

DOCTORS NONPROFIT CONSULTING

# EXECUTIVE SUMMARY

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ART & CREATIVITY FOR HEALING INC  
HEALING FOR HEROES & THEIR FAMILIES  
PROGRAM

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JUNE 2018 – JUNE 2020

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## INTRODUCTION

DoctorS Nonprofit Consulting (DNC) was hired by Art & Creativity for Healing Inc. (ACFH) in May of 2020 to provide an outcome evaluation for the 2018-2020 Healing for Heroes and their Families program data for participants in ACFH workshops. ACFH has facilitated these “Art4Healing®” workshop programs at more than 40 hospitals, treatment centers, military bases, schools and non-profit agencies throughout Southern California. Since 2000, more than 80,000 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 2020. 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 861 Healing for Heroes & their Families referred individuals who received ACFH services between the period of July 2018 and June 2020. Data sets of this size (n=861) are generally regarded to be an accurate indicator of the measured items.

## STATISTICS

Approximately 1/3 of the participants indicated their age (n=313). The ages ranged from 6-52, with the average age being 23.04, for those participants who did include an age.

Participants that identified as Caucasian made up 46.69% of participants followed by Hispanic/Latino(a) American 21.15%. However, 18.73% of the participants did not list their ethnicity.

Over 39.88% of the adult participants indicated Camp Pendleton as their residence. Followed by 11.5% from Oceanside and 10.5% from San Clemente. The child/teen participants were primarily located in Camp Pendleton (99.06%).

The majority of the adult participants were from Wounded Warriors (80%) and San Onofre School (99%) for child/teen participants.

The most selected reasons that the child participants took workshops was *I like art* (89.74%) and for adults *Anxiety/Stress* (81.45%) and *Sadness* (77.20%) were the most selected.

## KEY FINDINGS

Overall, 98.72% of the Healing for Heroes & their Families participants reported that they were satisfied with their ACFH workshop.

Eighty-five percent of adult participants strongly agreed that the workshop was great. Eighty-two percent of participants strongly agreed that the workshop helped them express their emotions. Seventy-nine percent of participants strongly agreed that they felt better after the workshop. Ninety percent of adults strongly agreed that the instructor was approachable

Eighty-four percent of child/teen participants strongly agreed that the workshop was great. Seventy-four percent of participants strongly agreed that the workshop helped me share their feelings. Seventy-nine percent of participants strongly agreed that they felt better after the workshop. Eighty-five percent of participants strongly agreed that the instructor cared about them and 84.46% felt the instructor was on time.

When combining the adult and child/teen questionnaires, 85.09% of the participants strongly agreed that overall, they liked the workshop.

For future workshops, 93.83% of both children and adult participants agreed that they would refer a friend or family member to this workshop. In fact, 95.8% of all participants agreed that they themselves would take another workshop from the program.

The most selected reasons that the child participants took workshops was *I like art* (89.74%) and for adults *Anxiety/Stress* (81.45%) and *Sadness* (77.20%) were the most selected.

Camp Pendleton Wounded Warriors program participants rated higher than Expressing Colors program participants on 1) *Emotional Expression*, 2) *Caring Instructor*, 3) *Instructor Time Management/Comfortable Sharing*, 4) *Effect of Workshop*, 5) *Willingness to refer a friend*, 6) *Interest in additional workshops*.

Wounded Warriors Battalion West reported higher scores compared to other location averages in 1) *How Great the Workshop*, 2) *Emotional Expression*, 3) *Instructor Time Management/Comfortable Sharing*, 4) *Effect of Workshop*, 5) *Willingness to refer a friend*, 6) *Interest in additional workshops*. In one area, San Onofre School reported significantly lower that the instructor was approachable and/or cared about them than the averages of all programs. Although there were differences in the overall satisfaction among the different programs, the differences were not significant and could be a result of statistical error.

The participants that identified as Asian American/Vietnamese reported 1) *liking the workshop more*, 2) *workshop helped express more*, and 3) *they felt better after taking the workshop than other ethnicities*. Additionally, the Asian American/Vietnamese participants felt the instructor was more approachable and appeared to care about participants and value their time more than other ethnicities. Finally, the clients that identified as Asian American/Vietnamese were more likely to refer a friend or family member. Those that were least likely to refer identified as *other* or *bi-racial*.

Overall, adult participant ratings were higher than children/teen participants. In fact, adult participants reported higher averages on 1) *This workshop was great*, 2) *This workshop helped me share my feelings/express my emotions*, 3) *The instructor was approachable and appeared to care about the participants*, 4) *The instructor was on time and valued my time*, 5) *I feel better after taking this workshop*, 6) *I would tell a friend or family member to attend this workshop*, 7) *I want to take another Art & Creativity for Healing workshop*, 8) *Overall, I like this workshop/ I am satisfied with this Art & Creativity for Healing workshop*.