

2025 Annual Impact Report



@THEARTTHERAPYPROJECT
www.thearttherapyproject.org

Dear Friends,



Lauren Christian
Chair, Board of
Directors, 2023-2025

In 2025, The Art Therapy Project faced unexpected challenges as government funding cuts resulted in the loss of youth art therapy services for **40 clients including more than 100 sessions**. Our community showed up in meaningful ways to help us overcome the setback. Together, we hosted our most successful annual fundraiser to date, expanded partnerships with new community stakeholders, and exceeded our year-end fundraising goals, all while staying on pace with prior years and **serving nearly 1,200 individuals**. In a year that brought significant challenges, **we're especially proud of maintaining this level of impact**.

The year also marked an important period of leadership transition. **David Willhoit** stepped into the role of Vice Chair, helping establish a strong foundation for the future. In December, the Board of Directors elected **David as the next Board Chair**, while the staff and Board alike expressed their deep gratitude to **Lauren Christian** for her impactful leadership during her tenure **as Chair from 2023-2025**.



Martha Dorn
Executive Director

In 2025, together we:

- Welcomed **Ian B. Kwok, MD**, Assistant Professor of Clinical Medicine at NYP/Weill Cornell Medicine to the Board of Directors in January.
- Engaged **more than 400 participants** in the creation of our community art project mural, *New York State of Mind*, during the Affordable Art Fair in March.
- Hosted a memorable Spring Spectacular, **raising \$150,000 for programs**. The evening honored corporate partner **kate spade new york** and featured a live art contribution by longtime supporter **Taylor Callinan, Founder of Unify the Ties**.
- Forged a new partnership with **Desenio**, whose support as Spring Spectacular Art Auction host and partner for the **Art for a Cause** campaign during **Mental Health Awareness Month** achieving a **5.2 million** reach, pop-up event, and a **\$10,000 contribution**.
- Honored clients, friends, and families during our annual **Emerging Self Client Art Show** with thanks to **the Laurie M. Tisch Illumination Fund** for hosting and **Elisa Contemporary Art** for curating.
- **Celebrated 15 years** of nonprofit status in July, launching a year-long celebration of the impact TATP has had in our community and beyond.
- Raised funds for youth art therapy programs during our second annual **Craft and Care** event, welcoming over **85 crafters of all ages** to gather at the **Westbeth Artists Residents Council**, with sponsorship from **Super Stories** and **herb-n-peach**.
- Generated **\$40,000+** in support of youth art therapy programs through our **year-end campaign**.
- Doubled **Employee Wellness Workshops** to provide 22 sessions, driving engagement for **369 participants**.
- Exceeded our fee-for-service programming goal, **achieving sustainable programming for the year**.

As we turn the page to a new chapter, we do so with deep appreciation for the shared leadership, vision, and commitment that carried The Art Therapy Project through a period of uncertainty and into a future of strength and resilience. We are energized to move forward under **David Willhoit's leadership as Board Chair**, bringing continuity, and the fervent belief in the power of access to art therapy. With the support of our board, staff, art therapists, partners, and generous community, **we enter 2026 grounded in what we've built together and inspired by what's possible ahead**.

With gratitude,



Lauren Christian
Chair, Board of Directors, 2023-2025



Martha Dorn
Executive Director

Our Impact at a Glance

Insights from 2025 Client Assessment Data



Sense of Safety & Support

Clients consistently describe art therapy as a space where they feel safe, supported, and able to share openly. They report strong emotional support from their art therapist, with individualized attention and thoughtful feedback that meets their needs.



Connection & Community

Clients feel engaged with one another and connected to their group. Many express that they have space to contribute, speak up, and share, while also experiencing more positive social interactions over time.



Personal Growth & Insight

Clients report meaningful personal and psychological growth through their participation in group art therapy. Many note gaining deeper insight into their thoughts, feelings, and behaviors, along with increased self-confidence and a stronger sense of control in their lives.



Expression & Communication

The art-making process supports clients in expressing and understanding difficult life experiences. Clients share that creating art helps them put words to complex emotions and experiences that may otherwise feel hard to articulate.



Symptom Reduction

Clients report a noticeable reduction in symptoms since beginning art therapy, reinforcing the role of consistent participation in supporting overall well-being.



From our Program Partners

"The opportunity for our youth to have a calm setting to just be." -
Avenues for Justice

Engagement, Confidence & Expression

Program partners report high and consistent participation, with strong attendance and sustained engagement over time. Participants are eager to join and often look forward to sessions, growing more confident and willing to participate. Creative outlets support expression beyond words, helping individuals feel "heard and honored".

Connection & Community

Art therapy fosters meaningful social connection, with participants building trust, camaraderie, and deeper interpersonal relationships. Partners note increased engagement with peers and more opportunities for shared experiences.

High Quality of Care

Our therapists are described as "professional, innovative, caring, and kind," creating supportive environments that encourage participation and meaningful engagement, and "Our participants found healing, connection, and strengthened their voices" in sessions.

Our Impact Across Programs

“Through The Art Therapy Project, students and young adults express complex emotions, trauma, and identity without needing the right words. Art therapy sparks engagement, builds emotional regulation, and creates moments of connection and pride for young people who often feel unseen.”

Shilpa R. Taufique, PHD, Director,
CARES & AIMS-CARES



January

In January, programming with **JVL Wildcat Academy** continued to integrate social and emotional learning into students' daily art classes. Through artmaking, students explored identity, built self-awareness, and developed tools for expressing their experiences and perspectives.

In partnership with **Weill Cornell Medicine's Center on Aging**, The Art Therapy Project launched a wellness program for older adults designed to foster connection through a virtual experience. Running through July, the program was part of a broader research initiative examining how virtual creative programs can support issues around loneliness and isolation in older adults. Several offsite art therapy groups resumed in the new year including:

- Center for Recovery and Wellness at Educational Alliance
- Comprehensive Adolescent Rehabilitation and
- Education Service (CARES) at Mount Sinai Health System
- New Destiny Housing
- Center for Urban Community Services
- Avenues for Justice

Together, these programs continue to expand access to consistent, supportive spaces for individuals across New York City.

May

Clinical Intern **Kira Scala** concluded their placement at the **Center for Recovery and Wellness at Educational Alliance**, marking the end of running several months of art therapy groups with clients in substance use recovery. During the internship, Kira launched a new weekly group focused on fiber arts as a creative tool for recovery.



June

Art Therapist **Cara Mellea, MPS, ATR-BC, LCAT** continued facilitating The Art Therapy Project's core art therapy group for female-identifying veterans. The group supports stress reduction, relieving symptoms of anxiety and PTSD, and strengthening a sense of community.

At the same time, summer programming began at **Avenues for Justice** and **New Destiny Housing**, offering youth a safe outlet while school is out of session.

July

In partnership with **Weill Cornell Medicine**, The Art Therapy Project hosted a free virtual seminar exploring the benefits of art therapy. The session was presented by board member **Ian B. Kwok, M.D.** and Clinical Director **Joshua Brancheau, MPS, ATR-BC, LCAT**, offering insights into the role of creative arts therapies in supporting mental health and wellbeing.

September

Following summer break, youth programming resumed. Students explored healthy ways to process overwhelming feelings while reflecting on identity, relationships, and their sense of belonging. Programs resumed with:

- **Avenues for Justice cc**
- **CARES (Mount Sinai)**
- **Mount Pleasant Blythedale**
- **New Destiny Housing**
- **The Children's Village**

Clinical intern Sarah Kim began her placement at the **Center for Recovery and Wellness at Educational Alliance**, a residential provider offering trauma-informed services at every stage of recovery.

"I find facilitating the experiential process of art therapy to be the most meaningful aspect of working with clients in substance use recovery. It's the dedicated space where recovery moves from being a cognitive concept to an embodied action through art-making. It's a place for them to practice taking healthy risks, not with substances, but with their creative self-expression."

Sarah Kim, Clinical Intern, TATP

November

We launched a new partnership with the **Center for Supportive Schools** facilitating on-site art therapy for middle and high school students. Through lunch-period and after-school sessions, students access a welcoming space to create, unwind, and connect with peers, offering a calm and creative moment in their day.

December



As the year drew to a close, groups focused on preparing clients for the upcoming holiday break and the seasonal challenges that can arise during this time. Sessions provided space for participants to recognize and express emotions related to colder weather, disrupted routines, and holiday-related stress.

By acknowledging these experiences through conversation and artmaking, therapists encourage open dialogue and validation, helping ensure that feelings are expressed rather than carried silently through the break.



Our Impact Across Employee Wellness Workshops

April

Nonprofit leaders from across NYC came together for a workshop hosted by **Community Resource Exchange (CRE)**. Over 30 participants engaged in mindful art activities designed to offer a creative pause from the demands of nonprofit leadership.

We also continued our partnership with **Arts & Minds**, providing monthly wellness programming (April–October) for individuals living with memory loss and their care partners. These sessions created meaningful opportunities for connection between participants, by offering moments of reflection and discussion.

Participants Tell Us:

“It was a great experience to do something different, to be able to share with colleagues and express myself freely.”

“It was such a great time for me to relieve my stress and concentrate on things streaming on my mind. Thank you for giving us this opportunity!”

“It’s so important for employees to take the time for these events.”

May

During **Mental Health Awareness Month**, we hosted multiple workshops for corporate and nonprofit partners:

- On **Mental Health Action Day**, employees from **kate spade new york** and **Tapestry** participated in an intuitive drawing exercise designed to promote mindfulness and reduce cortisol, the body's primary stress hormone. Art kits were also distributed to **kate spade new york** to retail stores, so all employees had what was needed to take a creative break.
- Our workshop with **ABC7** offered a sampler of art-based activities for employees who regularly manage the fast-paced intensity of daily news coverage.
- Through our **Art for a Cause** partnership with **Desenio**, we led two painting workshops at a pop-up gallery on the Lower East Side.
- A virtual workshop with **Water for People** brought together employees across remote locations, encouraging greater communication and connection in a virtual setting.



Mental Health Action Day

June

At the **Mastercard New York Tech Hub**, employees unveiled a collaborative team mural centered around “glimmers,” small moments of joy and connection. The mural now lives in a permanent space for employees to experience daily.



ABC7 Workshop

August

We hosted an Open Studio workshop for **Moloco's** “We Day,” encouraging employees to take a break and engage in creative, stress-relieving activities.

December

During Employee Appreciation Week, the **Guggenheim Museum and Foundation** staff across three locations participated in wellness breaks featuring self-care bingo and painting activities designed to support relaxation and stress reduction.



Art for a Cause



Mastercard New York Tech Hub



Moloco's "We Day"



Guggenheim Museum and Foundation

Our Impact Across Events



2025 Spring Spectacular

May

Our largest annual fundraiser **raised \$150,000** to support art therapy groups, art supplies, and transportation for clients across our programs.

The **2025 Jade Award** was presented to **Corporate Honoree kate spade new york**, accepted by **Taryn Bird, Executive Director of Global Social Impact** by 2024 Corporate Honoree **Mastercard President and CTO, Ed McLaughlin**.

ABC7 news reporter **Chanteé Lans** served as emcee, and the event was featured on the 11:00 PM news, bringing greater visibility to the communities we serve.

Art for a Cause with Desenio

May

In partnership with **Desenio**, the global initiative **Art for a Cause** featured artwork from 30 artists, bringing together art and advocacy to spotlight mental health.

Desenio donated \$10,000, a portion of proceeds from the collection. The initiative also included a Lower East Side pop-up gallery. Desenio's Anna Sylvan facilitated a panel discussion featuring:

- **Martha Dorn**, Executive Director, **The Art Therapy Project**
- **Annica Wallin**, Desenio Chief Creative Officer, **Desenio**
- **Rachel Martino**, Mental Health Advocate

Art for a Cause connected artists, new audiences, and advocates around the shared impact of art and mental health.



Emerging Self: 2025 Client Art Show

June

Hosted by the **Laurie M Tisch Illumination Fund**, **Emerging Self** celebrated client journeys from various therapy groups. Art shows are validating experiences that allow clients to connect with one another and the public over shared themes while witnessing each personal experience expressed through art.



The Art of Process

July

Guests gathered once again at the **Laurie M Tisch Illumination Fund** for a panel discussion exploring the relationship between the creative process and mental wellbeing.

Moderated by **Susan Magsamen**, Co-Author of *Your Brain on Art: How Art Transforms Us*, the panel featured:

- **Grace Lang**, Artist, Board Member, and Co-Founder of **Super-Stories**
- **Libby Schoettle**, Artist, **PhoebeNewYork**
- **Joshua Brancheau**, MPS, ATR-BC, LCAT, Clinical Director, **The Art Therapy Project**
- **Samantha Commarato**, MPS, ATR-BC, LCAT, LPAT, ATCS, Former Clinical Director and Board Member, **The Art Therapy Project**



Craft & Care

November

The second annual **Craft & Care**, co-chaired by Board Members Grace Lang and Sarah Staller, took place at the **Westbeth Artist's Residence Council** who donated their venue for the event.

Over 85 participants of all ages engaged in hands-on artmaking, including paper bead and scrap mobiles, pressed foam clay mosaics, printmaking, and collage. The event highlighted the power of community gathering through creativity while supporting youth access to art therapy. Food and beverages were generously donated by herb-n-peach Catering, and an exciting raffle gave guests the opportunity to take home a range of prizes from jewelry and art studio experiences to accessories and childcare services.

Thanks to community support, **the event raised \$6,000** for youth art therapy programs serving individuals who are system-involved, housing insecure, attending alternative schools, or living in under-resourced communities.



The Art Therapy Project is grateful to the many individuals, foundations, companies (big and small) who generously provided financial support throughout 2025.

Benefactors

(\$25,000+)

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The Jade Foundation
Eugene M. Lang Foundation
Laurie M. Tisch Illumination Fund
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(\$10,000 - \$24,999)

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Najjiyya Smith
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The Art Therapy Project is grateful to the many individuals, foundations, companies (big and small) who generously provided financial support throughout 2025.

Donors (Up to \$249)

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In Kind Donors

Thank you to the following individuals and companies for supporting the Silent Auction and TATP throughout the year:

Art Students League
Artshack Ceramics
Jenny Asaro
AJ Lavilla Art
Betty Ball
Dylan Beckett
Kate Beckett
Bermano Gallery

(continued)

(continued)

In Kind Donors

Marilynn and Bob Blotner
Bonnie Briar Country Club
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Andrew Margo
Aileen Rude
Alix Ruggiero
Maureen and Gary Shillet
Keri Taub Grant
Kati Tempia
Nancy Xu

Tributes and Memorials

The Art Therapy Project was grateful to receive tributes and memorials in honor and in memory of the following individuals:

Lauren Amigo
The Art Therapy Project staff
Aunt Bunny & Uncle Ro
Martha Dorn
Helaine Drucker Zwibel
Wendy Kaplan
Ian Kwok and Kimberly Murdaugh
Grace Lang
Emily Moreno
The Purple Team
Erica Ruggiero
Sarah Staller
Emily Taub
Ellen and David Wasserman
Haley Womack

Special Thanks

Special thanks to the following individuals and companies for their generous donations of time, talent, products and services throughout the year:

AJ Lavilla Art
Affordable Art Fair NYC
Michele Ammon Style
Emelyn Arias
Bain & Co Volunteer Team
Jian Bland
B Squared
Breads Catering Dept.
Taylor Callinan
Eva Cantu
Jocelyn Chien
Samantha Commarato, ATR-BC, LCAT, LPAT
Lisa Cooper, Elisa Contemporary Art
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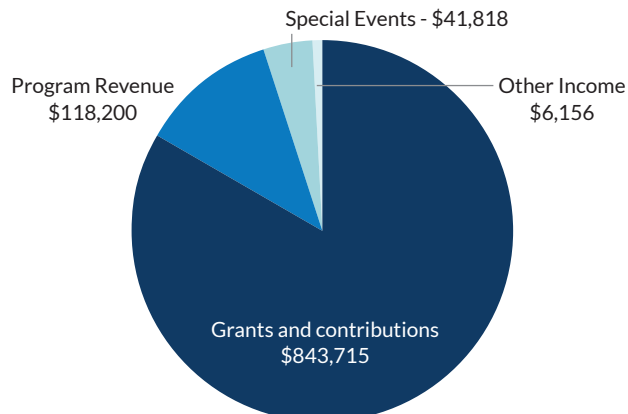
The Art Therapy Project

Statement of Activities For Year Ended December 31, 2025

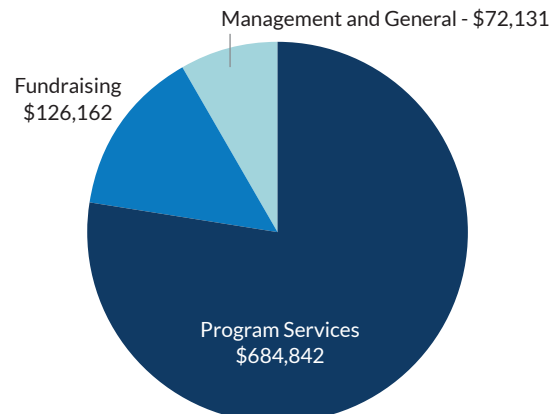
(With summarized comparative information for the year ended December 31, 2024)

	Without Donor Restrictions	With Donor Restrictions	2025 Totals	2024 Totals
Revenue and support				
Grants and contributions				
Foundation	\$180,849	\$160,805	\$341,654	\$198,463
Contributed nonfinancial assets (in-kind)	253,132	—	253,132	153,271
Special events contributions	115,578	—	115,578	87,446
Individual	112,572	—	112,572	126,495
Corporate	20,779	—	20,779	71,773
Net assets released from restrictions	68,000	(68,000)	—	—
Total grants and contributions	750,910	92,805	843,715	637,448
Special events				
Special events revenue	112,319	—	112,319	112,291
Less: costs of direct benefits to donors	(70,501)	—	(70,501)	(68,517)
Total net special events	41,818	—	41,818	43,774
Program service revenue				
Program fees	118,200	—	118,200	98,142
Total program service revenue	118,200	—	118,200	98,142
Other income				
Dividend income	6,156	—	6,156	4,518
Total other income	6,156	—	6,156	4,518
Total revenue and support	\$917,084	\$92,805	\$1,009,889	\$783,882
Expenses				
Program services	684,842	—	684,842	541,957
Supporting services				
Management and general	72,131	—	72,131	97,026
Fundraising	126,162	—	126,162	114,160
Total supporting services expenses	198,293	—	198,293	211,186
Total expenses	883,135	—	883,135	753,143
Change in net assets	33,949	92,805	126,754	30,739
Net assets - beginning of year	317,083	68,000	385,083	354,344
Net assets - end of year	\$351,032	\$160,805	\$511,837	\$385,083

REVENUE



EXPENSES



Mission Statement

The Art Therapy Project is a nonprofit providing group art therapy in a safe inclusive space for people in need of mental health services. Clients feel connected and inspired while exploring their personal journeys, increasing their self-awareness, and improving their quality of life.



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