Sketch notes for the 2020 New England Graphic Medicine (NEGM) Conference

Sandy Bartholomew
BEEZ ink Studio

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OPENING REMARKS

NEW ENGLAND 2020 GRAPHIC MEDICINE CONFERENCE
SPONSORED BY THE MCPHS UNIVERSITY CTR. FOR HEALTH HUMANITIES
with Support from NNLM NE Region

MARCH 26 2020

48 HOURS PACKED!

WELCOME, FRIENDS!
ALL OF US ARE FEELING SOME DEGREE OF STRUGGLE
KINDNESS
WE ARE HERE IN A PANDEMIC

A. DAVID LEWIS
NEG M Co-Host

THANK YOU FOR STAYING HOME TO BE HERE TONIGHT! AND THANK YOU FOR STAYING HOME!

= "GRAPHIC MEDICINE... CAN FUNCTION AS AN INFORMATIONAL, INSTRUCTIONAL, EXPRESSION, RESTORATIVE, ORGANIZATIONAL, OR NARRATIVE RESOURCE..."

#NEG20

NEG M Organizer

Dean, Library & Learning Resources
RICHARD KAPLAN

Dean, School of Healthcare Biz
MICHAEL SPOONER

Co-Director, CHH
CAROL-ANN FARKUS

NEW GALLERY OF GRAPHIC MEDICINE AT MCPHS

GRAPHICMEDICINE.ORG WEEKLY MEETUP "DRAWING TOGETHER" COMING SOON.

Sketch Notes by
SANDY BARTHOLOMEW • beeink@tds.net
MAKING MENTAL HEALTH COMICS

LIZ BOLDUC
AKA-“LIZ SUX”
TWITTER: @LIZ SUX

THE WAY HER OWN CHARACTER IS DRAWN IN A COMIC CHANGES DEPENDING ON THE TYPE OF COMIC (ie: AUTOBIO).

INTRO to DRAWING Your FEELINGS

Draw about a time you got a minor injury like a splinter or a papercut...

GET STARTED:
- FREEWRITE for a bit
- PICK A FEW SENTENCES OR
- WORD-VOMIT then just... GO!
-DRAW 4-6 PANELS

YOU DON’T HAVE TO SHARE WHAT YOU CREATE

DRAWING AN "ISSUE" AS A COMIC, HELPS GET IT OUT.
IT MIGHT NOT SOLVE IT, BUT IT’S A PROCESS. LIKE THERAPY.

XKCD, COM USES STICK FIGURES!
WEBTOONS.COM
ANIMAL CROSSING SIMPLE TASKS, DAILY LIFE, INTERACTIVE

LIBRARIES
- BUY COMICS DIRECTLY FROM ARTISTS
- ZINES (DIY COMICS) ARE IMPORTANT TOO

THE WAY SHE MADE BAD COMICS... DRAW FROM MY OWN PERSPECTIVE.
IN THE FUTURE WILL ANYONE EVEN KNOW WHAT "THE WAFFLE HOUSE INDEX" WAS REFERRING TO?

MY HUSBAND HAS FULL VETO POWER!
I'M HONEST - I DON'T TRY TO MAKE MYSELF LOOK GOOD

HEROS, HEALTH & HISTORY
I COULD CONTROL MY OWN NARRATIVE THRU COMICS

DAILY DIARIES - I HATE SOME TO EACH NEW THERAPIST!

BETH BARNETT
TWITTER: @BethBarnett
From S. NH -> college in Boston -> Masters in SCOTLAND.
KEYNOTE: BRIAN FIES

#NEG20

2004 - Metastatic Cancer Sketched His Mom During a Chemo Treatment. Put it Online... It Went Viral.

- His Mom as an “Operation” Board Game.
- Drowning in a Sea of Medical Jargon
- Dr. Frankenstein’s Lab

“I’m an accidental pioneer in Graphic Medicine

“I’m not hooked up right

With just 4 inklines on paper...

We don’t remember things as photographs or movies... we remember as comics.”
- Larry Gonick

“Illegible speech bubble with Charlie Brown Can Break Your Heart

Why Comics?
- Gets to the Essence
- Intimacy + Empathy
- Metaphors + Symbols

Why Graphic Novels?
- Informing
- Creating Purpose
- Self-Interest
- Action + Distraction
- Patient Care
- Bearing Witness

On Monday, October 9, 2017, My House Burned Down. Total Devastation

Pay Attention... You’re Going to be Telling This Story

A Fire Story

Anyone Can Make Comics

It’s the Idea That Matters
Tell the Stories Only You Can Tell!

50% Words / 50% Pictures
Neither Makes Sense Alone

Covid-19 Comics at GraphicMedicine.org

A New Station Turned the Comics into an Animation: Vimeo.com/241621786

Mom’s Cancer
A Fire Story
Whatever Happened to the World of Tomorrow?
The Last Mechanical Monster

“No Ordinary Flu”

NE Graphic Medicine Conf - Day 2
ANNALS of INTERNAL MEDICINE

YOU DON'T WANT TO MONKEY WITH YOUR ESTABLISHED REPUTATION

INCLUDE COMICS?! WILL IT DUMB DOWN THE JOURNAL?!

DARREN TAICHMAN
PULMONARY+CRITICAL CARE PHYSICIAN, Exec. Editor of AIM

“Missed It” by Thomas Green

“50 Shades of Gray Matter” by Sharon Rosenzweig

“PROGRESS NOTES” by Michael Natter, MD

“DR. MOM by Grace Farris, MD

“WORKING TO FIND A MENTAL HEALTH BALANCE DURING A PANDEMIC” by William J. Doan

COVID-19 Comics and GRAPHIC MEDICINE

PANDEMIC—NOT “IF” BUT “WHEN”

I AM SHADOW

ALICE JAGGERS

THEMES

EDUCATION

ETHICS

CARE

HUMOROUS

PATIENT

HISTORICAL

INTROSPECTIVE

ANNALS.org/ graphicmedicine

JOY of Medicine

ENGGAGEMENT

WASH HANDS

VIROLOGY

OVER-SANITIZING

SUPER BUGS

GRAPHICMEDICINE.org/covid-19-comics/ (links to comics)

NE Graphic Medicine Conf • DAY 2

Notes by SandyBartholomew.com
Drawing Through DEPRESSION & CULTIVATING HEALTHY ARTISTIC PRACTICES

1 CREATIVIE EXPRESSION AS ART THERAPY
- Disillusionment + Overwhelm
  - Fill a sketchbook...quantity not quality! Just fill it!
  - A. Journal + feelings
  - B. Tiny sketches of feelings + metaphors
- Vomit...detangle...experiment
- Scribble + fingerpaint + collage
- Sing + dance + sew + garden
- Draw + music

NOW EVERYONE CAN EXPERIENCE WHAT IT'S LIKE TO BE A HIGHLY SENSITIVE PERSON!

THE ART NO ONE CARES ABOUT

ADD SOME HOPE

ART IS A WINDOW INTO YOUR SUBCONSCIOUS

I'M A HUMAN & I HAVE NEEDS!

WHAT FILLS YOUR WELL?

Laura Lee Gullledge
Twitter: @whoislauralee
Whoislauralee.com
Watch the recording of this talk on Facebook

2 MAKE a SELF-CARE PLAN
- Not frivolous...take control of you
- Take care of yourself so you can help others

Mindfulness
Contemplative Practices...Grounding
(download handout from website)

Physical
- Hugs
- Sleep
- Weighted blanket

Emotional
- Introvert recovery time
- Singing
- Health plan

Mental
- Plan the week
- Journaling
- Limit news

WHAT DO I NEED?

Health
- Medical lists
- Vitamins
- Food

Red Flag Rituals
- Incense
- Breathing

Support
- Family
- Art friends
- Ancestors
- Magical helpers

Stress Warning Signs
- Insomnia
- Melancholia
- Pain
- Eye contact
- Isolated

3 ACTIVATE ARTNER LOVE
- Isolation, introversion
  - "Artner" = an ART-Partner
Jealousy, intimidation can be signals of an "ARTNER" to befriend

ARTNERSHIP
- Healing - stay healthy
- Connection - ease isolation
- Flexibility - be open-minded
- Success - redefine biz model

WHIMSY - setting healthy limits

KEEP IT FUN

Make a Super-Powered Handprint for Your Studio!
- Share your process
- Ask for help (+ offer help)
- Collaborate...prompt
- Skill share

#NEGM20

Notes by Sandy Bartholomew.com
Heart
- Reflecting
- FEELINGS
- processing
- CHILDLIKE

Body
- living LIFE
- HAVING EXPERIENCES
- Physical

Mind
- mental overwhelm
- ARTISTS OBSESSED
- Turn the EXPERIENCE into a PRODUCT

Spirit
- Share it
- RELEASE the IDEA into the WORLD
- Let it GO

MODELING BEHAVIOR
IT'S HARD TO STAND UP FOR YOURSELF

GRAPHIC NOVELS ARE LIKE TOFU. THEY FIT WHAT EVER YOU'RE DOING.

A BOOK ABOUT DEPRESSION BUT... WITH HOPE

DEPRESSION
- meditation
- OBSESSION
- music
- volunteering
- trauma
- therapy
- art
-artner love

BUY ALL HER BOOKS ONLINE at: www.whoisLauraLee.com

WATCH this WORKSHOP (RECORDED) ONLINE at: FACEBOOK.com/lauraleegullede

What is GRAPHIC MEDICINE?
- NORMALIZE DISCUSSIONS
- RELATE TO A CHARACTER

Graphic Medicine
READING LIST

Pregnancy
Cancer
rape, bullying
surgery
breast cancer
STDs
Anxiety
id, relations.
manic depr.
eating disor.
teen hell, id.
bi-polar, phor.
family addict.

KID GLOVES • Lucy Knisley
WHEN DAVID LOST HIS VOICE • Laurie H. Anderson
SPEAK • David Small
STITCHES • Jen Hayden
THE STORY OF MY TITS • Char. Burns
BLACK HOLE • Ellen Forney
GUTS • Raina Telgemeier
FUN HOME • Alison Bechdel
MARBLES • Jen Hayden
LIGHTER THAN MY SHADOW • K. Green
SPINNING • T. Walden
RX • Rachel Losthal
HEY, RIDDLE • Jarrett Krosoczka

Notes by Sandy Bartholomew.com
MINDING Graphic Medicine’s RISE

**Panel B**

**Graphic Medicine and Canonization: Are We on a Worrisome Path?**

- **GM Manifesto 2010 → GM Explosion Now, Established**
- **Only 12 Comics Are Being Used by Institutions + Academics**
- **Scholars**
  - Already Written?
  - Formats? Zine...?
  - Are the Comics Avail.?
  - Who is Your Audience?
  - Can They Get Your Work?
- **Creators**
  - Send to GM, org For Review
- **Educators**
  - Assigning Comics?
  - Format Variety?
  - Multiple Perspectives?
  - Give Students Choice

**Who’s Not in the Room?**

- **162 Comics**
  - I Love People + Perspectives
  - Cathy Leamy

**Front Desk Staff**

- Shown as “Lushers”
- Little Dialogue or Personality
  - Ian William’s book: “Bad Doctor”
  - Cathy’s Book: “Little Bitty Great Big Barriers to Healthcare”

**Participation Challenges**

- Social Status
- Logistics
- Time
- Manager Support
- Care Commitments
- Cost of Participation

**Active Outreach Collaborations**

- CTR. for Cartoon Studies Veteran Project
- #NEGM20

**Librarians**

- On Display?
- Change Purchasing
- Social Media?
- Recommending? To Teachers? To Reader's Advis.?

**Email:** Matthew_Noel@hms.harvard.edu

**Harvard’s GM Collection:** bit.ly/HarvardGM

**Dialog Around Climate Crisis and Climate Anxiety**

- **Creeping Dread**
  - Building Resilience and Hope

**Maria Photinakis**

- Cartoonist

**#1** Let’s talk about how we feel.
**#2** Let’s make space for mental health.

**APA 2017 “Mental Health & Our Changing Climate”**

- AKA - Climate Grief + Eco-Trauma
  - Feel Alone
  - Young People Are In A Panic → Future?!
  - Displacement due to Climate Change

- Sarah Glidden: personal narrative Superhero poetry
- Nausicaa: science fiction educational graphic novel

**Collective Action!**

- Action is the antidote to Despair - Joan Baez

**NE Graphic Medicine Conference**

Notes by Sandy Bartholomew.com
IN+ERSECTIONS
WITNESS, ABSENCE, TRAUMA and PROCESS

PATIENT CREATED NARRATIVES AS ALTERNATIVE MEDICAL RECORD
- holistic personal narrative
- documents mixed w/ personal experience
- witness perspective
- medical bills $
- personal testimony

PA RTNERSHIPS BETWEEN ARTISTS and PROVIDERS, PATIENTS, SURVIVORS...

TRAUMA TABOOS BEAR WITNESS HEALTH JUSTICE

EMDR TAPPING BRAINSPOTTING

LEFT RIGHT icons realistic

GETTING UNSTUCK compost metabolizing fertile

DON’T SHARE YOUR TRAUMA STORY until YOU ARE READY for ATTENTION FROM OTHERS

#NEGM20 NE Graphic Medicine Conference DAY 3

PHOEBE COHEN (MD)
BLACKOUT STARING UNRESPONSIVE Sudden FALLS JERKING CONVULSIONS

KAREN E. ROEHR (UMassLowell)

EGILPSY and LAW ENFORCEMENT
- MEDICAL or CRIMINAL?
- DANGEROUS RESPONSE
- MISINTERPRETED SEIZURE... Full/Partial
- EPILEPSY... all ages
- STROBS → Seizures
- DEPRIVED of medication
- Perceived as "DRUNK"
- OXYGEN deprivation
- POSTICTAL

AWARENESS and DEPICTION of EPILEPSY • very little information
• "weird" behavior not recognized = partial seizure

The YOUNG ADULT NEED FOR GRAPHIC MEDICINE

CHRONIC ILLNESS
- FAMILY
- COMMUNITY
- FRIENDS

CYSTIC FIBROSIS • DIABETES • MENTAL HEALTH
- Somer Love
- 6 Feet Apart!
- I’ve Got Your Back!

Notes by Sandy Bartholomew.com
PUSHING Boundaries

DIAGNOSING the INVISIBLE: Grant Morrison’s The Invisibles and the Ontology of Graphic Medicine
- AUTOBIO = FICTITIONAL
- MEMORY = BIAS = LIES
- MISSING INFORMATION
- SURREALISM
- EXAGGERATION

Autobifictionography

The MEDICAL GAZE

| The INVISIBLE = Progression of Illness prior to visible symptoms |
| The VISIBLE = Symptoms as observed |

| COMIC STUDIES |
| The INVISIBLE = the Events as they took place |
| The VISIBLE = the events transcribed in a medium |

1. GM BASED UPON AUTOBIO NARRATIVE IS ONTOLOGICALLY UNSOUND.
2. GM VISUAL AND VERBAL MEDIA IS ALSO ONTOLOGICALLY UNSOUND.
3. MEDICAL NARR. = CHRONOLOGICAL + TEMPORAL VS. GRAPHIC NARR. = SIMULATES + DECONSTRUCTS
4. AUTOBIO NARR. Rely upon Authenticating PARATEXTS which are ABSENT in GM texts.

THE PRACTICABILITY OF VOODOO

on-tology n. the branch of metaphysics dealing with the NATURE of BEING, existence, + reality.

CHRISTOPHER McGUNNIGLE

NE Graphic Med. Conference DAY 3

HUMANISM & the PREMEDICAL REALM: An Exercise in Graphic Medicine
- A COMIC + RESEARCH PAPER Hybrid
- WHAT OPPORTUNITIES ARE AVAILABLE FOR PRE-MED STUDENTS TO EXPERIENCE HUMANISM?

20 Pre-Med Students
- MUST BE ANONYMOUS
- METAPHORICAL NARRATIVES

- RIGIDITY of Pre-Med PATH
- DISCRIMINATORY DESIGN = Roads, Paths, pitfalls
- SOCIALIZATION = Traffic, Lanes, Detours
- (In) FORMAL OPPORTUNITIES = Help, Volunteer

IS IT A RESEARCH PAPER or a COMIC?
- ACCEPTED BY THE ANNALS of INTERNAL MEDICINE
- BUT they got the © - and all FUTURE PROFITS

© OWNERSHIP

PUTTING LIVES INTO BOXES and SEEING WHAT HAPPENS.

HUMANS ARE ALWAYS CHANGING the STORY

IAN SAMPSON Cartoonist

Notes by Sandy Bartholomew.com
The OPPOSITE of SILENCE: A DEEP DIVE Into a Comic About the AIDS Crisis and the ECHOES of EMPATHY

LIKE THE DIRECTOR'S CUT, BUT FOR A 4-PANEL COMIC
IF THE TEXT CAN DO IT—you don't need pictures
I HATE NECKS

J. D. LUNT
Cartoonist/Editor
CCS 2016
@jadeelunt

ALL ABOUT RELATIONSHIPS
SISTERS OF PERPETUAL INDULGENCE

AIDS CRISIS
FORMER EVANGELICAL CHURCH MEMBER
"YOUR RECORD AT THE THRIFT STORE" ADAPT THE WHOLE SONG?
FLIPPING THRU THE STACKS
SO MANY BAROQUE ALBUMS
CLASSICAL RELIGIOUS SAINT FOR ALBUM COVER
COLUMBIA RECORDS-THelonious MONK
CAPTURE SAN FRAN. ATMOSPHERE
BOBBY CAMPBELL "AIDS POSTER BOY"
GRAY WASH SAN FRAN. ROW HOUSES NO NECK.
KEEP FOCUS OFF NARRATOR SIGN... CELEBRATION OF LIFE

THE COMIC ORIGINALLY RAN IN 7 DAYS NEWSPAPER (vt). IT WAS SIZED TO FIT IN A RECORD SLEEVE.

GREW UP IN SAN FRANCISCO
CHICK TRACTS EXPOSURE (anti-gay, religious)
MAIN-STREAM CREATORS SHOWED DIFFERENT VIEW
PELICANOPOLIS ALBUM PELICANOPOLIS.BANDCAMP.COM
GREEN COFFEE-VOX
STRIP AWAY THE SONG-WRITER'S STORY AND ADD THE CARTOONIST'S

RECTANGLE FRAMING

SAINT CECILIA PATRON OF MUSICIANS
COVER

GHOSTLY

BOBBY CAMPBELL "AIDS POSTER BOY"
GRAY WASH SAN FRAN. ROW HOUSES NO NECK.
KEEP FOCUS OFF NARRATOR SIGN... CELEBRATION OF LIFE

"YOU can't GET MORE SUBVERSIVE, RIGHT NOW, than being EMPATHETIC."

Notes by Sandy Bartholomew.com
Closing Session  •  Sat. March 28

COMICS MUST BE OPEN-ENDED

ONLINE GRAPHIC MEDICINE CERTIFICATE

JUST BECAUSE SOMETHING WORKS DOESN’T MEAN IT CAN’T BE IMPROVED.

WE ARE A STRUCTURE

GRAPHIC MEDICINE BOOK CLUB IN A BOX!

A. DAVID LEWIS
a.lewis@mcphs.edu
TWITTER: @a_dlewis

GM SHOULD FOCUS ON THE EDGES NOT THE MIDDLE.
- PATRICIA ANDERSEN-

SEND AN EMAIL WITH IDEAS TO A. DAVID LEWIS WITH SUBJECT: "NEXT NEGM PROJECT"

SARAH LEVIN-LEDERER
NNLM WEB: nnlm.gov/nnlmer
TWITTER: @nnlmer

USE COMICS ON COLLEGE CAMPUSES TO HELP STUDENTS WITH STRESS AND MENTAL ISSUES.

1. MORE INCLUSIVE AND DIVERSE
2. MORE ROBUST PRESENTATIONS

COMICS FROM THE SEATTLE KINGS COUNTY CLINIC PUBLIC HEALTH INSIDER BLOG

BE KIND.

BE THE PERSON YOU’RE MEANT TO BE.

I WANT TO USE MY PRIVILEGE TO LIFT OTHER PEOPLE UP.

FORM A NEW COMMUNITY: GRAPHICMEDICINE.org/drawingtogether

EXPERIENCE IS WHAT YOU GET WHEN YOU DON’T GET WHAT YOU WANTED.

ALICE JAGGERS
TWITTER: @AJaggers324

SCHOLARS 300 word Blog posts
BOOK REVIEWS
# GraphicMedicine

NE GRAPHIC MEDICINE Conference

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