Mount Sinai Kravis Children's Hospital

The Faris Foundation Art Therapy Fellowship Newsletter

The Child Life and Creative Arts Therapy Department **Winter-Spring 2026**

2026 Winter & Spring Update

Throughout the Winter and Spring, Faris Foundation Fellow, Emily Koffsky, continued to deepen her role within the Child Life and Creative Arts Therapy team at Mount Sinai Kravis Children's. Through this fellowship, Emily provides art therapy services across inpatient and outpatient Hematology & Oncology settings, offering support at bedside, in playrooms, and in the Heme/Onc Clinic throughout the week and on weekends. As she has become more integrated within the hospital environment, consistent involvement with patients, families, and providers has strengthened therapeutic rapport, continuity of care, interdisciplinary collaboration, and opportunities for individualized support. Through creative expression, emotional processing, and relationship-centered care, art therapy continues to serve as a meaningful source of connection and support for patients and families navigating hospitalization and medical treatment.

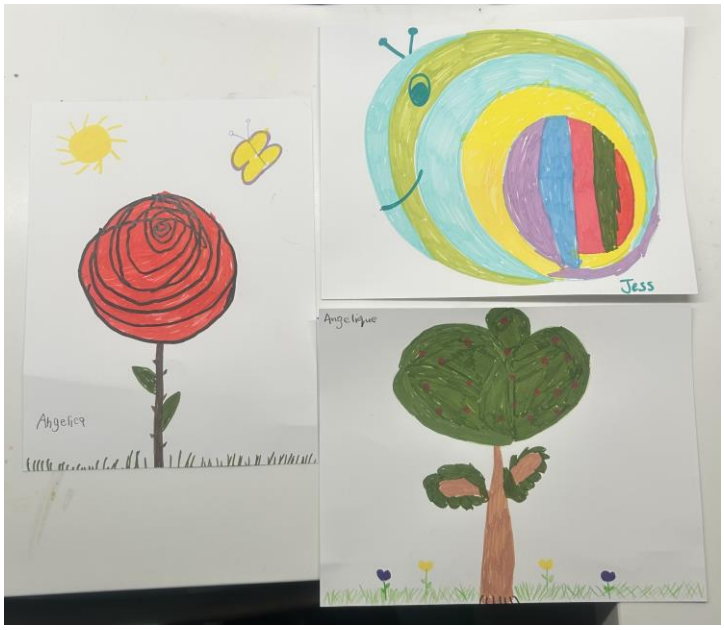
From February through May, the Faris Foundation Fellowship has provided nearly ***128 individual sessions and groups****.*

Celebrating Spring

Throughout the Spring, Heme/Onc patients participated in collaborative art experiences celebrating Earth Day, Mental Health Awareness Month, and community care. One featured project included an Earth Day mural surrounded by patient handprints, symbolizing togetherness, collective care for the Earth, and the strength of the clinic community. The mural's large heart motif celebrated the arrival of warmer weather while reflecting themes of hope, joy, and resilience. Additional seasonal projects included spring flower decorations and colorful expressions of gratitude in recognition of Nurses Week, helping foster moments of creativity, appreciation, and emotional uplift throughout the clinic.

Clinic Spotlight: The Scribble Game

The “Scribble Game” has become a favorite collaborative art therapy intervention within the Heme/Onc clinic, encouraging creativity, spontaneity, and connection among patients, families, and providers. Participants begin with a simple scribble before passing their paper to someone else to transform into a whimsical image, resulting in artwork that is always unique, playful, and shared. Flexible in both timing and number of participants, this activity offers an accessible and joyful opportunity for creative expression, collaboration, and moments of silliness throughout the clinic day – while also accommodating breaks for treatment and medical care as needed.

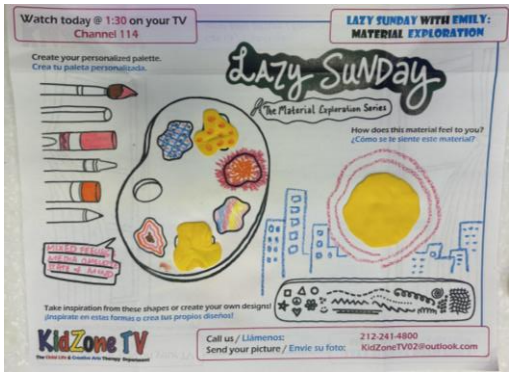


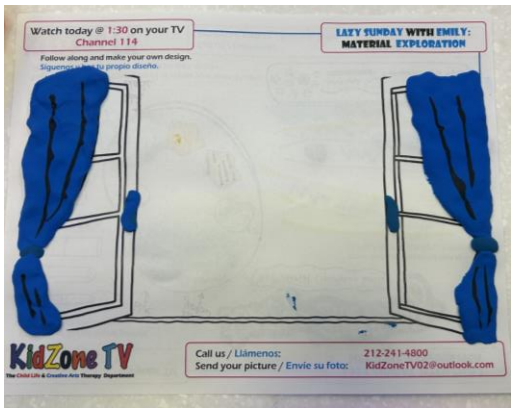
Quarterly Update

Since February, Faris Foundation Art Therapy Fellow Emily has provided over 128 individual and group sessions across inpatient and outpatient settings. In addition to direct clinical care, she has continued to expand patient programming, develop *Lazy Sunday* initiatives, and foster meaningful therapeutic relationships that support patients and families throughout their treatment journeys.

KZTV’s Lazy Sunday with Emily

Following the Winter launch of *Lazy Sunday* on KidZoneTV, Mount Sinai’s closed-circuit television channel, the bi-monthly program continued to evolve with the addition of a new material exploration series. While maintaining its focus on self-compassion, emotional awareness, coping skills, and community connection, the show also invited patients and families to explore watercolor, Model Magic, markers, and other art materials through interactive worksheets and guided prompts. Participants were encouraged to develop personalized palettes, explore new creative approaches at their own pace, and engage in artmaking that balanced curiosity and autonomy with the show’s ongoing emphasis on rest, self-kindness, and gentle emotional reflection. This program remains dedicated to building a sense of community throughout the weekend and strives to bring thoughtful and therapeutic art making to as many rooms as possible!





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