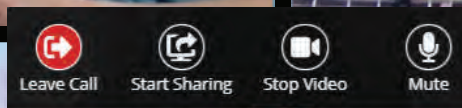




institute for therapy through the arts



2020 Impact Report



LETTER FROM THE EXECUTIVE DIRECTOR & CHAIR

Dear Friends,

This year was like none other. We were faced with many new challenges and were more isolated than ever before. We tried to stay connected through technology, through masks, and amidst great fear and uncertainty. Our staff and board at ITA faced these challenges with you, and when our community went remote in March of 2020, we had to quickly decide if and how we would continue to serve the thousands who rely on us for support. We made the decision that, no matter what, we would find a way to help people, to serve our community and creatively adapt to a virtual world.



Jenni Rook, Executive Director

It was because of you, our friends and donors, that we were able to achieve so much this year. You remained **committed** and loyal to supporting our mission. We saw greater generosity than ever before allowing ITA to provide crucial creative arts therapies to thousands. You allowed us to continue our work through teletherapy sessions, to create resources such as "Jessie and the Virus" (a film for children), free weekly online programming for children and adults, and support groups for therapists.



Ginny Trainor, Board Chair

We remained **dedicated** to helping families with limited financial resources, offering our therapies for free when necessary and drastically amending our sliding scale to reduce our session fees for new and existing clients. Because of you, we were able to serve more than 2,600 clients last year.

We made the decision to be **resilient**. To move forward and plan for the future, as uncertain as it may be. Our board and leadership staff engaged in strategic planning and creating goals toward our continued growth as organization to be achieved within the next three years, including our expansion into new communities.

We accepted the challenge to build a major giving program in partnership with the Evanston Community Foundation and their Building the Future matching grant of \$25,000 elevating ITA's approach to fundraising.

We made a commitment to promote diversity, equity, and inclusion in all that we do, seeking education and opportunities to challenge our current practices in order to build a culture of anti-racism.

We are here and we are grateful to have you by our side. We will continue to embrace new opportunities and face new challenges together with determination and hope.

With gratitude,

Ginny Trainor *Jenni Rook*

Ginny Trainor

Jenni Rook

TRANSCENDING LIMITS

As a parent, one of our desires for our children is for them to be happy in life. Christine wasn't sure that was always going to be the case for her son Nick, who experienced severe trauma as a toddler, was abandoned, and completely nonverbal. He often hid in corners, screamed, threw things, and rarely slept. Through research, Christine discovered that art therapy might be helpful for a child with Nick's range of needs.

“While the world makes my son feel less than, ITA makes him feel more than”, says Christine”

Through years of art, drama, and music therapy, Nick has learned social skills, self-control, engages in conversation, and is one of the happiest people around. He has confidence, wants to connect with others, and loves new challenges. He was even featured in an ITA video in 2017.

At the time of the video, Christine expressed hope that Nick would be able to live in a group home, have a job, feel successful, and experience happiness. Last fall, Nick achieved the goal they had both dreamed of for so long when he moved into a CILA home with other men. He continues to receive music therapy at ITA. He attends a day program and also holds a job, which he will return to once it's safe to do so.

In addition to being a grateful and proud parent, Christine has been a donor to ITA for many years. She gives because she believes the emotional support she and Nick receive from ITA is as essential of a human need as food, clothing, and shelter. She believes that to have fullness in life, people, especially people with special needs like Nick, need the support ITA provides.

“I am so grateful to ITA for all the support they've given to both Nick and me. They have not only provided countless therapy sessions for Nick, but they've also been a rock for me, especially as we transitioned Nick into the CILA. I give to ITA because ITA's not just for the clients; they embrace the whole family. And that's something that's unique and priceless,” says Christine.”



Christine's son, Nick, in a music therapy session at ITA.

2020 HIGHLIGHTS



NAVIGATING THE GLOBAL PANDEMIC



CREATED HOPE
Online teletherapy



SPREAD JOY
Live interactive music for children



REMOVED BARRIERS

Modified sliding scale to further reduce costs to clients



SUPPORTED HELPERS

Self-care workshops for mental health providers



RELIEVED STRESS

Easy art projects featured on our blog



MADE MEANING

A video explaining COVID-19 to children

2020 HIGHLIGHTS



MIDWEST CLAY GUILD

The Midwest Clay Guild hosted their annual sale, donating 20% of the proceeds to ITA.



CREATIVE ARTS THERAPY DAY

At a City Council meeting on March 9th, Evanston Mayor Steven Hagerty proclaimed March 20, 2020 Creative Arts Therapy Day, recognizing the importance of ITA's approach to mental health treatment.



HEALING ARTS CELEBRATION

The annual fundraiser went virtual in July, 2020.



ITA FEATURED ON ABC7

Karen Jordan visited ITA to learn more about art and music therapy. The segment aired several times on ABC7 in early 2020.



NATIONAL & LOCAL EDUCATION

ITA therapists facilitated local events and workshops focused on the creative arts therapies for mental health and older adults. Staff also presented at the NAMI Illinois state conference, and gave a Grand Rounds lecture at the Brody School of Medicine at East Carolina University.

IMPACT

2,630
Clients
Served

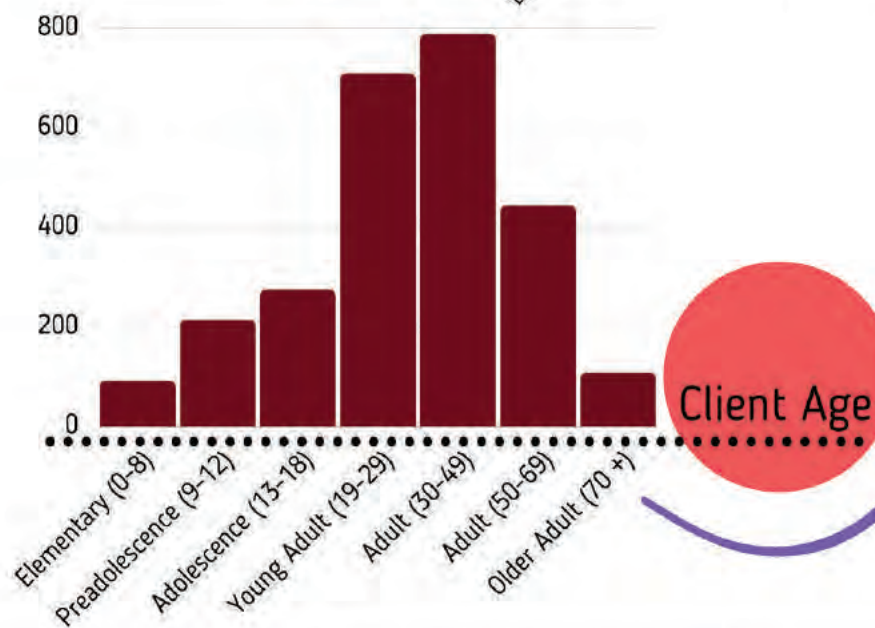
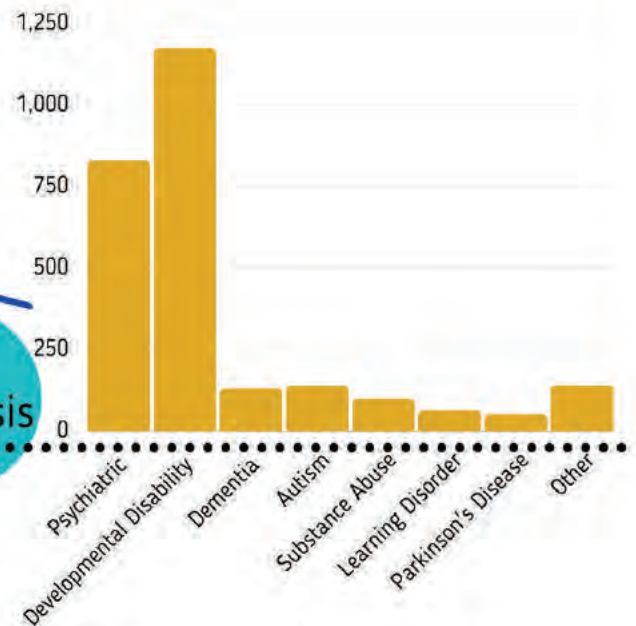
5,631
Therapy
Sessions

28
Community
Partners

41
Sites

\$71,124
Financial
Assistance

Diagnosis



Client Age



1251
Female



47
Gender -
Nonconforming



1332
Male

Client Gender



Asian
3%



Biracial
3.2%



Latinx/Hispanic
7.5%



Black
17.9%



Caucasian
33.5%



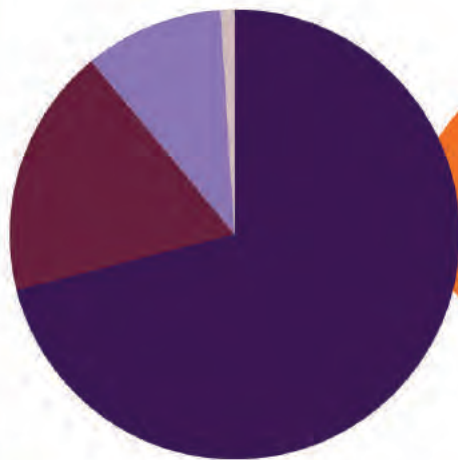
Unidentified
34.7%

Client Race

FINANCIALS

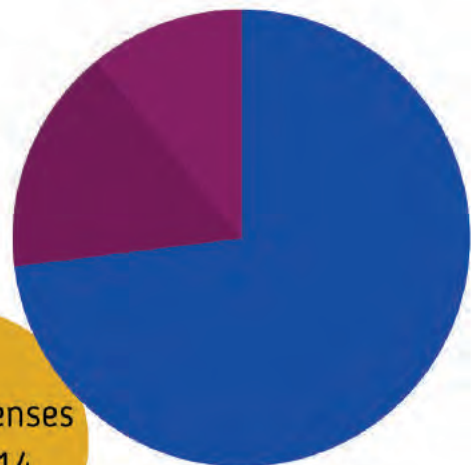


Assets	\$910,950
Liabilities	\$205,426
Net Assets	\$705,524



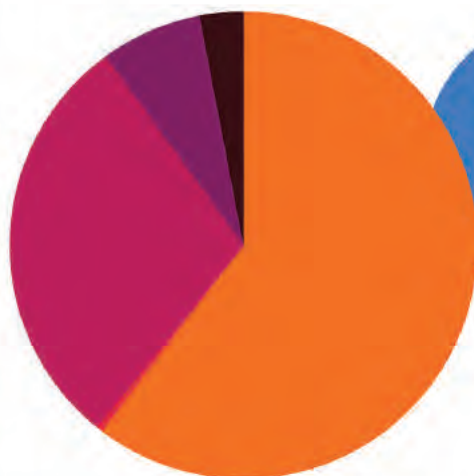
Contributed
Revenue
\$435,315

- Foundation Grants - 71%
- Individual Gifts - 18%
- Fundraising Events - 10%
- Interest Income - 1%



Total Expenses
\$994,414

- Programs - 73%
- General Management - 16%
- Fundraising - 11%



Total Revenue
\$1,072,949

- Program Revenue - 60%
- Grants - 29%
- Individual Gifts - 7%
- Fundraising Events - 3%
- Interest Income - 1%



Future Fund Balance	\$40,000
Endowment Fund Balance	\$217,057

LIGHTING THE WAY

LAMPLIGHTER SOCIETY

ITA'S PREMIER DONOR COMMUNITY



Lamplighters form deeper connections to ITA and its mission, enabling a greater number of people to receive creative arts therapy and illuminating a path toward growth and healing.

Reflects cumulative giving between September 1, 2019 and August 31, 2020

LEERIE

\$25,000 +
Anonymous

TORCH BEARER

\$10,000-\$24,999
Alexandra C. & John D. Nichols

GUARDIAN

\$5,000-\$9,999
Anonymous
Jill & Phillip Calian
Marilyn "Toddy" Richman

BEACON

\$2,500 - \$4,999
Karen & Marc Baumann
Tracy Lickton-Canter
& Michael Canter
Laura & Leonard Loventhal
Ginny Trainor

ILLUMINATOR

\$1,000 - \$2,499
Anonymous
Betsy & Bill Baker
Catherine Carpenter & Dave Baker
Christian Farr & Karen Jordan
Mary & Paul Finnegan
Michelle & Robert Friedman
Dan & Lisa Gallas
David & Patty Grant
Robert Hirsch
Judy & Robert Holstein
Noam Lockshin &
Lauren Gottlieb Lockshin
Elizabeth Richman &
Mitchell Dayan
Joe & Karolyn Rook
Allan Spear



Artwork by ITA client

"At times our own light goes out and is rekindled by a spark from another person. Each of us has cause to think with deep gratitude of those who have lighted the flame within us."

Albert Schweitzer

MISSION

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.

To learn more about the Lamplighter Society, corporate sponsorships, and how your support can help illuminate a path to new possibilities through creative arts therapy please contact Maris Harrington, Director of Philanthropy, mharrington@itachicago.org.

EXPANDING POSSIBILITIES

FOSTERING INDEPENDENCE AND RESPECT

ITA partnered with Libenu, providing music therapy to people with disabilities, working together to enhance their ability to participate in social settings. Programming was provided on-site initially, and then shifted to virtual sessions in the spring of 2020.

Libenu's Co-Founder and Executive Director, Dr. Shana Erenberg, believes ITA's creative arts therapy is vital for their residents, especially during the pandemic. "Music therapy helps our residents create a culture of cooperation. A lot less 'me' focus and more 'we' focus. It has helped our residents work cooperatively together as a group and to respect each other's space, opinions, and choices," she says. ITA provided 54 sessions for Libenu residents in 2020, serving 16 individuals.



Music therapy session at Libenu

Dr. Erenberg has watched her consumers improve their social skills through music therapy such as collaboration, cooperation, impulse control, and more. She is also pleased to see that ultimately, they have learned to better advocate for themselves, and this will help their consumers achieve one of Libenu's core beliefs that every individual has the right to live independently, with dignity and respect.



WINTRUST COMMUNITY BANKS

A VALUED PARTNER DURING CHALLENGING TIMES

ITA is grateful for its multifaceted partnership with Wintrust Community Banks and the Evanston Community Bank & Trust (collectively, "Wintrust".) Not only has Wintrust been a strong banking partner since 2019, but their continuous investments throughout the communities they serve give them a unique perspective into the issues small businesses and nonprofits contend with daily.

“Wintrust is proud to support Institute for Therapy through the Arts; with its focus on engaging the whole person through the creative arts, the organization brings critical services to people of all ages throughout Chicago,” Cindy Rawlings, Market President Evanston. ”

WINTRUST
COMMUNITY BANKS

2019-2020 DONORS

With gratitude for the following individuals, families, corporations, and foundations who believe in the power of creative arts therapy to transcend limits and expand possibilities.

This honor roll reflects cumulative giving between September 1, 2019 and August 31, 2020.

INDIVIDUAL DONORS

GIFTS BETWEEN \$500 & \$999

William & Sue Auerbach
Sue Canter
Jessica Gardner
David Kleiman
David Klotz & Jennifer Gillick
Miroslawa Kuczynska
Lois Melvoin
Jeffrey & Martha Melvoin
Russell Paulk
Joyce Romanoff
Harvey & Yetta Saltzman
Howard & Debra Sitron
Carol & David Stone
Caryn & Dr. Allan Zelinger

GIFTS BETWEEN \$250 & \$499

Anonymous (2)
Gershen Abraham
Alfred Andreychuk & Allan Deptul
Leah Bindig
Kathleen Byrne
Shelley & Mike Clayton
Peggy & Carey Dassatti
Dr. Alan & Perline Dayan
Bonnie Forkosh
David Gardner
Lynne W. & Neil B. Golden
Adele Gorenstein
Reese & Joel Gratch
Sallie & Alan Gratch
Stephen H. Hagerty &
Lisa M. Altenbernd
Edward & Constance Horner
Berna & Lee Huebner
Barbara Jane Irwin
Richard & Nettie Isenberg
Gayle & Karl Maurer
Matthew & Dr. Akemi Nakanishi
Daniel Page
Paras & Aarti Pahade
Jenni Rook & Jeff Peterson
William & Magdalena Rook
Drs. Marni Rosen &
Elie Saltzman
Christine Statkiewicz
Robert & Sylvia Stevens
Susan & Matt Struve
Elizabeth Beidler Tisdahl
William & Denise Topaz

GIFTS BETWEEN \$100 & \$249

Anonymous (4)
Robin & Yossi Azaraf
Steve & Janice Baskerville
Natasha & Benjamin Berman
Shashi Bhatia
Lynn Broadus
Cassie Brooks & Sumit Sengupta
Sam & Doris Calian
Shari E. & Mark Coe
Geraldyn & Bob Cook
Bryna L. Cytrynbaum
Katie Dealy & Alan Polansky
Mignon Dupepe & John Snyder, Jr.
Tana Durnbaugh
Albert Ellenich & Kenn Plebanek
Rachel Epley
Shana & Steve Erenberg
Helene & Jerry Faigen
Debra Favre & Michael Bailey
Laurie & Joel Feinstein
Elyse Fineman & Adam Zoll
Cindy Darling-Fisher
Connie Gardner
Lani & Richard Gershon
Pat & Ralph Gordon
Elinor Grant
Barbara Grauer
Susan Imus
Maybelle Kim
Robert & Sally Krouse
Carol Patinkin & Simon Lesser
Adina Levi
Michael Low & Victoria Holland
Jeffrey & Letitia Mann
Jill Meyer
Niki Moe
Jennifer & Jim Shreve
Brooke & Kevin Silard
Daniel Sobol
Amy Stasny
Charles Steinwedel
& Francesca Morgan
Loren & Joe Stillwell
Michelle Stroud
Roslyn & Bret Tayne
Dennis & Lois Trautvetter
Karen & Gary Walker
Dr. Rebecca West
& Chris Wiesland
Carmen Wilcox
Conrad & Julia Winkler
Sheri Young

GIFTS UNDER \$100

Nicole & Steven Avadek
Agnes Baltazar
Hannah Barbeau
Ann Baumgarten
Ginny Bear
Michael Bergmann & Rob Meyer
Roberta & Charles Bernstein
Samuel & Jayme Besser
Dr. Pinchas & Doris Bitterman
Ashley Boyd
Ann Brennan
Ellen & Asher Bronfeld
Kelly Bruchert
Mat Charnay
Hedy & Pete Ciocci
Barbara & Jorey Cohen
Kate & Robert Colbert
Koko Cooper
Cara Cosentino & Pat Knibbs
Gina Crovetti
Meghna Dadia
Clair Daney & Cesar Ong
Jennifer Daniels
Jane Deering
Hon. Shelley Sutker-Dermer &
Ken Dermer
Simon Drommel
Brad Drozdowski & Ashley Roth
Wendy & Geoff Ellis
Tennent Emmons
Neil Fialkow
Tessa Fischer & Richard Rosen
Laura Foxx
Daniel & Maxine Frankel
Stephanie Franzen
Ellen Frolichstein
Virginia Gardner
Barb & Jeff Gardner
Becca Gevertz
Emily Gilbert
Sharon & Ricky Glickman
Leslee & Morrie Goldman
Michael Trainor & Mary Kriete-Green
Miriam Greenblatt
Bill & Barbara Greenfield
Gita Greenwald
Darlene & Ray Grossman
Elizabeth Harding
Sasha Hays & Andy Gardner
Gillian Hepola
Victoria Hilkevitch

2019-2020 DONORS

Annemarie Husser
 Rosie Ingebritson
 Rochelle & Haskell Israel
 Maureen Jekot
 Chaya Sarah Kost
 Satish Kumar
 Jessica Sittig-Labayo
 Linda Linder
 Barbara Lockart
 Denise Loggins
 Todd & Taal Hasak-Lowy
 Dr. Kristine Lynch
 Cordelia Maloney
 Emma Mamis
 Bill & Nora Mañago
 Jonathan Markowitz &
 Ruth Wenger
 Sara McCarthy & Julie Dorger
 Ketki Shah Mehta
 Jeffery & Wendy Mohrenweiser
 Sarah Monarca
 Buzz & Penny Morgan
 Amanda Moswin
 Sue Motto
 Ben Mueller & Alicia Berneche
 Nancy Murray
 Bala Muthu
 Jacob Mynatt
 Emily Nidenberg
 & Michael Coxhead
 Siri Olson
 Jamisen Paustian
 Janet Pearlstein & Dana Mosconi
 Joyce Penner
 Shailaja Peri
 Aaron Max Perkel
 Alan Perkel
 Meredith Powers
 Amber Przybyla
 Usha Ramakrishnan
 Meera Rastogi
 Sonya Rich
 Kathy Robb
 Jason Robb
 Sandra Robinson
 Darlene & Mark Roe
 Lisa Roe & Scott Preston
 Shawn Ronda
 Catherine Rook
 Laurie & Moishe Rosen
 Robin Rosen
 Abigail Rosen
 Avi & Mindi Rosen
 Alan & Patti Rubin

Susan & David Saltzman
 Sumana Satyanarayana
 Joan Schneider
 Julie Schrager
 Krupa Shah
 Dhvani Shah
 Amy Shelly
 Richard & Alma Shure
 Susan Siebers
 Scott Silberstein
 Bob Blair-Smith
 Cedric & Jessica Smith
 Elaine Soloway
 Marshall & Eve Sparberg
 Barry & Robyn Springer
 Sean Stoudt
 Robert & Shar Strichartz
 Amy Sunshine
 Chele Teabout
 George Terzakis
 Mary Toomey
 Andrea Tredway
 Sivaram Vempati
 Anuya Wagh
 Christopher Weiland
 & Lauren Parr
 Melinda Wellvang
 Kimberly Windsor
 Valerie Yokie
 Jane & Jeff Youngman
 Tina Ziemba

FOUNDATIONS

The Chicago Community Trust
 Evanston Community Foundation
 New Trier Township

BUSINESSES

Acacia Realty
 Amazon Smile
 Bank of America*
 Disney Companies*
 IL Association for Music Therapy
 Jackie Mack
 Jameson Sotheby's Int'l Realty
 JBS & Associates
 Loberg Construction*
 Microsoft Rewards API
 Midwest Clay Guild
 Motorola Solutions Foundation*
 PayPal Giving Fund
 Texas Instruments*
 Walled Lake Planning

IN-KIND DONORS

Anonymous
 4Imprint
 9Round Fitness
 Shaheena Ahmed
 Beauty by Robin
 Bobby's Deerfield
 Sophie Canadé
 Chicago Wolves
 Club Pilates
 Kathleen Cool
 Elderwerks
 Evanston Art Center
 Sheila & Devora Fisher
 Michelle & Robert Friedman
 Dan & Lisa Gallas
 Jessica Gardner
 Gelli Arts
 Sandra Hearn
 Bob & Judy Holstein
 Hannah Johnson
 Serema Koconis
 Koval Distillery
 Brad Meltzer, Author
 Northwestern University
 Nothing Bundt Cakes
 Jenni Rook & Jeff Peterson
 Drs. Marni Rosen &
 Elie Saltzman
 Salon Fusion
 John G. Shedd Aquarium
 Cedric & Jessica Smith
 SocialWorks Chicago
 Ginny Trainor
 Jeffrey & Jennifer Wolfe
 Steve & Kit Woods
 Writers Theatre



* Indicates matching gift. Matching gifts often double and triple the impact of donations. Please check with your Human Resources or Corporate Social Responsibility department to determine if your company matches gifts.



institute for therapy through the arts

EVANSTON. HIGHLAND PARK. CHICAGO.

(847) 425-9708
info@itachicago.org
www.itachicago.org

LEADERSHIP & STAFF

AS OF APRIL 1, 2021

JENNI ROOK, EXECUTIVE DIRECTOR

MARIS HARRINGTON

MARNI ROSEN

JEFF WOLFE

AKASH BHATIA

SOPHIE CANADÉ

BRAD DROZDOWSKI

CARA WELLVANG

JOHANNA HAYES

ALYNN MCCORMICK

JULIE MYNATT

AMBER PRZYBYLA

SARA RENAUER-REID

KAYLIN ROGERS

JESSICA VENTURA-EWING

SAMANTHA WHITE

AMANDA ZIEMBA

WE ARE GRATEFUL FOR THE INTERNS AND VOLUNTEERS

WHO GENEROUSLY GAVE OF THEIR TIME IN 2020.

BOARD OF DIRECTORS

GINNY TRAINOR, CHAIR

TRACY CANTER

DAN GALLAS

JUDY HOLSTEIN

MARILYN RICHMAN*

JILL CALIAN

CHRISTIAN FARR

MICHELLE FRIEDMAN

MICHELLE MARVIN

ERIC ROBB

ALLAN SPEAR

JOSH TICHO

ADVISORY COUNCIL

ED BIDANSET

MATT BODETT

DR. BORNA BONAKDARPOUR

DR. LEORA CHERNEY

CATHERINE COOPER

DR. JACQUELINE DUKE

NEIL GOLDEN

SUSAN IMUS

KARL MAURER

DR. PRIYA MHATRE

DR. RAHUL SHARMA

HOWARD SITRON

DR. MEGAN ROSS

DR. SARAH WIEMEYER

**DECEASED*