

Art Therapy Overview:

Art Therapy provides clients with a nonjudgmental way to express thoughts, emotions, experiences, and goals. Activities focus on the therapeutic process rather than artistic ability.

- Clay work and sculpting
- Blanket quilt coloring projects
- Creating personal "happy place" or retreat boxes
- Vision boards
- Recovery collages
- Emotion-based artwork
- Positive affirmation cards
- Recovery-themed crafts
- Music-guided drawing
- Guided meditation followed by creative expression
- Watercolor activities
- Creating artwork based on emotions, colors, shapes, and body sensations
- Artwork focused on recovery goals
- Projects exploring personal strengths
- Activities focused on life experiences and personal growth
- Creative projects centered around gratitude
- Group art projects that encourage connection and peer support

Art Therapy can help clients practice emotional regulation, mindfulness, self-awareness, healthy self-expression, relaxation, communication, and positive coping.

Field trip Overview:

Field trips provide clients with opportunities to practice recovery skills outside of the traditional group setting while participating in healthy, substance-free activities.

Examples of therapeutic outings include:

Beach & Outdoor Experiences

- Beach walks
- Nature Trails
- Ferry rides

Cultural & Educational Trips

- Beaufort Maritime Museum

- Core Sound Waterfowl Museum
- Visits to old burial grounds and historical locations
- Shell show
- Opportunities to learn about local history and culture
- North Carolina Aquarium

Recreational Activities

- Putt-putt/minigolf
- Bowling
- Thrift shopping
- Movies
- Healthy activities that encourage socialization

Field trips help clients practice communication, patience, appropriate social behavior, teamwork, decision-making, independence, and enjoying life without substances.