



The Harv Toback Creative Arts Therapy Fellowship Newsletter



The Child Life and Creative Arts Therapy Department

Winter 2020

End of Year Update

Throughout 2020, patients experiencing a range of diagnoses, such as cancer, renal disease, respiratory infections, gastrointestinal disorders, and COVID-19, used creative arts therapy services. Weekend art therapy services have been implemented to support adjustment, coping and emotional expression related to each individual experience. Art therapy services have been provided at bedside, in person and virtually, to patients ranging between the ages of four to twenty-three years old. In 2020, *The Harv Toback Creative Arts Therapy Fellowship* has provided **260** individual art therapy sessions.



The Child Life and Creative Arts Therapy Department strives to make the holiday season interactive and memorable for each individual. Pictured to the right are highlights from holiday celebrations throughout the hospital. Patients, caregivers and staff members were invited to participate in multiple celebrations, including virtual visits from Santa!



Savannah – Patient Spotlight

Savannah, 18, was referred to art therapy to manage symptoms of anxiety and depression. During weekend art therapy sessions, Savannah created powerful artwork that will be featured in the upcoming edition of SURGE Magazine. Art therapy provided Savannah a space for reflection, emotional expression and processing. Savannah created a painting to support racial awareness and equality. Below is a statement written to support her painting:

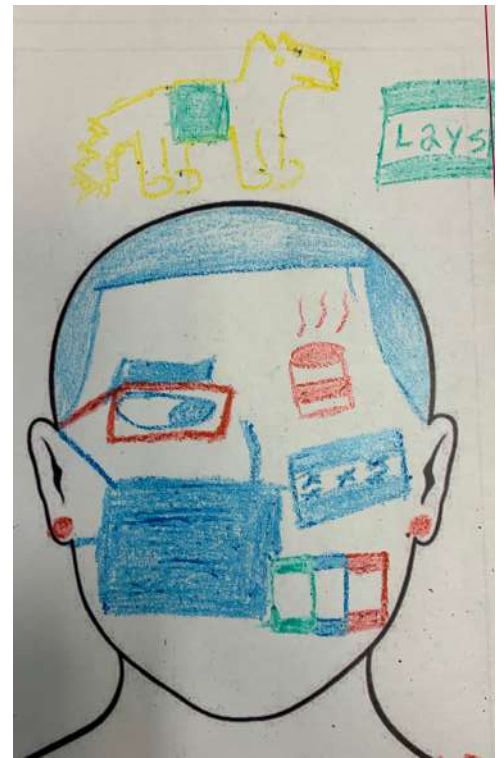
“To Stand out,
You must be bold. You must be 1 out of 1 million. My painting is meant to be bold. My painting is meant to symbolize strength with its’ fist and courage with its bold background.
I used three main colors in this & it was red, orange and brown. I focused on these colors because they mean something to me; brown to represent my own skin color & the hardships everyone with my skin color must face; red & orange together because it is almost like a fire in the background. Fire to most, is a serious matter. I want the color of my skin to be taken just as serious – to matter just as much as a fire”



Art with Sandra - KidZone TV

The weekly Sunday series “Art with Sandra” has continued to see a momentum of participation from patients throughout the hospital. Patients and families are invited to follow along with different art therapy interventions during the live show.

To the right, is artwork from a young adult patient, Kevin, who co-hosted an episode that focused on creating expressive self-portraits. Viewers are invited to share individual traits, reflect on diversity, and portray pieces of self-identity. During this episode, Kevin was able to teach viewers the difference between abstract and realistic self-portraits. Kevin’s expressive self-portrait focused on blending these two styles. Within the image we can see items that Kevin shared he enjoys and identifies with such as: hot chocolate, video games, lays chips and facility dog, Amos. Kevin also added realistic elements of his identity including glasses, earrings, and a facemask!



SURGE – Teen Arts and Literacy Magazine

The Child Life and Creative Arts Therapy Department has dedicated the upcoming issue of SURGE to themes of diversity and inclusion to raise racial awareness in hopes of depicting the impact and experiences of our pediatric patients and teens in the community. SURGE, a teen literary magazine featuring artwork and creative writings pieces in Kravis Children's Hospital and the community, has always been a meaningful platform to highlight the perspectives of our adolescent patients. There are two pieces that will be featured in the upcoming edition:



Painting of the
Transgender Flag
on canvas

Kayla, 11
“I made this painting,
so others know it is
okay to
accept all people”

Power is indescribable, yet visual.
Power is harmful, yet reusable.
Power is strong, yet weakness.

Fear is an exclamation point, shouting from
inside of you.
Fear is a warning, telling you to stop or to
keep moving.
Fear is defeatable, allowing you to
overcome what’s holding you back.

We feel power.
We feel fear, though we like to settle in the
arms of fear because power is too much to
handle.
Fear only take over your mind, your sleep,
your habits, your feelings and all in
between.

Power only takes over who you are as a
person and makes you... you.

Creative writing piece
Savannah, 18

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[https://issuu.com/luborges/docs/surge_winter_2020 -
_copy?fr=sZWVmMzY4NTIxMg](https://issuu.com/luborges/docs/surge_winter_2020_-_copy?fr=sZWVmMzY4NTIxMg)

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Summer 2020

Monthly Update

Since the end of April, patients experiencing a range of diagnoses, such as cancer, renal disease, respiratory infections, gastrointestinal disorders, and COVID-19, used creative arts therapy services. Weekend art therapy services have been implemented to support adjustment, coping and emotional expression related to each individual experience.

Art Therapy services have been provided at bedside, in person and virtually, to patients ranging between the ages of four to twenty-three years old. From May through August, *The Harv Toback Creative Arts Therapy Fellowship* has provided **82** individual art therapy sessions.



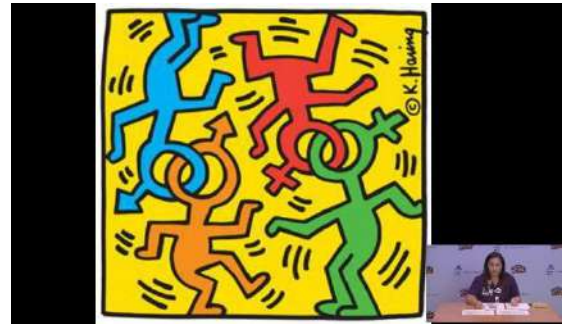
Patient Spotlight – Kaylyn



Kaylyn, 14, came to the hospital to receive surgery for scoliosis and was referred for art therapy due to experiencing feelings of anxiety during her recovery. Through weekend sessions at bedside, Kaylyn was able to disclose thoughts and emotions related to her treatment and receiving surgery during COVID-19. Kaylyn was also a gifted painter and often used portraits in her personal artwork. To the left is Kaylyn's expressive self-portrait. This intervention was used not only to build rapport with Kaylyn, but also to provide a fluid experience where she could process the hospital environment. Kaylyn began to use warm colors to represent her feelings of anxiety, along with cool colors to represent herself. She described herself as introverted. Kaylyn shared that the black figure was her brain, and the colored spots represented the many thoughts she had while in the hospital. Through the creative process and supportive dialogue, Kaylyn was able to have a space where she could process her experience through an expressive process. Pictured above is another portrait that was also created by Kaylyn while in the hospital.

KidZone TV

“Art with Sandra” has continued to see an increase in participation through phone calls, submitting of artwork, and open studio audiences. Throughout the spring and summer many holidays and special events have been highlighted on KZTV. During the month of June, an episode of “Art with Sandra” highlighted the LGBTQ+ community to celebrate pride month and pride history. The episode focused on sharing historical facts about the pride liberation movement, artists and artwork part of the LGBT+ community, as well as activists. This featured episode also took place on the date the annual LGBTQ+ pride parade was scheduled for this year. This KZTV special offered a time for education and awareness, as well as a time to honor the 2020 pride parade.



Art Therapy Coping Kits

Over the last few months, the Child Life and Creative Arts Therapy department has been distributing coping kits to each patient. Coping kits began during the height of COVID-19 as way to provide materials for patients on isolation, as well as decrease contact between patient. Each coping kit is carefully assembled based on age, developmental ability and interests for each patient. Pictured are the three coping kits currently used for patients referred to art therapy services that are provided during introduction to services.



School Age Drawing Kit

Adolescent Drawing Kit



Adolescent Watercolor Kit



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April 2020

Monthly Update

Throughout the month of April, patients experiencing a range of diagnoses, such as cancer, renal disease, respiratory infections, gastrointestinal disorders, and COVID-19, used creative arts therapy services. Weekend art therapy services have been implemented to support adjustment, coping and emotional expression related to each individual experience.

Art Therapy services have been provided at bedside, in person and virtually, to patients ranging between the ages of four to twenty-three years old. In the month of April, *The Harv Toback Creative Arts Therapy Fellowship* has provided **23** individual art therapy sessions.



Patient Spotlight – Kayla



Eleven-year-old Kayla was admitted for a sickle cell pain crisis, as well as monitoring for symptoms of COVID-19. Throughout this virtual session, Kayla shared multiple experiences throughout the pandemic that led her to feel many different emotions that she was unable to describe. Due to having an established rapport, through the camera this session focused on utilizing color association to assist with emotion identification. Throughout the creative process Kayla created a round image, beginning with green to represent 'germs' and continued to share situations that have happened throughout the pandemic. With supportive dialogue and modeling, Kayla was able to identify colors to represent each situation and the emotion it instilled in her such as: blue to represent feelings of sadness for those who have died, red for anger towards peers, and black to represent her fear of the virus itself. This creative process provided Kayla an outlet and safe environment to process each experience and emotion.

Virtual Creative Arts Therapy

Over the last few months, the Child Life and Creative Arts Therapy department has been closely monitoring COVID-19 and the guidelines presented throughout the state. We have been taking all precautions, while continuing to provide the best possible care for our patients and families at Mount Sinai Kravis Children's Hospital. We are lucky enough to have resources in place that allow us to be in the room with the patient using technology. Through iPads and robots, the Child Life and Creative Arts Therapy Department has been able to provide virtual sessions for pediatric patients, as well as multiple videos created by our Child Life staff explaining COVID-19 for children and parents. Below is a statement from one of our music therapists, Jasmine, and her experience with virtual creative arts therapy:

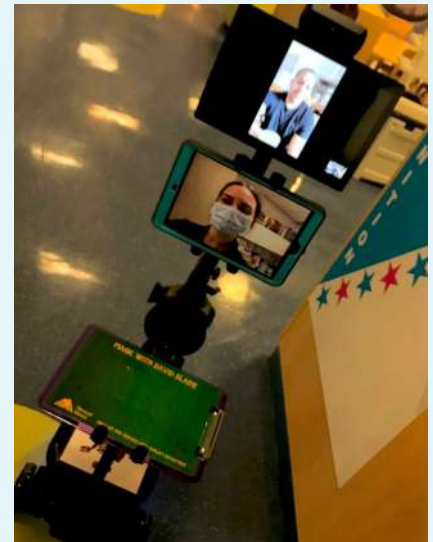


“Through iPads and robots, I have been exploring the ways in which I can provide music therapy sessions to our pediatric patients with COVID-19. In person, music therapy is dynamic, where the therapist can modify music in the moment to respond to the patient's singing, playing, mood, and energy level. Over video, that assessment is much more difficult. As a result, music therapy services offered through video calls end up in the realm of receptive music. I often find myself providing music to help soothe and calm, allowing the patient the opportunity to actively listen. Other times, the iPad or robot is turned on at the right moment, and I catch a patient in the mood for some energized music making. Leaving instruments in the room allows myself and the patient to play together at the same time. I am eager to continue learning about how to still provide effective music therapy services to our patients even in times when we can't physically be together.”

Staff Support



While virtual art therapy has presented with benefits and challenges, it has been rewarding to join as a team to create new ways to support our patients and families. We have been able to support patients, families, and Mount Sinai employees through multiple outlets such as, wellness carts filled with coffee, tea and snacks; motivational messages throughout the hospital; staff support hour filled with mindfulness activities; staff support kits; and daily virtual magical interactions with David Blaine.



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March 2020

Monthly Update

Throughout the month of March, patients experiencing a range of diagnoses, such as cancer, renal disease, respiratory infections and gastrointestinal disorders, used creative arts therapy services. Weekend art therapy services have been implemented to support adjustment, coping and emotional expression related to each individual experience. Art Therapy services have been provided at bedside to patients ranging between the ages of four to twenty-three years old. In the month of March, *The Harv Toback Creative Arts Therapy Fellowship* has provided **33** individual art therapy sessions.



Patient Spotlight – Thalya

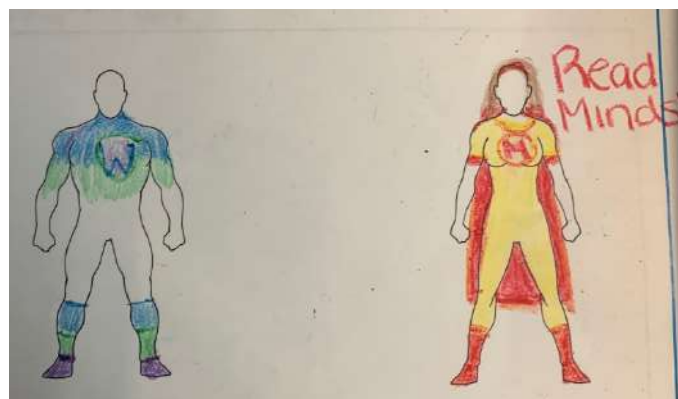
The patient spotlight of March is on eighteen-year-old Thalya. During a weekend Art Therapy session Thalya began to speak about her medical journey with renal disease. She specifically shared moments of her past related to being in school, struggling with teachers and peers not understanding her experiences. The therapeutic relationship that formed provided support for Thalya to share different medical experiences since her diagnosis.

Throughout this conversation, Thalya was utilizing many different colors of paint and placed a quote, “This Will Soon Pass”, across the painting. Thalya shared that the swatches of paint represented different parts her medical journey. Through supportive dialogue Thalya also shared that placing the quote across the swatches represented her growth since her diagnosis.



KidZone TV

“Art with Sandra” has continued to see an increase in participation throughout March through phone calls, submitting of artwork, and open studio audiences. One episode provided Mia, 11, with an opportunity to co-host. Pictured below is Mia’s co-hosting, episode which focused on creating superheroes. For this episode, Mia guided viewers through prompts on how to create one’s own superhero. Some of the prompts were as follows: What is the name of your superhero? What has your superhero over come? What powers does your superhero have? Mia’s superheroes possessed the power of reading minds! The theme of superheroes is often used for strength-based interventions to support goals of self -esteem and control within the hospital setting.



Family and Youth Advisory Councils

Our highlighted patient of the month, Thalya, and her mother are both active members of the Youth Advisory Council (YAC), and Family Advisory Council (FAC). Through their participation on the YAC and FAC, they have been able to advocate for changes throughout the hospital and support other families. During a weekend Art Therapy session, Thalya shared her positive experiences as a member of the Youth Advisory Council. Thalya and other members of the YAC have suggested changes in many areas of the hospital, including patient rooms and the approach medical teams take to daily rounds. These suggestions have brought real changes in the hospital.

The Mount Sinai Kravis Children’s Hospital developed a Family Advisory Council (FAC), a Neonatal Intensive Care Unit Advisory Council (NFAC) and a Youth Advisory Council (YAC) in recognition of the crucial role that patients and families play in guiding health care. Beyond patients, parents and professionals working together to care for a child’s health care needs and a broader partnership with families, helps the Hospital make decisions about programming, policies, and facility design. Members work in partnership to assure communication and collaboration among patients, families, caregivers and staff; promote patient and family advocacy; and propose and participate in developing pediatric programs, services, medical education, facility design, and policies.

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February 2020

Monthly Update

Throughout the month of February, patients experiencing a range of diagnoses, such as cancer, renal disease, respiratory infections and gastrointestinal disorders, used creative arts therapy services. Weekend art therapy services have been implemented to support adjustment, coping and emotional expression related to each individual experience.

Art Therapy services have been provided at bedside to patients ranging between the ages of four to twenty-three years old. In the month of February, *The Harv Toback Creative Arts Therapy Fellowship* has provided **23** individual art therapy sessions.



Patient Spotlight – Akila



The patient spotlight of February is on eighteen-year-old Akila. While receiving chemotherapy treatment, Akila has been actively utilizing Child Life and Creative Arts services. Akila wanted to share images of her bracelets she has made and a painting seen above.

During weekend Art Therapy sessions, Akila often makes collaborative art. Akila enjoys beginning the process and then inviting the Art Therapy Fellow to assist, while directing the creative process. She has shared that making bracelets and using bright colored beads brings her relaxation and happiness while in the hospital. Collaboration during the creative process is a testament to a strong level of trust within the therapeutic relationship. Having Akila direct the process provides opportunities for feelings of control and success.



KidZone TV



During the month of February, an episode of “Art with Sandra” focused on relaxation and calmness. Viewers were invited to listen to questions related to these feelings and to reflect on what brings them a state of relaxation. These questions were then followed by using color association to create patterns, shapes, or an image that represented these feelings for each person.

Within the guided drawing also included prompts for viewers to reflect on the movement within their body during the creative process. This provided opportunities for cathartic movement to release any physical or emotional tension.

Therapeutic benefits of beading

Beads are a versatile material that can be used for an endless amount of art therapy interventions such as: jewelry making, mixed media collage, dream catchers, and slime. Utilizing beads in the creative process has many physical and emotional therapeutic benefits. Beading is a process for individuals of all ages that is filled with endless creative opportunities, including making your own beads out of clay or paper!

Benefits of Beading

- Decrease stress
- Provide coping strategies
- Improve fine motor skills
- Improve visual perceptual skills
- Sense of accomplishment
- Sense of control
- Tactile and visual stimulation
- Build frustration tolerance



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January 2020

Monthly Update

Throughout the month of January, patients experiencing a range of diagnoses, such as cancer, renal disease, respiratory infections and gastrointestinal disorders, used creative arts therapy services. Weekend art therapy services have been implemented to support adjustment, coping and emotional expression related to each individual experience.

Art Therapy services have been provided at bedside to patients ranging between the ages of four and 23 years old. In the month of January, The *Harv Toback Creative Arts Therapy Fellowship* has provided **23** individual art therapy sessions.



Patient Spotlight – Kayla



The patient spotlight of January is on eleven-year-old Kayla. During a weekend art therapy session, Kayla wanted to make her own stress ball. We were able to mix baking powder and dish soap into a medical glove to provide the consistency that Kayla wanted. Kayla also drew two different faces on the gloves and shared that the each one would be used depending on how she was feeling.

During this session Kayla was able to utilize art making to identify coping skills during difficult times. This session also provided opportunities for a sense of control within the hospital through using medical supplies and making decisions on the consistency of the stress ball.



KidZone TV

During the month of January, "Art with Sandra" has continued to expand. We saw an increase in participation as patients called into the live show to share their art process, as well as to display their artwork at bedside. Below is artwork created during an episode based on guided imagery. Viewers were invited to listen to questions related to the preprinted mountain drawing in order to support reflective thinking and to provide opportunities for control and imagination. During this process, a patient called in to share that he was creating a sunset in his artwork. The patient was also able to participate in his own way by picking elements to add to the drawing below. He asked to add green grass and blue trees!



Example of questions for Guided Imagery

- What season is it in your drawing?
- Does your mountain have smooth or rough surface?
- Are you climbing this mountain? If so, are you at the beginning, middle, or top?
- What do you need to get to the top of your mountain?
- If you are not climbing the mountain, what do you need in the scenery?

Robot Highlight

Thanks to a generous donation from Garth Brooks and the Teammates for Kids Foundation, the Child Life Zone acquired two new Ohmni Robots in 2019. The robots are operated using Surface Pro tablets and their user-friendly controls make it easy for patients of all ages to drive the robots around the space. The robots are incorporated with recreation activities and provide opportunity for patients who are unable to leave their rooms to participate in group activities. By delivering activity materials and the Surface Pro tablet, patients can "call in" to the robot via video connection and engage in the group.

Over a weekend in January, a ten-year-old patient was unable to join her younger siblings in weekend zone group. After expressing feelings of disappointment during an art therapy session, the patient was able to use the Ohmni robot to join her siblings in group activities from her room. This helped meet clinical goals, such as socialization and sense of control within the setting



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Dec 2019

Monthly Update

Throughout the month of December creative arts therapy services have been utilized by patients experiencing a range of diagnoses, such as: cancer, renal disease, respiratory infections, and gastrointestinal disorders. Weekend art therapy services have been implemented to support patients and families with adjustment, coping, and emotional expression related to each individual experience.

Art Therapy services have been provided at bedside and during weekend Zone Group sessions for patients between the ages of four and twenty-three. In the month of December, *The Harv Toback Creative Arts Therapy Fellowship* has provided **20** individual art therapy sessions.

December brings the holiday season, so the Child Life and Creative Arts Therapy Department was hard at work organizing many special events for the patients and families at Kravis Children's Hospital. In addition to multiple holiday parties held in The Zone, caregivers were invited to choose gifts from our holiday shop for patients and their siblings. Gifts were also wrapped and delivered to those still admitted on Christmas Day! Below you can see Santa posing with Professor, who is one of our week-day animal assisted therapy dogs.



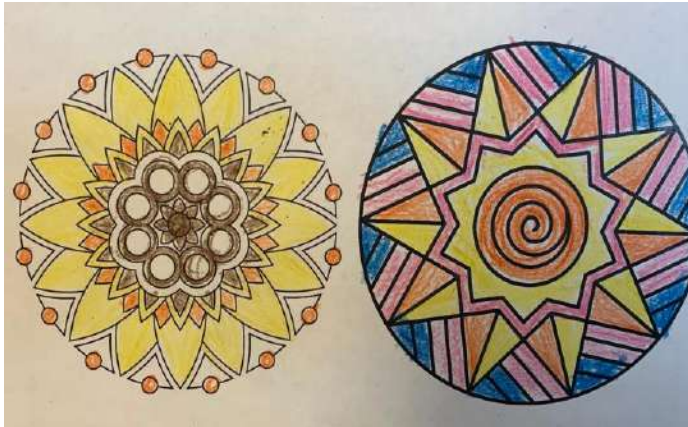
Patient Spotlight - Alexis

This month's patient spotlight is on Alexis! Alexis is nine years old and loves to make art, play board games, and collect seashells. While her newborn brother was receiving services in the NICU for many months, Alexis benefitted from weekend visits to The Zone. The Zone is a state-of-the-art facility for patients and families to engage in play, art, and socialization seven days a week.

For artwork, Alexis chose to share a piece of Sand Art made during an Art Therapy session in The Zone. She worked on mixing different colored sand to make "rainbow sprinkles" followed by adding seashells into the bottle. While adding in the shells, Alexis whispered into each shell and shared that they were "secrets and wishes to my new baby brother".

KidZone TV

This month “Art with Sandra” focused on mindfulness. Mindfulness based art therapy combines meditative practice with creative processes and invites participants to reflect and explore inner thoughts and emotions. Two creative arts interventions that incorporate these aspects are mandalas and zentangle drawings. Patients and families following along to the live shows were provided a space for refocus, distraction, and relaxation. Viewers were invited to color in previously drawn patterns as well as create their own unique mandala or zentangle pattern. Throughout December, two episodes of “Art with Sandra” also incorporated an open studio concept, allowing patients to participate as a live studio audience.



Special Visit

Magician and street artist David Blaine made a weekend visit to the Kravis Children’s Hospital. David Blaine put on a live performance that was broadcasted on KZTV and visited each unit to see patients, families, and staff. Participants were able to interact by assisting David with different kinds of magic tricks. He brought smiles, joy, and surprise to all!



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