

# Tesha Davilmar

Multimedia Artist

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Baltimore City, Maryland



## SUMMARY

Cha is a Haitian-American multimedia artist and practicing psychiatrist based in Baltimore, integrating her understanding of mental health with the cultural traditions that shape her craft. Drawing from Haitian beadwork, sequins, and organic materials, her work explores identity, memory, and emotional complexity through richly layered surfaces. Her psychiatric training influences her desire to build therapeutic, community-centered environments where art becomes a tool for self-expression and healing. In both her studio practice and workshops, she fosters creativity as a pathway to mental wellness and collective connection.

## EDUCATION

### Florida International University

Bachelor's Degree in Biology  
2013 - 2017

### Johns Hopkins University School of Public Health

Master's Degree in Public Health  
2022 - 2023

### Johns Hopkins University School of Medicine

Doctor of Medicine  
2019 - 2024

## SKILLS

- Acrylic Painting
- Basic sewing skills
- Embroidery
- Sequins and beadwork
- Psychiatry Training
- Supportive Psychotherapy

## AWARDS

- 2017 FIU Civic Engagement Medallion Recipient
- 2020 National Alliance for the Advancement of Haitian Professionals Haitian American Leadership Award
- 2021 JHU Consortium for School-Based Health Solutions Small Grants Program Student Award Winner
- 2022 Johns Hopkins Sommer Scholar Award
- 2025 Mary Ann Connelly Fund in Support of Artists

## PROFESSIONAL EXPERIENCE

### Project Leader and Workshop Host

Virtual You are Not Alone Youth-Led Workshops | 2021 - 2022

- Developed project proposal including project design, budget, and timeline.
- Recruited youth leaders and collaborated with them to develop workshops.
- Created surveys to evaluate workshop outcomes and elicit feedback.
- Assisted in the facilitation of workshops led by youth.

### Mood Board Storytelling Activity Facilitator

Creative Wellness Workshop Sessions at Martha's Place | March 2023

- Designed a creative workshop focused on self-reflection and goal setting through collage making.
- Led group reflection session discussing the intentions behind the collages each resident made.

### Haitian Crafting Workshop Host and Facilitator

The Art of Haitian Beadwork at Baltimore Unity Hall | November 2025

- Cha Studios hosted a workshop on Haitian beadwork and the cultural lineage of Haitian Vodou.
- Explored the history, symbolism, and intricate sequin and beadwork of Vodou flags.
- Participants learned foundational and advanced techniques, creating their own pieces.

## EXHIBITS

- Share Your Soul Art Exhibit, 2023
- Dreamscapes Pop Up Art Exhibit, 2024
- EXPO '25: Roots, Resilience, and Nostalgia, 2025
- Baltimore Unity Hall's Sacred Ground, 2025
- When Roots Run Deep Art Exhibit, 2025
- Monad Gallery Presents Still:Moving, 2026