

# Ringling in a better future.

Be Well Bells Community Project



be well



A CENTERSTONE INITIATIVE

# Creating access through community art.

**In the 1950s, Mental Health America unveiled the “Bell of Hope.”** Made with the discarded chains and shackles from closed asylums, which were once used as restraints during treatment, they transformed the relics of a cruel past into a powerful symbol of progress.

**Centerstone’s Be Well Bells carry that tradition forward and ring in a new narrative.**

These community art pieces, designed by local artists and community members, invite everyone to talk openly about brain health. By inviting our communities to take part in a shared journey toward feeling well, we hope to inspire positive change.

Be Well Bells are custom art pieces created by local artists and community members that help bring attention to brain health by:

- Including a plaque with a QR code so people can easily access brain health resources in the moment
- Serving as a visible reminder to reduce stigma, inspire lives worth living, and support suicide prevention
- Encouraging open conversations about support and available resources
- Inspiring hope for a healthier and more connected tomorrow

***Legal: These Be Well Bells are made with the approval of Mental Health America.***



*Photo Courtesy of Mental Health America*



**Email us at [bewell@centerstone.org](mailto:bewell@centerstone.org) for more information.**

## **About Centerstone**

Centerstone is the largest nonprofit behavioral health organization in the United States. With more than 10,000 team members working at 350 locations in communities across the country, Centerstone provides healing and hope to people of all ages through mental health services, addiction care and social supports. Centerstone is a leader in operations for the 988 Suicide & Crisis Lifeline. Centerstone’s Military Services offers specialized care nationwide for veterans and the military community. Centerstone’s Institute provides guidance through research and technology, leveraging the best evidence-based practices for use across its communities. Centerstone’s Foundation secures philanthropic resources to support the work and mission of delivering care that changes lives. Learn more at [Centerstone.org](https://www.Centerstone.org).

# Meet the Artists



## **Avery Parrish**

*Ozarks Area Community Action Corporation, Springfield, MO*

My artwork represents hope, calm, and serenity—feelings I believe we all deserve and can access. The blue tones symbolize the sense of peace and wellness I hope my piece brings to others, while the metallic elements reflect the magnetism, creativity, and personal power each of us carries within our community. Creating this bell allowed me to express what healing and connection look like to me.



## **Riana Clark**

*Centerstone Administrative Campus Springfield, MO*

I'm an artist and a scientist. When you're looking at my bell, I hope you see a few things. You're going to see the chaoticness of life, the warm fuzzies of life, the structure of life—and really, the point of the bell is to show that while you might have bad moments or emotions, whatever life throws your way, those things do not define you. They are not forever, and they are not you. And all of those things, when they come together, make your life—and you—beautiful.



## **Meg Wagler**

*Community Foundation of the Ozarks  
Springfield, MO*

Mental health advocacy means so much to me because of the experiences I've had with friends, family, and in my own life. Using my art to support others, normalize talking about mental health and help them feel comfortable reaching out for help is incredibly important to me. My style is bright and bold, and I wanted that energy to shine through in the bell we created. I hope when you see it, you feel a little more uplifted, a little more understood, and reminded that the journey of wellness deserves color, light, and openness.



## **Sarah Gatewood**

*Commerce Bank, Springfield, MO*

I chose the non-objective art because whenever I paint this way, time stands still and I think that everybody needs to have something like that for them, in order to be healthy mentally.

It's something incredible that I just let the art in a way make itself. I love it.





## **Adrienne Luther**

*Shelter Insurance, Columbia, MO*

I am so honored and thrilled to do the painting for [this] Be Well Bell. It's a project that's really important to me. Mental health has been a huge part of my young adult life. As I've grown [I've learned to] understand how to manage my emotions and connect with people about vulnerable topics. [I wanted] to represent the geography of Central Missouri on this bell and highlight how important it is to get outside, go for a drive, or go for a hike, [because] it's an integral part of my mental health. I want to thank everyone involved in this project, and encourage you to learn more at the website.



## **Michele Pierce**

*The Least of These, Ozark, MO*

My artwork on the bell is meant to show the importance of a healthy diet to a person's emotional well-being and mental health. I wanted to illustrate the collaboration between [our organizations], working together to address generational poverty and generational trauma. I hope the community will continue to work together to become stronger and healthier, [while] encouraging individuals to speak up when they need help.



## **Shannon Joy**

*Center for Music Therapy and Wellness, Springfield, MO*

This piece represents a part of my life that I've overcome, and I wanted it to reflect the power of community in mental wellness. The background is made up of handprints from people all across Springfield who came together to leave their mark. The next layer is family—my children's handprints are the ones you see most clearly. I wrapped everything in music because, after my brain injury in 2013, music became the way I communicated when I couldn't speak. It's deeply meaningful to me, and I hope you feel that connection when you see the bell.



## **Andrea Erhardt**

*CoxHealth, Springfield, MO*

I painted hot air balloons, which is a symbolism of [being uplifted] and thinking [positively].





## **Michelle Hadler**

*City of Perryville, Perryville, MO*

Mental health awareness has always been very close to my heart, based on the lives of many of my friends and family members. [I was inspired by the beautiful quilts] my grandma made [when I was young]. Quilts give us comfort and warmth. They're made of many unique patterns and styles, just like us, and when they're combined and sewn together, they form [a quilt], which can represent a community where we can all find support. Each day, I'm inspired by people helping one another. I'm grateful to be able to use my art to raise awareness for mental health.



## **Samantha Cox**

*Sculpture Walk April 2023–April 2024,  
Springfield, MO*

My bell represents the beauty of the mind. I want it to be an inspiration for anybody who sees it to know that there is hope if you're going through a hard time. I hope it inspires anybody who is wanting to get help and know that you are worthy of love and respect.



## Bailey Pyle, Centerstone Staff and Clients

*988 in Southwest Missouri, Springfield, MO*

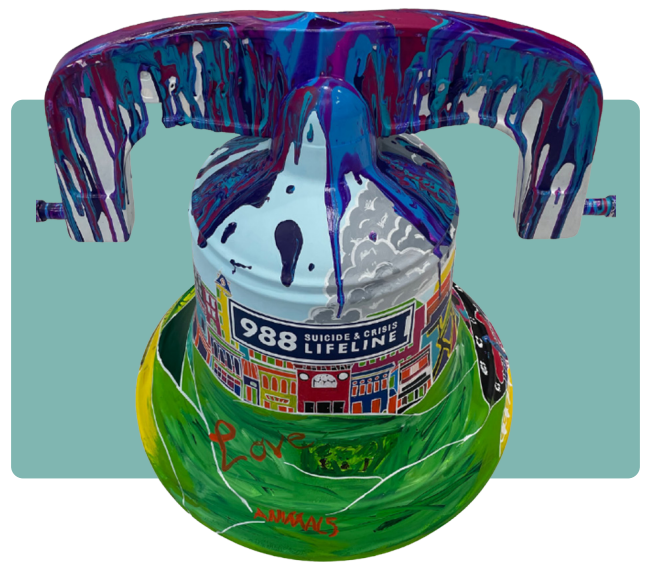
I had the honor to [help bring this bell to life], blending my background in art therapy with my passion for community wellness. [This bell was] created in recognition of the one-year anniversary of the 988 Suicide & Crisis Lifeline. What makes it truly special is the collaboration behind it—clients and staff from across Centerstone contributed artwork representing what inspires their hope, healing, and joy. Together, these individual pieces form the honeycomb design, symbolizing how each of us is part of a greater whole.



## Bailey Pyle, Centerstone Staff and Clients

*988 in Central Missouri, Columbia, MO*

It's been an honor to help bring this Be Well Bell design to life. The Central Region 988 Be Well Bell was created in recognition of the one-year anniversary of the 988 Suicide & Crisis Lifeline. Each person contributed imagery that reflects what inspires them—hope, healing, and a life they enjoy living. Every piece [is] part of a larger whole, reminding us that community wellness depends on all of us showing up, caring for one another, and staying connected.

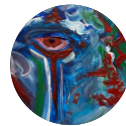




## Boys & Girls Club Participants

*Boys & Girls Club of St. Charles County,  
St. Peters, MO*

The 14th Be Well Bell, a special collaboration between Preferred Family Healthcare's A.R.T.C. program and Boys & Girls Club of St. Charles County, was revealed in October 2023. This bell was designed and painted by summer camp attendees at Boys & Girls Club and is displayed in St. Peters, MO.



## Centerstone A.R.T.C. Clients

*Franklin County Resource Center,  
Union, MO*

The 15th Be Well Bell is a special collaboration between Preferred Family Healthcare's A.R.T.C. program and the Franklin County Resource Center. Revealed in October 2023, the bell was designed and painted by A.R.T.C. clients and is proudly displayed at the Franklin County Resource Center in Union, Missouri.



## **Susie Dains**

*Springfield Police Department HQ,  
Springfield, MO*

[I was inspired by] one of my favorite childhood memories—playing flashlight tag with my brother. I kept thinking [that] a flashlight is a light in the darkness. That idea felt meaningful for this project, so painted two kids playing with flashlights in a beautiful desert night scene. Creating the bell was such a fun and heartfelt experience. I was really touched that the police station valued mental health awareness enough to ask me to paint it. I poured a lot of love into this piece, and my hope is that when people see it, they feel encouraged and inspired to reach out for the help they need.



## **Bailey Rathmann**

*OWN, Springfield, MO*

It's been an honor and a privilege to be able to paint [this bell]. I gathered my inspiration from the quote, "You are not broken or shattered; you are a beautiful mosaic of all the battles you've won." I used this quote to help symbolize that you are enough, you are whole, and you are not broken.





## Philip Gresham and Missouri Valley College Students

*Missouri Valley College, Marshall, MO*

[This design was an] effort between graphic design and psychology students. Through a series of design-thinking activities, the students synthesized and painted the final [design]. [It] embodies the notion of the mind as a temple, with pillars representing [many activities that promote] mental-health the students [use in] their own lives. [Things like] team sports, paint-by-numbers, and spending time with friends. A flower around the base of the bell is depicted in a zoetrope fashion so that it appears to continually grow and blossom—a signal of hope to viewers and passersby as they walk around the bell.



## KE Griffin and Anna Marten

*Englewood Arts, Independence, MO*

As a special collaboration between Comprehensive Mental Health Services and Englewood Arts, This bell was launched on March 21, 2025. It was designed by resident artists at Englewood and is the first Be Well Bell in the Kansas City metro.

Housed outside of Englewood Arts in Independence, MO, this bell serves as a reminder of the impact of community for hope and highlights the role art plays in brain health.



## **Riana Clark**

*Ozarks Technical College,  
Springfield, MO*

This bell was previously installed in downtown Springfield, MO from April 2022–April 2023 as part of Sculpture Walk, whose mission is “to encourage the artistic transformation of Springfield through outdoor sculpture, thus enhancing our quality of life and promoting economic vitality.”



## **Baley Mascoe**

*Centerstone Campus, Indianapolis, IN*

I wanted my piece to reflect what hope and healing feel like to me. When we’re healing, life slows down a bit—and that’s not a bad thing. That idea inspired me to paint twelve little animals and creatures on my bell, each doing simple “slow dopamine” activities that help calm the vagus nerve and soften the fight-or-flight response. I leaned into a storybook style because the bell will be traveling across Indiana, including stops at libraries, and I wanted it to feel welcoming and whimsical. My hope is that its colors, characters, and gentle pace bring you a moment of calm.

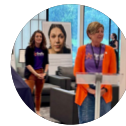




## Healthy Blue and RISE at the Drew Lewis Foundation

*The Fairbanks, Springfield, MO*

At the Fairbanks, every ring of the Be Well Bell celebrates progress, individual and collective. It reminds us that strong roots built through trust, community, and collaboration lead to healthy, thriving futures. The bell honors the work of many nonprofits under one roof here at the Fairbanks, all growing together to empower lives and neighborhoods. Each chime is a victory for wellness, for unity, and for the belief that when we rise together, we rise stronger.



## Firefly Staff & Clients

*Firefly Locations, Various, MO*

The Firefly team speaks with deep affection about watching clients grow, earning jobs, settling into new homes, exploring their communities, and discovering new strengths with pride and confidence. Each accomplishment reflects the spirit of [our bell], Firefly's values and [becomes] a reminder of resilience, connection, and the vibrant community they're building together.

## Calling All Artists!

**Actively seeking talented local artists**

Are you passionate about mental health awareness? Do you want to use your gifts and talents to change the world for the better? We are actively seeking talented local artists to design Be Well Bells for the Be Well Community Movement.



Email us at [bewell@centerstone.org](mailto:bewell@centerstone.org) for more information.



# Get a Be Well Bell

When you sponsor a Be Well Bell, you're helping us bring hope, connection, and brain health awareness into the community. Be Well Bells are visible symbols of care that encourage open conversations, reduce stigma, and remind people they are not alone. Each bell connects individuals to helpful brain health resources right when they need them, creating access to support in meaningful, everyday spaces.



**Ready to bring hope into your community and support brain health?**  
Contact us at [beWell@centerstone.org](mailto:beWell@centerstone.org) to learn more about sponsoring a Be Well Bell and making a lasting impact.

## be well besties



A CENTERSTONE PODCAST



**We're mental health experts making self-care easy.**  
Scan the QR Code to learn more.

