

Dollars at Work

Art Therapy

Hi! My name is Alexis Lombardo, and I'm a Registered and Board Certified Art Therapist. Donations to #CMNHershey support my role at Penn State Children's Hospital. Thank you!

Art therapy is an evidenced-based practice that supports the emotional, physical, social and spiritual well-being of patients. I carefully select and offer art materials that align with each individual patient's need.

Using materials like markers, clay, paints and masks, patients have the opportunity for creative self-expression. This promotes relaxation and helps kids and family members cope with the pain, anxiety and stress associated with a medical diagnosis. Pediatric patients don't get a say in what medication they receive or procedures they need, so art therapy also gives kids a sense of control.

Through the work created in art therapy sessions, patients receive a visual and personalized history of their journey and growth. Thanks for supporting this important work!



Participants traced, cut and colored their handprints. Alexis photographed each one and turned them into a single piece of art to symbolize that even when we're apart, we are still all in this together!

Morgan and her 15-month-old son, Colton, participated in the art therapy "Let's Get Together" project along with other patients and staff. Launched during COVID-19, the project was done virtually.



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