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Art Therapy Studio Announces Distance Art Therapy Services

Comprehensive Efforts Aim to Reach Existing Audiences and the Greater Community During COVID-19 Crisis

CLEVELAND, OH – April 10, 2020– [Art Therapy Studio](#), the oldest art therapy organization of its kind in the United States, has announced a three-tiered effort designed to meet the needs of its existing artists, foster the growth of these individuals, and directly reach the community as a whole, amid the COVID-19 crisis, by embracing technology and launching its newly developed Distance Art Therapy Services.

The new services will be initially offered free-of-charge to support the community during COVID-19 and will allow the organization's credentialed art therapists to continue to provide services to its Community Art Therapy artists with weekly individual telephone sessions, group telephone conferences, and the implementation of video sessions for its artists. Art Therapy Studio partnered with [BLICK Art Materials](#), who graciously provided 100 custom art kits, which the organization will mail out to its artists for free.

The organization is developing a plan to deploy a similar strategy to continue to serve individuals within its community partners sites which include Cleveland Public Library, Eliza Bryant Village, Family and Community Services, Jennings Center for Older Adults, and United Cerebral Palsy of Greater Cleveland.

“Our artists come to us with a variety of needs, including physical and mental health related disabilities. The COVID-19 crisis has greatly affected all of us, but has especially impacted those with disabilities” stated Cheryl Pete, Clinical Director with Art Therapy Studio. “As an organization, we decided that we cannot allow those we serve to be without the art therapy services, that are crucial to their well-being, during this difficult time.”

The second outreach effort will allow the organization to showcase the benefits of art therapy services to the community on its [Facebook page](#); by introducing weekly #ArtTherapyThursday posts where individuals and families can use household items to perform art tasks and encourage them to share images and video of their art for others to see.

“The community, and nation, can benefit greatly from art therapy during this time when anxiety is heightened”, stated Michelle Epps, Executive Director with Art Therapy Studio. “Art therapy is a non-intimidating medium that can facilitate communication and self-expression and is highly effective for individuals dealing with life-changing events. We believe that by creating art and sharing the joy of doing so with others we can help individuals and families develop the necessary tools to get through this difficult time, together.”

The organization's third new effort is growing its Community Art Therapy audience through one-on-one Distance Art Therapy sessions, and in turn, providing its community partners with the same necessary tools and approach to reach, grow, and foster audiences remotely.

Epps added, “We have understood for some time that in-person art therapy services cannot reach everyone. We want to work with individuals who for a variety of reasons might not be able to attend in-person therapy sessions. We feel that during this challenging time of social distancing, there is no better time to reach these individuals than the present.”

For more information on these new services, please contact Art Therapy Studio at info@arttherapystudio.org or by phone at 216-791-9303. Registration for Distance Art Therapy sessions begins this Monday, April 13th. [Click here to register.](#)

About Art Therapy Studio

Founded in 1967, Art Therapy Studio is a Cleveland-based nonprofit arts organization. Art therapy is universally accepted as a proven approach to healing, wellness, and self-care that carries into everyday life. We strive to make art accessible, meaningful, and useful to all individuals, including those unable to participate in traditional community arts programs. Our programs include customized contracted services at area agencies, hospital-based programs, employee wellness programs, professional education workshops, and our Community Art Therapy Programs. All programs are developed around the philosophy that art making is central to healing and wellness and the use the creative process of making to improve and enhance well-being; a philosophy rooted in our origin. For more information, please visit arttherapystudio.org

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