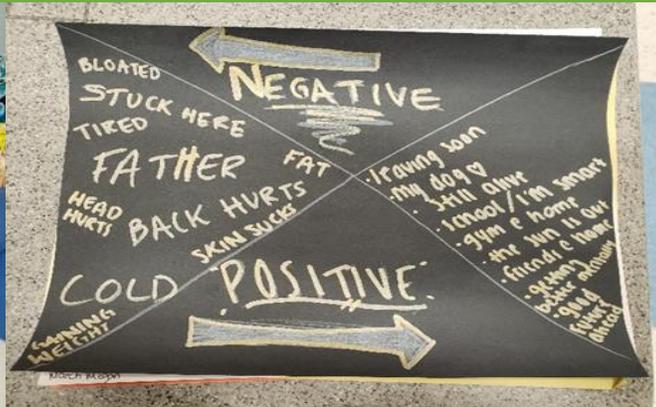


# Arts Holding Hands and Hearts Annual Report 2020



## **Change**

*(Collective poem 7.20.19 from youth in detention at CCYC)*

Nothing seems to matter.

I'm feeling tired.

In my body I feel

Anxious,

Distorted thoughts.

Ten toes down.

The only constant is change.

There's always a point in time

You have to change.

One day I'll be a free man and I will change.

I'm not going to do the things,

How I used to.

It's harder to do good

Than to be bad.

Shouldn't have to suffer for other people's actions.

More chances.

I want help

To change who I am

And become

The person

I know I am

And

Can be.

## **A Message from Jan Michener**

**Founder and Executive Director**

Dear Friends,

Thank you for your continued support and belief in AHHAH's mission to empower youth, strengthen families and mobilize communities through arts, literacy and mindfulness for social and racial equity and justice. We believe that it takes a village working **TOGETHER** to raise a child in poverty. Our vision is one day every child has the tools and opportunities to thrive and fly to their highest capacity.

Since 2013, over 16,500 youth and adults in Chester County have participated in AHHAH's programs. AHHAH's trauma-sensitive holistic approach of combining mindfulness and the expressive arts to create agency, hope and resilience for youth in poverty has launched a new trajectory for their lives.

2020 was a year of great change, challenges, and opportunities. On March 13th, we paused along with the rest of our world, with fear and uncertainty caused by the Covid-19 pandemic. Our youth programs with Chester County Youth Center, Head Start, Tick Tock, and Chester County Family Academy were cancelled. Our community adult yoga and mindfulness classes were cancelled. We put signs "Temporarily Closed" on the 100+ Pop Up Lending Libraries and put the books in storage. We were uncertain of what AHHAH's future would be.

The challenges of the pandemic reinforced our commitment for collaboration and working together for the greater good. We are grateful for all our partners both individuals and organizations. We are grateful to all the youth and families we serve who have shown such courage and resilience. We are grateful to AHHAH's teachers and volunteers who continue to demonstrate that the 5 C's = T: Connection + Creativity + Compassion + Courage + Commitment = Transformation.

Together we will come through this time of great change a stronger, kinder, more equitable and more just community and society.

Gratefully yours,



Jan Michener, M.Ed.

Executive Director

Arts Holding Hands and Hearts (AHHAH)

## AHHAH's Board of Directors



(AHHAH's Board of Directors: Bethany Jacke-Crane, Mike Weiss, Sara Getchell, Kathy Potter, Zoe Rind, Joe Pomorski, Shauna Yeldell, Richard Dowgun, Jonette Marcus)

## Our Methods

AHHAH uses multiple intentional strategies (C.A.L.M.) to offset the stressful effects of long-term poverty. Our programs are designed to engage youth in mindful, artistic initiatives, building resiliency and establishing positive pathways for a productive and fulfilling future.

*Community Partnerships and Programs* connect and engage youth, families, and seniors - creating lasting change in their lives and their communities

*Arts Programming* encourages youth to explore and discover their authentic voice.

*Literacy Initiatives* enable youth to succeed in life by becoming powerful readers, writers, and thinkers

*Mindfulness Instruction* improves attention, self-awareness, self-control, and emotional resilience to offset prolonged exposure to childhood toxic stress.

## Our Year in Serving Chester County

AHHAH's Fiscal year 2020 (from July 2019 thru June 2020) can be divided into two dramatically different halves. From July 1, 2019 thru March 13, 2020 our established mindfulness, art, and nutrition programs for youth at Chester County Youth Center continued to grow and expand. We received a \$10,000 endowment award from Westminster Presbyterian Church for a new pilot project called Cultivating Change that was to begin in April.

AHHAH facilitated Story time yoga to 400 children at Chester County Intermediate Unit Head Starts in Coatesville, Kennett Square, and Downingtown. Dr. Eleanor Brown, West Chester University psychology professor and director of WCU ECCEL – Early Childhood Cognitions and Emotion Lab received an NEA grant to conduct a 3-year cortisol study to measure the efficacy of AHHAH's Mindfulness and Arts programming with the 12 Coatesville Head Start classes. The cortisol testing for the end of the second year was to begin the first week of April.

AHHAH facilitated Story Time Yoga classes with Tick Tock, a pre-school in Kennett area, and Chester County Family Academy, a k-2 charter school in West Chester. We delivered trauma sensitive mindfulness self-care workshops for the staff of the Chester County Crime Victims Center.



The PULL Campaign (Pop Up Lending Libraries) continued to grow and expand in Coatesville and Kennett Square. Spencer Pannhorst, a Boy Scout and Kennett Square High School student chose the PULL Campaign for his Eagle Scout project and built 4 more PULL Stations for the Kennett Area. Jessica Hall, a Girl Scout and Unionville High School Student chose the PULL Campaign for her Gold Award and coordinated the building and painting of 4 PULL Stations and created a step by step illustrated manual for building a PULL Station.



## Then on March 13<sup>th</sup>, everything stopped.

In person classes were cancelled at all facilities where AHHAH delivered programming, and AHHAH judged it safest to temporarily close our PULL stations.

The virtual closure of our programs at CCIU and CCYC meant we lost almost all program income for the last four months of FY 2020. For the safety of our supporters and the community we serve we cancelled our traditional Spring fundraising events.

AHHAH was still able to end the fiscal year in strong financial shape thanks to the outstanding generosity of our wonderful supporters.

AHHAH's response to the challenges of the Covid 19 epidemic has been to adapt, and to find innovative ways to fulfill our mission of serving children and families impacted by poverty and trauma in Chester County.

In accordance with guidance from Chester County Library System we reopened our PULL stations in July 2020. We added new pull stations in both Coatesville and Kennett Square, and we are working actively to extend the PULL program to Oxford and Avondale.

We developed virtual programming for youth in detention at Chester County Youth Center.

We developed virtual programming for a new audience – teachers, caregivers and others working at schools and community organizations in our service area who serve youth and families impacted with trauma. The thinking behind this is twofold. First, we intend our classes in mindfulness, stress-reduction and self-care will help participants individually as they deal with the challenges of the pandemic. Second, we hope that they will incorporate the principles they learn into their own teaching and professional practice.





We reached out to other organizations that serve the same communities as AHHAH to explore opportunities for partnerships. These include Chester County Futures, Revival Productions, Chester County Dept of Health, Friends Association, Chester County OIC, Trellis 4 Tomorrow, One House at A Time, El Futuro/Mighty Writers, Crime Victims Center, Coatesville Community Health Center and the Barn at Springbrook Farms to see how we could have a stronger impact for the communities we serve by working together.



## AAHAH's New Programs

### **Cultivating Change**

Cultivating Change is a new program which will be offered to the residents at Chester County Youth Center. Participants in this program will package herbs (grown at CCYC) and create spice blends which will be sold at area farmers' markets. They will create and publish a recipe book which includes stories and poems about their lives which will also be sold at the market. Income generated will go into a Restitution Fund (administered by Chester County Youth Center) to be applied to participants' court fees and victim restitution costs, thus shortening their time in the juvenile justice system. This program will teach organizational and business skills including planning, customer service, and handling money. It will also develop gardening and cooking skills and healthy eating habits. Due to Covid, this program has been put on hold until the spring of 2021.

### **Professional Development and Self-Care Workshops**

In response to the coronavirus pandemic AHAH has developed and implemented new on-line workshops for teachers and other caring professionals.

*Mindfulness and Self-Care: Compassion Fatigue, Burnout and the Importance of Self-Care:* Trauma is complicated, and everyone experiences it. Being able to identify the effects of compassion fatigue, vicarious or secondary-trauma and burnout are important for educators, facilitators, and community organizers. This workshop teaches skills to manage these forms of trauma and chronic stress and how mindfulness practices can mitigate stress for individuals and create compassion satisfaction in the workplace.

AHAH's Mindfulness Self-Care workshops focus on self-care as an act of self-love and a necessity, not a luxury; while building connections and relationships, cultivating caring and compassionate communities to live and work in.

*Cultivating Compassionate Spaces: Integrating Trauma-Sensitive Frameworks for social and racial equity*

Understanding that everyone experiences trauma is just the first step. To create a culture of change and healing, organizations and individuals need to implement trauma-sensitive frameworks that center the embodied experience and create a safe and brave space for EVERY youth to learn and grow.

## Our Year in Growing Awareness

On October 17, 2019 AHHAH held our 3<sup>rd</sup> annual Fall Celebration at Abbot Barn. More than 100 AHHAH supporters shared a wonderful evening in a beautiful venue including a buffet, wine and beer tastings, music, dramatic readings, a jewelry and art sale, and a silent auction of donated baskets.

As mentioned above, our planned outreach and fundraising activities for the Spring of 2020 had to be cancelled because of the coronavirus pandemic. Despite this AHHAH continued to receive strong support from our community of friends and was able to end the fiscal year in good financial health.

### **FY 2020 Recognition and Partnerships**

In FY2020 we maintained our positive relationships with partnering organizations and were able to form several new ones.

Westminster Presbyterian Church gave AHHAH a very generous grant to enable us to initiate our new Cultivating Change program

The Pia Foundation gave AHHAH a \$5000 grant to fund the Mindfulness program for pre-k children in Head Start.



First Book Marketplace awarded AHHAH \$1158 to buy books for our PULL and Head Start programs. To support children's literacy, First Book Marketplace enables schools and non-profits to purchase books at significantly discounted prices.

Longwood Rotary and the Unitarian Universalist Society of Mill Creek continued their generous support of AHHAH

Main Line Unitarian Church made AHHAH the recipient of its Non-Profit of the Month award for February 2020

Mattioni Plumbing, Heating and Cooling made AHHAH the recipient of its community support program award for November 2019

Revival Theater of Coatesville provided AHHAH with space to house our PULL program donation station.

Habitat for Humanity partnered with AHHAH to install additional PULL stations in Coatesville.



AHHAH also received positive media coverage -- the Summer/Fall 2019 edition of *Kennett Square Life* featured a photo-essay about AHHAH's PULL program. The essay can be found at [Kennett Square Life Summer/Fall 2019 by Ad Pro Inc. - issue](#). AHHAH's programs in Coatesville were also spotlighted in the Chester County Press -- [Chester County Press 7-17-2019 Edition by Ad Pro Inc. - issue](#)



## Our Year in Finance

AHHAH believes in maintaining fiscal responsibility by making wise and efficient use of all resources entrusted to us. Despite the challenges presented by the pandemic, AHHAH had a strong year financially in 2019-2020 – donations, total revenues, and net income all showed significant growth over prior years. AHHAH is a 501c(3) public-charity and is registered with the Pennsylvania Bureau of Charitable Organizations.

In fiscal year 2019-2020 AHHAH's financial results were

### Revenues

Contributed revenue	\$62,027
Fundraising Revenue	\$ 2,315
Earned Revenue	\$28,711
Total Revenue	\$93,053

### Expenses

Program Expenses	\$42,223
Fundraising Expenses	\$ 682
Administrative Expenses	\$20,740
Total Expenses	\$63,645

Net Income \$29,398

In addition to the above, AHHAH received and then used/distributed a large volume of in-kind donations in the form of thousands of books for the PULL program.

## Appreciation for Supporters

*\$1,000 and more*

First Book Market Place

Greater Philadelphia Cultural Alliance

Ed Kirkbride

Diane Larson

Main Line Unitarian Church

Mattioni Plumbing Heating and Cooling

J Michener

Pia Foundation

Unitarian Universalist Society of Mill Creek

Westminster Presbyterian Church

*\$500-\$999*

Drs. Paula and Randy Brenn

Breuninger Insurance

Charles and Kathy Potter

Longwood Rotary

Upland County Day School

Paul and Joan Salvo

Julie and Tom DiVittorio

Greg Sarian

*\$250-\$499*

Ann Dougherty

Kay and Richard Dowgun

Franklin Mint Federal Credit Union

Kerry Harper

Odyssesy Optional Inc.

Michelle Smith

Jocelyn Thayer

Karen White

From *The Person Next to You*

**Look around you...**

**The person next to you is a unique universe of experience**

**Seething with necessity and possibility,**

**Dread and desire, smiles and frowns,**

**Laughter and tears and fears and hopes,**

**All struggling to find expression.**

**The person next to you is surging to become something**

**To arrive at some destination, to have a story and a song**

**To know and be known.**

**The person next to you**

**Believes in something, stands for something,**

**Counts for something, labors for something,**

**Waits for something, wishes for something,**

**Runs from something, runs toward something.**

**The person next to you**

**Is more than any description or explanation,**

**Is searching for meaning, for peace, for self-esteem**

**Has problems and fears and is often undecided,**

**But can survive unbelievable difficulties and challenges.**

**The person next to you is a combination of people met during all of their lifetimes,**

**Can do one thing better than anyone else in the world**

**Has strengths they don't even recognize**

**Needs to talk to you about those abilities**

**But do they dare to speak them to you?**

**You will want to get to know these people for the ground they stand on is holy.**