

WELLBEING IN ENTERTAINMENT AND CREATIVE ARTS

Organization Overview

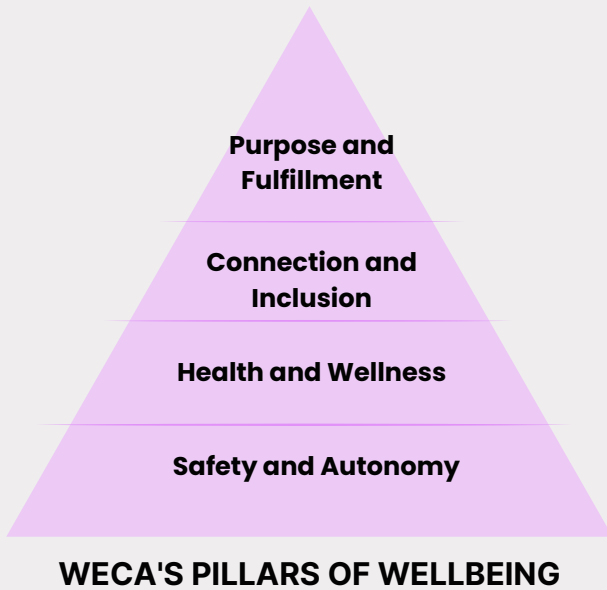
2023



WECA

WELLBEING IN ENTERTAINMENT AND
CREATIVE ARTS

Developing an Industry Standard of Wellbeing in Entertainment Work



WECA is a 501 (c) 3, non-profit organization founded in 2022 by Shaina Fawn, a social worker and Tye Tilghman, an actor and storyteller. WECA seeks to become a catalyst toward change, ushering in a brighter future where health, safety, resilience, and thriving are industry norms in the United States.

WECA currently has relationships with several agencies worldwide who share a similar vision, including [6ft from the Spotlight](#) in the United Kingdom, [Screen Well](#) in Australia, and [Set Protect](#) in Canada.

Our Mission, Vision and Values

WECA envisions an entertainment industry guided by trauma-informed principles, by which the health, safety, and wellbeing of artists and entertainment workers are prioritized throughout the entire creative process, from pre to post-production.

WECA strives to be the premiere hub of wellbeing in entertainment in the United States, ensuring that creative spaces are well-equipped to promote the health, safety, and wellbeing of cast and crew members. WECA is committed to decreasing mental health stigma, increasing access to support, and establishing industry standards for wellbeing. These goals are achieved by developing resources and training, partnering with productions to provide risk assessment and consultation, and supporting and uplifting ongoing mental health research.

WECA is guided by values of social justice, intersectionality, and trauma-informed knowledge. We believe that the creative arts are an essential component of human wellbeing where individual and community healing can occur. We believe that those who work in entertainment have the right to work in healthy and safe environments guided by principles of prevention and harm reduction.

The Current State of Wellbeing in Entertainment

The COVID-19 Pandemic has forever changed our lives and our worlds. The entertainment industry, in particular, was hit hard by the pandemic as shutdowns forced the closure of theatres and productions, resulting in significant financial loss and economic insecurity for thousands of entertainment professionals. Entertainment workers, however, were struggling long before the pandemic, and conditions during the pandemic only served to exacerbate these struggles.

The research on entertainment workers' mental health and wellbeing is scant and scholarly, peer-reviewed research is limited. What we know from our limited research is that people who work in entertainment are hurting. These workers experience a high rate of mental health and substance abuse challenges. Research has pointed to 9 factors (shown below) that contribute to diminished mental health and wellbeing for entertainment workers. Thankfully, **there is hope**. We can learn from other industries about principles of prevention and trauma-informed solutions to promote the health, safety, and wellbeing of the cast and crew.



A Brief Overview of the Research

Before the Pandemic

Entertainment Assist - Australia (2016)

- Respondents were twice as likely to attempt to take their life than the national average
- 44% of respondents reported symptoms of moderate to severe anxiety

Film and TV Charity - The UK (Feb, 2020)

- More than half the sample considered taking their life, compared with one in five nationally
- Bullying and harassment were identified as major stressors present in the industry.

During the Pandemic - The UK

- Anxiety among entertainment workers had increased by 85%
- Financial insecurity and loneliness were major contributing factors
- In the general population, economic insecurity was a risk factor that increased the likelihood of developing PTSD, and loneliness was a risk factor associated with depression

Most Recent Research - Film and TV Charity follow-up surveys - 2021 & 2022

- 78% say that work intensity is having a negative impact on their mental health
- 11% describe the industry as a mentally healthy place to work (up from 10% in 2021)
- 75% worried about future income



download our full research brief to read more about the state of wellbeing in entertainment

Our Courses, Trainings and Workshops

Wellbeing Essentials Course

No matter what role you play on productions, you can make a difference. This approximately 2-hour course will help you learn valuable definitions and skills to increase wellbeing in entertainment work. This course can be completed in our asynchronous format, or can be presented live in person or online. .

Trauma 101

This training is designed to give professionals in the entertainment industry a basic understanding of trauma, symptoms, triggers, how it develops, and how it shows up on sets and stages. Participants will leave with simple tools that can be used immediately to make the workplace safer for all cast and crew. This course is offered live in person or online.

Mental Health First Aid (MHFA) Certification

Mental Health First Aid is a training course that gives you the skills to reach out and provide initial help and support to someone who may be developing a mental health or substance use problem or experiencing a crisis and help connect them to the appropriate care. This course is offered live in person or online.

Workshops – provided live online or in person

- Trauma-Informed Artistic Creation: Boundaries, Self-Care, and Returning Home to Self
- Hollywood and Mental Health: Let's Talk About It
- How to Recognize and Manage Character Bleed
- Disenfranchised Grief for Creatives: What Does it Mean to Mourn our Work?
- Teambuilding
- Grief at Work: Navigating Loss & Spurring Resilience in Creative Workplaces

"We spend so much time caring for other people's stories without taking care of the people who tell them."

Tyee Tilghman

Actor, Educator, Storyteller, WECA Co-Founder

Other Support Offerings

Trauma-Informed Consultation and On Set Support

Toolkits

We create toolkits with supportive strategies to assist cast, crew, and production in creating psychological safety and promoting wellness in simple and actionable ways.

Risk Assessments

A comprehensive assessment of current wellbeing risks present in script and production. Careful attention is paid to scenes that may cause the cast and crew difficulty. Areas that may be hazardous for trauma and mental health are also identified, and recommendations are provided.

Lights on! Mental Health Podcast

In this podcast, we have vulnerable, open, honest, and sometimes difficult conversations about the entertainment and creative arts industries, mental health, trauma, therapy, racism, sexism, etc. Our hope is that in having these conversations, we can educate and work together to dismantle mental health stigma and promote a culture of support within the entertainment industry.

Process Groups (coming soon!)

Sets and stages can be complex and high-stress environments to work in. Conflict arises, and crises happen. Process groups are a powerful way for people to come together and debrief in a way that facilitates connection and growth.

“One day, future generations will come from university and film schools into an industry with mental health awareness in place.”

Leo Anna Thomas

Wellbeing Coordinator (UK)

Keep in Touch!

We want to hear from you!

Let us know how our team can support you in promoting the health, safety, and wellbeing of your cast and crew.

hello@wellbeinginentertainment.org

www.wellbeinginentertainment.org



#WEMUSTDOBETTER

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