

Celebrating our 14th year of arts, education, community and culture.

**Now let us get right into the heart ,or should we say *The Mind of the Matter*. Providing
Mental Health services through our Creative Arts Therapy Program!**

Following our previous newsletter, as we focus on preparing this fall for two of our Creative Arts Therapy programs (Empowerment- Strengthening program for the Youth Academy, and art therapy program for schools), we understand that we can't fix people in the same way a mechanic fixes broken engines. We need to find common ground so we can partner, coach, and support people on their journey of empowerment.

TWW Inc. partners with school principals, city officials, parents and teachers. Together, we need to get on board with the core values of helping with empowerment and strengthening developmental skills: choice, self-determination, and hope. We need to invest for the mental care of people in need. In the long term, it benefits all of us. Please help by supporting our program.

Benefits of serving the mental health needs

Adults and especially the Youth mental health disorders deserve immediate and substantial attention not only to support current functioning, but also to promote long-term healthy functioning. Mental health promotion and early interventions will likely reduce overall health care burdens and costs. Positive behavioral functioning is strongly associated with increased school performance, which over time leads to less use of professional services, less involvement in and lower costs for child welfare, juvenile justice, and other social services.

For the at-risk youth population, there has been research done that has revealed some major factors that predict mental health problems that can be identified in the early years. Children/youth from low-income households are at an increased risk for mental health problems⁴, nearly half of all

children/youth in the child welfare system have a mental health disorder⁵, and 70% of youth in the juvenile justice system have a diagnosable mental health disorder⁶.

The Roads to Empowerment Approach

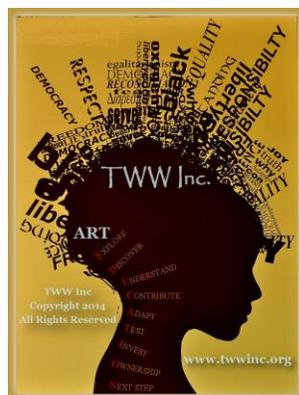
- **Personal Medicine:** Uncovers what individuals can *do* to get active in their empowerment and wellness. *More on this in the next newsletter.*
- **Power Statements:** Prompt individuals to advocate for themselves so that treatment supports wellness goals.
- **Decision Support:** Increases individual involvement in decision-making and the skills needed to get well and stay well. This also allows the individual to hold themselves responsible for their part of the process.
- **Shared Decision Making:** Promotes wellness-oriented collaboration among individuals and care teams.

Together, these methods help promote empowerment to a healthier and happier life.

4 Knitzer, J. & Lefkowitz, J. (2006). Helping the most vulnerable infants, toddlers, and their families (Pathways to Early School Success Issue Brief No. 1). National Center for Children in Poverty, Mailman School of Public Health, Columbia University.

5 Burns, B.; Phillips, S.; Wagner, H.; Barth, R.; Kolko, D.; Campbell, Y.; & Yandsverk, J. (2004). Mental health need and access to mental health services by youths involved with child welfare: A national survey. *Journal of the American Academy of Child and Adolescent Psychiatry*, 43(8), pp. 960-970.

6 Skowrya, K. & Cocozza, J. (2006). *Blueprint for change: A comprehensive model for the identification and treatment of youth with mental health needs in contact with the juvenile justice system.* Delmar, NY: The National Center for Mental Health (NCMHJJ) and Policy Research Associates, Inc. Retrieved from: www.ncmhjj.com/Blueprint/pdfs/Blueprint.pdf.



Creative Arts Therapy is crucial for the overall mental health that helps in behavioral development, creative thinking, personal development, and just daily overall challenges that needs to be dealt with. But yet, the arts has been drastically reduced in New York City public schools due to budget cuts.

TWW Inc. has stepped in to fill that gap, and will continue to do so with your generous help.

Your contributions allow us to bring our art therapy to more youth across NYC, especially the at-risk and low income communities! Every donation is put towards the work produced by TWW Inc. Your contribution will be used for project supplies, workshop production, execution of site-specific projects, Production / exhibitions, and more. Although TWW Inc. is partially supported by grants from foundations, we also greatly rely on donations from individuals like you. Help us bring the creative arts therapy to the people in need to help them live better lives! Please take a moment to support the individuals we work with through a donation.

Alright now, let's do it! There is now 3 great Art programs you can support! All 3 start this Fall 2016.

Program 1: Youth Academy - Creative Arts Therapy (Empowerment - Strengthening Yourself)

Program 2: Creative Arts Therapy

Program 3: The Trails - Coming Home (Multi-Discipline)



With your donation, please indicate which program/s you are supporting.

How your tax-deductible donation will be spent:

Donate at your own, or any amount listed below:

\$10 donation: buys some supplies for 1 individual to participate Top of Form

\$25 donation: buys paints for that individual's therapy sessions

\$50 donation: buys brushes and drop cloths for that individual's overall therapy sessions

\$100 donation: buys supplies for 1 individual

\$300 donation - supplies for 3 individuals

\$500 donation: buys supplies for 5 individuals

\$1,500 donation: pays for all the art supplies needed to cover certain amount of individuals workshops for a full school year

\$2,500 donation- pays for Professional Development workshops that is used throughout the school year for all teaching artists, art therapists, and general staff.

\$5,000 donation: pays our hired professional artists as guest performers, speakers, and **documentary filming**, exhibit/production for year-end finale, and special memorabilia for all participates that complete the program



FUNDRAISING. HELP US MAKE THIS HAPPEN!

Your tax-deductible donation will go into the program/s only.

You can send your **tax-deductible** donation though paypal (swilson@talkswithwolves.org)

Or

Send/make check to:

TWW Inc

317 Clermont Ave, 2M

Brooklyn, NY 11205

If you have any question, please contact me.

The staff of TWW Inc. wishes to thank you for your support!

Sincerely,

Stephen A. Wilson, Jr.,

Executive Director

917-743-2835

e-mail: twwinc@live.com

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