

December 7, 2015

Dear CBA Parents,

Beginning in January, 2016, Chesapeake Bay Academy and Eastern Virginia Medical School will be partnering to provide Lower School students with Art Therapy services provided by Ruth Rand, a second-year master's student from the Graduate Art Therapy and Counseling Program. Art therapy is a mental health profession serving a variety of individuals of all ages in need of supportive services. Art therapists currently work in schools across the nation. Art Therapy in the school setting supports positive character development through psycho-educational and art based experiences. Art Therapy may also assist students in working through social, emotional, or behavioral challenges that impact educational success.

Ms. Rand will serve as an intern at CBA for the spring 2016 semester from January 4, 2016 through April 29, 2016. Ms. Rand will be supervised on-site by Dr. Jankowski and will meet with an EVMS faculty member off-site for one hour per week of art therapy clinical supervision. The art therapy interns will provide art therapy assessments, as well as individual and group art therapy.

Art therapy is an adjunct service provided through the partnership with EVMS and not solely by CBA. Together, CBA and EVMS will assess the impact of the art therapy services and availability of interns for the academic semesters each spring and fall. Art therapy services will be dependent upon the number of students available to serve in the internship capacity each semester.

With your written consent (form attached), your child may participate in art therapy at CBA. If your child receives mental health services, counseling, or psychiatric medications, please consult with the primary provider before consenting for your child to participate in art therapy. In addition, it is best practice for providers, including art therapy interns, to have written consent (form attached) to collaborate with primary providers to insure best practices and the welfare of your child's health care.

We are looking forward to the opportunities that art therapy brings to our students to learn to express themselves in different ways and build the necessary social and emotional skills for academic and personal success.

Please do not hesitate to contact me or Dr. Jankowski if you have questions or would like more information.

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