



# 2013 ANNUAL REPORT

Express Yourself Through Art



April 2014

Dear Friends,

The past year at the Art Therapy Outreach Center (ATOC) was all about growth, new program partners, more art therapy groups and many new clients. Highlights from 2013 include:

- Providing free art therapy to 475 clients, more than double the previous year's figure
- Increasing the number of groups receiving ATOC's art therapy services by 54%
- Offering Pilot Programs in partnership with the Educational Alliance, the Manhattan VA Hospital, Reality House and Volunteers of America
- Adding homeless veterans, male veterans, substance abusers and male survivors of sexual abuse to the low-income populations we serve
- Introducing assessments to measure client progress
- Increasing annual revenue by almost 25%

Over the course of the year, with the generous support of both new and returning friends and program partners equally dedicated to helping trauma survivors, ATOC offered 26 art therapy groups. Half of the groups were for youth and adolescents and addressed a range of issues such as peer pressure, family and school dynamics, bullying and gangs, improving judgment skills, increasing confidence and socialization and effective ways to stay engaged in school. Adult groups were dedicated to survivors facing the challenges of Post Traumatic Stress Disorder (PTSD), Military Sexual Trauma (MST), homelessness, substance abuse and sexual trauma. More than 90% of ATOC's clients are defined as low-income.

In anticipation of our continued growth, our board has expanded. In 2013 Andrea Kanter, an executive in the Wealth Management division of JPMorgan Chase, joined the board. In February, 2014 we welcomed two further additions to our board: Meg Dodge and Nancy Winkelstein. Meg is an officer in the Private Wealth Management division of Goldman Sachs specializing in art collections, and Nancy has been a licensed social worker for many years and is active in many nonprofit organizations in the New York area.

While we are pleased with the explosive growth we experienced, the demand for free art therapy continues to swell. ATOC remains the only nonprofit in New York dedicated solely to art therapy. We are grateful to the many individuals, foundations and companies who supported us through the year and we welcome the new partners, Board Members and supporters who have joined ATOC in striving to meet the needs of some of our City's most vulnerable populations.

With much appreciation,

A handwritten signature in black ink that reads "D. Wasserman".

David Wasserman  
Chairman

## 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. In addition to needing knowledge of the visual arts and the creative process, art therapists also need training in human development as well as psychological and counseling theories and techniques.

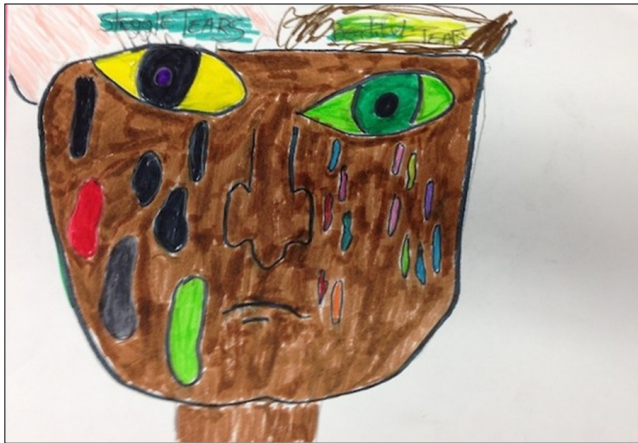
## PROGRAM PARTNERS 2013

Bellevue/NYU Program for Survivors of Torture  
Children's Aid Society – East Harlem Center  
City University of New York Office of Veteran Affairs  
Educational Alliance  
Good Shepherd Services  
Graham Windham  
Grand St. Settlement

Mount Sinai Adolescent Health Center  
Mt. Pleasant Blythedale UFSD  
Ronald McDonald House – Greater Hudson Valley  
St. Luke's-Roosevelt Crime Victims Treatment Center  
VA NY Harbor Healthcare  
Volunteers of America  
WTC Environmental Health Center at Bellevue Hospital

In 2013 the Art Therapy Outreach Center provided art therapy services to clients that ranged from 8 to 60 years of age, the majority from low-income communities. Each of the 26 client groups, defined by shared experiences, developed safe relationships and engaged in creative, healthy forms of expression, thereby processing traumatic experiences and developing more adaptive coping skills. ATOC served 475 clients during the year, more than double the prior year; nearly half of ATOC's clients are under 21 years of age.

## ATOC CLIENT VIGNETTE



*One day in retrospect the years of struggle will strike you as the most beautiful. –Sigmund Freud*

This image was created in an Open Art Therapy group at a residential alcohol and drug treatment program. The group was discussing how in recovery from addictions it is important to be able to re-imagine both the pain of the past and possibilities for the future in order to create new healthy habits. The art directive was to choose at random a quotation from a bowl of varied supportive quotations. One client, C, received, “One day in retrospect the years of struggle will strike you as the most beautiful.” - Sigmund Freud. He worked with the group to understand its meaning for him. When he felt he understood it, he created this image. He described a journey from the left side of the face to the right side, where first the eye did not see well and the tears were “struggle tears.” He said that now, in recovery, he still has many tears but his eye is seeing things differently and his tears are now “beautiful tears.” He said that the face was unsmiling, but asked the group to look closely and see that on the right the corner of the mouth is beginning to form a smile.

# ART THERAPY OUTREACH CENTER CORPORATION

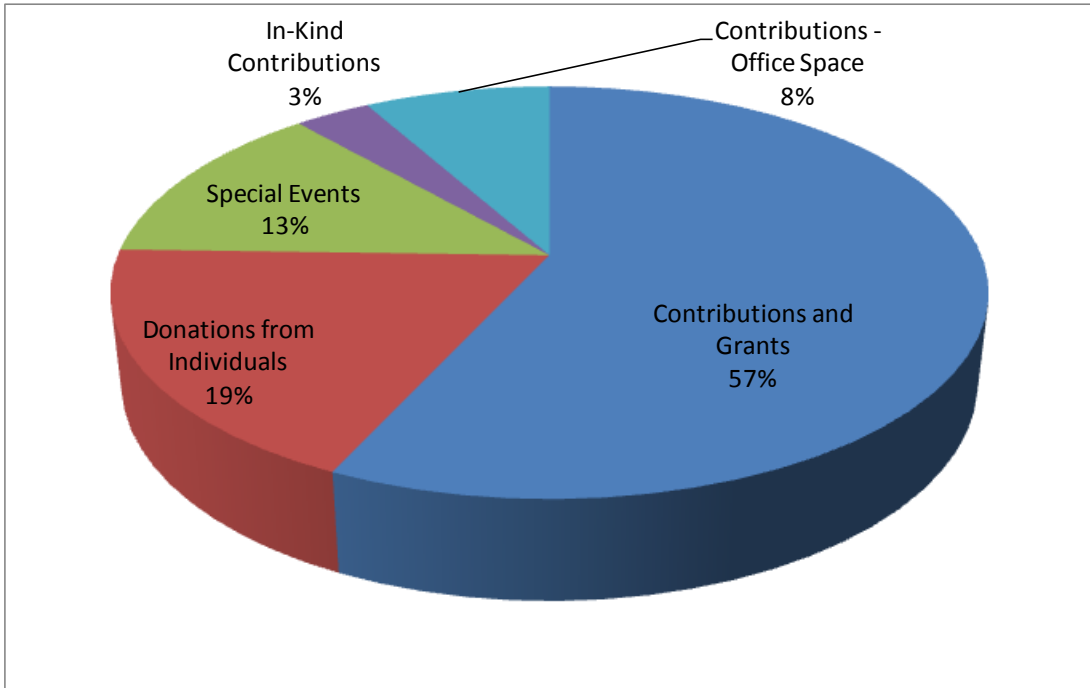
## Statement of Activities and Net Assets For the Years Ended December 31, 2013 and 2012

	<u>2013</u>	<u>2012</u>
<b>Revenues</b>		
Contributions and Grants	\$ 178,000	\$ 142,000
Donations from Individuals	58,119	43,651
Special Events Income	40,832	25,424
In-Kind Contributions	10,440	14,970
Contributions - Office Space	<u>25,500</u>	<u>25,500</u>
<i>Total Support and Revenue</i>	<u>312,891</u>	<u>251,545</u>
<b>Expenses</b>		
Program Services	223,976	170,675
Support Services	24,163	22,550
Fundraising	<u>63,218</u>	<u>54,442</u>
<i>Total Expenses</i>	<u>311,357</u>	<u>247,667</u>
<b>Change in Net Assets</b>	1,534	3,878
Net assets, beginning of year	<u>115,919</u>	<u>112,041</u>
Net assets, end of year	<u>\$ 117,453</u>	<u>\$ 115,919</u>

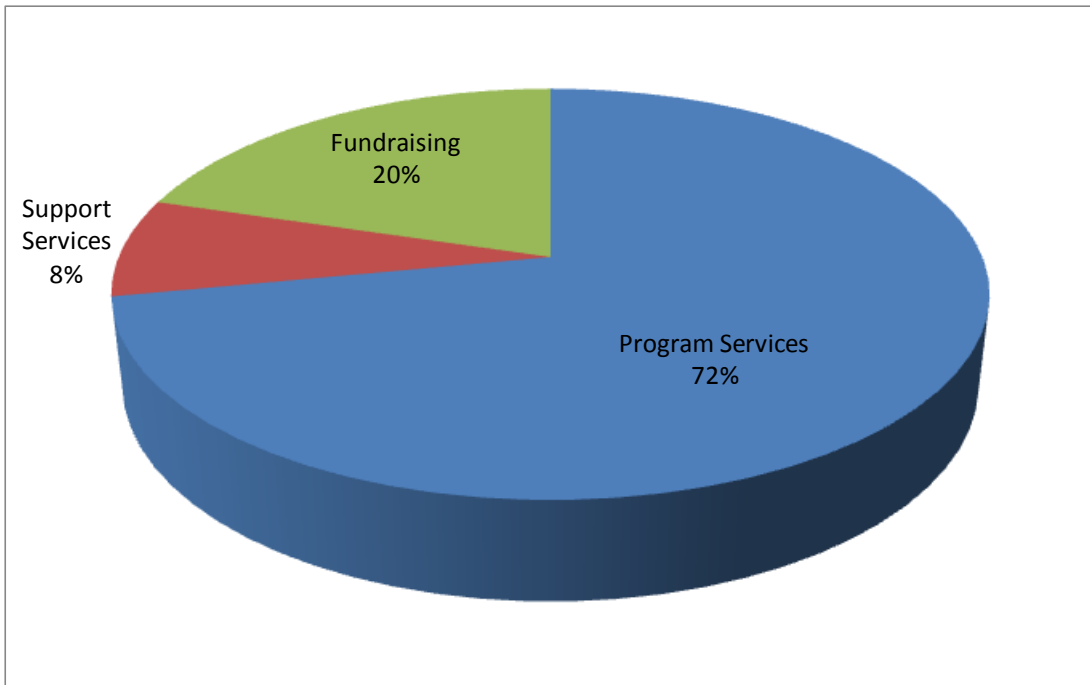


# ART THERAPY OUTREACH CENTER CORPORATION

## 2013 REVENUES



## 2013 EXPENSES



*The Art Therapy Outreach Center is pleased to acknowledge and thank the many individuals, foundations and companies who generously supported our work in 2013:*

**PARTNERS**

The Jade Foundation  
Tom and Jessica Rothman  
Charitable Fund  
van Ameringen Foundation

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Andrea and Aaron Kanter  
Andrews Building Company  
Morgan Stanley |  
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Diane Duckler and Iven Taub  
Amy Duquette  
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and Christopher Plaut

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Dana Wasserman  
Barbara and Marc Weissberg  
Richard Wolff, PC  
Roberta and Joel Wolinsky  
Ruth and Daniel Wolinsky  
Paula Wong and Robert Magee

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Rana Abdallah  
Lady Ashley Advincula  
Affordable Art Fair  
Matthew Albert  
Art Directors Club  
Baked by Melissa  
The Barton Family  
Emily Bean  
Rob Belgrod  
Martha Bernabe  
Blick Art Materials  
Breads Bakery  
Bonnie Blueweiss Brenner  
Brooklyn Brewery  
Suzanne Deisher  
The Dorn Group

Diane Duckler  
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Elisa Contemporary Art Gallery  
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Olga Grisaitis  
GuS, Grown-up Soda  
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herb-n-peach  
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Krital Malookis/Mustard Lane  
Marchesa  
Beatrice Mauger  
Meltzer Media Productions  
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McCurdy Guitars  
Javere Pinnock  
Marion Pope  
Virginia Randall  
recette  
Russ Rowland  
Luke A. Sacher  
Linda Schoenheimer  
School of Visual Arts  
Robyn Stein  
Ahn Hee Strain  
USO of Metropolitan NY  
Vikingsfjord Vodka  
Vixjo Design  
Wente Family Estates  
Nancy Winkelstein  
Zurich North America



*Guests at An Autumn Affair 2013 enjoyed an exhibit of artwork created by ATOC clients.*

Proceeds from An Autumn Affair helped fund the 26 art therapy groups ATOC provided throughout the year.

*Mask making is often used in art therapy.*





## MISSION

The Art Therapy Outreach Center (ATOC) is a nonprofit organization dedicated to providing free art therapy services to underserved populations in the New York City area who have experienced some form of trauma, including war veterans, at-risk youth, and victims of domestic violence or sexual abuse. Our mission is to utilize the visual arts to provide a therapeutic experience for participants that will enhance their physical, mental and emotional well-being. Ultimately, ATOC's aim is to help our clients see themselves as survivors of trauma rather than victims, and build the confidence necessary to re-engage in their communities and move on with their lives.

### 2013 Board of Directors

David Wasserman, Chairman  
Irene Rosner David, PhD, ATR-BC, LCAT  
Deborah Farber, MPS, ATR-BC, LCAT  
Andrea Kanter  
David Rhodes  
Tom Rothman

*Martha Dorn, Executive Director*

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Analisa Dillingham  
Francis DiTommaso  
Diane Duckler  
Michael Grant  
Jane Havemeyer  
Charlotte Lee  
Raquel Stephenson, ATR-BC, LCAT  
Charles H. Traub

### Art Therapy Outreach Center

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