



Rita Project

Rita Project, Inc.

ritaproject.org

WHAT IS RITA PROJECT?

Rita is moved to stop suicide and to celebrate life. Rita Project is a 501c3 national non-profit organization devoted to using the arts to help all beings connect with the power of creating, and, in doing so, foster transformation.

PROGRAMS

Our three programs: Rita Studios, Rita Workshops, Rita Exhibitions

- Nurture healing
- Assist with suicide prevention education
- Raise public awareness of the importance of the arts to mental health

Rita Studios: Los Angeles and Baltimore

Our Studios are based on the concept that the creative process involved in the making of art is healing and life enhancing¹. Rita Studio LA is a peer to peer open art studio, open everyday. Rita Studio Baltimore is open Sundays for two hours, sessions are staffed by an art therapist and a graduate art therapy student assistant.

Rita Workshops

Workshops serve as an effective suicide prevention education and crisis intervention tool. We use the arts to help our audience recognize, express, and process emotions, identify means to make health-enhancing choices, appreciate diversity in personal expression, and communicate in a positive way with self and others.

Rita Exhibitions

Exhibitions are collaborations that provide Studio and Workshop participants with a sense of closure and recognition. In addition, Exhibitions create space for community and dialogue.

HISTORY

Founded by Kimberly Strouse in 2002, after she lost her sister, Kristin Rita, to suicide. Kristin was seventeen and a freshman at Parsons The New School for Design. Kim was twenty-four.

WHY RITA PROJECT?

- Every 16 minutes in the United States someone dies by suicide²
- Every minute in the United States someone attempts suicide²
- Every year, almost one million people die from suicide; a "global" mortality rate of 16 per 100,000, or one death every 40 seconds.³

¹American Art Therapy Association

²Figures from the National Center for Health Statistics for the year 2004

³World Health Organization, NewScientist.com, 2004