

# Mental Health Art Workshop partnership with Kingdom Causes

## H.O.P.E

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### INTRODUCTION

#### Project Purpose & Description

The primary purpose of this workshop is to equip participants with essential time management skills and self-care skills to help them navigate the complexities of life while managing their housing stability. The initiative also emphasizes community support through shared experiences and mentorship, which is crucial for individuals striving to overcome the challenges of moving from homelessness to permanent housing

#### Social Problem & Target Population

A self-care workshop in Bellflower could benefit individuals experiencing homelessness, particularly those residing in shelters or transitional housing. These individuals often face significant stress and trauma, making self-care practices essential for mental and emotional well-being.

#### Scope of Social Problem

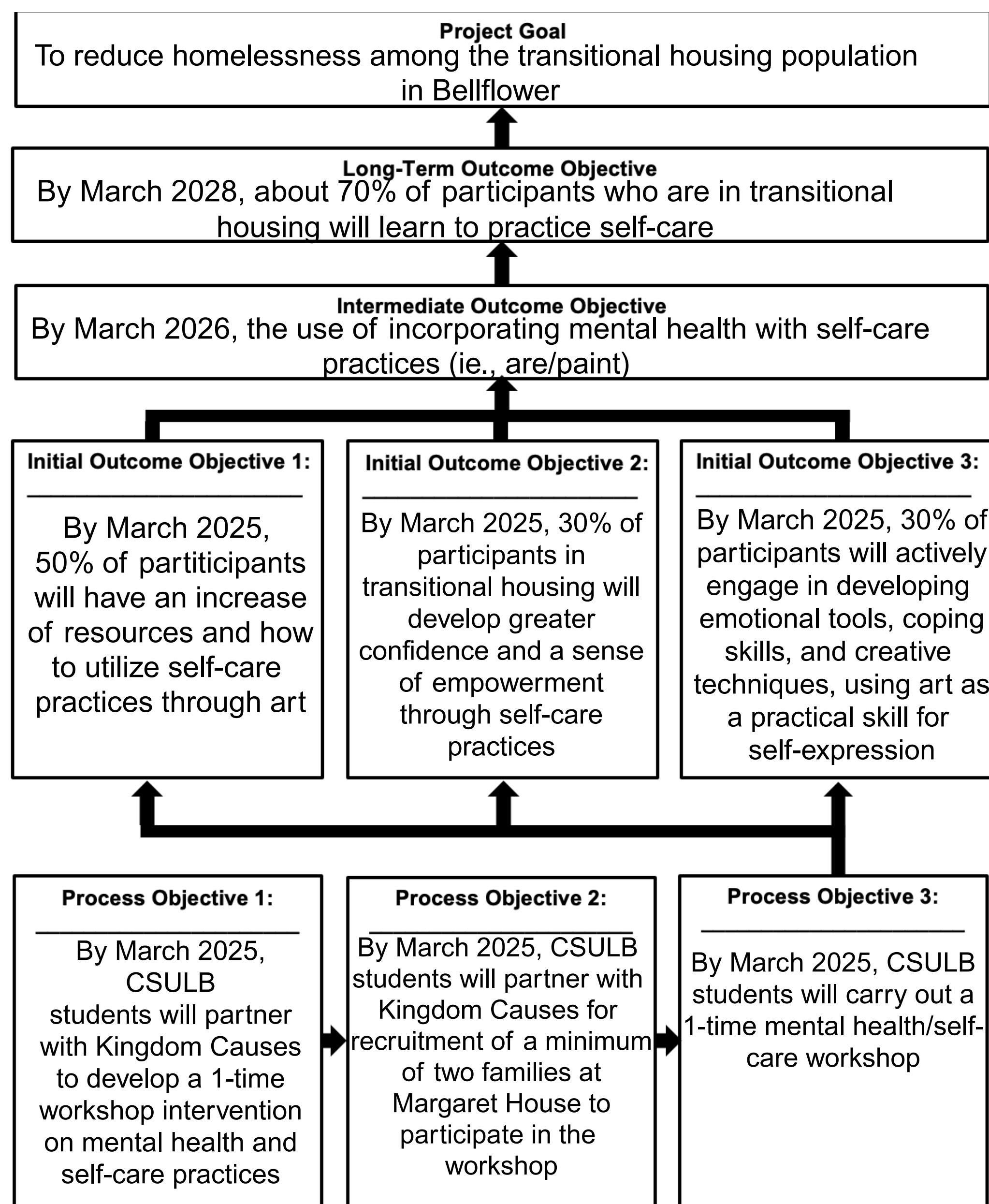
After conducting stakeholder and resident interviews, analyzing demographic and secondary data, and asset mapping, CSULB MSW students concluded that homelessness was the social issue that impacted the 90706 and 90707 neighborhoods.

- Bellflower is the 24th largest city in Los Angeles County. Bellflower is a unique and charming city with a strong sense of community. According to the 2020 United States Census Bureau, the overall population of Bellflower is 79,190 people. The population reported are Hispanic or Latino 60.1% are Hispanic or Latino, 25.0% White, and 11.5% Asian, and African American 12.2%.
- Some strengths both stakeholders and residents identified were frequent community engagement and community events that allowed the community to come together, along with new restaurants in the downtown area.
- Multiple Bellflower residents reported that homelessness is an issue in the city despite the existence of shelters nearby. There is a lack of community resources in the city, despite the community engagement that is prevalent.
- Based on the analysis of secondary data the percentage of people living in poverty in 90706 and 90707 are 13.2%.
- A community assessment conducted in 2022 by Dignity Health identified that people living within the zip code 90706 in Bellflower spend 50.3% more of their income on housing.

#### Alignment to Specialization

Hosting a self-care workshop for individuals in transitional housing supports the unhoused population by promoting emotional wellbeing, resilience, and empowerment during a critical period of stability and rebuilding. It fosters a sense of dignity, community, and hope, which are essential for long-term success.

### PROJECT OVERVIEW, OBJECTIVES & OUTCOMES



### METHODS

To analyze the data, Statistical Package for the Social Sciences (SPSS) software was used to analyze descriptive frequencies. An explanatory method was used with the purpose to assess the knowledge, attitudes, and skills of self-care amongst transitionally housed participants using a pre-experimental design. A quantitative approach was utilized to measure differences in self-reported outcomes with a pre and post test. Our workshop was conducted in March with a total of 7 participants. Out of 7, 5 participants completed a survey participating in a pre and post test. Two participants were removed due to response bias. Participants were recruited through Margaret House a transitional house that is partnered through Kingdom Causes. To assess the significant differences between the pre- and post- test scores an independent sample t-test was conducted amongst permanently housed participants and transitionally housed participants.



### RESULTS

#### Descriptive Results

**Table 2.** Post Survey Responses to Outcome Questions on increasing understanding of mental self-care. (N=3)

	Not Well	Slightly Well	Neutral	Very Well	Extremely Well
<b>As a result of today's workshop...</b>					
1. Understands the importance of mental self-care such as managing stress				33% (N=1)	66.7% (N=2)
2. Understands the practices of mental self-care, such as setting boundaries and self-reflection				100% (N=3)	
3. Understands the effectiveness of mental self-care strategies that can help reduce stress in a home setting			33% (N=1)		66.7% (N=2)
4. Understands the connection between mental self-care activities (e.g. relaxation techniques, hobbies) & maintaining a peaceful/organized home				33% (N=1)	67% (N=2)
5. Understands that physical health such as exercise or eating healthy can improve emotional well-being			33% (N=1)	33% (N=1)	33% (N=1)
6. Understands the impact of maintaining physical self-care routines on reducing household stress				66.7% (N=2)	33% (N=1)
7. Understands the role of social relationships (e.g. family, friends, community) in maintaining a supportive home environment					100% (N=3)
8. Understands that maintaining social connections can reduce stress and improve the atmosphere in your home			33% (N=1)		66.7% (N=2)
9. Understands how spiritual self-care (e.g. meditation, mindfulness, prayer) can create a balanced home environment			33% (N=1)		66.7% (N=2)
10. Understands how spiritual self-care practices can help reduce stress and foster a sense of harmony in the home			33% (N=1)		66.7% (N=2)

#### Participant Characteristics

Age of Participants		
Age Groups	Frequency	Percent
1_18-24	0	0
2_25-34	1	33.3
3_35-44	2	66.7
4_45-54	0	0
5_55-64	0	0
6_65 and older	0	0
Total	3	100.0

Marital Status of Participants		
	Frequency	Percent
1_Single	2	66.7
2_Married	1	33.3
3_Separated/Divorced	0	0.0
4_Widowed	0	0.0
Total	3	100.0

Housing Status		
	Frequency	Percent
1_Permanently Housed	1	33.3
2_Transitionally Housed	2	66.7
Total	3	100.0

#### Self-Care Education Poster



### CONCLUSION

#### Analysis of Findings

After analyzing the comparison of pre- and post-tests scores specifically amongst the target population of transitionally housed participants, the results did not reach statistical significance attitude, and skills regarding self-care practices. However, there were observable trends suggesting improvements in participants' knowledge, attitudes, and skills regarding self-care practices. These findings indicate that the workshop may have a positive impact and warrant further exploration with a larger sample size to better assess its effectiveness

#### Limitations & Improvements

- Some limitations are that the sample size was small and not very diverse—it only included single moms. We also didn't collect info on education levels, and since the survey was just done in Bellflower, the results can't really be applied to all families in transitional housing
- One strategy to improve the project would be to expand the participant pool to include families from multiple transitional housing programs in different cities. This would increase diversity and help make the findings more generalizable to a broader population.

#### Recommendations & Implications

##### Practice

- Extend content to include psychoeducation on self-care strategies and help provide resources
- KC should continue incorporating art-based methods in future workshops, offering regular creative self-care sessions (e.g., monthly art journaling, painting, or guided expression activities) to promote emotional well-being and community engagement

##### Policy


- KC should fund for resources for creative self-care programming. This could include budgeting for art supplies, staff training on trauma-informed creative facilitation, and inclusion of arts-based approaches in the organization's overall wellness strategy

##### Research

- Recommendation is for KC to continue to distribute surveys on the impact of art-based self-care workshops, including participant feedback, stress-level assessments before and after workshops, or follow-up surveys to explore ongoing effects to analyze their stress levels
- Research and explore different self-care strategies that can be added to the workshop to better support participants' well-being

### COMMUNITY PARTNER

**Kingdom Causes' mission is to mobilize the community and provide transformative services so that all neighbors have a place to LIVE, WORK, and BELONG.**

Name of Collaborator	Contributions
 <b>Andrew San Nicolas</b> Executive Director Kingdom Causes asannicolas@kcbellflower.org	<ul style="list-style-type: none"><li>• <b>Assisted</b> with the implementation and facilitation of our applied workshop, ensuring everything ran smoothly.</li><li>• <b>Provided</b> a welcoming and functional space for us to conduct the workshop.</li><li>• <b>Contributed</b> by generously supplying food for all participants during the event, helping create a hospitable and engaging environment.</li></ul>

### REFERENCES

Bellflower, CA - city overview: City health dashboard. City Overview | City Health Dashboard.

(n.d.). [https://www.cityhealthdashboard.com/CA/Bellflower/city-overview metricId=21 dataPeriod=2022&tab=demographics\\_overview](https://www.cityhealthdashboard.com/CA/Bellflower/city-overview metricId=21 dataPeriod=2022&tab=demographics_overview)

### MEDIA



### ACKNOWLEDGEMENTS

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