2019 Impact Report
Art with Heart
After exposure to ACEs, kids have:

**35 mm kids** in the U.S. experience some kind of Adverse Childhood Experience (ACEs) like violence, abuse, parental mental illness, an incarcerated relative, parental separation or divorce, and neglect or other serious trauma before 18.

That’s **1 in 2** kids

**Childhood trauma is widespread.**

- 28% have experienced physical abuse
- 27% have experienced substance abuse
- 20% have experienced sexual abuse
- 13% have experienced domestic violence
- 11% have experienced emotional abuse

**After exposure to ACEs, kids have:**

- 2x higher risk of heart disease
- 3x higher risk of depression
- 20 yr. lower life expectancy

Shock, grief, denial, PTSD, and repeat adversity can keep kids from speaking up and getting the help they need, which can prevent them from learning the academic, social, and emotional skills they need to succeed.

**CREATIVE EXPRESSION IS GOOD FOR THE BRAIN**

Talking about emotions can be difficult. Creative expression is another language of emotion kids can use for discovery and working through feelings.

Impacts of trauma of on the brain.

- Trauma is stored in images, sounds, and sensations.
- Creativity uses those same things to restore.

artwithheart.org
Our goal is to provide creative tools, resources, and support to any kid or community in need of healing. We're committed to deepening relationships with those we serve and building new ones to expand our reach to more kids.

Who are the kids we reached?

34K kids served

Populations worked with:
- White: 20%
- Black or African American: 18%
- Hispanic or LatinX: 18%
- Asian: 14%
- Two or more races: 14%
- Indigenous/Native American: 10%
- Native Hawaiian or Other Pacific Islander: 6%

Ages of kids worked with:
- 0-5: 8%
- 6-9: 22%
- 7-10: 22%
- 11-12: 23%
- 13-18: 22%
- 18+: 14%

Who are the adults served?

516 adults trained

Just some of our partners:
- Auburn School District in WA
- Wyoming Government in WY
- HCA Healthcare in OK
- Boys & Girls Club of SF in CA
- Devereux Advanced Behavioral Health in AZ
- University Health System in TX
- Intermountain in MT
- Kansas City Hospice in KS
- United Activities Unlimited in NY
- Center for Grieving Children in PA
- Children’s Healthcare of Atlanta in GA
- Marion County Schools in FL
Outcomes of creative expression

Creative expression programming is an excellent way for kids who may not have access to traditional tools and therapies to learn coping skills. Specifically, Art with Heart curricula and art activity books help kids to identify and explore complex emotions, develop emotion management skills, and reduce stress.

Magnificent Marvelous Me!

MMMe! is a colorful and engaging book that gives kids an opportunity to name their emotions, support systems, and dreams for the future.

AGE: 6-9

Draw It Out

Draw It Out invites kids to share their emotions, identify their support systems, and normalize their experiences with loss and grief.

AGE: 7-10

Ink About It

Ink About It is a monochromatic workbook that asks youth what they want from relationships and which goals they most want to accomplish.

AGE: 11-12

Chill & Spill

Chill & Spill combines blank pages with prompted ones, giving teens lots of room to share their feelings, fears, and frustrations.

AGE: 13-18

We have big ideas for the next 5 years of impact.

1. expanding access to resources
2. creating personalized learning experiences
3. bringing more parts of our curricula online