

TWW Inc.

www.twwinc.org

Creative Arts Therapy

Fall 2016 Program.

The Roads To Empowerment



Celebrating our 14th year of arts, education, community and culture.

We Provide Mental Health services through our Creative Arts Therapy Program!

Within that, there is Empowerment!

Following last week newsletter, we introduced and discussed RCA.

Quick review on 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.

RCA + EMPOWERMENT = SELF - DETERMINATION TO CHANGE.

Decisions! Decisions! Decisions!

To get the positive results of Self- Determination to change, the individual must take part of the process in every step to help deal with the challenges they face. Simply called ***Decision Support***.

Historically, medical information has been a closely guarded secret. From the times of the early Greeks, physicians/Therapist have taken a Hippocratic Oath, which includes this clause:

"I swear...to give a share of precepts and oral instruction and all other learning to my sons and to the sons of him who has instructed me and to pupils who have signed the covenant and have taken an oath according to the medical law, *but no one else.*"

What is Decision Support?

Decision Support disrupts this history of secrecy. Decision Support is a respectful and empowering method of providing people with the support and resources they need to participate in making informed and values-sensitive decisions about treatment in the different areas of empowerment.

With the Decision Support Method:

- Individuals are involved in decision making, rather than having staff make decisions *for* them.

TWW Inc. becomes more adept at managing risk and supporting people in making choices that steer their lives toward empowerment. This means that the individual takes part of the responsibility of helping themselves. Look at as a form of a contract. Two parties getting together to figure, and agree on ways to help reach the goal of the individual. Parties involved must keep their side of the agreement for the goal to be reached.

One of the methods is to focus on how decisions are made than how they can be improved. TWW Inc role is to encourage and support realistic decision-making process of each individual that will allow them to live healthier lives. By giving each individual the tools and knowledge they need to make and act upon their own decisions, we help the person reach an empowered state.

Part of the Decision Making process, the following are a few techniques that can be used to build an environment that empowers people.

1. **Give power** to those who have demonstrated the capacity to handle the responsibility from decisions they make.

2. **Create a favorable environment** in which people are encouraged to grow.
3. **Don't second-guess** others' decisions and ideas unless it's absolutely necessary. This only undermines their confidence and keeps them from sharing future ideas.

There are also different types of decision processes TWW will use to help people on how they process their decision making. Depending on each situation that an individual deals with, they would decide which type/s would be best to use that will allow them to make the best realistic decision/s. We all use these different methods everyday in all aspects of making decisions at work or in our personal lives.

Type 1 – Decide and Inform

Type 2 – Consult and Decide

Type 3 – Decide my consensus

Type 4 – Delegate Decision.

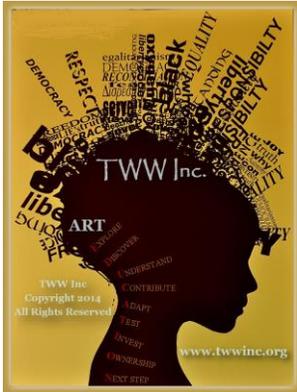
Adopting Decision Support

Adopting Decision Support is important because choices steer individuals' lives *towards* empowerment and wellness, or away from it. Decision Support helps individuals build confidence and exercise self-determination, so they can make the best decisions for their empowerment treatment.

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 accomplish. 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 is 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 exploration of various 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 through

1. donation button at website
2. [paypal \(swilson@talkswithwolves.org\)](mailto:swilson@talkswithwolves.org)

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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