



ART From Ashes inc.

empowering youth through creative expression and personal transformation

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2019 Pre and Post-Survey Analysis

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Art from Ashes Board of Advisors

Phoenix Rising :: Drawing on Air :: Creative Time

Youth Empowerment Programs

2019 Workshops

Art from Ashes exists to empower struggling youth by providing creative programs that facilitate health and hope through expression, connection and transformation.

Scope of Study

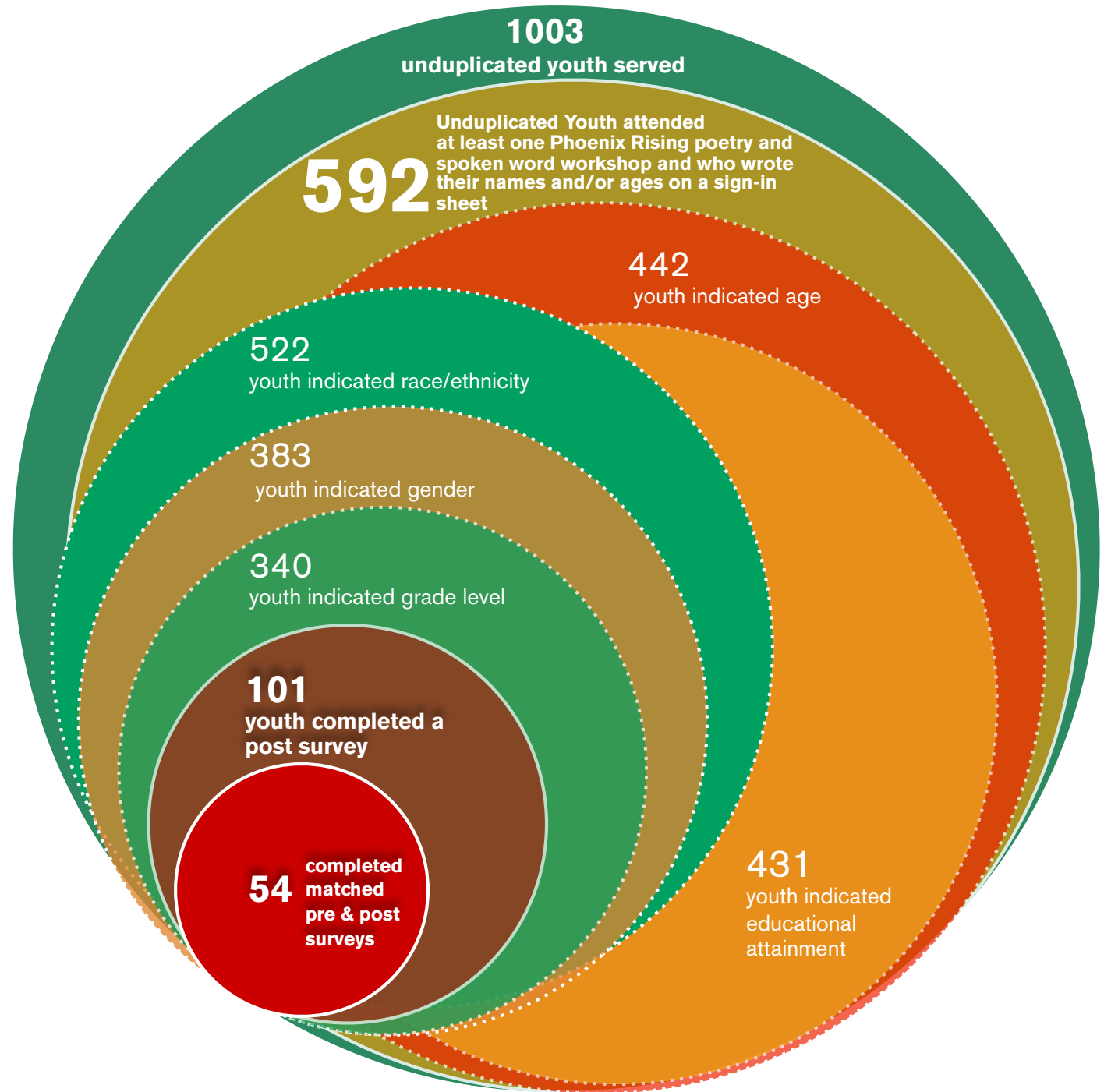
The following visualizations present demographic, dosage and fidelity data regarding **1003** unduplicated youth participants who attended **Art from Ashes Phoenix Rising** youth empowerment program workshops and presentations throughout **2019**.

592 unduplicated youth, or **59% of total youth served**, completed intake forms, providing individual demographic information.

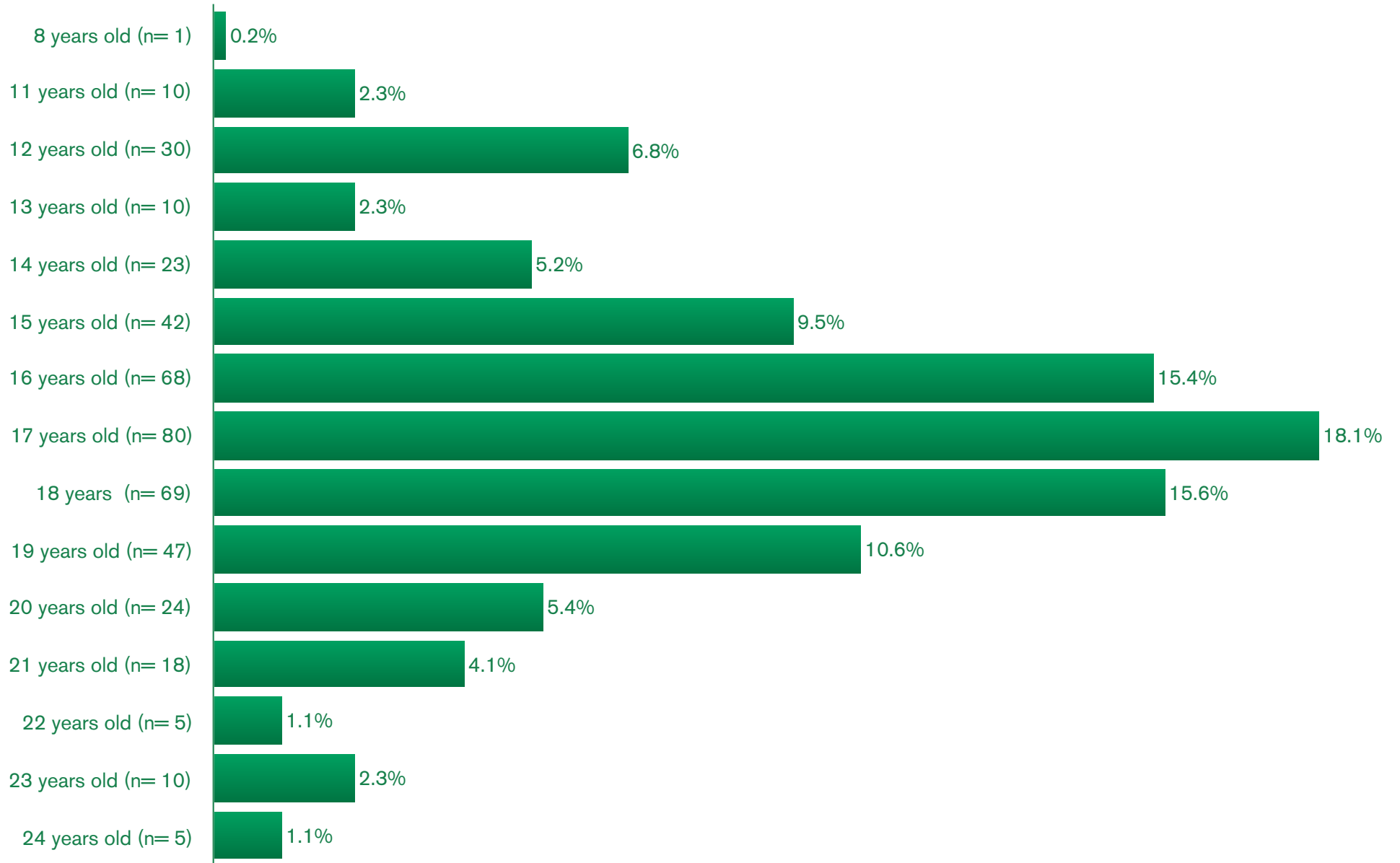
54 unduplicated youth, or **5.3% of total youth served**, completed pre and post surveys, providing self-reported Likert-scale responses to questions in the following domains of inquiry:

- Program Quality & Satisfaction
- Academic Success
- Arts & Culture
- Community Involvement
- Cultural Responsiveness
- Life Skills
- Positive Life Choices
- Core Values
- Sense of Self

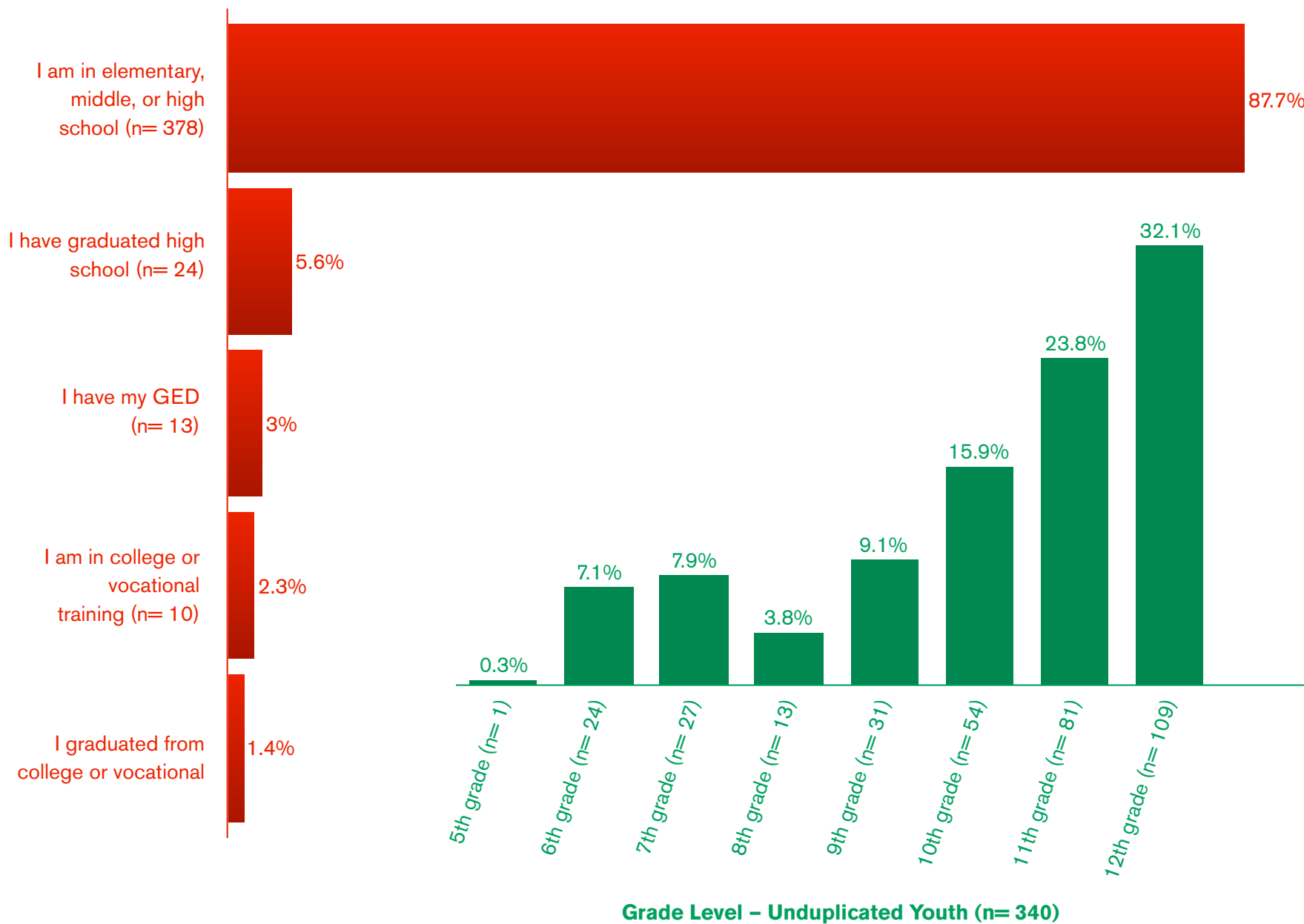
Survey questions for this study are sourced from the **National Research Center's Youth Outcomes Toolkit**, provided to **Art from Ashes** as a component of participation in the Denver-based **Colorado Alliance for Creative Youth**, in partnership with **Colorado Creative Industries**.



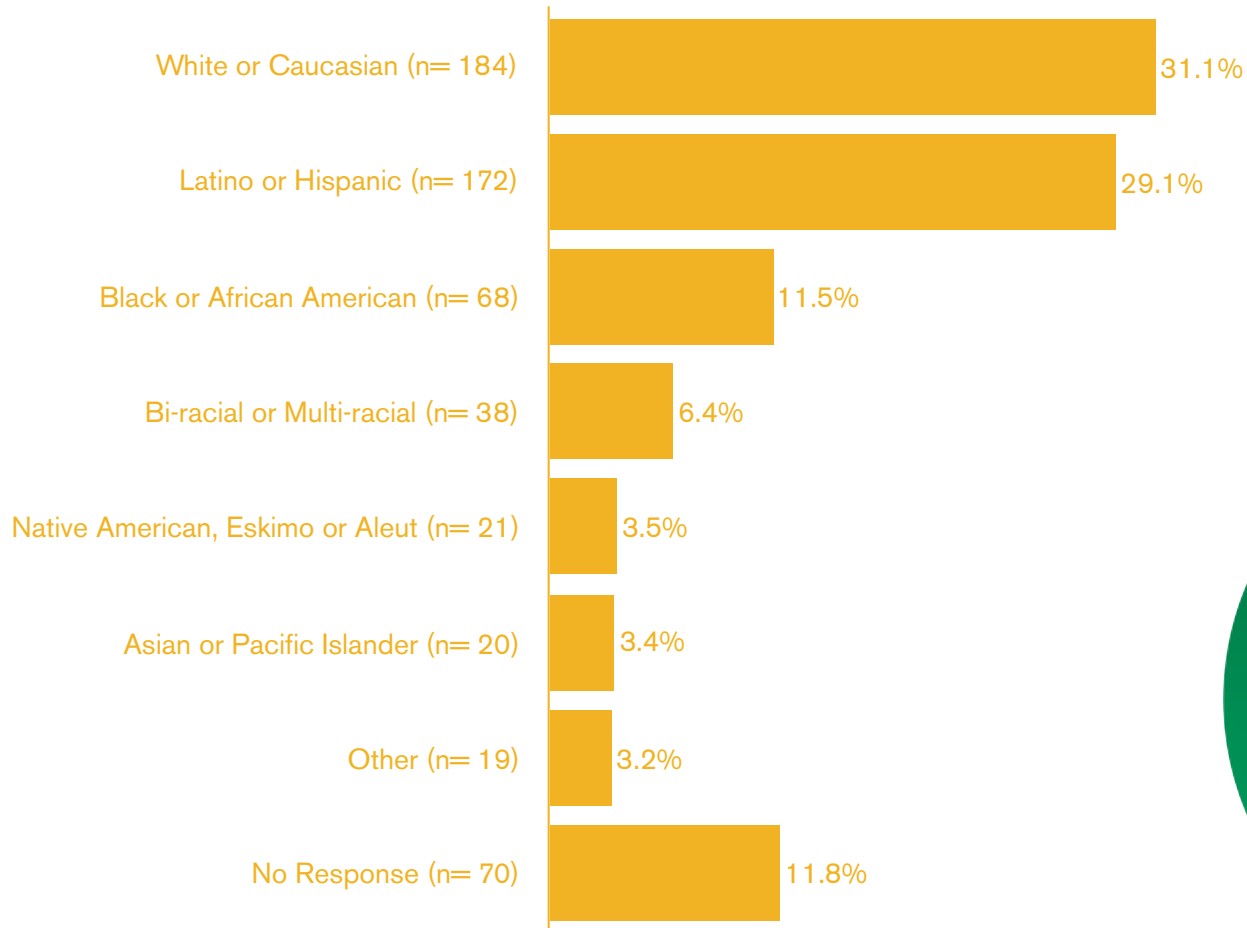
Age - Unduplicated Youth (n= 442)



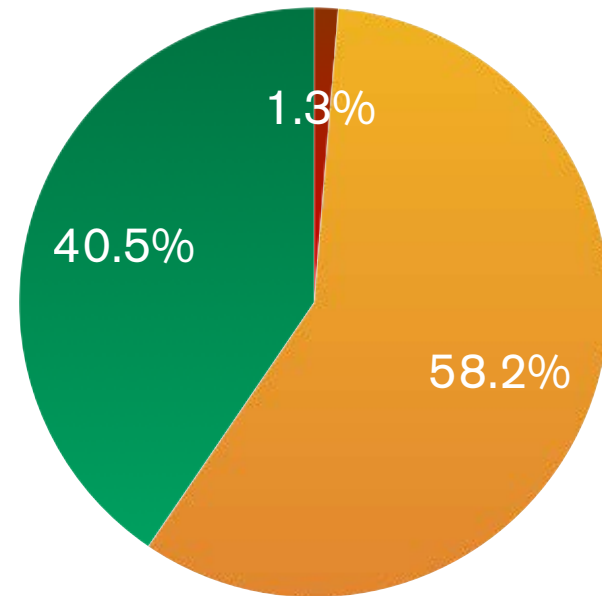
Educational Attainment – Unduplicated Youth (n= 431)



Race/Ethnicity – Unduplicated Youth (n=592) – youth may choose more than one response



Gender – Unduplicated Youth (n= 383)



37 young people, or **6.3%** of the 592 youth who provided any demographic information, voluntarily self-identified as LGBTQ+

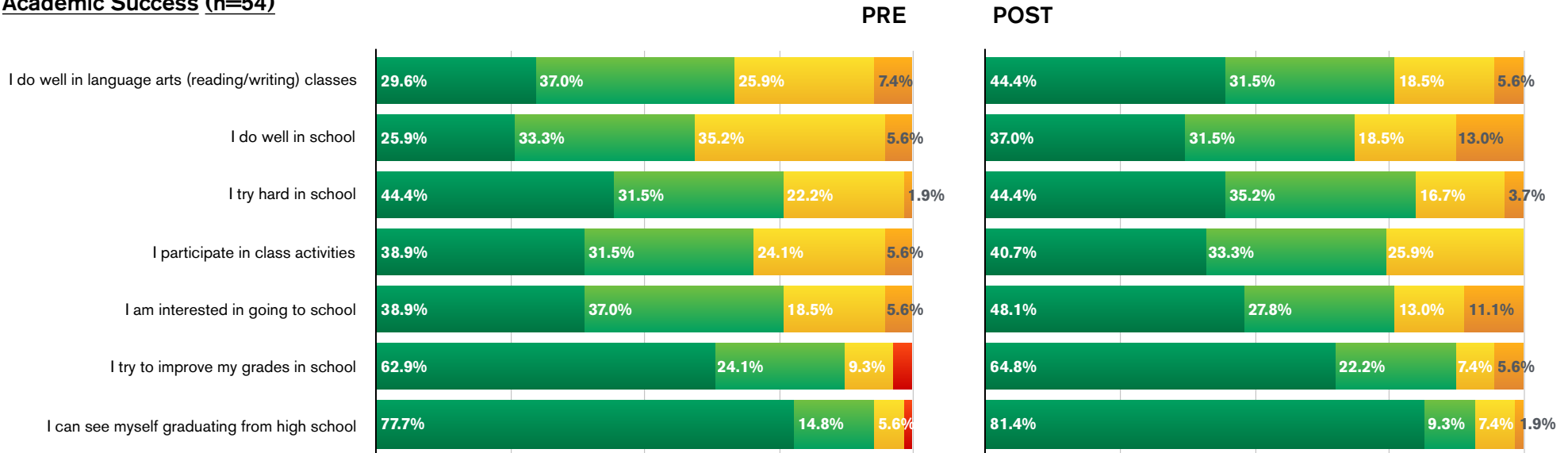
- Other (n= 5)
- Girl/Female (n= 223)
- Boy/Male (n= 155)

Percentage change of youth responding “yes” on post-survey compared to pre-survey

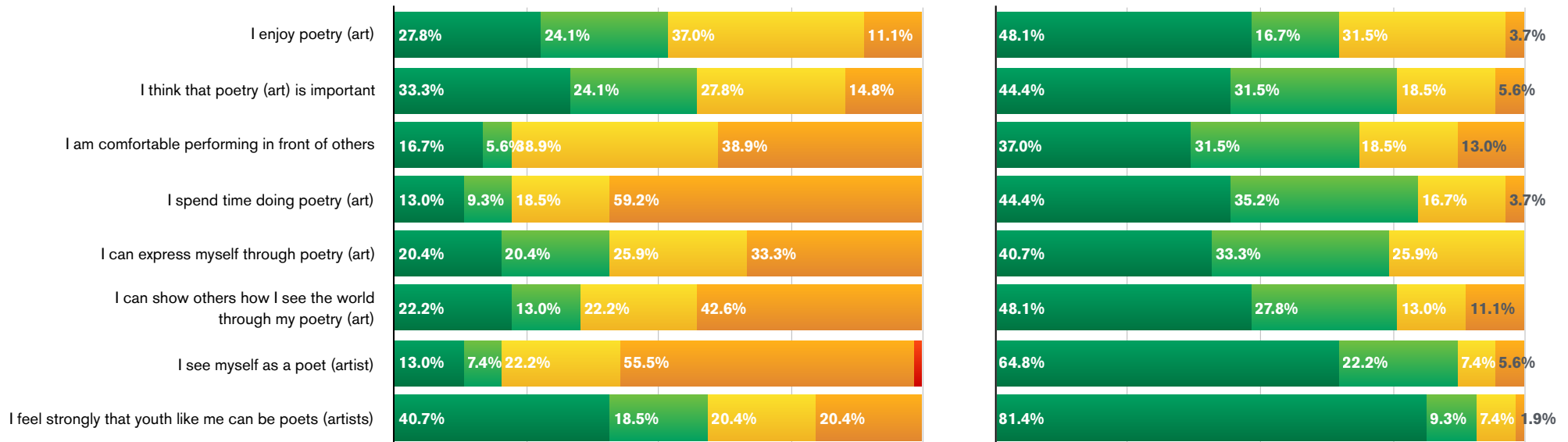




Academic Success (n=54)

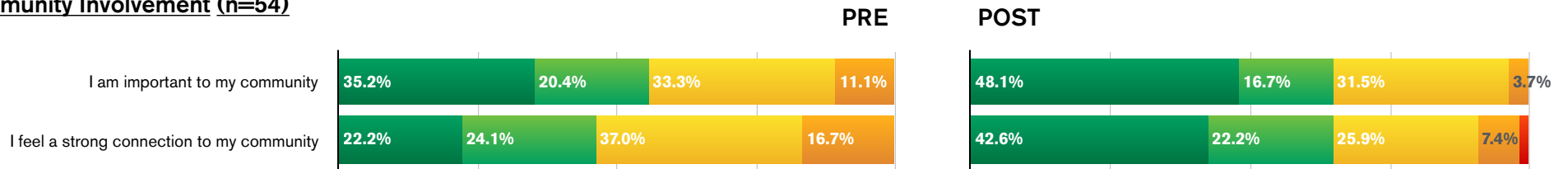


Arts & Culture (n=54)

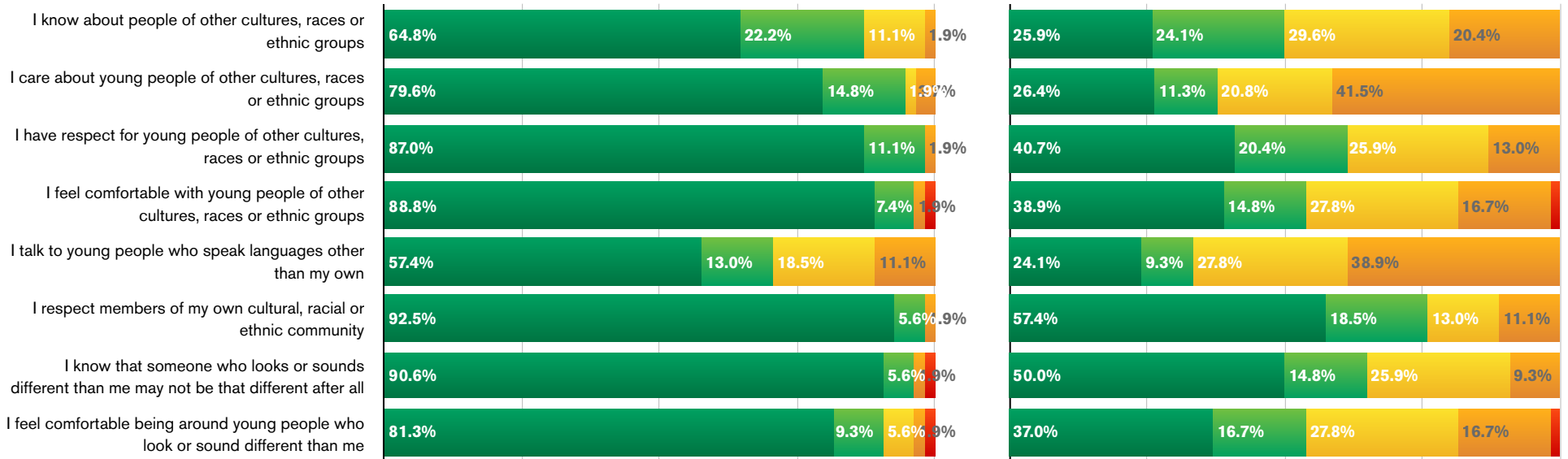




Community Involvement (n=54)



Cultural Responsiveness (n=54)

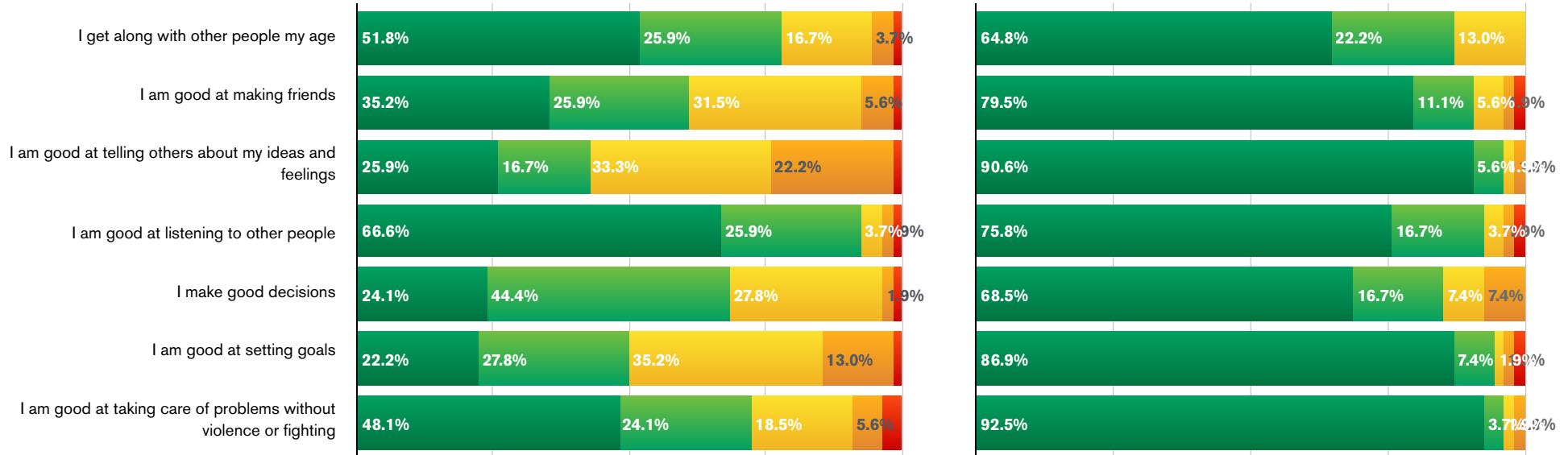




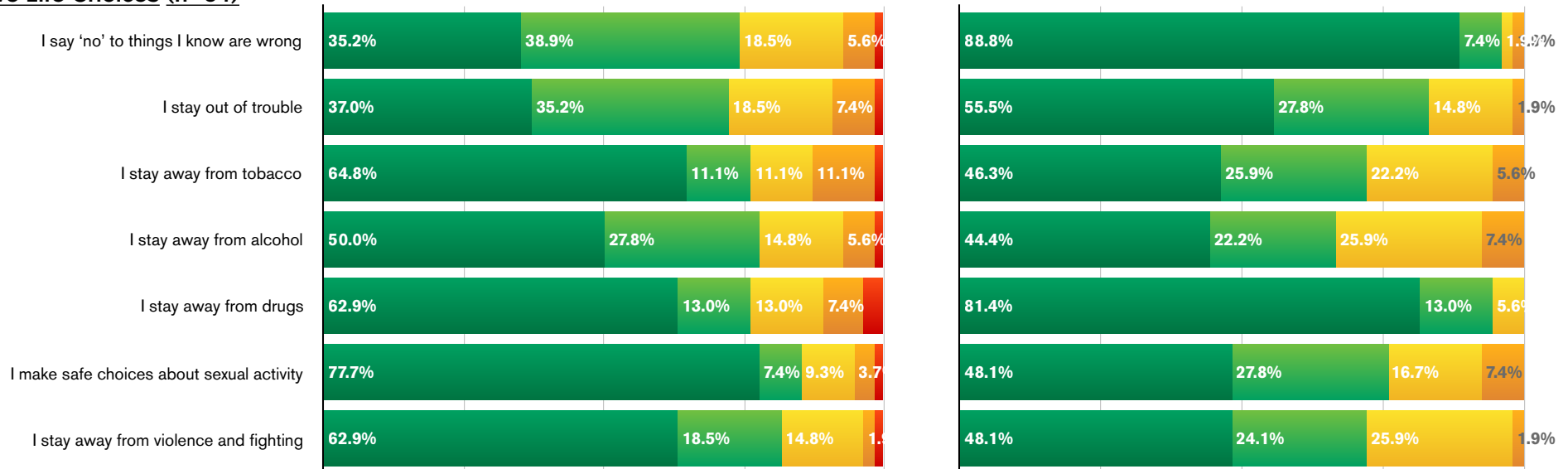
Life Skills (n=54)

PRE

POST

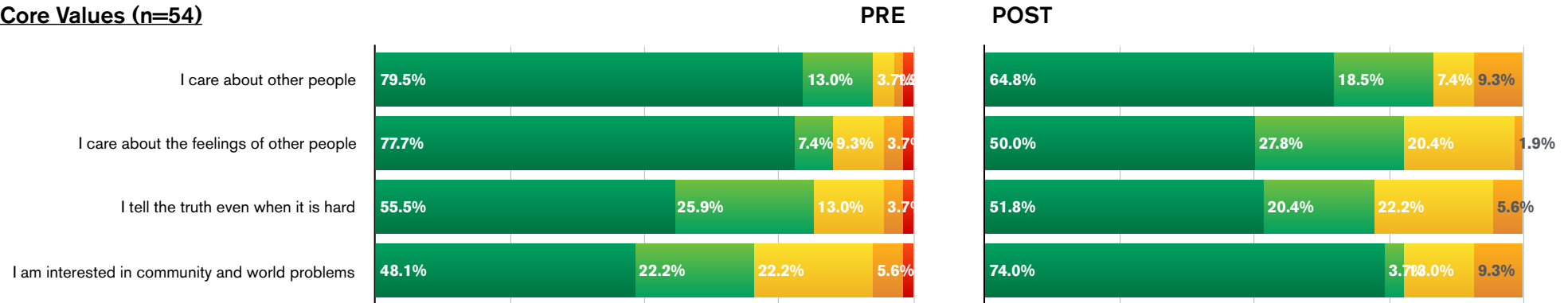


Positive Life Choices (n=54)

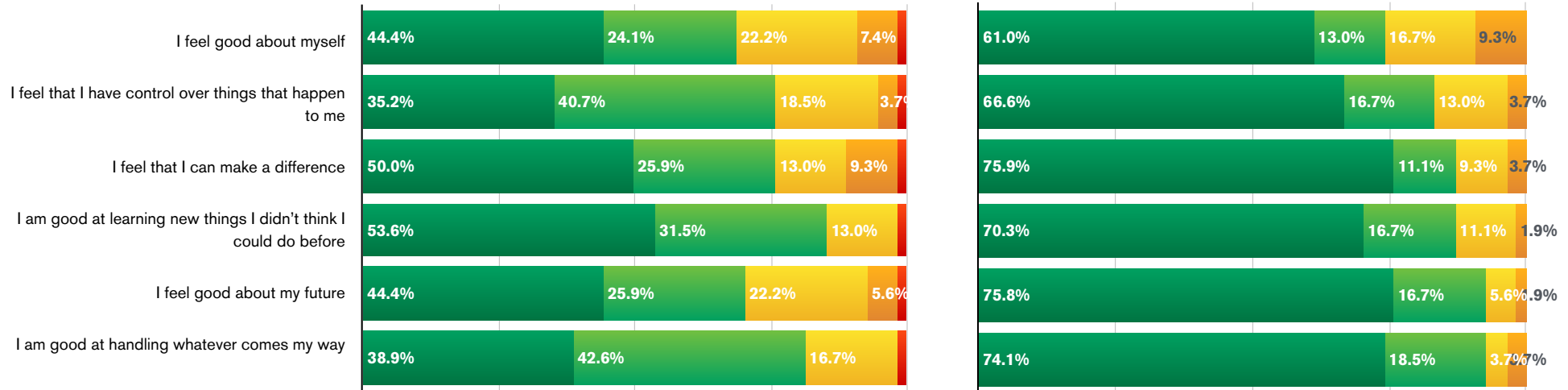




Core Values (n=54)

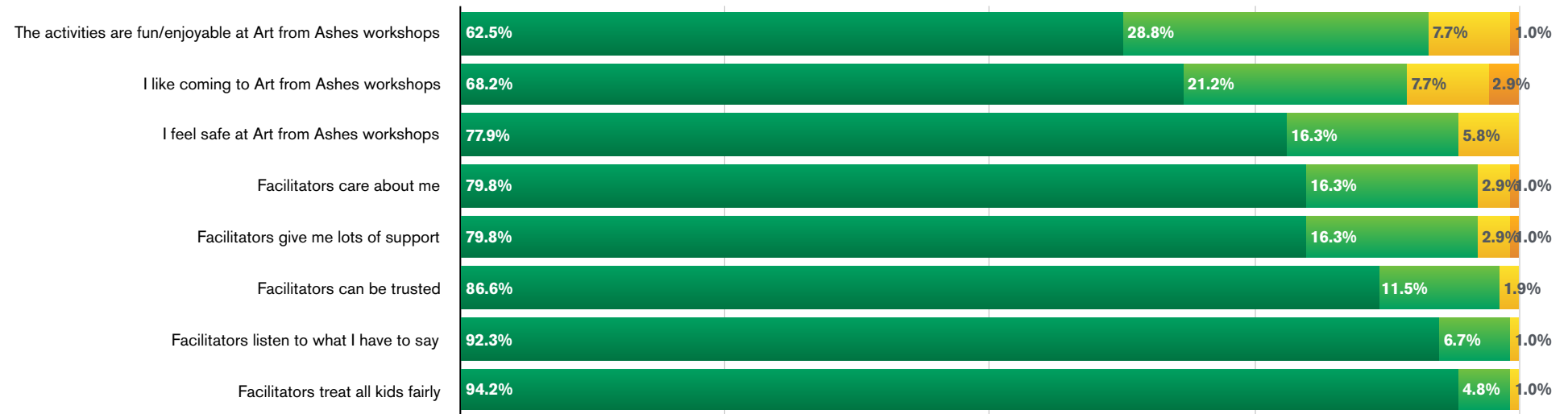


Sense of Self (n=54)





Program Quality & Satisfaction (n=101)



Pre-Survey: What changes, if any, do you hope to see in your life as a result of this program?

Control getting angry	Nothing will change in my life.
I just think it might be fun.	I hope to become an individual. An introvert with extrovert attributes.
I'm not sure.	I hope I could get better at writing and express myself.
That I can learn to let go.	A change I would like to see in my life is being able to talk to more people and not be so shy.
I don't really know what to expect.	CONFIDENCE
A change is to be more confident about myself and learn to write poems.	Passion in my everyday life.
Positivity	Getting more into art and the importance of poets and how you can express yourself with poetry.
Make better money and be more independent.	I want to be more open minded and creative.
Becoming a better writer.	That I learn something and feel better and do better in poetry.
I hope to see better writing skills to express how I feel not only that it will help me with public speaking with important matters going on in the world.	I hope I expand and grow as a person.
Not going back to court.	Not much change. It's just a good activity, opportunity, group, program to be a part of and to get to experience. To be able to share my poetry with others who have appreciation for the art.
Being more open with both myself and others.	If this is a good outlet for me when stressful things come my way.
I haven't taken this program, it's some I can try until the end.	Better me!
I'm not sure, I hope it might help me to be more open.	To turn my life around and make good decision on the way.
Become more motivated to do more things and activities.	I hope to become a better writer and learn more things if I choose to pay attention.
I want to be able to express myself through art.	I hope to meet new people and learn new things.
Just becoming a better writer.	
More mental clarity, awareness of my thoughts.	
I'm not really looking forward to anything with this program but to just have fun I guess.	
Becoming a better writer.	
Kind of because I rarely do poetry or read it.	
Nothing everything here is great.	
More motivation in getting things done or changing habits in order to benefit my future.	
Feel better about myself, more happiness in myself and life.	
To get better at writing.	
Just to grow and be as open minded as possible.	
Oh yes This will benefit me to the fullest.	
I would like to become a stronger writer and have more confidence in my abilities.	

Post-Survey: What changes, if any, do you see in your life as a result of this program?

None, y'all are amazing.	Just becoming a better writer.
I see myself starting to write my feelings more often to release them.	No changes
An outlet to my stress.	Kind of.
I don't know	I became a better poet and learn about using better vote
I think that it helps me be able to express myself without judgement.	I feel like I can observe myself from more angles now that I'm becoming more familiar with poetry.
The change I get from participating in Art from Ashes is feeling more comfortable sharing because they are so nice.	More mental clarity, awareness of my thoughts.
I am more straight forward.	No not really.
I'm able to write about my thoughts and emotions.	By more reflect with the people.
I am more creative	Doing poetry. I never used to do poetry till now.
Nothing really	I have gotten better at poetry and opening up my mindset.
This quarter I shared more.	Expressing myself and speaking my mind.
Art from Ashes inspired me to write poetry more and express myself more.	I think a change was not to judge other people.
It helps express how I really feel and people listen.	I learned from Tameca to just let my thoughts flow and have no judgment. Anything can be turned into a story if you just put your mind to it.
Being able to express myself	The change I see thanks to Art from Ashes is they make you a better person and make you reflect about things.
I haven't seen any besides bringing me closer to my mates and understanding them more.	A more open view of my poetic side and a state of clear mind.
Kind of.	Positive vibe.
Just getting the feel of writing knowing how to use objects in the form of writing to express how I feel.	Better self confidence
Nothing at this time. I just started coming.	I have felt more comfortable with sharing aloud what I wrote.
To not be insecure about continuing to write poetry, and to also hopefully go farther with it in the future.	I definitely appreciate writing after this, and I think I'll enjoy it a lot more from here on out.
I feel more inclined to put my art out there.	I have pursued my passions much more, have learned more about myself, and am stronger.
I see myself painting my future even imagining all the things with this program.	I have never had any interest in doing poetry and now I love writing poetry.
I'm more up to sharing my poetry with others.	More poetry writing.
Even though this did not go on very long, only 3 classes, I still came here to try something new out to help me write songs. Yes, I do see myself participating.	I would be more lyrical with songs.
Not anything really	I wouldn't change anything
I will become happier and I will be express my feelings more.	I have a new outlet for my emotions. This is a good coping skills.
Change my way for becoming a better person in life.	To speak my mind
I will keep writing to help with life struggles.	I probably won't participate, but I will probably do some poetry of my own when I feel like it.

Post-Survey: What changes, if any, do you see in your life as a result of this program?

I feel a bit more creatively free in Art from Ashes.	It's ok to try. It's good to use your voice.
I am a better writer.	More involvement from me in the poetry/art community in Denver.
Being more confident about meeting other people and liking them	None
Don't see any changes as of right now	I can express myself better
A change that I have seen is that after listening to some poems I see things from a different perspective.	Gaining confidence by reading my poems out loud.
Um no not really	I actually pay more attention.
N/A	Yes
Nope	I feel more open about myself
More open to share my thoughts and feelings through poetry.	Becoming a poet
I'm a better writer	I start back writing.
I can express myself more and tell the truth.	I didn't see any
I don't notice any changes after the workshops.	My writing or poetry can become better over time if I keep doing it.
Its opened my mind to be more creative and to dig a lot deeper within myself.	My change in the result of participating in Art from Ashes workshops is to be more confident in speaking up front in public.
Better coping skills.	I see myself caring more, comfortable speaking in front of others.
Maybe a bit more creative.	
N/A	
Writing a lot more poetry than I used to.	
I find myself being more expressive in my day to day writing.	
I'm more comfortable speaking	
Not much just a little more comfortability when speaking	
Making poems looks pretty interesting. Maybe one day I can participate with Art from Ashes again.	
I know how to write or somewhat write poetry.	
Express my emotion throughout poetry.	
I hope to get better at public speaking and feeling more comfortable with vulnerability.	
Being able to express my feelings more creatively.	
I'm more open to how I feel.	
I can see myself focusing on art a little more. Poetry is not my strong point, but I feel that I can apply it to the world around me.	

Post-Survey: What do you like best about coming to Art from Ashes workshops?

Open environment.	Something to do
Poetry and writing.	Learning from other poets.
It helps me relax.	The people are fun to be around
That we get snacks	I love the sense of community.
I like the writing prompts given.	I love having a group of people to share my thoughts
What I like best about coming to Art from Ashes workshops is all the different ways they put poetry into fun ways and new ways.	It's fun. Everyone is fun and kind, it's just some time away from reality.
Everything.	The workshops.
Getting things I'm worried about onto paper.	Being able to express myself through words.
Its fun and I can express myself!	It is always interesting.
Just being able to chill	We get to say what we want and don't get judged.
I liked that they have patience.	I like hearing people's poems.
I enjoy expressing myself and writing poetry.	I especially love expressing my feeling from words. I feel as though I communicate better through them. Words are chaos in a chaotic world.
I am listened to and understood. Not really judged.	What I like best is that we can express our feelings.
Listening to others and having a reason to write my emotions.	The ideas presented. Questions.
Hearing what other people write.	Relationships, positive vibes.
Learning about poetry from others.	It's fun
The writing prompts are different but calming.	Hearing others poems or thoughts.
I don't know yet, I just started coming.	The time when I just got to write. I don't need to worry about anything else during that time.
That I can express how I see certain things that go on in our lives daily. And to have somebody to talk to about it.	To practice my craft, to spend time with others and to perform.
Venting after work in my journal.	Something to do
I think it helps by showing yourself you can change and do amazing things.	Learning from other poets.
They give me prompts when I can't come up with my own ideas.	The people are fun to be around
It can give me ideas for new songs/ideas, I learn new things, and its kind of social.	I love the sense of community.
Writing poetry	I love having a group of people to share my thoughts
It gives me a good vibe about everybody here.	It's fun. Everyone is fun and kind, it's just some time away from reality.
The snacks, games.	The workshops.
Expressing myself for my own way from poetry.	Being able to express myself through words.
The feeling of being safe.	It is always interesting.
To try to be a better writer.	We get to say what we want and don't get judged.

Post-Survey: What do you like best about coming to Art from Ashes workshops?

The freedom we have within writing	We get to write poems.
People listen to me and they combat the negativities in our lives.	The guest speakers.
How I can write my own poem	Being with friends and having interesting writing prompts.
The stories of others	Listening to other people work and seeing the people that come in.
I enjoy having someone else give me prompts, hearing others poetry, and I enjoy sharing sometimes.	Being free to write anything in mind.
Speaks freely	I liked being challenged to share things that I would normally save to myself.
I could express myself easy.	Trying out my vocal chords in front of a supportive audience.
I love writing whatever comes from my mind, without any limitations.	The mentors.
I get to express myself.	Some of the people I really like are in this class.
Making art and poetry	Given me an adult
I like that I'm learning to use my voice in other ways	I love how welcoming and comforting staff and speakers are!
Something that I really like is hearing other people's poems.	Listening to the poet's poems.
Getting to listen to others and what they have to say.	That I get to share what I feel.
How comfortable it is for everyone to share.	It is laid back and freewriting.
The way I get to write what I feel.	Learning, writing
Being creative through poetry.	Writing
Being around people	I get to express myself.
Writing/listening to others writing.	The freedom of vocalizing feelings
Writing and ?	What I like best is that I can express myself without anyone judging me.
We express ourselves in different way.	I love how you can express how you feel and get to know how others feel too.
That everybody can be honest.	Being free and not judged.
Expressing yourself.	
The guest artists are the best part.	
I love everything about this program.	
Hearing other people's poetry.	
I enjoy the prompt driven writing that still allows creative freedom.	
You don't have to share	
The openness	
Trying to make our own poems.	

Post-Survey: If you could change one thing at Art from Ashes workshops, what would it be?

Nothing I like how it is.	Nothing
Not going to the mic	Forcing to go up
N/A	Nothing
If I could change one thing it would be nothing.	Nothing.
Nothing its pretty cool	Nothing, It was almost perfect
N/A	I wouldn't change anything.
Nothing ahh maybe more prompts.	Not one things you guys are great!!!
Easing into personal topics, instead of starting with them.	N/A
Nothing	Nothing.
Nothing	Nothing
A little more time to write what we have to say.	I wouldn't change anything.
Nothing.	How we always have to talk about the past some people don't have a good one.
Smaller groups.	I would add more creativities.
What they do is cool. I wouldn't change anything.	I wouldn't change nothing!
N/A	More interesting prompts?
Nothing. It's perfect as it is.	Nothing.
Nothing	I would allow more time to write cause I feel like I can't make full poems.
Nothing I can think of	Nothing
Nothing	I feel I would change really nothing. I love how AfA works things.
Pretty much nothing. I like how it is.	Nothing, honestly.
Nothing	No more collages. No more magazines and cutting and pasting, its boring.
I would like to have a bit more time to write.	I don't think there is any way that I could change it.
Always having to share.	I think it's pretty great.
Having only done one workshop, I don't have any suggestions.	Nothing everything is great!
Nothing comes to mind.	Nothing
More variety; more open to interpretation prompts, maybe a little deeper.	Nothing
I would make the prompts a bit lighter. Not so deep.	Less poems and writing.
Nothing	Not a lot of poetry
Nothing I love it!	Nothing
I would add more creating crafts.	To have people not speak out.
Nothing.	

If you could change one thing at Art from Ashes workshops, what would it be?

