Gain Important Education Outcomes: Implement a Successful Art Therapy Program within K-12 Schools

Art therapy is a creative and engaging way to address inappropriate behaviors such as bullying; identify an individual’s barriers to learning; increase student retention; support special needs students; enhance academic performance; provide gifted youth with a new skill; increase motor and sensory skills; and, excite kids’ learning experience . . . and there are a variety of funding stream opportunities available to implement a program.

Art Therapy: Making A Difference in K-12 Schools

“Art therapy attends to a student’s verbal and nonverbal communications with the aid of a master’s level therapist who is trained in art, psychology, and the therapy process. The art therapist is qualified to observe and analyze behaviors, art products and processes, a student’s communications, and formalizing art therapy assessments and treatment plans for students for adherence to educational goals and benchmarks. As a whole, art therapy can offer students the opportunity to work through obstacles that may be impeding their educational success while facilitating appropriate social behavior and promote healthy affective development so students can become more receptive to their educational environment.”

— Robert Lackie, MS, MA, ATR, LPC, TLMFT Shawnee Mission School District, KS

MODEL ART THERAPY PROGRAMS IN K-12 SCHOOLS

Florida: Miami-Dade County Public Schools (urban)
Kansas: Shawnee Mission School District (suburban)
Kentucky: Oldham County Schools (rural)
New Jersey: Jersey City Public Schools (urban)
Pennsylvania: Mt. Lebanon School District (suburban)
Texas: Hays Consolidated Independent School District (suburban)
Alabama: Community Consulting Model (suburban)
Vermont: Burlington School District - Integrated Arts Academy Magnet School (urban)
Wisconsin: Green Bay Area Public Schools District - Alternative Programs of Chance for Change and Curry Lane Alternative School (suburban)

IMPLEMENTATION TOOLS:
Art Therapy in K-12 Schools
Art Therapist Job Description
Responsibilities & Activities
Certification & Licensure
Program Options
After School
Art Instructor
District Coordinator
Special Needs

OUTCOMES & APPLICATIONS
Academic Performance Enhancement
Cognition / Remove Barriers to Learning
Retention / Attendance Improvement
Gifted Students Program
Socialization Improvement
Positive Interaction as Alternative to Bullying
Special Needs Students Program

RESOURCES
Fund a Program
SAMHSA Support
K-12 Guides
Early Childhood
Coloring Books
Systems of Care
Tips & Lessons

LEARN MORE
Contacts
Articles
ADHD
Autism
Bullying
Retention
Socialization
Special Needs
Bibliography

www.americanarttherapyassociation.org
Model Art Therapy Programs in K-12 Schools

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Implementation Tools: Art Therapy in K-12 Schools

There are a number of accessible options for implementing an appropriate, thriving Art Therapy program.

- Art Therapist Job Description
- Responsibilities & Activities
- Certification & Licensure
- Program Options
  - After School
  - Art Instructor
  - District Coordinator
  - Special Needs
Outcomes & Applications

There are a number of important educational and social development benefits that are advanced through the use of Art Therapy.

**ACADEMIC PERFORMANCE ENHANCEMENT**
Nine schools were included in this study to obtain measurable observable terms and to identify the: problematic behavioral presentations observed in inner city schools; overall effect of school resources on target behaviors; and, changes promoted by art and music therapy intervention. Tepper, B. & Silva, R. (2010).


**COGNITION / REMOVE BARRIERS TO LEARNING**
Three elementary students having experienced personal trauma reap the benefits of art therapy which helped them re-energize, relaxed sense of sadness, and developed or re-developed a sense of empowerment and hopefulness. Kaufman, B. (2010).


**RETENTION / ATTENDANCE IMPROVEMENT**
Art therapy services implemented for students in a ninth-grade English classroom of an urban high school were successful in reducing drop-out rates, decreasing school failure, and improving students’ attitudes about school, family, and self. Rosal, M., McCulloch-Vislisel, S., & Neese, S. (1997).

**GIFTED STUDENTS PROGRAM**
Do gifted students have greater depression levels in contrast to non-gifted students? Clarissa Nieves, Lisa Buckingham Mentors: Michaela M. Barsnack, Sabato D. Sagaria. According to Mueller (2009) “gifted children that are exposed to bullying, and their extreme sensitivity have led them to aggressiveness, extreme depression and social isolation.” Gifted students function at higher cognition levels than non-gifted students, but may require greater attention to their emotional needs because of barriers they encounter with depression (Neihart, 1999). “Distance Training in Gifted/Talented Education: Description of a Collaborative Working Mode,” Rural Special Education Quarterly (1996); “Enhancing Emotional Development Through Art and Imagery With Gifted Students” (1993), Dr. Heidi Van Ert.

**SOCIALIZATION IMPROVEMENT**
Art therapy programs meet a variety of student needs, allowing students the opportunity to address emotional and social needs. Bush, J. (1997).


Group art therapy intervention within a school setting to increase coping skills and decrease disruptive behaviors in a group of 6 eighth-grade students at risk for making a poor transition to high school. Spier, E. (2010).

**POSITIVE INTERACTION AS ALTERNATIVE TO BULLYING**

A cooperative classroom art therapy intervention in a public elementary school that provided conflict resolution education, social learning, and group cohesion among sixth-grade students. Gibbons, K. (2010).

**SPECIAL NEEDS STUDENTS PROGRAM**
Art therapy treatment implemented with two boys who had similar classroom behavior disorders. Rosal, M. (1993).


Art therapy study of two boys opens the door to children participating in tangible ways in the screening and evaluation of their own AD/HD drug trials. Munley, M. (2002).
RESOURCES

There are a number of resources available to assist in the funding, development, and implementation of a successful Art Therapy program.

FUND A PROGRAM

Art therapy is cost effective. It is a preventive treatment modality and has demonstrated that it can improve academic performance as well as enhance mental health. In treating students before academic and social problems arise, art therapy reduces the need to treat students when they experience problems that require immediate and costly measures. Art therapy approaches, techniques, and strategies in schools are already in place.

Corporate and Private Grants

Government Grants

Substance Abuse & Mental Health Services Administration (SAMHSA)
www.samhsa.gov/grants/
SAMHSA Sample Program Budget
http://sshs.samhsa.gov/media/sshs_media/pdf/SampleFY09budget.pdf
The Foundation Center (membership required or visit a location free of charge)
Homepage: http://foundationcenter.org/
Locations: http://foundationcenter.org/about/locations.html
Services: http://foundationcenter.org/about/
Requests For Proposals: http://foundationcenter.org/pnd/rfp/
U.S. Department of Education
http://www2.ed.gov/fund/landing.jhtml
U.S. Department of Health & Human Services, Health Resources & Services Administration
www.hrsa.gov/grants/index.html#Health%20Professions%20Open%20Opportunities

SAMHSA Support

Too Smart To Start

K-12 Guides
www.samhsa.gov/children/earlychildhood_school.aspx
Early Childhood

Coloring Books
English www.projectabc-la.org/dl/materials/My_Feelings_en.pdf
Spanish http://projectabccla.org/dl/materials/My_Feelings_es.pdf
Chinese www.projectabc-la.org/dl/materials/My_Feelings_cn.pdf

Systems of Care
www.samhsa.gov/children/systemofcaremat.aspx

Tips & Lessons
www.samhsa.gov/children/aatahandout.aspx
Learn More!

There are a number of resources available to assist in developing, incorporating, expanding, or enhancing an Art Therapy program.

**ARTICLES**

- Youth art class helps in grieving: Bereavement Program gives kids a creative way to express feelings
- Art Abilities Program Serving 16 Schools in Shelby County
- Parents fight for special-needs therapy in Frederick County Public Schools
- A Tracy’s Kids Art Therapy Program
- Empowering the Traumatized Child Through the Use of Art and Action
- Expressive Mask Making for Teens: Beginning Insights
- Art Expression Incorporated–An Innovative School Based Approach
- Help Kids Decompress
- Minn teen copes with cancer through art, poetry
- Help for deaf kids after abuse: What I do
- Autistic children, families offered help from Children’s Center of Wayne County
- Autistic Children and Families in Detroit Are Offered Help from the Children’s Center of Wayne County as They Prepare for School

**BIBLIOGRAPHY**

For more background about art therapy and education.