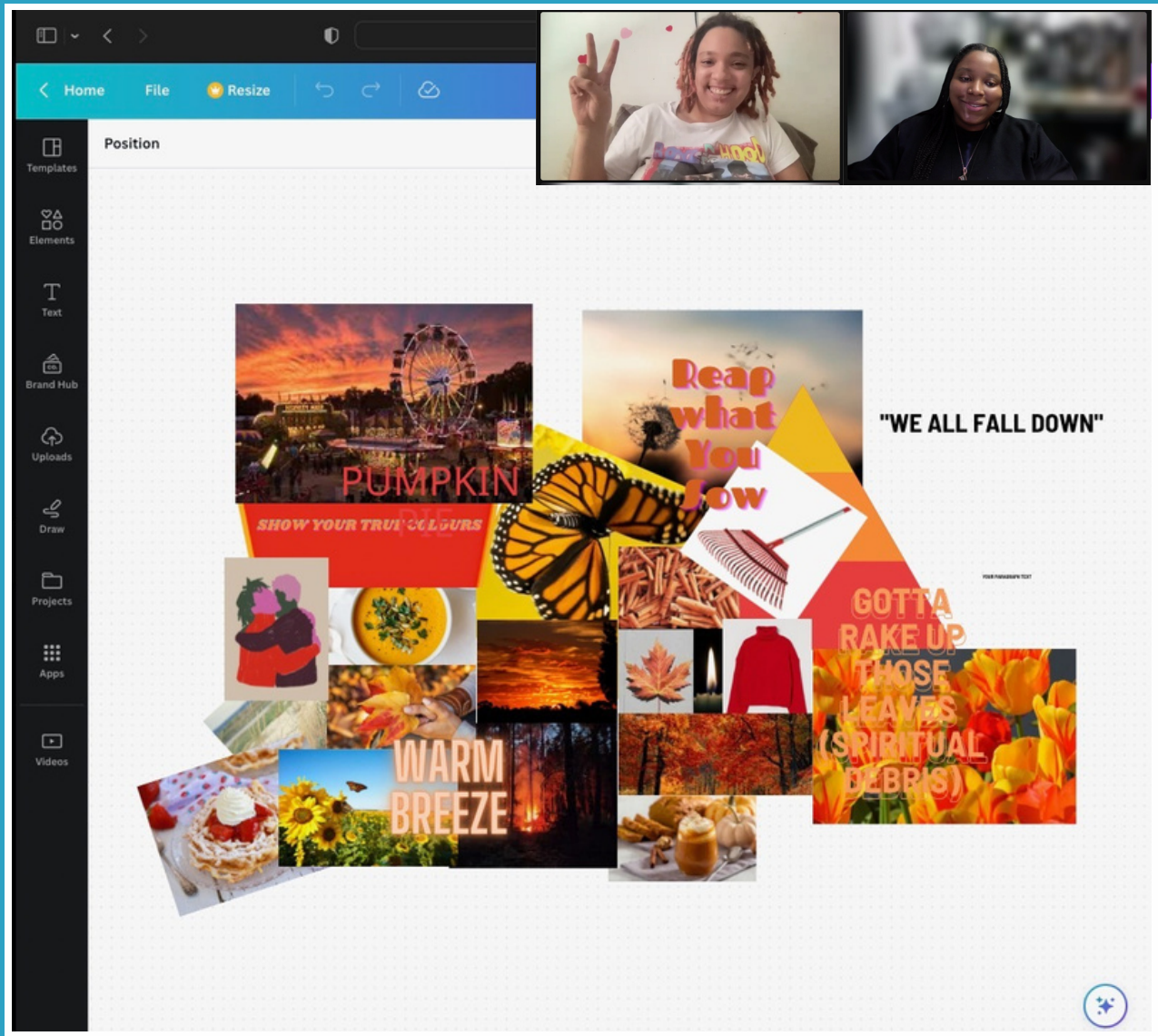




# PH 1:1 IMPACT REPORT



2023



Screenshot of a vision board made during a PH 1:1 mentorship session with PH 1:1 Mentor, Middle (right) and Mentee, Sumaiya (left)

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PH 1:1 Mentees Joy (left) and Noah (right) at the 2022 Camp Wenonah Gala

# A message from Dan

In recent years I have learned much about mental health and what it means to tend to my own. I think that is the case for many. I place more value on rest, exercise and creative practices. I fight a little harder to preserve those things when life and my personal resources are strained.

We find ourselves in a moment when many people are feeling the pinch. I hope we will all fight to preserve the important things that support mental wellbeing for those who have the least access to them.

PH 1:1 is continuing to reveal how thoughtfully-devised arts opportunities can become an integral part of the mental health picture. At the same time, on the other side of one-off COVID-related emergency funds, this was a year when we had to tailor the number of mentorships to stay within a sustainable budget. We have embraced this moment as one to ensure that this program grows and grows strong. It continues to be an honour to do that for the inspiring artists, mentors and youth, who are making it abundantly clear how valuable this work can be.

I hope you are inspired to fight a little for art, be it in your own life, in your community or through supporting PH 1:1.

Dan Chapman-Smith



Executive Director of Project: Humanity



Dan Chapman-Smith,  
Executive Director

# Healing through the arts

After 3 years of PH 1:1, we are coming to better understand the ways this program supports mental health. There is already substantial research indicating the efficacy of the arts in this capacity. In 2019, the WHO

released a report affirming that **the arts play “a critical role in helping to prevent the onset of mental illness and supporting the treatment or management of mental illness”**. In the context of our 12-week, one-to-one mentorships, we are seeing how youth participants’ feelings of isolation have been reduced alongside a marked increase in their confidence. A fostering of mental wellbeing has been a clear upshot of our work.



“There was a moment when we were jamming that we both were really into it and it seemed as if nothing else existed. And I was thinking about how we all need that at times, life can be heavy, but these moments really can make it special.”

- PH 1:1 Artist Mentor

## Shifting out of isolation

Social isolation and loneliness are linked to mental health issues like anxiety and depression. In fact, research shows that the **health risks of loneliness are comparable to obesity and the dangers of smoking 15 cigarettes a day**. The youth we work with are often experiencing high levels of isolation and face challenges in forming meaningful connections outside of the shelter system.<sup>1</sup>

PH 1:1 immediately introduces a positive, outside relationship that evolves and deepens over the 12 weeks and becomes a gateway to supportive communities. **93.33% of youth reporting feeling more connected to other people** as a result of their 1:1 mentoring sessions.



“Looking back I realize how much of a negative mindset I was in, but even though I was, I always looked forward to our sessions because I knew I could be vulnerable with someone and that person wouldn’t judge me. I looked forward every week to our sessions.”

- PH 1:1 Youth Mentee

In addition to connecting youth to a mentor and communities, we have seen impacts on existing relationships such as family: **“My mom plays guitar, so it's kind of a way for us to connect. My mom, and my entire family, are all back in Grenada. We video chat all the time, so now I can ask my mom questions about the guitar.”**

1. <https://yws.on.ca/who-we-are/youth-homelessness/>

What's more, PH has also built a distinct PH 1:1 community for youth which includes monthly, in-person art hangouts. One youth participant spoke of how this community has significantly impacted their social life: "PH has introduced me to a lot of people. The amount of friends I've had has doubled - the number has gone up by like 5!"

## A path to increasing confidence



"I could see his self-assurance grow throughout the time we shared together by the way he would allow himself to dream bigger and feel confident in wanting to build a legacy."

- PH 1:1 Artist Mentor

The Foundation of Art and Healing, a non-profit working on American public health through the arts, maintains that creating art has the power to build confidence and empower self-care by offering a tangible opportunity for someone to accomplish something meaningful to them – which reinforces their belief in themselves. By developing a regular practice in the arts, youth can “give rise to a sense of accomplishment and to feelings of self-worth in their own abilities.<sup>2</sup>”

**9 out of 23** youth participants overcame personal barriers

**100%** of the youth participating in PH 1:1 report feeling more confident.

We have witnessed over and over again how the accomplishments of youth participants, with the guidance of a professional, have helped them self-actualize and take meaningful steps in their lives. In some cases we have witnessed youth overcoming significant personal barriers such as a participant who was struggling to find work:

**“I'm going to a job fair on Sunday and my friends already have their portfolios and that stuff figured out so now I can attend with them as well and not feel left out because I also have a website that I can apply for work with as well.”**

# Signs of confidence inside mentorships:



“[My mentee] has an increased sense of confidence about his future as an artist. Not only did his work on camera improve immensely in our time together, his attitude on what he was capable to handle changed over time. **I noticed a shift in his willingness to dive in and try new things and an increased dedication to his craft.**”

- Mikaela, PH 1:1 Artist Mentor



“**My mentee definitely left our mentorship with a new blossoming skill.** I hope that they left feeling confident to try their new skill out on their own, as my only goal with all of my students is to give them the confidence to try new things and pieces on their instrument.”

- Kellie, PH 1:1 Artist Mentor



“I can see her growing more confident in her ability to get into university and find the resources to help her thrive rather than just survive. She was hesitant about her grades and acceptance but I think **she feels a lot more confident in applying and getting into the program of her choice.**”

- Polina, PH 1:1 Artist Mentor



“I really spend most of my time doing background work. I feel like this mentorship helped me stress less out about whether I am trying too hard, and it helped me to be more social with other actors. **It really helped me to ground myself and be more confident around other people.**”

- Mikaela's PH 1:1 Mentee



“The mentorship was excellent and was very well-paced - I didn't feel rushed. I felt that I was actually absorbing the information at a good speed and **I'm very happy where I am now with my new abilities.**”

- Kellie's PH 1:1 Mentee



“My mentor opened up opportunities to share my work and be in more spaces. **I've been looking into post-secondary media and communications and it helps me with networking.** When people see me with my camera they're like: "Oh! You do photography?"... It's a great conversation starter.”

- Polina's PH 1:1 Mentee



PH 1:1 mentor Mikaela (left) and her mentee Joy (right)

# The power of representation

Each PH 1:1 partnership starts with a conversation between a young person and our PH 1:1 Program Coordinator, Middle. Leading with care and compassion, she helps them define learning goals and enquires about identity preferences they may have for their mentor. We have learned that for many youth, seeing aspects of themselves represented in their mentor has a powerful impact.

There is a growing body of research that suggests a shared identity or background in a mentorship can have significant positive impacts on various aspects of a mentee's development<sup>3</sup>, as there's a higher chance of relatability through nuanced cultural understandings. When a mentee sees a successful role model who shares their identity, it can provide a sense of validation, inspiration, and relatability. Identity can also influence a mentor's approach and creative process.

**Over 90% of participants want to renew their mentorships.**

**100% of participants express approval of their mentors.**

Out of the 27 youth onboarded for PH 1:1 mentorships this past year, 16 expressed mentor identity preferences. Of those, 44% were looking for someone from the LGBTQ+ community, 25% were looking for BIPOC mentors, and 19% wanted someone looking for a shared cultural/lived experience. We are committed to meeting all identity requests. The result has been highly successful pairings and a very admirable youth engagement rate.



"I knew when I asked for a mentor that was trans or a trans ally but also a prop maker that it might be a difficult one to find and that it would probably have to be one or the other so I was surprised that I got paired with Kay and it's been really great. I appreciate that."

- PH 1:1 Youth Mentee

3. <https://psycnet.apa.org/record/2019-22459-001>

# Mentorship Spotlight:

## Middle and Sumaiya

“I’ve been told that in other mentorship programs, some mentors really focus on themselves and their own experiences. That’s not my approach.”

In addition to being our PH 1:1 Program Coordinator, Middle is one of a handful of mentors who has worked with multiple youth, bringing more nuance and sophistication each time around. Middle fosters safe spaces for her mentees to grow, encouraging them to ask questions without offering any judgment and leading with care, patience and rigor.

“I’ll explain things 100 times if I have to. I’ll pause and take my time, see if they need clarification...I’ll follow up with links, or do a paragraph write-up about something. It’s about really making sure I’m providing what they’re actually asking for.”

Along with Middle’s approach comes the importance of her lived experience. Her current mentee, Sumaiya, is a member of the queer, Black, and disabled community, and expresses how Middle’s identity impacts them.

“Middle is quite knowledgeable of certain parts of my community - and so I find she can genuinely respect my identity and the way I like to identify with things, such as my gender,” Sumaiya explains, “and as a Black artist, having a Black mentor is really great for my mental health. The way she tailors the lessons to include Black culture - it makes learning a lot easier.”

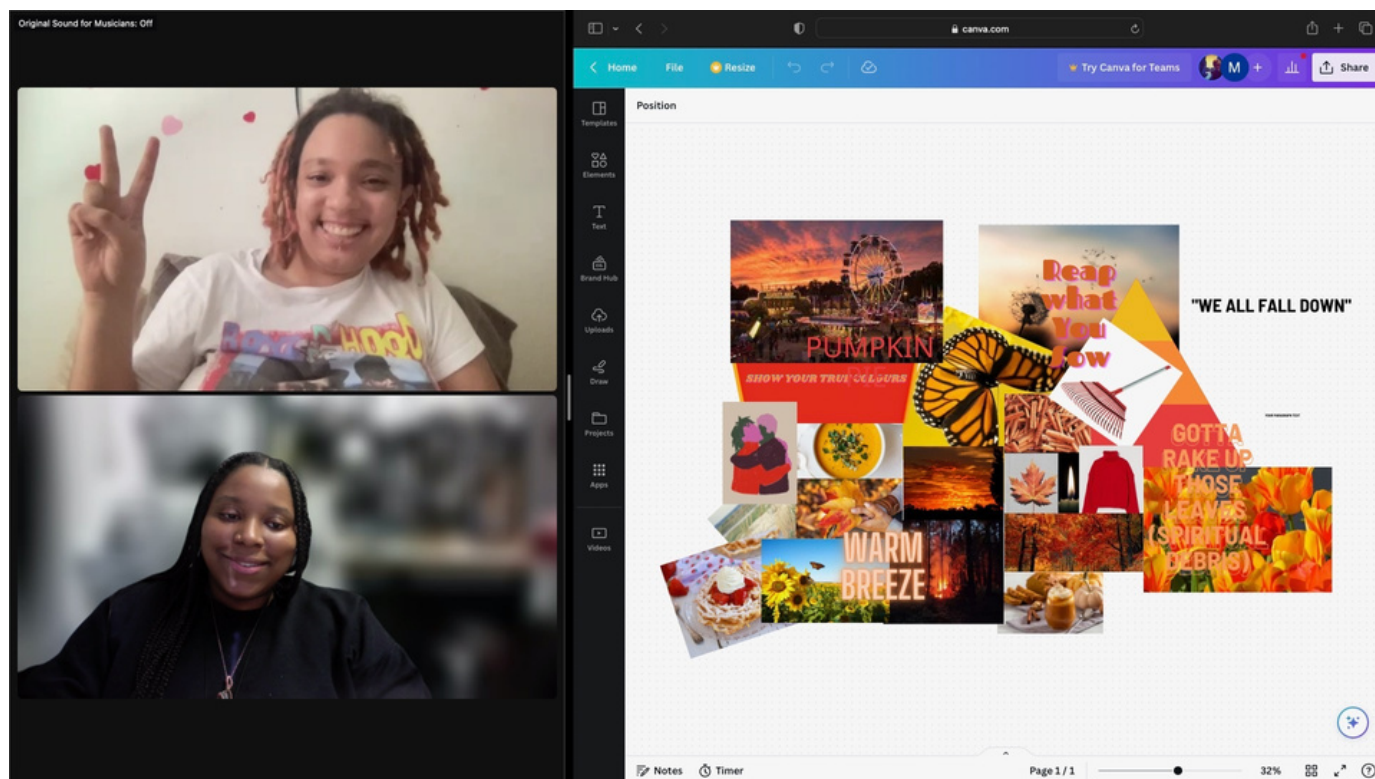


Middle, PH 1:1 Program Coordinator and Artist Mentor



## Reconnecting with music

Sumaiya had not created music for almost 4 years due to a complex creative block. Middle was able to find a way to incorporate Sumaiya's preference for visual learning to create a unique process that has unlocked their creative process.



Screenshot of a PH 1:1 mentorship session with PH 1:1 Mentor, Middle (below) and Mentee, Sumaiya (above)

Middle introduced a diverse array of visual tools and platforms (including the vision board pictured above) to catalyze Sumaiya's music-making. "We were able to create a flow organically – it's in a way that you don't usually write songs. We're just using images, colors, and phrases, but that's just the way I learn best."

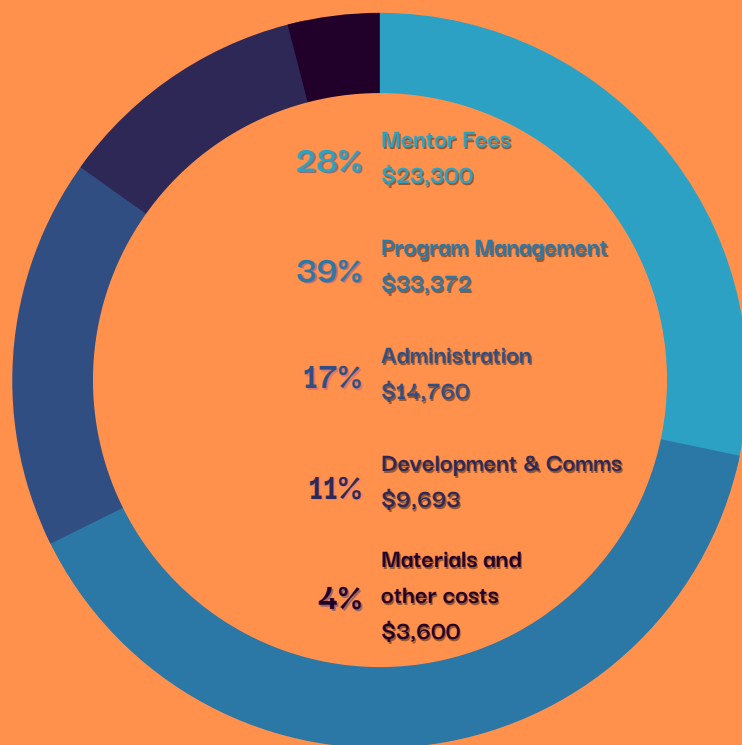
"I felt really accomplished because I knew I was doing something that was contributing positively towards my future. Being with Middle helped me feel ready to show up that way - she was really able to empathize with me, and share some of her life stories I could really relate to. It helped create space to not feel alone. It was healing to know that she really understands where I'm coming from."

# PH 1:1 budget breakdown

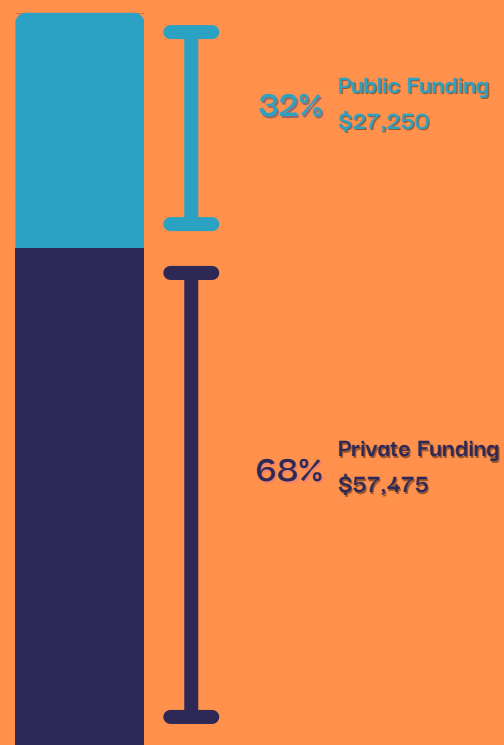
Total Program Budget

**\$ 84,725**

## Expenses



## Revenues



Each partnership gets the following supports:

- 12 weeks of mentorship
- 4 hours of Mentor onboarding/training
- 2 youth check-ins and 2 mentor check-ins
- Additional check-ins/support
- Any necessary **art supplies**

- Any **tech support** and **equipment** needed
- Weekly** logs from mentor
- Access to **monthly art nights** with PH
- Connections to artistic opportunities/communities

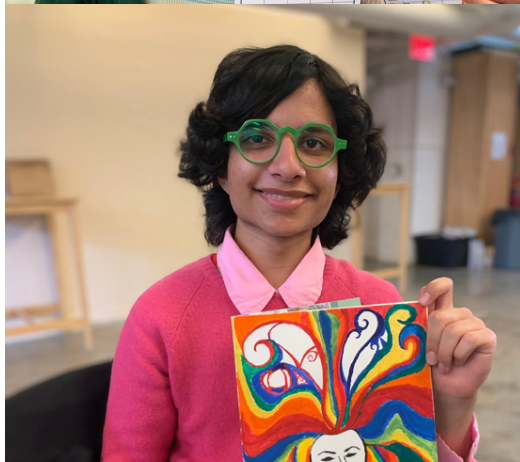
**\$3500** covers all costs of one mentorship.



# PH 1:1 Hang-Outs

This year, we were excited to launch our monthly PH 1:1 Hang-Outs, a casual recurring art night for youth and mentors in our PH 1:1 program. Based in SKETCH Working Arts, this event series came about in response to feedback we got from numerous youth participants asking for in-person opportunities to connect with others

Upon beginning in January 2023, we had numerous PH 1:1 youth participants quickly gravitate towards this community space as a way to make new friends and share their excitement over their new arts practice. Youth and mentors are invited to bring along their friends - and are welcomed with free food, artistic materials, and a safe space to explore the arts with both new and familiar peers. It also introduces every youth who joins us to a new artistic hub, where they can find crucial access to artistic resources and community for years to come. Youth are granted access to the music-jam space, which holds dozens of instruments and has led to some impromptu jam sessions amongst different youth participants.



Top: Katie, PH 1:1 Mentee and Dan, PH's Executive Director  
Below: Aemun, PH 1:1 Mentee

“It’s such a joy to witness members of our community sharing experiences—and art—with each other. There is so much camaraderie, compassion and talent in this room.”- Dan

# PH 1:1 would not be possible without our major supporters and partners:



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