

FY2022 Buncombe County Tipping Point Grant Report

Organization Name:	Aurora Studio & Gallery
Project Name:	Art Builds Community

Activities Accomplished	Annual Goal	Amount Completed
Number of new classes	40	98
Percent of participants that report enhanced coping skills through final class	60%	88%
Number of new individuals served	30	27

Expenses (please list all grant related expenses)	Amount Spent
Facilitator	\$ 3,000.00
Peer Support/Resident Artist	\$ 1,200.00
Art Supplies/Office Supplies	\$ 800.00
TOTAL: \$ 5,000	

Overall project updates:	<p>From Oct. 26 through Nov. 3 Aurora Studio & Gallery offered training for area Peer Support Specialists (PSS). PSS came from RHA, Family Preservation and Sunrise Peer Support. Aurora also offered a presentation to the Peer Support Specialists training through VAYA Health in September of 2021. 31 Peer Support Specialists were provided with information about our programming in total.</p> <p>Aurora Studio hosted three different groups to individuals impacted by trauma; mental health needs; substance use and/or being unhoused. The three groups can be summarized as follows:</p> <p>MONDAY GROUP - for individuals in recovery from substance use. This group started in the Jan. of 2022 and ran weekly for 3.5 hours.</p> <p>WEDNESDAY GROUP - this group became a women's group (since all women were signed up), with women impacted by varying mental health needs. The group started in Sept. of 2021 and ran weekly for 3.5 hours.</p> <p>THURSDAY GROUP - this group were individuals who also have been impacted by mental health needs. Many have been a part of Aurora for many years and depend on the programming as a means for social connection with other community members. This group began in June of 2021 and ran for 3.5 hours/week.</p> <p>There were 92 seats used by participants.</p>
Indicators of service quality: <i>(How well did we do it?)</i>	<p>Participant participation which includes group discussion and participation in art projects. Each person who attended a group participated in conversation and art making. If someone was symptomatic when they came to a group, they would engage in the discussion, often starting a project and talking to staff as a means of support.</p> <p>Personal goals which will be established by participants and reviewed.</p> <p>Each person who completed their survey (100%) enthusiastically responded that they were able to reach their personal goal. Participants comments included:</p> <p>"Helps me not to have to take drugs. Prescription or otherwise."</p> <p>"I connected with new people and experienced new media techniques."</p> <p>"Yes, my goal was to have more creativity and more contentment = 100% success."</p> <p>"Yes, I now have my own apartment and am using my own art to decorate the space."</p> <p>Use of skills outside of the program.</p> <p>88% reported using new skills outside of the group. Some writing things like:</p> <p>"Great stress and anxiety relief."</p> <p>"Helps my anxiety."</p> <p>"Helps me establish a creative process."</p> <p>"It 's helped me walk away for my own wellbeing instead of staying to "belong."</p> <p>"Class helps me work on coping skills."</p> <p>Increased sobriety or self-care (as self reported).</p>
Result/Outcome: <i>(Is anyone better off)</i>	92% of participants surveyed reported that programming had a positive impact on their well-being.