



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:

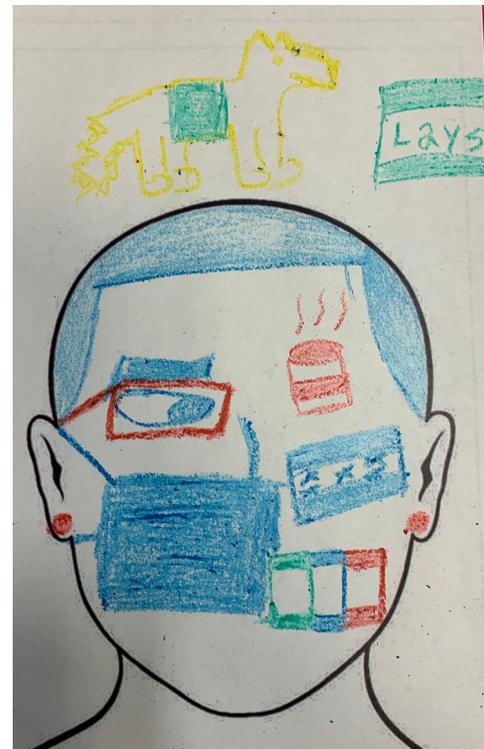
“To Stand out,
You must be bold. You must be 1 out of 1 million. My painting is meant to be bold. My painting is meant to symbolize strength with its’ fist and courage with its bold background.
I used three main colors in this & it was red, orange and brown. I focused on these colors because they mean 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

Follow us and see exciting things happening every day!



@mschildlife & @kztvlive



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See more patient art, stories and poems in our SURGE publication online

[https://issuu.com/luborges/docs/surge_winter_2020 -
_copy?fr=sZWVmMzY4NTlxMg](https://issuu.com/luborges/docs/surge_winter_2020_-_copy?fr=sZWVmMzY4NTlxMg)

We are thankful to our donors!

The Creative Arts Therapy Fellowship is generously supported by *The Harv Toback Fund for The Arts*