Student artworks from Pasadena Unified School District's 2025 art exhibition, No Boundaries.

Creative Wellbeing Data Dashboard | Youth (August 2025)

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 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.

harder+co community research

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 2024-25 fiscal 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.

July 1, 2024 – June 30, 2025

790	6,299	6,529
sessions	youth served* (direct)	youth served* (special events)

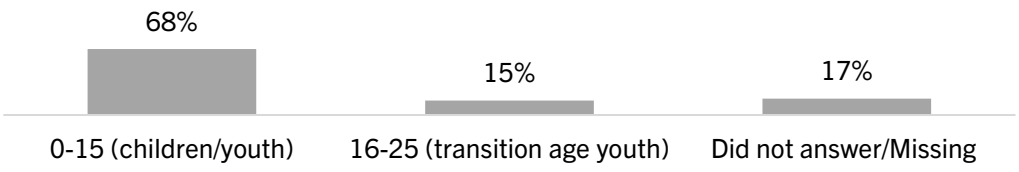
Counts are likely duplicated as youth could participate in multiple activities.

In total, 790 sessions were hosted with youth, 6,299 youth received direct services, and 6,529 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 230 youth completed the survey during the 2024-25 fiscal year. The results of this survey are summarized in the pages that follow.

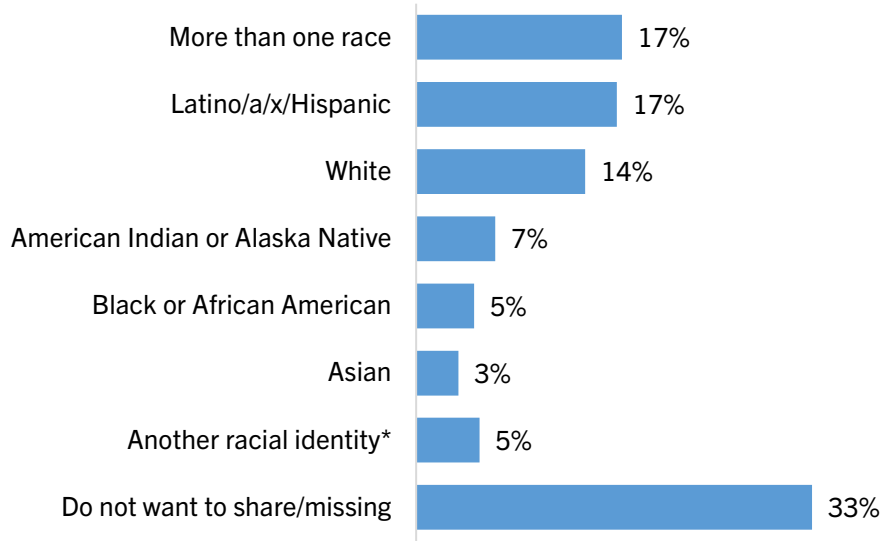
Demographic Data

Age Group

On average, youth respondents were 11 years old with a range of 6 years old to 23 years old.

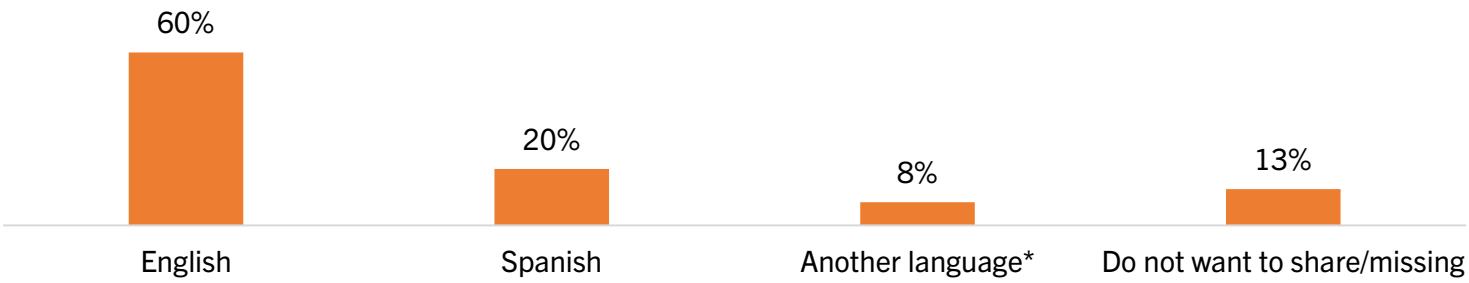


How would you describe your race/ethnicity?



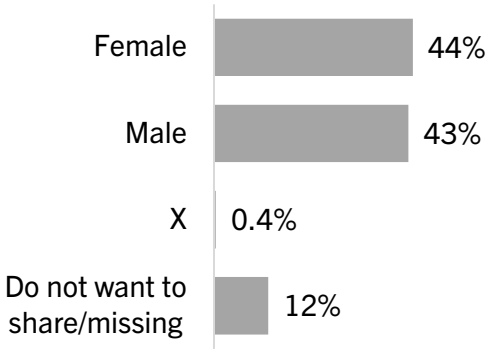
*Other racial identities included : American (n=1) and unspecified (n=1).

What language do you most often speak at home?

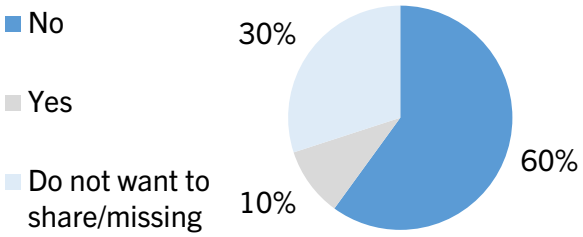


*Another language included: American Sign Language (n=2), Armenian (n=2), Arabic (n=2), Chinese (n=1), Hindi (n=1), Multilingual (n=4), Russian (n=1), and Tagalog (n=2).

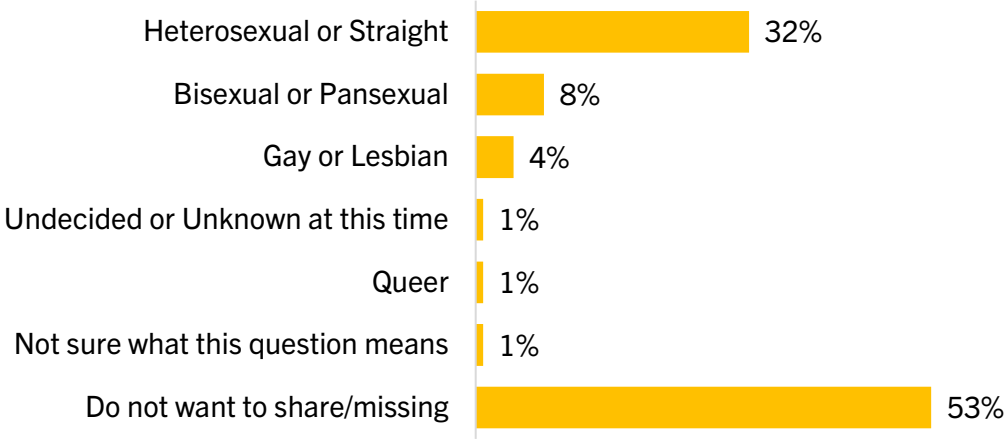
What sex were you assigned at birth?



Do you identify as a person with a disability?



What is your sexual orientation?*



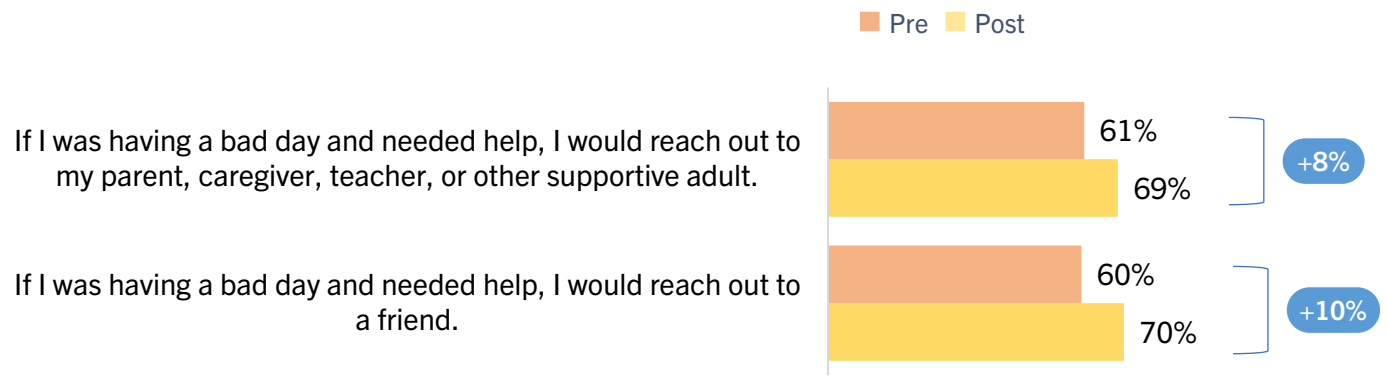
*Question was not asked to youth who were 12 years old or younger.

> I found the experience very important/positive and it gave me a deeper insight of how others feel and myself also…This was a very memorable and strong teaching I learned that helped me have a different view in mental health and wanting to advocate more about it."
>
> *–Youth Program Participant*

> The arts programming was extremely helpful to getting to know others and myself!"
>
> *–Youth Program Participant*

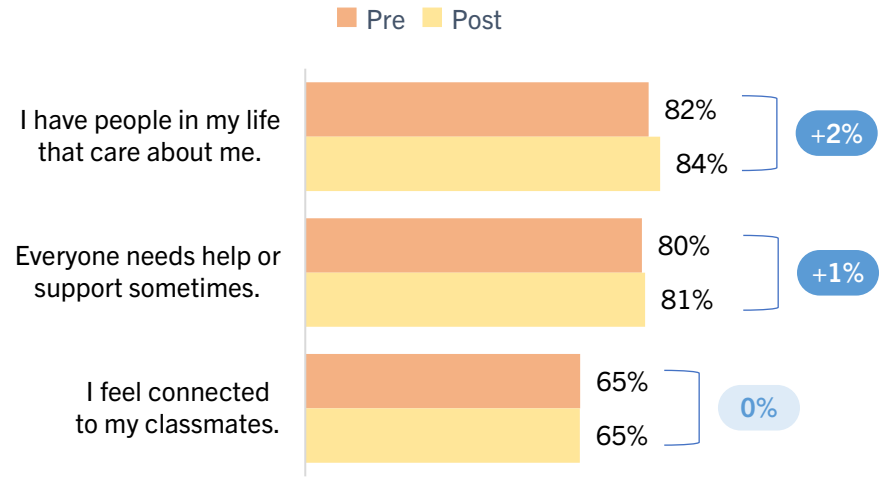
Outcome Data

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



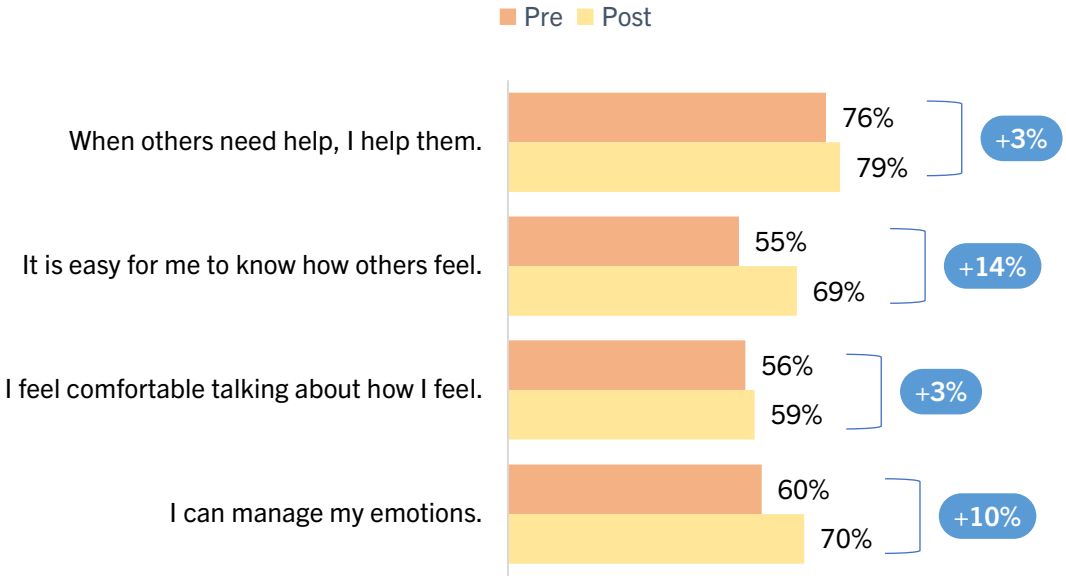
Increased Protective Factor: Social Support

> I felt like it allowed me to really connect with and learn how to speak about mental health without being overwhelmed."
>
> *–Youth Program Participant*



Increased Protective Factor: Social-Emotional Competence of Children

> I like to hang out with my friends. I feel comfortable whenever I'm with a friend of mine because I don't get to feel lonely."
>
> *–Youth Program Participant*



What We Are Learning. Youth experienced 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 youth in agreement that they know how others feel and can manage their emotions after participating in Creative Wellbeing. There was also an increase in youth agreeing that they could reach out to an adult figure during a difficult time, after experiencing Creative Wellbeing. However, their connection to their classmates remained at 65% after participating in a Creative Wellbeing activity. This suggests that the activities may not contribute to an increased connection with their classmates. Overall, Creative Wellbeing is positively contributing to reducing mental health stigma and increasing protective factors among youth.

In FY 2024-25, the evaluation team introduced an incentive for completing the survey. This led to an increase of the number of surveys received. County staff were also present during survey administered, which helped youth to better understand the survey's importance and allow for sufficient time dedicated for its completion. However, most demographic items had a large percentage of youth who declined to answer or left these questions blank. Non-response rates on surveys with youth 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 six years old. On average, youth who completed the survey were 11 years old and 15% of youth who completed the survey were younger than eight years old. As observed by county staff during survey administration, younger youth had difficulties with understanding some of the survey questions and needed assistance with taking the survey. The evaluation team is currently developing an alternative method to gather feedback from youth under eight years old.