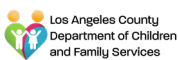




Creative Wellbeing Data Dashboard

Adult Participants (August 2026)

Photo Credit: Artworks created by Pasadena Unified students. Photo courtesy of Pasadena Unified No Boundaries Exhibition 2026.



Creative Wellbeing is a strategic collaboration between the Los Angeles County Department of Arts and Culture, Office of Child, Youth, and Family Wellbeing, 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 is supported by LA County Justice Care and Opportunities Department and the LA County Department of Mental Health. This project is funded in part by L.A. Care Health Plan and will benefit residents of L.A. County that were directly affected by the 2025 Los Angeles County Wildfires.

[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 2025-2026 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, 2025 – June 30, 2026

1,060

sessions

15,431

adults served*

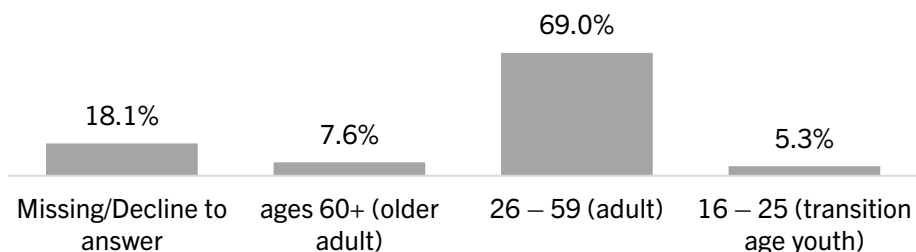
*Counts are likely duplicated as adults could participate in multiple activities.

Creative Wellbeing hosted 1,060 in-person and virtual professional development and learning sessions for adults and served 15,431 adults through Creative Wellbeing art activities, workshops, and presentations embedded into partners' special events. 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 171 adults who attended a professional development session and 21 adults who attended a parent or caregiver engagement session completed the survey during FY 2025-26. The results of this survey are summarized in the pages that follow.

Professional Development Participants

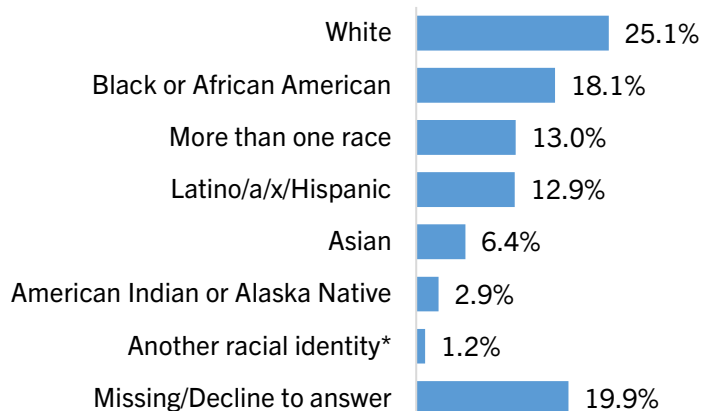
DEMOGRAPHIC DATA

Age Group

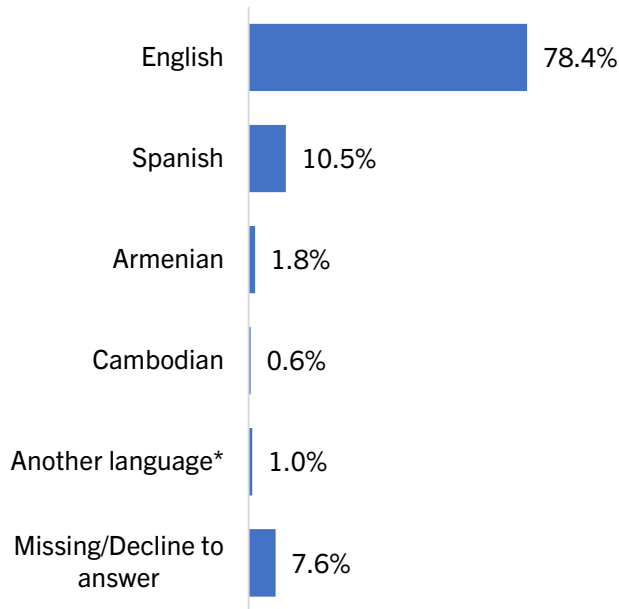


On average, adult respondents were 41 years old with a range of 23 years old to 80 years old.

How would you describe your race/ethnicity?

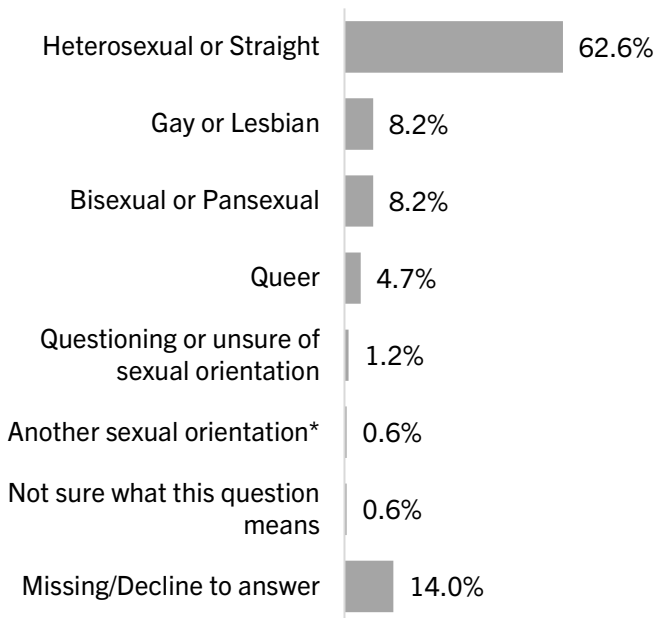


What language do you most often speak at home?



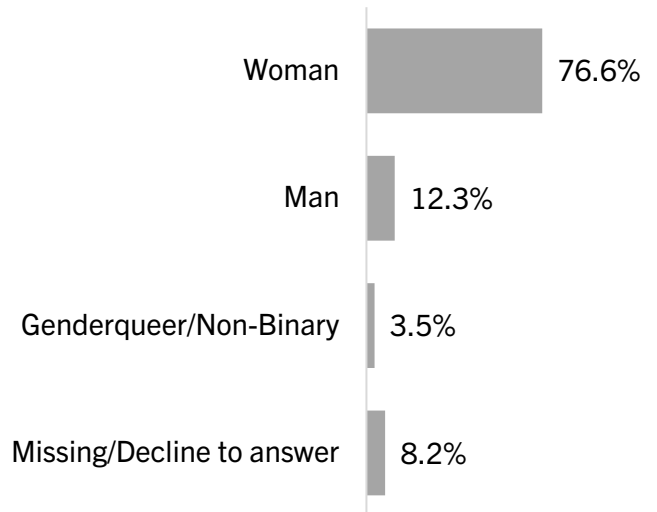
*Other languages include: German (n=1) and Myanmar (n=1).

What is your sexual orientation?



*Other sexual orientation include: Asexual (n=1).

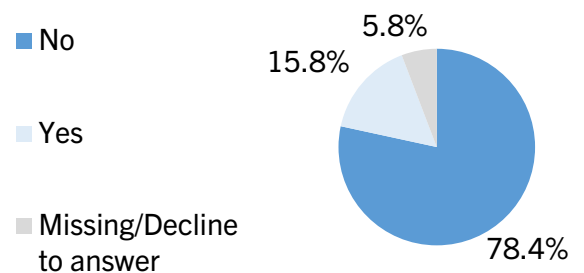
What is your current gender identity?*



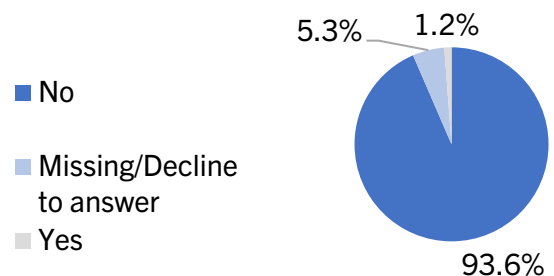
*Survey respondents were allowed to select more than one option; thus, the total is over 100%.

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

Do you identify as a person with a disability?

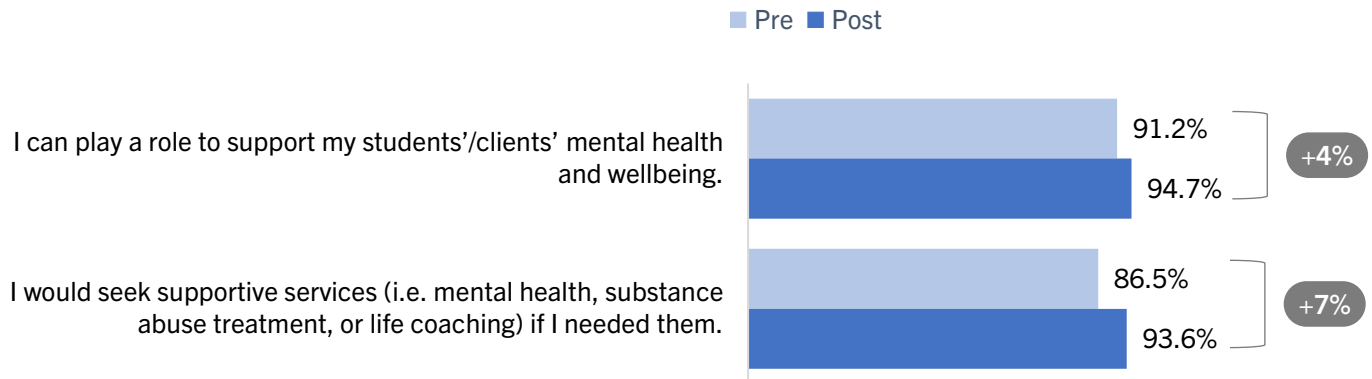


Are you a veteran?

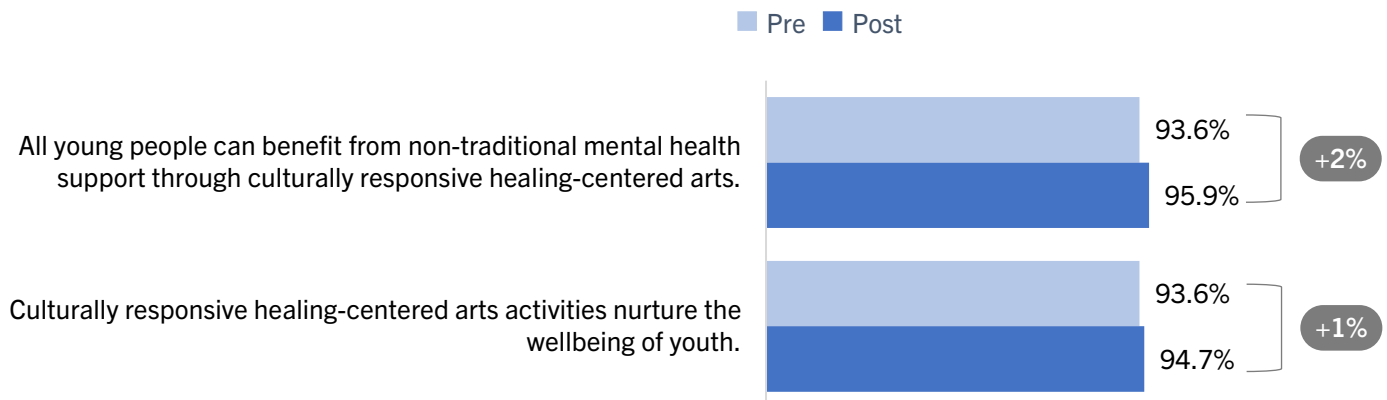


OUTCOME DATA

Mental Health Stigma Reduction



Increased Awareness and Knowledge of Protective Factors



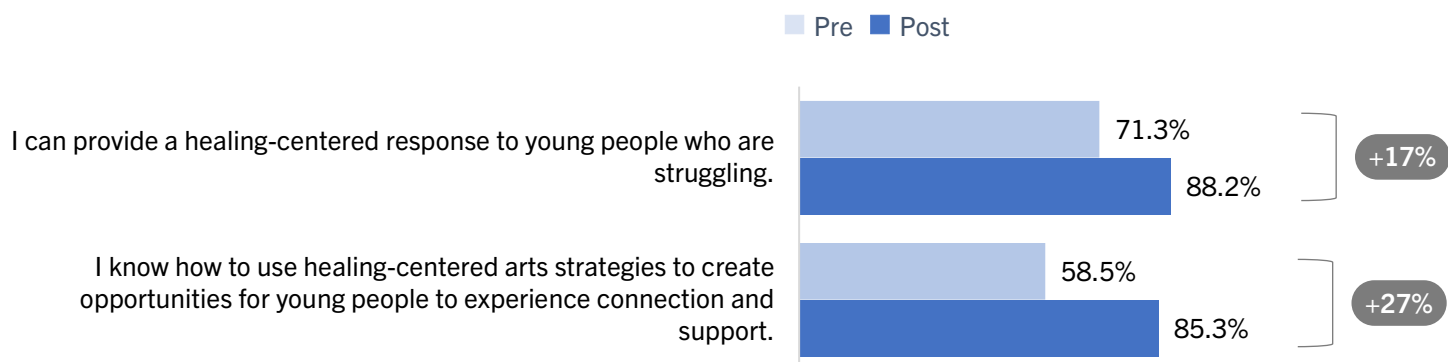
“ It was such a rare but much needed space for providers in this field to connect with vulnerability, empowerment, and passion. It is such a heavy world and this type of space is incredibly healing and transformative. I was unexpectedly brought to tears throughout today's 1 hour session. This is the fuel I need to be the provider I needed to be. We need to keep these spaces existing and growing.

– Adult Program Participant

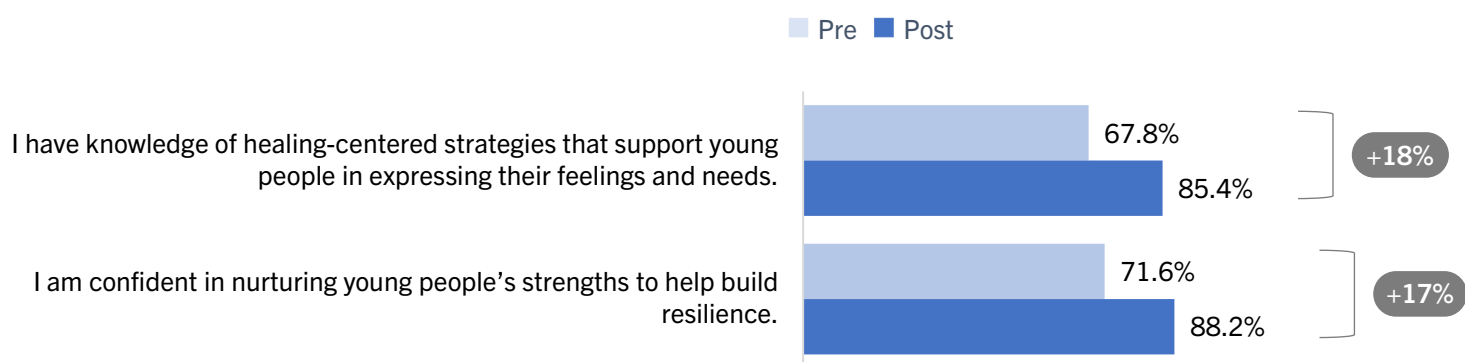
“ Creative Wellbeing is now a hallmark of the majority of what we do and bring forward for the community. Being able to experience motivating, educational, and inspiring professional development workshops, connecting spaces to meet and hear from orgs, departments, and community members who advocate and use creative wellbeing practices is essential for this movement to continue to build, expand and bear fruit for the community restoration, wellness, healing, and advancement.”

– Adult Program Participant

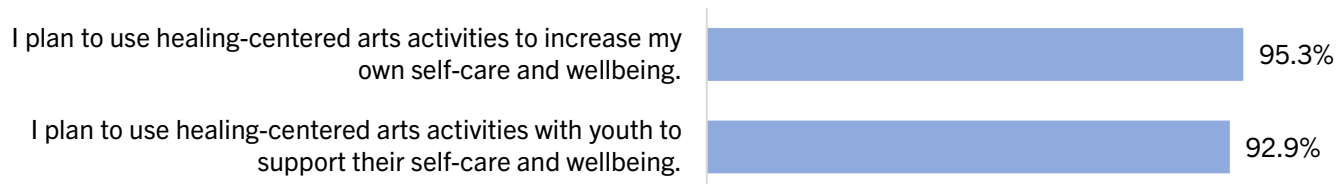
Increased Protective Factor: Social Support



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

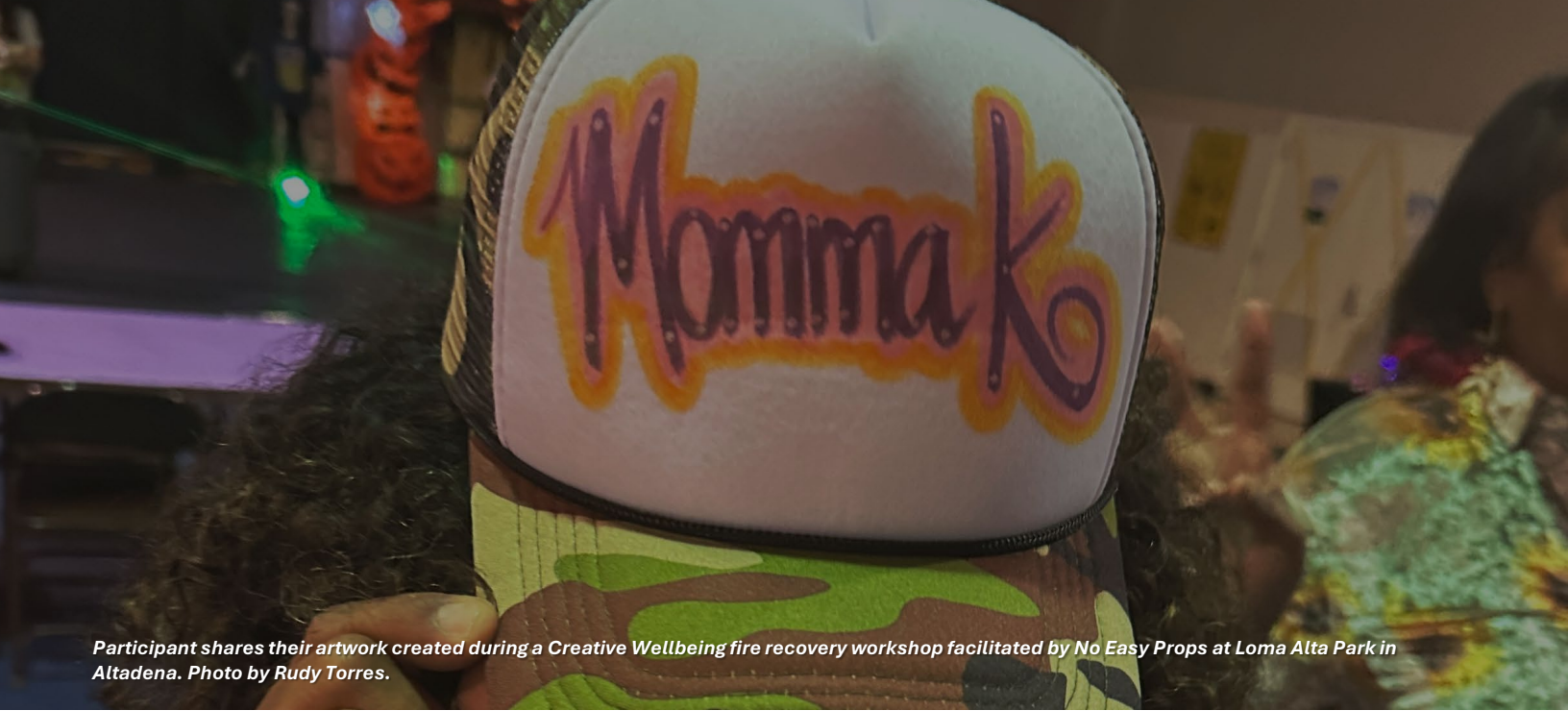


Use of Healing-Centered Arts Activities



What We Are Learning: Adults who participated in a Creative Wellbeing activity as professional development increased their capacities across all outcome areas. Notably, they experienced the greatest increases in their ability to provide social support to the 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 providing a healing-centered response to young people who are struggling. Lastly, nearly all respondents (95%) 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.

How We Are Improving: Although adults experienced increases in their capacities, not all adults who participated in services completed the survey due to various reasons. Similar to previous years, 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.

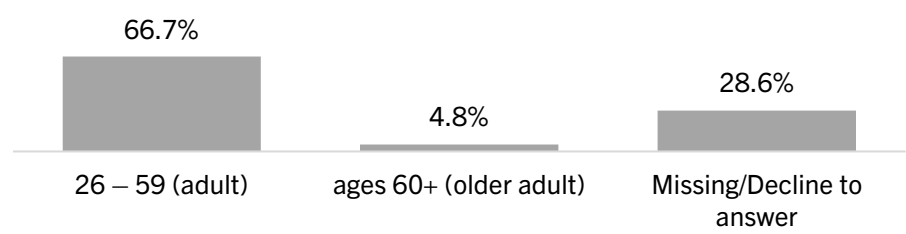


Participant shares their artwork created during a Creative Wellbeing fire recovery workshop facilitated by No Easy Props at Loma Alta Park in Altadena. Photo by Rudy Torres.

Parent and Caregiver Participants

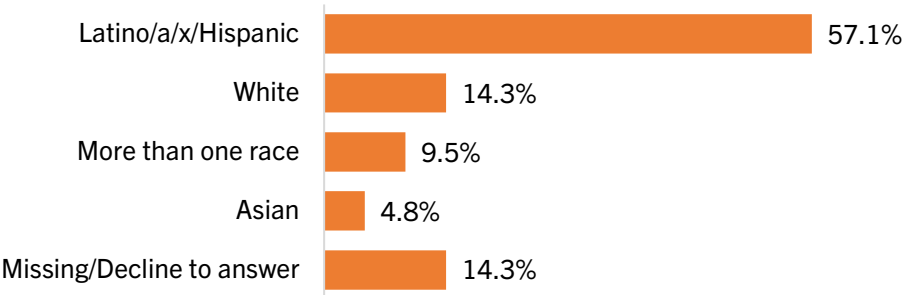
DEMOGRAPHIC DATA

Age Group

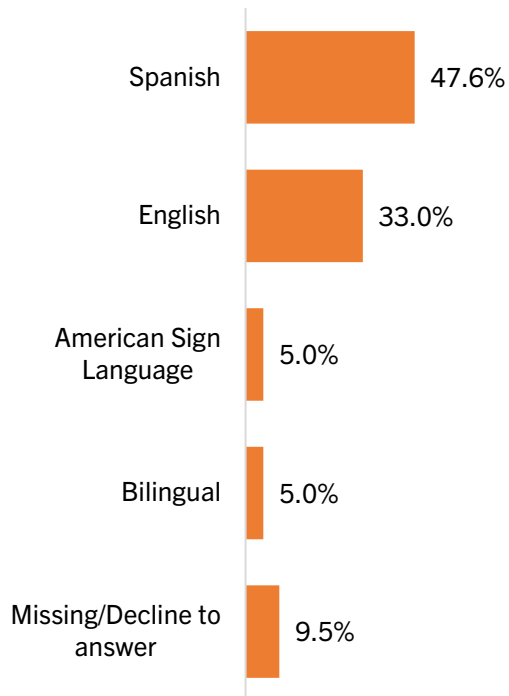


On average, parent and caregiver respondents were 47 years old with a range of 37 years old to 66 years old.

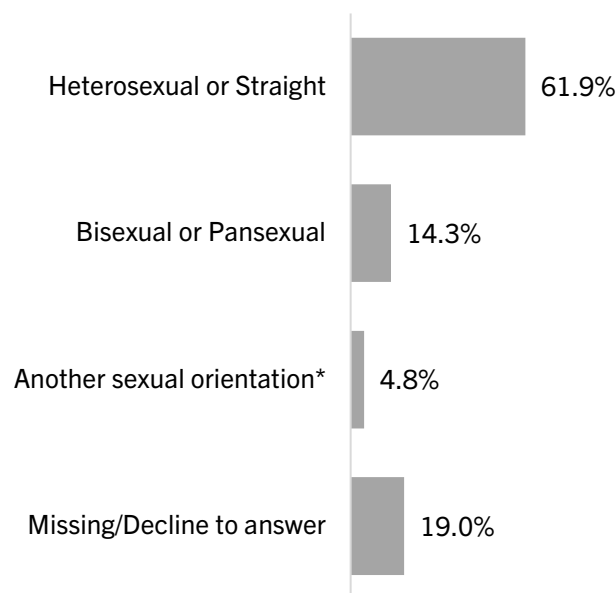
How would you describe your race/ethnicity?



What language do you most often speak at home?

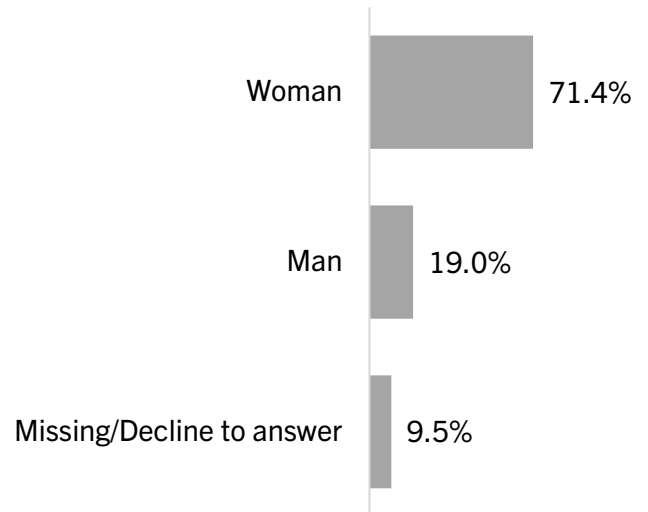


What is your sexual orientation?



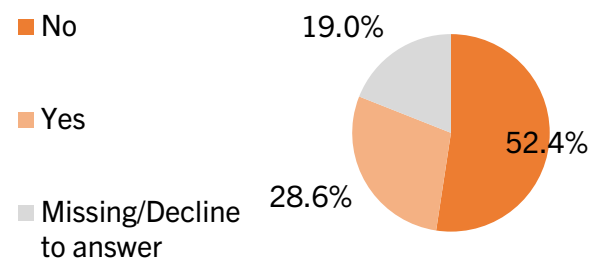
*Other sexual orientations include: not specified (n=1).

What is your current gender identity?*

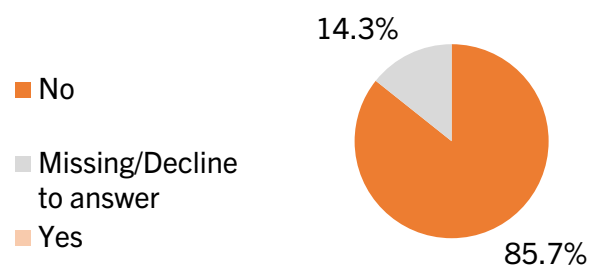


*Survey respondents were allowed to select more than one option; thus, the total is over 100%.

Do you identify as a person with a disability?

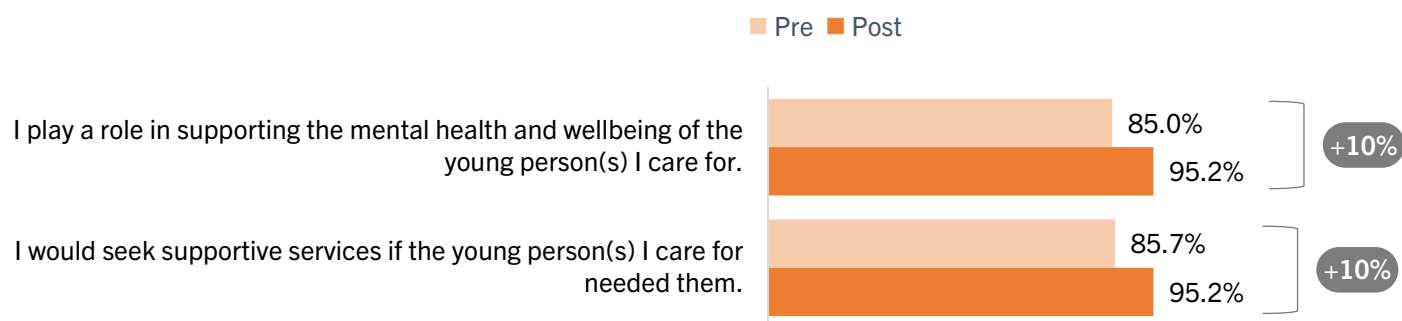


Are you a veteran?

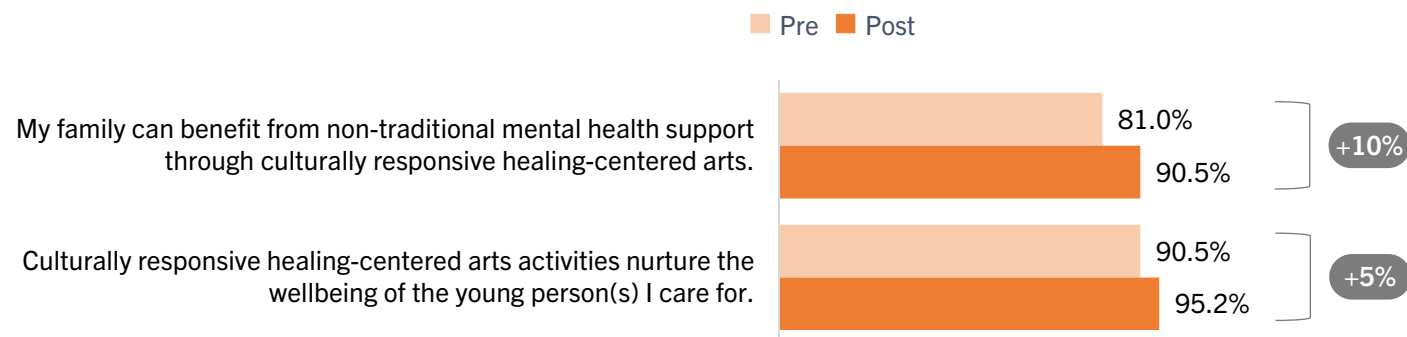


OUTCOME DATA

Mental Health Stigma Reduction



Increased Awareness and Knowledge of Protective Factors



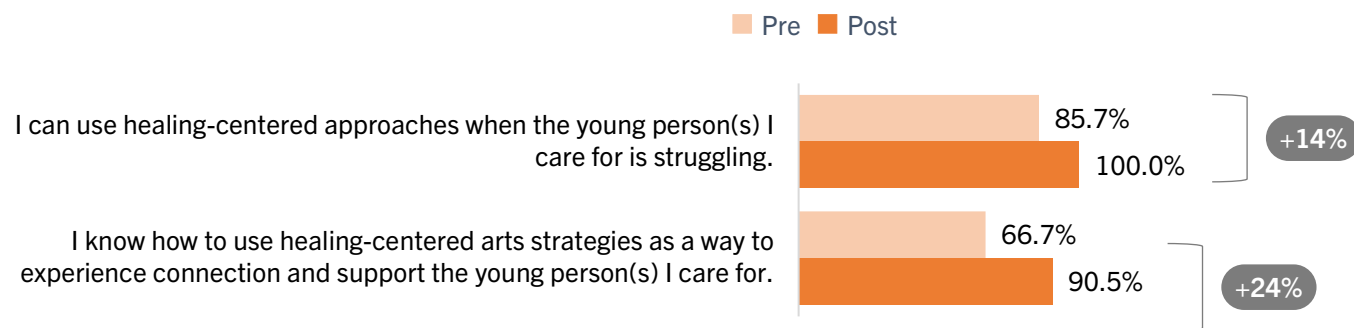
“ It was my first time here. It moved me. Touched on feeling I tend to set aside. Thank you for helping me stop and take a look at how I see myself and how I feel others see me. Great individuals who held this session.”

— Parent or Caregiver Program Participant

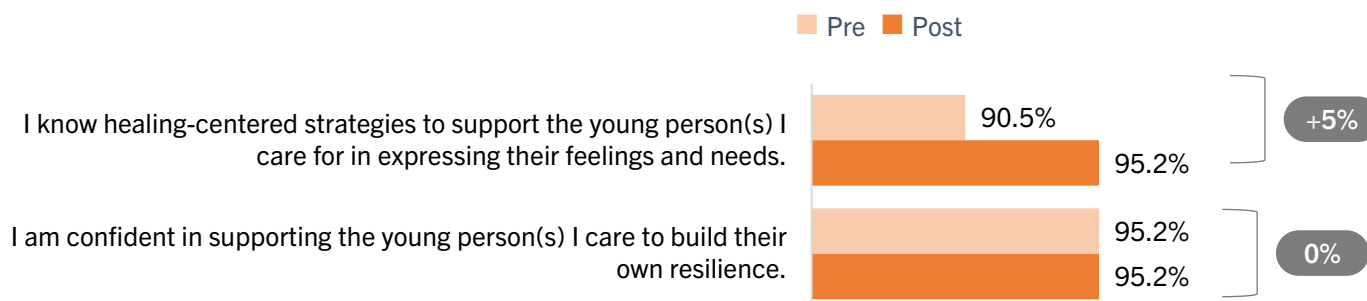
“ Thank you for the activities presented today. I will implement with my immediate family members and will share with others.”

— Parent or Caregiver Program Participant

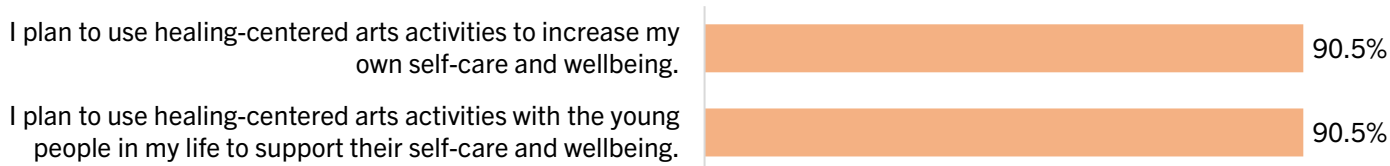
Increased Protective Factor: Social Support



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



Use of Healing-Centered Arts Activities



What We Are Learning: Parents and caregivers 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 the young person(s) they are caring for. For example, their ability to use healing-centered approaches to create opportunities for the young person(s) they care for experience connection and support increased along with when the person is struggling have increased. Lastly, nearly all respondents (90%) reported that they plan to use healing centered arts activities to increase their own self-care and wellbeing. These results emphasize the importance of participating in Creative Wellbeing as it reduces mental health stigma and increases awareness around various protective factors.

How We Are Improving: The Parent and Caregiver survey was developed, in English and Spanish, in the later half of FY 2025-26 due to the growing number of parents and caregivers attending Creative Wellbeing activities. A high number of surveys (43%) were completed in Spanish and 48% of respondents indicated they primarily speak Spanish in the home. Although parents and caregivers experienced increases in their capacities, not all parents and caregivers who participated in services completed the survey due to various reasons. 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.