



Primary Care Physicians at the LA County Department of Public Health's Martin Luther King Jr. Outpatient Center participating in a Creative Wellbeing workshop for self- and community-care led by African Soul International.

Creative Wellbeing Data Dashboard | Adult (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 2023-2024 school year, live and virtual professional development sessions and arts-based workshops that promote creativity and connection were offered to educators and other youth-serving adults across school sites, residential care centers, and County agencies. These sessions provide educators and other youth-serving adults with tools to practice self-care, engage young, and support their wellness and resiliency. Creative Wellbeing hosted 728 sessions for adults, served 23,391 adults through Creative Wellbeing art activities, workshops, and presentations embedded into partners’ special events, and 3,717 adults received direct services. A survey was distributed to adults receiving direct services and at some special events to explore their experiences and preliminary impacts of Creative Wellbeing. A total of 237 adults completed the survey during FY 2023-24. The results of this survey are summarized in the pages that follow.

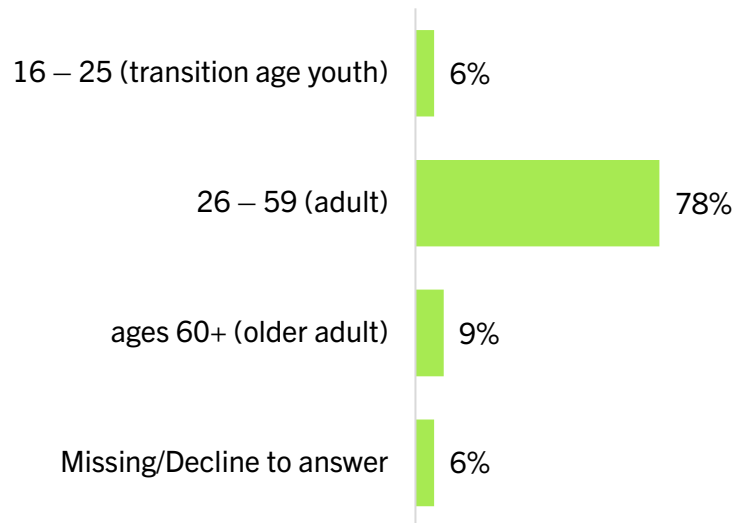
July 1, 2023 – June 30, 2024

728 sessions
3,717 adults served* (direct)
23,391 adults served* (special events)

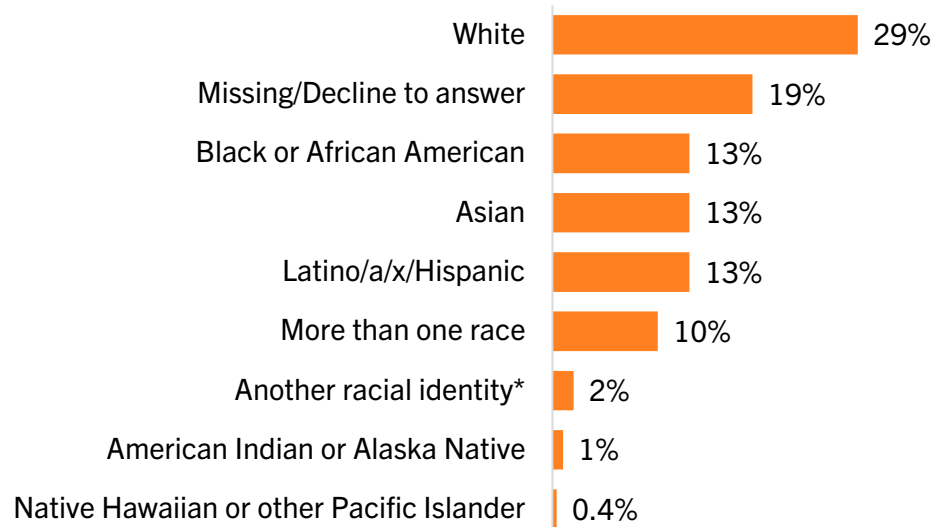
**Counts are likely duplicated as adults could participate in multiple activities.*

Demographic Data

Age Group

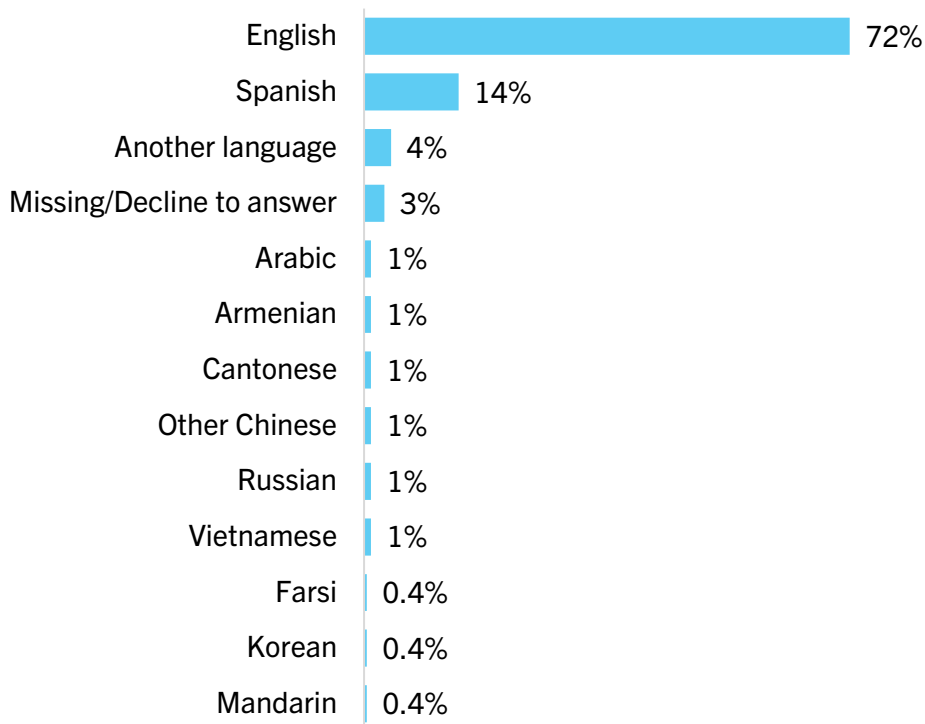


How would you describe your race/ethnicity?

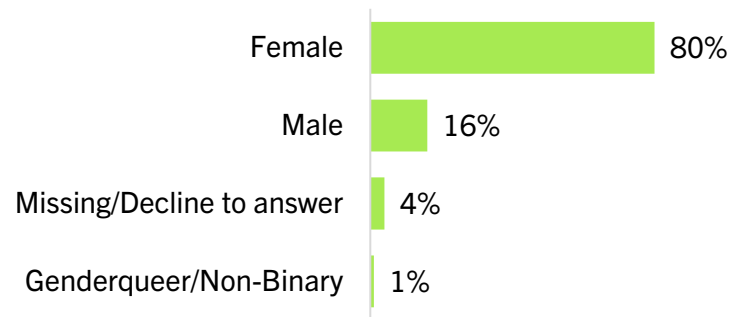


**Other racial identities include: Middle Eastern (n=1), Southeast Asian (n=1), Afro-Latina (n=1), and Asian Indian (n=1).*

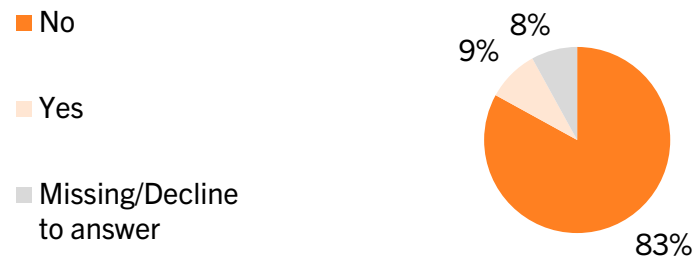
What language do you most often speak at home?



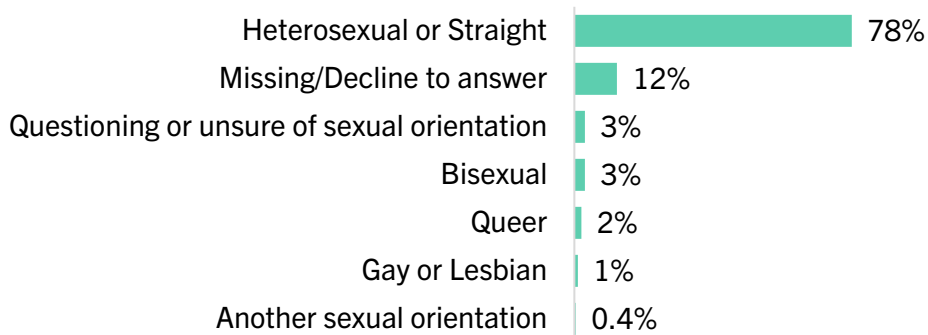
What is your current gender identity?



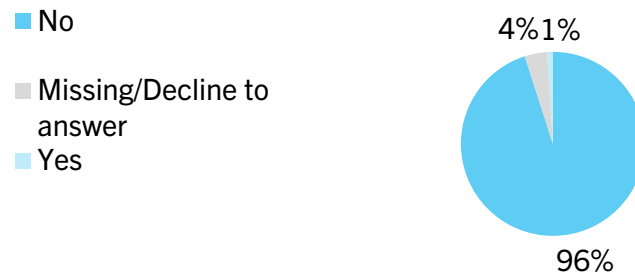
Do you identify as a person with a disability?



What is your sexual orientation?

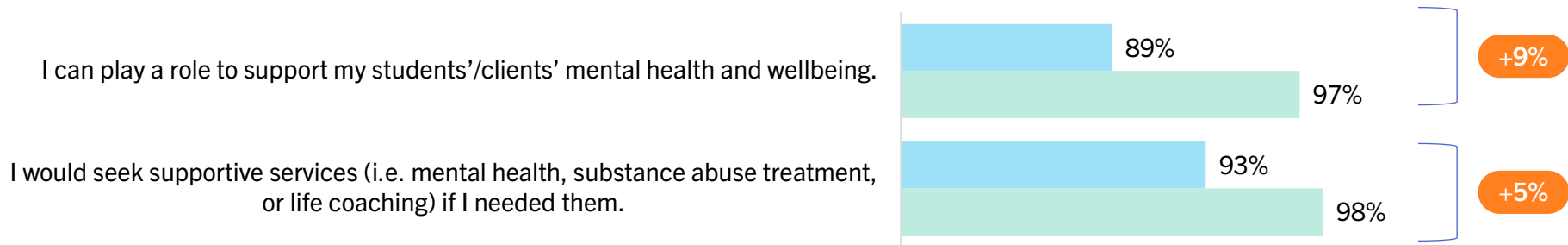


Are you a veteran?

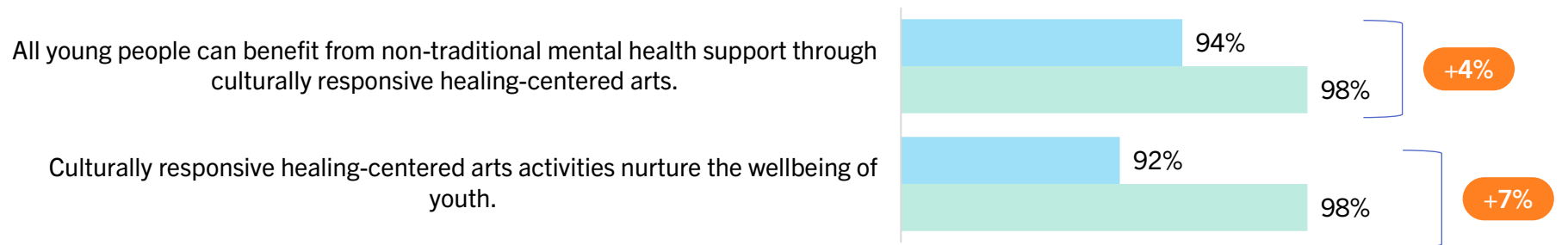


Outcome Data

Mental Health Stigma Reduction



Increased Awareness and Knowledge of Protective Factors



I would love to have these workshops be shared at schools and in work environments. There was so much healing through this workshop. We came as a community of educators, social workers, public health workers, [and] doctors.

– Adult Program Participant

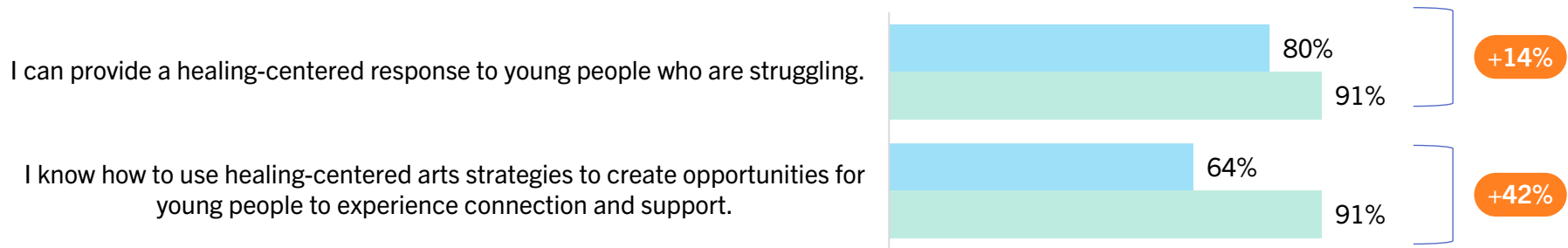


It was an amazing experience that started my day off on the right path, brought me closer to fellow coworkers and helped me build trust and relationships with them; it also helped me feel more uplifted and helped me manage stress better.

– Adult Program Participant

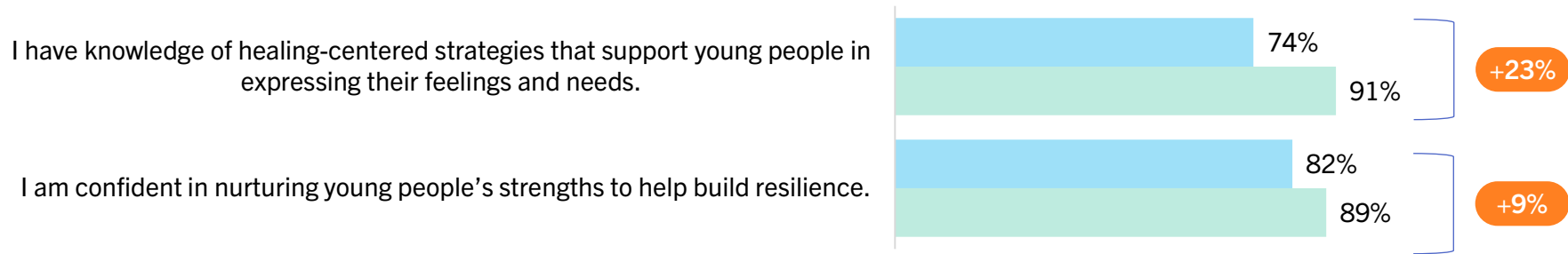
Increased Protective Factor: Social Support

■ Pre ■ Post



Increased Protective Factor: Social-Emotional Competence of Children and Social Support

■ Pre ■ Post



What We Are Learning: Adults who participated in a Creative Wellbeing activity increased their capacities across all outcome areas. Notably, they experienced the greatest increases in their ability to provide social support to young people they are serving. For example, their ability to use healing-centered arts strategies to create opportunities for young people to experience connection and support increased along with their knowledge of healing-centered strategies that support young people in expressing their feelings and needs. These results emphasize the importance of participating in Creative Wellbeing as it reduces mental health stigma and increases awareness around various protective factors.

Although adults experienced increases in their capacities, not all adults who participated in services completed the survey due to various reasons. To increase survey responses during FY 2024-25, the evaluation team added an incentive for completing the survey and Arts and Culture will continue to support teaching artists and teachers to disseminate the survey. Given County staff and evaluation staff are not present when the survey is administered, there may be a lack of awareness around the importance of the survey or dedicated time to complete the survey therefore additional education and support to distribute the survey could be helpful in bolstering response rates.