

DOCTORS NONPROFIT CONSULTING

# EXECUTIVE SUMMARY

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ART & CREATIVITY FOR HEALING, INC.  
OUTCOME DATA FOR  
HEALING FOR HEROES & THEIR FAMILIES  
PROGRAM

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JULY 2016 – JUNE 2018

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## **INTRODUCTION**

DoctorS Nonprofit Consulting (DNC) was hired by Art & Creativity for Healing Inc. (ACFH) in July of 2018 to provide an outcome evaluation for the program's 2016-2018 Healing for Heroes & their Families data for participants in ACFH workshops. ACFH facilitates these "Art4Healing®" workshop programs at more than 35 hospitals, treatment centers, military bases, schools and non-profit agencies throughout Southern California. Since 2000, more than 75,000 children and adults have participated in these classes and workshops.

## **METHOD**

For this project, ACFH staff entered the data from their surveys into an online computer program. DNC then downloaded data spreadsheets in both excel and SPSS formats. DNC reviewed the data and addressed any data entry concerns with ACFH staff. SPSS statistical software was used for the evaluation process which was conducted by consultants in July and August of 2016. For this project, the program's data collection procedures were reviewed. Initially, a series of frequency tables were run to establish basic program statistics. Following this, a series of correlations and one-way analysis of variance (ANOVA) tests were computed on the data. A full statistical report of the test outcomes is included in appendix A. Correlations are useful in determining how closely one variable relates to another variable. ANOVAs are useful for comparing differences between groups.

## **DATA SET**

This data set consists of responses by 932 Healing for Heroes & their Families referred individuals who received ACFH services between the period of July 2016 and June 15 2018. Of those, participants either completed the adult survey (n=651) or the child survey (n=281). Generally, when working with statistical evaluation, we like to see a large sample. Data sets of this size (n=932) are generally regarded to be an accurate indicator of the measured items.

## **STATISTICS**

Seventy percent of Healing for Heroes & their Families participants completed the adult participant questionnaire. The remaining 30% were completed by children/teens. Approximately 1/3 of the participants indicated their age (n=344). The ages ranged from 6-68, with the average age being 25.53, for those participants who did include an age. It should be noted that less than 1/4 of the child questionnaire participants included their age (5% or 15 out of 281) thus skewing the data.

Caucasians made up 51.6% of child/teen and adult participants followed by Hispanic/Latino(a) American 20.5%. However, 16.6% of the participants did not list their ethnicity. Please note that the actual ethnicity is included in the figure below is for those that reported their ethnicity.

In terms of where participants lived, over 45% of the participants indicated "other" as Camp Pendleton. Followed by 11.5% from Oceanside and 10.5% from San Clemente. As expected, the participants in this program come from multiple cities due to the nature of being in the military. This results in a larger "other" category.

When combining the locations for all the Healing for Heroes & their Families programs, the majority were from Wounded Warriors (65%) and San Onofre School (30%). The remaining 5% of the program was from Working Wardrobes/VETNET.

## KEY FINDINGS

Overall, 98% of the Healing for Heroes & their Families participants reported that they were satisfied with their ACFH workshop.

From both adult and child/teen questionnaires, 83.7% of participants strongly agreed that the workshop was great. Seventy-nine percent of participants strongly agreed that the workshop helped them express their emotions. Seventy-five of participants strongly agreed that they felt better after the workshop. Eighty-eight percent of adults strongly agreed that the instructor cared about them and 90% felt the instructor was on time/valued my time.

For future workshops, 93.2% of children and adult participants agreed that they would refer a friend or family member to this workshop. In fact, 97% of all participants agreed that they themselves would take another workshop from the program.

The most selected reason that the child participants took workshops was *I like art* (96.62%) and for adults *Anxiety/Stress* (82.70%) and *Sadness* (77.20%) were the most selected.

When looking at the adult outcome data, three significant differences were that Broken Promises and Camp Pendleton Wounded Warriors programs rated higher (on a scale from 1-5) than Expressing Colors on 1) workshop helped me share my feelings; 2) caring instructor; and 3) willingness to refer a friend.

When looking at the combined data for the child and adult participants there was also 4 significant differences among the location of the program on a 5 point scale in 1) The workshop helped me express my emotions/feelings – Wounded Warriors reported higher scores (m=4.8, n=604) compared to the location average (m=4.7, n=926), 2) The instructor was approachable and appeared to care about the participants Working Wardrobes (m=4.9, n=45) reported higher compared to the average (m=4.8, n=925), 3) I would tell a friend or family member to attend this workshop - San Onofre School (m=4.45, n=276) reported lower (compared to the average, m=4.7, n=926), and 4) I am interested in taking another Art & Creativity for Healing workshop within the next year – Working Wardrobes reported lower (m=4.6, n=45) and Wounded Warriors reported higher (m=4.84, n=602) compared to the average (m=4.82, n=922).

Overall, adult participant ratings were higher than children/teen participants. In fact, there were 4 significant differences among the child participants and adult participants. Adult participants reported higher averages on 1) This workshop helped me share my feelings/ express my emotions; 2) The instructor was approachable and appeared to care about the participants; 3) I feel better after taking this workshop; and 4) I would tell a friend or family member to attend this workshop compared to children participants.