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NEWS RELEASE

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Page 1 of 1

WORLD'S FIRST ART THERAPY POD INSTALLED AT ARTS & WELLNESS NONPROFIT'S HQ

Tulsa, Okla. — Art 4orms Foundation is excited to announce the world's first art therapy pod installation at Art 4orms Enrichment Center. Freya Sewell, UK based artist, created a biophilic design in collaboration with Art 4orms founder, Ebony Easley, designed to improve academic performance, social-emotional and behavioral outcomes for North Tulsa Public School students.

“From February 20th - 24th I will be building a new multisensory pod for the incredible Art 4orms. This art therapy space is a biophilic design, inspired by nature and the community who will use it. It has been a great pleasure working with Ebony and her creative ideas for how we can make something truly original and exciting for the students. We want to take them into a space where play, imagination and the natural world are center stage!” - Freya Sewell

The art therapy pod is one element of Art 4orms Art Therapy Behavioral Intervention Initiative that will be launching this April 2023. The initiative is a long-term plan that will develop alternative behavioral response solutions for at-risk elementary students, reduce the suspension rate for black/brown public school students, increase fresh food & physical wellness options for lower income North Tulsans, and create awareness around the overall mental and physical health benefits when people engage in the process of creative expression.

“As a prior North Tulsa Public School art student I'm honored to be instrumental in providing tangible tools to proactively address the holistic health of families in our community in unconventional solution methods rooted in arts engagement. Freya is a brilliant life artist and it was a privilege to collaborate to develop this one of a kind masterpiece. I believe art is directly linked to a human's wellness and the economic vitality of a city, so I look forward to the positive impact of this installation.”



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Art 4orms Art Therapy Behavioral Intervention Initiative will remove barriers associated with families economic status, background and proximity to solution-based resources to improve equitable health outcomes for North Tulsa families through the arts. This art therapy pod creates a safe space for licensed mental health care professionals and educators to provide holistic services to community members. The pod will feature chromotherapy elements and sensory attributes inspired by the elements of the earth.

Art 4orms Foundation invites and encourages all trained and licensed art therapists to utilize the pod to implement strategic methods to support the wellness of our community by facilitating art therapy sessions. Please contact Art 4orms to schedule use of the pod (info@art4orms.org).

HOW ART THERAPY WORKS

“Through integrative methods, art therapy engages the mind, body, and spirit in ways that are distinct from verbal articulation alone. Kinesthetic, sensory, perceptual, and symbolic opportunities invite alternative modes of receptive and expressive communication, which can circumvent the limitations of language. Visual and symbolic expression gives voice to experience and empowers individual, communal, and societal transformation.” - *Information Cited from American Art Therapy Association*

WHO WE ARE

Art 4orms Foundation is Oklahoma's first Arts & Wellness nonprofit organization that provides free art education to public school students in North Tulsa. Our programming and outreach structure is rooted in art therapy philosophies in an effort to promote holistic healing to increase life expectancy, expand career pathways for local black and brown artists, and create a sustainable landscape to provide generational access to free art education for public school students.

Art 4orms Foundation exists to build and sustain generational access to art education for public school students. Art 4orms will utilize art education to expand career pathways and dismantle historical disadvantages placed on communities of color. **To learn about Art 4orms Foundation and to donate visit art4orms.org.**

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