

DALLAS ART THERAPY

ANNUAL REPORT 2023-2024

The logo for Dallas Art Therapy is centered within two overlapping rectangular frames. The top frame is a light blue outline, and the bottom frame is a light green outline. The text "Dallas Art" is on the top line, and "Therapy" is on the bottom line. The letters are in a sans-serif font and are filled with a rainbow gradient, transitioning from blue on the left to red, orange, yellow, and green on the right.

Dallas Art
Therapy

WWW.DALLASARTTHERAPY.ORG

A PERSONAL MESSAGE FROM FOUNDER, ANDREA DAVIS



As we reflect on the past year, we are filled with gratitude for the continued growth and impact of Dallas Art Therapy. This year has been a testament to the power of creativity, connection, and healing. Through a diverse range of events, therapy sessions, and workshops, we've had the privilege of supporting individuals on their personal journeys toward self-discovery and well-being. Our dedicated team of art therapists and counselors has expanded our reach, providing both in-person and virtual services to more individuals than ever before.

Looking ahead, we are excited to share a significant development on the horizon. In partnership with Senator Royce West, we are actively working toward securing art therapy licensure in Texas. This legislative push, scheduled for 2025, represents a pivotal moment for our profession and our community. Licensure will help ensure that only qualified, trained professionals can deliver art therapy services, safeguarding the quality of care for those we serve.

In this report, we celebrate the milestones we've achieved together and anticipate the continued growth of our mission in the coming year. Thank you for your invaluable support as we advocate for the future of art therapy in Texas and continue to bring healing through art.

With gratitude,

Andrea Davis

Founder, Dallas Art Therapy

A LETTER FROM OUR BOARD PRESIDENT



Wow! What a year. It has been a whirlwind since I took over as the Board President in June. I feel truly fortunate to be in this role and have had the privilege to witness firsthand the incredible work being done by our dedicated board, staff, and community.

Over the past six months, I've seen our board, Dallas Art Therapy, and our committees grow in strength and unity. We've faced challenges, celebrated successes, and deepened our commitment to our mission of providing innovative, creative, and accessible art therapy services to those in need.

From expanding our outreach programs to collaborating with local organizations, it has been inspiring to watch the impact we're making in the lives of so many. I am deeply proud of how far we've come and excited for what the future holds.

As we close out the year, I want to thank each of you—our board members, staff, donors, and volunteers—for your unwavering support. Together, we are shaping a brighter, more inclusive future through the power of art therapy. Here's to continued growth and success in 2025!

With gratitude,

Jennifer McSparron

Board President, Dallas Art Therapy



Our Mission

Dallas Art Therapy is dedicated to providing accessible, innovative art therapy services that foster healing and personal growth for individuals and communities. We embrace diversity and inclusion, creating a safe and creative space where all people—regardless of background or life experience—can explore their inner potential and work towards emotional and mental well-being through the transformative power of art.

Our Vision

For art therapy and mental health care to be accessible to everyone.

Our Values

We believe that all people are artists.

We believe in the healing power of artistic expression to improve lives.

We embrace diversity including culture and perspective.

We strive to end stigma that surrounds mental health care.

We promote access to mental health care for all people.

2023 - 2024 Board of Directors



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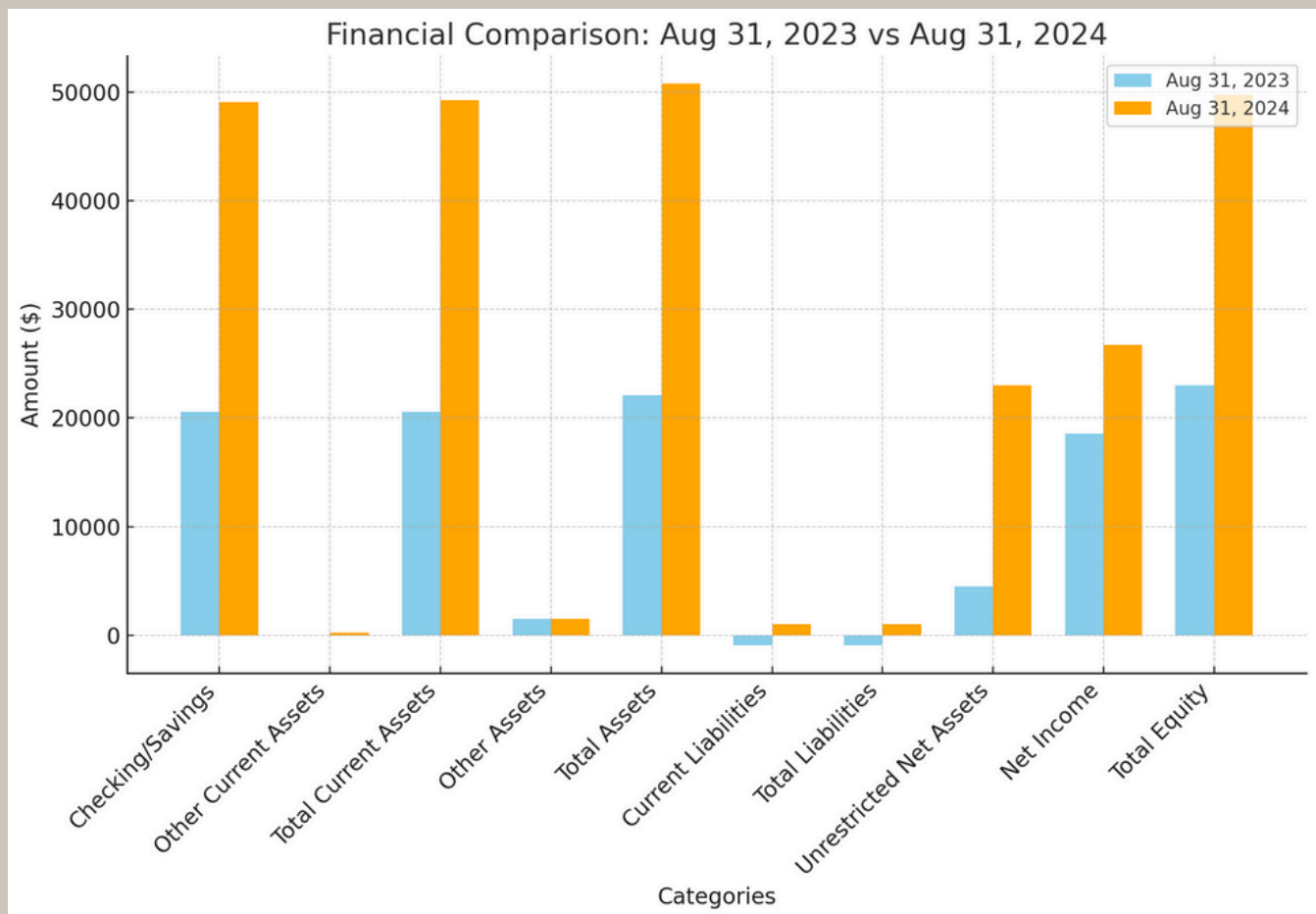
DALLAS ART THERAPY FISCAL HIGHLIGHTS

The fiscal year runs September 1st - August 31st.

Dallas Art Therapy was formed August 8th, 2017.

FIGURE 1.

Financial support has increased consistently over the past six years. Your individual donations, grants and community contracts keep making a difference.



PROGRAMMING

Because of your generous support we were able to provide the FREE or low cost Art Therapy mental health care.

- Individual Art Therapy sessions for Veterans and those in need.
- SOS: Sarah's Open Studio
- Art Break! Online
- Veteran Art Therapy Group at St. Jude Center
- Teen Art Club
- Art Therapy Exhibit at Love Field Airport

You made over
500 hours of free art therapy happen!

A top-down view of a wooden table with various art supplies. In the top left, there's a palette with red and green paint and a brush. Several wooden pencils are scattered across the top. On the right, there's a blue glue stick. In the bottom right, a watercolor palette with various colors is visible. A hand is seen at the bottom, holding a piece of white paper. The text is overlaid on semi-transparent white boxes.

Six Years of Collaboration

Amplified Minds (formerly Foundation 45) Art Therapy Group for Adults

We celebrated our 6th year providing art therapy for Amplified Minds. Over the years we have provided art therapy to over 750 people!

"Amplified Minds provides free art therapy the last Saturday of each month for those 18 and up. The workshops are led by a trained art therapist to help resolve issues as well as develop and manage behaviors and feelings, reduce stress and help improve self esteem and awareness. Attendees do not have to have any experience to receive these benefits as the art therapist works with group members to dive into the underlying messages communicated through art, aiding the healing process."

Partnerships

This year, we strengthened our partnership with **CC Young**, a leading senior living community, to offer tailored art therapy programs for memory care. Through a grant, we were able to provide emotional support and foster creative expression among their residents, enhancing their quality of life.

Our ongoing work with the **St. Jude Center** has been another highlight. Serving veterans and those overcoming homelessness, St. Jude has provided a vital platform for Dallas Art Therapy's healing programs. Together, we've created a space where individuals facing significant challenges can find solace and recovery through art therapy. Additionally, our partnership with **VALOR** has been crucial in offering support to court-involved veterans. Art therapy has proven to be a transformative tool in assisting these brave men and women in processing their experiences, finding empowerment, and moving forward with greater emotional resilience.

These partnerships are a testament to the power of community collaboration. As we look ahead, we are excited to continue growing these relationships and expanding our services to even more individuals in need across North Texas.



VOLUNTEERS

Creators of Connection and Healing

Volunteerism has been a driving force behind Dallas Art Therapy's outreach efforts this year, infusing our programs with creativity, passion, and a deep sense of community. We are incredibly grateful for the dedication and support of our volunteers, including students from the University of Texas at Dallas, who have made a remarkable impact in our work.

This year, our volunteers helped bring art therapy to life at events hosted by the Dallas Museum of Art and the Latino Cultural Center. Their time, energy, and commitment were instrumental in facilitating meaningful activities such as collaborative weaving projects, self-portrait collages, postcards for connection, and suicide prevention initiatives. Each of these projects encouraged self-expression and addressed important mental health themes, all made possible by the generosity of our volunteers.

Through these events, our volunteers not only supported the creative process but also helped build lasting relationships with participants, emphasizing the transformative power of art in promoting mental health and community well-being.

We celebrate and thank every volunteer who contributed to making this year a success, and we look forward to continuing these impactful collaborations in the year ahead.



Continuing Education

Quantum Healing through Artistic Expression in Mexican Culture



Dallas Art Therapy was privileged to connect with Lily Del Litto Lecanda, an esteemed art therapist from Arte Terapia Ollinahui in Mexico City. Lily's groundbreaking work integrates Mexican cultural wisdom, art psychotherapy, and quantum physics, offering invaluable insights into the therapeutic process. This collaboration directly supports our mission by:

- Broadening cultural understanding: Lily's approach bridges Mexican cultural traditions with art therapy, enriching our practice and allowing us to better serve diverse communities.
- Innovating therapeutic methods: By incorporating principles of quantum physics—such as interconnectedness, perception, and change—Lily's methods deepen therapeutic insight and expand the potential of art therapy.
- Providing unique educational opportunities: Dallas Art Therapy hosted a Continuing Education session led by Lily, giving our community access to rare, culturally rich, and innovative therapeutic practices.
- Enhancing the healing process: This collaboration furthers our mission to explore and apply diverse therapeutic approaches, ensuring that we are inclusive of cultural contexts in our healing work.

Through this partnership, Dallas Art Therapy continues to expand its capacity for healing and cultural awareness, enriching the lives of those we serve.

OUTREACH

Dallas Art Therapy has strengthened its community ties by collaborating with a variety of local organizations throughout the year. We had the privilege of presenting/ sharing about art therapy at :

Communities Foundation
Highland Park High School
Latino Cultural Center
Richardson Chamber of Commerce
Senior Source
Synapse Labs/ Brain Injury
UT Southwestern

These collaborative efforts not only raised awareness about the power of art therapy but also helped us build meaningful partnerships that enhance our ability to serve diverse populations across North Texas.



DONORS

Individual Donors

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Foundations

Community Foundation of Texas Health Engagement Day
Dallas, Texas Rose Garden, Inc.
Meow Wolf Foundation

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Texas Counter Fitters

DONOR SPOTLIGHT



Dallas Art Therapy is thrilled to spotlight Texas Counter Fitters for their extraordinary support, demonstrated through a generous \$50,000 donation at their annual Rocktoberfest event. This contribution marks a pivotal moment for our organization, as it has been instrumental in advancing our goal to provide fair and sustainable compensation for our dedicated art therapists. Texas Counter Fitters' commitment to mental health and community healing shines through in this remarkable gift, which allows us to attract and retain highly skilled art therapists who make a lasting difference in the lives of those we serve.

Thanks to their support, individuals across North Texas will continue to have access to transformative art therapy services that foster resilience, self-expression, and healing. We are profoundly grateful to Texas Counter Fitters for their leadership in empowering our mission and investing in the well-being of our community. Thank you for being a true partner in bringing the healing power of art to those who need it most!



Dallas Art Therapy

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