

# **Supportive Arts for Incarcerated Persons and/or Persons on Supervised Release Report for the Legislature**



Minnesota Department of Corrections  
1450 Energy Park Drive, Suite 200  
St. Paul, Minnesota 55108-5219  
(651) 361-7200  
TTY (800) 627-3529  
March 1, 2025

This information will be provided in alternative format upon request.

The total cost of salaries and supplies incurred in development and preparation of this report was \$100 (reported as required by M.S. 3.195)

Printed on recycled paper with at least 10 percent post-consumer waste.

**Introduction:**

The Supportive Arts for Incarcerated Persons and/or Persons on Supervised Release was a newly created grant in fiscal year 2024-25 for non-profit organizations to provide supportive arts programming to incarcerated persons and/or persons on supervised release. Funds were made available through the 2023 Minnesota Public Safety Bill under SF 2909, Article 2, Section 6, Subd. 2 (k). Funds may be used through June 30, 2025. The supportive arts program must use the arts, including but not limited to visual art, poetry, literature, theater, dance, and music, to address the supportive, therapeutic, and rehabilitative needs of incarcerated persons and/or persons on supervised release.

**Background:**

A competitive Request for Proposal (RFP) was issued on December 14<sup>th</sup>, 2023, soliciting proposals from programs that could provide supportive arts programming. On December 20<sup>th</sup>, 2023, a virtual Informational Webinar was held for potential applicants to ask questions about the RFP as needed and discuss requirements of the grant. The solicitation for this grant was closed on January 22, 2024.

A total of six applications were submitted for this RFP. One application was ineligible to be forwarded for review, as the applicant was not registered and in good standing with the Minnesota Secretary of State as a non-profit doing business in Minnesota. The other five applications were forwarded to a peer review committee on February 6<sup>th</sup>, 2024. Three of the applications were scored in a range to offer a grant award. Two of the applicants did not meet the financial requirements to be eligible to receive the grant.

**Legislative Requirements:**

Noted in the RFP, grant outcomes are required as a condition of this grant and must be reported to the Minnesota Department of Corrections Commissioner for reporting to the chairs and ranking members of the legislative committees and divisions having jurisdiction over criminal justice finance and policy on the implementation, use, and administration of the grant program established under this section. The report is due March 1<sup>st</sup> of each year. The requirements are identified in the 2023 Minnesota Public Safety Bill HF 2909, Article 2, Section 17.

At a minimum, the report must provide:

- 1) the names of the organizations receiving grants.
- 2) the total number of individuals served by all grant recipients, disaggregated by race, ethnicity, and gender.
- 3) the names of the jails and communities where incarcerated persons and persons on supervised release are participating in supportive arts programs offered under this section.
- 4) the total amount of money awarded in grants and the total amount remaining to be awarded, if any.
- 5) the amount of money granted to each recipient.
- 6) a description of the program, mission, goals, and objectives by the organization using the money; and
- 7) a description of the measures of success, either qualitative or quantitative

The following information was provided by the three providers of these services and are attached at the end of this report.

**Conclusions:**

Below are the reports provided by each organization that has been and continues to provide Supportive Arts Services through this grant. The three recipients of this grant have identified the information required by the legislature and the nature of their work. The grant will continue until June 30, 2025, at which time the expiration on this grant will occur. The organizations will continue serving as many clients as they can in the remaining time and keeping monitoring their services for success.

**Supportive Arts Program Legislative Report Form FY24: Arts From the Inside**

The name of the organization receiving a grant.

Organization	Services Provided	Comments (If applicable)
Art from the Inside (AFTI)	<p>Art from the Inside is currently conducting its Art and Wellness Fellowship program at two locations: Minnesota Correctional Facility in Faribault (MCF-Faribault) and Minnesota Correctional Facility in Shakopee (MCF-Shakopee). This immersive 12-week fellowship is designed to offer participants in-depth instruction and hands-on experience in various art forms, mindfulness meditation techniques, and breathwork practices.</p> <p>Throughout the program, participants engage in creative activities that not only foster artistic expression but also promote emotional healing and self-discovery. In addition to learning about different artistic mediums, they are guided through mindfulness exercises that enhance their awareness and focus. Breathwork sessions further support their mental and emotional well-being by teaching techniques for relaxation and stress reduction.</p> <p>An essential aspect of the fellowship is helping participants integrate these valuable skills into their daily lives. By equipping them with tools for artistic expression and mindfulness, the program aims to empower individuals to cultivate a sense of peace, improve their emotional health, and enhance their overall quality of life.</p>	

1. The total number of individuals served by the grant recipient, disaggregated by race, ethnicity and gender.

	Race	Ethnicity	Gender
Total Number Served:	__7__ Asian	__8__ Hispanic or Latino	__22__ Male
__38__	____ Native Hawaiian or Pacific Islander	__30__ Non-Hispanic or Latino	__16__ Female
	__5__ Black or African American		____ Transgender
	__9__ American Indian or Alaska Native		____ (None of these)
	__13__ White		
	__2__ Multi-race		
	____ (Other, please specify)		

2. The names of correctional facilities and/or the communities where incarcerated persons and persons on supervised release are participating in supportive arts programs offered under this section.

	Name of Institution and/or Community Address
Name of Institution(s) your organizations provides the services at:	Minnesota Correctional Facility at Shakopee Minnesota Correctional Facility at Faribault

3. The amount of money granted to your organization.

	Amount awarded
Names of organization: Art from the Inside	\$133,200

4. A description of the program, mission, goals, and objectives by the organization using the money.

	Program description, mission, goals, and objectives
Name of the organization: Art from the Inside	<p>Art from the Inside is currently conducting its Art and Wellness Fellowship program at two locations: Minnesota Correctional Facility in Faribault (MCF-Faribault) and Minnesota Correctional Facility in Shakopee (MCF-Shakopee). This immersive 12-week fellowship is designed to offer participants in-depth instruction and hands-on experience in various art forms, mindfulness meditation techniques, and breathwork practices.</p> <p>The 12-week Art &amp; Wellness Fellowship integrates specific objectives and outcomes into each weekly lesson. By combining formal art instruction with mindfulness practices, the fellowship supports both holistic health and artistic development. The program concludes with an exhibition of the fellows' artwork displayed in the community, outside the prison walls.</p> <p>The artwork created by the Art and Wellness Fellows during their fellowship will be displayed in the Minneapolis Central Library in March and April this year. The exhibition, titled "Shifting Perspectives," showcases art that reflects themes of community building and personal growth. By exhibiting their work in the community, this event fosters connections between the public and incarcerated individuals, creating a platform for dialogue and engagement.</p> <p>Throughout the program, participants engage in creative activities that not only foster artistic expression but also promote emotional healing and self-discovery. In addition to learning about different artistic mediums, they are guided through mindfulness exercises that enhance their awareness and focus. Breathwork sessions further support their mental and emotional well-being by teaching techniques for relaxation and stress reduction.</p> <p>An essential aspect of the fellowship is helping participants integrate these valuable skills into their daily lives. By equipping them with tools for artistic expression and mindfulness, the program aims to empower individuals to cultivate a sense of peace, improve their emotional health, and enhance their overall quality of life.</p> <p>The funding was not awarded until June of 2024 which has impacted the amount of people we have been able to serve to date. As included in our work plan, we are prepared to serve 120 participants directly through programming at three facilities. We have been able to serve 38 participants to date with the Art and Wellness fellowship program. Planning has started with MCF-Faribault on a broader art project to</p>

incorporate art into the facility environment overall, which will benefit all residents in this facility.

We haven't yet been able to gain access the 3<sup>rd</sup> facility yet, but are hopeful to have an ongoing partnership with the Department of Corrections to expand programming to additional facilities and participants.

Facilities cite space and staffing limitations as a barrier and challenge to provide the level of programming offered by our organization.

We hope this program can continue to grow and expand as part of the implementation of the Minnesota Rehabilitation and Reinvestment Act.

AFTI was started in 2020 by then correctional officer, Antonio Espinosa, after the death of Officer Joseph Gomm at MCF-Stillwater. AFTI provides an outlet for the incarcerated to focus on something positive, therapeutic, and constructive. Our mission is to empower incarcerated artists to experience personal transformation and restoration and create safer environments in our correctional facilities. We believe art provides the space to imagine new ways of being and to recognize our personal and collective power to change. Art from the Inside (AFTI) also provides a platform for incarcerated and formerly incarcerated artists in Minnesota to share their art and their voices through community-centered exhibitions of their art, providing the public a space to explore the complexities of identity, incarceration, and our shared humanity.

5. A description of and measures of success, either qualitative or quantitative.

	Description of Success	Measurement of Success
Name of Organization	<p>Over 80 individuals applied to participate in our first cohort at MCF-Faribault and 119 women apply to participate at MCF-Shakopee.</p> <p>After completing the first cohort, we received an additional 70 letters of interest from individuals at MCF-Faribault, in addition to the original applicants.</p> <p>MCF Faribault had space to accommodate an initial cohort of 20 participants while MCF-Shakopee (the women's facility) could accommodate only 15 participants in the first cohort due to space limitations. In total, we were able to serve 38 participants across the two facilities for our first cohort. The 2<sup>nd</sup> cohorts are scheduled to begin at the end of February 2025.</p> <p>Through the new Art and Wellness Fellowship program, we provide 12 weeks of curriculum focused on the following objectives:</p> <ul style="list-style-type: none"> <li>• Increased self-awareness, self-confidence, and emotional resilience.</li> <li>• Improved technical and creative skills in visual arts.</li> <li>• Enhanced ability to manage emotions and reduce stress through mindfulness.</li> <li>• Stronger connections with self and community, fostering empathy and shared understanding.</li> <li>• Development of new</li> </ul>	<p><b>Quantitative Highlights at a Glance:</b></p> <ul style="list-style-type: none"> <li>• <b>85%:</b> Participants reported improved stress management and emotional regulation.</li> <li>• <b>95%:</b> Participants now use breathing techniques or mindfulness exercises regularly.</li> <li>• <b>80%:</b> Participants discovered new artistic talents and skills.</li> <li>• <b>75%:</b> Participants strengthened connections within the facility through the program.</li> <li>• <b>90%:</b> Participants expressed plans to continue mindfulness and art practices after the program.</li> </ul> <p>MCF-Faribault reported that all of the participants remained discipline-free throughout the program.</p> <p>Participant attendance rate was 90% and was consistent throughout, only missing sessions if there were barriers to attendance outside of their control.</p> <p>Participants frequently mentioned using art as a way to channel emotions productively. For some, creating art helped replace harmful or reactive behaviors, with one participant sharing, "I</p>

	<p>perspectives on personal growth, belonging, and purpose.</p> <p>The artist fellows created several art pieces focused on the themes of community and personal growth that will be exhibited in March and April at the Central Library in Minneapolis.</p>	<p>pull out a piece of paper and pencil rather than saying things that would get me in trouble.” Another added, “I noticed my mental health improve rapidly over 12 weeks.”</p> <p>Another participant shared, “I’ve encountered a number of prison-initiated stressors during this course. With the tools I’ve learned, I am able to keep calm, see beyond the issue and overcome my mental response in a positive way.”</p> <p>The program also cultivated gratitude and optimism among participants, with several expressing newfound perspectives on life. One participant summarized this transformation: “Art forces me to see what I am truly capable of. When I put time into creating, I can see my potential—and see a purpose for my life.”</p>
--	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------



**Supportive Arts Program Legislative Report Form FY24: Minnesota Prison Writer’s Workshop**

1. The name of the organization receiving a grant.

Organization	Services Provided	Comments (If applicable)
Minnesota Prison Writing Workshop	<p>In 2024, MPWW began a pilot of a new program at the recording studio at MCF-Faribault. That pilot programming has included an intensive studio certification class, through which IPs have gained proficiency in the recording technology, sound engineering best practices, and music/sound production.</p> <p>This cohort of certified IPs are now studio technicians (“clerks” in the DOC classification system) who can help other instructors, professors and students and classes in the MN DOC with recording/production projects. In 2025, MPWW will offer at least two full-length courses with significant studio components, such as songwriting and spoken word poetry.</p> <p>Additionally, MPWW is piloting sound engineering and audio production programming to a small cohort of individuals on supervised release. This re-entry pilot programming constitutes a “bridge” from incarceration into the community, providing continuity for future participants who have been involved while incarcerated once they are released in the future.</p>	

**2.** The total number of individuals served by the grant recipient, disaggregated by race, ethnicity and gender.

	Race	Ethnicity	Gender
Total Number Served:	_3_Asian	_3_Hispanic or Latino	_23_Male
_25	_0_Native Hawaiian or Pacific Islander	_22_Non-Hispanic or Latino	_Female
	_8_Black or African American		
	_2_American Indian or Alaska Native		
	_12_White		
	0_Multi-race		
	_0_(Other, please specify)		_(None of these)

**3.** The names of correctional facilities and/or the communities where incarcerated persons and persons on supervised release are participating in supportive arts programs offered under this section.

	Name of Institution and/or Community Address
Name of Institution(s) your organizations provides the services at:	MCF-Faribault
Community your organization provides services at: (provide community location)	Hamline University (1536 Hewitt Ave, St. Paul, MN 55104) and FilmNorth (2441 University Ave W Suite 100, St Paul, MN 55114)

4. The amount of money granted to your organization.

	Amount awarded
Names of organization: Minnesota Prison Writing Workshop	\$75,000 total in FY 2024 and 2025

5. A description of the program, mission, goals, and objectives by the organization using the money.

	Program description, mission, goals, and objectives
Name of the organization:	Minnesota Prison Writing Workshop (MPWW) fosters literary community and a devotion to art inside Minnesota correctional facilities through high-quality creative writing classes and related arts programming.
Minnesota Prison Writing Workshop (MPWW)	<p>Since our founding in 2011, our 85 instructors and mentors have served over 3,000 students in all the state's adult facilities. Course topics range from Introduction to Poetry to Memoir Writing to Flash Fiction. We emphasize self-reflection, clarity of expression, and the importance of developing an ongoing "habit of art."</p> <p>Courses are taught by members of MPWW's instructor cohort, a group of experienced and accomplished writers and teachers, most of whom teach concurrently at other institutions of higher education.</p> <p>After taking an MPWW class, students are eligible for our one-to-one mentor program, in which they're paired with an experienced writer on the outside. Incarcerated writers send mentors 20-40 pages a month, and mentors respond with tailored feedback and assignments. MPWW currently has 50 mentor pairings and continues to grow.</p> <p>Our students learn to tell their own stories in their own voices, a practice they tell us is profoundly rehabilitative. Here is a sampling of recent feedback from student course evaluations:</p> <p>"As a person who has spent the vast majority of his adult life caught up in a cycle of crime, drug addiction and prison, writing has been the one thing that has allowed me to reconnect with a part of myself that I lost sight of a long, long time ago."</p> <p>"This class probably saved my life. BTW: not lip-service."</p> <p>"For the first time, I feel like a citizen of the larger world."</p>

	MPWW is recognized nationally as a leader in arts-in-correction. We’ve been honored with the Ordway’s Sally Award in Arts Learning, the Metropolitan Regional Arts Council’s Arts Achievement Award, and the Touchstone Award from Duluth Superior Foundation. We partner nationally with leading organizations such as PEN America and Freedom Reads, among others. Our students have and continue to establish themselves in the literary world through editing, prizes, and publications.
--	----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

6. A description of and measures of success, either qualitative or quantitative.

Name of Organization	Description of Success	Measurement of Success
Minnesota Prison Writing Workshop (MPWW)	<p>The recording studio at MCF-Faribault has opened significant new artistic possibilities. Audio production is an artform in itself, and one with significant professional potential.</p> <p>Additionally, the studio will augment and amplify future MPWW programming. Songwriters, poets, and spoken word artists will be able to perform and record their work and, to the extent permitted by DOC policies, share that work with community members.</p> <p>Other possibilities for the recording studio include podcast production, audiobook narration, and music production.</p> <p>As part of this pilot program, IPs participating in the certification course at MCF-Faribault and individuals in the community on supervised release will become IPs become certified audio studio engineers, including certification in recording and production software, including Ableton Live and ProTools.</p>	<p>5 IPs at MCF-Faribault certified so far through the end of the calendar year, 2024 (15 others in progress).</p> <p>5 individuals on supervised release certified so far through the end of the calendar year, 2024.</p>

**Supportive Arts Program Legislative Report Form FY24: Project Pathfinder, Inc.**

Name of Organization: Project Pathfinder, Inc.

1. The total number of individuals served by the grant recipient, disaggregated by race, ethnicity and gender.

	Race	Ethnicity	Gender
Total Number Served:  <u>12</u>	<u>    </u> Asian	<u>    </u> Hispanic or Latino	<u>11</u> Male
	<u>    </u> Native Hawaiian or Pacific Islander		
	<u>5</u> Black or African American	<u>12</u> Non-Hispanic or Latino	<u>    </u> Female
	<u>    </u> American Indian or Alaska Native		<u>1</u> Transgender
	<u>5</u> White		<u>    </u> (None of these)
	<u>2</u> Multi-race		
	<u>    </u> (Other, please specify)		

2. The names of correctional facilities and/or the communities where incarcerated persons and persons on supervised release are participating in supportive arts programs offered under this section.

Dates of Service	Locations: Including the Name of Institution and/or Community Address
09/23/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
09/30/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
10/07/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
10/14/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
10/15/24	Goodwill-Easter Seals Minnesota (O4C), 553 Fairview Ave N, St Paul, MN 55104
10/21/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
10/28/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
11/04/24	Art Lab Rx, LLC, 1613 99th Ln NE, Blaine, MN 55449
11/11/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
11/12/24	Goodwill-Easter Seals Minnesota (O4C), 553 Fairview Ave N, St Paul, MN 55104
11/25/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
12/02/24	Goodwill-Easter Seals Minnesota (O4C), 553 Fairview Ave N, St Paul, MN 55104
12/02/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
12/09/24	Goodwill-Easter Seals Minnesota (O4C), 553 Fairview Ave N, St Paul, MN 55104
12/09/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104
12/16/24	Goodwill-Easter Seals Minnesota (O4C), 553 Fairview Ave N, St Paul, MN 55104
12/16/24	Project Pathfinder, Inc., 570 North Asbury Street, Suite 300, St. Paul, MN 55104

3. A description of the program and mission.

Program description and mission

Project Pathfinder's Supportive Arts Program is about utilizing art as a way to bring the community together. Our program allows participants to partake in the healing process of art making with a licensed art therapist where participants come together as a community to engage in various artistic activities that inspire creativity, encourage self-reflection, and help build personal connections which transcend differences. Groups are held at Project Pathfinder's St. Paul office and at Goodwill-Easter Seals Minnesota's St. Paul Midway location. Participants also attend field trips to an art therapy studio where they are encouraged to bring a trusted partner (friend, spouse, family member) with them to increase the sense of community and provide opportunities to make additional connections outside of the enrolled participant group.

Our program consists of four cohorts over the course of the program. Each cohort is eight weeks long. Programming takes place between Monday-Friday in the afternoon and early evening. Each cohort includes a weekly art therapy group which consists of a new art activity each week includes discussion and processing of the experience as it relates to re-entry and reintegration. Participants are also encouraged to journal weekly while continuing to practice and integrate the skills taught that week.

The program supports the therapeutic and rehabilitative needs of those served by addressing feelings of stress and anxiety through engaging in an enjoyable activity. Moreover, if someone struggles with a poor attention span, they can connect with each moment as they create artwork. Lastly, painful emotions are released in manageable ways as individuals explore their emotions and realize their potential as they create art.

Participants activate pleasant emotions and resolve trauma. In cases of addictions or obsessions and compulsions, participants can heal through doing healthy repetitive activity with a healthy focus like meditation to find peace or joy. Additionally, participants can feel empowered by being in control of their emotions, their connection to their trauma, and themselves. This allows them to feel pride in making something meaningful and creating a healthier connection with their trauma or pain. Overcoming chronic beliefs and feelings of powerlessness is a critical components recovery as well as rehabilitation.

The program not only supports and stresses the importance of art while in the community, it also promotes more pro-social thinking and behavior by addressing various criminogenic needs.

4. The amount of money granted to your organization.

	Amount awarded
Names of organization:	\$174,300 total in FY 2024 and 2025
Project Pathfinder	

5. A description of the program's goals and objectives. (Goals are the outcomes you intend to achieve; objectives are the specific actions and measurable steps that are needed to achieve the goals.)

Activity	Goal	Did you meet this goal? Yes or No	Outcomes and/or Lessons Learned
Journal Making	Journal Making: Create a personal book where for expressing oneself through writing, drawing, painting, and other art techniques.	Yes	Journal Making: Outcomes included noted increased self-awareness, enhanced creativity, boosted self-esteem, communication of complex emotions, greater personal insight and a sense of empowerment as well as providing a healthy outlet for managing challenging emotions. Participants expressed appreciation for having a safe space to explore and process various thoughts, feelings, and experiences through visual and written forms.
Self-Portrait Collage	Self-Portrait Collage: Create a work of art that uses cut-out images to create a representation of the artist.	Yes	Self-Portrait Collage: Outcomes included increased self-reflection and introspection leading to a deeper understanding of one's own identity and sense of self. Participants paid special attention to personal traits, values, interests, and experiences using a diverse range of materials and techniques. Participants expressed appreciation for the opportunity to express their sense of self without the pressure of creating a realistic representation.
Emotion Body Map	Emotion Body Map: Create a visual representation of the artist's body where different areas are highlighted to indicate where one feels specific	Yes	Emotion Body Map: Participants noted that by mapping their emotions onto artistic representations of their bodies, they became more conscious of how different feelings manifest physically and gave them a better understanding of how certain emotions affected them. It also helped them better manage those emotions by consciously addressing the physical sensations and helped with their emotional regulation in uncomfortable and challenging situations.

	emotions physically.		
Superhero	Superhero: Create a metaphor for representing one's strengths and positive qualities as a way to imagine the best, most capable version of oneself.	Yes	Superhero: Participants expressed a keen interest in creating a superhero as a metaphor for their own strengths and values as a way to imagine an ideal version of themselves. They also shared how identifying their specific talents gave them strength and gave them confidence in their ability to overcome obstacles as well as to help improve the lives of others.
Mask Making	Mask Making: Create a mask to visually represent one's different aspects of identity, emotions, and how one presents oneself to the world.	Yes	Mask Making: Participants especially noted enjoying and appreciating making masks that represented various aspects of their identity, emotions, and how they present themselves to the world and what they hide from others. By decorating both the inside and outside of the mask, they were able to explore their "true self" and "public self" by depicting both their outward appearance and inner feelings on the same piece.
Nature Mandala	Nature Mandala: Working as a group with natural objects, create an integrated circular design that is organized around a unifying center and radiates outward.	Yes	Nature Mandala: The Nature Mandala activity provided an opportunity for participants to work together as a group to create a collaborative work that symbolizes the interconnectedness of all things. Participants acknowledged the parallels between connections within the mandala and their reconnecting with others in their lives and the community in general.
Bridge Building	Bridge Building: Create a bridge as a symbolic representation of one's perception of connection, transition, overcoming obstacles, or navigating between different aspects of one's life.	Yes	Bridge Building: Participants used the imagery of a bridge as a representation of their personal journey through the transition of reentry and reintegration including moving back into the community, overcoming obstacles, connecting different aspects of their life, and improving their ability to cope with new challenges. It also gave them an opportunity to reflect on various stages of their lives like past, present, and future.



Art From Broken Things	Art From Broken Things: Provide a space for destroying objects such as glassware and ceramics in a safe and controlled environment without causing real-world damage and create artwork with broken objects.	Yes	Art From Broken Things: Participants reported feeling a sense of relief after smashing things without causing harm to themselves or others. They also saw the symbolism of making art from broken things as a way of representing their own feelings of brokenness and found a sense of healing and resilience by "putting the pieces back together" in a meaningful way.
Art Show	Art Show: Provide an opportunity for participants to share and discuss their artwork.	Yes	Art Show: Participants felt a sense of pride and accomplishment in sharing and discussing their work with others and acknowledged seeing both similarities in theme between their work and others as well as an improvement in technique and increased self-awareness throughout the cohort. They also reported a feeling of connection with others in the group and an appreciation for others' work.

6. A description of the measures of success, either quantitative or qualitative. (Quantitative data is numerical and can be counted and measured. Qualitative data is descriptive and refers to things that can be observed but not measured.)

Success	Qualitative or Quantitative
Services Provided:	
17 Group Sessions Conducted	Quantitative
32.5 Session Hours Provided	Quantitative
12 Unique Participants Served (49 Participant Units)	Quantitative
Total Session Hours Provided: 32.5 Session Hours X 49 Participant Units Served = 1,592	Quantitative
In addition to outcomes listed in Section 4 above, participants have expressed great appreciation for the opportunity to participate in the program as a way of figuring out what they want to do and where they want to go in life moving forward.	Qualitative

Others shared how the experience helped them understand how they can make changes and adapt to new things in life.	Qualitative
It also helped identify weaknesses and areas for improvement to work on and grow into strengths.	Qualitative
Some appreciated having the time and place to come and calm down and be at ease when facing challenges throughout the week.	Qualitative
Many were able to connect their artwork with other treatment programs and goal work as a way of gaining a better of the treatment objectives.	Qualitative
Participants often approached the activities in the context of past, present, and future emphasizing the significance of revisiting previous ways of thinking and reinforcing taking new approaches today and in the future.	Qualitative
Participants are recommending the program to others and encouraging their PO's to refer other clients, and PO's are referring clients based on feedback from clients.	Qualitative