



2019 Annual Report

Dear Friends,

2019 was a year of new opportunities, awareness and impact. We introduced The Art Therapy Project to 795 new clients including 269 youth and 526 adults; served our 7,000th client; and held four client art exhibitions open to the public. We worked with 24 local organizations and facilitated 1,158 free group therapy sessions in Manhattan, Brooklyn, the Bronx, Westchester and New Jersey.

These milestones were driven by our 14 art therapists, a group of highly skilled, seasoned professionals. With their support and the use of the creative therapeutic process, our clients learned to foster self-esteem, cultivate emotional resilience and better manage the stresses they feel as they go about their daily lives. The Art Therapy Project is grateful for the work done by our art therapists as well as their commitment to expanding our organizational footprint and advancing thought leadership within the mental health field.

We do use assessment tools to measure clinical progress, but one way is to simply ask each client about their art therapy experience. The client surveys allow us to hear from our clients and gain insight into our method and work.

86%

of clients agreed:

"Making art in art therapy groups has helped with my ability to talk about and understand difficult life experiences."

88%

of clients agreed:

"I feel that I am being supported by and my needs are being met by the art therapist."

94%

of clients agreed:

"I feel group art therapy has been helpful in my personal and psychological growth."

The overall satisfaction from our clients and the validation of the work not only supports our practice, but also inspires us to reach more audiences and spread the power of art therapy to more communities.

In addition to client impact, The Art Therapy Project achieved other goals in 2019 including:

- Launched The Art Therapy Practice, our new individualized fee-for-service program offering support for people of all ages facing social, emotional, behavioral and situational challenges.
- Welcomed new board member Val Sereno MA, ATR-BC, LCAT, Coordinator of Special Projects for the MPS Art Therapy Department at School of Visual Arts.
- Approved a new 3 - 5 year strategic plan, which revised our short-term and long-term goals.
- Held our first client art exhibition supporting LGBTQ+ clients, Bridging The Gaps
- Developed a new detailed standardized group note for art therapists to document the use of specific assessment tools to guide interventions, or function as interventions themselves, during an art therapy session.

Thank you for joining us in our client successes and advancing the field of art therapy as a respected, influential and life-changing tool. With your support, The Art Therapy Project has extended our reach, inspired new audiences and impacted thousands of lives within our New York community. As we embrace the upcoming year, we look forward to sharing with you our progress and advancing the mission of The Art Therapy Project.

David Wasserman
Founder and Chair of The Art Therapy Project

The Art Therapy Project | 2019 Highlights

January 2019

The Art Therapy Project was named by CSQ Magazine as one of the top 100 organizations to know in New York and Los Angeles.

February 2019

The Art Therapy Project launched **The Art Therapy Practice**, a fee-for-service individual program for those seeking individual support. The Practice relies on a pool of seasoned clinical art therapists with a wide range of expertise to find the best therapist for each client.

The Young Professionals Leadership Group hosted a high-intensity yoga class at Hub 17 and raised over \$1,000 for our art therapy programs.

March 2019

Val Sereno, MA, ATR-BC, LCAT, Coordinator of Special Projects for the MPS Art Therapy Department at School of Visuals joined The Art Therapy Project's board. Val facilitated The Art Therapy Project's first-ever art therapy group which served women veterans addressing PTSD and military sexual trauma.

As the Official Non-Profit Partner of Affordable Art Fair NYC, The Art Therapy Project held another successful weekend of art-making workshops for kids and adults.

April 2019

The Art Therapy Project initiated a new annual fundraising campaign, **Lead to #CreateChange**, which asked accomplished executives and young professionals to fundraise through third-party events or peer-to-peer support. With a total of ten leaders, the Leadership Class of 2019 raised over \$27,000 and celebrated at SVA's Chelsea Gallery.

In 2019, The Art Therapy Project approved a new 3 - 5 year strategic plan, which revised our short-term and long-term goals. As part of the process, we updated our mission statement to better reflect our work and redesigned our website.

May 2019

Every spring, our clients have an opportunity to share their artwork and experiences in a group exhibition for their family and friends as well as the larger New York City community. This year's exhibition was titled **Include Me** and celebrated clients' progress made in treatment.



The Art Therapy Project's new program, The Art Therapy Practice.



The Young Professionals after their work-out fundraiser at Hub 17.

"The Art Therapy Project is a nonprofit mental health organization providing free group art therapy to adults and youth affected by trauma. Using the art-making process and with support from our art therapists, clients learn how to explore feelings, increase self-awareness and cope with life's challenges."

The Art Therapy Project's new mission statement.



The Leadership Class of 2019 for Lead to #CreateChange celebrating their achievements at SVA's Chelsea Gallery.

June 2019

To honor Pride Month, The Art Therapy Project held our first client art exhibition supporting LGBTQ+ clients, **Bridging The Gaps**.

The Young Professionals also celebrated Pride Month and hosted **'Mindful Art-Making with Art Therapists'** at Phillips Auction House which raised over \$1,000 for LGBTQ+ art therapy programs.

The Art Therapy Project partnered with Christie's for Mental Health Day, a day offering a variety of self-care activities to Christie's employees.

July 2019

Hosted and headlined by comedian Emma Willmann, **Comedy to #CreateChange**, was an evening filled with laughter featuring comedians Ashley Gavin, Mia Jackson, Nathan Macintosh, Alingon Mitra and Chloe LaBranche. The event was held at the historic SVA Theater and raised over \$12,000.

October 2019

Rob Belgrad LCAT, ATR-BC and Dr. Ian Kwok of Mount Sinai Hospital System researched and created a new detailed standardized group note for art therapy groups. The note is meant to improve communication between art therapists and other mental health professionals, and provide a better understanding of client intervention strategies for clinicians. They presented their research at The 40th Annual Canadian Art Therapy Association Conference and 50th Annual American Art Therapy Association. Earlier in the year, they also presented at Mount Sinai's Education Research Day.

Bid to #CreateChange is our annual online auction offered over 100 items including artwork, weekend getaways, unique experiences, and more. This year's fundraiser raised more than \$50,000 for our art therapy programs.

November 2019

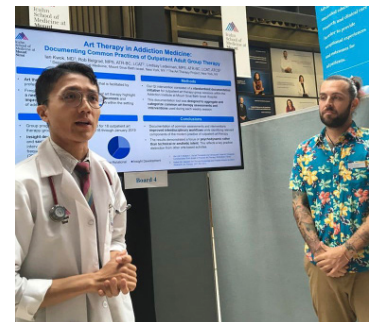
Clients from our male and female veterans groups had the opportunity to showcase their work in a group exhibition titled, **Looking Inward**. The exhibition was on view at the Manhattan VA Hospital and Manny Cantor Center.



The Young Professionals creating art at *Mindful Art-Making with Art Therapists*.



Guests at *Comedy to #CreateChange* enjoying the photobooth.



Rob Belgrad LCAT, ATR-BC and Dr. Ian Kwok of Mount Sinai Hospital System presenting their research at Mount Sinai's Education Research Day.



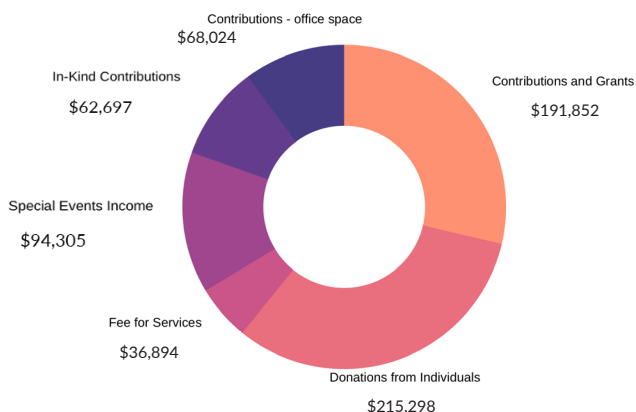
Client artwork featured in the art exhibition, *Looking Inward*.

THE ART THERAPY PROJECT

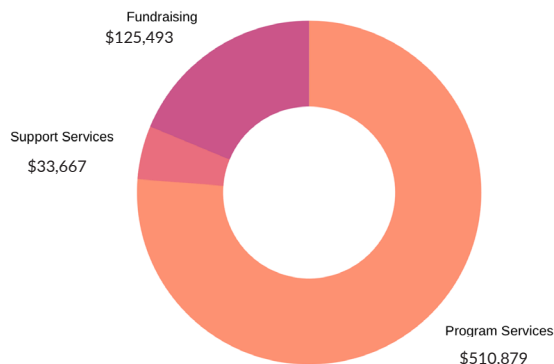
Statement of Activities and Net Assets For the Years Ended December 31, 2019 and 2018

	<u>Without Donor Restrictions</u>	<u>With Donor Restrictions</u>	<u>2019 Total</u>	<u>2018 Total</u>
Revenues				
Contributions and Grants	\$173,852	\$18,000	\$191,852	\$147,902
Donations from Individuals	215,298	-	215,298	212,875
Fee for Services	36,894	-	36,894	26,915
Special Events Income (Net)	94,305	-	94,305	69,680
In-Kind Contributions	62,697	-	62,697	93,325
Contributions - Office Space	<u>68,024</u>	<u>-</u>	<u>68,024</u>	<u>62,024</u>
Total Revenue	651,070	18,000	669,070	612,721
Net assets released from restrictions	<u>26,000</u>	<u>(26,000)</u>	<u>-</u>	<u>-</u>
Total Revenue & Other Support	677,070	(8,000)	669,070	612,721
Expenses				
Program Services	510,879	-	510,879	482,774
Support Services	33,667	-	33,667	45,534
Fundraising	<u>125,493</u>	<u>-</u>	<u>125,493</u>	<u>116,624</u>
Total Expenses	<u>670,039</u>	<u>-</u>	<u>670,039</u>	<u>644,932</u>
Change in Net Assets	7,031	(8,000)	(969)	(32,211)
Net assets, beginning of the year	<u>125,724</u>	<u>26,000</u>	<u>151,724</u>	<u>183,935</u>
Net assets, end of year	<u><u>\$132,755</u></u>	<u><u>\$18,000</u></u>	<u><u>\$150,755</u></u>	<u><u>\$151,724</u></u>

REVENUE



EXPENSES



The Art Therapy Project is pleased to acknowledge and thank the many individuals, foundations and companies who generously supported our work in 2018.

Benefactors (\$25,000+)

The Jade Foundation
Tom & Jessica Rothman Charitable Fund
School of Visual Arts
Laurie M. Tisch Illumination Fund

Patrons (\$10,000-\$24,999)

Anonymous
Meg Lachance
Eugene M. Lang Foundation
Sheryl and Joseph Punia
The Nicole Schiffman Foundation
Unilever United States Foundation, Inc.

Sponsors (\$5,000-\$9,999)

Lisa and Rob Alpert
Diane Duckler and Iven Taub
Knighthead Annuity and Life Assurance Company
ORSID Realty
Nancy and Chris Plaut
Sarah Salice
The Weininger Foundation

Partners (\$2,500-\$4,999)

Irwin Abouaf
AXA XL
Andrews Building Corp.
Christie's
Rosalie and Paul Meltzer
Morgan Stanley
Michael Sheer

Ambassadors (\$1,000-\$2,499)

Animoto Inc.
Aquarius Aquariums
Leslie Azaroff
Brenda and David Bass
Charles Berg
Bonnie and Steven Brenner
Sandy and Jeff Cohen
Cynthia and Jim Cuminale
Jennifer Cuminale
Deborah Farber
The Goodman-Lipman Family Foundation

Dervilla McCann and Stephen Meister
Laurie and David Ridell
Elyse and Andrew Rosenfield
Robin and Eric Schuss
Helane and Richard Staller

Supporters (\$500-\$999)

Michael Bendjouya
Lori and Robert Brandon
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Maddy and Howard Camay
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Justin Lintz
Emily Meltzer and Phil Bruno
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Ramsay Fairs
Eve Sadowsky
Schoenheimer Foundation
Furaha and Peter Teuscher
Debbie and Mark Tobin
Alison Wasserman
Barbara and Marc Weissberg
Roberta and Joel Wolinsky
Wolinsky Family Foundation

Friends (\$250-\$499)

Leslie Anders and Michael Levine
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Sarah Bell and Greg Trueman
Elissa and Meir Benudis
Roy Brayton and Michael Sullivan
Ronald Cacciola and Elizabeth Collier
Janine and Scott Canner
Elisa Contemporary Art

Jeffrey Deisher
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Aviva Ehrenberg
Electrical Contracting Solutions
Nancy and David Fishman
Michele Fox
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Jeffrey Friedberg
Jessica Fryer
Sandra and George Gering
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Ben Goldfarb
Erika and Alex Goldstein
Randi and Scott Goldstein
Rima Grad
Fern and Mark Grundleger
Sue Jacobs
Irene Jamieson
Marilyn and Steve Klein
Bonnie and Alan Kurfirst
Grace Lang
Alex Lines
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Debbie and Lee Mittleman
Christopher Munns
Carol Ostrow and Michael Graff
Robert Owens
Serena Palau
Rebecca and Gary Perlow
Jill and Wayne Price
Angela Raitzin
Robin Reinach
Jay Russell
Marsha Russell and Lee Tawes
Val Sereno
Maureen and Gary Shillet
Merryl and Larry Siegel
Jill and Bruce Silver
Harold Spielman
Brett Summey
Betty and Richard Wasserman
Stephanie and Jonathan Wasserman
Andrew Weissman
Phillipa and Philip Wharton

The Art Therapy Project

Mission Statement

The Art Therapy Project is a nonprofit mental health organization providing free group art therapy to adults and youth affected by trauma. Using the art-making process and with support from our art therapists, clients learn how to explore feelings, increase self-awareness and cope with life's challenges.

Board of Directors

David Wasserman, Founder and Chairman
Jennifer A. Cuminale
Meg E. Dodge
Diane Duckler
Deborah Farber
Sheryl Punia
David Rhodes
Tom Rothman
Cristina Salmastrelli
Val Sereno, MA, ATR-BC, LCAT
Nancy Winkelstein Plaut

Advisory Council

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Lisa Cooper
Analisa Dillingham
Francis DiTommaso
Leslie Morrison Faerstein
Jane Havemeyer
Myrna Manners
Debbie Mittleman
Raquel Stephenson
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Charles H. Traub
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Executive Director: Martha Dorn

The Young Professionals Leadership Group

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Sofia Arruda
Sarah Cao
Joanie Choremi
Maria Edwards
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Sheldon Gray
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Christine Kiernan
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Justin Lintz, co-chair
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Kelly Anne Sherlock, co-chair
Izzy Spada
Sarah Staller, co-chair
Alexssa Todd
Lisa Wang
Ali Wasserman

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info@thearttherapyproject.org

The Art Therapy Project was grateful to receive tributes and memorials in honor of and in memory of the following individuals:

Irwin Abouaff
Joanie Choremi
Martha Dorn
Sue B. Dorn
Diane L. Duckler
Jackson Kennedy
Adrien Meyer
Sheryl Punia
Leslie Punia Schwebel
Ellen and David Wasserman

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

Affordable Art Fair NYC Staff
The Art Therapy Project
Advisory Council
Lillian Beach
Brazen Fox
Brooklyn Museum
Jennifer Byxbee, ATR-BC, LCAT, MPS
Christie's CSR Committee & Staff
Taryn Crosby, LCSW
Analisa Dillingham
Donate Your Time
DONNI
Elisa Contemporary Art
The Framesmith Gallery
Ashley Gavin
herb-n-peach catering
Idol Hands
Heal #MeToo Festival
Jessa Henshel
Mia Jackson
Effie Kline-Salamon
Ian Kwok, MD
KWT Global
Chloe LaBranche

Lululemon
Nathan Macintosh
Manny Cantor Center
Emery Hurst Mikel, MA, ATR-BC, LCAT, LCPAT
Kerry McGee
Cara Mellea
Museum of Modern Art
Philip's Auction House
Printer's Ally
Sophia Saad, MPS, ATR-BC, LCAT
Eric Schwartau
Spotfund Technologies, Inc.
Robyn Stein
SVA Chelsea Gallery
SVA MA Research Department
SVA MPS Art Therapy Department
SVA Theatre
Trader Joe's
Whitney Museum
Emma Willmann
Young Professionals Leadership Group

Special thanks to the following individuals and companies for generously donating their time, products and services to Bid to #CreateChange:

100 Percent Beads
Affordable Art Fair NYC
Alart Jewelers
American Museum of Natural History
Anais Jewelry
Angkor Cambodian Bistro
Anita Katz Forster Design LLC.
Johnny Antos
BAL Marketing
Bonnie Briar Country Club
Nahid Boustani
Breads Bakery
The Briad Group
Brooklyn Brewery
Codecademy
David Burke Tavern
DaVinci Artist Supply
Edrington-Americas
Face to Face Organic Fresh
Fruit Facials
Flower School NY
The Frick Collection

Greenwich House Pottery
GuS-Grown-Up Soda
herb-n-peach catering inc
IFPDA
The Intrepid Sea, Air & Space Museum
Jennifer Miller Jewelry
The John Gore Organization
Kings Theatre
Lau
AJ Lavilla
MacKenna Lewis
L'Oreal/Lancome
NBA
New York Jets
New York Mets
Nutrish Mish
Pam Older Designs
Peloton
Penny Wang Personal Hair Design
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Amy Pfau
Phillips Auction House
Miriam Pineles
Ralph Lauren
Ramy Brook LLC
Ramsay Fairs
Rumble
Cristina Salmastrelli
Sanford Smith and Associates
Joy Schwartzman
Sel et Poivre
Seth Greenberg's Just Desserts
Sony Pictures Entertainment
Ahn Hee Strain
Tilles Center for the Performing Art
Alina Tugend
Two Little Red Hens
Ariel Viny
Ellen and David Wasserman
Y7 Studio

We are grateful for gifts of all sizes. Please visit our website for a complete list.