ita

INSTITUTE FOR THERAPY THROUGH THE ARTS

Annual Report 2022-2023

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MISSION STATEMENT

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.

WELCOME

This past year has been a time of meaningful change, amazing growth, and tremendous impact for the Institute for Therapy through the Arts. There were many firsts. In October 2022, Chrissy was welcomed by the ITA Board of Directors as the new CEO. We hired our organization's new Director of Development, Maura Rogan, in May 2023, and she hit the ground running to expand our community of supporters and grow revenue. We hired 14 new therapists and now have a robust team of 26 therapists and three clinical managers. We were thrilled to be back in person for our annual Open House in October 2022 and our annual Creative Arts Therapy Conference in June 2023. ITA has moved boldly post-Pandemic from a position of surviving to thriving.

In August 2023, ITA also welcomed our new Chair, Board of Directors, Tracy Canter. Tracy brings her professional expertise as a VP in Human Resources to our organization, and her knowledge and experience have been invaluable during this period of growth. Through the generosity of our donors and grant funding, ITA has increased its Financial Aid support to an unprecedented $187,000 in FY23. Over the past 48 years, ITA has provided Creative Arts Therapies to 70,000+ individuals, and our services are more needed than ever as mental health challenges in this country are at an all-time high. Thank you for choosing to support ITA in creating a world where limits are transcended and possibilities for growth and healing are expanded. Together we have made a difference in so many lives, and this could only happen through your generous support.

BOARD OF DIRECTORS

Tracy Canter, ***Chair***

Allan Spear, ***Vice Chair***

Josh Ticho, ***Treasurer***

Hayley Hollender, ***Secretary***

Terrie Briggs

Christian Farr

Judy Holstein

Ginny Trainor

Fatima Villasenor

Marilyn "Toddy" Richman,
Board Member Emerita

CHRISSY DALE
ITA Chief Executive Officer

TRACY CANTER
ITA Board Chair

HIGHLIGHTS

OPENING OUR DOORS TO PROFESSIONALS

After a two-year hiatus because of the Pandemic, ITA opened its doors in October for our annual, in-person Open House. Professionals in the fields of Social Work, Mental and Physical Health, Education, and the Arts experienced Creative Arts Therapy demonstrations and learned about ITA's mission and offerings.

CONNECTING THROUGH MUSIC

For 12 weeks over the Summer, ITA ran its Musical Bridges to Memory™ program in partnership with Chicago Methodist Senior Services and Northwestern University. Our music therapists taught family members/caregivers of individuals living with dementia how music-based techniques can be used to stimulate, engage, and communicate with one another. Each weekly session included hands-on training for the family members and a concert during which the techniques were practiced with their loved ones. ITA tracked the relationship dynamics over the 12 weeks as part of a research project funded by the NEA. Dr. Borna Bonakdarpour from Northwestern Medicine served as Primary Investigator.

GROWING OUR STAFF

ITA experienced unprecedented growth this year with the hiring of 14 additional creative arts therapists to meet the demand for individual therapy and community partnerships. In addition, the new leadership role of Clinical Director was established to provide more direct support to our therapy team. We introduced college and graduate school students throughout the year to the Creative Arts Therapy profession through our nationally recognized clinical and administrative internship program.

BUILDING COMMUNITY

ITA was out and about this year, connecting with old friends and forging new relationships. With the goal of raising awareness about our mission and services, we participated in community events and met with other social service organizations. ITA is part of a community-wide exploration of how local non-profits can work together to serve our residents more seamlessly when they are in need of support.

ANSWERING A NEED IN CHICAGO PUBLIC SCHOOLS

In 2022, Special Olympics Chicago received funds through the State of Illinois to support Chicago Public School students with intellectual disabilities who had been adversely impacted by the Pandemic. The money was designated for an Art and Music Therapy program that would address the post-COVID mental health needs of these individuals. ITA committed to providing the creative arts therapists, and the program has grown from 4 pilot schools to more than 70 schools (K – 12) in neighborhoods around Chicago. It operates year-round. (See partner highlight below.)

SHARING EXPERTISE AND EXPERIENCES

Creative Arts therapists from around the country gathered in Evanston on June 9 and 10 for the 7th annual Integrated creative arts therapy conference. The event offered a range of workshops that introduced the latest research and techniques in art, music, dance/movement, and drama therapy. The conference also provided an opportunity for participants to break out in affinity groups (for attendees of color, those who identify as LGBTQIA+, and those who are neurodivergent) to discuss and support each other through challenges that they face within the Creative Arts Therapy community and beyond. Both days were filled with learning, camaraderie, and inspiration.

EXPANDING OUR REACH

ITA worked with more than 28 community partners this past year. Our art, dance/movement, drama, and music therapists provided services in over 250 classrooms across two counties, in public, private, and therapeutic day schools, as well as in senior living communities, social service organizations, programs for individuals living with dementia, cancer, Parkinson's Disease, addiction challenges, and more.

PARTNER HIGHLIGHT

Special Olympics Chicago

Special Children's Charities

"The Art and Music Therapy program in CPS is a true success story that would not be possible without our partnership with ITA. It has grown like wildfire, and the survey results from CPS confirm that the schools love it. It is our pleasure to work with ITA.

MARY SLOWIK
Executive Director, Special Olympics Chicago/Special Children's Charities

IMPACT

116

Sites served by ITA

5,091

Clients

11,510

Sessions

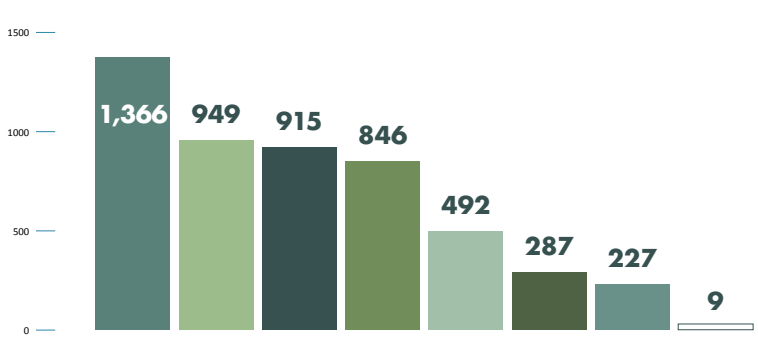
$43,595

Community Partner Financial Aid

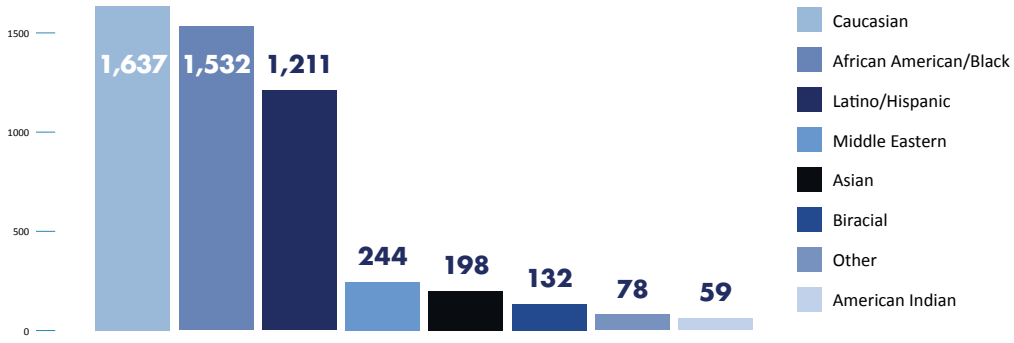
$139,503

Private Therapy Financial Aid

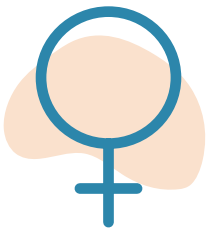
AGES



RACE

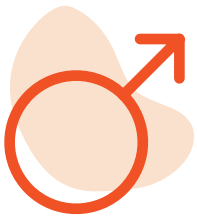


GENDER



2,772

Male

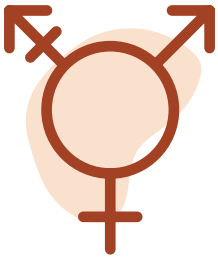


2,241

Female

43

Unspecified



35

Gender Non-Conforming

DIAGNOSES

5	Aphasia	11	Alzheimer's
18	ADHD	19	Substance Abuse
47	Dementia	60	Medical
90	Severe Mental Illness	92	Learning Disorders
107	Issues of Adjustment	108	Alzheimer's
129	Anxiety	185	PTSD/Trauma
200	Other	203	Depression
414	Bipolar	876	Autism Spectrum Disorder

2,527 Neurodevelopmental & Intellectual Disability

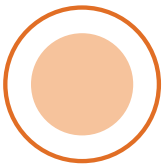
CLIENTS PER COUNTY

4,740
Cook County

194
Lake County

155
DuPage County

1
McHenry County



1
Other County

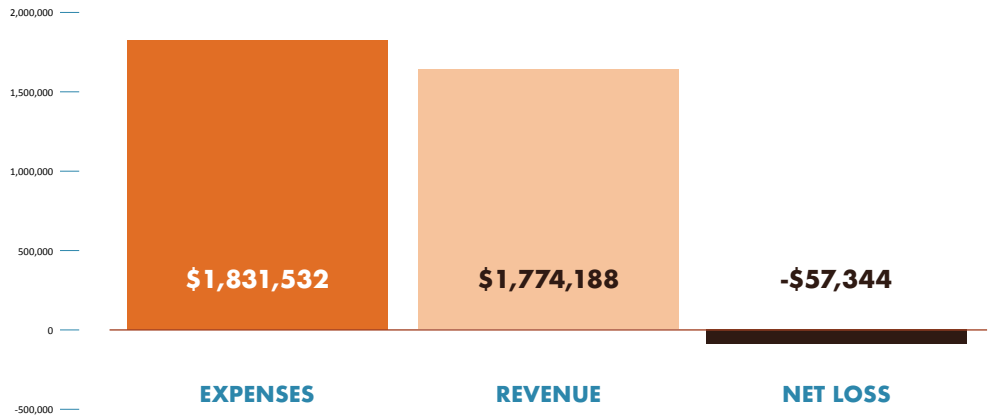
> Focusing on art during their private sessions has made for a therapeutic space in which they feel heard, supported, and comfortable enough to truly explore how to best support themselves. Their ability to now advocate for themselves, and others, is impressive. I only wish I'd known about ITA years earlier!
>
> **Mother of a 12-year old child in art therapy**

> It's the only medicine that is working.
>
> **Partner of a woman with advanced dementia in music therapy**

> I love that the instruments elicit engagement from all of my students! Even some students who are typically not interested in touching or exploring materials are willing to strum the guitar and hit the drum.
>
> **Chicago Public School Special Education teacher at Lane Tech College Prep High School**

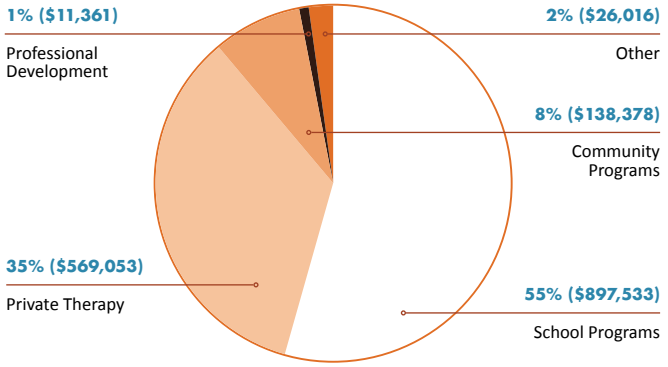
FINANCES

OVERVIEW

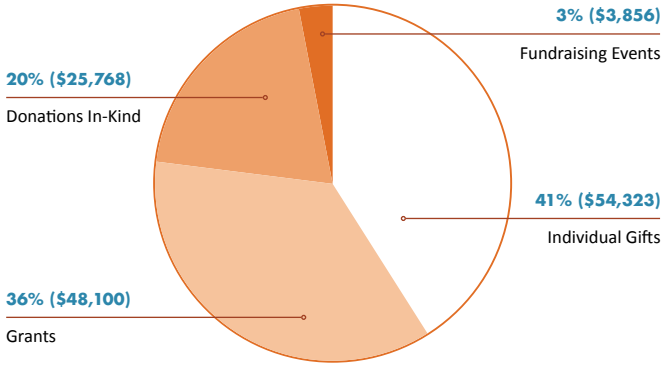


The net loss was due to the timing of contributed revenue brought in during previous fiscal years and expensed in FY23.

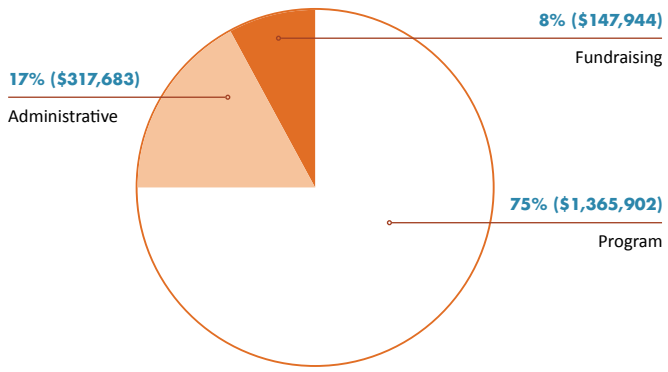
EARNED REVENUE
$1,642,341



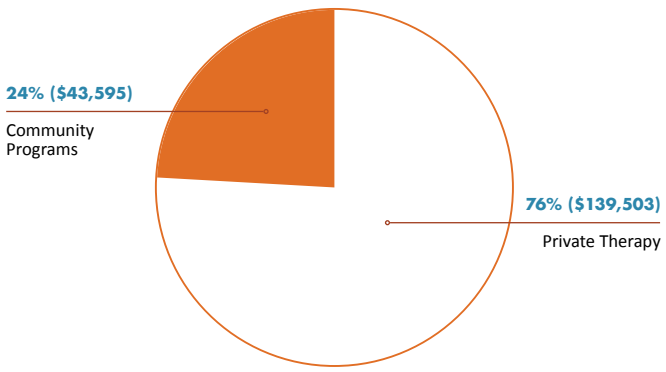
CONTRIBUTED REVENUE
$132,047



EXPENSES
$1,831,532



FINANCIAL AID
$183,098



LIGHTING THE WAY: LAMPLIGHTER SOCIETY

ITA'S PREMIER DONOR COMMUNITY

"

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 SCHEWEITZER

LAMPLIGHTER SOCIETY

BEACON $2,500 - $4,999

Jill and Phil Calian
Susan Canter
Tracy and Michael Canter
Thomas Clewett
Amy and Benn Feltheimer
Terry and Nancy Handley
Allan Spear

ILLUMINATOR $1,000 - $2,499

Anonymous
Christian Farr and Karen Jordan
Mary and Paul Finnegan
Hayley and Matt Hollender
Judy and Bob Holstein
David Kleiman
Leonard and Laura Loventhal
John D. and Alexandra C. Nichols
Josh Ticho
Virginia Trainor
Dr. Jesse Viner (Yellowbrick)

Reflects cumulative giving between September 1, 2022 and August 31, 2023.

SUPPORTERS

We want to thank the following donors who support ITA and make our work possible. This honor roll reflects cumulative giving between September 1, 2022 and August 31, 2023.

INDIVIDUAL DONORS

Anonymous (4)
Terrie Briggs
Sam and Doris Calian
Michael Cohen and Lisa Goldberg
Chrissy Dale
Tana Durnbaugh
Chelsea Dzura
Alison and Suzanne Egan
Penny and Jay Fine
Elyse Fineman and Adam Zoll
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Conrad and Julia Winkler
David and Sheri Wishnia
Bridget and Stephen Wrobel
Margie Morrison Zivin

FOUNDATIONS AND GRANTORS

Dementia Society of America
The Service Club of Chicago
VNA Foundation

SPONSORS AND BUSINESSES

AFLAC
Antioch University
Evanston Art Center
Evanston Community Bank & Trust
JBS & Associates Accountants & Consultants
Kirkland & Ellis*
NBC Chicago
Northwestern University Neighbor and Community Relations
Terraco Real Estate Services

IN-KIND DONORS

Brainstorm
Matthew Kwon
Samantha White

* 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.

ADVISORY COUNCIL AND STAFF

ADVISORY COUNCIL

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Stephen Hagerty
Patrick Hughes
Dr. Priya Mhatre
Dr. Megan Ross
Howard Sitron

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Lizzy Kunde
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Ashley Leonard
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Alexis Pelt
Madeleine Puschautz
Maura Rogan
Jazmin Royg
Joseph Sedlacek
Luke Wallens
William Walton
Cara Wellvang
Trisha Wentworth
Jeffrey Wolfe

DIVERSITY STATEMENT

We believe that the diversity of the communities we serve is a fundamental strength, and our mission is best fulfilled when we embrace diversity as a value and a practice. Throughout our work, we will encourage and support diversity in all forms, encompassing but not limited to ability, age, country of origin, economic circumstance, ethnicity, gender, mental health, neurocognitive functioning, race, religion, sex, and sexual orientation.

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