



Annual Report 2021



TEN YEAR ANNIVERSARY

[THEARTTHERAPYPROJECT.ORG](https://thearttherapyproject.org)
[@thearttherapyproject](https://twitter.com/thearttherapyproject)

A letter from our Founder.

Dear Friends,

Mental health has always been important, and recent events have now made it a headline topic. The pandemic impacted everyone, but none more so than our youth, who have experienced significantly more trauma, stress and anxiety. With a year of constantly changing mask mandates, vaccine and booster eligibility, and virtual learning requirements, children's relationships have been strained, quality of life has been diluted and support systems have diminished.

In October 2021, a report published by The New School Center for New York City Affairs, [Kids' Mental Health, by the Numbers](#), stated that New York City's community-based mental health system for youth is broken. The statistics are daunting: according to this report, out of 3.6 million kids aged 2 - 17 in New York State, approximately 1 in 5 children has an emotional, behavioral or developmental condition; and suicide is the second leading-cause of death for New York adolescents and young adults aged 15 - 21. It is evident that there exists a systemwide shortage of mental health care for kids, and adults aren't far behind.

Fortunately, with your support, The Art Therapy Project remained open and continued to provide art therapy to both youth and adults throughout COVID-19. Despite the downsides of 2021, we overcame unexpected challenges and persisted as a leader in the field. When the pandemic first began we quickly pivoted from in-person therapy to online TeleArt Therapy. In 2021 we expanded our TeleArt programming while re-introducing in-person art therapy groups when circumstances allowed. And now we are on a mission to make hybrid programming available so that people can choose to attend our studio-based groups either in-person or remotely.

Implementing these innovations required us to overcome significant clinical and logistical issues, and I'm proud that our professional team was up to the task, all for the sake of finding ways to help more of those in need. Here are a few more highlights from 2021:

- The Art Therapy Project was recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists.
- *Together We Are The Light*, the online client art exhibition, featured 54 pieces of art from our veteran, youth and LGBTQIA+ groups.
- The Young Professionals Leadership Group raised over \$14,000 for programs in their first fitness fundraiser, Move for Mental Health.
- TATP received Guidestar's Platinum Seal of Transparency, which acknowledged our achievements, governance, best practices and the positive impact of our free art therapy services for trauma survivors.

Our work aims to improve the quality of life for our community's most vulnerable populations, children and adults alike, and we are proud to have served more than 8,200 people since we first opened our doors, ten years ago. One of our clients stated:

"The Art Therapy Project has truly been a life saver for me. It's not just an outlet, but a place where I feel understood and truly listened to. I've been going to TATP for about 7 years now. Though art and photography have always been a part of my life, it wasn't until I started going to TATP that I found more meaning and purpose in my art."

Thank you for being part of our community, for recognizing The Art Therapy Project as a leading provider of mental health services, and for doing your part to make art therapy accessible to those in need during this period when community-based mental health services are in such demand.

David Wasserman, Founder and Chair
The Art Therapy Project

01

JANUARY

The Art Therapy Project [TATP] was recognized by the New York State Education Department's State Board for Psychology as an approved provider for continuing education for licensed psychologists. This allowed us to extend our Continuing Education workshops to the psychologist community and broadened our existing network of mental health professionals.



02

FEBRUARY

We welcomed two new board members, Nicole Turner and Lauren Young. Nicole is Senior Vice President, Global Technology Hubs at Mastercard, and Lauren is Senior Director, Global Client Experience Team at S & P Indices.

In collaboration with Artistic Noise, TATP hosted an online conversation tackling the lack of racial diversity in art therapy and the stigma around mental health in communities of color. Thank you to our moderator, Liz DelliCarpini, MAAT, ATR-BC, LCAT, ATCS who, along with guest participants Joshua Brancheau, ATR-BC, LCAT; Chloe Hayward LCAT, ATR-BC; Lindsay Lederman MPS, ATR-BC, LCAT, ATCS; Ariel Miles LCAT-ATR and Jason Montalvo MPS, ATR-BS, LCAT for making this an insightful and valuable conversation.



03

MARCH

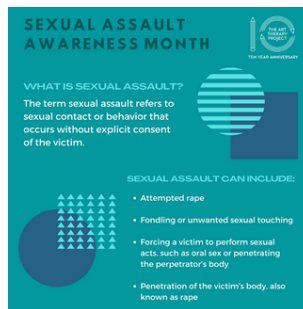
TATP introduced a new Wellness Workshops program for businesses looking to promote team-building, communication, and wellness in the workplace. Our pilot workshop took place virtually with KWT Global with one participant stating, "I enjoyed carving out time in my day to create art in ways I wouldn't normally do so. I enjoyed having an opportunity to interact with co-workers in a new and creative way outside our typical day-to-day." Workshops addressing staff burnout, pandemic-related stress and anxiety were also made available to nonprofit organizations looking to provide support for their staff's well-being.



04

APRIL

In recognition of April being Sexual Assault Awareness month, we spoke to art therapist, Valeria Koutmina MPS, ATR-BC, LCAT to learn about the sexual assault TeleArt Therapy group she runs for us. She educated our audiences on how to support sexual assault survivors; unique virtual art directives; and her approach to addressing sensitive topics without triggering emotions. You can watch her full interview on our blog.



05

MAY

Together We Are The Light was 2021's online client art exhibition. As the pandemic continued to disrupt daily lives, our clients found light within themselves to guide them towards healing and recovery. Our clients collectively agreed on the benefit of group TeleArt Therapy and peer support as they continued to navigate through these challenging times.



06

JUNE

In celebration of Pride Month, our LGBTQIA+ Affinity Group organized a virtual variety show, TATP's Got Talent hosted by Calamity Chang, in support of our LGBTQIA+ art therapy programs. The night was filled with performances by Cameron Mitchell Bell and Hannah Cruz (Broadway Performers); Alec Berlin (Guitarist and Composer); Mary Cordelia (Ukulele and Comedy); Coby Koehl (Singer/Songwriter/Recording Artist); The Litton Duo (Piano and Viola Duet); Phat Man Dee (Cosmic Jazz Cabaret Vocalist); and Steven Taylor (Mufasa from The Lion King!). Thank you to our performers and supporters for raising over \$11,000!



07

JULY

The Young Professionals Leadership Group hosted Move For Mental Health, a 3-week fitness challenge that raised over \$14,000 for art therapy programs. Participants ran, did yoga and pilates, cycled, walked and danced throughout the month of July collecting pledges along the way. Thank you to our top fundraisers: 1st Place - Tesceline Tabalis (\$4,545), 2nd Place: Lauren Lintz (\$3,387) and 3rd Place - Linda Schoeheimer (\$1,411) for your outstanding support!



08

AUGUST

TATP received Guidestar's Platinum Seal of Transparency, which acknowledged our achievements, governance, best practices and positive impact of our free art therapy services for trauma survivors. We are proud to have earned the highest rating from Guidestar since it introduced the platinum level.



09

SEPTEMBER

Over the past year, TATP worked with abstract artist Preston Zeller on developing his feature-length documentary, The Art of Grieving. The film focuses on grief and art in connection to the unexpected loss of Preston's 35-year old brother. Our Clinical Director, Lindsay Lederman, was featured in the film and offered clinical insight on art, art therapy and healing. One review stated, "The Art of Grieving makes the case for art therapy, in all its forms, as an effective and visually stunning way of finding meaning in tragedy."



10

OCTOBER

Celebrate Art Therapy in Action hosted by Mia Jackson, our annual fundraiser, raised over \$50,000 for our art therapy programs. Lizzie Gill shared a wonderful collage workshop while in conversation with Clinical Director Lindsay Lederman, and Street Artist AJ Lavilla treated us to an inside look at how he creates his Dream Big art. From our client stories to our program partners, the evening was filled with gratitude, joy and hope for improved access to mental health services for our communities.



11

NOVEMBER

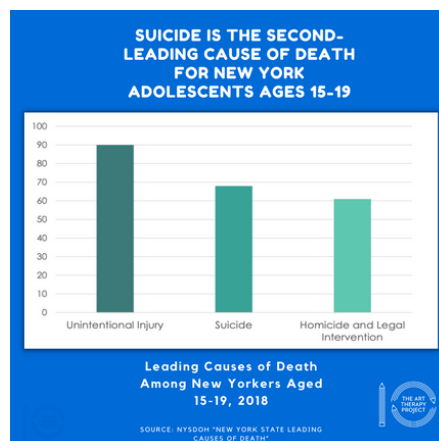
Every November, our veteran clients from the Manhattan VA host a client art exhibition and panel discussion. In 2021 the event was virtual and the show was titled, Creatively Connecting. Over the past 10 years, TATP has provided more than \$300,000 of art therapy services to more than 500 veterans. A special thanks to the Berger, Punia and Rosenfield families for their support and giving our veterans the opportunity to find peace within themselves.



12

DECEMBER

We interviewed Lauren Latella to learn more about youth mental health crisis and current trends in connection to COVID-19. Dr. Latella is co-chair of our Young Professionals Leadership Group and a psychologist in the child and adolescent outpatient department at Bellevue Hospital. You can find her full interview on our blog.



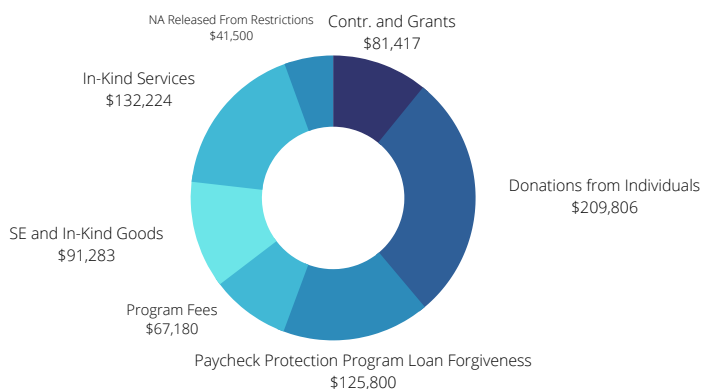
The Art Therapy Project

Statement of Activities and Net Assets

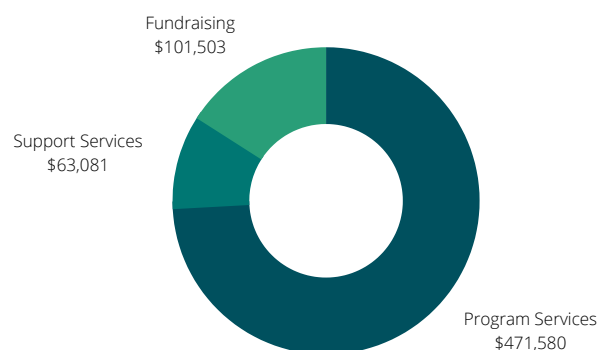
For Year Ended December 31, 2021

Revenues	<u>Without Donor Restrictions</u>	<u>With Donor Restrictions</u>	<u>2021 Total</u>
Contributions and Grants	\$81,417	\$32,000	\$113,417
Donations from Individuals	209,806	—	209,806
Paycheck Protection Program loan forgiveness	125,800	—	125,800
Program fees	67,180	—	67,180
Special events support and in-kind goods	91,283	—	91,283
In-kind services	132,224	—	132,224
Net assets released from restrictions	41,500	(41,500)	—
Total Support and Revenue	<u>749,210</u>	<u>(9,500)</u>	<u>739,710</u>
Expenses			
Program Services	471,580	—	471,580
Management and general	63,081	—	63,081
Fundraising	101,503	—	101,503
Total Expenses	<u>636,164</u>	<u>—</u>	<u>636,164</u>
Change in Net Assets	113,046	(9,500)	103,546
Net Assets			
Beginning of year	<u>174,057</u>	<u>41,500</u>	<u>215,557</u>
End of year	<u><u>\$287,103</u></u>	<u><u>\$32,000</u></u>	<u><u>\$319,103</u></u>

REVENUE



EXPENSES



The Art Therapy Project is grateful to the many individuals, foundations, companies (big and small) who generously provided financial support throughout 2021.

Benefactors (\$25,000+)

The Jade Foundation
Sheryl & Joseph Punia
Jessica & Tom Rothman

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

Anonymous
Eugene M. Lang Foundation
Frank & Ruth E. Caruso Foundation
Megara Foundation
S&P Global
Patrina Foundation

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

Barker Welfare Foundation
Knighthood Annuity & Life Assurance Company
Justin Lintz
Paul Meltzer
Morgan Stanley Smith Barney LLC

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

Irwin Abouaf
Lisa & Rob Alpert
Lauren Christian
ORSID Realty
Diane L. Duckler & Iven Taub
HaGomel Foundation
The Andrews Organization
Robin & Eric Schuss
Two Sigma
The Young Unit

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

Anonymous
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Robert Branscombe

Bonnie & Steven Brenner
Debbie Broder & William Walters
Laura Chamberlain & Mark Stein
Martha Dorn
Deborah Farber
Edward Grunde-McLaughlin
David Johnston
Dervilla McCann & Stephen Meister
Carol Ostrow & Michael Graff
Phil Zwickler Charitable &
Memorial Foundation
Charlie Punia
Sarah Salice
Oscar Schafer
The Schoenheimer Foundation
Maureen & Gary Shillet
Nicole Turner
Unify The Ties

Supporters (\$500-\$999)

Alan Appelbaum
Donald Barrack
Karen Bayle & Jeffrey Sandler
Bristol-Meyers Squibb Foundation
Sandy & Jeff Cohen
Meg E. Dodge
Elisa Contemporary Art
Kristin Cupillari & Marc Andersen
Sue B. Dorn
Cindy & Glen Edelman
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Marian & Chris Gaynor
Gold Supply Group
Fern & Mark Grundleger
Thomas Horan
Jeri Hurvitz
Meryl & Mark Kravietz
Grace Lang
Jane Lang
Linda & William Lederman
Emerson Mankin
Debbie & Lee Mittleman
Randi & Scott Padell
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Alison Schwerthoffer
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Lisette Venselaar
Alison Wasserman
Barbara & Marc Weissberg
Wolinsky Family Foundation

Friends (\$250-\$499)

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Lynn Appelbaum
Bank of America Charitable Gift Fund
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Lawrence Berger
Rebekkah Brown
Ronald Cacciola & Elizabeth Collier
Josh Cahn
Wendy Clark
James Clooney
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Ruby Phan
Saverio Potente
Jesse Prehodick
Bev Ragovoy
Affordable Art Fair NYC
Herb Reichenbach
Michael & Susan Resnick
Ilene & William Rome
Edson Scudder & LuAnn Ritsema

Val Sereno
Jill & Bruce Silber
Ellie & Peter C. Simon Jr.
Williford Smith
Fred Spivak
Artemis Tsagaris
Dana Wasserman

The Art Therapy Project is grateful to receive gifts of all sizes. For a complete list of donors, please visit our website.

Tributes & Memorials

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

Harold Berger
Branch & Bloom
Sergio and Manuela Capanna
Joanie Choremi
Diamond Painting Community
Martha Dorn
Sue Dorn
Jane Havemeyer
Ryan Hellinger
Judith Love Hubler
Rene Hulkower
David Johnston Art
Grace Lang
Bernard Levine
Rosaline Meltzer
Sheryl Punia
Alison Wasserman & Jared Steinberg
Ellen and David Wasserman

Veterans Program

The Veterans Art Therapy Program is offered in memory of Harold Berger, a member of the 82nd Airborne Division.

Our thanks to Sheryl Punia for this very special tribute.

Special Thanks

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

Affordable Art Fair NYC
The Art Therapy Project Advisory Council
Artistic Noise
Atrevida Studio
Cameron Mitchell Bell
Alec Berlin
BoardLead
Eva Cantu
Clifford Chance NY
Calamity Chang
Mary Cordelia
Council Member Robert Cornegy, Jr.
Hannah Cruz
Phat Man Dee
Litton Duo
Elisa Contemporary Art
Rachel Evans
GalaStream
Lizzie Gill
Chloe Hayward
Mia Jackson
Coby Koehl
Ian Kwok, MD
KWT Global
AJ Lavilla
Lawyers Alliance
LGBTQIA+ Affinity Group
L'or de Seraphone
Love Dot
Ariel Miles
Jason Montalvo
Taylor Nassar
Lily Phan
Ruby Phen
Robyn Stein
SVA MPS Art Therapy Department
Steven Taylor
University Club
WFUV
Curtis Young
Young Professionals Leadership Group
Youth Affinity Group

Facebook Fundraisers

Special thanks to the following individuals for their Facebook Fundraisers:

Aeros Aqui
Kristie Wise Art
Tyler Brierley
Stephanie Cortes
Diane Duckler
Lacey Eisengart
Kari Gehrke
Nathan Halaburda
Teresa Nikki Hatch
Benjamin E. Howen III
Janette Iris
Madison Johnson
Jay Krieger
TJ KS
Melany Langford
Christin Lynch
Emily Parente
Jessica L. Preston
Samantha Tyler Quinn
Simi Tolani Shukla
Isabella Suruthi
Felicia Warren



Board of Directors - 2021

David Wasserman, Founder and Chair

Lauren Christian

Jennifer A. Cuminale

Meg E. Dodge

Diane L. Duckler

Deborah Farber, ATR-BC, LCAT

Sheryl Punia

Justin Lintz

David Rhodes

Val Sereno MA, ATR-BC, LCAT

Sarah Staller

Nicole Turner

Lauren Young

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Raquel Stephenson

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Charles H. Taub

Capt. Devlin Winkelstein

Executive Director: Martha Dorn

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.

Young Professionals Leadership Group

Maria Edwards, co-chair

Jessica Fryer

Sheldon Gray

Emma Katovitz

Grace Lang

Lauren Latella, co-chair

Jade Loendorf

Brittney Romagna

Sarah Salice

Erin Schuppert, co-chair

Sarah Staller, co-chair

Ali Wasserman



TEN YEAR ANNIVERSARY

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