Your Donor Impact
Because you give for child health

Your AAP donations bring new approaches to therapy for children.

Abuse can result in lifelong consequences beyond the initial trauma for children. Art therapy is an underutilized, alternative therapeutic intervention that reduces depression and anxiety, provides an outlet for children to discuss and symbolize their experiences, and leads to long-term reduction in traumatic symptoms.

Sarah Benke, DO developed the CATCH project "Healing Through Art Therapy: HART approach," aiming to incorporate art therapy as a supplementary therapeutic modality for children who have suffered abuse. Thanks to your donations supporting the Friends of Children fund, this CATCH project launched an educational workshop for community-based organizations on research and benefits of art therapy. The team involved developed an art therapy toolkit to support children who have been abused. A subsequent session was held for the children to utilize the toolkits with guidance through the themes of support, positive expression, controlling emotions, creating boundaries, and

empowerment. Workshop participants who were exposed to the art therapy methods saw the potential for them to be highly effective.

"It was truly humbling to work with parents and their children through these art projects and watch how creative the projects were! This was such a rewarding experience. I am very grateful for how open participants were to completing the workshops and art therapy sessions," said Dr Benke.

Thanks to gifts from donors like you, pediatricians, caregivers, and community-based organizations will now be exposed to new therapeutic tools for children who have been abused. Those are gifts that will make important and meaningful change to help those children heal and thrive.

I'll have a new story about how your donations bring real impact to children, their families, and pediatric professionals with my next Your Donor Impact message. Thank you for making that happen.

Warm regards,

Moira A. Szilagyi, MD, PhD, FAAP
President