

# telling it

Arts-based interventions  
for change



## OUTCOMES REPORT 2018-2019

Telling It continues to see the positive impacts that its approach has on the emotional healing and social skills of school-age youth. Serving 110 youth over the course of the 2018-2019 academic year in Washtenaw County, youth reported an increased sense of self-confidence, self-expression and exposure to new ideas. When asked what they would tell their friends about Telling It, youth described the program as **a place where they could express themselves and build a community while having fun**. They saw Telling It as a safe, open, supportive environment as well as *“a home and family for all.”*

### KEY FINDINGS\*

#### ELEMENTARY SCHOOL-AGE YOUTH

- **100%** would tell their friends to come to Telling It
- **77.8%** feel proud of something they wrote or made in Telling It
- **77.8%** learned new ways to express their feelings
- **55.5%** learned new ideas about people different from them

\*Data based on youth self-reporting

[LSA.UMICH.EDU/TELLINGIT](http://LSA.UMICH.EDU/TELLINGIT)

#### MIDDLE AND HIGH SCHOOL-AGE YOUTH

- **100%** feel safe at Telling It compared to only 60.9% who feel safe in their community
- **82.6%** feel that there is at least one adult in Telling It who cares about them
- **78.2%** learned new ways to express their feelings
- **100%** feel proud of something they wrote or made in Telling It
- **86.9%** feel that they are able to tell their story in Telling It
- **95.7%** would tell their friends to come to Telling It

Telling It is a trauma-informed resiliency-building community-based program that supports the healing and learning needs of school-age youth using best practices from social work and education filtered through the expressive arts so they can lead safe, healthy and fulfilling lives.