

telling it

Arts-based interventions
for change

OUTCOMES REPORT 2022-2023

Telling It has experienced another wonderful year with the students and youth of Washtenaw County. The TI team was able to provide programming for multiple continuing community partnerships such as Ypsilanti Community Middle School (YCMS) Parkridge Community Center, Community Action Network and SOS Community Services. The impacts made on the youth were in their ability to identify emotions, have constructive dialogue surrounding difficult topics, reach solutions through problem solving, and develop an understanding of safety. One youth said “the only reason I come to school is because of Telling It”. Another reported the only places I feel safe are “Telling It and in my bed”. All the youth experienced a safe, judgment-free environment while having fun.

KEY FINDINGS WITH YOUTH AT YCMS

- 100% would recommend Telling It to a friend
 - 100% would go to Telling It again
 - 64% increased in their ability to explain how they feel
 - 45% have ways to help themselves feel better when upset*
 - 90% answered yes or sometimes yes to enjoying spending time with others
 - 82% increased in confidence of their abilities at school
 - 63% can identify someone to talk to when there is a problem
 - 100% said they feel safe at Telling It
 - When asked about what they would change about Telling It, 80% of participants said “nothing”, with some even adding “it’s perfect”. The other 20% of participants wanted to change the food and time of sessions.
 - The top 4 responses when the youth were asked about a safe space were school, Telling It, home and my room.
- *The TI Team will focus on incorporating more emotional regulation skill-building activities in the coming academic year.

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Telling It prides itself on providing a safe space for youth to express themselves without judgment and practice new skills while having fun. The team looks forward to working with community partners in the coming months and utilizing this data to improve the program to better serve our community.