



Children participating in a Creative Wellbeing activity led by Center for the Empowerment of Families, Inc. at the LA County Department of Public Health's Pomona Wellness Center.

# Creative Wellbeing Data Dashboard | Youth (September 2024)



*Creative Wellbeing is a strategic collaboration between the Los Angeles County Department of Arts and Culture, Office of Child Protection, Department of Mental Health, Department of Children and Family Services, and the Arts for Healing and Justice Network as part of the LA County Arts Education Collective to advance the goals of Arts for All Children, Youth, & Families: Los Angeles County's New Regional Blueprint for Arts Education.*

*Creative Wellbeing received support from the LA County Juvenile Justice Coordinating Council via funding from California's Juvenile Justice Crime Prevention Act, the LA County Department of Mental Health via California's Mental Health Services Act, and the Conrad N. Hilton Foundation.*

*Creative Wellbeing service providers include: African Soul International, Arts for Healing and Justice Network, Center for the Empowerment of Families, Inc., Justice For My Sister, Homeboy Art Academy, and Spirit Awakening Foundation*

*Harder+Company Community Research created the data dashboards for the LA County Department of Arts and Culture.*

The LA County Department of Arts and Culture’s [Creative Wellbeing Project](#) is a non-traditional, arts and culture–based approach for promoting mental health in youth, youth-serving adults, and caregivers. Project activities support positive cognitive, social, and emotional development, and encourage a state of wellbeing that allows young people to function well in the face of challenging circumstances. During the 2023-24 school year, a variety of in-person arts instruction was implemented across school sites, residential care centers, and age levels. All programming is centered on utilizing the arts as a vehicle to implement healing-informed strategies that promote resiliency and positive social-emotional development. In total, 596 sessions were hosted with youth, 710 youth received direct services, and 10,683 youth were served through Creative Wellbeing art activities, workshops, and presentations embedded into partners’ special events. A survey was distributed to young people receiving direct services and at some special events to explore their experiences and preliminary impacts of Creative Wellbeing. A total of 64 youth completed the survey during the 2023-24 school year. The results of this survey are summarized in the pages that follow.

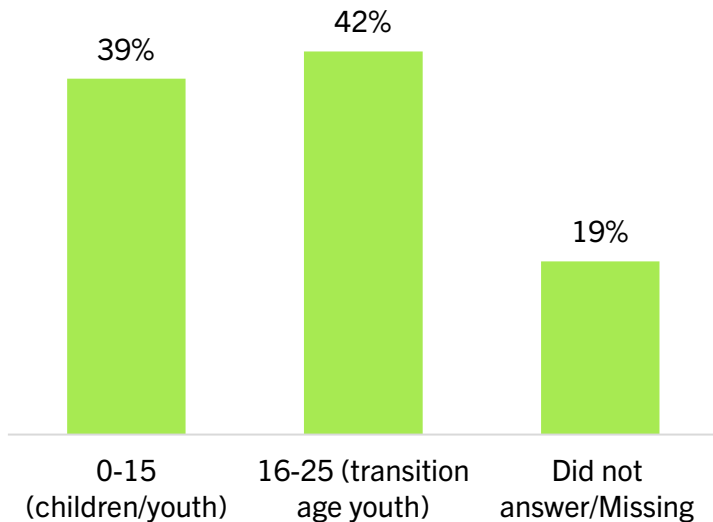
**July 1, 2023 – June 30, 2024**

**596** sessions  
**710** youth served\* (direct)  
**10,683** youth served\* (special events)

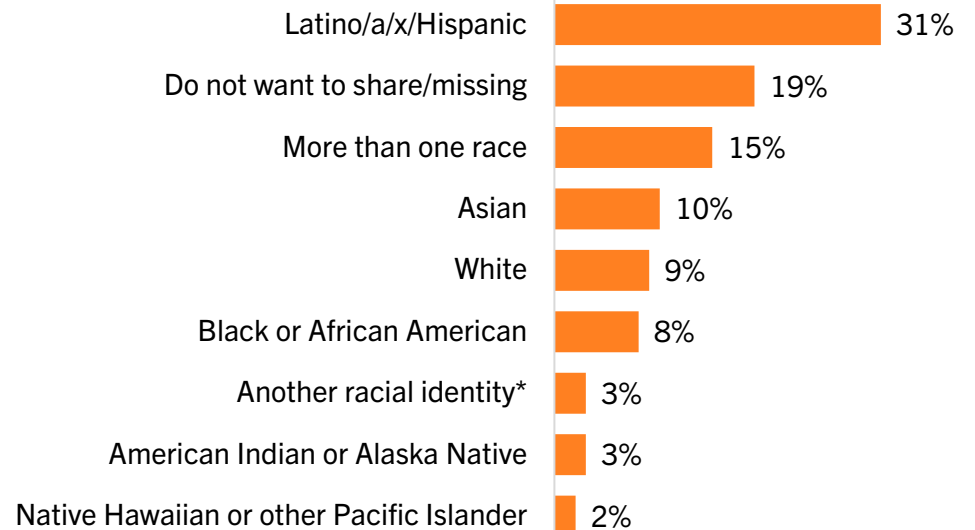
*\*Counts are likely duplicated as youth could participate in multiple activities.*

## Demographic Data

### Age Group

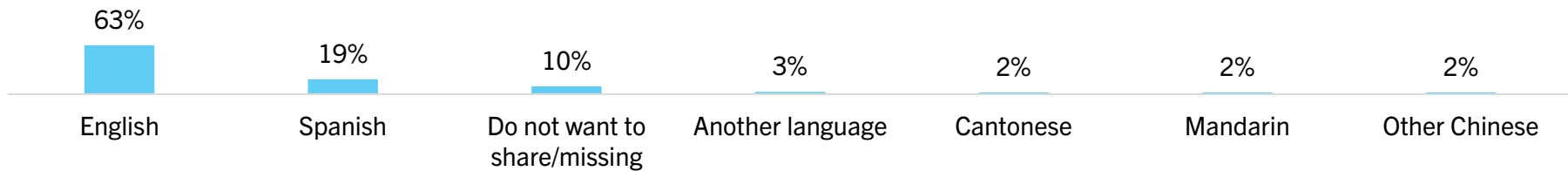


### How would you describe your race/ethnicity?

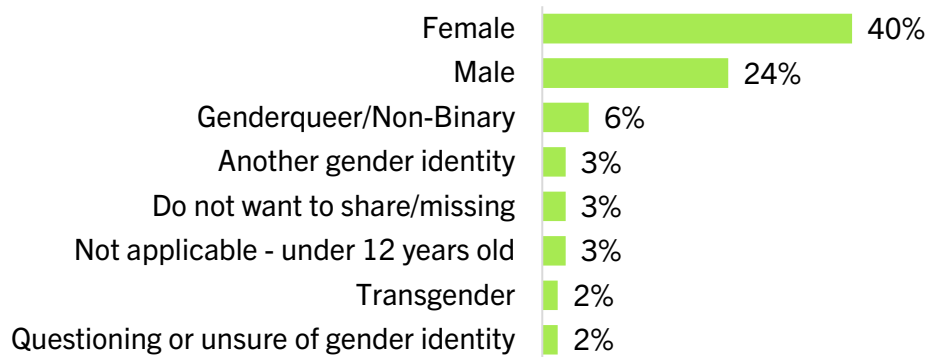


\*Other racial identities include: Indian (n=1) and unspecified (n=1).

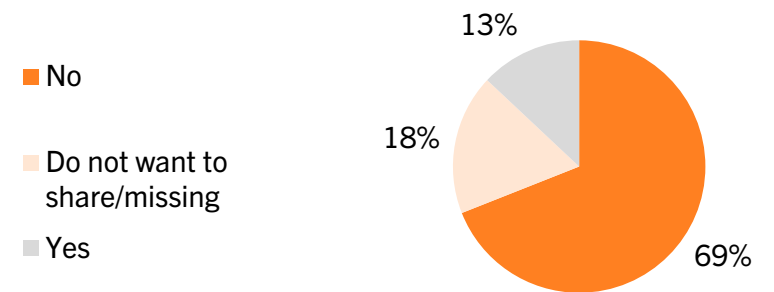
## What language do you most often speak at home?



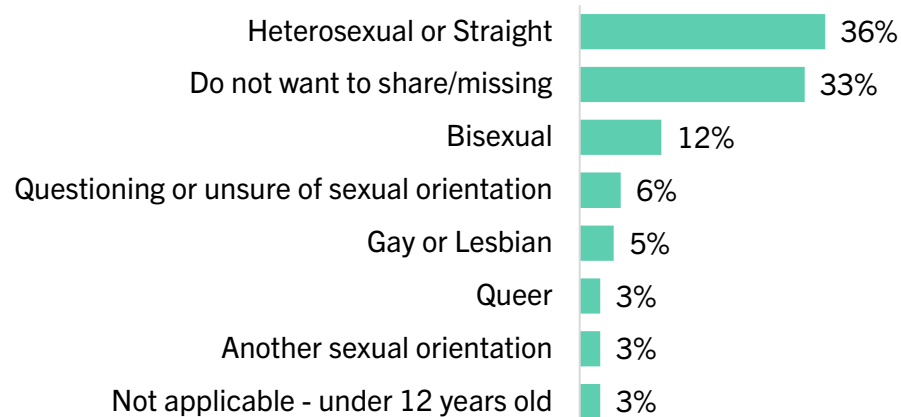
## What is your current gender identity?



## Do you identify as a person with a disability?



## What is your sexual orientation?



It was a fun way to relax and let go.

–Youth Program Participant



This was very fun. And educational.

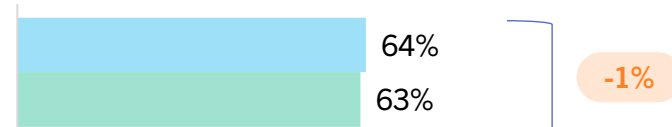
–Youth Program Participant

## Outcome Data

### Mental Health Stigma Reduction and Increased Ability to Ask for Help/Support

■ Pre ■ Post

If I was having a bad day and needed help, I would reach out to my parent, caregiver, teacher, or other supportive adult.



If I was having a bad day and needed help, I would reach out to a friend.



### Increased Protective Factor: Social Support

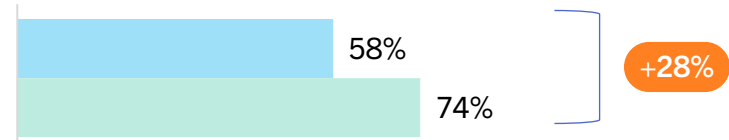
■ Pre ■ Post



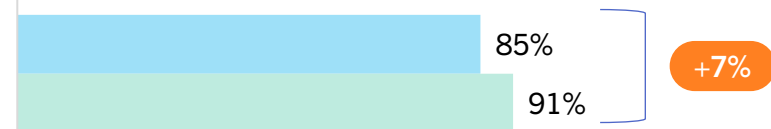
I had lots of fun and met new people.

—Youth Program Participant

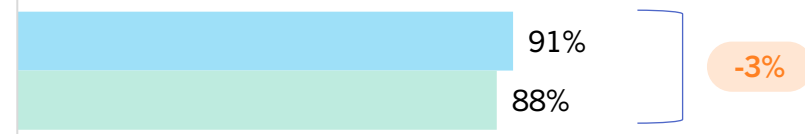
I feel connected to my classmates.



I have people in my life that care about me.



Everyone needs help or support sometimes.

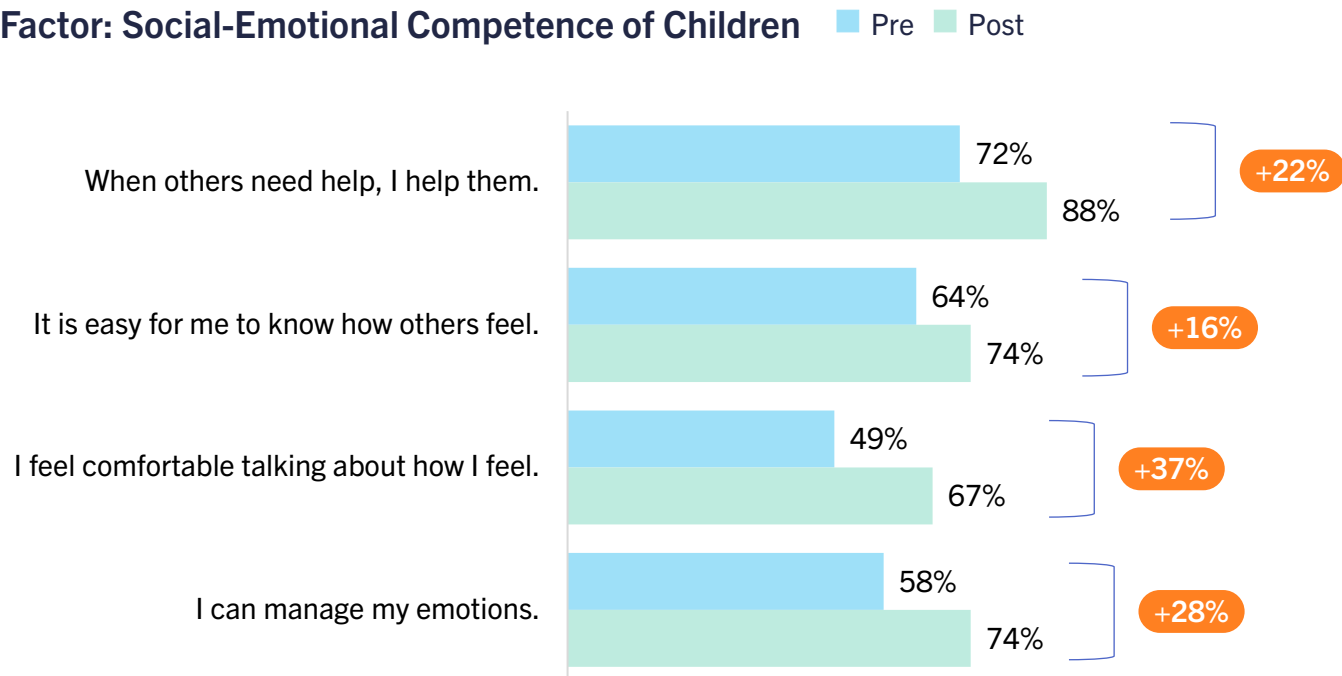


## Increased Protective Factor: Social-Emotional Competence of Children



This taught me to remember to listen to others.

—Youth Program Participant



**What We Are Learning.** Young people showed improvements in almost all areas after participating in a Creative Wellbeing activity. The most significant progress was in the area of social-emotional competence, with more participants feeling comfortable discussing their emotions and better able to manage them. Additionally, many young people felt more connected to their classmates and more capable of helping others after engaging in the activities. However, there were slight declines in the tendency to seek help from parents, caregivers, teachers, or other supportive adults during difficult times, as well as in acknowledging that everyone needs help at times. This suggests that while some may hesitate to approach adults for assistance, they seem more inclined to rely on peers. Creative Wellbeing may be fostering a stronger sense of community, encouraging peer support. Overall, Creative Wellbeing is positively contributing to reducing mental health stigma and increasing protective factors among young people.

While most young people showed improvements in various capacities, not all participants completed the survey for a range of reasons. To address this in FY 2024-25, the evaluation team has introduced an incentive for completing the survey, and Arts and Culture will continue to assist teaching artists and teachers in its distribution. Since County and evaluation staff are not present when the survey is administered, there may be a lack of understanding about its importance or insufficient time dedicated to its completion. Additional education and support could help increase response rates. Related, most demographic items have a larger percentage of youth who declined to answer or left these questions blank. Non-response rates on surveys with young people can occur for a variety of reasons including questions feeling intrusive, having limited time to complete the demographic questions, lacking interest in the topic, or experiencing survey fatigue. To mitigate these challenges, demographic questions are located at the end of the survey to help avoid stereotype threat and all demographic questions are optional. Lastly, the survey was designed for participants aged eight and older, making it inaccessible to younger participants, some of whom were as young as five. The evaluation team is currently developing an alternative method to gather feedback from children under eight.