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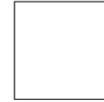
Giving Circle

- Master** \$5000 Supplies one year of materials for 32 children in the Power of Art
- Muse** \$2500 Sponsors 24 children in Beyond the Power
- Patron** \$1000 Develops one On the Go remote location
- \$500** Provides Summer Session for 12+ children
- \$250** Pairs a mentor with a child in the Power of Art
- \$100** Administers training for new one-to-one mentors
- \$50** Replenishes art supplies for children facing adversity

Now accepting stock donations.

Please contact Lynn Detwiler at **610-917-0140**

Your contribution is tax-deductable to the fullest extent of the law. Barnstone Art For Kids is a registered 501(c)3 non-profit organization in Phoenixville, PA that provides art programming to children who have suffered abuse, neglect or household dysfunction. A copy of the official registration and financial information for Barnstone Art For Kids may be obtained by calling the PA Department of State at 1-800-732-0900. Registration does not imply endorsement. EIN-38-387-2177



Our Mission:

Using the Power of Art to foster resiliency in children facing adversity

Barnstone Art For Kids

Lynn Detwiler
Executive Director

Lisa Katarynick
Programming & Development Director

Erin Ring
Volunteer Coordinator

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2017 Annual Report

Letter from the Executive Director



Lynn Detwiler
Executive Director
Barnstone Art For Kids

How do we build strong happy resilient kids?

Relationships are important. In fact, research suggests the single most common factor for children who develop resilience is the presence of a stable and supportive relationship with a parent, caregiver or adult. A relationship that provides compassion, trust and predictability gives a child the necessary foundation on which to build resilience.

Resilience is the ability to bounce back from stress, adversity, failure, challenges, or trauma. What skills help children process these challenges? What healthy activities buffer children against poverty, or bullying, or violence?

I believe that art, created within the safety of strong, positive relationships, can provide the necessary tools for achieving resilience. Mastering a new skill builds confidence. If we look at the process of creating art rather than the end product, we learn all kinds of skills. These skills help us to focus and better understand ourselves, identify and express feelings, calm down, fire up, and have a laugh. To create art, we must pause and reflect. We learn to problem solve when we make mistakes. We are mindful. We ask for help. We make choices and are in control. Art teaches important lessons about working through challenges to cope with difficult situations. Art helps us figure out who we are and who we want to be.

Great stuff for kids, right? But what about our teens.

It's not easy being a teen. 61% of teens have been exposed to at least one traumatic event in their lifetime. 19% have experienced three or more such events. We've seen a growing number of requests for services for middle school students. In response, Barnstone Art for Kids initiated a teen program that began in September 2017.

The new Teen Power allows children ages 12-15 to realize the benefits of art.

Teen trauma issues are different. Our Teen Power program still provides one-to-one mentors, but allows for more advanced projects with more time to talk through issues. Struggling teens need a safe accepting environment. Developing trust is not easy, but for teens, it's essential. Rarely interested in advice or opinions, teens need kindness and compassion as they work to identify their personal strengths and approaches to resolve challenges. Teens confident in their abilities are better able to cope and roll with the punches.

But it's more than coping, when you're resilient, you are more prepared to find ways to overcome challenges and achieve goals. Although this might mean taking some risks, it also creates opportunities for success, greater self-confidence, empathy, respect for others, social skills, kindness, honesty and cooperation.

Resilience is a journey. It's about being realistic, thinking rationally and positively moving forward. Teen Power helps teens keep things in perspective so that they may continue their resilience journey by looking on the bright side while acknowledging that difficult times are just part of life.

Lynn Detwiler

15x

Children who have experienced trauma are 15 times more likely to attempt suicide

credit: nccp.org

Teens and Trauma

4x

Kids who have experienced trauma are 4 times more likely to become an alcoholic. They also are 4 times more likely to inject drugs.

credit: nccp.org

61%

of teens have been exposed to at least one traumatic event in their lifetime. 19% have experienced three or more such events.

credit: nccp.org

Donors

Joseph A Abboud
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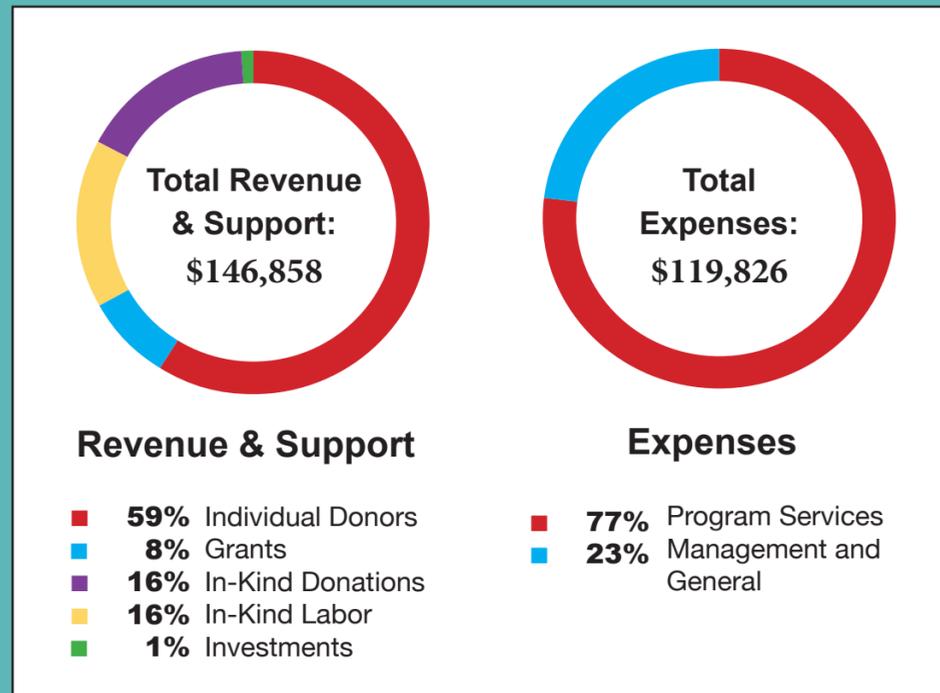
In-Kind Support

Barnstone Partners

Foundation Grants

Phoenixville Community Health Foundation
 Huston foundation
 Sheila Fortune Foundation
 PASD Youth & Philanthropy

Financial Highlights



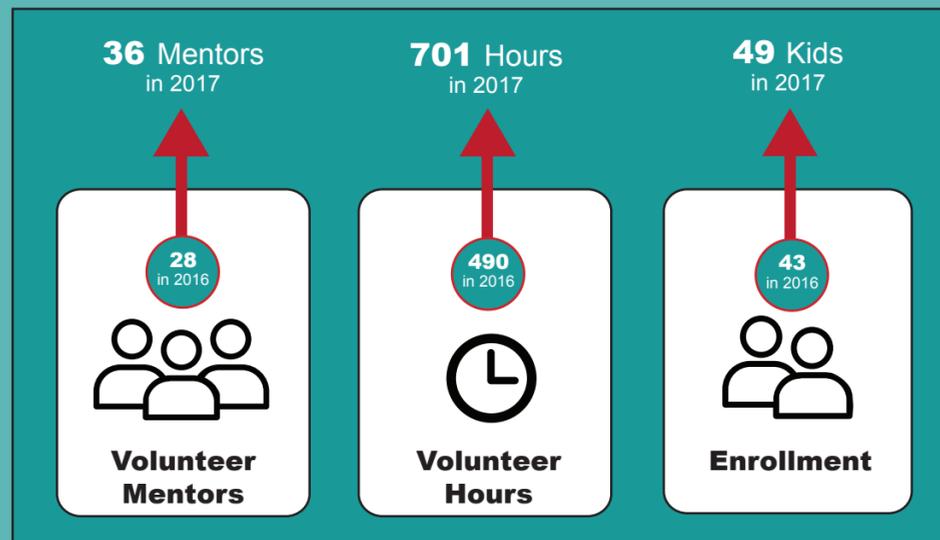
We're Growing!

Volunteer Growth

One-to-one mentors continue to help build resilience in Barnstone Art For Kids children and spread the word about volunteering. In 2017 Barnstone Art For Kids acquired 24 new volunteer mentors.

Enrollment Growth

Barnstone continues to increase enrollment numbers. In 2017 teen enrollment alone increased to 12.



Volunteers

Toria Abbott
 Brittany Brubaker
 Caroline Cadigan
 Morgan Colvin
 Sean Devers
 Suzanne Donahue
 Trayce Duran
 Marggy Escorcia
 Katherine Fish
 Matthew Fontanese
 Polly Gable
 Athena Gainey
 Katie Gereda
 Monique Hedegard
 Heather Huffman
 Kathy Hunt
 Kyla Jermin
 Lisa Katarynick
 Kayla Langner
 Wendy Liss
 Alexa Manning
 Trisha Onuskanych
 Chase Opperman
 Jadidsa Perez
 Tom Ransom
 Tony Riley-Hill
 Erin Ring
 Kayla Scarpill
 Becky Smith
 Dori Smith
 Melissa Tevere
 Emily Thomas
 Emily Widdoes
 Kacie Williams
Special Guests
 Cliff Hillis
 Melissa Threadgill

A Creative Thank You! ▶

In May of 2017 Barnstone Art for Kids enlisted local ceramic artist, Rhoda Kahler, to host a volunteer recognition party. "We wanted to host an evening to thank our volunteers for their countless hours they dedicate to helping children build resilience at Barnstone Art for Kids," executive director, Lynn Detwiler shared, "without our volunteers we wouldn't have the growth and success that we do!"

The creative evening started out with some instruction on tile making from Rhoda and continued on with volunteers creating several unique tile creations. After the clay tiles were fired in Rhoda's West Chester, PA studio, they were mounted on board as a collaborative art piece to be auctioned off at a fundraiser scheduled for the following year.

Spreading the Word ▶

Barnstone Art For Kids kicked off the summer of 2017 with a fun group art project in Phoenixville's Reeves Park as part of the Creative Arts Festival sponsored by the Phoenixville ACEs Committee. Mentor volunteers worked with children to create a moon habitat while educating the community about trauma, ACEs and Barnstone Art For Kids.

If you would like to volunteer or would like to refer someone visit our website at www.BarnstoneArtForKids.org



Common Reactions to Trauma in Teenagers



Teenagers tend to see saw between independence and insecurity after a distressing event. A teenager may be deeply upset by such an event, but not share their feelings with their parents.

Seek professional advice if you are worried about your teenager.

Information from
 Victoria State Government: Health and Human Services Office

Every young person is different, but common symptoms of distress include:

- strong emotions such as sadness, anger, anxiety and guilt
- overreacting to minor irritations
- repetitively thinking about the traumatic event and talking about it often
- disturbed sleeping patterns
- withdrawing from family and friends
- wanting to spend more time alone
- being very protective of family and friends
- returning to younger ways of behaving including giving up responsibilities or a sudden return to rebellious behaviour
- increased need for independence
- self-absorption and caring only about what is immediately important
- loss of interest in school, friends, hobbies, and life in general
- pessimistic outlook on life, being cynical and distrusting of others