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ADMH CELEBRATES THE POWER OF ART AND MENTAL HEALTH WITH THE 13TH ANNUAL CAPITOL SHOWCASE

Montgomery, Ala. –Since 2005, ADMH has hosted the Capitol Showcase, a consumer art show at the Alabama's State Capitol. People from around the state with mental illnesses, developmental disabilities, substance use disorders and co-occurring disorders have their abilities showcased throughout the of May in observance of Mental Health Month.

Art can offer a sense of accomplishment, meaning, and engagement when it is hard to express or put into words what a person is struggling with. Creating visual, written or musical forms of art can help to decrease anxiety and stress and offers a refuge from intense feelings and emotions. Many of our artists have remarked on the care and support they received from local mental health centers and how their art was encouraged and celebrated through their therapy and recovery.

Nearly 160 pieces of art will be on display in the Old Supreme Court Library in the State Capitol. The department thanks the Booker T. Washington Magnet School National Art Honor Society students for assisting in the extensive set up of the show. Commissioner Beshear invites all Alabamians to view the show now through May 25. A reception will be hosted on May 24 for the artists and supporters.