



THE ART STATION
Healing Through Art

2014 Annual Report

Celebrating a Decade of Art Therapy: Helping People Heal and Grow

10 Years Since Opening Our Doors, 10 Years of Opening Doors for Clients' Healing and Growth

The year 2014 was a major milestone for The Art Station. It marked 10 years since opening our doors as a one-of-a-kind nonprofit in North Texas and 10 years of opening doors to help individuals heal and grow after facing all kinds of life challenges

Over the past decade, almost 8,000 individuals, both children and adults, have turned to The Art Station to help them with difficult life challenges such as: depression & other mental health issues, behavioral problems, trauma, grief & loss, chronic illnesses, developmental delays and school problems due to low

self esteem, anxiety or attention issues. Others have benefitted from art therapy provided by The Art Station to increase self-awareness and explore growth potential.

While the number of lives improved through our art therapy services is heart-warming, the much larger number of individuals waiting for art therapy tugs at our heart. So as we enter our second decade of service to the community, we are setting goals and implementing strategies to grow our capacity.



The Art Station is a gift of love from one family to the entire Fort Worth community. After discovering the healing power of art following the death of her son, Jane Avila returned to school to add art therapist credentials to her social work professional expertise. Her vision was to make art therapy available to individuals for healing and growth -- and to do so regardless of their ability to pay.

This historic fire station was purchased. With the help of her husband, John Avila, and his construction business, the building was restored and renovated. Doors were opened to clients in 2004.

Gearing Up for Growth

Setting Goals & Developing Strategies to Serve More Clients

- During 2014, Peggy Marshall joined The Art Station as Chief Executive Officer with a priority focus on strategic planning and building capacity to serve more individuals, families and groups within the community. She has extensive expertise helping organizations reach growth goals, strong leadership skills and creative community outreach experience along with a passionate commitment to art therapy.



- We also added an art therapist to our staff.
Whitney McLean is a Registered Art Therapist and a graduate of Florida State University. She has experience working within many different venues and populations, including a substance abuse program, state hospital, women's prison, child protective services in Thailand, and young school children in Guatemala as well as programs for teenage mothers and adults with developmental disabilities. Along with her professional expertise, she has a big heart for helping people.
- Minor renovations were made to our building to add two more therapy rooms. We split the large group room into three and added a hallway, which also serves as a central space for art materials. The renovation, made possible with the generous support of Byrne Construction Services and some of its subcontractors, was done with a focus on maintaining the arts and craft period design of the historical fire station and preserving the ambiance of a warm, nurturing place for healing and growth.
- Two new grants were sought and awarded during 2014, the first since our early years of operation. BBVA Compass funded the launch of a pilot program which provides filial therapy for parents and children at a local homeless shelter. As part of a special fund set up for assistance to military who served in Afghanistan and Iraq, the United Way awarded a grant to provide two art therapy groups.

- We created new materials to communicate what art therapy is and how it helps individuals deal with difficult life experiences as well as explore growth opportunities. Stories about our mission in action were captured and produced in printed materials and electronic media. In addition, we initiated a series of tours of The Art Station to showcase the unique services we provide to the community.
- We also tested four new community workshops: *Art Journaling to Reduce Stress & Promote Personal Growth*; *Grief & Loss Journey with the Art of Mandalas*; *Health & Healing Through Art*; and *Painting from Within*. Learning will be incorporated in to plans for 2015. In addition, we continued to offer CEU workshops for area mental health professionals.
- In October, we hosted our first big fundraising event to celebrate our 10th Anniversary. In keeping with the heart of our mission, the “Public Figures/Private Artists” event featured business and community leaders who have discovered the benefits of art making. More than 30 business and community leaders, including Congresswoman Kay Granger donated one of their works of art for a silent and live auction. Special displays of art created by our clients and art therapists told our story to more than 275 people who attended the event. And guests participated in a live add-on painting.



Goals for 2015

Building Our Capacity, Serving More Clients

A more comprehensive strategic plan is in the works, but some specific goals for 2015 include:

- Maximize use of therapy rooms at all times of the day and evening
- Increase volume and variety of off-site sponsored programs
- Restructure outreach and delivery of services for veterans; pursue new funding services
- Secure funding to add additional art therapists; enhance recruiting with leading art therapy schools
- Research ways to expand current facility or secure use of additional alternative service space

Highlights of 2014 Services

Who Do We Serve?

Individuals with Mental Health Issues:

- Depression
- Anxiety/Panic Attacks
- Bipolar
- Dual Diagnosis
- Other

Veterans & Families:

- Who experience PTSD
- Re-integration after returning from service

Individuals/Families in Homeless Shelters

- Relationship conflicts
- Social skills
- Developmental delays
- Self-esteem issues

Children & Young Adults with:

- Autism
- Down Syndrome

Individuals Who Have Experienced Trauma:

- Physical trauma
- Emotional trauma

Individuals Needing Psychological Counseling:

- Behavioral issues
- Developmental delays

Students at FWISD Family Resource Centers:

- Behavioral issues
- Social Skills
- Self-esteem building

Grief & Loss Survivors:

- Death of a loved one
- Suicide loss
- Divorce
- Loss of job/career
- Natural disaster

Families & Couples:

- Relationship conflicts
- Relationship skills

Referrals from Tarrant County Juvenile Department:

- Psychological counseling
- Behavioral issues

Individuals Battling Serious Illnesses:

- Cancer
- Heart disease
- MS
- Kidney disease
- Other

Individuals Seeking Growth & Self Discovery:

- Career changes
- Retirement

Graduate Student Internships:

- Art therapy
- Counseling

Individuals with Terminal Illnesses & Their Families

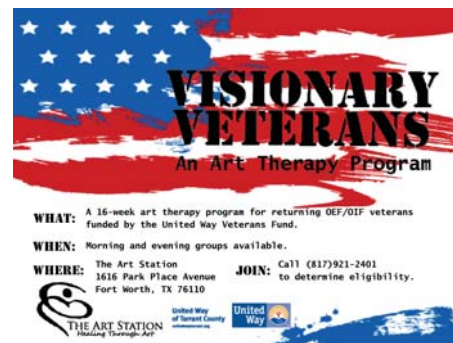


Highlights of 2014 Services

How Do We Serve?

The Art Station provides art therapy for healing and growth. As mental health professionals with advanced expertise in using the art making process in a therapeutic way, they help children and adults through all types of life challenges. Creating a visual language through art brings the tangled emotions inside out, making it easier to gain clarity and problem solve. Here are a few examples:

- ❖ One **young boy**, who **would not stay in school**, completely **shut down** and began having frequent **anger outbursts**. No one could figure out what was wrong. Using art, our therapist was able to get him to open up about a bully at school. The therapist then worked with him to teach him how to ask for help and social skills for making friends.
- ❖ A **teenage girl struggled with depression and cutting**. Darkness was all she could see around her. Through making art with the therapist, she was able to create an image of herself full of light, life, beauty and hope – a visual expression that can be the foundation of a better life.
- ❖ A **highly educated, accomplished professional** was **diagnosed with a life threatening disease**, leading to her early retirement. The life transition and the chronic pain of the disease led her to seek art therapy as a means to cope. She says the painting allows her to take a vacation from the stress and pain as well as provides a reason to be excited about the future regardless of her medical condition.
- ❖ **Parents and children at a homeless shelter** experience incredible stress, trauma and relationship conflicts due to the circumstances that brought them to the shelter. Our therapists are using art therapy as a means to enhance the relationship between parents and children. It also helps children build stronger self-esteem and make better behavioral choices.
- ❖ **Veterans** have found our art therapy groups provide a way to visually express emotions that are too painful or difficult for words. In doing so, they have experienced a reduction in stress and an elevation in mood. Many indicate art therapy is helpful in attaining a long term positive mental outlook and will practice learned techniques outside of the group sessions.

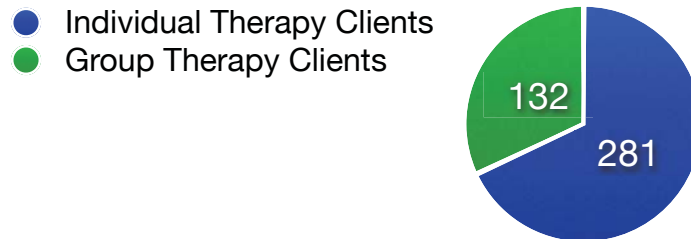


Highlights of 2014 Services

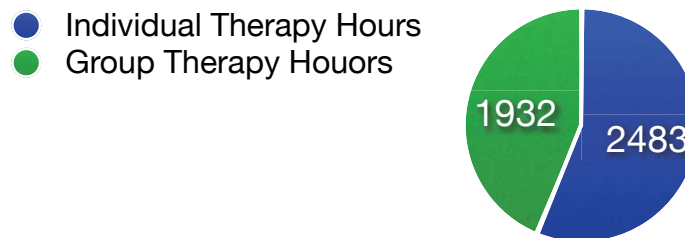
Clinical Art Therapy Services

Numbers in the graphs below represent individuals and groups served during our fiscal year for 2014 which is January 1 through December 31.

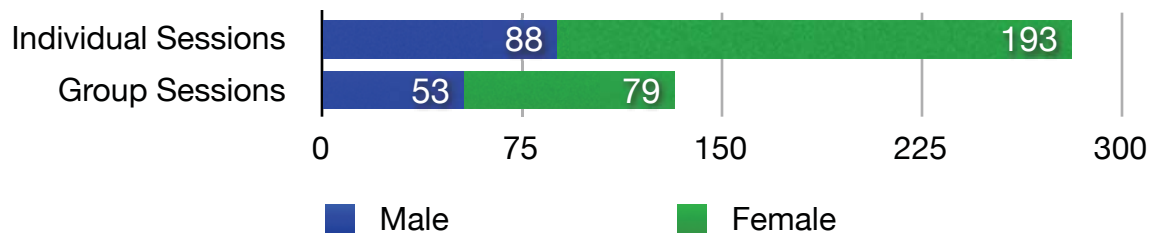
Number of Clients Served



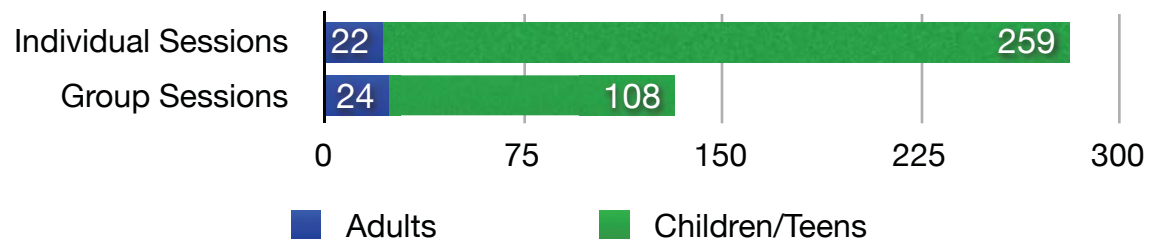
Number of Client Hours



Gender Demographics



Age Demographics

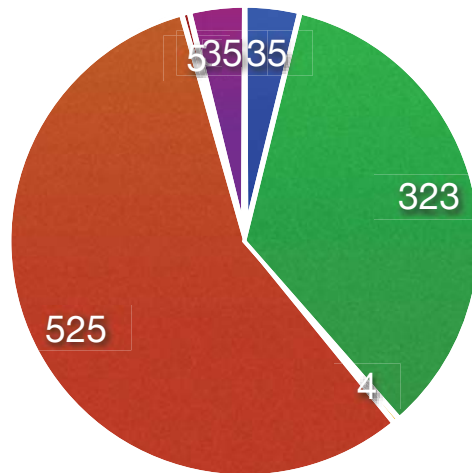


Highlights of 2014 Services

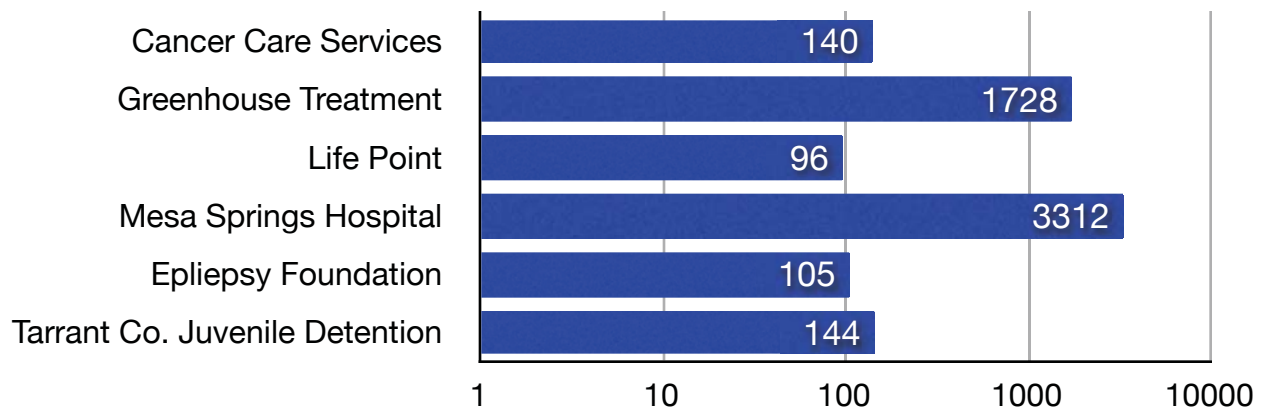
Sponsored Programs for Community Organizations

- Cancer Care Services
- Life Point
- Epilepsy Foundation
- Greenhouse Treatment Center
- Mesa Springs Hospital
- Tarrant Co. Juvenile Detention

Number of Clients



Contact Hours

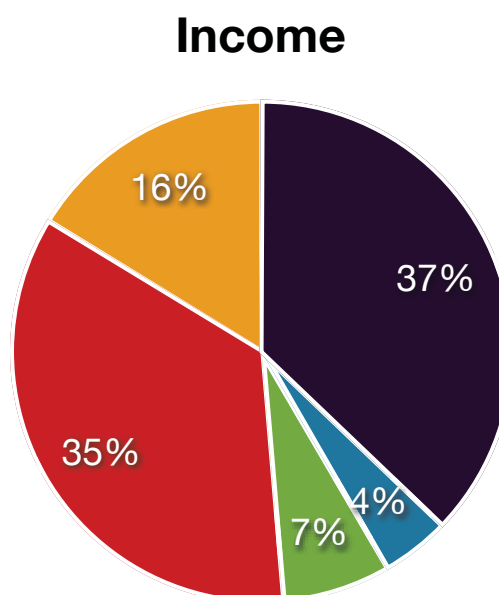


Financial Information

Numbers in the graphs below are for our fiscal year 2014 which is January 1 through December 31.

- Donations
- Grants
- Sponsored Programs
- Clinical Services
- Special Events

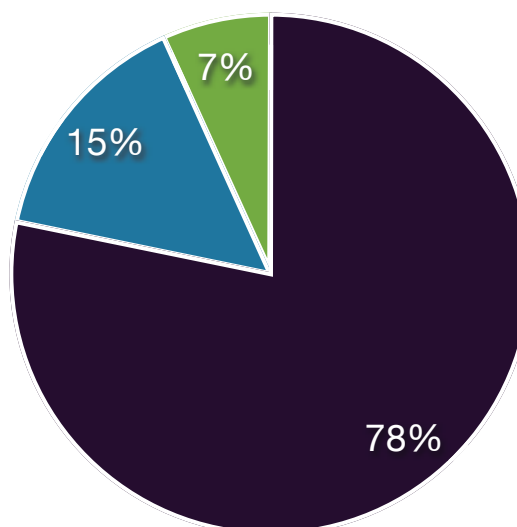
Total Income: \$431,512



- Program Services
- Management & General
- Fundraising

Total Functional Expenses: \$408,039

Functional Expenses



Our Community Mission

Expanding Our Art Therapy Services to Help More People Heal and Grow

Our mission of providing art therapy is critical and effective because many times finding the right words is difficult, painful or impossible. The visual language of the art making process in a therapeutic setting helps people more easily recognize, express and process the emotions that can keep them entangled and stuck in difficult life situations. Expressing emotions helps open the door to healing and growth. The visual language of art therapy also helps people practice problem-solving skills, increase self-esteem and gain courage to explore life transformations.

Our mission of providing art therapy for growth and healing helps people: repair relationships, enhance educational endeavors, maximize their potential, manage emotional and physical health, improve job performance, achieve career goals, enrich the lives of others and contribute to our community.

As we begin our second decade of service this fall, we believe there are many new ways that we can provide art therapy to new segments of people in our community.

We invite you to support our mission, help us increase our capacity and make the gift of healing and growth possible for more individuals and families in need.

For more information, contact:

Peggy Marshall

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The Art Station is the only nonprofit organization in the North Texas area dedicated to providing art therapy and community programs to children, adults and families

Our mission is to provide a safe and encouraging environment where the process of art making can be used to promote personal growth, uplift hearts and help heal minds and bodies.



Leadership

Board of Directors

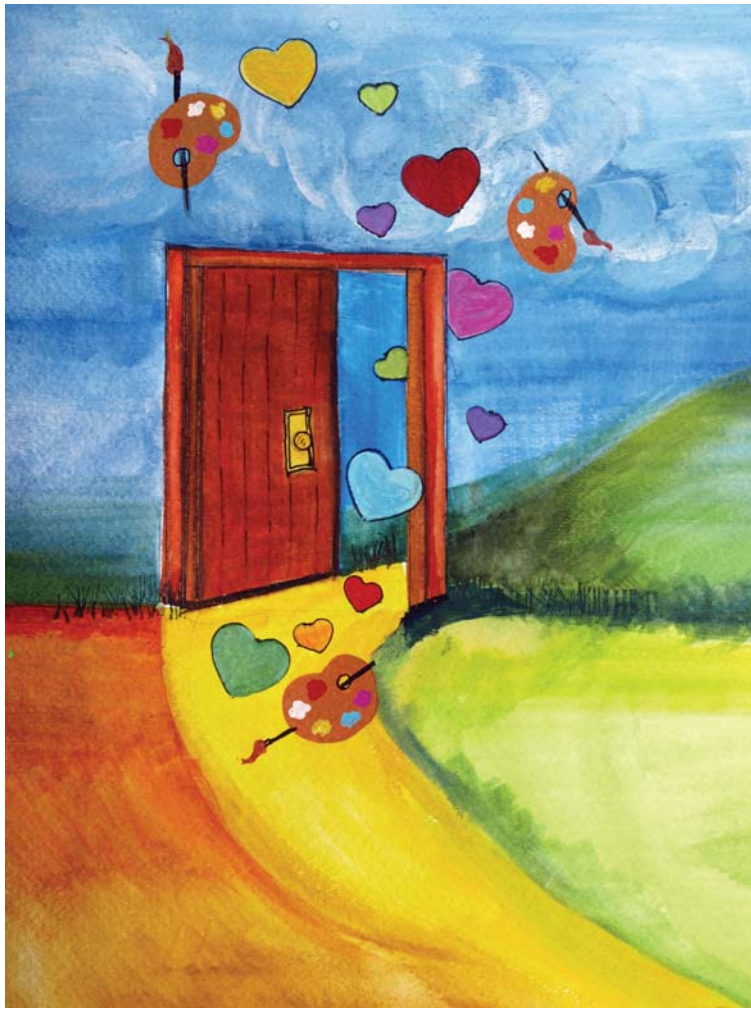
- Jane Avila, Founder of The Art Station
- John Avila, Byrne Construction Services
- Alice Puente, Community Leader
- James Cashion, American Health United
- Brian Happel, BBVA Compass
- Robert Mitchell, Whitney Smith Co.
- Susan Motheral, PhD., LLC

Advisory Board

- Leonard Bade
- Therese Moncrief
- Susan Medina
- Victor Medina

Staff

- Peggy Marshall, Chief Executive Officer
- Jennifer Johnson, Director of Programs & Operations
- Heidi Tournoux-Hanshaw, Director of Clinical Services
- Anne Briggs, Therapist
- Whitney McLean, Therapist
- Lauren Durio, Therapist
- Leslie Murtishaw-Castro, Intake Coordinator & Therapist



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