Breeland, and mental health professional Katherine Jo Glaves co-lead exhibit tour of psychosis and addiction.  
Katherine Jo Glaves is a Licensed Marriage and Family Therapist and art therapist.  She works at Sound Mental Health in Bellevue, primarily with children and families struggling with anxiety, behavioral problems, autism and the effects of trauma.  She leads several groups for teens, including an art therapy group and group teaching social skills through role playing games and cooperative board games.

**May 12 2016, Thursday 6-7:30 p. Poetry Reading**

[Blakely Hall Community Center at Issaquah Highlands](http://www.issaquahhighlands.com/learn/blakely-hall-community-center/" \t "_blank), 2550 NE Park Drive   
Poetry curator and poet [Ann Teplick](https://www.lectures.org/wits/wits_news.php?id=260" \t "_blank) hosts a reading of five local poets who will share their work that reflects personal mental health challenges; navigating the challenges of those whom they love; and their experience writing with others who struggle to stay afloat.

**May 17 2016, Tuesday, 6-9 p, [Influence the Choice Student Video Awards](http://www.influencethechoice.org/2016-influence-the-choice-video-contest.html" \t "_blank)**

X-3 Teen Center Sammamish [825 228th Ave. NE/Sammamish](http://positiveplace.org/locations/sammamishtc/facility/Pages/ourclub.aspx" \t "_blank)The winning videos of The Influence the Choice Drug Prevention Alliance for Youth video contest will be viewed and cash awards will be given. The 2 minute videos were created by Issaquah School District boundary students grade 6-12. The videos show how youth can Positively Influence and encourage each other to stay mentally and physically strong to deal with the pressures of drugs/alcohol in their community.

**May 19 2016, Thursday 6-8:30 p Panel Discussion**

[Swedish Medical Center Issaquah](http://www.swedish.org/locations/issaquah-campus" \t "_blank), [751 NE Blakely Drive](http://www.swedish.org/locations/issaquah-campus/map-and-directions" \t "_blank), Second Floor Conference Room  
Panel discussion: de-stigmatizing mental illness. Moderated by Sandi Ando, Esq. Panelists: Lauren Davis, Ketema Ross, Theresa Winther, Dr. Megan Chiarelli

**May 20 2016, Friday 6-7:30 p Exhibit Tour *Specialness Versus Stigma: Is it Cool to have Parts?***

[artEAST Art Center](http://arteast.org/" \t "_blank), [95 Front Street](http://arteast.org/about-us/contact-us/" \t "_blank)  
Lynn Schirmer with Karen Fuller. Lynn Schirmer and Karen Fuller dispel disinformation surrounding Dissociative Identity Disorder, review the critical importance of trauma aware practices, and deconstruct the trend of youth self identifying as DID personality systems on social media, discussing its potential to impact stigma and acceptance. Karen is a clinician at Sound Mental Health in Bellevue. She has been a licensed mental health professional in Washington and in Idaho for over 20 years.  A professional artist and Certificated Special Education teacher, Karen uses art in every aspect of her working and private life.

**May 21 2016, Saturday 12-1:30p *Youth Truth: Straight Talk with Parents and Teens***

Issaquah Police Station Eagle Room, 130 Sunset Way East, Issaquah

[An opportunity for parents and teens to dialogue about school and community environments that lead to stress, anxiety and depression.](http://www.healthyyouthinitiative.org/" \t "_blank)

**May 26 2016, Thursday, 6-7:30 p. Film Screening and q & a with the artist**

[artEAST Art Center](http://arteast.org/" \t "_blank), [95 Front Street](http://arteast.org/about-us/contact-us/" \t "_blank)  
*Mother for you I made this* Film screening & q&a with [Ezra Dickinson](http://ezradickinson.com/" \t "_blank) on schizophrenia and compassion

**June 2 2016, Thursday 6-8 p. Author Speaking Event**

[Blakely Hall Community Center at Issaquah Highlands](http://www.issaquahhighlands.com/learn/blakely-hall-community-center/" \t "_blank), 2550 NE Park Drive  
[Cinda Johnson](http://lineacinda.com/" \t "_blank), *Perfect Chaos, A Daughter's Struggle to Survive Bipolar and a Mother's Journey to Save Her*

**June 7 2016, Tuesday 5-7 p. Student Art & Social Change exhibit**

Black Box, [Issaquah High School](http://connect.issaquah.wednet.edu/high/ihs/default.aspx" \t "_blank), [700 2nd Ave SE](http://binged.it/1OKhYfB" \t "_blank)  
Student art & social change exhibit. Featuring the work of Issaquah High School and Issaquah Middle School students in conjuction with artist [Michelle de la Vega](http://michelledelavega.com/" \t "_blank) and poet [Ann Teplick](https://www.lectures.org/wits/wits_news.php?id=260" \t "_blank), Installation, Exhibit and Performance Piece. Live music by Issaquah School District Evergreen Orchestra String Quartet includes a selection from composers with known mental illness.

**June 9 2016, Thursday 6-7:30 p Exhibit Tour**

[artEAST Art Center](http://arteast.org/" \t "_blank), [95 Front Street](http://arteast.org/about-us/contact-us/" \t "_blank)   
[Lynn Schirmer](http://lynnschirmer.com/" \t "_blank)  Early childhood trauma and dissociative disorders.

**June 10 2016, Friday 6-8 p Ekphrastic Poetry Workship**

[artEAST Art Center](http://arteast.org/" \t "_blank), [95 Front Street](http://arteast.org/about-us/contact-us/" \t "_blank)  
Poetry curator and poet [Ann Teplick](https://www.lectures.org/wits/wits_news.php?id=260" \t "_blank) leads an ekphrastic writing workshop where participants will respond through poetry, prose, and script writing to displayed artwork that reflects the theme of mental illness.

**June 15 2016, Wednesday 6-7 p Artist Talk**

[artEAST Art Center](http://arteast.org/), [95 Front Street](http://arteast.org/about-us/contact-us/" \t "_blank)  
Special guest artist [Michelle de la Vega](http://michelledelavega.com/" \t "_blank) presents outcomes of social change art including the work done with Issaquah High School and Middle School students. This presentation made possible by the Artist Trust Fellowship Grant.