

We Provide Mental Health services through our Creative Arts Therapy Program!
Within that, there is Empowerment!

Review

For the past few weeks, we have been discussing the **Roads to Empowerment** for our Creative Arts Therapy program for youth, which will start this Fall 2016. Within that program, we described what empowerment is, and we explored different approaching methods which we will be using to help youth with their challenges. The methods being Personal Medicine, Power Statements, and a support tool, Whole Health Empowerment. Let us briefly review this.

Empowerment

TWW seeks to **empower** youth through activities that enable youth to:

- Enhance their ability to make choices
- Expand their ability to transform choices into actions and outcomes
- Teach freedom of choice and action
- Foster ways to better control the course of one's life
- Visualize how decisions affect their in the present moment, their family, and help them for their future.

Personal Medicine

Personal Medicine is what we do each day to feel well and to give our lives meaning. This method emphasizes the message that people are not the problem; they are part of the solution that focuses on empowerment-oriented programs each day.

Power Statements

Power statements are self-advocacy statements that convey how someone want the art therapy program to help. They help restructure conversations from "What is the matter?" to "What matters to you?". TWW focuses less on symptom reduction, and more on functional empowerment outcomes.

Whole Health Empowerment

Whole Health Empowerment describes the principles that help us achieve wellness in our mental, physical, spiritual, and community health. These principles are seamlessly integrated with Personal Medicine and Power Statements to support wellness goals.

The Roads to Empowerment is a wonderful way of helping our youth to help deal with daily challenges. But, for all of this to be effective, there must be an analysis technique to be in place that will complement the empowerment to work. That analysis is called RCA.

RCA (Root Cause Analysis)

This is a method that we will be using to deal with a problem, error or failure by finding the root

cause or reason for origin of the problem. The solution to the problem is then found by correcting or removing this root cause and, hence prevent the problem from repeating. In other terms, if a youth got caught for doing something wrong, we will not focus on what the student got caught doing, that is the end result of the decision that was made. TWW specialists focus on what made that youth think, and act that way, and prevent the youth from making the mistake again. A quick fix never solves a long term or deep rooted problem. Deep rooted problems need a Gardner with the proper tools that can dig deep, and study the roots closely, and have solutions.

With RCA, we deal with a challenge in this manner:

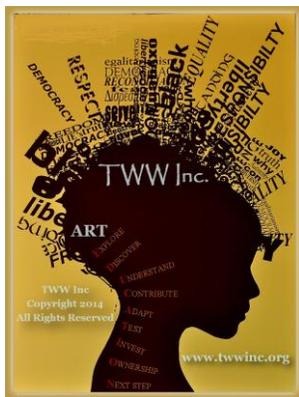
First there is the Symptom, ask questions (get answers/using the *why's technique* until we reach the root cause of the problem), find out the cause (the effect) , deal with the problem (find solutions).

RCA + EMPOWERMENT = SELF-DETERMINATION TO CHANGE. This is what our programs offers for the youth who need our help!

Please help by supporting our programs.

TWW Inc Creative Arts Therapy program understands the challenges youth deal with on a daily basis. Daily challenges is a normal part of life, but, when you do not feel empowered, that normal capability becomes a challenge that seems never being able to overcome. This causes other issues such as depression, anxiety, and other negative emotions, which also causes other health and mental issues, this with other factors put our youth to *at-risk*.

TWW Inc. partners with school principals, city officials, educational / health organizations, parents and teachers. Together, we need to get on board with the core values of helping with empowerment and strengthening developmental skills: choice, self-determination, and hope. We need to invest for the mental care of people in need. In the long term, it benefits all of us.



Creative Arts Therapy is crucial for the overall mental health that helps in behavioral development, creative thinking, personal development, and just daily overall challenges that needs to be dealt with. But yet, the arts has been drastically reduced in New York City public schools due to budget cuts.

TWW Inc has stepped in to fill that gap, and will continue to do so with your generous help.

Your contributions allow us to bring our art therapy to more youth across NYC, especially the at-risk and low income communities!

Every donation is put towards the work produced by TWW Inc..

Your contribution will be used for project supplies, workshop production, execution of site-specific projects, Production / exhibitions, and more. Although TWW Inc is partially supported by grants from foundations, we also greatly rely on donations from individuals like you. Help us bring the creative arts therapy to the people in need to help them live better lives! Please take a moment to support the individuals we work with through a donation.

Alright now, let's do it! There are now 3 great Art programs you can support! All 3 start this Fall 2016. You can donate many ways. Once or a monthly basis.



Program 1: Youth Academy - Creative Arts Therapy (Empowerment - Strengthening Yourself) *Art workshops that explore behavioral cause and effect through various exploration of art forms.*

Program 2: Creative Arts Therapy (General Program for Public School) *Art workshops that explore behavioral cause and effect through various exploration of art forms.*

Program 3: The Trails - Coming Home (Multi-Discipline art programs using Visual/Theater/Dance)

With your donation, please indicate which program/s you are supporting.

How your tax-deductible donation will be spent:

Donate at your own, or any amount listed below:

\$10 donation: buys some supplies for 1 individual to participate Top of Form

\$25 donation: buys paints for that individual's therapy sessions

\$50 donation: buys brushes and drop cloths for that individual's overall therapy sessions

\$100 donation: buys supplies for 1 individual

\$300 donation - supplies for 3 individuals

\$500 donation: buys supplies for 5 individuals

\$1,500 donation: pays for all the art supplies needed to cover certain amount of individuals workshops for a full school year

\$2,500 donation- pays for Professional Development workshops that is used throughout the school year for all teaching artists, art therapists, and general staff.

\$5,000 donation: pays our hired professional artists as guest performers, speakers, and **documentary filming**, exhibit/production for year-end finale, and special memorabilia for all participates that complete the program



FUNDRAISING. HELP US MAKE THIS HAPPEN!

Your tax-deductible donation will go into the program/s you choose only.

You can send your **tax-deductible** donation:

1. through paypal (swilson@talkswithwolves.org)
2. Donation button on website

Or

3. Send/make check to:

TWW Inc
317 Clermont Ave, 2M
Brooklyn, NY 11205

If you have any question, please contact me.

The staff of TWW wishes to thank you for your support!

Sincerely,

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