

ita

institute for therapy through the arts



ANNUAL REPORT

2018-2019

WELCOME

We are proud to report that we ended the decade **doubling our impact** from the year prior. Because of your support, we were able to make incredible achievements in several areas with the most important of these being the number of lives we changed through creative arts therapy. To meet the increased demand for our services, we expanded our clinical team, adding four new full-time positions. These art and music therapists have expertise in



A handwritten signature in black ink that reads "Jenni Rook".

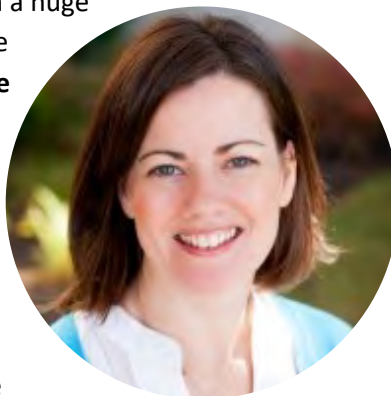
Jenni Rook
Executive Director

serving people with chronic mental illness, trauma, and children and families with mental health and developmental needs. As we look toward the future success of ITA, we hired a full-time Development Director to further our mission of empowerment through creative arts therapy. These positions grew our full-time staff **twofold** and allowed us to provide more care to our community. We were able to serve more than **1,500** individuals — **twice** the number of people we served in 2018.

funds as the year prior — an increase of more than 100%. This allowed us to provide even more financial assistance in the form of reduced fees to families with limited financial resources.

Thank you for choosing to support ITA in the many ways you contribute your time, expertise, partnership, and financial resources. Together we are changing lives and reaching people who would not otherwise have a chance to grow and heal.

Many of you helped make our Healing Arts Celebration a huge success. We raised **twice as many**



A handwritten signature in black ink that reads "Ginny".

Ginny Trainor
Board Chair

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Ginny Trainor

*I have hope for a
future 99.9% of
the time.*



HIGHLIGHTS



Art at Auberge

Angela Tsai, art therapy intern, helped residents of The Auberge, a memory care community in Highland Park, create work for an art show over the summer.



NBC Making a Difference

Jenni Rook was interviewed by NBC5 Chicago to promote ITA's annual Creative Arts Therapy Conference.



SPACE Community Partner Program

Four Star Arts and SPACE donated their talents and venue to raise money for ITA programs.



The Chicago Symphony Orchestra Invited ITA to Talk Music and Medicine

Jeffrey Wolfe presented on music therapy and medicine with Advisory Council member, Dr. Borna Bonakdarpour.



Creative Arts Therapy Conference

The Shirley Ryan AbilityLab hosted ITA's 4th annual conference with more than 160 attendees.



Healing Arts Celebration

134 guests came together to celebrate the powerful impact of Creative Arts Therapy and raised more than \$35,000.

*I can
function without
feeling that the world
is going to end.*



IMPACT



55
Sites



1,520
Clients



\$71,962
Reduced therapy fees
for low-income
families



288
Clients who
benefited from
reduced fees

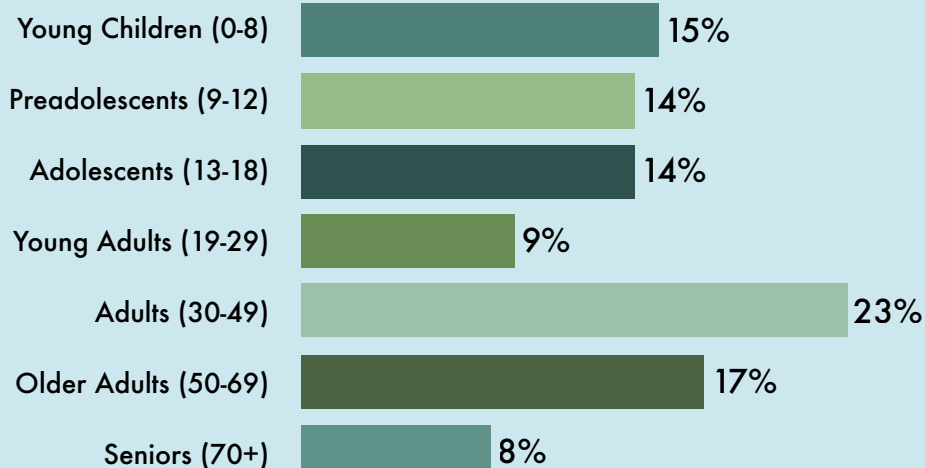


5,396
Sessions

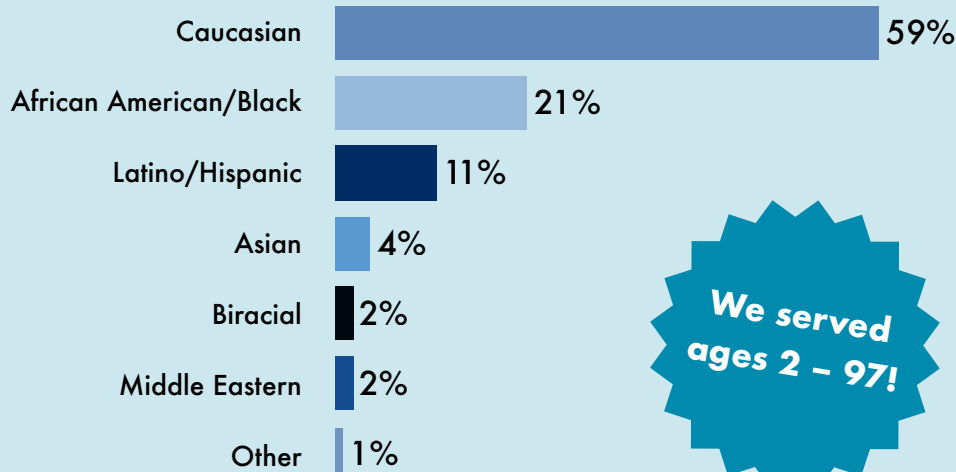


42
Community
Partners

Ages

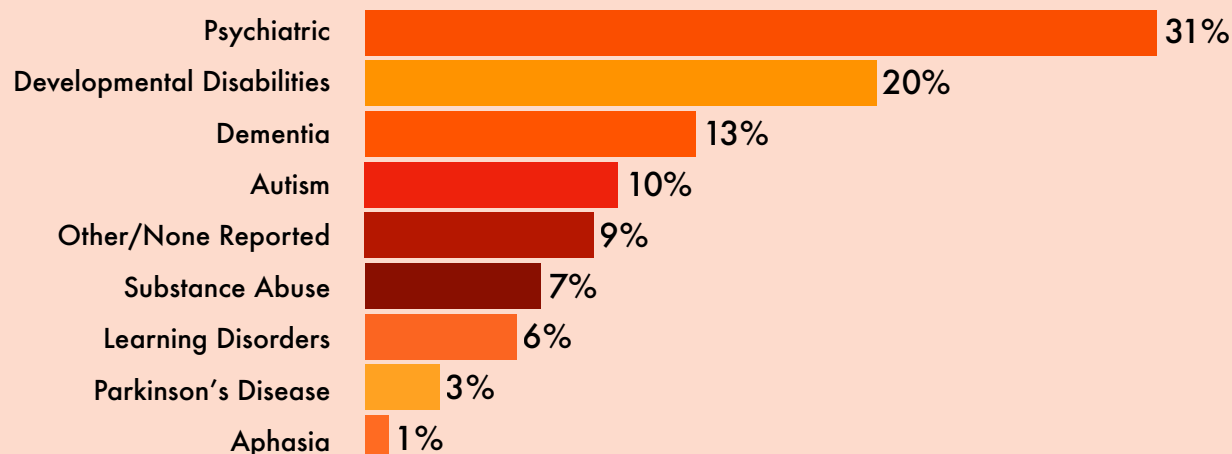


Race



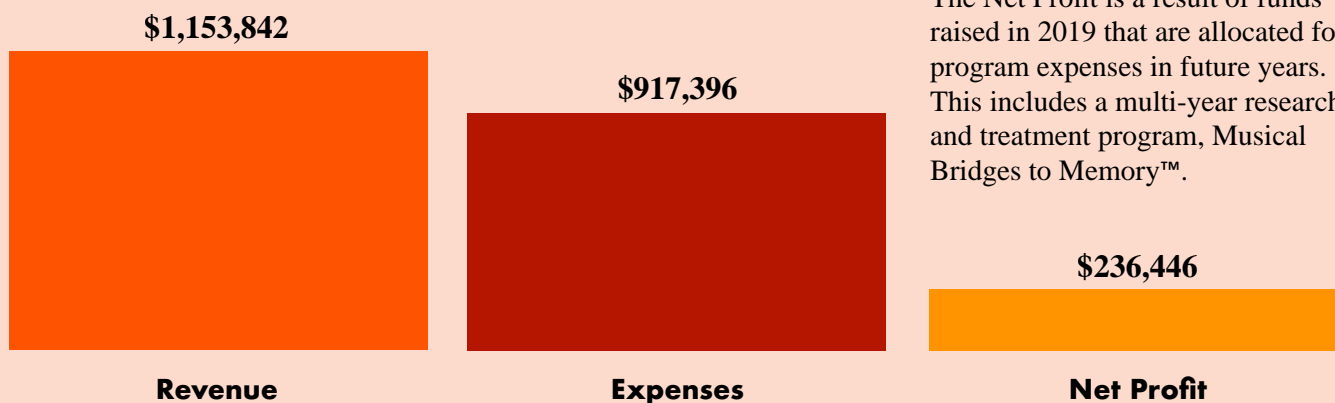
**We served
ages 2 - 97!**

DIAGNOSES



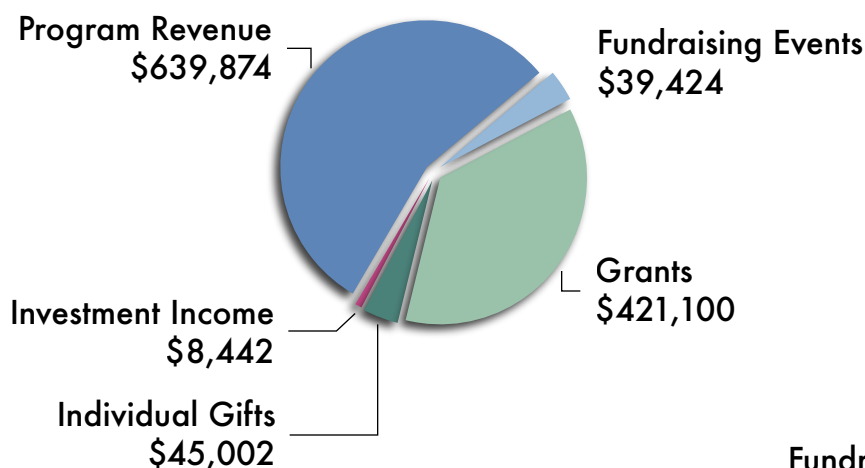
FINANCES

Overview

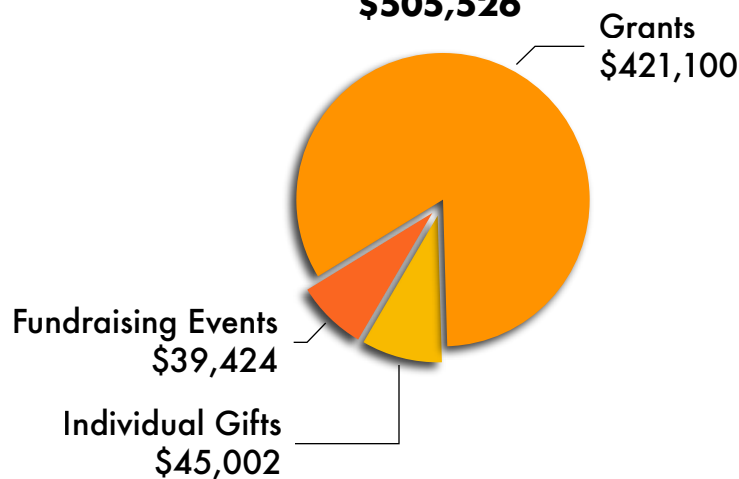


The Net Profit is a result of funds raised in 2019 that are allocated for program expenses in future years. This includes a multi-year research and treatment program, Musical Bridges to Memory™.

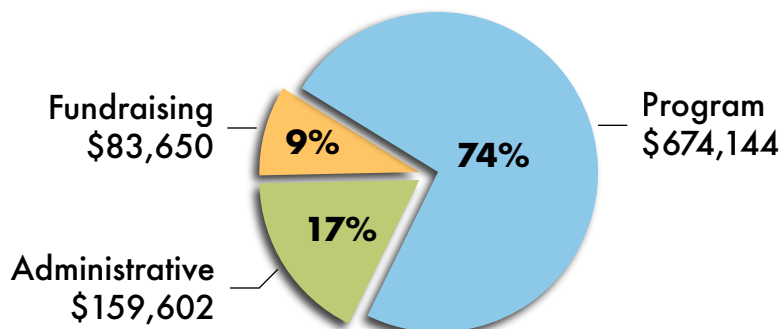
Total Revenue \$1,153,842



Contributed Revenue \$505,526



Total Expenses \$917,396



Total assets **\$695,359**
Total liabilities **\$68,370**
Total net assets **\$626,989**

SUPPORTERS

We thank the following donors who support ITA and make our work possible. This honor roll reflects their cumulative giving between September 1, 2018 and August 31, 2019.

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*My child can express
feelings better and
communicate better.*

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institute for therapy through the arts

Empowering individuals, families and communities to grow and heal through advanced approaches in Creative Arts Therapy, setting the standard for treatment, practice and training within the field.

itachicago.org