## Activities Accomplished

<table>
<thead>
<tr>
<th>Activities Accomplished</th>
<th>Annual Goal</th>
<th>Amount Completed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of new classes</td>
<td>40</td>
<td>98</td>
</tr>
<tr>
<td>Percent of participants that report enhanced coping skills through final classes</td>
<td>60%</td>
<td>88%</td>
</tr>
<tr>
<td>Number of new individuals served</td>
<td>30</td>
<td>27</td>
</tr>
</tbody>
</table>

## Expenses (please list all grant related expenses)

<table>
<thead>
<tr>
<th>Expenses (please list all grant related expenses)</th>
<th>Amount Spent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facilitator</td>
<td>$ 3,000.00</td>
</tr>
<tr>
<td>Peer Support/Resident Artist</td>
<td>$ 1,200.00</td>
</tr>
<tr>
<td>Art Supplies/Office Supplies</td>
<td>$ 800.00</td>
</tr>
</tbody>
</table>

**TOTAL:** $ 5,000

## Overall project updates:

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.

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:

- **MONDAY GROUP** - for individuals in recovery from substance use. This group started in the Jan. of 2022 and ran weekly for 3.5 hours.
- **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.
- **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.

There were 92 seats used by participants.

## Indicators of service quality:

### (How well did we do it?)

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.

Personal goals which will be established by participants and reviewed. Each person who completed their survey (100%) enthusiastically responded that they were able to reach their personal goal. Participants comments included:

- “Helps me not to have to take drugs. Prescription or otherwise.”
- “I connected with new people and experienced new media techniques.”
- “Yes, my goal was to have more creativity and more contentment = 100% success.”
- “Yes, I now have my own apartment and am using my own art to decorate the space.”

Use of skills outside of the program:

88% reported using new skills outside of the group. Some writing things like:

- “Great stress and anxiety relief.”
- “Helps my anxiety.”
- “Helps me establish a creative process.”
- “It `s helped me walk away for my own wellbeing instead of staying to “belong.”
- “Class helps me work on coping skills.”
- Increased sobriety or self-care (as self reported).

## Result/Outcome:

### (Is anyone better off)

92% of participants surveyed reported that programming had a positive impact on their well-being.