



ART
THERAPY
STUDIO

SINCE 1967

2016 Annual Report



- Mask in clay, by Scott Mars

Letter from the Board President

DEAR FRIENDS OF THE ART THERAPY STUDIO,

It is with great pride that we celebrate 2016, our 49th year as the Art Therapy Studio! As you read this Annual Report, you will not only have the opportunity to study the statistics, outcomes, and financials for 2016, but you'll also learn about what drives the mission of the Art Therapy Studio: the clients we serve. The unsung heroes (heroines!) of the studio, our passionate therapists, make a difference in the lives of these clients each and every day.

Along with reading the stories contained in this report, I urge you to visit our website, arttherapystudio.org to view and listen to the voices of our clients as told through storytelling videos. While both methods are informative, I daresay that viewing our client videos will provide the thanks that you, our supporters, richly deserve.

It is because of your ongoing generosity that the Art Therapy Studio has been able to extend our reach in Northeast Ohio, serving a larger and more diverse population in need of creative therapy services. I liken this to a bad news/good news scenario; the bad news is that the extraordinary healing effects of art therapy are needed by so many in our community, but the good news is that the Art Therapy Studio is here to serve!

In 2017, Art Therapy Studio will be celebrating 50 years of Making Art With Meaning. Extraordinary! As we anticipate our Golden Anniversary, on behalf of the Board of Trustees, Executive Director Shannon Scott-Miller, therapists, office staff, and most importantly, our clients, thank you for your generosity. Please take pride in your support of Art Therapy Studio...it is justified!

Chris Treu, Board President



- *Bubbles 'n' Blooms* by Chris Treu

2016 STAFF

Shannon Scott-Miller, MA, ATR-BC, Executive Director
Deborah Carl, MA, ATR-BC, CPRP - Clinical Director
Jennifer Talley, MM - Office Manager
Stephanie Sodik, MA - Communications & Mktng Specialist
Ashleigh Brooks, MA
Denise Cooper, MA, ATR-BC, PCC
Kim Gazella, MA, ATR-BC
Barbie Jones, MA
Stacy Macek, MA, ATR, LPC
Amber McElreath, MA, LPC
Sarah Morgan, MA, LPC
Cheryl Pete, MA, LPC
Rosalia Rozsahegyi, MA, ATR-BC
Kate Strazisar, MA, ATR-BC, LSW

2016 BOARD OF TRUSTEES

Chris Treu, President
Wanda Shippy, Vice President
Ben Stumpf, Treasurer
Kelly Skeat, Secretary
Dwight M. Allgood, Jr.
Maura Hughes
Brett Shaheen

HONORARY MEMBERS

Carol Kelley
Mary K. (Mickie) McGraw
George Streeter (1916-2013)

Improving Lives through Art Therapy

OUR MISSION

To enhance the quality of life for those with emotional, cognitive, or physical challenges through the therapeutic use of art.

The Art Therapy Studio is the oldest creative arts therapy program of its kind in the country. Since our inception in 1967, we've provided innovative therapeutic art services to more than 50,000 people throughout Cuyahoga County and neighboring areas in a variety of settings.

BENEFITS OF PARTICIPATING IN ART THERAPY

- Provide an expressive outlet when words are inadequate or unavailable
- Reduce stress
- Improve cognitive skills
- Encourage social interaction
- Help individuals regain a sense of control
- Build positive coping skills
- Nurture a sense of accomplishment
- Help build a positive identity
- Provide relaxation and enrichment

HOW WE PROVIDE ART THERAPY: PARTNERSHIPS AND COMMUNITY STUDIOS

There are two components to our art therapy services. **Contract partnerships** with community organizations, such as area agencies, in-patient hospitals, employee wellness programs, and professional education workshops, allow us to provide customizable and fully integrated fee-for-service programs to various populations in need. Our **Discover The Artist Within You (DTA)** groups at four community studios provide art therapy to individuals with emotional, cognitive, or physical needs as well as retirees, caregivers, and others who want to learn more about art in a therapeutic setting. DTA clients are self-pay and scholarships are available.

All of our programs use the creative process of making art to improve and enhance the well-being of individuals of all ages.

OUR CORE VALUES

- Creativity
- Health and Wellness
- Empowerment
- Inclusiveness
- Collaboration
- Accountability
- Sustainability

"I'm amazed at what I'm getting out of art therapy. I came into this program hurting and homeless. I feel like the art helps me put the future on paper."

– Cynthia Deckerhoff, Veteran and art therapy client at Family and Community Services

Pictured: "My Broken Path" by Cynthia Deckerhoff



Impact: In the Words of our Artists



"I like the freedom to create what I feel. I look forward to every Monday when I can come and express myself on the canvas."

– Kathie McWilliams, Discover the Artist Within You participant for over a decade

Pictured: "To the Mountaintop" by Kathie McWilliams

"Art therapy has helped me improve my concentration, and now I can sit still, read books, and concentrate on a single task."

– Tim Frost, Discover the Artist Within You participant and US Marine Corps Veteran

Pictured: Original work by Tim Frost



"Because of art therapy I have hope for the future and the drive to set goals for myself."

– Sarah Marinelly, Discover the Artist Within You participant

Pictured: "Birches" by Sarah Marinelly

2016 Overview

TOTAL REACH

5,210 ... Number of unique individuals served, including contracted services clients, Discover the Artist Within You clients, and community outreach events.

“DISCOVER THE ARTIST WITHIN YOU” COMMUNITY CLASSES

Our community classes are modeled after our philosophy that art making is central to the healing process. Classes utilize creative therapeutic arts techniques in group settings to focus on specific concerns and various approaches to art using painting, drawing, collage, and sculpture. Our credentialed art therapists nurture safe and creative spaces for individuals to build on personal strengths and enhance themselves through art.

121 Number of individuals served

2,712 ... Total individual contacts provided

591 Total number of class sessions

125 Number of scholarships awarded*

PROFESSIONAL EDUCATION AND COMMUNITY OUTREACH

We provide professional education programs and community outreach workshops where participants can learn about creative arts therapy and gain ideas on how to implement a more creative environment for themselves and their clients.

2,645 ... Number of individuals who participated in professional education and community outreach programs

2016 Highlights

Expansion of Contract Sites

- Our services at MetroHealth expanded to include adult outpatient oncology clients who are receiving chemotherapy and/or radiation.
- We began serving veterans at Family and Community Services' transitional housing facility in Warren, Ohio.
- We expanded our partnership with Cleveland Public Library by offering a community based art therapy program for adolescents in at-risk neighborhoods at two branch locations. These groups focus on building positive coping skills, self-expression, and self-awareness.
- We started offering art therapy for adults who face mental health challenges and addiction at Highland Springs.
- We expanded services offered through the Alcohol, Drug Addiction and Mental Health Services (ADAMHS) Board contracts, including increased services at Cleveland Treatment Center, Far West Center, and Life Exchange Center.



Untitled ceramic by
Lagretta Lewis, Discover the
Artist Within You participant

CONTRACTED SERVICES AT COMMUNITY AGENCIES

We provide customizable and fully integrated fee-for-service programs designed to meet established goals. Our studio is unique because we not only provide a credentialed art therapist, we also include supervision, peer support, and continuing education for our staff as part of our hourly rate.

2,377 ... Number of individuals served

Veterans

- Department of Veterans Affairs
- Family and Community Services in Trumbull County and Lorain

Addictions and Mental Health

- Cleveland Treatment Center
- Far West Center
- Highland Springs
- Life Exchange Center

Developmental Disabilities

- Cuyahoga Board of Developmental Disabilities – Southwest Adult Activity Center
- Geauga County Board of Developmental Disabilities
- United Cerebral Palsy of Greater Cleveland
- Southwest Adult Activities Center

Employee Wellness

- Calfee Halter and Griswold

13,548... Number of individual contacts

Hospital In-Patient

- Cleveland Clinic Pediatric Hematology & Oncology
- MetroHealth Oncology
- MetroHealth Physical Medicine & Rehabilitation

Children and Teens

- Cleveland Public Library
- Kinship Camp
- Westlake High School multi-handicapped classes
- Youth Challenge

Older Adults

- Eliza Bryant Village
- Jennings Center for Older Adults
- Kindred Transitional Care and Rehabilitation - The Greens
- Legacy Place Twinsburg Skilled Nursing
- Ohio Living Center
- Sunrise Senior Living

Growth of Discover the Artist Within You

- The number of scholarships awarded increased by 25% from the previous year.
- In three of our four DTA sites, we launched additional classes focusing on new types of media including fiber arts and collage.

Increased Client Art Shows

- Cleveland Public Library hosted eight art shows at two different locations.
- Progressive Insurance selected the studio for their Art of Giving Show, displaying and selling client art at their Mayfield Village headquarters during the holiday season.
- Art shows were dedicated to several of our contract sites, including the VA, Far West Center, Life Exchange Center, and Cleveland Treatment Center.

Fundraiser Success

- We held Art Loan on September 23, 2016. The event raised \$35,159 to support our Discover the Artist Within You programming, including scholarship funding.

Office Expansion

- We restructured our office staff for efficiency, creating positions for clinical director, marketing and communications, and senior accountant. We also added three new art therapist positions.

Impact

“**DISCOVER THE ARTIST WITHIN YOU**” class participants reported improved well-being as a result of their participation in class:

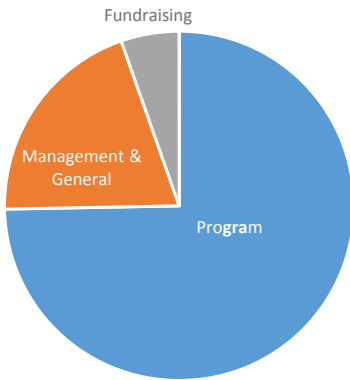
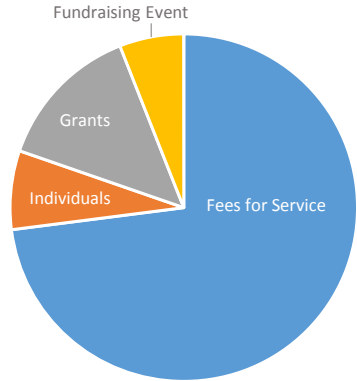
- **97%** improved their self-expression
- **96%** improved their self-confidence
- **97%** improved on their strengths
- **93%** improved their well-being
- **98%** improved their socialization

Source: 2016 Post-Class Evaluation; 287 respondents

2016 Financials

INCOME FROM OPERATIONS..... \$564,311

\$405,448.....	Fees for Service.....	72%
\$158,863.....	Fundraising.....	28%
\$43,609.....	Individuals.....	8%
\$80,495.....	Grants.....	14%
\$34,759....	Fundraising Event.....	6%



EXPENSES \$499,590

\$359,773.....	Program.....	72%
\$114,614.....	Management & General.....	23%
\$25,203.....	Fundraising.....	5%

Financials reported on an accrual basis. The figures presented are based on unaudited financial information and are subject to adjustments made during the year-end financial review.

FUNDRAISING INCOME FROM ART LOAN:

ART LOAN, our bi-annual fundraiser, was held on September 23 at the Shaker Heights Country Club. Art Loan is a unique event where attendees can bid on original pieces of art from our George Streeter Collection, and winning bidders get to borrow these pieces for one year.

Additional fundraising income came from individuals supporting our Holiday Appeal and Annual Appeal. To make a donation, please see our enclosed Annual Appeal.

Art Therapy Studio's programs are made possible in part thanks to the generous support of the residents of Cuyahoga County through a public grant from Cuyahoga Arts & Culture. Cuyahoga Arts & Culture's sole funding source is a dedicated cigarette tax approved by Cuyahoga County voters in 2006 and renewed in 2015.



2016 Support

\$15,000 - \$38,000

Cuyahoga Arts & Culture

\$10,000 - \$14,999

Jochum-Moll Foundation

Maura Hughes and Robert Moll

\$5,000 - \$9,999

Graham Hunter Foundation

Charlotte Fowler

Julianne Loegler

Kelvin and Eleanor Smith Foundation

\$1,000 - \$4,999

Dwight & Joan Allgood Jr.

Bay Corporation Employees

Calfee Halter

The Children's Guild

Jacob Daiber Memorial Arts Foundation

Lorie Davenport

Fox Charitable Foundation

The Growth Coach

The Hankins Foundation

Jan Jones

Mickie McGraw

Skoda Minotti

Wanda Shippy

Kelly Skeat

Marty Stitt

Ben Stumpf

Kurt & Chris Treu

\$250 - \$999

Robin Amos

Bird Technologies

Sue Braham

Andrew and Ashleigh Brooks

Marilea Campomizzi

Mary Ellen Carney

Cavitch, Familo, and Durkin

Candice Champion

Cleveland Foundation

Christine Fulmer

Bill and Mary George-Whittle

Timothy and Molly Haaga

Emily Hornack

Janice Hornack

Brooks Hull

Rita Kanareff

Life Exchange Center

John Milgram

Rose Mohr

Patricia Neville

Nurenberg Paris Heller and McCarthy

Terri and Tom Pasadyn

Gary Pete

Pinnacle Media

Progressive Insurance Foundation

Benjamin Rose

Gail and Paul Sack

Kelly Scott

Margot Schulz

Chris Treu

Erin and Lukas Treu

Jay & Sue Valerian

IN-KIND

The 9

AGC

Gayle Jayne Allyson

Tom Balbo

Karen Boddy

Marilea and Blair Campomizzi

Jean Chen

Will Cheshire

The Children's Guild

Brandon E. Chroftowski

The Cleveland Browns

The Cleveland Cavaliers

Cleveland International Film Festival

Cleveland Metroparks Zoo and Rainforest

Rose Corrick

Culinary Creations

David Deming

Edwins

Eric Eichenberger

Chuck and Char Fowler

Tim Frost

Elisea Franklin

Happy Cakes and More

Heinen's

Colleen Horan

Maura Hughes and Robert Moll

Jennings Center

Lucy's Sweet Surrender

Luna Bakery

Scott Mars

Mickie McGraw

Cherie Motherwell

Nurenberg Paris Heller and McCarthy

Adrienne Pitts

River's Edge

Rock and Roll Hall of Fame

Gail Wetherell-Sack

Amelia and Jonathon Sawyer

Bob Sferra

Christine Siarka

Valerie Pluto-Sobel

SPACES

Kat Tarrant

Kristen Trawdowsky

Kurt and Chris Treu

Mary Anne Vogeles

Sandy White

Maureen and Tim Yingling

VOLUNTEERS

Dwight Allgood

Robin Amos

Christa Argirakis

Steven Aviram

Margaret Benic

Amanda Bibler

Maria Botella

Lydia Briggs

Nathaniel Briggs

Margaret Briller

Andrew Brooks

Holly Buchanan

Blair Campomizzi

Marilea Campomizzi

Candice Champion

Will Cheshire

Bill Childers

Kristi Copez

Merideth Cowden

Al DiScenna

Barb DiScenna

Kelsey Elling

Sharon Escott

Caitlin Ewing

Lauren Farrell

Allyn Fisher

Tim Frost

Megan Funkhouser

Michael Gilbert

Don Gordon

Susan Gordon

Wendy Gray

Stephanie Higgins

Robert Hill

Lawrence Holden

Shawn Holden

Colleen Horan

Maura Hughes

Nicole Hunt

Elisabeth Jeffries

Ethan Johnson

Cathy Klemencic

Elizabeth Krajekian

Joshua Kubicek

Dana Kulma

Brianna Love

Joy Lukacs

Scott Mars

Ella Martinez

Lauren McClintock

Mickie McGraw

Sandy Meinke

Michael Miller

Nicole Monyak

Mark Mrazek

Kathryn Muldoon

Charley Peck

Anna Pennington

Gary Pete

Adrienne Pitts

Joelle Portelinha

Emily Puls

Michelle Putnam

Vickie Ratliff

David Ricci

Lindsay Rivera

Christian Savage

Jennifer Schwartz

Brett Shaheen

Irina Sherman

Wanda Shippy

Kelly Skeat

Laura Skerbec

Kynneddy Smith

Monica Stauffer

Marty Stitt

Molly Stitt

Tony Strazisar

Ben Stumpf

Hannah Tradowsky

Chris Treu

Kurt Treu

Libby Treu

Jay and Sue Valerian

Bev Vance

Mary Anne Vogeles

Sara Wasserman

Garrett Weider

Eda Weiss

Allison Wright