Urban Beats

Changing stigma through art.
INN-16
URBAN BEATS

DR. PIEDAD GARCIA, LCSW
Hi!
1) Your *name*?

2) How you are feeling *emotionally*?

3) How you like to *express* yourself?

4) Your biggest *obstacle* while working with youth?
Welcome
WHAT IS URBAN BEATS?

Urban Beats is an innovative artistic expression program for Transitional Age Youth (TAY). We utilize the Arts and Social Media as a platform for TAY to freely express themselves so that they may improve their wellness and self-sufficiency. We provide a space for TAY that works to de-stigmatize mental illness and encourages members to explore the creative arts and job opportunities within the community.
Stigma (n.)

a mark of disgrace associated with a particular circumstance, quality, or person
San Diego

6 Regions:

- North Costal
- North Inland
- East
- South

- **North Central**
- **Central**
Addressing Culture
PARTICIPANT DEMOGRAPHICS

(N=160)

- Hispanic: 30.6%
- African American: 31.2%
- White: 14.5%
- Native American: 11.8%
- Asian: 8.4%
- Other: 4.5%
- Declined to state: 0.9%
PARTICIPANT DEMOGRAPHICS

SEXUAL ORIENTATION

- Heterosexual or straight: 63%
- Gay or Lesbian: 15%
- Bisexual/pansexual: 16%
- Sexually Fluid/Queer: 1%
- Missing/Unknown: 5%

(N=160)

GENDER IDENTITY

- Male: 53%
- Female: 4%
- GQ/GN: 41%
- Missing/Unknown: 2%

(N=160)
PARTICIPANTS: A STARTING PLACE

DESIRE TO REDUCE ISOLATION AND INCREASE WELL-BEING

- Goals: 82.6%
- Making Positive Changes: 73.8%
- Contributing to Community: 58.0%
- Sense of Belonging: 65.4%
- Social Activities and Relationships: 46.3%

(N=160)
RESULTS
PARTICIPANT OUTCOMES

REDUCED STRESS

- Deal effectively with daily problems: 59.10%
- Increased personal strengths, talents & skills: 69.80%
- Treat myself with respect: 56.20%

REDUCED STIGMA

- Mental Health Challenges: 86.8%
- Access Mental Health Services: 87.0%
- Meaningful & Productive: 60.5%
Overall, I am satisfied with the services I receive here.

I felt appropriately supported by staff when I encountered challenges.

I am more comfortable seeking help.

I know where to get help when I need it.

I deal more effectively with daily problems.

My symptoms are bothering me less.
<table>
<thead>
<tr>
<th></th>
<th>90 Day Before Start of Urban Beats (n=153)</th>
<th>90 Days After Start of Urban Beats (n=153)</th>
<th>% Decrease or Increase</th>
<th>180 Days Before Start Urban Beats (n=124)</th>
<th>180 Days After Start Urban Beats (n=124)</th>
<th>% Decrease or Increase</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Outpatient Visits</strong></td>
<td>27.5%</td>
<td>28.8%</td>
<td>+1.3%</td>
<td>39.5%</td>
<td>42.7%</td>
<td>+3.2%</td>
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<tr>
<td><strong>Assertive community Treatment (ACT) Visit</strong></td>
<td>18.9%</td>
<td>19.0%</td>
<td>+0.1%</td>
<td>27.4%</td>
<td>24.2%</td>
<td>-3.2%</td>
</tr>
<tr>
<td><strong>Psychiatric Emergency Response Team</strong></td>
<td>3.3%</td>
<td>2.0%</td>
<td>-1.3%</td>
<td>6.5%</td>
<td>3.2%</td>
<td>3.3%</td>
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<tr>
<td><strong>Psychiatric Emergency/Crisis Hospital Visit</strong></td>
<td>5.9%</td>
<td>2.0%</td>
<td>-3.9%</td>
<td>15.3%</td>
<td>4.8%</td>
<td>10.5%</td>
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<tr>
<td><strong>Inpatient Psychiatric Hospital Admit</strong></td>
<td>5.2%</td>
<td>2.0%</td>
<td>-3.2%</td>
<td>8.1%</td>
<td>4.8%</td>
<td>3.3%</td>
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Engagement Strategies
Engagement Strategies

• Find a 3rd party
  (Art, sports, video games, movies, music)

• Invite the imagination
  “By creating activities and opportunities for young people to play, reimagine, design and envision their lives [we help] strengthen their future goal orientation. These are practices of possibility that encourage young people to envision what they want to become, and who they want to be.” Shawn Ginwright Ph.D.

• Meet them where they are
The Check-IN
Questions
Thank You!