



institute for therapy through the arts

## 2021 Fiscal Year Impact Report



## Letter from Board Chair and Interim CEO

Dear Friend,

As we reflect on 2021, what instantly comes to mind are the words gratitude and hope. Gratitude because we are so thankful for the inspiring way our community of clients, donors, community partners, therapists and staff rallied around each other with resilience while a global pandemic rolled into its second year. **Hope** because we saw firsthand, the transformative power of the Creative Arts Therapies on a society that had collectively grown weary by the happenings of the day.

Like so many other charities, ITA had to pivot in order to remain financially strong while meeting an unprecedented demand for mental

health services. We served 2,360 clients this year. And of those, provided \$128,421 in sliding scale or free services.

Our Musical Bridges to Memory™ Program received funding from a national organization, the Dementia Society of America, while it continued to create life changes for Alzheimer's and Dementia patients and their families and caretakers.

We said goodbye to our founder, Marilyn "Toddy" Richman, who passed away on April 24, 2021. Her loss affected us deeply and profoundly. Her legacy is eternal in our mission of empowering individuals,

families and communities to grow and heal through advanced approaches in Creative Arts Therapy.

We honored the inaugural members – and welcomed some new ones – to our Lamplighter Society, a special community of donors who illuminate a path toward growth and healing for those in need. In total, nearly 400 people and organizations financially supported ITA. We simply could not do what we do without the combined impact of how each person gifts to ITA.

As you peruse the pages of this 2020-2021 Impact Report, we hope you will feel the same inspiration as we do about the way lives are being changed by ITA. While the need for mental health has grown in sobering proportions, we remain steadfast and hopeful.

With gratitude,

*Ginny Trainor & Dr. Ross*



GINNY TRAINOR



DR. MEGAN ROSS

# In Memoriam

**ITA celebrates the life of Marilyn “Toddy” Richman  
(1927 - 2021)**

The staff and board of directors at Institute for Therapy through the Arts remember Toddy and reflect on the rich legacy she leaves behind. A dynamic personality, and the most creative being, Toddy was beloved by generations of ITA staff, students, and clients. Her warm energy and open arms made everyone feel welcomed, valued, and special.

In 1975, Toddy founded ITA as a program of the Music Center of North Shore which is known today as the Music Institute of Chicago (MIC). The program launched with 27 children from the Irene Josselyn Clinic, Cove School, and the Music Institute offering only music therapy at the time. Under her leadership, ITA

grew to provide four forms of creative arts therapy, becoming one of the only centers in the country to bring art, dance/movement, drama, and music therapies together.

Toddy remained involved at ITA after her retirement, serving as a clinical consultant for many years. Toddy regularly attended weekly staff meetings, providing her wisdom and encouragement, frequently reminding the staff of how important their work was and how incredibly talented they were. Toddy then served on ITA's first board of directors when it became an independent nonprofit organization in 2015, and was named Board Member Emeritus in 2019.



**“WHEN WORDS ALONE ARE NOT ENOUGH,  
THE ARTS CAN OFTEN HELP.”**

**-MARILYN “TODDY” RICHMAN**

Toddy also made significant contributions to the field of drama therapy and was a co-founder of the North American Drama Therapy Association (NADTA). She taught drama therapy courses at Columbia College and National-Louis University, and presented workshops and papers for 23 annual conferences. In 2008, she was honored with the NADTA Service Award in recognition of her substantial time and effort serving the association.

Toddy passed away peacefully early morning on April 24th. Her daughter, Elizabeth, was able to visit her Friday evening to light the Shabbat candles. Toddy left words to live by that beautifully capture the spirit of ITA: “When words alone are not enough, the arts can often help”.

Her legacy will live on through the work of hundreds of creative arts therapists all over the world who have been influenced by her wisdom. Today, ITA remembers Toddy with deep love and fondness as our Board Member Emerita.



# Stories & Testimonials

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- **Michael's Story**
- **Reasons We Love Music and Art Therapy**

## Michael's Story



Michael persevered amid the dramatic changes that COVID-19 brought upon the last few years of elementary school. The stress of having to switch between in person and online learning and adapt to heightened emotions and reactivity in the classroom tested Michael's patience and confidence. Having already struggled with self-doubt and anxiety, he needed the support of his parents, teacher, and therapist to understand his feelings and learn to cope better. In music therapy,

Michael collaborated with his therapist to write an original song about anxiety, frustration, and

other big feelings he experiences when in school, as well as things that made him feel better about school. Michael, like most 9-year-olds, cannot simply express their feelings with words alone. Songwriting helped Michael put difficult experiences into words, which helped his parents and teacher understand what they can do to help him better.

Michael and his music therapist also created coping skills for him to use while in the classroom, one of which was a personalized playlist of songs that can help him feel calmer when he's angry or frustrated. Now, Michael feels more empowered to face a difficult day at school.

# Reasons We Love Music and Art Therapy

By Students from School District #88  
(School District D88, Willowbrook High School)

Therapists are  
nonjudgmental and  
supportive.

The reason why we  
like coming to school  
on Tuesdays and  
Thursdays!

We have a chance to ex-  
press ourselves.

Therapy days are the  
best days of  
our school week

It keeps the day fun!

They listen to our  
random conversations  
and tangents.

Therapists are always  
nice and happy.

Music and art therapy  
give us the opportunity to  
talk and vent.

Our therapists are  
flexible for us and what  
we need.



# Impact & Highlights

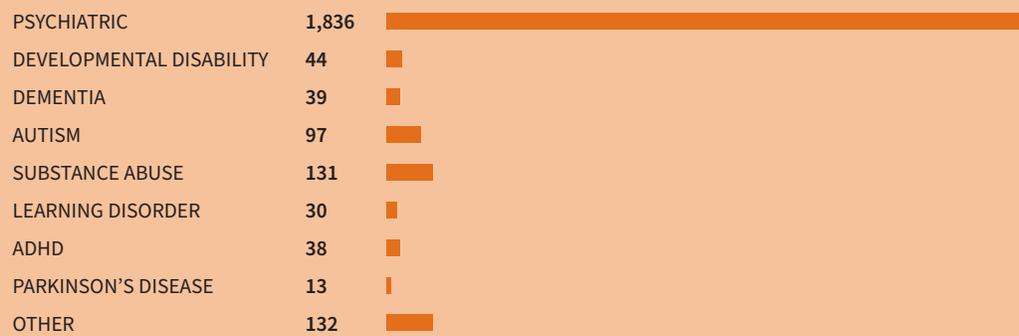
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- 2021 Impact
- 2021 Highlights

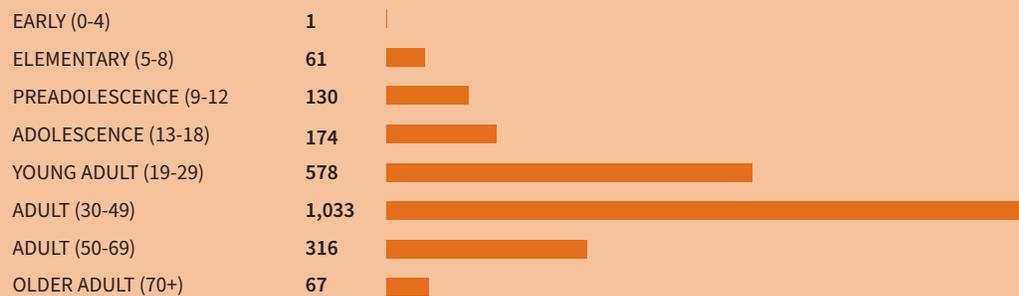
# 2021 Impact



## DIAGNOSIS



## CLIENT AGE



# 2021 Impact

## CLIENT GENDER



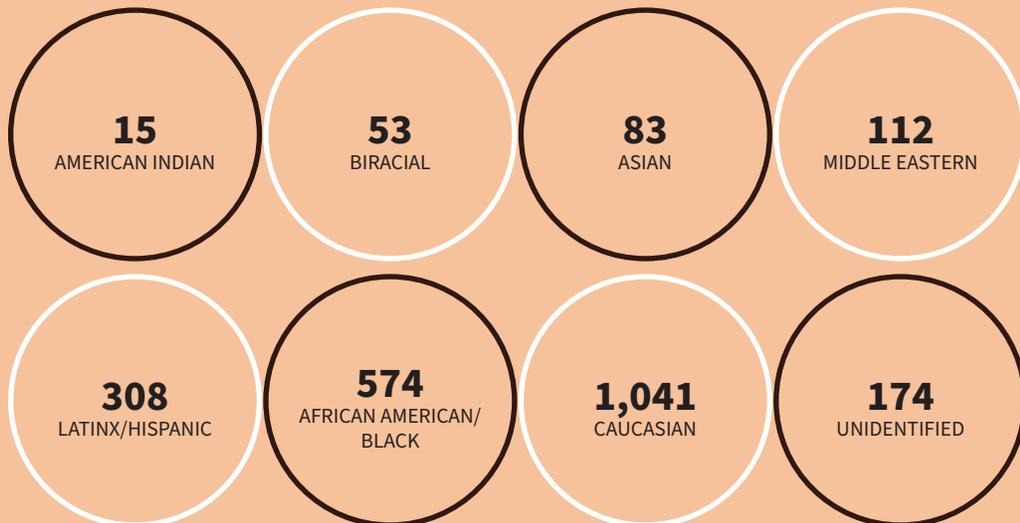
MALE 1,174

FEMALE 1,001

GENDER NON-CONFORMING 185

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## CLIENT RACE & ETHNICITY



# 2021 Highlights

## TEACHING

Staff provided demonstrations of Creative Arts Therapies for community partners, teachers, mental health practitioners, physicians, creative arts therapists, and other individuals interested in learning more about our programs and services.

## GIVING

The Chicago Community Trust gave \$50,000 for staff infrastructure costs as ITA continued to grapple with the ramifications of a global pandemic.

## LEADING

ITA Chief Operating Officer Jeff Wolfe was as keynote speaker at AMTA 2020, the American Music Therapy Association Conference.

## GENEROSITY

The Jack P. Schleifer Foundation gave \$25,000 through ITA's Building the Future campaign, to support creative arts therapy for low-income families

## 2021 Highlights

### REMEMBERING THROUGH ART

ITA offered a virtual screening of the documentary, “I Remember Better When I Paint” by Erica Ellena and Berna Huebner.

### MUSICAL BRIDGES TO MEMORY™

The Dementia Society of America granted \$5,000 to ITA’s Musical Bridges to Memory™ Program.

### LEARNING

ITA hosted online the 5th Annual Integrated Creative Arts Therapy Conference. Presenters explored traditionally taboo subjects, such as money, politics, sex, religion, and ability, and on topics that have surfaced in 2020 such as the COVID-19 pandemic, economic disparities, healthcare access, anti-Asian racism, policing, white supremacy, and failed leadership.

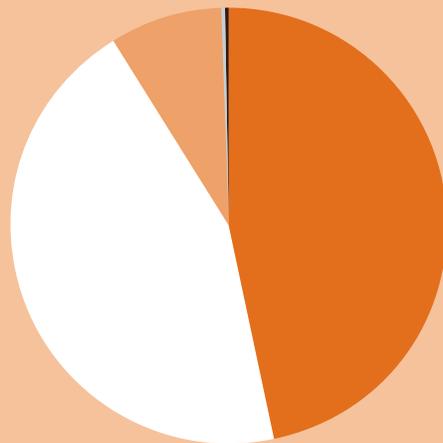
### CELEBRATE

ITA’s annual “Healing Arts Celebration - Reaching for the Stars” was held online and raised over \$19,000.

# 2021 Financials

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## CONTRIBUTED REVENUE

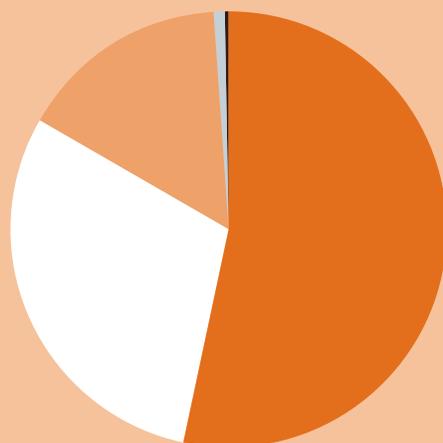


● Foundation Grants	\$477,500
● Government Grants	\$269,028
● Individual Gifts	\$140,327
● Fundraising Events	\$7,921
● Interest Income	\$484

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TOTAL	\$900,010
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## TOTAL REVENUE



● Program Revenue	\$793,580
● Grants	\$751,278
● Individual Gifts	\$140,327
● Fundraising Events	\$7,921
● Interest Income	\$484

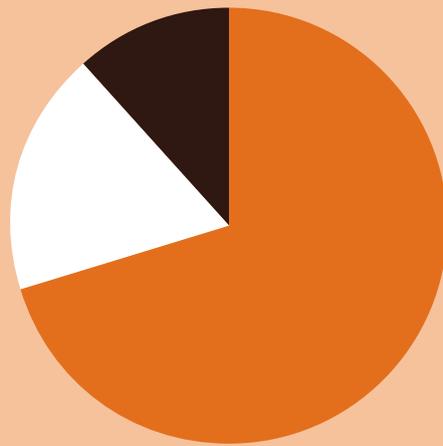
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TOTAL	\$1,693,590
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# 2021 Financials

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## TOTAL EXPENSES



● Program	\$916,510
● General Management	\$239,023
● Fundraising	\$148,591

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TOTAL	\$1,304,124
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Assets	\$1,188,721
Liabilities	\$93,731
Total Net Assets	\$1,094,990



Future Fund Balance	\$190,000
Endowment Fund Balance	\$255,821



# Lighting the way:

## Lamplighter Society

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**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.**

# LIGHTING THE WAY: LAMPLIGHTER SOCIETY

“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.”

## LEERIE \$25,000+

Anonymous

Natalie Schleifer & the Jack P. Schleifer  
Foundation

## GUARDIAN \$5,000-\$9,999

Anonymous (2)

Jill & Phil Calian

John D. and Alexandra C. Nichols

## BEACON \$2,500-\$4,999

Anonymous (2)

Stephen Hagerty and Lisa M. Altenbernd

Susan Canter

Tracy and Michael Canter

Dan and Lisa Gallas

Neil and Lynne Golden

Terry and Nancy Handley

In Loving Memory of Marilyn (Toddy) Richman

From Her Family

Marilyn Richman \*†

Allan Spear

Heather McClelland and Kathryn Starzec

William and Mrs. Denise Topaz

Virginia Trainor

## ILLUMINATOR \$1,000-\$2,499

Rita Spitz and David Blears

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Mrs. Lois Melvoin

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Marni Rosen and Elie Saltzman

Josh Ticho

Reflects cumulative giving between September 1, 2020 and August 31, 2021.

## 2020-2021 DONORS

This honor roll reflects cumulative giving between September 1, 2020 and August 31, 2021.

“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.”

### INDIVIDUAL DONORS

#### GIFTS BETWEEN \$500 & \$999

Anonymous (2)

William and Sue Auerbach

Leah Bindig

Robert and Sharon Jordan

Mirosława Kuczynska

Yetta Saltzman

Deb & Howard Sitron

Christine Statkiewicz

Carol Stone

Peggy & Bill Wise

#### GIFTS BETWEEN \$250 & \$499

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The Berman Family

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David Gardner

Reese and Joel Gratch

Marsie Hass and Scott Hite

Edward and Constance Horner

Gayle and Karl Maurer

Matt and Dr. Akemi Nakanishi

Giannina Riccardi

John & Catherine Rook

Jenni Rook and Jeff Peterson

Cedric and Jessica Smith

Susan and Matt Struve

Paul and Frances Trainor

Steve and Kit Woods

Margie Morrison Zivin

#### GIFTS BETWEEN \$100 & \$249

Anonymous (10)

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Donna Amonett

Monica Andreason Seamans

Elisaha-Rio P. Apilado

Annie Arnold

Lydia Backer

Anne and Thomas Badagliacco

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Agnes Baltazar

Katie Bender

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Shashi Bhatia

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Amber Bond

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Geri Goldberg  
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Jill Hoffmann  
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Melinda & Steve Wellvang  
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Rebecca West and Chris Wiesland  
Cathy Wetzell  
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**FOUNDATIONS**

The Carmax Foundation  
The Chicago Community Trust  
Dementia Society of America  
Evanston Community Foundation  
New Trier Township  
TriBraining Inc. a not-for-profit  
educational foundation

**BUSINESSES**

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AFLAC  
Amazon Smile  
Bank of America \*  
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Chicago Mind Solutions  
Evanston Art Center  
Evanston Community Bank and Trust  
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Chicago  
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William Blair \*

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Heather Eidson Media LLC  
Judy and Bob Holstein  
Nancy Landrum

\* 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.

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Allan Spear  
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Dr. Rahul Sharma  
Howard Sitron  
Dr. Megan Ross  
Dr. Sarah Wiemeyer

† Board Member Emerita

\* Deceased

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As of June 14, 2022

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Jeff Wolf, COO  
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Akash Bhatia  
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