

DRAMA THERAPY WORKSHOP PROPOSAL

Prepared for:
The City of Denton

www.cityofdenton.com

940-349-8200
215 E. McKinney St.
Denton, TX 76201

Prepared by:
Sara Snyder

www.creativewellness.com

972-450-3243
2745 Creek Road
Denton, TX 76201

INTRODUCTION

Denton, TX, is a beautiful and thriving city that offers a wide range of services to its residents. Still, Denton is no different from every other U.S. city in that its residents need access to mental healthcare. Lack of access has detrimental effects, not just on the people of Denton, but also on the city itself. Inflation keeps going up, and the cost of living for everyone is becoming less manageable, leading to more strain on people's mental and emotional well-being and making it harder to afford mental health services. The budget cuts to the healthcare system have made it virtually impossible for many individuals and families alike to afford mental healthcare in North Texas.

According to the Mental Health Survey (2023) by the U.S. Conference of Mayors, 117 cities across 31 states were surveyed, and they found that:

- 97% of people report an increased demand for access to mental healthcare
- 71% of those surveyed said they did not have access to mental health services

At Creative Wellness, we offer a solution. We have developed a workshop utilizing the techniques of **drama therapy** as a means of community outreach that helps to reduce stigma, normalize asking for help, and build and empower communities.

Our Drama Therapy Workshop provides a service that enables individuals from diverse backgrounds to explore mental wellness and prosocial behavior by engaging with the art of theatre, encompassing both acting and writing, to express themselves and share their stories, ultimately gaining insight into their own mental health journey. This is a cathartic process that helps people develop their coping skills and reach new heights in their journey toward emotional and mental wellness, enabling them to go from surviving to thriving.

MISSION

The goal of our workshop is to raise awareness about mental health issues and promote emotional well-being among residents of Denton County. We have found that our Drama Therapy Workshop benefits communities by promoting mental and emotional wellness through the art of theatre. It brings people together and builds community while working on the individuals in the workshop.

WHO WE ARE

Creative Wellness was created in 2025 by Sara Snyder in hopes of reaching out to communities and offering diverse populations access to mental health services and education through a patented Drama Therapy Workshop designed with emotional wellness in mind. It is a partnership of certified therapists that specialize in drama therapy and theatre professionals that go into communities and provide mental health education and services through the art of theatre and drama therapy with proven results.

THE WORKSHOP

Over the span of six weeks (one day a weekend), one of our trained therapists will conduct our Drama Therapy Workshop which consists of four parts.

Participants:

- Talk about where they are at in their mental health journey
- Using improvisation exercises to learn how to express themselves and their emotions
- Writing out a narrative scene or monologue that embodies an issue or issues they wish to process

- Performing their personal narrative in a safe environment

Our group leader maintains an entirely professional atmosphere where the participants' boundaries and privacy are respected.

The Greater Denton Arts Council building, located at 400 E. Hickory St., Denton, TX 76201, would be an excellent choice for hosting the workshop. The workshop does not require many resources, just an open space that accommodates ten participants and the workshop leader. The only items needed for the workshop are tables, chairs, notebooks, and pencils for the participants.

If the city of Denton finds our workshop program beneficial to the community, we would be happy to provide additional workshops over the summer of 2026. We prefer to focus on groups of no more than ten participants at a time, allowing us to deliver a personalized experience where everyone receives sufficient attention.

COMMUNITY OUTREACH

Though Denton residents from all walks of life can benefit from our workshop, there are certain populations that can be marketed to.

- Students: Denton is home to both UNT and TWU, and there is a large population of college students that are stressed and facing pressures
- Military: both active-duty military personnel and veterans face enormous emotional and mental strain and are a vulnerable population
- Senior citizens: older people deal with issues of grief and loneliness at high rates and need to feel part of the community

PROVEN EFFECTIVENESS

These research findings come from a scientifically reviewed article by Courtney E. Ackerman, MA on positivepsychology.com:

“Research has backed up drama therapy’s effectiveness in:

- Alleviating psychosocial symptoms and aiding in internalization and externalization problems, facilitating coping and regulation, and improving social functioning (Berghs et al., 2022)
- Improving children’s social skills (Pordanjani, 2021) and reducing their social anxiety (Anari et al., 2009)
- Improving a range of psychological and behavioral mental health outcomes (Orkibi et al., 2023)”

To read about the proven results of our Drama Therapy workshop specifically, please visit www.creativewellness.com to learn more.

BUDGET

The total cost for this workshop is **\$750**. This amount covers:

- Group facilitators
- Promotional materials and marketing
- Administration Fees
- Curriculum

To get an idea of the typical cost of a long-form drama therapy workshop, please refer to a similar 15-week online workshop provided by The Center for the Living Arts:

<https://livingartscenter.org/event/theatre-as-a-therapeutic-act-transform-your-life-through-autobiographical-therapeutic-performance/>

HOW DENTON BENEFITS

There are many ways in which the city of Denton is negatively affected by a lack of mental health services for its residents. Not only is access to mental health services vital, prevention and support from the community have many benefits.

- Lower expenses on healthcare and social services
- Prevention of homelessness
- More productive workforce
- Safer city and less incarceration

Providing more access to mental healthcare and services like our Drama Therapy Program can reduce the financial burden of mental instability in the community.

SIMILAR INITIATIVES

Other cities across the country and the world have conducted similar drama therapy programs with positive results.

The Discover/Recover Theatre Project is an Irish-based drama initiative that focuses on mental health education. It partners with HSE Waterford/Wexford Mental Health Services, Mental Health Ireland, and others to bring this program to their communities.

<https://www.artsandhealth.ie/case-studies/discover-recover-theatre-project/>

Act Up Drama is an organization in South Carolina that provides theatre education and drama therapy programs and conducts community outreach workshops.

<https://www.actupdrama.org/outreach/overview>

SUMMARY

Creative Wellness's Drama Therapy Workshop offers numerous benefits, requires minimal accommodations and resources, and the cost of services is minimal when considering what Denton stands to gain. The people of Denton deserve access to the best possible mental healthcare services, and our Drama Therapy Workshop is a top-of-the-line, proven means of helping to foster emotional wellness in the city. Through professional guidance, Denton residents can learn more about themselves and one another, harness the power of drama therapy to enrich their lives, and foster a closer, healthier community.

NEXT STEPS

To proceed, please review the proposal and respond to Sara Snyder at Creative Wellness:

Creativewellnessadmin@gmail.com

972-450-3243

2745 Creek Road

Denton, TX 76201

You can also visit us at www.creativewellness.com for more information and to review our past workshops.

We look forward to working with the City of Denton to provide the residents of Denton, TX with a wellness experience that will benefit them as individuals and the city as a whole.

References

- 1) Ackerman, C.E. (2025, June 24). "Drama Therapy: How Storytelling Can Promote Healing". Positivelypsychology.com. <https://positivelypsychology.com/drama-therapy/>
- 2) Sherrell, Z. (2022, May 27). "What to know about drama therapy". Medical News Today. <https://www.medicalnewstoday.com/articles/drama-therapy>
- 3) "The Mental Health Crisis in America's Cities and Their Responses to It." (2023). U.S. Conference of Mayors. Usmayors.org. [USCM-Mental-Health-Survey-2023.pdf](#)
- 4) "Making the Case: The Link Between Residents' Financial Health and Cities' Inclusive Growth." (2023). Urban Institute. Urban.org.
[making_the_case_the_link_between_residents_financial_health_and_cities_inclusive_growth_2.pdf](#)
- 5) [Theatre workshop information]. (2022). Center for the Living Arts. Livingartscenter.org. <https://livingartscenter.org/event/theatre-as-a-therapeutic-act-transform-your-life-through-autobiographical-therapeutic-performance/>
- 6) "Discover Recover Theatre Project". (2018, August 14). Artandshealth.ie. <https://www.artsandhealth.ie/case-studies/discover-recover-theatre-project/>
- 7) [Stages training and workshops]. Actupdrama.org. <https://www.actupdrama.org/outreach/overview>