



Welcome to Fulton State Hospital's Pillows of Unrest project.

"In desperation, we lie down and rest our weary heads on our pillows. If those pillows could talk, they would tell a story of struggle, one that begins within, but is often fed by an environment that lacks understanding. It is our purpose to give voice to these separate and lonely struggles through Pillows of Unrest workshops and by the exhibition of the pillowcases that will be an ongoing and permanent collection."

- Frank Marquit



A plain white pillowcase and a pack of colored Sharpies; that is what the clients of Fulton State Hospital use to depict their struggles with mental illness and/or developmental disability and their stories of recovery.

It all began with Marty Martin-Forman, Chief Operating Officer, and Sharon Britten, Client Advocate, attending a conference of the National Association of State Mental Health Program Directors, focusing on the reduction of seclusion and restraint. The Pillows of Unrest project was described at a presentation given by Gayle Bluebird, a renowned expert in the use of art therapy in mental health treatment. Ms. Martin-Forman and Ms. Britten brought the idea back to Fulton State Hospital, where it was shared with the facilities' Strategic Planning Team. The project quickly took on a life of its own. Browse through the following pages to see these stories unfold in the client's art.