

# WELCOME

## Our session is about to begin ...



CELEBRATING 25 YEARS  
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EDUCATION COMMISSION  
OF THE STATES

Your education policy team.

# An Arts Therapist's Tips to Supporting Students through COVID-19 Collective Trauma

September 15, 2020





# 2020 Arts Education Partnership Virtual Gathering

Sep 9, 2020 - Sep 18, 2020



Mary Dell'Erba



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## 2020 Arts Education Partnership Virtual Gathering

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### TUNE IN SEPTEMBER

9<sup>TH</sup> 11<sup>TH</sup> 15<sup>TH</sup> 17<sup>TH</sup>



## ABOUT THE EVENT

Welcome to the 2020 Arts Education Partnership Virtual Gathering! AEP was founded in 1995, making 2020 our 25th anniversary. While we never anticipated celebrating AEP's 25th anniversary in any way other than being in San Diego with all of you in person, we're so happy that we'll be spending time together over the next two weeks.

The virtual gathering sessions are arranged around three themes: arts education policy in



**Margaret Carlock-Russo,**  
**EdD, ATR-BC, ATCS**  
**PRESIDENT**

American Art Therapy Association



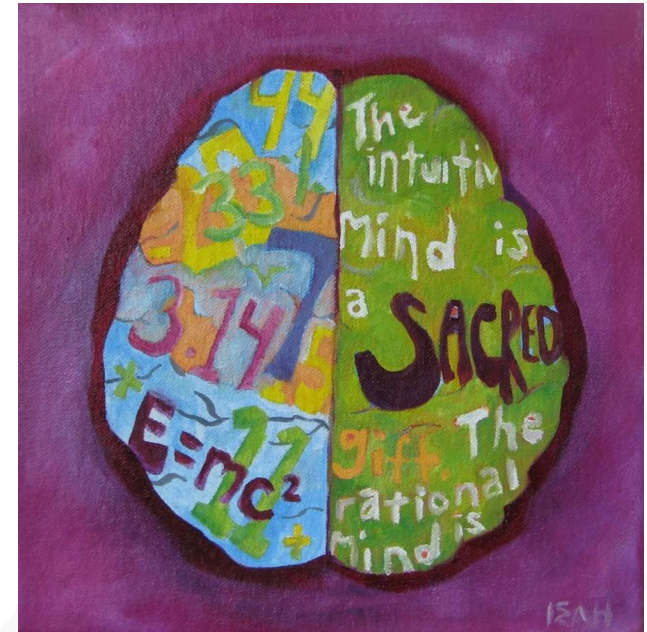
**Clara Keane**  
**MANAGER, ADVOCACY**  
**& PUBLIC AFFAIRS**

American Art Therapy Association

# What Is Art Therapy?

As one school-based art therapist put it:

“**Art is an inherent trait in everyone.** When we are stressed [we] automatically look to the arts. These things help us relax and de-stress. Having an art therapist and doing art therapy has the **added benefit of a relationship with a trained professional** to process your emotions.”



# Children's Mental Health

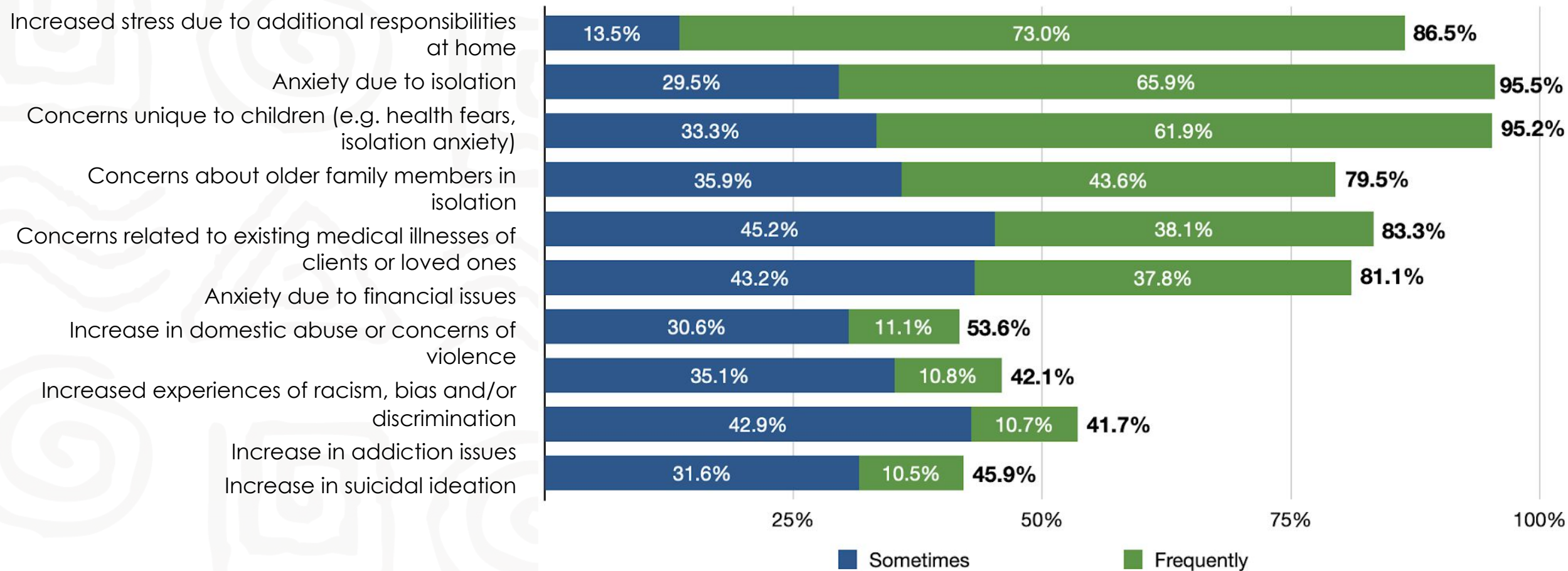
## Even before COVID-19:

- One out of every six children in the U.S experience a mental health disorder each year (NAMI).
- And more than two thirds of children report at least one traumatic event by age 16 (SAMHSA).



*Drawing obtained  
with permission,  
courtesy of the NYU  
Art Therapy in  
Schools Program.*

# Generally speaking, are your clients (K-12) bringing up any of the following during the Coronavirus pandemic? (Check all that apply.)



# Childhood Trauma



Potentially traumatic events to include:

- **Psychological, physical, or sexual abuse**
- Community or school violence
- **Witnessing or experiencing domestic violence**
- National disasters or terrorism
- Commercial sexual exploitation
- **Sudden or violent loss of a loved one**
- Refugee or war experiences
- Military family-related stressors (e.g., deployment, parental loss or injury)
- **Physical or sexual assault**
- Serious accidents or life-threatening illness
- **Neglect**



# Collective Trauma During COVID-19



"Sea of COVID" by Kari Bleich, art therapy graduate student at Ursuline College. image included in ["Art Therapy During A Mental Health Crisis: Coronavirus Pandemic Impact Report."](#)

# Art-Making Experience

Take out a pen and paper  
(or your favorite art materials)!

# Taking a Trauma-Informed Approach

## SAMHSA's Concept of Trauma:

- Event(s)
- Experience(s)
- Effect



# Six Key Principles

- Safety
- Trustworthiness and Transparency
- Peer Support
- Collaboration and Mutuality
- Empowerment, Voice and Choice
- Cultural, Historical and Gender Issues



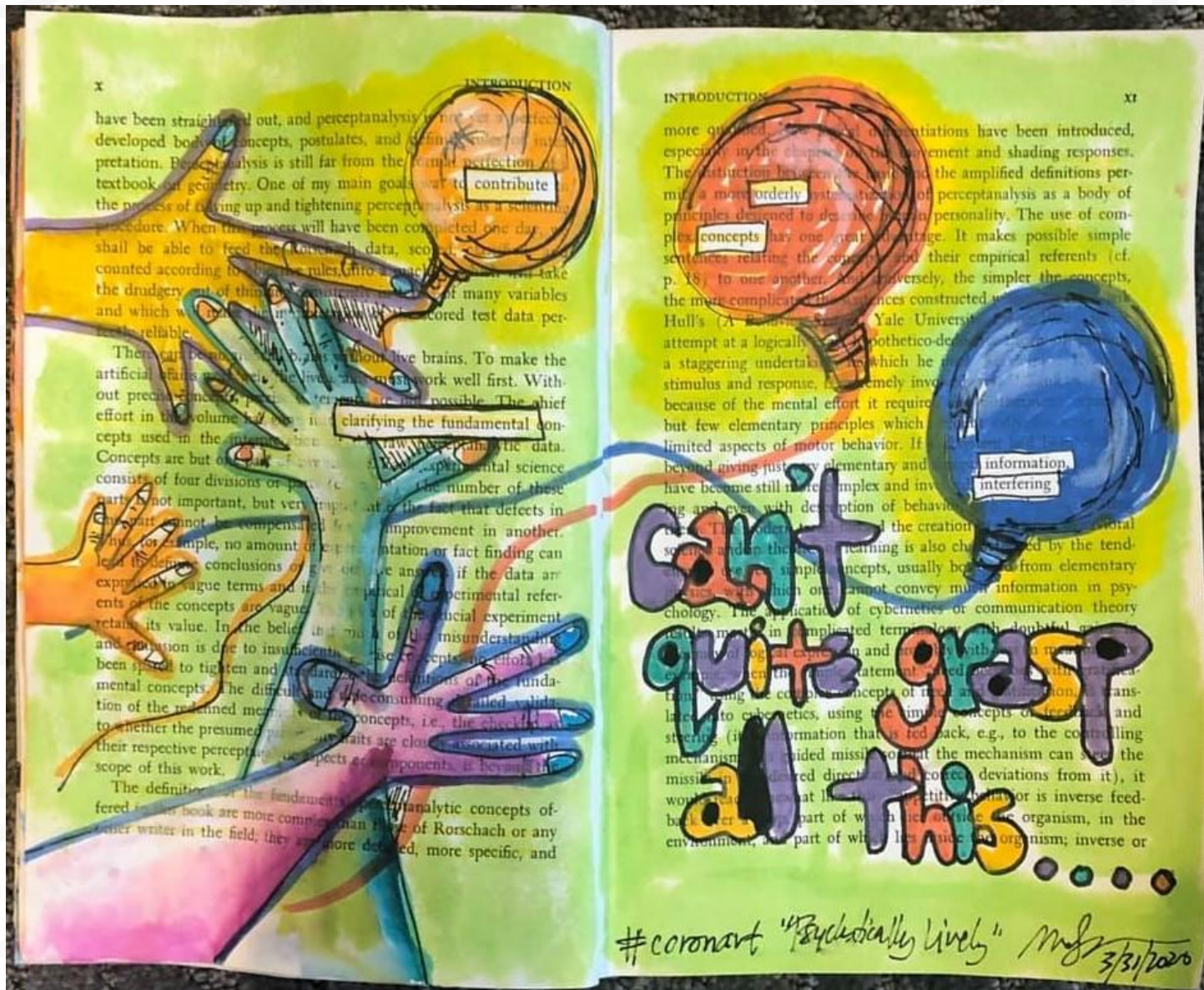
# When to Refer Your Student to a Mental Health Professional



Identify the signs and symptoms

# 10 Implementation Domains

- 1) Governance and Leadership
- 2) Policy
- 3) Physical Environment
- 4) Engagement and Involvement
- 5) Cross Sector Collaboration
- 6) Screening, Assessment, Treatment Services
- 7) Training and Workforce Development
- 8) Progress Monitoring and Quality Assurance
- 9) Financing
- 10) Evaluation



*“Psychotically Lively” by Mindy Jacobson-Levy, MCAT, ATR-BC, LPC, art therapist in private practice in PA and NJ. Image included in [“Art Therapy During A Mental Health Crisis: Coronavirus Pandemic Impact Report.”](#)*

# THANK YOU!

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