

MOTION BY SUPERVISOR HILDA L. SOLIS

April 14, 2026

**Proclaiming Employee Wellness Through the Arts Week**

Engaging in the arts can transform well-being, foster connection, and inspire joy. Research shows that participation in artistic and cultural activities contributes to social cohesion, intercultural understanding, civic engagement, and positive health outcomes. Creative expression has been linked to reduced anxiety, stress, and anger and can even enhance immune function. According to the Journal of Positive Psychology, “spending time on creative goals during the day is associated with higher activated positive affect,” highlighting the role of art in generating happiness and improving overall outlook. The World Health Organization (WHO) notes that “art can help us to emotionally navigate the journey of battling an illness or injury, to process difficult emotions in times of emergency and challenging events,” and that “enjoyment of the arts helps to promote holistic wellness and can be a motivating factor in recovery.”

In today’s work environment, offering employees intentional opportunities to pause, reflect, and recharge is essential to building a healthy and resilient workforce. Los Angeles County employees demonstrate dedication to public service in countless ways, connecting communities to support and services, leading recovery efforts, and helping communities heal and thrive. To support this work, it is vital to provide resources that

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Mitchell \_\_\_\_\_

Horvath \_\_\_\_\_

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strengthen employee resilience, promote wellness, and foster engagement across the Los Angeles County family.

As part of this commitment, the County's Department of Human Resources (DHR) is pleased to partner with the Department of Arts and Culture (Arts and Culture) to present the 2026 Los Angeles County Employee Wellness Through the Arts Week, taking place May 11 to 15, 2026, in recognition of Mental Health Awareness Month. The week will provide Los Angeles County employees with free access to a variety of arts and cultural institutions, offering opportunities to step away from work, engage creatively, connect with colleagues, and experience the restorative benefits of arts and culture.

This initiative was conceived by artist and Creative Strategist christy roberts berkowitz (who presents her name in lowercase, honoring the late writer bell hooks). She began her residency with DHR in July 2023 as part of Arts and Culture's Creative Strategist–Artist in Residence program, which places artists in Los Angeles County departments to work alongside staff to develop artist-driven solutions to complex social challenges. The program, recommended by the LA County Cultural Equity and Inclusion Initiative, supports the [Countywide Cultural Policy](#) and its three main goals: invest in cultural infrastructure and access to arts and culture, advance arts and culture across civic life, and promote cultural equity, diversity, inclusion, and belonging. During her residency, berkowitz has focused on developing innovative approaches to employee well-being that leverage the arts to foster creativity, cohesion, engagement, and resilience.

The 2026 Employee Wellness Through the Arts Week will feature free admission

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to select arts and cultural institutions across Los Angeles County. Activities will include:

- The interactive installation Life in Motion at The Music Center.
- Access to Angels Gate Cultural Center, Armory Center for the Arts, Reflect Gallery at Glendale Central Library, Los Angeles County Museum of Art (LACMA), Lancaster Museum of Art and History, Natural History Museum of Los Angeles County, and Skirball Cultural Center.
- A limited number of free tickets to performances of Guac at Center Theatre Group's Kirk Douglas Theatre.
- Tours of the 18th Street Arts Center, Olympic Campus, and the Benton Museum of Art at Pomona College.

This healing opportunity is made possible through the valued partnership between DHR, Arts and Culture, and the participating arts and cultural organizations. Supporting employee participation demonstrates Los Angeles County's commitment to workforce well-being, strengthens interdepartmental collaboration, and highlights the innovative use of the arts as a strategy for engagement and wellness.

**I, THEREFORE, MOVE** that the Board of Supervisors:

1. Celebrate Proclaim May 11–15, 2026, as Los Angeles County Employee Wellness Through the Arts Week.
2. Encourage all County departments to support this initiative by directing Departmental Human Resource Managers to promote employee participation in at least one Employee Wellness Through the Arts Week activity during May

AGN. NO. \_\_\_\_\_

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