

## ART THERAPY LOGIC MODEL FY 2023

**Mission:** Art Therapy is a clinical and evidenced based therapy that can be a vehicle for non-verbal emotion expression, developing coping skills, processing trauma narratives, and developing sense of self and self-confidence with individuals experiencing it.

PROBLEM/ISSUE STATEMENT (include population served)	RESOURCES	PROGRAM ACTIVITIES	OUTPUTS	OUTCOMES	IMPACT
<p>Often individuals with trauma backgrounds struggle with age-appropriate emotional expression, developing coping skills, processing trauma, and developing sense of self and self-confidence. Individuals often find non-verbal expression the only outlet to their intense feelings of fear, isolation, sadness, anger, and loss.</p> <p>An art therapy program helps individuals build resilience and move beyond life's hurdles, promotes self-awareness, improves self-esteem and</p>	<p>Art Therapist</p> <p>Creative Therapies Supervisor</p> <p>Chief Program Officer</p> <p>PQI Team Staff Support</p> <p>Funding</p> <p>Art cabinets at all LH locations</p> <p>Art supplies and equipment at all LH locations</p> <p>Community Resources</p> <p>Creative therapies staff support</p> <p>Program staff support</p> <p>Technology for data tracking (SDS,</p>	<p><b>CFTC individual and group sessions</b></p> <p><b>Community Partner group and/or individual sessions</b></p> <p><b>South Shore individual and group sessions</b></p> <p><b>Receives referrals for: TDS, FC, OAP, and SS individuals.</b></p> <p><b>Facilitates individual sessions, groups, and family sessions (FC) as caseload capacity allows.</b></p> <p><b>Individual and group clinical supervisions</b></p> <p><b>Team meetings, clinical staffings, and related administrative engagement required</b></p> <p><b>Documentation/session planning time</b></p>	<p># of individuals served total</p> <p># of individuals served by each LH program</p> <p># of individual sessions</p> <p># of group sessions</p> <p># of referrals received</p> <p># of in-service training for LH staff</p>	<p><b>Individuals participating in Art Therapy services will:</b></p> <p><b>Increase social skills.</b></p> <p><b>Develop effective coping skills for stress management and emotion regulation.</b></p> <p><b>Reduce symptom response(s) to past trauma.</b></p> <p><b>Increase ability to process trauma narratives.</b></p> <p><b>Increase emotional expression, identification and regulation.</b></p> <p><b>Develop sense of self</b></p> <p><b>Increase self-esteem and self-worth.</b></p>	<p>Art Therapy will provide a tactile and multi-sensory, avenue for clients to grow into the best versions of themselves and support them in stepping into the world with confidence and skills.</p>

<p>competence, develops coping and control skills, and leads to a stronger future.</p> <p>Art therapy focuses on non-verbal expression rather than talk therapy because some individuals don't have the skills to express themselves verbally. Visual and symbolic expression gives voice to experience, and empowers individual, communal, and societal transformation.</p> <p>Individuals served by the program include children, youth, young adults and family members being served across LH programs: CFTC, OAP, FC, TDS, and YCD. Age range can be 2-24.</p>	<p>Excel, Survey Monkey)</p> <p>Funding for professional development</p> <p>Evidence based assessment tool</p> <p>Art Therapy Intern</p>	<p><b>Data entry into technology systems</b></p> <p><b>Complete assessments for youth in program</b></p> <p><b>In-service trainings for LH staff</b></p>			
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## PROGRAM LOGIC MODEL MEASUREMENT

OUTCOMES	OUTCOME INDICATOR(S)	DATA REQUIRED	DATA SOURCE	DEFINITIONS/ELIGIBILITY
<p><b>Individuals participating in Art Therapy services will:</b></p> <p><b>Increase social skills.</b></p> <p><b>Develop effective coping skills for stress management and emotion regulation.</b></p> <p><b>Reduce symptom response(s) to past trauma.</b></p> <p><b>Increase ability to process trauma narratives.</b></p> <p><b>Increase emotional expression, identification and regulation.</b></p>	<p>% of individuals who increase their social skills.</p> <p>% of individuals who develop effective coping skills for stress management and emotion regulation.</p> <p>% of individuals who reduce symptom response(s) to past trauma.</p> <p>% of individuals who increase their ability to process trauma narratives.</p> <p>% of individuals who increase emotional expression, identification and regulation.</p>	<p># of individuals who increase their social skills/# of individuals receiving AT services.</p> <p># of individuals who develop effective coping skills for stress management and emotion regulation/# of individuals receiving AT services.</p> <p># of individuals who reduce symptom response(s) to past trauma/# of individuals receiving AT services.</p> <p># of individuals who increase their ability to process trauma narratives/# of individuals receiving AT services.</p> <p># of individuals who will increase emotional expression, identification and regulation/# of individuals receiving AT services.</p>	<p><i>Once the position is approved, the Creative Therapies in conjunction with the PQI team will research an evidence-based assessment tool to track outcomes.</i></p> <p><i>Survey tools will also be created and used to assess individuals' feedback and impact of the program.</i></p> <p><i>Individuals will be assessed both during and at the conclusion on receiving services.</i></p>	<p><i>All individuals receiving art therapy services will be eligible for the outcomes after a length of time in the program, This will be determined by the assessment tool chosen and how often it will be distributed.</i></p>

<b>Develop sense of self</b>	% of individuals who develop a sense of self.	# of individuals who develop a sense of self/# of individuals receiving AT services.		
<b>Increase self-esteem and self-worth.</b>	% of individuals who increase self-esteem and self-worth.	# of individuals who increase self-esteem and self-worth/# of individuals receiving AT services.		