

DALLAS ART THERAPY

ANNUAL REPORT 2024-2025

The logo for Dallas Art Therapy is centered on the page. It consists of the words "Dallas Art" on the top line and "Therapy" on the bottom line. The text is rendered in a multi-colored, hand-drawn style, with each letter having a different color and a slightly irregular, artistic feel. The colors include shades of blue, purple, pink, red, orange, yellow, and green. The logo is enclosed within two overlapping rectangular frames: an outer light blue frame and an inner light green frame, both with thin lines.

Dallas Art
Therapy

WWW.DALLASARTTHERAPY.ORG



A MESSAGE FROM OUR EXECUTIVE DIRECTOR AND FOUNDER

Dear Supporters and Community Partners,

This year marked a period of growth and expansion for Dallas Art Therapy. From 2024 through 2025, we continued to meet growing mental health needs with creativity, care, and integrity while staying rooted in our mission to make art therapy accessible, ethical, and responsive to the communities we serve.

Across North Texas, individuals and families are navigating trauma, grief, isolation, housing instability, and recovery. Art therapy offers a unique and powerful pathway for expression, especially for those who struggle to put their experiences into words. Over the past year, Dallas Art Therapy expanded services for veterans, teens, children, and adults, while sustaining long-standing programs focused on suicide prevention, social connection, and trauma recovery.

None of this work happens in isolation. We are profoundly grateful to our funders, sponsors, community partners, clinicians, interns, and supporters who believe in the healing power of art therapy. Your investment allows us to hold space for stories that might otherwise go unheard and to provide care that is humane, relational, and grounded in professional standards.

As we look ahead, we remain committed to strengthening access, supporting our clinicians, and advocating for ethical art therapy practice in Texas. Thank you for being part of this work.

With gratitude,

Andrea Davis

ANDREA DAVIS LPC-S/AT, ATR-BC, ATCS
DALLAS ART THERAPY, FOUNDER

Dallas Art Therapy was founded in 2017.

Our Mission

To provide mental health care in the form of art therapy by credentialed art therapists for free or low cost to the North Texas community.

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.



Dallas Art Therapy's Impact AT A GLANCE



(FY 2024-2025)


- Individuals served across all programs: children, teens, adults, and veterans
- Weekly and monthly art therapy groups offered throughout the year
- Free and low-cost services provided through grants, sponsorships, and community partnerships
- Licensed clinicians, LPC Associates, and graduate-level art therapy interns supported and supervised
- Ongoing partnerships with community organizations serving veterans, youth, older adults, and individuals experiencing housing insecurity




Dallas Art Therapy continues to prioritize access to care for individuals who might otherwise face barriers due to cost, stigma, or limited availability of specialized mental health services.



Fiscal Year 2024–25 Service Impact




Dallas Art Therapy delivered clinical services and community-based programming that expanded access to mental health care while increasing awareness of the healing power of art therapy across North Texas. Through core clinical programs, including Teen Art Club, SOS: Sarah's Open Studio, Spectrum Stars, and St. Jude Center groups—Dallas Art Therapy provided 106 group service encounters with 425 total attendances and delivered 67 free individual art therapy sessions, for a total of 173 core clinical therapy sessions. Core program attendance reflects 492 service encounters, as participants often attended multiple sessions over time.



In addition to direct clinical care, Dallas Art Therapy extended its reach through community outreach, advocacy, education, and contracted programming, including legislative advocacy, professional presentations, art therapy exhibits, school- and university-based stress-reduction programs, and partnerships with community organizations. These efforts reached approximately 900 additional individuals during the fiscal year and are reported separately to avoid duplication.

Altogether, Dallas Art Therapy reached approximately 1,400 individuals in FY 2024–25, advancing mental health access, community resilience, and public understanding of art therapy.



Dallas Art Therapy's Highlights



Programs and Community Impact

Creative Mission Veterans Program

Throughout FY 2024-2025, Dallas Art Therapy expanded trauma-informed art therapy services for veterans, including both individual and group offerings. These services support veterans coping with PTSD, moral injury, grief, and life transitions, while providing non-verbal pathways for processing experiences that are often difficult to articulate.

Support from funders such as Texas Veteran's Commission, Texas Counter Fitters and National Endowment for the Arts made it possible to increase access for veterans and sustain consistent, professionally led programming that centers dignity, choice, and creative expression.

SOS: Sarah's Open Studio

SOS: Sarah's Open Studio continues to serve as a cornerstone adult program focused on suicide prevention, community connection, and creative exploration. This open-studio model allows participants from diverse backgrounds including caregivers, individuals in recovery, LGBTQ+ community members, and those experiencing life transitions to engage in art-making within a supportive, nonjudgmental environment. Participants consistently report that SOS offers a rare space where they feel seen, welcomed, and able to express complex emotions safely.

Teen Art Club

Teen Art Club provides a structured, trauma-informed group space for adolescents to explore identity, emotions, and social connection through art therapy. Over the past year, this program continued to support teens navigating anxiety, depression, peer challenges, and academic stress, while fostering creativity and resilience.

Spectrum Stars

Spectrum Stars supports neurodivergent children through art-based social skills development and emotional expression. Using developmentally responsive, sensory-aware approaches, this program helps participants practice communication, self-regulation, and connection in ways that honor individual differences.



Community Partnerships

Dallas Art Therapy collaborates with a wide range of organizations, including:

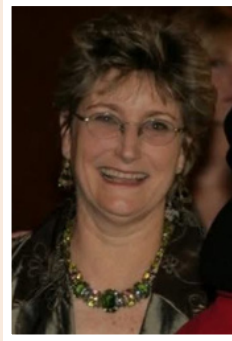
- **Amplified Minds** (adult suicide-prevention groups)
- **After 8 to Educate** (teens and young adults experiencing housing insecurity)
- **C.C. Young** and memory-care communities
- **VALOR and Veteran Treatment Court**
- **St. Jude Center, Catholic Charities**
- **Dallas Museum of Art**
- **UTD**
- **Operation Homefront**

These partnerships allow us to meet people where they are and extend the reach of art therapy into settings where it can have meaningful, lasting impact.



Events and Professional Engagement

Anita Mester Symposium



During this reporting year, Dallas Art Therapy was proud to launch the Anita Mester Symposium, that brought clinicians together with veterans and other community members. Trauma-informed practice, art therapy and expressive work was featured. Veterans attended for free.

The symposium honors the legacy of Anita Mester, a respected art therapist, educator, and leader who trained generations of art therapists, served as President of the Art Therapy Credentials Board (ATCB), and dedicated her career to serving children and teens in the community. Her commitment to ethical practice, mentorship, and compassionate care continues to shape the field of art therapy.

The Anita Mester Symposium reflects Dallas Art Therapy's dedication not only to direct service, but also to professional education, clinical excellence, and honoring the leaders whose work laid the foundation for ethical, trauma-informed art therapy practice.



Advocacy & Leadership

Dallas Art Therapy is committed not only to providing direct services, but also to advancing ethical, accessible art therapy practice across Texas. During FY 2024-2025, the organization engaged in active advocacy efforts to support appropriate standards, professional recognition, and public understanding of art therapy.

Key advocacy initiatives during this reporting year included:

- Partnering with North Texas and South Texas art therapy associations to coordinate a Hill Day at the Texas Capitol, bringing clinicians together to educate legislators about art therapy and the need for professional regulation
- Meeting directly with Senator Royce West, who sponsored the Senate bill related to art therapy licensure, and Representative Rafael Anchia, who sponsored companion legislation in the Texas House
- Educating legislators, community partners, and stakeholders about the distinction between licensed art therapy and the unregulated or recreational use of art
- Advocating for licensure and regulation of art therapy in Texas as a means of protecting clients, ensuring qualified providers, and expanding access to ethical mental health care

Through these efforts, Dallas Art Therapy works to strengthen the field, safeguard vulnerable populations, and contribute informed, practice-based perspectives to policy conversations that impact mental health care across the state. Our advocacy is grounded in clinical experience, ethical responsibility, and a commitment to community well-being.

*Hill Day at the
Texas State Capitol
Austin, TX*



*Meeting with the Senate bill sponsor,
Senator Royce West*



*Meeting with Ginny Mendez
at Rep. Rafael Anchia's office*

Funding & Stewardship

Dallas Art Therapy approaches funding with the same care and intention that guides our clinical work. Resources received during FY 2024-2025 were stewarded to ensure continuity of care, ethical staffing, and access to trauma-informed art therapy for individuals and communities who might otherwise be unable to receive services.

Funding supported not only direct clinical services, but also the infrastructure required to provide those services responsibly—licensed clinicians, graduate-level interns under supervision, appropriate art materials, and safe, consistent therapeutic space. These investments allow programs to remain stable, relationships to deepen over time, and clients to engage in care without disruption.

We are especially grateful to **Texas Counter Fitters**, whose generous support strengthened multiple programs throughout the year. Their investment helped sustain art therapy services, community-based groups, and low-barrier access to care, reinforcing Dallas Art Therapy's commitment to ethical practice and long-term community impact.





Financial Report

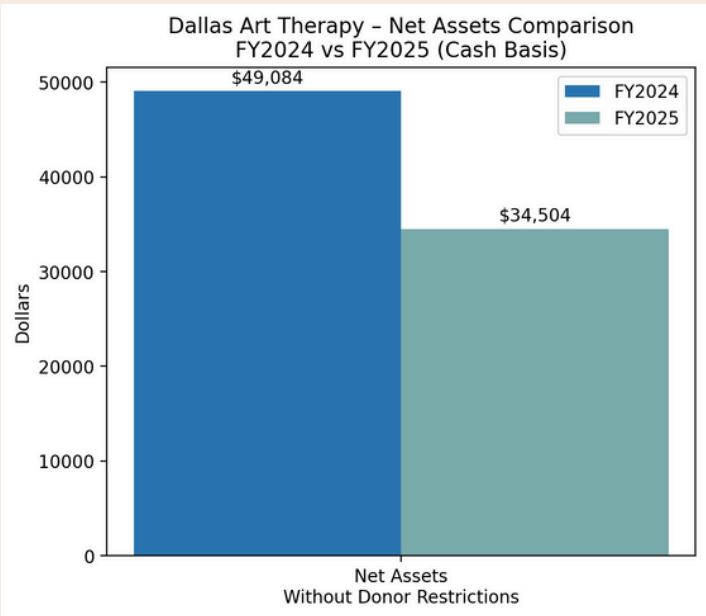
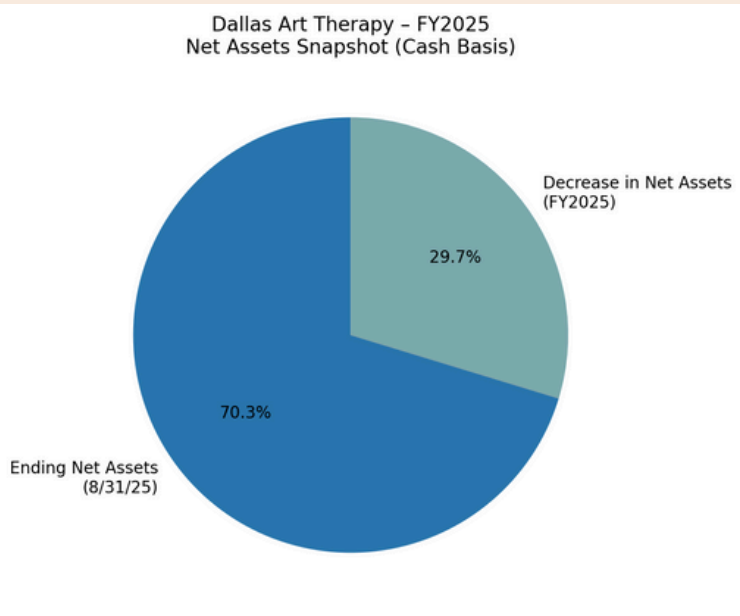
***The fiscal year runs September 1st - August 31st.
Dallas Art Therapy was formed August 8th, 2017.***

During FY2025 (Sept 1, 2024 - Aug 31, 2025), Dallas Art Therapy strategically deployed reserves and grant funding to expand access to trauma-informed art therapy services. The year reflects strong program investment while maintaining positive operating liquidity.

Resources were actively put to work in FY2025. Dallas Art Therapy intentionally drew on reserves and grant funding to increase program delivery, reach underserved communities, and sustain free and low-cost services. The year reflects mission-driven spending paired with ongoing financial stability.

Financial Highlights (Cash Basis)

Opening Cash Balance (Aug 31, 2024).	\$49,084.32
Ending Cash Balance (Aug 31, 2025).	\$34,504.32
Change in Net Assets.	-\$14,580.00
Net Assets Without Donor Restrictions.	\$34,504.32



Thank you to our Donors and Sponsors

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Dallas Art Therapy

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Meet the 2026-2027 Board of Directors



With Gratitude



Dallas Art Therapy extends heartfelt thanks to our funders, sponsors, community partners, clinicians, interns, volunteers, and board members. Your belief in this work makes it possible for art therapy to remain a source of healing, connection, and hope for so many. Together, we are creating space for expression, resilience, and recovery—one art-making moment at a time.