#CreateChange

2017
Annual Report
April 2018

Dear Friends,

The Art Therapy Project was pleased to once again provide free art therapy to more than 1,100 trauma survivors in the past year. Through the tireless efforts of our supporters and staff, we had a record breaking year.

Our programming efforts in 2017 expanded to offer thirty five weekly art therapy groups in partnership with more than two dozen program partners. Over the course of the year, our art therapists had more than 5,000 contacts with our clients. We were also proud to have received approval from New York State as a Continuing Education provider for both Licensed Creative Art Therapists and Licensed Social Workers.

A growing circle of volunteers including new Board Member Sheryl Punia and the re-invigorated Young Professionals Leadership Group under the guidance of Suzy Mage, Kelly Anne Sherlock and Sarah Staller, have contributed greatly to our success. Our Marketing Committee helped develop our e-newsletter, the Process, which shares news and insight about our collaborations and activities as well as information about the field of art therapy and its growing role as a best practice for treating trauma survivors. Simply put, our volunteers make it possible for The Art Therapy Project to expand our reach, raise more funds and help meet the ever growing demand for services. The on-going generous support of the School of Visual Arts continues to make it possible for The Art Therapy Project to focus on providing services to those in need, rather than raising funds for office space and other overhead.

The Art Therapy Project remains the only nonprofit in New York dedicated solely to art therapy, and the demand for our services continues to increase. As we embark on another year of serving the community, The Art Therapy Project is developing a Strategic Plan that focuses on achieving significant growth over the next four years, increasing awareness about the healing power of art, and advocating for the field of art therapy. Our primary goal of helping all of those in need of our services remains the same, and our approach will always adhere to the highest standards of quality care. We are grateful for the continued support of those individuals, strategic partners, foundations and companies who help make this happen, and we look forward to working with all of you this year and beyond.

With much appreciation,

David Wasserman
Chairman
PROGRAM PARTNERS

The Art Therapy Project is proud to have served over 1,100 clients in 2017 and we remain committed to serving trauma survivors from marginalized populations who so often do not have the means or access for art therapy services. We are honored to work in collaboration with some of NY’s most respected non-profit organizations and hospitals who help to identify those most in need of our support.

Arab American Family Support Center
Avenues for Justice
Billie’s Place
Bronx Vet Center
CARES – Mount Sinai St. Luke’s
Chelsea Foyer
Crime Victims Treatment Center
CUNY Vets
Educational Alliance
GMHC
Good Shepherd Next Steps
Graham Windham
HEAF
John Jay College of Criminal Justice

JVL Wildcat Academy
Manhattan VA
Mount Pleasant Blythedale
Mount Sinai Adolescent Health Center
Mount Sinai Beth Israel Chemical Dependency Treatment Program
New Destiny Housing
New Alternatives for Children
NYU Military Family Clinic
Program for Survivors of Torture at Bellevue
Rachel’s Place
The Children’s Village
WTC Environmental Health Center at Bellevue

2017 PROGRAM NEWS

WHAT IS ART THERAPY?

Art therapy is a treatment method that uniquely combines art and psychology to explore the problems and potentials of individuals. It is a specialized way of using the power of the creative process as a vehicle for healing, communication, self-expression and personal development. Art Therapy focuses on the process of art-making itself, rather than the finished product, as a means of healing. An Art Therapist needs the knowledge of the visual arts and the creative process, and an understanding of human development as well as psychological and counseling theories and techniques.

Each art therapy group has a unique process which developed out of the group’s dynamic and shared experience. The 2017 client exhibit focused on the creative process and allowed each of the groups to exhibit work that emerged out of that very unique and dynamic space.
2017 PROGRAM NEWS — SCOPE

Total Veteran Contacts

Total Youth Contacts

Weekly Groups
Part of The Art Therapy Project’s mission is to engage in, and support, the field of art therapy. In 2017 we began offering workshops that meet requirements for licensed clinical art therapists and social workers to obtain Continuing Education Hours in New York State. Workshops combine art therapy best-practice techniques and information, alongside hands-on art directives to enhance learning and connection to the material. Participants not only tap into our community of art therapists, but also learn from experts in the mental health community and established artists, which makes for truly unique learning experiences.

Alison Levi-Ramirez, MME, MT-BC, LCAT, had this to say about her experience:

“I have had the pleasure of attending the first two continuing education workshops. They were very interesting, well presented, convenient to attend and well-priced. As part of each workshop, every participant created a personal art project. As a Music Therapist, this allowed me to explore a modality of expression and creativity I do not usually have a chance to experience. The projects were fun and enlightening, and I felt a great sense of pride in what I created. I was excited to share each of my projects, and my thought process as I created them, with not only the other workshop participants, but also with my family and co-workers later on. I very much look forward to attending additional workshops at The Art Therapy Project, as they are offered.”

In treating substance abuse issues, art therapists are helping to support the recovery process. This involves using the art and processing to help clients: develop insight into their feelings and behaviors, utilize positive coping skills, tolerate distress and urges and increase feelings of connectedness and self-worth. The image above was created by a client in a substance abuse recovery group who came to the group looking to maintain her newfound sobriety and learn how to practice self-care to support this effort. She is hard on herself – often throwing away the art she created that does not meet her standards. Despite this, she is motivated to use the group to heal; she is often the first group member to arrive and the last to leave. After a few months in the group, this client was able to use the art process as a metaphor for exploring parts of her life. She learned to manage mistakes - working with them rather than allowing them set her back. This image is of her most recent piece. She had initially placed a wire fence at the entrance of the cave, a representation of protection but also of isolation. Through discussion and processing this client decided she didn’t want the birds to be trapped, she wanted them to be able to fly and be free. So she painted an open fence at the edge of her canvas – an effort to find the balance of feeling protected yet open and free. Something many of our clients hope to find for themselves in recovery from their trauma.
# 2017 FINANCIALS

## THE ART THERAPY PROJECT

Statement of Activities and Net Assets
For the Years Ended December 31, 2017 and 2016

<table>
<thead>
<tr>
<th></th>
<th>Without Donor Restrictions</th>
<th>With Donor Restrictions</th>
<th>2017 Total</th>
<th>2016 Total</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revenues</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Contributions and Grants</td>
<td>$ 98,758</td>
<td>$ 38,800</td>
<td>$ 137,558</td>
<td>$ 232,305</td>
</tr>
<tr>
<td>Donations from Individuals</td>
<td>199,477</td>
<td>-</td>
<td>199,477</td>
<td>73,754</td>
</tr>
<tr>
<td>Fee for Services</td>
<td>4,158</td>
<td>-</td>
<td>4,158</td>
<td>-</td>
</tr>
<tr>
<td>Special Events Income (Net)</td>
<td>66,431</td>
<td>-</td>
<td>66,431</td>
<td>67,866</td>
</tr>
<tr>
<td>In-Kind Contributions</td>
<td>58,450</td>
<td>-</td>
<td>58,450</td>
<td>133,971</td>
</tr>
<tr>
<td>Contributions - Office Space</td>
<td>35,040</td>
<td>-</td>
<td>35,040</td>
<td>35,040</td>
</tr>
<tr>
<td><strong>Total Revenue</strong></td>
<td>462,314</td>
<td>38,800</td>
<td>501,114</td>
<td>542,936</td>
</tr>
<tr>
<td>Net assets released from restrictions</td>
<td>30,800</td>
<td>(30,800)</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total Revenue &amp; Other Support</strong></td>
<td>493,114</td>
<td>8,000</td>
<td>501,114</td>
<td>542,936</td>
</tr>
<tr>
<td><strong>Expenses</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Program Services</td>
<td>326,262</td>
<td>-</td>
<td>326,262</td>
<td>395,608</td>
</tr>
<tr>
<td>Support Services</td>
<td>28,571</td>
<td>-</td>
<td>28,571</td>
<td>66,767</td>
</tr>
<tr>
<td>Fundraising</td>
<td>77,641</td>
<td>-</td>
<td>77,641</td>
<td>77,319</td>
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<tr>
<td><strong>Total Expenses</strong></td>
<td>432,474</td>
<td>-</td>
<td>432,474</td>
<td>539,694</td>
</tr>
<tr>
<td><strong>Change in Net Assets</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>60,640</td>
<td>8,000</td>
<td>68,640</td>
<td>3,242</td>
</tr>
<tr>
<td>Net assets, beginning of year</td>
<td><strong>101,295</strong></td>
<td>14,000</td>
<td><strong>115,295</strong></td>
<td><strong>112,053</strong></td>
</tr>
<tr>
<td>Net assets, end of year</td>
<td><strong>$ 161,935</strong></td>
<td><strong>$ 22,000</strong></td>
<td><strong>$ 183,935</strong></td>
<td><strong>$ 115,295</strong></td>
</tr>
</tbody>
</table>

### REVENUE
- Contributions & Grants: $137,558
- Support Services: $28,571
- Program Services: $326,262
- In-Kind Office: $35,040
- In-Kind Contributions: $58,450
- Special Events Income: $66,431
- Fee for Service: $4,158
- Individual Donations: $199,477

### EXPENSES
- Contributions & Grants: $137,558
- Support Services: $28,571
- Program Services: $326,262
- In-Kind Office: $35,040
- In-Kind Contributions: $58,450
- Special Events Income: $66,431
- Fee for Service: $4,158
- Individual Donations: $199,477
The Art Therapy Project is grateful for each and every gift we receive. For a more complete list of our 2017 supporters, please visit our website: www.thearttherapyproject.org.
The Art Therapy Project’s annual fundraiser, Falling for Art, was an interactive evening of art-making in celebration of the healing power of art. Renown collagist Lizzie Gill treated guests to a hands on collage-making experience and visitors had an opportunity to bid on original art, fabulous getaways and much more! Special thanks to the many individuals and companies that generously volunteered their time, products and services to

4imprint
Jon Abouaf
Lesley Achitoff
Alida Anderson Art Projects
Amberella
Rob Belgrod
Jess Benston
Bliss Spas
Courtney Puciato Borzotta
Breads Bakery
Bonnie Brenner
Brooklyn Brewery
Gemma Burgio
F. Lennox Campello
Susan Cohen
Sara V. Cole
Marcelo Daldoce
Melissa Deckert
Rob DeRocker
Phil Dorn
Sam Dorn
Diane L. Duckler
El Parador Café
Amanda Feierstein
Food of New York Tours
Friends of The Art Therapy Project
Jessica Fryer
Ritika Gandhi
Jill Geller
Karen Gibbons
Lizzie Gill
Rima Grad
Robert Greenwood
Alex Grundleger
GuS, Grown-Up Soda
Katie Hennesey
herb-n-peach catering
Kathy Hope
Intermix
Intrepid Museum
Jens Art
Lori Katz
Mollie Knewasser
Val Koutmina
KRIS Wine
Alex Kuhn
Tanner Lawley
The Lawley Art Group
Niall Leavy
Lilac Gallery
Lindsay Lederman
Randi Leone
Elizabeth Levine
Life Hotel
Suzy Mage
Judd McArthur
Kris Murphy
New York Jets
Jeanne and David Olson
Charlie Punia
Red Bull Theatre
Reyka Vodka
Zach Rosenberg
Gail Schreiner
Erin Schuppert
Robin Schuss
Lindsay Schwartz
Val Sereno
Cindy Shaoul
Kelly Anne Sherlock
Sol Gallery, Ireland
Sony Pictures Entertainment
Sarah Staller
Robyn Stein
Ahn Hee Strain
Sugarlift
Suzy B Jewelry
Alexssa Todd
Jennifer Vranes
Wildlife Conservation Society
Joel Wolinsky
The Art Therapy Project is pleased to acknowledge and thank the many individuals, foundations and companies who generously supported our work in 2017:

**Benefactors ($25,000+)**
The Jade Foundation
Tom and Jessica Rothman Charitable Fund
The Nicole Schiffman Foundation
The Weininger Foundation

**Patrons ($10,000-$24,999)**
Anonymous
The Megara Foundation
The Patrina Foundation
David D. Smith Family Foundation
Laurie M. Tisch Illumination Fund

**Sponsors ($5,000-$9,999)**
The Barker-Welfare Foundation
Nancy and Chris Plaut
School of Visual Arts

**Supporters ($500-$999)**
The Barker-Welfare Foundation
Nancy and Chris Plaut
School of Visual Arts

**Partners ($2,500-$4,999)**
Lisa and Rob Alpert
Andrews Building Organization
Cynthia and Jim Cuminale
Diane Duckler and Iven Taub
Knighthead Annuity and Life Assurance Co.
Rosalie and Paul Meltzer
Morgan Stanley
ORSID Realty Corp.

**Ambassadors ($1000-$2,499)**
Irwin Abouaf
Aquarius Aquariums
Brenda and David Bass
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Anthony M. Buzzeo, CPA, PLLC
Laura Chamberlain and Mark Stein
Sandy and Jeff Cohen
Benjamin Gertz
Laurie and Stephen Girsky
Goldman Sachs Matching Gift Program
Ally Lipton and Judd McArthur
Edward Miller
Alice Parekh
Rebecca and Gary Perlow
Sheryl and Joseph Punia
Laurie and David Ridell
Lauren and Yoav Roth
The Schoenheimer Foundation
Robin and Eric Schuss
The TJX Foundation

**Supporters ($500-$999)**
Judy and Joseph Baumgarten
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Pamela and Clark Dodge
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Sue B. Dorn
Cindy and Glen Edelman
Debbie and Alan Farber
Fifth Avenue Presbyterian Church-Women's Assn.
Barbara and Warren Gebhardt
Randi and Scott Goldstein
The Goodman-Lipman Family Foundation
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Irene Jamieson
Marilyn and Steve Klein
Meryl and Mark Kravietz
Linda and William Lederman
Jennifer Manguino and Connors Lee
Dervilla McCann and Stephen Meister
Debbie and Lee Mittleman
Melinda and Steve Pesso
Shelley and Marc Pollner
Jill and Wayne Price
Laurie and Jeff Schwartz
Harold Spielman
Helane and Richard Staller
Furaha and Peter Teuscher
Debbie and Mark Tobin
Friends ($250-$499)
John Amore
Leslie Anders and Michael Levine
Anonymous (2)
John Bedford
Elissa and Meir Benudis
Lori and Robert Brandon
Maddy and Howard Camay
Elizabeth Collier and Ronald Cacciola
Ellen and Scott Cooper
Mary DeVivo and John Turtz
Karen and Charles Dorn
Rachel Efron
Elisa Contemporary Art
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Petra Gopfert and Jeff Meltzer
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Elizabeth and Jeffrey Hafter
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Perry Iasiello
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Merryl and Larry Siegel
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Sherry and Marty Silver
Cathy and Howard Stein
Sharon and Paul Strain
Laurel and Larry Taub
Angela Tolosa
United Charitable Gives
Alison Wasserman
Dana Wasserman
Ty Webb
Barbara and Marc Weissberg
Roberta and Joel Wolinsky

Special thanks to the following individuals and companies for their generous donations of time, products and services throughout the year:

Irwin Abouaf
Affordable Art Fair NYC Staff
The Art Therapy Project Advisory Council
Michal Assif
Haylie Chang
Marie D'Costa
Analisa Dillingham
DONNI
Elisa Contemporary Art
Fifth Avenue Presbyterian Church-Womens Assn
Grand Army
Michael Grant
The Jefferson Awards Foundation
Effie Kline-Salomon
KRIS Wine
Jay Oak
Alice Parekh
Nancy Rosenberger
School of Visual Arts
SVA MPS Art Therapy Department
Trader Joe's
Young Professionals Leadership Group

Tributes and Memorials were gratefully received for:

Martha Dorn
Diane Duckler
Jacqueline Gillis
Laurel Hertzel
Arthur Leventhal
Jermaine Rogers
Cristina Salmastrelli
Thomas Lee Sheaffer
Harold Spielman
Ahn Hee Strain
Ellen and David Wasserman
MISSION

The Art Therapy Project dedicated to helping trauma survivors through the creative process. Centered around challenges of Family, Violence and Health, we are the only nonprofit in New York dedicated solely to providing guided art therapy to those seeking hope and support. We go beyond traditional talk therapy. Our clients and art therapists work together to turn negative energy positive.

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