Mount Sinai *Kravis Children's Hospital*

The Faris Foundation Art Therapy Fellowship Newsletter

The Child Life and Creative Arts Therapy Department **WINTER 2024-2025**

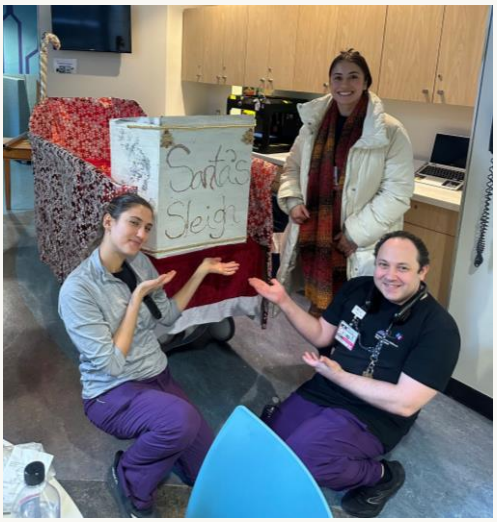
Quarterly Update

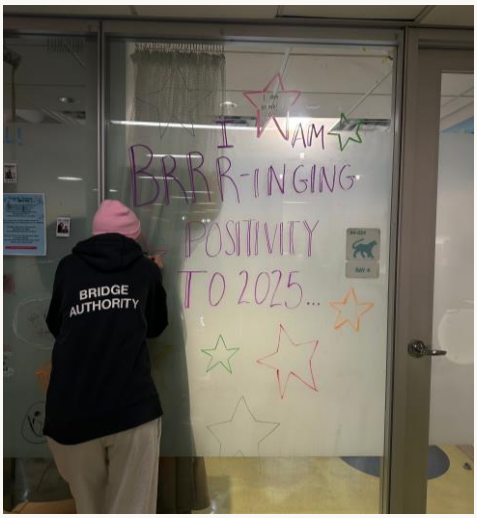
Throughout this winter, Art Therapy Fellow, Chloe has offered over 120 individual sessions and groups within the inpatient and outpatient settings. Additionally, an array of programming has been offered. This fellow has provided extensive holiday-themed programming, aired a new KidZone TV show, 'That's So Millennial', held a Calligraphy wellness event for staff within the department, and facilitated sessions with patients and families to help with their adjustment, coping, and other presenting needs.

2024 Holiday Wrap Up

During the last few weeks of December and leading into 2025, the HemOnc community and creative arts therapy department came together to create Santa's sleigh out of a hospital bed and some holiday magic! On Christmas day, Santa filled this sleigh with toys for our patients to receive.

Our teen patients in the HemOnc clinic worked with creative arts therapist, Chloe to create a collaborative window that rung in the new year!





Patient Highlight: Mohammad

Introducing a patient who stands out and dedicates his time in the HemOnc clinic to focusing on art therapy with Chloe. This patient finds that re-creating the *Roblox* world around him helps him cope during this challenging time. Mohammad utilizes art making by drawing creatures from video games, while sharing his knowledge about them with this therapist. Mohammad shows a sense of control and autonomy over his work and makes the popular characters, his own, through attention to details. Creative expression has been a key aspects of his experience at the HemOnc clinic. AT Fellow, Chloe continues to document his work in hopes of creating a larger intervention from collected pieces. Through creative exploration, Mohammad positively copes with long visits in the HemOnc clinic and shares his talent with those around him.

We are thankful to our donors! The Creative Arts Therapy Fellowship is generously supported by *The Faris Foundation*

‘Calligraphy with Chloe’ Wellness Event

For Valentine’s Day in February, the fellow, Chloe hosted a wellness event that focused on supporting the Child Life and Creative Arts Therapy Department. The wellness event included learning the basic strokes of calligraphy, practicing writing in calligraphy, and eventually creating a valentine for friends, family, loved ones, or themselves that highlighted their new calligraphy skills! This event aimed to improve well-being, reduce stress, encourage self-care and work-life balance, and foster positivity during their challenging careers!

Highlighting Child Life and Creative Arts Therapy Month in March!

Art therapy sessions with a long-term patient on the HemOnc floor.

Creating “what I need” potions during an art therapy session on the HemOnc floor.

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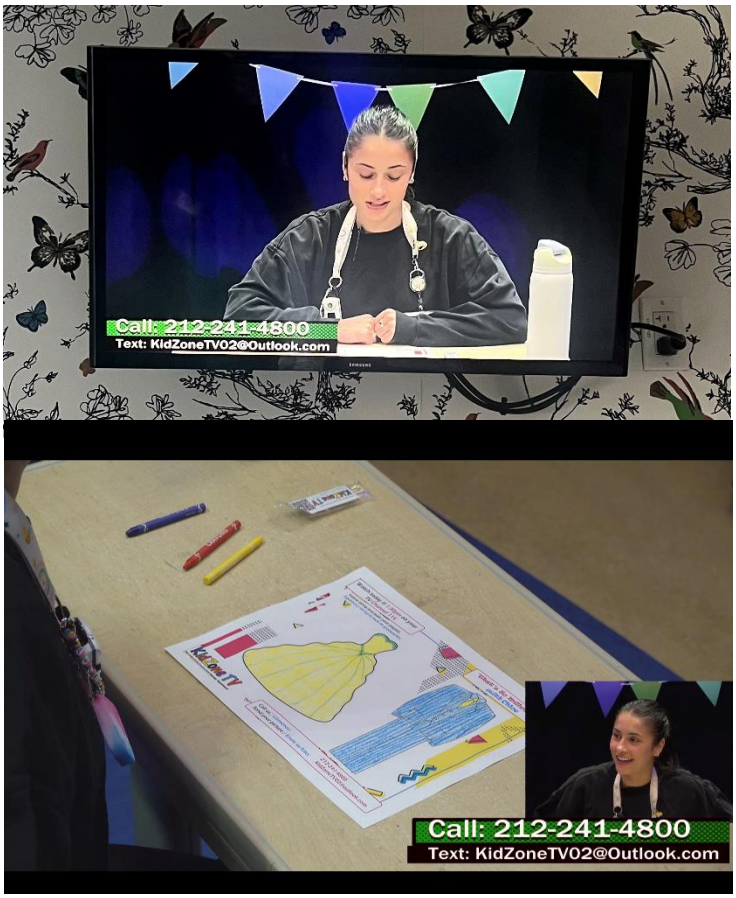
Honoring Black history month

In honor of this month, a Black History Wall was created in the Hem/Onc clinic by this fellow, Chloe. This month's wall highlights black individuals who have greatly impacted the world with their achievements, bravery, and heroic actions. Each individual is presented with their picture, a short biography and highlighted events, and an affirmation! The patients, caregivers, and staff were encouraged to think of their own impact on the world! This wall acted as a way for people to learn and educate themselves more in depth about black history, feel inspired to make a difference, and collaborate with the community surrounding them.

'That's So Millennial' KZTV Show

The art therapy fellow, Chloe introduced a new show to the KidZone TV studio in Kravis Children's Hospital called, 'That's So Millennial'. Chloe's goal for this show is to support the caregiver population on the weekends, offer a sense of community for families on the weekends, create extremely creative therapeutic art interventions, provide opportunities for a lot of interaction, and overall have A LOT of fun! This show is approached from a unique creative and therapeutic lens, that looks different from traditional art therapy. The show is geared towards the caregivers, but still allows for patients to easily access and interact with. The caregivers and patients are able to join this show from the studio space or from bedside.

The show has been such a successful hit! A few shows to highlight are decorating and creating your own flip phone cases, while creating a 'favorite's list'. Other shows that were ran were recreating your prom looks and sashes, throwing it back to music hits and creating your own CD albums, and making movie posters, while highlighting your top 10 movies from the 80's, 90's, and early 2000's!



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