



Children's Mental Health Awareness Day National & Community Art Therapy Program







CHILDREN'S MENTAL HEALTH AWARENESS DAY MAY 3, 2011 NATIONAL & COMMUNITY ART THERAPY PROGRAM

The Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS) and the National Children's Mental Health Awareness Day (Awareness Day) collaborating organizations participated in the 2011 Awareness Day national event, Building Resilience in Young Children Dealing with Trauma, on Tuesday, May 3, at the Shakespeare Theatre-Harman Center for the Arts in Washington, DC.

This two-part event began with a one-of-a-kind, one-night-only art exhibit produced by the American Art Therapy Association. Works included in the exhibit included: art work for the "Sybil" collection; art work from children attending the America's Camp after their parents were killed in the 9/11 attacks; Tracy's Kids art work produced by young cancer patients; and Alexandria's Mental Health Anti-Stigma HOPE Campaign. The event included a powerful evening program honoring youths who have sustained childhood trauma and exhibited resilience.

This year's national event was hosted by Byron Pitts, CBS News chief national correspondent and "60 Minutes" contributor. Actress/author Jamie Lee Curtis will serve as honorary chair.

COMMUNITY ART THERAPY PROGRAM EXAMPLES

ILLINOIS

Project Name My Feelings are a Work of Art
Organization Ben Gordon Center
Contact Name Kathy Hicks
Address 12 Health Services Drive
City, ST ZIP Dekalb, IL 60115
Contact Information Email: kathyh@bengordoncenter.org Phone: 815-756-8501
Project Description DeKalb County Partnership for a Safe, Active and Family Environment (DCP/SAFE), a program of Ben Gordon Center, will observe this day with a "When I Grow Up" Youth Action. "When I Grow Up" is an opportunity for youth to become mental health advocates and raise awareness about the mental health needs of children and youth. It also allows the adults in their lives to show support for the total well-being of all children and youth and to help inspire hope for their future. Community members participate in this action by using customizable posters that feature the headline "When I Grow Up..." The poster's format provides space to write a message or draw an image that expresses the aspirations of young children and the goals of youth participating in the Youth Action. The back of the signs feature facts and statistics that speak to how providing services and support of children's mental health and their social and emotional development increases the likelihood that all children can attain their goals and see their childhood dreams become realities. Groups that wish to participate in the "When I Grow Up" Youth Action on May 3, 2011 access a toolkit including the customizable signs and guidelines for activities from DCP/SAFE. It is suggested that participants create the signs to be displayed on May 3, 2011. Through the Youth Action we will help to educate your community about the importance of children's mental health and social inclusion.



American Art Therapy Association . 225 North Fairfax Street . Alexandria, VA 22314
www.americanarttherapyassociation.org

MICHIGAN

Project Name Children's Mental Health Awareness Day
Organization American Indian Health & Family Service
Contact Name John Marcus
Address 4880 Lawndale
City, ST ZIP Detroit, MI 48210
Contact Information Email: jmarcus@aihfs.org Phone: 313-846-3718 x1213
Project Description This year we will commemorate the 6th National Children's Mental Health Awareness Day by hosting family festivities on Tuesday, May 3rd, from 4 – 8pm where parents and children can come and gather information from service providers and have fun promoting positive youth development. The event will include an art competition, bouncy house, crafts, music, raffles and food! We will report the success by putting it in our newsletter, on our agency website, and posting a video to youtube. Here's a link to a video promoting it currently on youtube:
http://www.youtube.com/watch?v=aZO9_q0Dsuo you might have to copy and paste that url into your browser. Thank you for your time. Best regards!

NEW JERSEY

Project Name Parent Workshop on Art and Music Therapy
Organization John F. Kennedy School
Contact Name Laura Salley
Address 311 S. 10th Street
City, ST ZIP Newark, NJ 07102
Contact Information Email: lsalley@nps.k12.nj.us Phone: 973-733-7367
Project Description JFK school is a public school that services children ages 10-21 who are classified as autistic, cognitively impaired, physically impaired and medically fragile. The art therapist and music therapist are both Nationally Board Certified and will provide an overview of their programs with a brief hands-on activity. Designed for parents of JFK students, the public is welcome. Contact Mrs. Bush at number above.

NEW MEXICO

Project Name Garden Project
Organization IHS Head Start Program
Name Cecelia Shorty
Address 801 Vassar Drive Bldg #23
City, ST ZIP Albuquerque, NM 87106
Contact Information Email: cecelia.shorty@ihs.gov Phone: 505-248-7694
Project Description The 2011 National Children's Mental Health Awareness Day Indian Health Service Head Start Program Garden Project is scheduled for Tuesday, May 3, 2011. We have invited 60 American Indian Alaska Native (AI/AN) Head Start children to help us celebrate and share positive mental health. Three major activities are proposed; 1) start a garden, 2) engage in physical activity associated with gardening and 3) share in storytelling and an art project to conclude the day. We hope to share our stories and pictures from the day with all AI/AN Head Start Programs throughout the year; as well as SAMHSA and on our Indian Health Service website; www.ihs.gov. The goal is to educate children with the help of parents and teachers on nutrition, physical activity and art and how they are vital in positive mental health.



NEW MEXICO

Project Name Art Day
Organization PB&J Family Services, Inc.
Name Lonni Ann Fredman, LPAT, ATR-BC
Address 1101 Lopez RD SW
City, ST ZIP Albuquerque, NM 87105
Contact Information Email: lonniann@pbjfamilyservices.org Phone: 505-877-7060
Project Description PB&J Family Services (<http://pbjfamilyservices.org/>) provides an array of family-based therapeutic programs for at-risk children and their parents to improve family functioning, enhance child development, and promote healthy functioning within the community. This year's Awareness Day national theme of building resilience in young children dealing with trauma is especially relevant to PB&J's work and is a major goal of Art Day, the PB&J 2011 Awareness Day event planned for the agency's Therapeutic Preschool based in the Town of Bernalillo, NM. The Bernalillo PB&J serves families in southern Sandoval County north of Albuquerque, including several Indian Pueblos. On Art Day, coordinated by a staff art therapist, the pre-school children and parents join in imaginative sharing with one another to experience the healing nature of art. Parents are encouraged to follow their child(ren)'s artistic lead so this event also strengthens parents' skills in supporting their child(ren)'s expressive process. Art stations are set up outdoors in a festival-like atmosphere and feature activities such as easel, tile, sand and face painting; clay work; mixed media assemblage; and art for babies. PB&J will inform the community about the success of Art Day via the agency's newsletter and website.

NEW YORK

Project Name Got Art?
Organization ON CARE
Name Bethany Stewart
Address 421 Montgomery St, John H. Mulroy Civic Center, 12th Floor
City, ST ZIP Syracuse, NY 13202
Contact Information Email: bstewart@ccsi.org Phone: 315-435-2985 x108
Project Description This is the first year that ON CARE is holding Got Art. 'Got Art ?' is designed to showcase the art (2-D, 3-D, performance or written art) of Onondaga County children and youth who have an emotional or behavioral health challenge. Got Art? is being held on National Children's Mental Health Awareness Day, May 3, 2011 to celebrate the children and youth. Another goal of the event is to raise awareness about children's mental health. Got Art? has four main goals: 1. To allow children to freely express themselves; 2. Decrease stigma and judgment surrounding children with emotional or behavioral challenges; 3. Teach the community about children's mental health; and 4. To show the importance of building resilience within ourselves and the positive impact that this has on development in children. Got Art? is free and open to the public and is being held at the Museum of Science and Technology. Light refreshments will also be served during the event.



OKLAHOMA

Project Name Restoring Harmony Powwow
Organization Tulsa Indian Community Advisory Team
Name Tamara Newcomb
Address 550 S. Peoria
City, ST ZIP Tulsa, OK 74120
Contact Information Email: tnewcomb@ihcrc.org Phone: 918-382-2205
Project Description The Restoring Harmony Powwow is an annual community event to raise awareness for and de-stigmatize children's mental health issues. This event will also showcase mental health agencies and organizations that provide services to consumers in the greater Tulsa area. The theme of this year's Powwow is "Nourishing the Roots of Resilience".

OREGON

Project Name Nak-Nu-Wit
Organization Native American Rehabilitation Assoc. of the Northwest, Inc.
Name Melissa Butterfield
Address 1776 SW Madison St.
City, ST ZIP Portland, OR 97205
Contact Information Email: mbutterfield@naranorthwest.org Phone: 503 224-1044 x252
Project Description Nak-Nu-Wit is a SAMHSA funded System of Care grant to the Northwest Portland Area Indian Health Board, with NARA NW providing the services. The overall goal of the grant is to develop an integrated, holistic and culturally relevant system of care for urban AI/AN children and youth, ages 9-21 with complex mental health needs who live in the 4 county Portland metro area.

PENNSYLVANIA

Project Name emPOWERment thru the heART
Organization Seton Hill University
Name Dana Elmendorf
Address 1 Seton Hill Drive
City, ST ZIP Greensburg, PA 15601
Contact Information Email: elmendorf@setonhill.edu Phone: 412-445-9852
Project Description May 1st kicks off an event to serve the community of Greensburg, PA through building resiliency and spreading awareness that mental health is for everyone. Children, parents, and adults will create a community totem pole and engage in expressive arts and play to each construct resiliency-building toolkits. Westmoreland Museum of American Art, Child & Adolescent Service System Program (CASSP), and the Parent Wise program of Family Services of Western, PA will partner with Seton Hill University students.



PENNSYLVANIA

Project Name Children's Mental Health Awareness Fair
Organization Harrisburg PreK Program
Name Penny Hairston
Address Harrisburg School District, 2101 N Front Street, Building 2
City, ST ZIP Harrisburg, PA 17110
Contact Information Email: PHairston@hbgsd.k12.pa.us Phone: 717-703-4175
Project Description Harrisburg PreK program will be hosting a community awareness fair to offer general Child Mental Health information as well as information on services available in and around the Harrisburg area to address child mental health and behavioral issues, respond to trauma, build resilience in children and their families and to support healthy social/emotional development. Local service providers will have literature and referral information available and will answer general questions for attendees. This event will provide information for children of all ages.

TEXAS

Project Name Travis High School-Teen Mom's & Babies Community Connection Day
Organization Building resiliency within you and your children
Name STATA - South Texas Art Therapy Association
Address Wanda Montemayor, LPC
City, ST ZIP 11247 Pinehurst Dr.
Contact Information Austin, TX 78747
Email: wanda@deepeddymural.org Phone: 512-577-7483
Project Description April 21st at 2:30-4:15 at Travis High School Teen Mom's and babies community connection day. Building resiliency within you and your children. 1:30 set up and if you are unable to make the April 9th pre-staff 40 parents/ baby at Travis. 2 groups 45 minutes long each We will create messages of their future/ hopes/ dreams on tiles to be installed at Deep Eddy Teen parents will get a goodie bag resource book on how to make art with there babies and some different community resources for education, counseling, Day care assistance etc. Counselors will facilitate the parents and help guide students to the resources. The goal for the teen participants is too feel connected to the community by giving their art to the project, learn new ways to make art with their children, get connected to other resources. Participants can make multiple pieces if they also wish to keep a piece to remember. The documentary about the Deep Eddy Mural project will also be filming the event. go to deepeddy.org for a preview of the documentary and go to deepeddymural.org for info on the larger project where participants will be making tiles.

TEXAS

Project Name Nurturing Parents Program
Organization Mona Mentors Community Agency
Name Mona Ellis
Address 6420 Richmond Avenue, Suite 602
City, ST ZIP Houston, TX 77057
Contact Information Email: monamentors@yahoo.com Phone: 7132662090



Project Description Facilitate Parenting Classes for Child Abuse Prevention

VIRGINIA

Project Name Mental Health Anti-Stigma Campaign's 2011 Art Exhibition
Organization Alexandria's Mental Health Anti-Stigma HOPE Campaign
Name Shay Holman
Address 720 N. Saint Asaph
City, ST ZIP Alexandria, VA 22314
Contact Information Email: ShayHolman@gmail.com Phone: 703-868-7429
Project Description Art exhibition to allow those affected by mental illness to use art as a form of expression. We have conducted art workshops with the Center for Alexandria's Children. Art therapists from George Washington University participated. We hope to educate the community and enable those with mental illness to participate fully in our community. Partners include Alexandria CSB, Alexandria Office of Arts, Alexandria Art Commission, Alexandria's Therapeutic Recreation Program and GW School Art Therapy Program. We plan to report our success via newspapers, City website and community newsletter via Friends of Alexandria Mental Health Center who is also a partner of the event.

WASHINGTON

Project Name Strengths to Draw on for Mental Health
Organization Peninsula Community Mental Health Center
Name Kristin Warner
Address 118 East Eighth Street
City, ST ZIP Port Angeles, WA 98362
Contact Information Email: kristinw@pcmh.org Phone: 360-457-0431
Project Description Child & Family Services at Peninsula Community Mental Health will facilitate "Strengths to Draw on for Mental Health" with a fifth grade class to help bring awareness to the importance of children's mental health through an interactive talk and a collaborative group art project. Students will depict their individual strengths to reflect a positive self-image. This art project will result in a permanent art installment at the mental health center to promote a message of resilience and hope for children dealing with mental health issues. Local newspapers will cover this partnered event.

WASHINGTON, DC

Project Name "Drawing on resilience "
Organization Children's National
Name Heather Stemas
Address 111 Michigan Ave NW
City, ST ZIP Washington, DC 20010
Contact Information Email: hstemas@cnmc.org Phone: 202.476.3255
Project Description Expressive Therapies at Children's National Medical Center will facilitate a creative expressive art activity in the hospital atrium on May 3rd. Children will be encouraged to visually and creatively express what makes them strong and what gives them strength. Handouts will be provided for caregivers and parents about children's mental health as well as the benefits of creativity and self expression for children.





