

INK ABOUT IT





THE BASICS

Ink About It was developed by Art with Heart in collaboration with educators, school counselors, therapists and psychologists. Featuring a combination of writing and art prompts, *Ink About It* supports youth (ages 11+) as they develop their understanding of themselves and their emotions. The book serves as a springboard for self-discovery, conversations and personal growth. *Ink About It* features 45 activities, prompts, posters, and coloring pages that explore topics that matter to teens: friendship, fun, dealing with stress, coping with loss and change, and dreams for the future.

PUBLISHER

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AUTHORS

Steffanie Lorig • Annie McCall, MA, LMHC • Kate Gardner, CCLS

THE ILLUSTRATORS

The list of the 31 contributors reads like a Who's Who of illustration, ranging from a Grammy nominee to artists whose work regularly appears on Cartoon Network, Nickelodeon, XBOX, Nike, skateboards, snowboards, magazines and more!

CALL TO ACTION

You can help change the lives of kids struggling to overcome profound challenges and hardship. Order books at www.artwithheartshop.org (**proceeds benefit children**; bulk discounts are available), or donate by visiting us at www.artwithheart.org.

frequently asked questions

WHY WAS THIS BOOK CREATED?

Change, whether good or bad, can be hard – but it is especially challenging for kids because they typically have little control over their situations. Some change is significant – divorce, moving schools, or the death of a loved one. Whatever the circumstances, kids often need help dealing with overwhelming feelings so that anxiety, anger or depression doesn't affect behavior, decisions or attitude in a destructive way.

Ink About It was created to encourage **middle and high school students** to express feelings through creative exploration, allowing them to identify and manage change in a healthy manner.

HOW BIG IS THE AUDIENCE FOR THIS KIND OF BOOK?

Unfortunately, the need for therapeutic tools such as *Ink About It* is enormous...and growing. Studies indicate that one in ten kids suffer from mental, behavioral, or emotional problems and struggle with anxiety, anger or depression. **Creative expression** is known to have positive mental health benefits, including improved self-esteem and the development of new coping strategies. Resiliency-based programs like this help kids develop the social and emotional skills they need to succeed in life.

Ink About It teaches kids that creative expression can be a life-long coping tool that is available to them at any time.

TELL ME ABOUT THE ILLUSTRATORS INVOLVED IN THIS PROJECT...

All 31 illustrators were handpicked and donated their time and talent to this book.

They were chosen based on their "teen-friendly" styles; their work can be seen on snow boards and skateboards, rock bands and sports teams, comics and music festivals.

WHO IS ART WITH HEART?

Since 1996, nonprofit organization Art with Heart has been helping to improve the mental health and well-being of high-risk youth through therapeutic books and trainings. We are a catalyst for **world-class collaborations** between mental health experts and award winning illustrators. The result is a series of life-changing resources that benefit young people on an international scale, helping and guiding them through the many challenges they may face.

praise for *ink about it*



"*Ink About It* is as fun and engaging as it gets, though it inspires tweens to write, draw, and reflect on serious issues. This gorgeously designed, interactive book takes kids on a journey of self-discovery that will foster their emotional growth during the sensitive period of pre-adolescence."

~ **JOAN COLE DUFFEL, CEO, COMMITTEE FOR CHILDREN**



"*Ink About It* allows kids the freedom to explore an entire range of emotions, yet reminds them to think about positive aspects of their lives too. I love the one-color approach and all the different ways this book helps kids to express their innermost feelings, fears and desires."

~ **ERIN BEHEN, MS, MS, CCLS, STARLIGHT CHILDREN'S FOUNDATION NORTHWEST**



"*Ink About It* is a terrific resource for youth. Every page is jam-packed with inviting opportunities that encourage kids to find words or artistic expression for the feelings they have about life's challenges, and then goes on to help them problem-solve and find solutions. What a gift for them to be able to pick up a colored pencil and create, learn, examine, decide and move forward toward a balanced and intentional life."

~ **CHERI LOUVRE, FOUNDER, CRISIS MANAGEMENT INSTITUTE**



"*Ink About It*, Art with Heart's beautifully illustrated book, will become a shelter for kids going through tough times, inspiring them to follow their dreams and not let hardship get in the way. Kids will see it as part sounding board, part guide, and part best friend. It is a thought-provoking and accessible introduction to one of the most important people that kids should know - themselves."

~ **JOSIE BISSETT, AUTHOR, ACTRESS, & MOM**

author biographies



STEFFANIE LORIG left a successful and award-winning design career to become the founding director of Art with Heart in order to focus her talents and heart on helping children in crisis. Before doing this, she enjoyed working for clients such as Children's Hospital of Orange County, Harcourt, Nordstrom, Microsoft, and other high-profile companies. She is the visionary and author behind Art with Heart's therapeutic books, including *Oodles of Doodles* for hospitalized children, *Chill & Spill*, a healing journal for teens, and *Magnificent Marvelous Me* for children facing family challenges. She also co-authored *Such a Silly Baby* (Chronicle) with her husband. She enjoys bettering the world one child at a time.



ANNIE MCCALL, MA, LMHC, received her Master's degree in psychology from New York University in 2000. She joined Art with Heart as a Trainer in 2005, teaching school counselors how to use *Chill & Spill* in group settings and as a tool for managing school crisis. She is a contributor to the Therapist's Companion to *Chill & Spill*. Annie has a private practice providing one-on-one and group treatment to adolescents, adults, and families. She specializes in Dialectical Behavior Therapy and treatment of self-harm and suicidal behavior, and is co-founder of Youth and Family DBT of Seattle. Prior to studying psychology, Annie taught high school English, which forever solidified her love and respect for teenagers.



KATE GARDENER, CCLS received a Bachelor's degree in Human Development and Family Studies with an emphasis in Child Life. She completed her Child Life internship at Children's National Medical Center in Washington DC and a Child Life fellowship position at Inova Fairfax Hospital for Children (IFHC) in Falls Church, Virginia. Kate then stayed at IFHC until 2010 as the primary Child Life Specialist on the inpatient adolescent unit. *Chill & Spill* quickly became her favorite resource to engage hospitalized teens in both group and individual settings. Kate then connected with Art with Heart where she first served as an advisor for the book *Magnificent Marvelous Me*.

advisors

- **ROSALIE FRANKEL, MA ATR-BC**, Therapeutic Play Coordinator, Seattle Children's Hospital, Seattle, WA
- **HELENA P. HILLINGA HAAS, MA, ATR, CL**, private practice Art Therapist, Seattle, WA
- **MOLLY PORR, CCLS**, Certified Child Life Specialist, Children's Healthcare of Atlanta, Atlanta, GA
- **EVI FELTUS, CCLC**, Certified Child Life Specialist, Swedish Regional & Medical Center, Seattle, WA
- **TONJE MOLYNEUX, M-ED**, Program Developer, Committee for Children, Seattle, WA
- **CARA CALDERON, CCLS**, Certified Child Life Specialist, Inova Fairfax Hospital for Children, Falls Church, VA
- **JULIE MARLER**, Social Worker, Bainbridge Island, WA
- **MERRYL ROTHBAUS, ATR-BC, LMHC, LPC**, Body-Centered Psychotherapist and Art Therapist, Boulder, CO
- **ERIN BEHEN, MS, CCLS**, Social Worker and Certified Child Life Specialist, Starlight Children's Foundation NW, Redmond, WA
- **RON RABIN, MA, LMHC**, private practice, Bellevue, WA

illustrators



KEN SHAFER'S first job was bending taco shells, and his favorite classes in school were band and penmanship. Lucky for him, he was so good at handwriting, he now makes a living creating logos, and bending corn tortillas isn't a job requirement • Pop Cap Games, Nike, NBA • Seattle



When **WARD JENKINS** was in 3rd grade, he drew a picture of each of the states and made a book of it, then shelved it in the "Geography" section in his school library, where it belonged • Cartoon Network, Nickelodeon, Chronicle Books • Portland



JAY BRYANT is the same height as a standard doorway; standing at 6'8" he is probably the tallest artist in this book • PF Flyers, Nike, XBOX • Seattle



MATTHEW ELLERO was born with a bent little finger on each hand which give him drawing superpowers • Digital Artist Magazine, For the Common Wealth (band) • Cambridgeshire



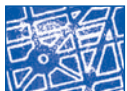
When **EDUARDO BERTONE** was young, he would doodle without thinking, filling the page with big-toothed smiles, robots, monsters, and creatures – and now he gets paid to doodle all day! • Mercedes, Smart Cars, Swatch • Madrid



CAREY SOOKOCHEFF's ideal meal is served in a bento box or a cafeteria tray – with separate sections so that nothing touches • YMCA Canada, Chronicle, United Airlines • Toronto



Believe it or not, the Grammys have a category for "Album Package Art" and **GARY TAXALI** was nominated for one • Rolling Stone, Converse, Levi's • Toronto



STEFFANIE LORIG enjoys gluten free noodles, wants to own Schnoodles – and wrote her first book while eating a strudel • Seattle



ROBERT NEUBECKER lives on a mountain with two bearded dragons and fifteen dragon eggs, along with three cats and three dogs – one of his dogs only speaks Navajo • Slate.com, Wall Street Journal, Los Angeles Times • Park City



SIMON PELOW is 32 years old and still has the tendency to pick his nose • Carhartt Streetwear, Nike SB, Coca-Cola • Devon



The original characters that **JUNICHI TSUNEOKA** creates often become his friends, and they travel the world sometimes as T-shirts, posters, CD covers • Adidas, Microsoft, • Seattle



By the time you read this, **ANDREW WICKLUND** will have been to over 41 different countries around the world and was traveling when he did his page • Supersonics, Willis Tower • Seattle



MARK T. SMITH is left handed and dyslexic...so everything works out just fine • MTV, Pepsi, Harper Collins, VH-1 • Miami



ROBERT MEGANCK loves rock & roll, and can be seen playing air guitar when he is suppose to be doing yard work • Utne Magazine, Newsweek International • Richmond



ELISE GRAVEL sometimes gets so excited when she's drawing that she forgets to breathe • Volkswagen, Blue Apple books (Chronicle), Klutz • Quebec



CALEF BROWN's diet consists mainly of greenery. He loves to chew the scenery and will often eat a cedar tree at teatime, followed by a key lime pie • Nickelodeon, Martha Stewart • Brunswick



LUKE RAMSEY has been stalked by howler monkeys in an Indonesian jungle (no, really!) • Adult Swim, WIRED magazine, Phish • British Columbia



ANNE BRYANT loves chocolate and must have some at least once a day, preferably more • Corbis Images, Museum of Science (Boston), Seattle Animal Shelter • Seattle



SHAW NIELSEN spends at least an hour a day making funny faces for his puppy • New York Times, Readers Digest, Denver Zoo • Denver



The best job **PAUL ROGERS** ever had was parking golf carts at a country club when he was in high school • Pixar Animation Studios, Nike, The New York Times • Pasadena



THADEUS MAXIMUS animates video games and illustrates kids books, but can easily be distracted by a slice of pizza • Kayak Magazine, and a top secret kids project • Ontario



All **DOUG FRASER** really wants to do is make art and ride a motorcycle under sunny skies • NIKE, National Hockey League (NHL), Suzuki Motorcycles • British Columbia



When **STEVEN D'AMICO** thinks of songs in his head, he often clacks his teeth together to play "drums," much to his dentist's dismay • Nickelodeon, Mattel, Harley-Davidson Museum • Seattle



When **MARGARET CHODOS IRVINE** is stressed by how much work she has to do, she chills out by cranking up the music and dancing • She writes and illustrates children's books • Seattle



GINA TRIPLETT likes to sound very professional while writing e-mails in her pajamas during business hours • Converse, Apple, Lamar Snowboards, Urban Outfitters • Philadelphia



RYAN BUBNIS loves the Portland Trailblazers, Oakland Raiders and BBQing • Kidrobot, Imperial Motion, 20th Century Fox • Portland



HEIKO WINDISCH has memorized the recipe for the best banana cake ever – and now that's practically all he ever eats • Weezer, Threadless, Salomon Snowboards • Heidelberg



One of **CINDY CHISCHILLY's** favorite things to do is to walk dogs at the local animal shelter • BMW Motorcycles, Play Hard Don't Blink, Seattle Animal Shelter • Seattle



TERRY MARKS was his 6th grade Class President, is half Korean, pero él habla Español! • DC Comics, Seattle Cancer Care Alliance • Seattle



ROBYNNE RAYE has three Johnny Depp posters in her room, is scared of the microwave and doesn't like nature • K2 Snowboards, Swatch • Seattle



SACHA BARR is a proud parent of two loving felines – Fatty Senior and Cathy Pigbelly • Sub Pop Records, Sasquatch Music Festival, Stereo Skateboards • Seattle

FOR IMMEDIATE RELEASE

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Nonprofit Art with Heart Launches “Ink About It”, Their Newest Therapeutic Book for Tweens & Teens

*Activity-based art journal created by award-winning artists and therapists
benefits high-risk children through the healing power of creativity.*

SEATTLE, WA – Art with Heart, a charitable 501c3 nonprofit organization, has just released its fourth therapeutic book, *Ink About It*, aimed at middle-school age students (ages 11+) who are dealing with trauma, stress and illness. The book contains 45 activities, including writing and art prompts, funky coloring pages and posters and that are designed to support youth as they develop their understanding of themselves and their emotions.

According to the National Institute of Mental Health, studies show that at least one in five children and adolescents have a mental health disorder. At least one in 10, or about 6 million people, have a serious emotional disturbance, severe enough to cause some level of impairment. The World Health Organization, states that by 2020, neuropsychiatric disorders in children will swell by 50 percent compared with other health-related problems, making them one of the five leading causes of childhood illness, disability and death. Untreated mental illness in kids can lead to serious problems such as juvenile detention and suicide. **Creative expression can help stall or reverse the damaging effects of trauma, hardship and crisis, putting kids on a path to improved mental health.**

Written by Steffanie Lorig, Annie McCall, MA, LMHC and Kate Gardner, CCLS, in collaboration with school counselors and psychologists and illustrated by 31 renowned artists, *Ink About It* serves as a springboard for self-discovery, conversations and personal growth.

The list of 31 artists who have contributed to *Ink About It* reads like a Who’s Who of illustration, ranging from a Grammy nominee to artists whose work regularly appears on Cartoon Network, Nickelodeon, XBOX, Nike, skateboards, snowboards, magazines and more. Illustrators, who include such names as Doug Fraser, Gary Taxali, Robynn Raye, and Mark T. Smith, invite kids to make their own artistic mark, starting with the cover.

“Ink About It opens the door to healing for kids who are struggling and experiencing some serious challenges – from a family torn apart by drug abuse or by divorce, or the loss of someone important to them, says co-author and Art with Heart founder, Steffanie Lorig. “It gives voice to the emotions that threaten to turn hurting and confused children into angry and broken adults.”

Ink About It is available at Art with Heart’s online store. Bulk discounts are available for larger orders.

ABOUT ART WITH HEART: Art with Heart uses creativity to move kids beyond hardship and uncertainty. Reaching children at critical moments, their therapeutic books and programs based on proven mental health therapies help improve emotional wellness by encouraging creative expression as a path to healthy communication. **Learn more about at <http://artwithheart.org>.**

