

# Creative Intervention Centers:

How Campus Makerspaces Can Be Tweaked  
to Combat the Pandemic-induced  
Mental Health Crisis



*Canadian Association of Professional Academic  
Librarians (CAPAL) 2022 Conference*

Paper Presentation by

**Mary A. Guillory, MLIS**

Xavier University of Louisiana





emotional strain or tension

adverse or demanding circumstances

he's obviously under a lot of stress

the stresses and strains of family life

Stress

is defined

as

people have as to

stress

things or excessive

placed on the

stress

stress

from stress

surrounding

when it comes

stress

and be a mot

stress

stress on cars

effect the mental

employees, for example

stress

anxiety

or depression

and also have a significant

their physical

Stress

is

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress

stress



# Identifying students at highest risk

Difference

Change

## Who to Target

- First-generation college students
- First-year college students
- Minorities
- Ambiguous loss
- Loss of family members
- Students with disabilities



# \*Allowing\* for "meaning-making"

## How to Make Space

Confidentiality

Detachment

Reflection

- Discuss artwork
- Let students explain creations
- Listen



# Choosing activities

Culturally Sensitive

Rewarding

Fulfilling

Easy

## Ideas To Try

- Candle making
- Remembrance items
- NFTs
- Doodles
- Gifts for others







# Setting

## the mood



Instrumental

Relaxing

Upbeat

## Ask Yourself

- What's popular?
- What's inspires dance?
- What inspires singing?
- What do you want students to feel in the space?



# In Conclusion

**wellness informed makerspaces...**  
...just might save a life.



**Join my network:** [linkedin.com/in/maryaguillory](https://www.linkedin.com/in/maryaguillory)





## Bibliography

- Beagle. (2021). Creative Interventions: Integrating Arts-Based Approaches in a University Access Programme. *Education as Change*, 25. <https://doi.org/10.25159/1947-9417/8688>
- Beauregard. (2020). Being in Between: Exploring Cultural Bereavement and Identity Expression through Drawing. *Journal of Creativity in Mental Health*, 15(3), 292–310. <https://doi.org/10.1080/15401383.2019.1702131>
- Buskirk-Cohen. (2015). Effectiveness of a Creative Arts Summer Camp: Benefits of a Short-Term, Intensive Program on Children's Social Behaviors and Relationships. *Journal of Creativity in Mental Health*, 10(1), 34–45. <https://doi.org/10.1080/15401383.2014.946637>
- Clements-Cortés, A., & Pascoe, H. (2020). Music and Music Therapy to Support Mental Health and Wellness. *Canadian Music Educator*, 62(1), 59–62.
- Crowder, R., Lock, J., Hickey, E., McDermott, M., Simmons, M., Wilson, K., Leong, R., & De Silva, N. (2020). Art as Meditation: A Mindful Inquiry into Educator Well-Being. *Qualitative Report*, 25(3), 876–890.
- Darewych, O. H., Bowers, N. R. (2018). Positive arts interventions: creative clinical tools promoting psychological well-being. *International Journal of Art Therapy*, 23(2), 62–69. <https://doi.org/10.1080/17454832.2017.1378241>
- Graddy, & Lieberman, C. (2018). Death, Bereavement, and Creativity. *Management Science*, 64(10), 4505–4514. <https://doi.org/10.1287/mnsc.2017.2850>
- Haeyen, & Staal, M. (2020). Imagery Rehearsal Based Art Therapy: Treatment of Post-traumatic Nightmares in Art Therapy. *Frontiers in Psychology*, 11, 628717–628717. <https://doi.org/10.3389/fpsyg.2020.628717>
- Longo, A., Yoder, B., Chavela Guerra, R. C., & Tsanov, R. (2017). University Makerspaces: Characteristics and Impact on Student Success in Engineering and Engineering Technology Education. *Association for Engineering Education - Engineering Library Division Papers*.
- Martin, Oepen, R., Bauer, K., Nottensteiner, A., Mergheim, K., Gruber, H., & Koch, S. C. (2018). Creative Arts Interventions for Student Mental Health and Bereavement: A Systematic Review. *Behavioral Science*, 8(2), 28.

