



Teachers share collages created during a Creative Wellbeing workshop for Palmdale School District and facilitated by Arts for Healing and Justice Network member organization Upward Together.

Creative Wellbeing Data Dashboard | Adult (August 2025)



LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH
hope. recovery. wellbeing.



Los Angeles County
Department of Children
and Family Services



Center for the
Empowerment of Families, Inc.



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, Department of Justice, Care and Opportunities, 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 Department of Mental Health via California's Mental Health Services Act, and the LA County's Care First Community Investment via their Justice, Care and Opportunities Department.

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.

[Creative Wellbeing](#) is an approach for nurturing communities of wellness, especially for systems-impacted youth, those at-risk of becoming systems-impacted, and the adults who support them. The model offers culturally responsive, healing-centered strategies to promote positive cognitive, social, and emotional development and to increase mental health protective factors like emotional coping skills, social connectedness, and community supports. During the 2024-2025 fiscal 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 youth, and support their wellness and resiliency.

July 1, 2024 – June 30, 2025

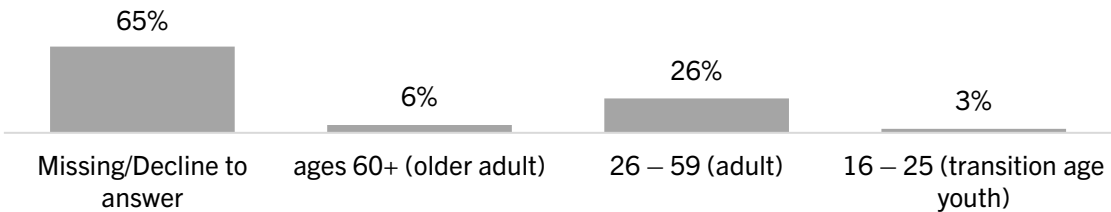
953 sessions 3,449 adults served* (direct) 6,877 adults served* (special events)

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

Creative Wellbeing hosted 953 sessions for adults, served 6,877 adults through Creative Wellbeing art activities, workshops, and presentations embedded into partners’ special events, and 3,449 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 2024-25. The results of this survey are summarized in the pages that follow.

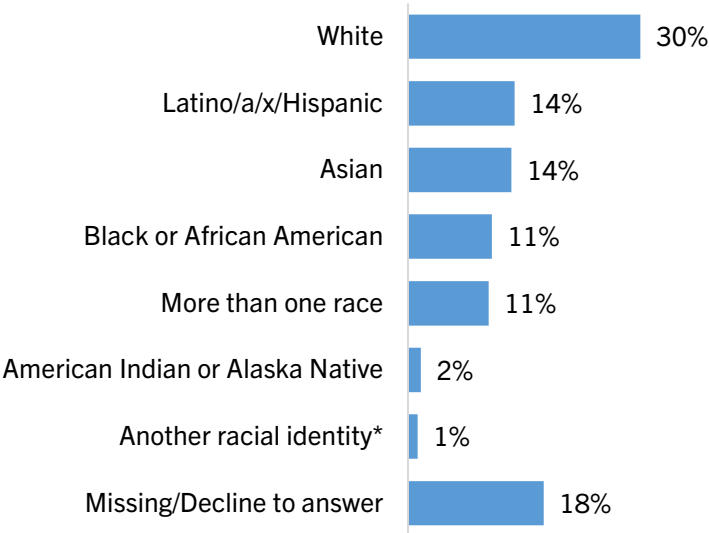
Demographic Data

Age Group



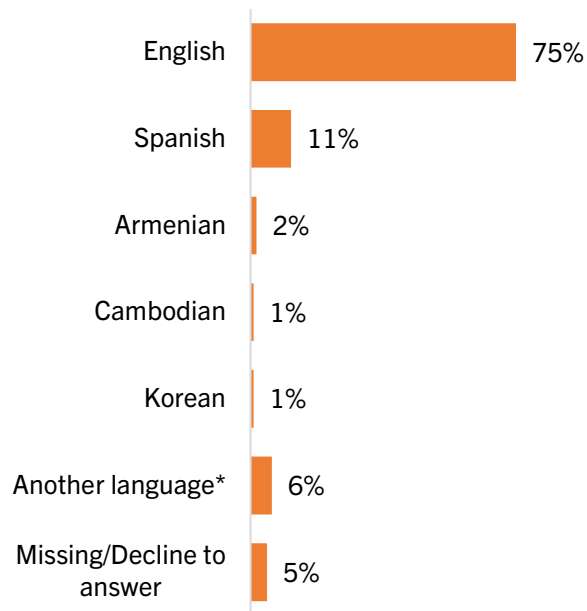
On average, adult respondents were 44 years old with a range of 21 years old to 70 years old.

How would you describe your race/ethnicity?



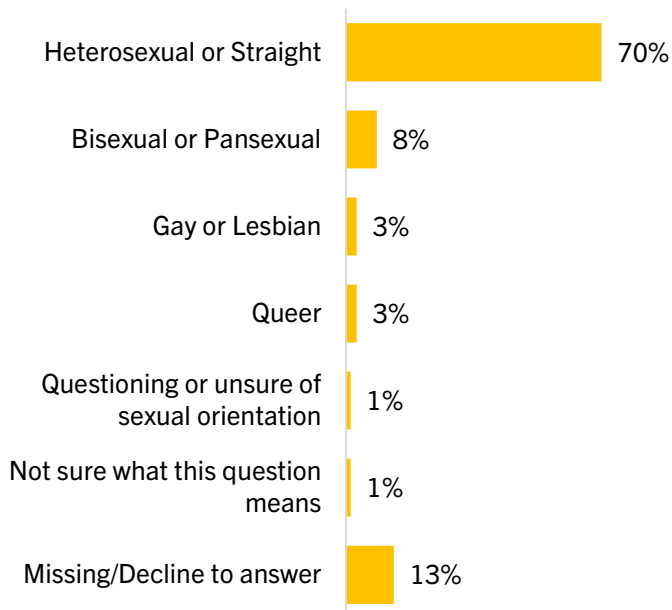
*Other racial identities include: Indian (n=1), Indigenous (n=1), and Middle Eastern (n=1).

What language do you most often speak at home?

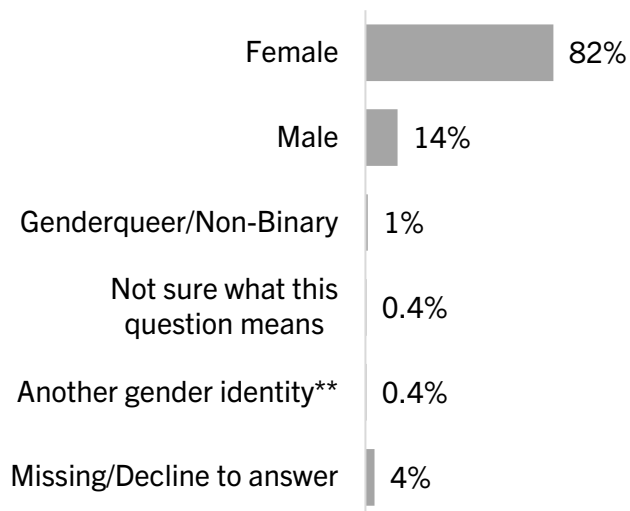


*Other languages include: Arabic (n=1), Burmese (n=2), Cantonese (n=1), Gujarati (n=2), Ibo (n=1), Japanese (n=2), Mandarin (n=1), Multilingual (n=1), Tagalog (n=1), Patois (n=1), and Vietnamese (n=1).

What is your sexual orientation?



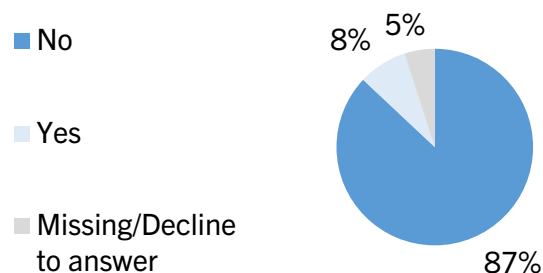
What is your current gender identity?*



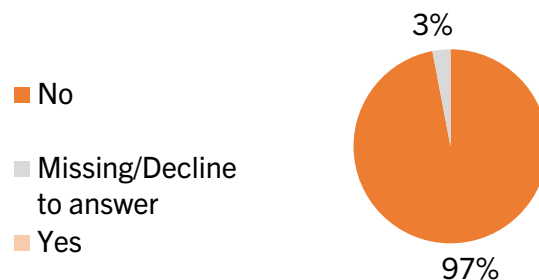
*Survey respondents were allowed to select more than one option; thus, the total is over 100%.

**Other gender identities include: not specified (n=1).

Do you identify as a person with a disability?

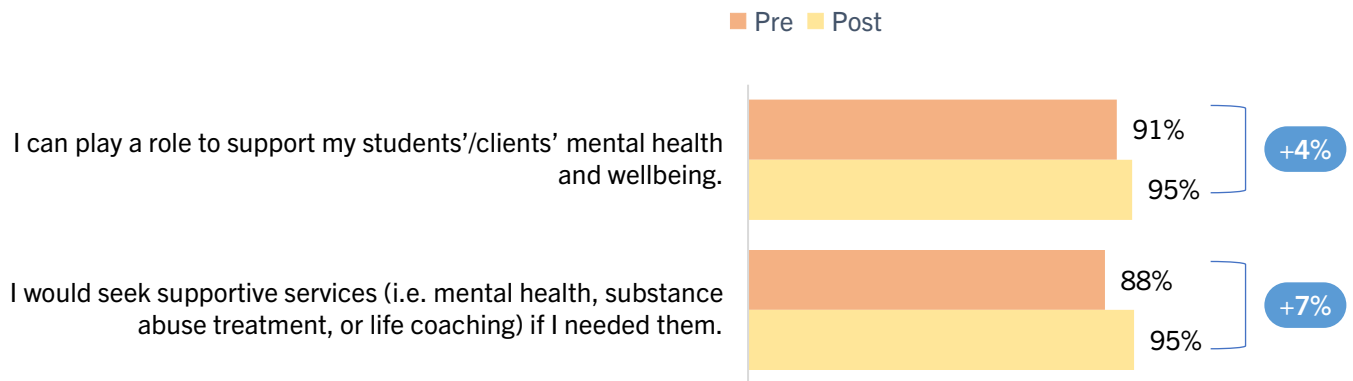


Are you a veteran?

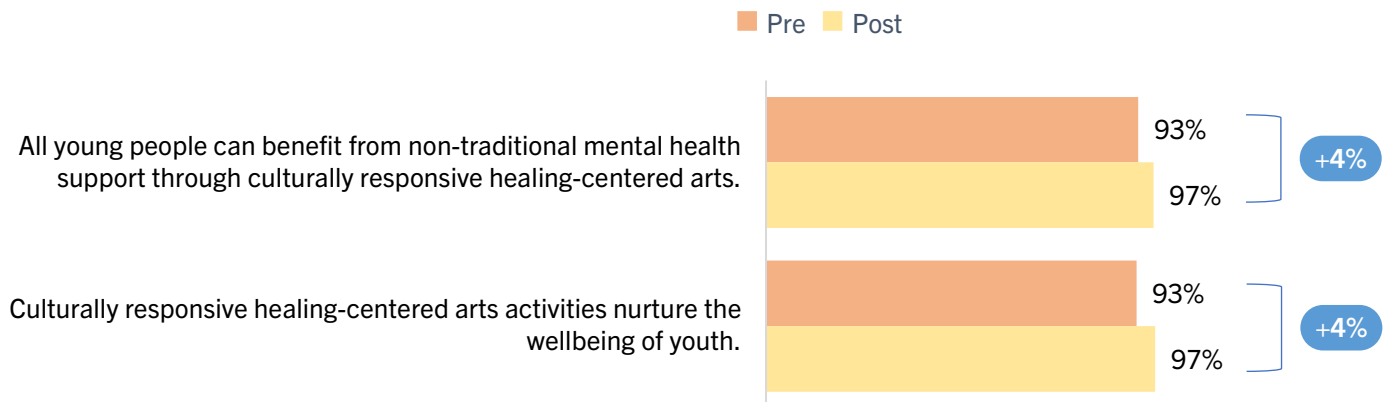


Outcome Data

Mental Health Stigma Reduction



Increased Awareness and Knowledge of Protective Factors



“

This programming is essential to our community. We are beginning to branch out to sharing it with others outside of classrooms, e.g. counselors, parents and community groups. Thank you for keeping this work alive!”

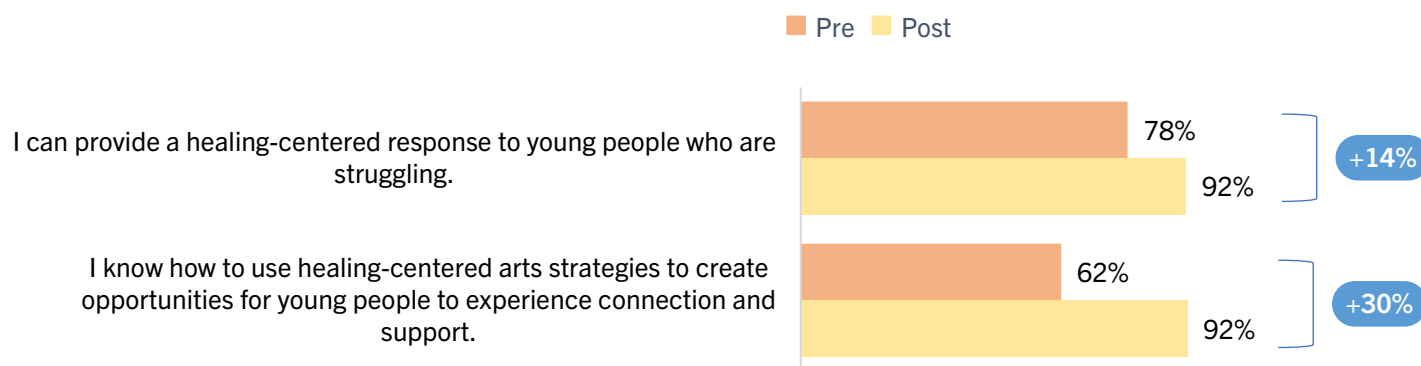
– Adult Program Participant

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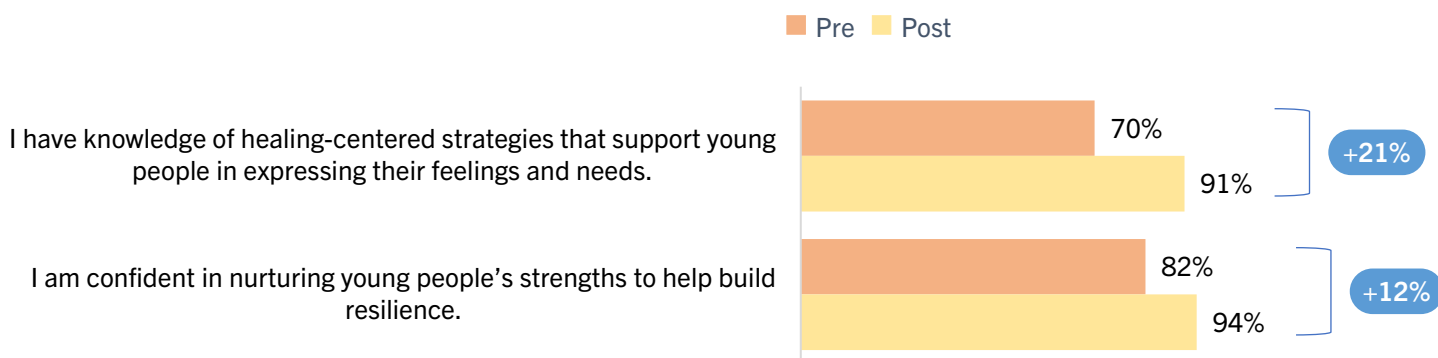
I really appreciated the inclusive and supportive environment fostered during the Creative Wellbeing sessions. The activities encouraged self-expression and reflection, and I found them both therapeutic and inspiring. I'd love to see more opportunities for group collaboration in future programming.”

– Adult Program Participant

Increased Protective Factor: Social Support



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



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. Lastly, nearly all respondents (91%) reported that they plan to use healing centered arts activities with youth to support their self-care and wellbeing after participating in Creative Wellbeing. 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. Lastly, most demographic items had a large percentage of adults who declined to answer or left these questions blank. Non-response rates on surveys with adults 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. The evaluation team will work on language to introduce demographic questions in the survey.