



The Harv Toback Creative Arts Therapy Fellowship Newsletter



The Child Life and Creative Arts Therapy Department

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.

Follow us and see exciting things happening every day!



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See more patient art, stories and poems in our SURGE publication online
http://bit.ly/SURGE_spring2019

We are thankful to our donors!

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