

Summer 2024

Greetings!

2025 marks ITA's 50th anniversary! We have experienced remarkable growth over the decades, from a music therapy program in 1975 with 27 children to a comprehensive Creative Arts Therapy organization that served more than 5,000 clients last year through private therapy sessions and school/community programs. The building we moved into on Green Bay Road just seven years ago can no longer accommodate our clients and staff; we are bursting at the seams! In response to this tremendous growth,

ITA is moving!

Starting in December 2024, our new home will be at 1316 Sherman Avenue in Evanston. The building is twice as big as our current clinic and is very accessible by public transportation. We have launched a **capital campaign with a goal of \$150,000** to equip and furnish the new space. Lisa Altenbernd and Stephen Hagerty, former mayor of Evanston, kicked it off with an incredibly generous gift of \$50,000!

ITA's new home will need:

- Ten therapy rooms, including two art studios, two soundproof music studios, and a large therapy room with a portable wall to create two smaller, more versatile spaces.
- A welcoming reception area for our clients and guests
- A work room for our team of therapists to plan sessions and collaborate
- New signage, technology, therapeutic supplies, shelving, and more

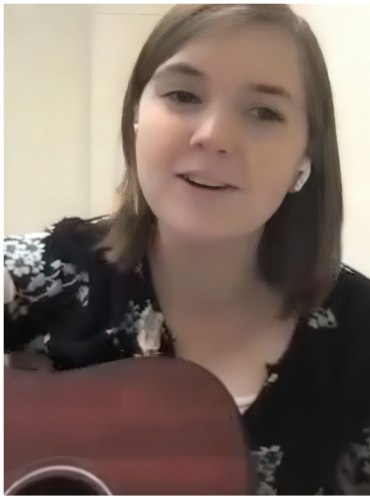
With the increase in space, ITA's growing team will be able to serve 175 more clients in individual and group sessions per month. **Imagine the healing and transformation that can occur! One client, Valerie, shared her story as an inspiring example. Here is an excerpt:**



ITA client Valerie

Valerie described the past forty years of her life as a rollercoaster. Unresolved pain associated with early childhood trauma and life stressors have resulted in significant mental and physical health impairments, and there have been times when she has needed compassionate care via in-patient hospitalization. It was during one such hospitalization that Valerie was introduced to music therapy and its healing power.

Two years ago, a close family member suggested that she explore private music therapy as support during the pandemic. She discovered ITA and began sessions with Music Therapist Trisha. Valerie was also eligible for ITA's financial assistance.



ITA Music Therapist Trisha

“My first session with Trisha blew me away,” Valerie shared. Trisha asked her to name three songs – one that represented her past, one that represented her present, and one that represented her future. Valerie picked Stevie Wonder’s “I Wish” and religious hymns “This is the Day that the Lord has Made” and “Victory is Mine”, respectively. Trisha combined the titles to create “I wish this is the day that victory is mine”, and that became Valerie’s first musical line to sing to herself when feelings overwhelmed her.

Their weekly sessions involve singing together and writing songs. Always a lover of music, Valerie uses words and music to express, heal, and find strength. When they first began working together, she and Trisha focused on preparing Valerie to attend her 40th high school reunion. Prior to starting with ITA, such an event would have been an impossibility based on her impairments at that time. Though difficult, Valerie attended, finding some comfort and confidence in the music they had created in therapy.

Valerie’s strong faith, as well as her new role as a grandmother and her pursuit of a new health and wellness career, are motivating. With the coping skills she has learned through ITA, she is moving forward and “taking intentional, proactive steps, one step at a time.” “Trisha has been instrumental in providing continuity of support and compassionate care. I can confidently say that Music Therapy enables me to use my own positive words to heal myself.”

Please support our capital campaign by giving your strongest gift possible at this time. This is a “once in ten years” ask! An envelope is enclosed for your contribution, or you can also donate by scanning the QR code:

Thank you in advance for your generosity during this exciting time for ITA. With your support, we will celebrate our 50th year of providing Creative Arts Therapy in a new home in Evanston that is a testament to your belief in our mission and to our commitment to those we serve.

With gratitude,

Chrissy Dale
ITA Chief Executive Officer

Stephen H. Hagerty
ITA Capital Campaign Committee, Chair
Former Mayor of Evanston

