

## Inspire Evaluation 2016-17

Through our partnership with The Department of Canadian Heritage, RBC, and Great West Life, Unity Charity successfully delivered over 70 In-School Unity Day Programs across Nova Scotia, New Brunswick, Alberta, British Columbia and Ontario. The National Unity Day Program engaged 22,252 students through 396 hours of artistic programming that involved 2 Indigenous Communities, 15 Community Organizations, 12 highly trained Artist Educators, and a rigorous evaluation phase. Unity's Inspire Evaluation consisted of quantitative and qualitative stakeholder feedback obtained through 2,272 surveys.

### Quantitative Highlights:

- 86% of youth strongly agreed or agreed that Unity Day gave them a greater understanding of hip-hop culture
- 85.5% strongly agreed or agreed that listening to the artists tell their person stories helped them have a better understanding of other people's feelings
- 81.8% strongly agreed or agreed that seeing the artists perform taught them new and constructive ways to express their stress.
- Of the 2,272 surveyed, 42% identified as "Male", 43% identified as "Female", and 15% preferred not to identify and/or responded outside of the gender binary.

### Qualitative Highlights:

Participants learned how to tell their stories and connected with those of their peers, which allowed them to not only connect to a broader Canadian identity, but also instilled the values of empathy, inclusivity, and the importance of positive self-expression. Using a "mental health through the back door" approach, our programs have immediate and long-lasting positive impact on the youth we serve.

- *"Finding alternative ways of dealing with feelings. Especially sadness."*
- *"Using arts as an outlet for managing stress"*
- *"I can understand others actions more because you never know what someone else is going through"*

– Youth Participants
- *"Using different ways of expressing understanding is important and I hope my students appreciate diversity and embrace it"*

– Teacher
- *"Through poetry and the writing exercises, some students were able to let out their frustrations and in a sense were able to heal." "Two young male friends had a falling out. One of them wrote about it during the poetry workshop and shared it with the class. The counterpart embraced his former friend during this sharing of their mutual experience. There were tears and apologies throughout the poetry workshop, and a space was created for them to reconcile their differences."*

– Artist Facilitator
- *"Days like this where we get away from the traditional textbook learning are the memorable days."*

– Vice Principal

The year concluded with an intense multi-level Artist Training and Anti-Oppression Training provided to over 60+ Artist Educators to ensure they continued to build on their skills necessary for high quality artistic instruction. With a well-trained and strategically aligned team, Unity is excited to step into its 10<sup>th</sup> year of programming, and Year 2 of Theory of Change.

## **Moving Forward**

Unity's evaluation system for its Inspire programs focuses on evaluating the Inspire Theory of Change outcomes through a survey. The survey also provides youth with opportunities to write about the program's impact on them, and to provide feedback. Unity's Inspire survey is accompanied by a teacher survey where relevant.

Theory of Change Outcomes: By 2019 as a direct result of Unity Day, more than 100,000 youth (66% of 150,000) will have more ways to express their stress, awareness of Unity's other programs, appreciation of the power of community and awareness of mental health and well-being resources available to them.

- Learn new and positive ways of to express their stress
- Express interest to get involved with the hip hop community
- Become more aware of the mental health and well-being resources available to them in their community

Improve Access to Mental Health through Partnerships: Focusing on strategic partnerships as the way forward, Unity will continue to strengthen its relationships with Public School Districts and local organizations to improve access to mental health resources whilst showing youth new and positive ways to express stress. Partnerships with organizations such as Royal Bank of Canada, The Psychology Foundation of Canada, and Kids Help Phone will be instrumental in navigating the complex realm of youth mental health.

Improve Access to Arts: By offering the program for free to schools, Unity will directly remove the funding barrier that prevents schools from having arts programs. Unity is committed to increasing access to arts-based learning opportunities through compelling artistic and cultural experiences offered through its National Unity Day Program.

## **Unity Charity**

### **2016-17 Evaluation Report**

#### **Engage Stream: Community Programs & After School Programs**

**September 2017**

#### **Introduction:**

Throughout the 2016-17 Fiscal Year, Unity Charity successfully delivered 11 Community Programs, 8 After School Programs, and 5 Community Arts & Culture Programs across the Greater Toronto Area in partnership with Art Starts (Yorkdale), Don Montgomery Community Centre, Sketch Working Arts, MLSE Launch Pad, City of Brampton, City of Mississauga, Nexus youth services, City of Toronto, and various community centers throughout Toronto.

#### **Community Program Results Overview:**

The Unity Charity Community program reached over 545 unique individuals across 722 hours of programming, and had over 100 survey respondents throughout the year. Functioning as drop-in spaces, Unity's Community Programs were host to over 15 youth per week on average, offering a safe and inclusive space for youth disconnected from their communities. As a direct result of our program, 88.6% of youth strongly agreed or agreed that they had developed confidence in their own skills and abilities, 85.7% of youth strongly agreed or agreed that they developed skills for the future, and youth experienced a 6% and 14.3% reduction in stress and anxiety (and/or nervousness) respectively.

### **Community Arts & Culture Program Results Overview:**

Through partnership with City of Toronto Youth Workers, Unity launched a new program stream to reach more youth through community-focused programs centered around the needs and preferences of the youth residing in that catchment area. Each program was tailored specifically to account for the unique needs of each community. As a direct result of this program, 71.4% of youth strongly agreed or agreed that they developed skills to teach others, 80% of youth strongly agreed or agreed that they had an adult they could talk to, and 74.3% of youth strongly agreed or agreed that they developed confidence in their own skills and abilities.

### **After School Program Results Overview:**

The Unity Charity After School Program reached over 15 youth on average on a weekly basis, delivering over 400 hours of programming throughout the year to develop artistic and leadership skills in youth. As a direct result of this program, 96.9% of youth participants strongly agreed or agreed that they learned problem solving skills, 95.3% of youth strongly agreed or agreed that they developed skills for the future, 73.4% of youth strongly agreed or agreed that they could accomplish goals, and youth gained a lot of confidence to share their feelings and ideas with others (53.1% Pre-Program vs. 78.1% Post-Program).

### **Addressing Challenges**

Due to the Community Programs' nature as drop-in programs it was a challenge to capture the pre- and post- surveys of each individual, therefore Unity decided to move towards a retrospective survey in 2017-18. Some youth had been a part of Unity programs for many years already and therefore it was a challenge to document their outcomes; Unity's revamped survey will undoubtedly solve this problem by

using the Connor-Davidson Resilience Tool in conjunction with quantitative and qualitative program-based outcome questions. Finally, Unity's Community Program Coordinator and After School Program Manager will ensure that programs do not experience any major location and/or facilitator changes to maintain the quality of programs throughout the year.

### **Moving Forward**

Unity Program Staff has begun dissecting the evaluation results from 2016-17 alongside Unity's Development & Evaluations Coordinator to highlight and discuss context, demographics, differences between programs and their outcomes, data collection methods, strengths and weaknesses – to ultimately improve and shape our programming allowing us to talk about our impact and tell our story.

## Testimonials

“How could you use what you’ve learned from Unity in your life? Were you inspired to make any changes with how you express yourself?”

1. I feel a greater amount of **self-confidence** than ever before because i got to invest my time in doing something new.
2. This program makes me **feel better** about myself and helps me **relive stress** and helps me **feel free**.
3. From the program, I learned to **approach things differently**. I also realized everyone is different.
4. The **value of hard work and having a community** to help achieve your goal.
5. **Express my stress** rather than bottling it up, this program has given me an area to simply chill & vibe.
6. Apply what I know from Unity into **building healthy relationships** with peers.
7. **Inspire** to be harder, better faster & stronger. Use every bit of happy & joy to infect other people. Make one person smile a day.
8. I was more **inspired to accomplish my goals** and stick to doing one thing more often. And I can **teach other people** what I learned.
9. I will **share my knowledge** and experience to **help people learn new skills have fun, de-stress**. Yes, I was inspired by the program to participate and showcase my skills to people.
10. **Creativity. Health and Well-being.**

## Program Outcomes: Community Programs

I have confidence in my own skills and abilities.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	85.7%	Strongly Agree or Agree	88.6%

I believe that I have the skills that I need for success in the future.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	85.7%	Strongly Agree or Agree	77.1%

I have some ideas about what I'll do after I'm done high school.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	80.0%	Strongly Agree or Agree	85.7%

It is easy for me to stick to my aims and accomplish my goals.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	68.6%	Strongly Agree or Agree	68.6%

I can solve most problems if I invest the necessary effort.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	88.6%	Strongly Agree or Agree	82.9%

I find ways to spend time as an artist / doing creative things that I enjoy.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	94.3%	Strongly Agree or Agree	94.3%

I develop skills that I know I can use in the future.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	82.9%	Strongly Agree or Agree	85.7%

I have skills that can be used for teaching others.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	88.6%	Strongly Agree or Agree	85.7%

I find myself overwhelmed by feelings of stress.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	40.0%	Strongly Agree or Agree	34.3%

I feel nervous and/or anxious

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	51.4%	Strongly Agree or Agree	37.1%

I have positive/constructive ways to express my stress.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	80.0%	Strongly Agree or Agree	80.0%

There is at least one person who I trust to talk to about how I am feeling.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	91.4%	Strongly Agree or Agree	82.9%

I am considerate of people's feelings and ideas.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	82.9%	Strongly Agree or Agree	85.7%

I am interested in meeting new people and making new friends.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	88.6%	Strongly Agree or Agree	88.6%

I care about other people's experiences in life.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	88.6%	Strongly Agree or Agree	77.1%



I feel confident sharing my feelings and/or ideas with other people in my classes and community

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	77.1%	Strongly Agree or Agree	85.7%

## Program Outcomes: Community Arts & Culture Programs

I have confidence in my own skills and abilities.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	65.7%	Strongly Agree or Agree	74.3%

I believe that I have the skills that I need for success in the future.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	71.4%	Strongly Agree or Agree	80.0%

I have some ideas about what I'll do after I'm done high school.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	48.6%	Strongly Agree or Agree	57.1%

It is easy for me to stick to my aims and accomplish my goals.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	57.1%	Strongly Agree or Agree	68.6%

I can solve most problems if I invest the necessary effort.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	74.3%	Strongly Agree or Agree	77.1%

I find ways to spend time as an artist / doing creative things that I enjoy.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	68.6%	Strongly Agree or Agree	74.3%

I develop skills that I know I can use in the future.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	65.7%	Strongly Agree or Agree	74.3%

I have skills that can be used for teaching others.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	45.7%	Strongly Agree or Agree	71.4%

I find myself overwhelmed by feelings of stress.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	40.0%	Strongly Agree or Agree	42.9%

I feel nervous and/or anxious

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	34.3%	Strongly Agree or Agree	42.9%

I have positive/constructive ways to express my stress.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	54.3%	Strongly Agree or Agree	62.9%

There is at least one person who I trust to talk to about how I am feeling.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	77.1%	Strongly Agree or Agree	80.0%

I am considerate of people's feelings and ideas.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	80.0%	Strongly Agree or Agree	80.0%

I am interested in meeting new people and making new friends.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	74.3%	Strongly Agree or Agree	74.3%

I care about other people's experiences in life.

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	71.4%	Strongly Agree or Agree	80.0%

I feel confident sharing my feelings and/or ideas with other people in my classes and community

Pre (N=35)		Post (N=35)	
Strongly Agree or Agree	37.1%	Strongly Agree or Agree	31.4%

## Program Outcomes: After School Programs

I have confidence in my own skills and abilities.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	76.6%	Strongly Agree or Agree	82.8%

I believe that I have the skills that I need for success in the future.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	79.7%	Strongly Agree or Agree	84.4%

I have some ideas about what I'll do after I'm done high school.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	71.9%	Strongly Agree or Agree	76.6%

It is easy for me to stick to my aims and accomplish my goals.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	60.9%	Strongly Agree or Agree	73.4%

I can solve most problems if I invest the necessary effort.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	79.7%	Strongly Agree or Agree	96.9%

I find ways to spend time as an artist / doing creative things that I enjoy.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	79.7%	Strongly Agree or Agree	85.9%

I develop skills that I know I can use in the future.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	76.6%	Strongly Agree or Agree	95.3%

I have skills that can be used for teaching others.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	75.0%	Strongly Agree or Agree	79.7%

I find myself overwhelmed by feelings of stress.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	48.4%	Strongly Agree or Agree	48.4%

I feel nervous and/or anxious

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	43.8%	Strongly Agree or Agree	42.2%

I have positive/constructive ways to express my stress.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	56.3%	Strongly Agree or Agree	62.5%

There is at least one person who I trust to talk to about how I am feeling.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	85.9%	Strongly Agree or Agree	87.5%

I am considerate of people's feelings and ideas.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	90.6%	Strongly Agree or Agree	90.6%

I am interested in meeting new people and making new friends.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	87.5%	Strongly Agree or Agree	87.5%

I care about other people's experiences in life.

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	84.4%	Strongly Agree or Agree	90.6%

I feel confident sharing my feelings and/or ideas with other people in my classes and community

Pre (N=64)		Post (N=64)	
Strongly Agree or Agree	53.1%	Strongly Agree or Agree	78.1%