

# ita



institute for therapy through the arts



## 2015-2016 Annual Report



# Table of Contents

A Letter from the Executive Director, Jenni Rook.....1

Our Staff.....2

Our Services.....3

Creative Arts Therapy at ITA.....4

Client Demographics.....5

Our Clients.....6-7

The Year in Review: Event Highlights.....8-9

Program Spotlight.....10

2015-2016 Financials.....11

A Message from ITA’s Board Chair.....12

Board of Directors and Advisory Council.....13

Our Donors.....14

**Mission**  
*To empower and energize individuals, families  
and communities to grow and heal by*  
**INSPIRING CHANGE**  
and wellness in individuals and families through  
Creative Arts Therapy;  
**STRENGTHENING HEALTH**  
in community organizations by providing state  
of the art consultation, training and clinical  
programs;  
**CULTIVATING ACHIEVEMENT**  
in students' academic and social development  
through a collaborative team approach to  
treatment in schools;  
**FORGING LEADERSHIP**  
in the Creative Arts Therapy fields by  
advocating for each discipline and providing  
integrated training experiences.



# A Letter from the Executive Director, Jenni Rook

Dear Friends,

I am proud to present this Annual Report which marks ITA's first in its 42-year history. Many of you have followed our transition for several years as we restructured leadership, developed a board of directors and established ITA as a stand-alone nonprofit. Some of you are just getting to know us and our work. I am equally grateful to all of you for supporting our organization and helping it to grow as we expand our offerings and serve more and more clients each year.

ITA raises funds in order to be able to offer discounted creative arts therapy to families and organizations who do not have the means to pay our full rates. In 2016, we gave \$50,000 in discounts to families of low income alone. We were also able to retain several long-term community partners who lost their funding for our services. For many of our clients, the creative arts therapies are the only therapies that have been effective and to lose the opportunity to receive them would be detrimental to their well-being.

We are on a mission to continue the momentum we have developed over the past six years and are committed to continuing to grow the number of

clients who can benefit from our services.

We will persist in increasing awareness of art, dance/movement, drama and music therapy.

We will build our community presence and expand our networks so more resources are available to our clients.

We will dedicate time and resources to designing a clinic more conducive to our clients' needs.

We are honored to bring the creative arts therapies to individuals of all ages so they may discover new strengths, new ways of coping and new abilities.

This report will provide a review of all we achieved in our first independent year. Our work is only just beginning, and we are looking forward to bringing you along on this next chapter of our journey.

Many thanks,

*Jenni Rook, MHC, LPC*



# Our Staff

## Staff

Jenni Rook, *Executive Director*

Marni Rosen, *Practice Manager*

Jeff Wolfe, *Community Programs Manager*

Rebecca West, *School Programs Manager*

Amanda Ziemba, *Program Supervisor*

Julie Mynatt, *Office Manager*

Sarah Ghantous, *Development Manager*

Jillian Sherly, *Office Administrator*



## Therapists

Julie Brannen

Sophie Canadé

Liz Muckley

Deborah Soszko

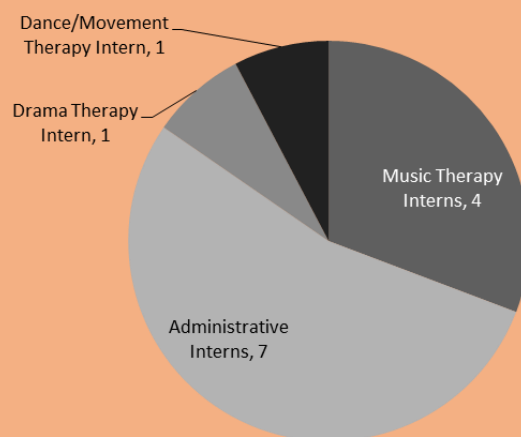
Cara F. Wellvang

Keith Whipple

Jessica Young

## Our Clinical and Administrative Interns

Our clinical and administrative internships promote professional and personal growth. We worked with many wonderful interns last year. They came from all over the country to work with us through our Ted Rubenstein Integrated Arts Therapy Training Program.

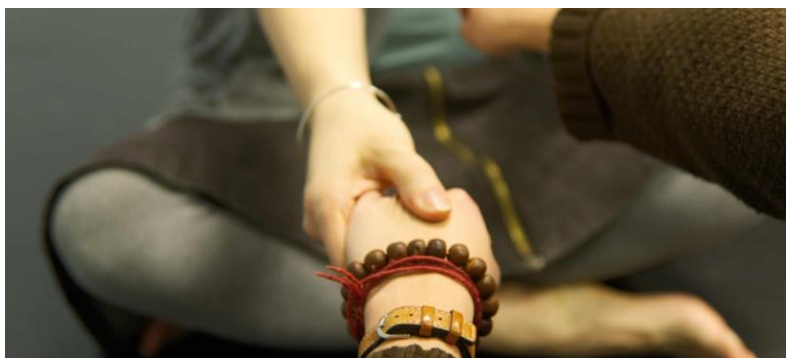




# Our Services

## Individuals and Families

ITA offers individual and group therapy for a broad range of private clients. An assessment of need is conducted over three sessions, and treatment goals are developed in consultation with the client, family and additional treatment providers.



## Community Programs

We tailor our community programming to meet the needs of each of our partners and aim to provide creative services in support of each of their missions. We collaborate with administrators, program staff and clients in developing treatment goals.



## School Programs

ITA serves students of all ages in public, private, therapeutic and alternative schools. Goals for treatment are focused on social interaction, emotional expression, receptive or expressive language, and sensory regulation. ITA therapists design interventions in collaboration with teachers, classroom staff, school therapists and family members to create an optimal experience.



## Ted Rubenstein Integrated Arts Therapy Training Program

ITA trains clinical interns in drama, art, music, and dance/movement therapy and also offers administrative internships. We provide educational presentations and workshops to professionals and community members in addition to clinical supervision. The training program is named after former ITA Clinical Director, Dr. Ted Rubenstein, whose passion for mentoring and teaching shaped our vision for educating professionals and students.



# Creative Arts Therapy at ITA

**Art Therapy** is an approach in which the art processes, product, content, and reflections are used to mirror a client's development, aptitude, personality, interests and concerns. Through the art-making experience and therapeutic relationship, clients express and examine feelings, learn about cause and effect interactions, improve problem solving patterns, promote social skills, develop responsibility and independence, acquire coping strategies and enhance self-esteem.



**Dance/Movement Therapy** is the psychotherapeutic use of movement to further one's cognitive, social, physical, and spiritual growth. The dance/movement therapist aims to facilitate healthy experiences fostering this growth through the body-mind connection. Clients learn to use movement to explore their relationship to self in order to increase self-awareness and build self-esteem in addition to exploring connection to others and building healthy social skills.

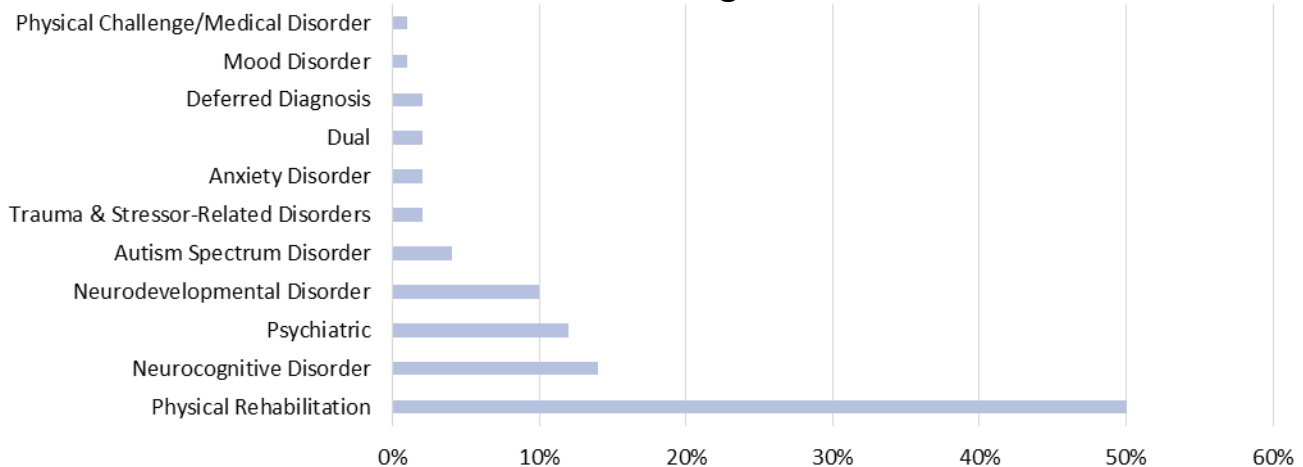
**Music Therapy** is the clinical application of musical elements and evidence based practice to elicit change in individuals. This is done within the context of a therapeutic relationship to facilitate, maintain or restore achievement of the individual's fullest potential in cognitive, emotional, physical and social functioning. Musical interventions are designed to meet the individual needs of clients, to engage them on an aesthetic level and to motivate them through successful music-making experiences.



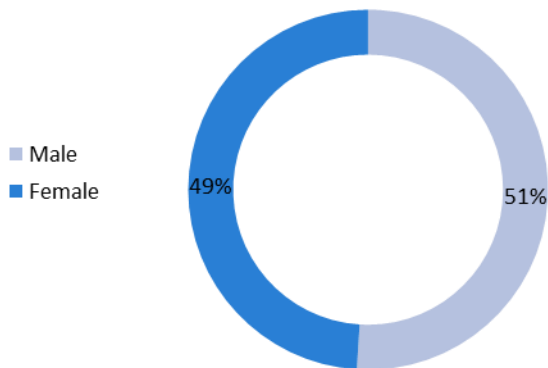
**Drama Therapy** is the methodical use of written, verbal, and non-verbal means of expression derived from the practices of theatre for the purposes of psychotherapy. It evokes creative imagination which integrates past and present as well as inner and outer reality. A Drama Therapist works with clients to explore roles, create narrative, and embody experience to promote social interaction, develop insight into behavior, and achieve the optimal functioning of individuals and social systems.

# Client Demographics

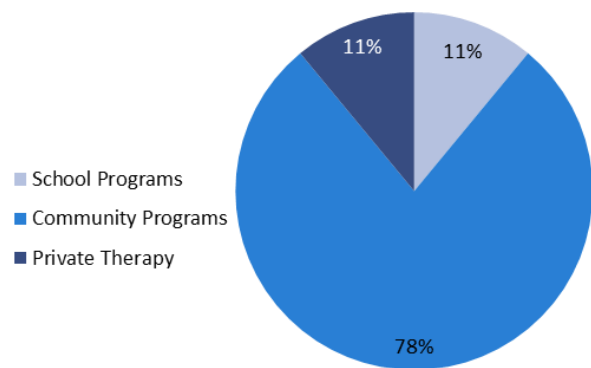
## Diagnosis



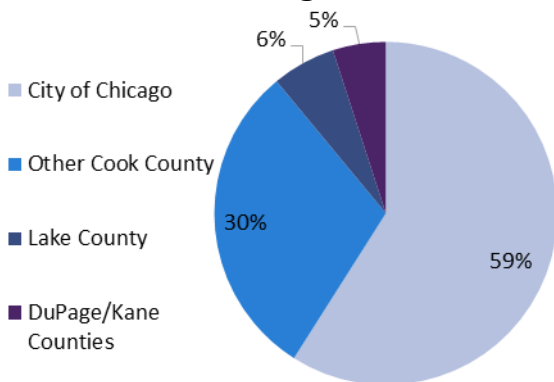
## Sex



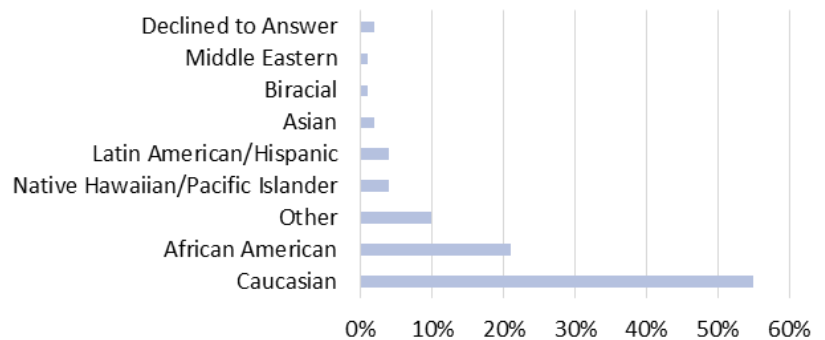
## Clients Served by Program



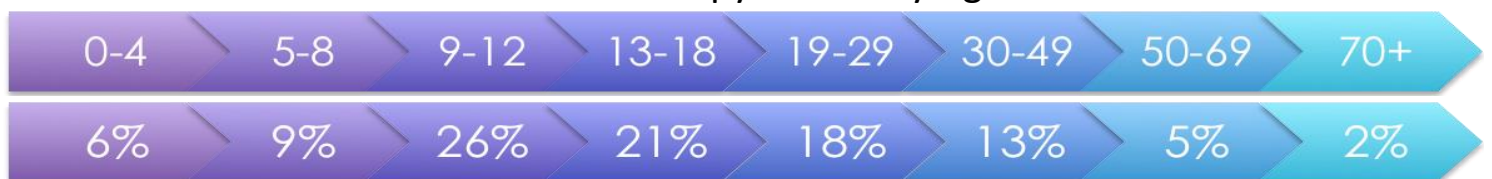
## Regions Served



## Race/Ethnicity



## Private Therapy Clients by Age





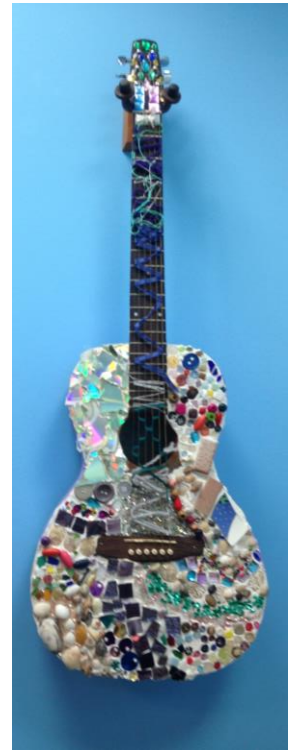
# Our Clients

## Meet Carrie

Carrie, a timid and nervous 13-year-old, came to ITA after experiencing ongoing pressure and pain in her chest and headaches. She was very uncomfortable in social settings and felt very anxious about going to school. Carrie loved drawing and painting, but rarely had the opportunity to make art in school or at home due to her demanding schedule and homework. While she enjoyed art making very much, she did not feel she was talented and lacked confidence in her artistic abilities. Her lack of confidence was apparent in her relationships with friends as she did not feel she could stand up to them when they bullied her, and this fed her anxiety even more.

During Carrie's time with ITA she made over 20 pieces of artwork that represented her worst fears, her feelings, and her thoughts about herself. As her confidence grew in her artistic abilities, Carrie made several larger pieces including a decorative wooden bench, a self-portrait and this guitar. Carrie donated this guitar to ITA so that she can display the confidence she gained from her art therapy experience. Now in high school, Carrie has chosen to pursue a visual art track in her elective curriculum and has started to envision a career where she can blend her artistic abilities with her passion for writing.

Carrie's new found self-confidence was evident in her performance in the talent show at the end of last year. She was also brave enough to talk to the administration of her former school regarding her old friends. Carrie no longer suffers from chest pain and headaches, and is enjoying her time in high school where she has made several new friends.



"Dr. Marni Rosen is exceptionally talented therapist. She has provided significant support for our daughter as well as our family. We recommended ITA and her to multiple friends and 2 area schools to help other families." -ITA Parent

"Rebecca incorporates wonderful creative methods to help my daughter reach amazing goals-- uses her hands, which is difficult for her, expressive/receptive language increase and expression, and wonderful carry-over of a positive affect through interactive sessions." -ITA Parent



# Our Clients

## Meet Pete

At the time Pete began receiving music therapy, he had just been diagnosed 6 months earlier with Autism Spectrum Disorder. Extremely bright, he was curious about all things and soaked up and retained information like a sponge; however, he struggled with social skills, expressing his emotions, and communicating with others. Having heard music therapy was beneficial for kids with Autism, Pete's parents came to ITA hoping he would learn to play an instrument, but soon learned music therapy was so much more. Pete learned how to communicate with others as he traded turns with the therapist on the drum. He also sang songs written by his music therapist that helped him learn how to label emotions and add words to his vocabulary. Pete's therapist also worked with his parents, providing techniques to be used at home and school so that the skills learned in music therapy could be used in these settings too. Eventually, Pete's parents and teachers saw him using words to describe how he was feeling and playing with other children at school. Today Pete is able to use the skills he learned in music therapy to make friends and to tell others what he needs.



“My son’s therapist is great at utilizing unique and creative techniques, with connecting imaginary storylines to real world issues. I find this really helps my son with communicating better and calming some of his real life anxieties. It’s also a great help with building self-awareness, self-esteem, and better person to person dialogue.” –ITA Parent

“Our therapist has always been a reliable resource for us whenever we have had difficulties and needed help. She is excellent in developing practical goals and helping our son achieve them. Her emphasis on making Music Therapy fun and comfortable has greatly contributed to the success our son has had with meeting his goals.” –ITA Parent

“Jenni Rook is an exceptional therapist in the Chicagoland Area. Her approach to therapy is allowing me to sort through some heavy past experiences, and move forward in a matter that is comfortable and creative for me. I can't imagine these sessions with anyone else. Music heals wounds.” –ITA Client

# The Year in Review: Event Highlights

## Sharing Space Creatively

On March 4, 2016, Institute for Therapy through the Arts held its very first integrated creative arts therapy conference in Evanston. The event was named “Sharing Space Creatively” and was co-sponsored by the Illinois Mental Health Counselors. Focus was placed on collaborative, interdisciplinary approaches using the creative arts therapies. ITA was thrilled to welcome social workers, psychologists, counselors, and creative arts therapists at this milestone event. Keynote speakers at the conference included Susan Imus and David Read Johnson. Presenters and attendees had the opportunity to receive up to 7 continuing education units for attending any or all of the conference presentations, further making the event an abundant opportunity for mental health workers to grow professionally.



## On the Table

On May 10, 2016, ITA hosted an On the Table dinner annually coordinated by Chicago Community Trust. The event, taking place over a collection of meal gatherings, sought to connect different people from across the Greater Chicagoland Area for discussions on the strengths and needs of their communities on local, regional, and national levels. ITA brought together members of the Evanston, Skokie, and Rogers Park areas to gather at Peckish Pig and discuss the collective needs and strengths of their communities. ITA was also happy to accommodate several out-of-state guests who requested to sit in on the discussions with their own intentions for growth. The guests were in turn able to bring home a mass of shared ideas to implement within their own communities.



# The Year in Review: Event Highlights

## AccessChicago

On July 13, 2016, ITA participated in AccessChicago 2016 at Navy Pier. AccessChicago, a yearly exposition hosted by the mayor's office for people with disabilities, strives to showcase a thorough representation of Chicago's wide range of accessible venues, products and services. ITA staff therapist Keith Whipple and ITA clinical intern Paige Elgart were excited to present experiential workshops throughout the day, entitled Get Social: Music Therapy for Social Interaction and Self Expression, Get On the Same Page: Find Joy and Self-Expression within Group Art Therapy, and Therapies That Move You: Drama Therapy and Dance/Movement Therapy. Keith and Paige communicated the boundless benefits of creative arts therapies to a large crowd in a colloquial manner, which allowed for a back-and-forth sharing of information between ITA and interested parties.



## Life Is...

On July 16, 2016, Chicago's Big Shoulders Theatre Troupe presented Life Is..., a benefit concert especially for ITA (see picture below). The night was one of music with a cause which featured ensemble performances of popular musical theatre selections. The troupe covered songs that included "Some Enchanted Evening" from South Pacific, "Schroeder" from You're a Good Man, Charlie Brown, "Model Behavior" from Women on the Verge of a Nervous Breakdown, and "One Day More" from Les Misérables. Big Shoulders had as much fun performing as their audience had listening, and encouraged prosperous donations to further carry out ITA's mission. The benefit successfully raised over \$2,000.



# Program Spotlight

## Bridging Memory through Music

The Bridging Memory through Music program promotes connection between individuals with Dementia, their families, caregivers, and friends.

The collaboration between the Institute for Therapy through the Arts and a group of professional musicians, led to two-years of planning, training, and a robust music program on Symphony of Evanston's Memory Care and Dementia Support floor. This program began with a year of planning in 2014, and launched in January of 2016. Four 12-week sessions were conducted from January through April of 2017. The program included an interactive 45-minute music performance where families practiced connecting with their loved one using music, movement, and instrument play.

Each week, a quartet of professional musicians performed for an average of 10 families while a music therapist, a music educator and volunteers assisted families in participating. After the performance, each resident and caregiver spent time visiting with the musicians and program staff in breakout groups. Other residents from Symphony of Evanston were invited to the performance too. A total of 21 families were involved in the program across the past two years and received personal consultation on how music can be used to promote interaction. Families also attended an hour debriefing group at the beginning of each program where they received further information on music therapy and Orff Schulwerk principles and how they can be applied during visits with residents.

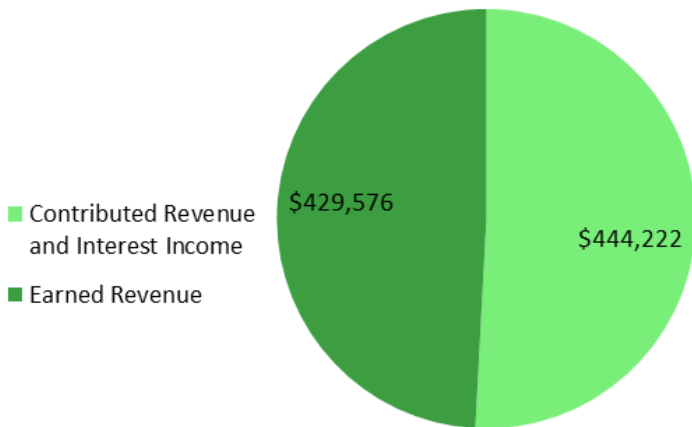
Pilot data was collected to measure how the program facilitated meaningful connections and supported a culture of music within Symphony of Evanston. Results have been positive to date. Family members even initiated starting a support group amongst themselves during the middle of the run. The Bridging Memory through Music program will begin research at Silverado Care in January of 2018. ITA would like to thank all of the many collaborators who contributed to this program's success and the anonymous donor who envisioned, planned, facilitated and funded this important work.



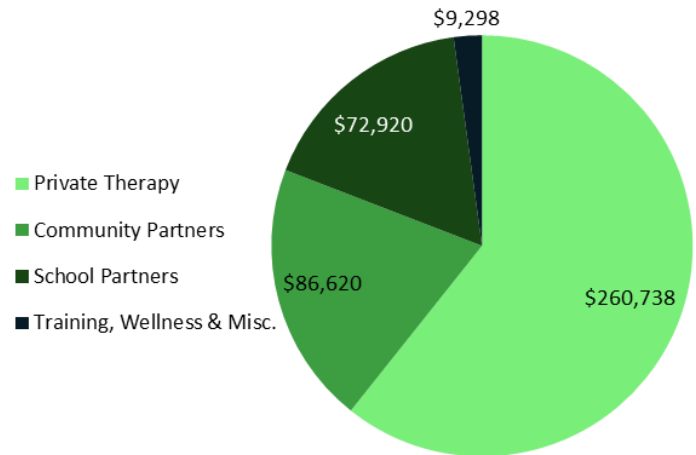


# 2015-2016 Financials

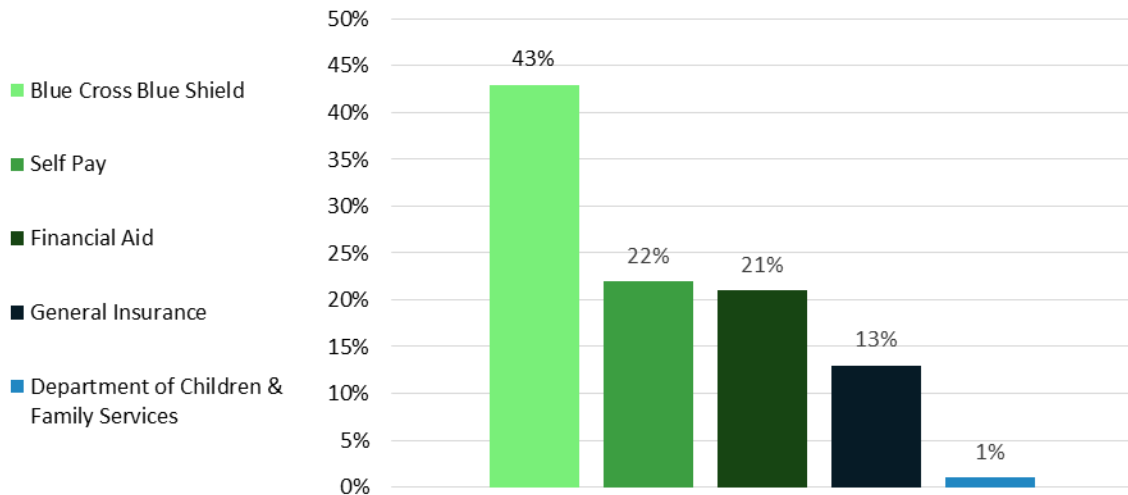
## FY16 Total Revenue



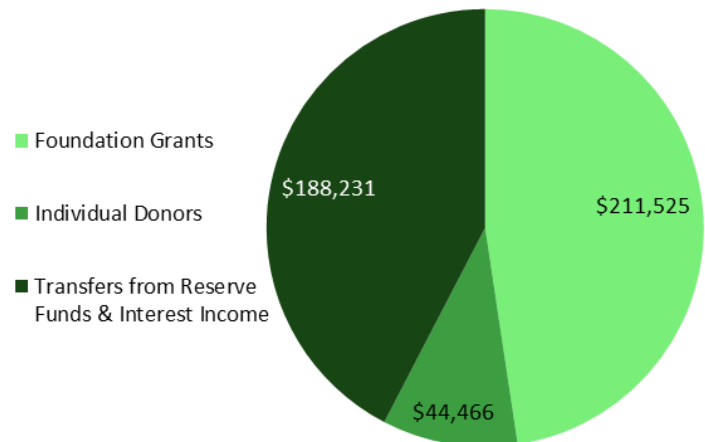
## FY16 Earned Revenue



## Methods of Payment for Private Therapy



## FY16 Contributed Revenue



Upon separating from the Music Institute of Chicago, several reserve funds were transferred to ITA. These funds were established in previous years and earmarked to support ITA's operations but were reported as income in 2016.

# A Message from ITA's Board Chair

We've all had the experience of becoming so immersed in a creative project – composing a perfect photograph, writing a sonnet, shaping a bowl on a pottery wheel that feel we have “lost ourselves” in the project. Indeed, we may temporarily lose track of time and forget where we are and who we are. The creative process takes us outside of ourselves, freeing us from constraints, expectations, and identities.

The process of creative arts therapy marries this magical state of flow in which we lose ourselves with a therapeutic process that allows us to find ourselves. Guided by professional music, art, drama, and dance/movement therapists, creative arts therapy allows for both the freedom of creativity and the critical tasks of self-exploration, healing and growth.

As chair of the board of directors at the Institute for Therapy through the Arts (ITA), and as a parent of a long-time ITA client, I've had the privilege of witnessing this wonderful alchemy. This past year has been particularly exciting as ITA, which had previously operated as a program of the Music Institute of Chicago for 40 years, stepped out into the community as a fledgling 501(c)(3) organization.

ITA's new identity as an independent non-profit embodies its proud history as a forerunner in the field of integrated arts therapy. But it also incorporates its vision for the future – i.e., that ITA will become (indeed, is already becoming) the preeminent institution using (and training others in the use of) integrated arts approaches that empower and energize individuals, families, and communities.

This year, in keeping with this bold vision, ITA held its first annual integrated creative arts therapy conference, trained 13 clinical and administrative interns, brought aboard new administrative staff, hired a part-time development professional, hosted a successful open house, developed critical policies, welcomed several talented new directors to its board, expanded its wellness class offerings, and began work on its next multi-year strategic plan. Most fundamentally and most importantly, ITA touched the lives of over 1000 clients by improving their psychological

developmental, physical or cognitive well-being.

Great things are on the horizon for ITA. The fall will see ITA re-locate to a newly-designed therapy space in the Evanston community.

I thank all of you for your past and continued support. There is much of which to be proud, but more good work lies ahead.

-Jill Calian, Board Chair



“The process of creative arts therapy marries this magical state of flow in which we lose ourselves with a therapeutic process that allows us to find ourselves. Guided by professional music, art, drama, and dance/movement therapists, creative arts therapy allows for both the freedom of creativity and the critical tasks of self-exploration, healing and growth.”



# Board of Directors and Advisory Council

## Board of Directors

Jill Calian  
Tracy Canter  
Sarah Wiemeyer  
Amber Bond  
Angela Allyn  
Borna Bonakdarpour, MD  
Leslie Chamberlain  
James Grutsch  
Marilyn Richman  
Ginny Trainor

## Advisory Council

Ed Bidanset  
Matt Bodett  
Marian Casey  
Dr. Leora Cherney  
Catherine Cooper  
Dr. Jacqueline Duke  
Dr. Steven Hanus  
Susan Imus  
Dr. Priya Mahtre  
Howard Sitron



## Why I Serve

In early 2016, I was looking for a way to give back to the community and connected with ITA. In its first year as an independent non-profit, they were seeking someone to help with human resources and administration. I was able to offer my professional knowledge and experience while simultaneously meeting people with different backgrounds and learning about working in a non-profit. My time on the board was initially focused on helping structure policies and procedures as we transitioned into an independent organization. The more time I spent with Executive Director Jenni Rook, other board members and employees, the more I knew I had joined a fantastic organization with talented and engaged people.

As I started learning about the mission of ITA and seeing how creative arts therapies have improved clients' lives, I saw the immeasurable value each session brought to families. My father-in-law was a professor at Northwestern University for 30 years and taught and conducted research on aphasia and other adult neurological disorders. I now saw how his work in rehabilitating stroke patients related to the work that ITA's therapists do today. My mother-in-law was a speech and language pathologist and administrator for NSSD where she worked with students with special learning needs. I understood how her dedication to improving the lives of children helped set them up for the best possible future, similar to how ITA's therapists empower and energize individuals and families.

Having served on multiple committees, partnering on executive team initiatives and attending ITA sponsored events and strategy sessions, I have evolved from a board member who was helping administratively to an organization champion who is committed to improving the lives of our clients.



Tracy J. Canter  
Vice Chair

# Our 2015-2016 Donors

## Individual Partners

Anonymous  
Geraldyn Alesauskas  
Ann Angel  
William and Betsy Baker  
Edward and Karen Bidanset  
Gil and Marlene Bowen  
Joanna Brofman  
Bozena Budzynska  
Jill and Philip Calian  
Colleen Callahan  
Tracy Canter  
Andy Carpenter  
Marian Casey and John Rompon  
Cindy Ciluffo  
Matt Dinerstein  
Sara Doe  
Jay Einhorn  
Tim and Elaine Feddersen  
Eric and Yvonne Feldman  
Patricia Finnegan  
Elaine Frick  
Erin Fusco  
John Gilchrist  
Ben and Amy Gorvine  
Barbara Grauer

Judie and Rich Green  
Miriam Greenblatt  
Salina Greene  
Lon and Anne Grubb  
Allison and Stephen Hackney  
Mark Halko  
Judy and Bob Holstein  
Edward and Constance Horner  
Donna Johnson  
Travis Kaim  
Katie Kamholz  
Andrew Kasprzycki  
Joseph King  
Mary and Laurence Levine  
Betsy Lehman Levisay  
Michael D. Low  
Chad and Leslie Luning  
Tracy McCormick  
Priya Mhatre  
Debra Mier  
Bob and Kerri Oakes  
Christine O'Brien  
Jim Paul and Cindy Hicks  
Tonise Paul  
Marilyn Richman

Jenni Rook  
John and Cathy Rook  
William and Maggie Rook  
Dr. Marni Rosen and Dr. Elie Saltzman  
Barbara Rubenstein  
Brooke Rutstein  
Laura Scalia and Torben Anderson  
Joan Schneider  
Julie Schrager  
Jonathan Seed and Alexandra Piper  
Julie Sells  
Howard and Deb Sitron  
Carol Sokol  
Howard and Rachel Spiro  
Rita Spitz  
Virginia and Steven Stapleton  
Christine Statkiewicz  
Charles Steinwedel and Francesca Morgan  
Anna and Bill Stotis  
Barney Straus  
Swick Family  
Virginia Trainor  
David Tucci  
Sarah and Steve Wiemeyer  
Lynn Zakeri

## Foundation Partners

Chicago Community Trust  
Forefront  
The Leo S. Guthman Fund  
The Siragusa Foundation

## Corporate Partners

Autism Family Center  
Consumer Truth, LTD  
Dietz Consulting Services, LLC  
Jessica Kingsley Publishers  
Lyfe Kitchen  
Saville Flowers  
Shel Shocked Designs  
Symphony of Evanston  
William Blair & Company Foundation

 itachicago.org  
847.425.9708  
institute for therapy through the arts