Art in community is a proven path that supports mental health & well-being. We see the results unfold before us every day.

In 2023, we served our most individuals to date: over 1,400—a 107% increase since 2020! This demonstrates the increasing demand for trauma-informed arts services.

In our community:
- 62% of participants identified as BIPOC.
- 50% of participants are over 50 years old.
- 30% of participants identified as LGBTQIA+.

As needs perpetually rise in an overstressed system, we know that arts practiced in a healing-centered environment is a powerful antidote. At PwA, our Participant Artists report improvements in:
- Mental Well-Being. 93% report a positive impact on their mental health.
- Decreasing Isolation. 80% report that classes helped them be in community with others.
- Physical Health. 30% report that making art in community supports physical health & pain management.

“A Proven Path

“In this class gave me something new and fresh to look forward to each week. It helped with depression by giving me a purpose.”
— 2023 PARTICIPANT ARTIST

Art Transforms

“In the US, more than 1 in 5 or 20% of adults live with a mental illness. At Path with Art, the numbers are even higher, with 70% of participants facing mental health challenges. PwA serves systems-impacted individuals, families, and communities, many of whom navigate mental and behavioral health concerns.

- 63% face more than one recovery challenge.
- 43% have or are experiencing homelessness.
- 30% are recovering from substance use disorder.
- 22% are survivors of gender-based violence.

“Creativity is everything for me. It provides me an outlet to process my emotions. The page is a space where I can just give myself & it always accepts me.”
— 2023 PARTICIPANT ARTIST

Art Works

As needs perpetually rise in an overstressed system, we know that arts practiced in a healing-centered environment is a powerful antidote. At PwA, our Participant Artists report improvements in:

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- Decreasing Isolation. 80% report that classes helped them be in community with others.
- Physical Health. 30% report that making art in community supports physical health & pain management.
Science & policy are validating our work

In Washington State, arts & health are gaining policy-level recognition. King County Councilmember Jeanne Kohl-Welles launched a therapeutic arts pilot with PwA, and WA State Representative Julia Reed secured funding to expand therapeutic arts statewide.

In 2023, we began a research collaboration with Johns Hopkins International Arts + Mind Lab to study our program’s impact on mental and behavioral health (results will be published in 2025). With over 16 years of experience, our model is now recognized globally.

At this pivotal moment, we’re being called upon to expand our role and amplify our impact.

Social Service Partnerships

We also serve 60+ social service partners—allowing them to expand their services. Our partners credit us with helping their clients improve their mental health, creativity, & self-expression as well as reduce their isolation & find greater stability.

2023 top referring social service partners:

- Sound Health
- Casa Latina
- Seattle Stand Down
- Entre Hermanos
- Harm Reduction Treatment Center

“Thank you for your partnership this year, you truly lightened our clients’ spirits and decreased feelings of isolation & loneliness.”  

— 2023 SOCIAL SERVICE PARTNER

The power of being in community

In 2019, PwA piloted programming for veterans to connect them with others with shared experiences & recovery from trauma.

The Veterans Cohort grew from 25 in 2019 to over 500 in 2023!

In 2024, we’re launching two new cohorts:

- Survivors of Gender-Based Violence & Reintegration from Incarceration

“...Being part of a community of people who were dealing with issues of physical or emotional health provided support that made my life richer & easier. I was not alone & did not feel alone.”

— 2023 PARTICIPANT ARTIST

artREMEDY Trainings

This spring, we relaunched our artREMEDY program, which shares our expertise, offering trauma-informed arts practice training for educators, healthcare professionals, & arts organizations.

In June, we’ll collaborate with the Washington State Arts Commission to provide artREMEDY training to organizations across Washington!

Your support is what makes all of this possible. Thank you for believing in the transformative power of art!

DONATE TO OUR SPRING CAMPAIGN