

# RISE TO RESILIENCE!

IMPACT REPORT 2023

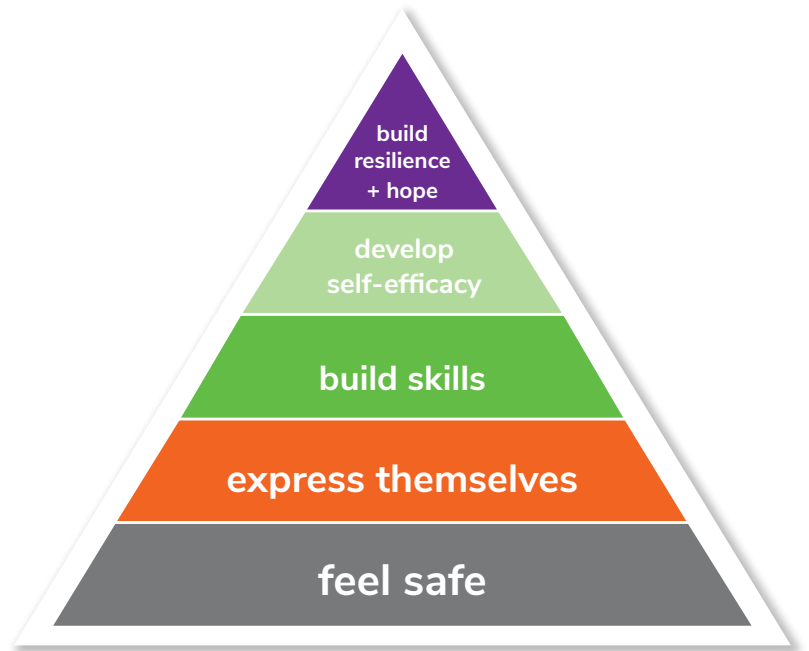


## Mission

Transforming children's trauma to resilience through the arts.

## Vision

Every child who has experienced the trauma of abuse, neglect, and/or homelessness has access to resilience-building arts programs and caring adult volunteer mentors.



Free Arts intentionally crafts programs and trains volunteer mentors and teaching artists on tools to promote these outcomes.

# ART + MENTORS = RESILIENCE

## Values

- Resilience
- Bravery
- Connection
- Creativity
- Strength
- Innovation



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# DIRECTOR'S NOTES



What a year for Free Arts! 2023 presented so many opportunities to live the organization's values. We have bravely expanded outside of Maricopa County into Prescott and Yavapai County. We witnessed the innovative expansion of the Family Program and branded a new program, "Resilient Roots." We connected to mentors and artists and made new friends at our "Creating Compassionate Connections" conference in April. We exhibited strength and resilience through a leadership transition. And finally, we found consistent opportunities to add creativity to our collaborations with partner agencies, artists, and mentors.

In the last year, our Family Program created new relationships with foster and adoptive families through program activities for the entire family. With new staff capacity to deepen our cultural programming, we expanded our service to unaccompanied and refugee children and teens through Resilient Roots, which uses art and culture to support young people receiving care at our partner agency shelters.

Our capacity to serve Arizona continues to grow. With new staff roles deepening our cultural and clinical knowledge of resilience, our team of mentors and artists is growing in their ability to form relationships that provide hope and joy! At its heart, Free Arts uses the transforming power of the arts to foster healthy relationships for all participants. Our secret is "Art + Mentors = Resilience," and with our ongoing program evaluation, we are learning more about our outcomes and considering ways to deepen our effectiveness.

At our 30th anniversary gala in 2023, we reflected on Free Arts' journey and progress and shared our compelling vision for the future. To stay engaged with our passionate supporters, we launched a video/audio podcast called "Canvas of the Heart" to share the amazing things that happen regularly at Free Arts. We look forward to more opportunities to tell our story and lead alongside other organizations that seek to provide resilience-building opportunities to people who need them the most.

Our past year was also one of strength in transition. We celebrated and said goodbye to two key leaders who had served the organization for many years. Stephanie Smith, VP of Operations, retired in July, and Alicia Sutton Campbell stepped down in December. The Free Arts Board of Directors selected Matt Sandoval, prior VP of Programs, as the new Executive Director.

Relationships and creativity continue to inspire Free Arts. They connect a caring group of volunteers, teaching artists, staff members, board of directors, and donors in ways that transform the lives of every participant. We are overwhelmed with gratitude for those who contribute to the mission of Free Arts.

A handwritten signature in blue ink that reads "Matt Sandoval".

Matt Sandoval  
Executive Director



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# TRANSITION

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Many exciting changes are on the horizon for Free Arts! From celebrating our 30th anniversary, to expanding programming to reach more children throughout Arizona—the future of Free Arts is bright.

And now, we are pleased to announce the appointment of Matt Sandoval as our new Executive Director! Matt will take the reins from current Free Arts Executive Director Alicia Sutton Campbell after 11 transformative years of service.

“I am honored to have worked for Free Arts during this exciting time in its history – expanding services to children and families and securing a permanent home at The Bob & Renee Parsons Place for Art and Transformation,” Alicia said, sharing her belief that leadership change is beneficial to keep an organization growing to meet future needs. “I look forward to seeing the next phase of growth that Matt and the talented staff will usher in.”

Alicia joined Free Arts as the Director of Programs in June 2012 before becoming Executive Director in July 2014. Under her direction, Free Arts grew from 10 to 29 employees, which allowed our organization to expand services to foster care and kinship families as well as young adult program alumni. Free Arts now utilizes more than 800 volunteer mentors who work together to serve nearly 7,000 children statewide each year. We are so thankful for Alicia’s leadership and unwavering dedication to our mission of transforming children’s trauma to resilience through the arts.

Matt Sandoval, M.Ed., MSW has served as the Free Arts Vice President of Programs since October 2022, overseeing intentional art-based mentorship for program recipients. As Executive Director, he will work with staff and the Board of Directors to strengthen the Free Arts mission, forge new relationships with community partners, and expand our programming to reach and provide more Arizona children with a trauma-informed approach that will help them build resilience, connection, and creativity.

“The Free Arts mission and vision is a passion for me and many others that I am honored to serve alongside,” Matt said. “I am excited to continue the great work of Free Arts by expanding our program statewide, creating new partnerships and developing our conference learning opportunities to impact others providing mentoring and programming in the arts.”

Matt brings more than 20 years of experience to his new role at Free Arts, having worked previously in a variety of human services and non-profit organizations, including serving on several boards for groups that support youth and community development, with a special emphasis on serving multicultural, multilingual, and first-generation college attendees. We are thrilled to introduce him to you all and can’t wait to see where his leadership guides the mission of Free Arts.

To learn more about Matt, please take a listen to our podcast series, Canvas of the Heart, which spotlights ways Free Arts creates hope for children, teens, and young adults who have experienced trauma. Hosted by Free Arts Executive Director Matt Sandoval and Free Arts Program Clinical Director Jenna Christie-Tabron, Canvas of the Heart also seeks to educate listeners about the benefits of mentorship and expressive art through a trauma-informed clinical lens.

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# PARTNER AGENCIES

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Free Arts for Abused Children of Arizona collaborates with child welfare agency partners to provide no cost, resilience-building arts programming for children of all ages. Dates in (parentheses) indicate the initial year of the Free Arts/Agency partnership.

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## Foster Care Group Homes

A Blessed Nest (2015)  
Back to Life (2008)  
Beia's Place (2014)  
Building Dreams Group Home (2016)  
Colors to Heaven (2018)  
Debra's Place (2015)  
Dream Group Home (2015)  
Family Support Resources (2001)  
Firm Foundation Youth Homes (2016)  
Garden House Inc. (2016)  
Hosanna House (2016)  
Sacred Journey (2013)  
Sunshine Residential Homes, Inc. (2000)  
Young People's Academy (2015)

## Emergency Shelter/Transitional Housing

Central Arizona Shelter Services (1994)  
Chrysalis Shelter (1996)  
Community Alliance Against Family Abuse (2016)  
De Colores Shelter (2009)  
Homeward Bound (2000)  
House of Refuge (2001)  
Labor's Community Service Agency (2001)  
New Life Center (1999)  
Save the Family Foundation of Arizona (2003)  
Sojourner Center (1994)  
UMOM New Day Centers (1999)

## Unaccompanied Minor Programs

Southwest Key Programs (2013)

## Residential Treatment Centers

The New Foundation (1994)  
Youth Development Institute, YDI (2000)

## Multiservice Agencies

Catholic Charities (1995)  
Child Crisis Arizona (2000)  
Children First Leadership Academy (2010)  
Desiderata Alternative Program (2008)  
Devereux Arizona (1994)  
Florence Crittenton (1995)  
Maggie's Place (2020)  
Neighborhood Ministries (2008)  
A New Leaf (1997)  
Salvation Army (1994)  
Sierra School (2016)  
StreetLightUSA (2013)

# FREE ARTS PROGRAMS



## Weekly Mentor Program

Adult volunteer mentors are matched with groups of children living in social service agencies for weekly art sessions for up to 16 weeks. Volunteer mentors use trauma-informed techniques to build relationships with their group, helping children build trusting relationships and express themselves creatively.

## Professional Artist Series

Professional teaching artists lead the children through focused art-making sessions designed to develop skills and self-efficacy. Art forms include painting, drawing, cooking, dancing, drumming, and beat making. At the end of each series, children celebrate their accomplishments and demonstrate their skills to their peers at a culminating event.

## Free Arts Days

Children in partner social service agencies practice self-expression with the support of volunteer mentors during this one-day program hosted in partnership with local arts and culture organizations.

## Camp Series

At camp, teaching artists lead workshops designed to introduce children to new forms of self-expression while volunteer mentors support children in artistically expressing their personal stories. Intentional structure and a focus on collaboration create a safe environment and sense of community for participants. Each camp series concludes with a final performance where participants share their art and stories of resilience, hope, and healing with their community.





# FREE ARTS PROGRAMS

## Young Adult Empowerment Program

Formally known as the Alumni Program, YAEP helps young adults (ages 18-26) who are connected to social service agencies build skills and promote self-efficacy through expressive arts, peer mentoring, leadership, and internship opportunities. Through this program, participants are empowered to develop resilience, form healthy relationships, and gain long-lasting connections to supportive communities.

## Family Program

The Free Arts Family Program was created with the intention of expanding program services to families who have experienced trauma through situations such as family violence, separation, or homelessness. With the implementation of this program, Free Arts aims to encourage harmony and resilience within the family unit by empowering parents and caregivers through education on trauma-informed care and engaging children in artistic opportunities for self-



## Numbers:

Weekly Mentor Program: **244**

Free Arts Days: **2,743**

Professional Artist Series: **406**

Camp Series: **84**

Young Adult Empowerment Program: **51**

Special Programming (including Bravery Bags): **3,930**

discovery during their family transitions. Our program events are designed for the whole family including foster, kinship, and adoptive families, and cater to people of all ages.

With their participation, we hope to foster a safe and stable environment that allows family members- both parent/caregiver and child—to discover and develop their unique strengths and use them to connect with one another to create a strong and secure home environment.

## Resilient Roots Program

The Free Arts Resilient Roots Program is specifically designed to serve unaccompanied refugee minors in our communities. In this program, participants are encouraged to incorporate aspects of their culture of origin such as language, values, and customs into the intentional art activities to help them build resiliency from both past traumas and new challenges that come from being in an unfamiliar environment. By honoring their stories with culturally focused art activities, they will have the chance to develop individual coping strategies that will encourage strength, promote feelings of hope, and help them maintain their unique identities.





# RETURN TO FREE ARTS DAYS

***After two years of being on hold, we are very excited to announce Free Arts Days are back in full swing!***

From Hope & A Future's Christmas Party to helping Neighborhood Ministries celebrate their 40th Anniversary, Free Arts is making its way back into the community to support and serve children.

In December, we had the privilege of creating magical experiences with four different partners, serving over 2,150 children. With the help of Positive Network Alliance, Free Arts had the opportunity to assist children in making "Frosty hats" that expressed what makes them happy and brings them to life. At Neighborhood Ministries, children created winter wonderlands of their own inside snow globes, as well as bravery beads that allowed them to express their feelings with different colored beads.

We also partnered with Ballet Arizona's Angel Night to bring some preproduction fun to their event. Children not only watched the beautiful performance of the Nutcracker but also had the chance to create a "wishing ornament" that expressed what they truly wanted for the holidays. Free Arts is excited about the future of Free Arts Days because they give children opportunities to make intentional art and connect them with cultural art partners such as Ballet Arizona, Musical Instrument Museum, and so many more.



# CAMP SERIES

The Free Arts Camp Series in 2023 kicked off June 5th, beginning with Theater Camp, and concluded with two Multicultural Arts Camps: MAC 1 and MAC 2.

**THEATER CAMP** came to fruition in 2001 when Free Arts partnered with the Herberger Theater Center in Phoenix to create a program that would provide the opportunity for teens in our programs to practice theater skills while creating an outlet to explore the stories from their lives that can often be difficult to share.

In its early years, Theater Camp served 20 teens and utilized just two teaching artists. Today, the program is double the size and supported by a growing number of teaching artists. Nearly 500 teens have participated in Theater Camp and more than 5,000 audience members have attended their final performances throughout the years.

Currently, Theater Camp incorporates a team that includes a camp director, along with a group of professional teaching artists, who present multiple performance art forms such as music, movement, spoken word poetry, and theater acts. These professional teaching artists, along with the rest of the Theater Camp team, facilitate workshops that empower teens to artistically express their personal stories.

This year, seventeen participants from across the Valley were introduced to and practiced the different art forms in their first week of camp at the newly renovated Phoenix Center for the Arts, and in the second week, utilized these new skills to collaborate with their peers in staging personal stories from their lives. The final performance featured a tapestry of



stories that included feelings of pain, solitude, anger, and love and were woven together in a beautifully staged production called “Rise to Resilience!” at the Herberger Theater Center on June 19th. The “Rise to Resilience!” theme reflects community connection and the participants’ journey of resilience.

Following Theater Camp, our **MAC (MULTI-CULTURAL ARTS CAMPS)** series started June 26th at a partner site, Sunshine Residential Homes. This first MAC, affectionally deemed “MAC-Sunshine,” spanned five days and served 37 teens living in foster care group homes, and utilized teaching artists, camp counselors, Free Arts staff, and volunteer mentors. At the end of the camp, teens were able to showcase all that they learned and created to staff and loved ones at a share-out and showcase, which was later followed by a celebration.

**THE SECOND MAC** took place at Free Arts’ offices, located at the Bob & Renee Parsons Place for Art and Transformation. From July 11th-14th, Free Arts served 38 teens utilizing our beautiful office space as Camp classrooms for the very first time.

Teens of both Multicultural Arts Camps experienced various art forms, including movement, beat-making, buckets of fun drumming, and visual arts. More than 100 guests joined our participants for the culminating share-out and showcase celebrations, where teens shared their colorful hot air balloon visual art projects, creative beat-making, bucket drumming, and expressive Bollywood-style movements.

This was a monumental year in our Camp Series with Free Arts hosting the second MAC at our beautiful Parsons Place building, as well as being able to offer both Theater and MAC camps for the first time since the onset of the COVID-19 pandemic. The impact of these programs was immense: Participants experienced a sense of empowerment by using the stories that may have once hindered them to express themselves artistically. The intentional structure and focus on collaboration fostered a safe environment and a sense of community for the participants.



# MAGIC IN MOVEMENT:

## THE YEAR OF TWO STORYBOOK BALLETS

For the last 22 years, Free Arts has partnered with Dance Theater West (DTW) to create Storybook Ballet, an annual dance program featuring Free Arts' children and teens.

And in FY 2023, Free Arts and DTW continued this amazing program—twice! Each Storybook Ballet included multiple Professional Artist Series workshops for Free Arts participants, who had the opportunity to not only display artworks created in the workshops but also to perform at the Scottsdale Center for the Performing Arts.



Director Susie Silverman and her dancers worked with Free Arts participants, teaching them choreography for their scenes in spectacular performances of *Swan Lake*, with a *Splash!* in 2023 and *Alice in Wonderland* in 2022.

In the weeks leading up to *Alice in Wonderland* in 2022, Free Arts professional teaching artist Diana Calderon led participants from a Free Arts partner agency through a workshop in which they created accordion book autobiographies. Free Arts professional teaching artist Shelly Love led participants from another partner agency through a photography and painting series, where they created and illustrated stories. Participants also wrote poems in a spoken word Professional Artist Series led by Tomas Stanton. Those poems were recorded and played in the theater after the ballet portion of the show.

Before the *Swan Lake*, with a *Splash!* performance in 2023, Shelly Love led a Professional Artist Series for teens who have faced adversity and were residing at a Free Arts partner agency. The series consisted of photographs that shared images of self-empowerment and explored underlying themes

from *Swan Lake*, such as movement, and dark versus light. The photographs were displayed in the atrium for the audience members to enjoy.

Professional teaching artist Frankie Marchi led a workshop where the participants wrote poems with themes of hope, magic, and the transformation from dark to light. After writing their poems, participants recorded their works to be played at the end of the ballet performances, while DTW and Free Arts' dancers improvised movements to the spoken word. Several audience members expressed how

moved they were by the poems and the teens were happy to hear how their words impacted them.

After each performance, a Free Arts Day, which included various trauma-informed art activities, awaited participants and attendees in the lobby. One of the available projects after the *Alice in Wonderland* program included *Painting The Roses My Way*, which allowed participants to color white fabric roses using colors that they felt best described themselves. Following the *Swan Lake* program, art activities included folding origami swans, stringing colorful beaded Bravery Bracelets, and weaving macramé feathers.

Free Arts' volunteer mentors and staff supported participants with their creations. The children and teens were excited to celebrate with the professional teaching artists who led the workshops and to see their art displayed in the theater.

We are so grateful to Dance Theater West, the Scottsdale Center for the Performing Arts, our professional teaching artists, and our volunteer mentors for supporting our Storybook Ballet programs.

# BRINGING A FREE ARTS MURAL BACK TO LIFE

Back in 2016, Free Arts ran two Professional Artist Series with teens at one of our longtime partner agencies. Teaching artist Linda Pullinsi led a series called “Trees Like Me” where each of the seven participants painted a canvas with a tree and other words or objects that represented their identities.

Kris Kollasch, another Free Arts teaching artist, came in after that series to help the teens turn their paintings into a collaborative mural called “True Colors.” This mural was comprised of five large panels and weaved together each individual creation or concept into one cohesive and connected piece. The description of “True Colors” states, “It represents and expressed the teens’ journey from pain and hurt, through hope, into a future that is wonderful and bright.”

These panels were installed on the side of Flo’s on 7th, Florence Crittenton’s thrift store in downtown Phoenix. Although the thrift store closed in 2020, Kris kept a watchful eye on the mural to ensure that it could be protected and preserved. Logistical challenges in the past couple of years delayed the project, but Kris remained persistent in advocating for preserving this piece of Free Arts history and culture.

Kris and her assistant, Sarah Roth (another Free Arts teaching artist), removed the panels in December 2022 and then went through the process of cleaning and refurbishing them. They also recreated one panel that had been lost to a storm.

The mural will now be re-installed in a new location (to be announced shortly), where it will continue to tell a story and be enjoyed by others.

Due to the passionate commitment of our longtime teaching artists, we are reminded again that art, too, can be resilient – and that it is important to protect the creativity of Free Arts participants, preserving their work, their stories, and our history.





# — A YEAR OF GROWTH IN MENTORING —

This fiscal year was one of great growth for the Free Arts volunteer mentor program. Last year, we had returned to volunteer mentor training, and this year we saw an increase in the number of volunteer mentors onboarded. The program also added another staff position to better serve our volunteer mentors and our partner agencies, so we now have a volunteer coordinator and a volunteer manager.

The volunteer mentor team has developed a more targeted recruitment program, which includes recruiting volunteers from Yavapai, Pima, and Pinal counties to help support Free Arts as we move forward with our state-wide expansion. Our efforts have led to a more efficient onboarding process for the volunteer mentors, resulting in an increase in the number of volunteer mentors available to serve in our Weekly Mentor Programs throughout the Valley, as well as providing growing support for all our other programs.

Our volunteer mentor training continues to be an interactive and creative day of learning for our new volunteer mentors. They learn about adverse childhood experiences and how these experiences affect our participants. Free Arts provides role-specific training to help prepare our volunteer mentors for their roles as caring and resilience-building adults in our trauma-informed art programs. We also support the ongoing development of their skills.

We continue to integrate the latest research and best practices about trauma-informed care into our training, which is currently being revamped. Part of this revamp includes working on an update to our training manual and adding a supporting visual component, which will integrate the most current information about diversity, equity, inclusion, and accessibility from a study done by Volunteers Reimagined for Free Arts, as well as a new visual component. This has been an organization-wide project that we look forward to rolling out in FY24.

As our volunteer mentors participate in our Free Arts Days and Weekly Mentor programs, they develop and grow connections with other caring peers and staff, who share our mission to build resilience through the arts for our participants and fellow volunteer mentors.

Corporate volunteers and community groups provide support in a variety of programs, including participating in Free Arts Days, checking affirmation cards, and helping us assemble 3,000 Bravery Bags for children and teens who were unable to receive our direct services as we continue to reemerge from COVID-19.

Our community group volunteers, corporate volunteers, and volunteer mentors provide incredible support to Free Arts and help us further our mission. We are thankful to all of them for their interest and passion in helping our participants.

Free Arts recognizes the following individuals who served with us this year:

## ADI SHAKTI KHALSA

*Every encounter I have had with Free Arts I am sure to find their values of resilience, bravery, connection, creativity, strength, and innovation. I am so grateful to be a part of Free Arts and look forward to more adventures in the future!*

## KAYLA VASICH

*I wanted to volunteer with children and I couldn't have asked for a better organization to be a part of. Everyone at Free Arts has made me feel important and like I matter.*

*Everyone knows there are homeless children, but it's so much different when there is a face to them, when you know their names. Life is really hard, but there is so much truth in the saying that happiness is in "the little things."*

*I'm so happy I've started mentoring with groups of teens who identify as female. It's been so fun for me also because I haven't had girl time in a LONG time! I know many adults and other children come and go out of the children's lives. I just hope that something positive clicks and sticks with them from the time we spend together. No matter how busy I get, there is always time for Free Arts.*

# VOLUNTEER MENTOR LIST

## Community Service Partners

Adobe	CSAA Insurance Group	Master Electronics
Amazon	Deloitte	Nationwide
American Express	Desert Financial Credit Union	Northrop Grumman
Ameriprise Financial	Edward Jones	onsemi
APS	Fiesta Bowl Charities	Rocket Mortgage
Blue Cross Blue Shield of Arizona	GFWC Paradise Valley Junior Woman's Club	SRP
Brophy College Preparatory	Global Payments, Inc.	State of Arizona
Cox Communications	JPMorgan Chase	Target
		Verizon

## Program Volunteer Mentors

Christine Birnbaum	Amalie DiMiceli	Judith Levin	Meredith Slosberg
Ami Garrigus	Asja DiMuria	Hilda Luna	Valerie Stranieri
Debra Garza	Jerrica Dodd	Lauren Lynch	August Syfritt
Esha Kale	Kathie Fieldman	Lynne MacVean	Braden Taylor
Mendung Lian	Yolanda Garcia	Shannon Malone	Preslie Thompson
Kristan Robson	Victoria Gelder	Kitty McGilligan	Ingrid Tian
Monica Scofield	Carol Gibson	Sydney Miguel	Britny Torres
Asher Teran	Amelia Gonzalez	Jennifer Mileti	Monica Trujillo
Bryson Bost	Mary Grier	Luz Munoz	Kayla Vasich
Alexis Acosta	Kelly Hageman	RenzNarciso	Rachel "Katie" Ventura
Nathan Amador	Sarah Hall	Hedda Neelsen	Steven Vershure
Torunn Anderson	Alexander Halloran	Emer O'Mahony	Christine Weiss
Hannah Atkins	Anne Halvorson	Karilyn Owens	Wiggins, Elisa
Estrella Avila	Taylor Hammes	Niousha Panahi-Liefer	Preston Williams
Josselin Basaldu	Harvey, Jennifer	Eileen Pasini	Louise K Wilson
Patty Bates	Alayna Helgason	Channtal Polanco	Emma Wing
Diane Berdych	Carol Hildeen	Barbi Preston	Nancy Wittenberg
Tara Brown	Allison Hopkins	Jeanette Rajansky	Faith Zralka
Shawntele "Treasure"	Sunnys Hsieh	Ashlie Reed	Karen Grande
Calmwolf Howie-	Erin Jacobson	Liam Richard	Jessica Flowers
Carlson	Michael Jung	Kristina Robinson	Ellis Bustamante
Anthony Canelo	Mikele Keiffer	Janet Rodgers	Niya Davis
Taylor Cargile	Jeanette Kelly	Grissel Sanchez Ruiz	Jacob Holley
Christine Carlson	Adi Shakti Khalsa	Denise Sanderson	Kayla Upshaw Fernando
Kuan Chen Chen	Joyce Tina Lee	Andrea Sckolnik	Gabby Garcia Valle
Sara Coggins	Bonnie Lenyard	Shane Scott	

# — PODCAST: CANVAS OF THE HEART —



The first season of Free Arts' podcast, Canvas of the Heart, was a success!

Throughout the summer, we featured a diverse group of guests who shared their stories and experiences with art, creativity, and resilience. Hearing how impactful Free Arts can be in people's lives was truly inspiring.

We also received positive feedback from listeners, who appreciated the thoughtful and engaging conversations that took place on the podcast. We are thrilled to have created content that resonated with you!

Looking ahead, we are already planning for the next season of the podcast to be released later this year. We will focus on new themes and topics that will continue exploring our formula of Art + Mentors = Resilience.

Thank you for your continued support and interest in this project. We look forward to sharing more updates with you soon. You can find Canvas of the Heart on most streaming platforms.

Here's a list of episodes that premiered this year! They can also be found at [FreeArtsAZ.org/podcast](https://FreeArtsAZ.org/podcast).



## EPISODE 1

The Story of Free Arts with Alicia Sutton Campbell

## EPISODE 2

What is Trauma?

## EPISODE 3

The Free Arts Theory of Change

## EPISODE 4

Empowering Young Adults with Paula Wilson

## EPISODE 5

A Young Adult Empowered with Jacob

## EPISODE 6

Happy Campers with Chanel Bragg and Beth Garrett-Coleman



# CONFERENCE-SYMPOSIUM

## Art + Mentors = RESILIENCE

Creating Compassionate Connections

On April 29th, Free Arts held its Art + Mentors = Resilience Conference in person for the first time in three years! We are grateful for our conference sponsor, BHHS Legacy Foundation, which helped to make the conference possible. The conference's theme was "Creating Compassionate Connections," and its activities sought to demonstrate and deepen knowledge about how transformative art and mentorship support children and teens who have experienced abuse, neglect, and/or homelessness. The theme of creating compassionate connections illustrated excellent examples of ways that we know we can build hope in a young person's life. As the conference showed, combining creativity, compassion, and connections is magic!

A few of our professional teaching artists graciously hosted our interactive activities. The day started with "Buckets of Fun" presented by Mario Barela, and the activity lived up to its name. Very quickly, all the volunteer mentors, partner agency staff, and Free Arts staff were actively participating with joy. Throughout the day, attendees engaged in movement and dance with Danica Koestner, and in reflection and journaling with Sean Medlin.

During two rounds of breakout sessions, attendees had the opportunity to dig deeper into topics



related to working with families, Native American youth, mindfulness, and compassion fatigue.

The feedback from those who attended the conference highlighted the joys of creative expression, invigorated feelings regarding the power of mentorship, and showcased new connections, along with strengthening those between Free Arts staff and its partner agencies.

Then, in an afternoon session, we announced the all-new Free Arts podcast, *Canvas of the Heart*, which began airing in June 2023! Matt Sandoval, then Free Arts VP of Programs and incoming Executive Director, as well as Jenna Christie-Tabron, Free Arts Program Clinical Director, host the podcast, which highlights the work of Free Arts through guest interviews and topical discussions. The podcast is available on many popular streaming platforms.

In the future, Free Arts plans to expand the conference offerings to include even more cultural partners and agencies that promote resilience for children and young adults. So, rest assured, fans of the conference, Free Arts will continue to create learning and connecting experiences for mentors and partner agencies.

We look forward to the 2024 Symposium: Inspiring Creativity in Mentoring!





# 2023 FINANCIALS

## STATEMENT OF FINANCIAL POSITION\*

October 1, 2022 – September 30, 2023  
Free Arts for Abused Children of Arizona and Building Hope LLC

### Balance Sheet - Organization Wide

#### ASSETS

Current Assets	
Cash	681,077
Receivables	195,295
Other Current Assets	103,659
Total Current Assets	980,031
Property and Equipment	3,568,988
Investments	1,558,199
<b>TOTAL ASSETS</b>	<b><u>6,107,218</u></b>

#### LIABILITIES

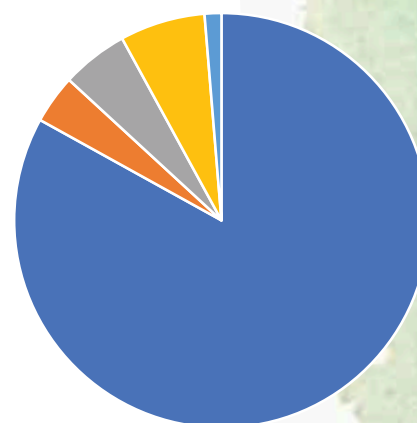
Current Liabilities	142,853
<b>TOTAL LIABILITIES</b>	<b><u>142,853</u></b>

#### EQUITY

Total Liabilities & Equity	<b>6,107,218</b>
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#### Organization Wide Revenues Fiscal Year 2023

- Grants and Contributions
- In-Kind
- Events
- Interest and Investments
- Rental Income



### Free Arts for Abused Children of Arizona Fiscal Year 2022 Revenues and Expenses\*\*

#### REVENUES - FREE ARTS

Grants and Contributions	2,020,062
In-Kind	92,536
Events	126,344
Interest and Investments	161,722
<b>Total</b>	<b><u>2,400,664</u></b>

#### EXPENSES - BUILDING HOPE

Program	256,590
Administration	11,036
Fundraising	8,277
<b>Total</b>	<b><u>275,903</u></b>

#### EXPENSES - FREE ARTS

Program	2,118,622
Administration	307,749
Fundraising	403,732
<b>Total</b>	<b><u>2,830,103</u></b>

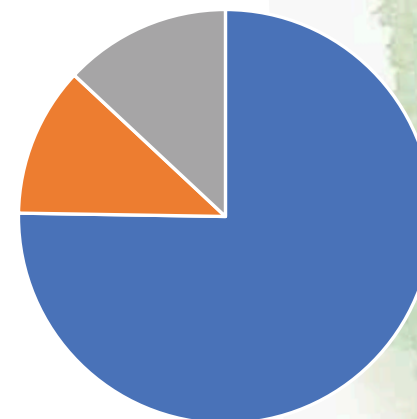
### Building Hope LLC Fiscal Year 2021 Revenues and Expenses

#### REVENUES - BUILDING HOPE

Rental Income	31,800
<b>Total</b>	<b><u>31,800</u></b>

#### Organization Wide Expenses Fiscal Year 2023

- Program
- Administration
- Fundraising



\*Unaudited Financials

\*\* Free Arts Building Hope LLC operates The Bob & Renee Parsons Place for Art and Transformation and is a wholly owned subsidiary of Free Arts for Abused Children of Arizona

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# ART AUCTION

The Free Arts annual Art from the Heart Auction, chaired by Liz Shabaker and Lisa Portigal, and Honorary Chair, Cheryl Londen, took place on October 22nd at the beautiful home of Cheryl Londen with over 120 in attendance. Lincoln Heritage Life Insurance was the Premier Sponsor for the event and generously provided Cheryl's beautiful home as the venue. They were even gracious enough to donate the delicious food and libations from Creations in Cuisine, as well as the valet parking. The event was also sponsored by The Bob & Renee Parsons Foundation and Edward Jones, among many others.

More than 45 pieces from local artists were auctioned off at the event!

The featured artist of the Art from the Heart Auction was Denise Yaghmourian, who attended the event with her two daughters. Denise has had her work exhibited extensively worldwide, including at The Tucson Museum of Art, Phoenix Art Museum, Ceres Gallery in New York, Bogen Galerie in Saint Paul de Vence, France, and SOHO20 Chelsea Gallery in New York. Denise generously donated a piece titled "Scattered Blue Field" for the auction. The event was wonderfully successful and raised more than \$135,000 in benefit of Free Arts programs and will help to advance the Free Arts mission of transforming children's trauma into resilience through the arts.



Free Arts wishes to thank our fabulous Co-Chairs, Liz Shabaker and Lisa Portigal, and Honorary Chair, Cheryl Londen, as well as Art from the Heart Committee Members Robert Raygoza, Lisa Greve, Theresa Johnson, and Craig Randich, for their generous support in planning and implementing this important community event for Free Arts.

We also want to recognize Art Solutions and Clutch Photos for their generous in-kind services, which ensured the success of the event. We want to express our deepest gratitude to our incredible volunteers, generous sponsors, and raffle donors who helped raise sizable funds to support the mission of Free Arts.

Thank you to all who helped to make the Free Arts Art from the Heart Auction a smashing success!



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## SEEDS OF HOPE

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Do you want to make an enormous impact on our trauma-informed programs without making a dent in your bank account? Consider making a recurring Seeds of Hope donation! Recurring gifts are crucial because they provide a consistent stream of funding that Free Arts can count on time and time again! This allows us to serve more participants and provides you with financial flexibility!

You can make either a monthly recurring or an annual recurring donation for as little as \$5 each payment, and the great news is that recurring donations are eligible for the Arizona Foster Care Tax Credit! This means you can spread out your tax credit contribution throughout the year. By making a Seeds of Hope donation, you are making an investment in your community that supports children, teens, young adults, and families who have experienced trauma.



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## RESILIENT LEGACY CIRCLE

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Our Resilient Legacy Circle members are very near and dear to our hearts. This special group of friends have named Free Arts in their wills or estates and are helping to sustain Free Arts for years to come. You don't have to be wealthy to make an impact on a cause you value. No gift is too small to make a difference. Your legacy gift can be structured to fit your lifestyle, goals, and your family's financial needs. What better way to thank those who have had an impact on your life and give hope to those less fortunate?

Whether your assets are big or small, evaluating what to donate will help ensure that you are benefiting to the full extent possible from incentives in the U.S. tax code designed to encourage charitable giving. We can help—contact us at 602-258-8100 x 918. The right gift can dramatically increase the “cost-effectiveness” of your gift, which is extremely gratifying for most

donors. By making a planned gift, you can make a substantial impact on Free Arts' future—ensuring we can continue to build resilience for abused and neglected children and young adults while providing a positive path to their future.







# Join our creative community!

Research shows that the power of **art + mentors** can help build resilience in the life of a child who has experienced the trauma of abuse, neglect, or homelessness. Making connections with caring adults through trauma-informed art activities and creative workshops helps our program participants express themselves and build skills in a safe and supportive environment.

**This is where you come in!** There are so many ways to support our programs and to get involved with Free Arts. Whether it's through **Time**, **Treasure**, or **Talent**, anyone can make a difference with the Free Arts community. Where can you make an impact?

## TIME

### Volunteer as a mentor

Our volunteer mentors are crucial to our **Art + Mentors = Resilience** equation. The first step toward becoming a volunteer mentor is by attending an orientation! Find our orientation schedule at [FreeArtsAZ.org/volunteer](https://FreeArtsAZ.org/volunteer).

### Volunteer as a group

There are many opportunities for organizations looking to support the communities where they live. Free Arts provides community service, team building, and employee engagement through behind-the-scenes projects and Free Arts Days! To get started, contact us on behalf of your group at [Volunteers@FreeArtsAZ.org](mailto:Volunteers@FreeArtsAZ.org).

### Follow Free Arts and engage with us on social media

Engaging with us on social media helps spread the message that **#ArtHealsAZ!**

Find us on Facebook and LinkedIn at Free Arts for Abused Children of Arizona and on Instagram and Twitter [@freeartsaz](https://twitter.com/freeartsaz).

## TREASURE

### Arizona Foster Care Tax Credit

Did you know your donation to Free Arts qualifies for the Arizona Foster Care Tax Credit? That's because Free Arts is a Qualifying Foster Care Charitable Organization (QFCO #10015). This unique tax credit allows Arizona Taxpayers to receive a dollar-for-dollar credit on their tax return and help bring our trauma-informed, resilience-building arts programs to more than 7,000 children, teens and young adults annually. Visit [FreeArtsAZ.org/foster-care-tax-credit/](https://FreeArtsAZ.org/foster-care-tax-credit/) to learn more.

### Seeds of Hope

Become a monthly donor to Free Arts! Even monthly donations in small increments make a big impact on our programs. Visit [FreeArtsAZ.org/donate-monthly/](https://FreeArtsAZ.org/donate-monthly/) to learn more.

### Resilient Legacy Circle

By including Free Arts in your estate plans, your legacy will ensure that our programs can continue serving children for many years to come. Visit [FreeArtsLegacy.org](https://FreeArtsLegacy.org).

### In-Kind Contributions

Give the gift of art supplies! You can find our wish list at [FreeArtsAZ.org/other-ways-to-give/](https://FreeArtsAZ.org/other-ways-to-give/).

## TALENT

### Teaching Artist

Free Arts is always seeking skilled, professional artists with teaching experience to lead our program participants through art-making sessions designed to develop skills and self-efficacy. If this is you, please reach out to [BGarrett@FreeArtsAZ.org](mailto:BGarrett@FreeArtsAZ.org) to learn more about how to become a Free Arts teaching artist.

### Networking

Connect us with individuals and groups organizing donation drives for cash, gift cards, and art supplies, as well as companies that offer employee giving, donation or volunteer matching, community grants, or event sponsorships!

### Careers/Internships

Join our growing team at Free Arts! Bring your unique skills and help us build resilience in the lives of children who've experienced trauma by checking regularly for open positions or information on internship opportunities at [FreeArtsAZ.org/careers/](https://FreeArtsAZ.org/careers/).

# STEPS TO BECOME A VOLUNTEER MENTOR

with Free Arts for Abused Children of Arizona

The volunteer placement process takes four to six weeks to complete. All volunteer mentors interacting directly with children in our programs must be 18+ to volunteer. Opportunities are available for all skill levels and interests! If you have any questions, please contact [Volunteers@FreeArtsAZ.org](mailto:Volunteers@FreeArtsAZ.org).

### ORIENTATION

These one-hour, no obligation sessions provide information about the many ways to get involved in our programs that help children to overcome trauma through artistic expression.




### APPLICATION

After attending an orientation session, you will be emailed a link to an application to provide additional information required for a background check.




### REFERENCES

Once we receive your application, we'll send a link to the two people you provide as references for them to complete and return a form. When we receive both references, we will send you the training registration information.



### 1-ON-1 INTERVIEW

After training, you will schedule a 1 hour interview session. These informal meetings help us get to know you so we can create a volunteer plan that works best for you and the children we serve.



### FINGERPRINT CARD APPLICATION

Our partner agencies require volunteers to have a fingerprint clearance card provided from the state. If you don't already have one—don't worry! We will help you through the steps to apply for the card. The cost is approximately \$75.\*



### VOLUNTEER TRAINING

Training is required for all volunteers interested in working with our children. You'll learn about adverse childhood experiences, trauma-informed care, self-regulation, and using the arts for self-expression. Our full-day training is interactive and creative!



### ACTIVE VOLUNTEER MENTOR

Once you have completed the above steps, you are officially an active volunteer mentor! You will receive a blue volunteer t-shirt.



### STAY CONNECTED!

As an active volunteer mentor, you will receive Volunteer Opportunity Newsletters and have access to our Volunteer Mentor Facebook Group!



\*If the cost of a fingerprint card is a barrier, please reach out to our volunteer team at [Volunteers@FreeArtsAZ.org](mailto:Volunteers@FreeArtsAZ.org) to inquire about scholarship opportunities.



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# 2023 VOLUNTEER BOARD OF DIRECTORS & STAFF

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Reflective as of 1/30/2023

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# Rise to Resilience!

## Your Tax Dollars Transform Lives



### Free Arts for Abused Children of Arizona

Since 1993, Free Arts for Abused Children of Arizona has proudly served more than 140,000 Arizona children who have experienced the trauma of abuse, neglect, or homelessness.

**DONATE** to Free Arts and claim your Arizona Foster Care Tax Credit to help transform children's trauma to resilience.



[FreeArtsAZ.org/donate](https://FreeArtsAZ.org/donate)



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## Celebrating 30 years of transforming children's trauma to resilience through the arts.

Free Arts is celebrating 30 years of resilience-building artistic programming in Maricopa County. By fostering trusting relationships with volunteer mentors and creating opportunities for children to develop a sense of self through creative activities and artistic expression, Free Arts helps children build the resilience they need to overcome trauma.

Free Arts thanks all the past and future donors and volunteers for supporting us for the last 30 years and in the years to come. Please remember your donation to Free Arts helps continue our Arts + Mentor = Resilience equation for our programming and qualifies for the Arizona Foster Care Tax Credit.



Visit [FreeArtsAZ.org/donate](https://FreeArtsAZ.org/donate)

