

DOCTORS NONPROFIT CONSULTING

# EXECUTIVE SUMMARY

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ART & CREATIVITY FOR HEALING INC  
10 YEAR REPORT

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JULY 2009– JUNE 2020

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## **INTRODUCTION**

DoctorS Nonprofit Consulting (DNC) was hired by Art & Creativity for Healing Inc. (ACFH) in May of 2020 to provide an outcome evaluation for the 10-year program data for participants in ACFH workshops. ACFH has facilitated these “Art4Healing®” workshop programs at more than 40 hospitals, treatment centers, military bases, schools and non-profit agencies throughout Southern California. Since 2000, more than 80,000 children and adults have participated in these classes and workshops.

## **METHOD**

For this project, ACFH staff entered the data from their surveys into an online computer program. DNC then downloaded data spreadsheets in both excel and SPSS formats. DNC reviewed the data and addressed any data entry concerns with ACFH staff. SPSS statistical software was used for the evaluation process which was conducted by consultants in July and August 2020. For this project, the program’s data collection procedures were reviewed. Initially, a series of frequency tables were run to establish basic program statistics. Following this, a series of correlations and one-way analysis of variance (ANOVA) tests were computed on the data. Correlations are useful in determining how closely one variable relates to another variable. ANOVAs are useful for comparing differences between groups.

## **DATA SET**

This data set consists of responses by 19,234 individuals who received ACFH services between the period of July 2009 and June 2020. Of those, participants either completed the adult survey (n=11,219) or the child survey (n=8,015). Generally, when working with statistical evaluation, we like to see a large sample. Data sets of this size (n=19,234) are generally regarded to be an accurate indicator of the measured items.

## **STATISTICS**

Fifty eight percent of participants completed the adult participant questionnaire. The remaining 42% were completed by children/teens. Approximately forty-two percent of the participants indicated their age (n=8147). The ages ranged from 4-94, with the average age being 28.83, for those participants who did include an age. It should be noted that less than 1 percent of the child questionnaire participants included their age thus skewing the data to be older than the average age could be.

For those participants who indicated their ethnicity, Hispanic/Latino(a) American made up 44.3% followed by those identified as Caucasians made up 34.5%. Please note that the actual ethnicity included in the figures below is for those that reported their ethnicity and some individuals selected multiple ethnicities. Additionally, in January 2011 the survey coding was updated with new categories.

The majority of participants (63.5%) come to the program because they are referred by an agency. In January 2011 the intake form was updated with new marketing categories. When combining the locations for all programs, Orange County Department of Education/ACCESS (Raging Colors) had the largest percent of clients (17.9%). Next was at 15% for the various Homelessness Program sites (American Family Housing, Illumination Foundation, OC Rescue Mission, Someone Cares Soup Kitchen, Regina House, Hope Gardens, Project Hope). The majority of 2009-2020 clients participated

in the *Expressing Feelings with Color* (69.9%) workshop followed by *Camp Pendleton Wounded Warriors* (14.6%). See appendix for the list of locations.

The participants generally have multiple psychological reasons for attending the workshops. Each participant was asked to indicate all the reasons and then select their top reason for taking the class. The most selected reasons that the child participants took workshops was *I like art* (62.36%) and for adults *Anxiety/Stress* (25.16%) and *Sadness* (23.09%) were the most selected for the 2011-2020 data. In January 2011, the questionnaire was updated with new categories.

## KEY FINDINGS

Overall, it is significant to say that 96% of the 2009-2020 participants reported that they were satisfied with their workshop.

Since 2009, 81.5% of participants strongly agreed that the workshop was great. Seventy-eight percent of participants strongly agreed that the workshop helped them express their emotions. Furthermore, 77.8% of participants strongly agreed that they felt better after the workshop and 85.5% strongly agreed that the instructor was approachable.

For future workshops, 92.6% of both children and adult participants agreed that they would refer a friend or family member to this workshop. In fact, 93.7% of all participants agreed that they themselves would take another workshop from the program.

In the 2011-2020 data, the most selected reason that the child participants took a workshop was *I like art* (62.36%) and for adults *Anxiety/Stress* (25.16%) and *Sadness* (23.09%) were the most selected.

Participants in 2018 rated the following items significantly lower than all other years: 1) *How Great the Workshop*, 2) *Emotional Expression*, 3) *Caring Instructor*, 4) *Instructor Time Management/Comfortable Sharing*, 5) *Effect of Workshop*, 6) *Willingness to refer a friend*, 7) *Interest in additional workshops*, and 8) *Overall Satisfaction*.

Participants in the Melting Colors workshop rated the following items significantly lower compared to other workshops: 1) *How Great the Workshop*, 2) *Emotional Expression*, 3) *Caring Instructor*, 4) *Instructor Time Management/Comfortable Sharing*, 5) *Effect of Workshop*, 6) *Willingness to refer a friend*, 7) *Interest in additional workshops*, and 8) *Overall Satisfaction*.

The workshops held Corbin Family Resource Center, Santa Ana (FaCT) were rated the lowest while the workshops held at Minnie St. were rated highest in the following areas: 1) *How Great the Workshop*, 2) *Emotional Expression*, 3) *Caring Instructor*, 4) *Instructor Time Management/Comfortable Sharing*, 5) *Effect of Workshop*, 6) *Willingness to refer a friend*, 7) *Interest in additional workshops*, and 8) *Overall Satisfaction*.

Overall, adult participants reported higher averages than child participants on all items. In fact, adult participants reported higher averages on 1) *This workshop was great*, 2) *This workshop helped me share my feelings/express my emotions*, 3) *The instructor was approachable and appeared to care about the participants*, 4) *The instructor was on time and valued my time*, 5) *I feel better after taking this workshop*, 6) *I would tell a friend or family member to attend this workshop*, 7) *I want to take another Art & Creativity for Healing workshop*, and 8) *Overall, I like this workshop/ I am satisfied with this Art & Creativity for Healing workshop*.