

In this issue: HOME & GARDEN special section

APRIL 24 – 30, 2026
VOLUME 2, ISSUE 32

THE RECORDER

Reader-supported.
Nonprofit.
\$2.50
Subscribe today at
TheRecorder.org

INDEPENDENT NEWS FOR BEDFORD, LEWISBORO, POUND RIDGE AND MOUNT KISCO, NEW YORK

www.TheRecorder.org

APRIL 24, 2026 | THE RECORDER | PAGE 11

Schools

Student art aims to combat substance abuse

By NEAL RENTZ

THRIVE Bedford-Lewisboro-Pound Ridge describes itself as a “driving force for combating today’s substance abuse and mental health challenges by fostering healthy lifestyles through education, resources, and strategies” in the three towns.

One of its strategies is now using art to spread its message with “Pieces of Mind,” a work of connected paintings created by local high school students through the Substance Use and Mental Health Awareness art making program at the Katonah Museum of Art. The creation of the artwork was led on April 11 by artist Allyson Montana and the museum’s curator, Margaret Adasko.

The artwork was unveiled to the public April 17 during a reception at the museum.

“‘Pieces of Mind’ can be situated in a longstanding tradition that links creative expression to healing and self-care,” Sharon Kennedy-Nolle, chair of youth programming and outreach for THRIVE, told the reception attendees. “It dates back to the ancient shamanistic healers, to the Greeks to Aristotle and the Romantic Movement.”

“Artmaking provides the opportunity for curiosity, sparking awe and wonder,” Kennedy-Nolle said. “And it leaves all of us with the tangible accomplishment in the beauty and inspiration of this wonderful collective painting itself.”

The reception was co-sponsored by the Fox Lane High School Y2Y and the John Jay High School Prevention Awareness Council. Students from the two schools came up with the art concept, Kennedy-Nolle said in an interview last week.

“Pieces of Mind” is a collec-



CONTRIBUTED PHOTOS



“Pieces of Mind,” a collection of 42 acrylic paint and oil pastel works created by students from Fox Lane High School and John Jay High School, was exhibited during a reception last week at the Katonah Museum of Art. The paintings reflect individual perspectives on mental health and substance use.

tion of 42 acrylic paint and oil pastel works placed together on white background, reflecting individual perspectives on mental health and substance use.

Art is “a good way to express your feelings,” Kennedy-Nolle said.

The artwork will be on display through the summer at libraries in Bedford, Lewisboro and Pound Ridge, Kennedy-Nolle said. The dates have not been announced.

John Jay High School student Sophie Inana, one of the program’s youth ambassadors, said THRIVE recently held other events such as a flag football competition and an open mic night to connect THRIVE with the community.

Another youth ambassador, Fox Lane High School junior Evangeline Santos, said the creation of the artwork was another effective way to promote the mission of THRIVE. By

having the artwork displayed over the coming weeks at local libraries, the student participants “have their perspectives shown,” Santos said.

“As THRIVE well knows, artmaking helps to identify and process trauma which lies at the root of addiction, while encouraging positive change,” Kennedy-Nolle said. “As the artist George Braque once said, ‘Art is a wound turned into light.’”