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Kelleen Maluski

University of New Mexico, Health Sciences Library and Informatics

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Recommended Citation

Maluski, Kelleen. "20210408_Creating Empowering Mental Health Care Plans- From (A)dvance Directives to (Z)ines with Amanda Meeks." (2021). <https://digitalrepository.unm.edu/blog/150>

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HSLIC News - LibGuides at University of New Mexico

Creating Empowering Mental Health Care Plans: From (A)dvance Directives to (Z)ines with Amanda Meeks

by Kelleen Maluski on April 8th, 2021 | [o Comments](#)

CREATING EMPOWERING MENTAL HEALTH CARE PLANS: FROM (A)DVANCE DIRECTIVES TO (Z)INES

APRIL 14, 2021



Amanda she/they

In this zine workshop, participants will be introduced and encouraged to explore mental health advance directives as a starting place for developing radical and empowering care plans. Each person will then create a mini zine on wishes and preferences for their own mental health care, which can be shared with anyone they choose. The creative prompts and guidance provided in this workshop will be intentionally designed to help destigmatize the topic of mental illness in our communities, families, and professions.

This is the 2nd part of our 3 part Zine Workshop Series. The first 20 people to register for the series will get a zine and self-care kit. Find more information & RSVP at goto.unm.edu/hslicevents

NM HEALTH SCIENCES LIBRARY & INFORMATICS CENTER

After an amazing first Zine workshop we are very excited for the second in our series. Next week, April 14th from 12-1, join [Amanda Meeks](#) (she/they) to learn about creating zines connected to mental health directives! Amanda is an interdisciplinary maker, artist, and librarian living in Tucson, AZ. Their work takes on various forms including zines, artist books, pins, painting, collage, letterpress, and a participatory social art practice. Their current Tucson-specific project, Outspokin' & Bookish, is part pop-up feminist zine/art object collection and part playful, mobile (via bicycle) maker space focused on print media, which has evolved into a regional zine collective and exchange open to all during the COVID-19 pandemic. The Outspokin' & Bookish mission includes cultivating social connectedness, sense of belonging, celebration of difference, and pride of place through sharing DIY publishing and print media-making practices and tools. In her free-time Amanda studies death care work, disability justice/mental health, and does some light gardening. [Outspokin' & Bookish, Tucson, AZ.](#)

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[advance directives](#) as a starting place for developing radical and empowering care plans. Each person will then create a mini zine on wishes and preferences for their own mental health care, which can be shared with anyone they choose. The creative prompts and guidance provided in this workshop will be intentionally designed to help destigmatize the topic of mental illness in our communities, families, and professions. You can register for the workshop [here](#).

You also still have time to register for:

[Engaging Your Senses and Honoring Your Body Through Zine-Making with the Indigenous Honeys on Wednesday April 21st from 12-1pm](#)

Indigenous Honeys invites you to a virtual zine workshop on self-care! In this workshop we will focus on our senses and create zines that will involve collages, writing and more. You are encouraged to bring personal digitized photos of people, places and/or items that are important to you.

[Indigenous Honeys](#) is Chantal Jung (she/they), Michelle Bernardino (she/they), Marina Perez (she/they) - an interdisciplinary arts collective dedicated to cultivating space for Indigenous zinesters, artists, writers, and storytellers. Our work centers the voices, experiences, realities, histories, perspectives and talents of Indigenous peoples. We have experience working as a small scale disto, supporting Indigenous artists from diverse geographical spaces. We are dedicated to promoting self-published material because we recognize self-publishing as an accessible and autonomous strategy that interrogates settler colonialism and capitalism. You can find them on [Instagram](#).

Registration for each workshop is capped at 20 participants to allow for increased engagement, so be sure to book your spot as soon as possible!



We also have a virtual exhibit called [Zines for Alternative Publishing: Making Your Voice Heard](#) that accompanies these workshops. Be sure to take a look and engage with the materials, history, and creating playlist!

Add a Comment

0 Comments.