



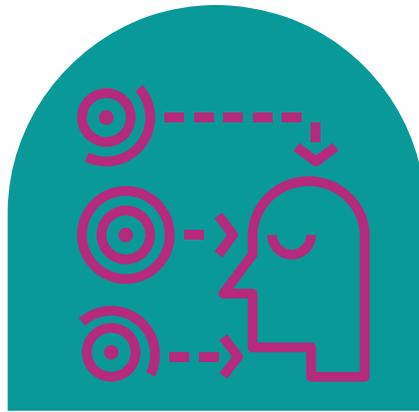
# young audiences arts for learning HOUSTON

## Self Care Lab

The Young Audiences of Houston Self Care Lab is a transformative Healing Arts program on campus where students are involved in creating and transforming a physical space into a haven for Social and Emotional Learning (SEL) programs. The Self Care Lab is an inclusive space where students and staff experience Healing Arts with YAH Teaching Artists through mediation, sensory activities, group discussion, self-exploration, writing and reflection, poetry, visual art, music, movement, and other restorative practices. Class goals are curated through a collaboration with campus support staff and YAH Programs Team. The Self Care Lab provides each campus with a long-term residency in the form of a dedicated physical space where students are either sent by referral or attend during or after school in collaboration with campus teachers and YAH Teaching Artists year-round. Self Care Labs serve K-12th grade students during or after school hours.



**YAH transforms a physical space on your campus**



**students visit self care lab weekly with permission**



**reduce referrals & increase wellness**

Young Audiences of Houston  
[yahouston.org](http://yahouston.org)

Contact YAH Program Director  
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YAH Self Care Lab at Kashmere HS

**Before**



**After**



# Self Care Lab planning

## First Steps & Planning Process:

- schedule a needs consultation with YAH Program Director
- discuss physical space available, design ideas, and ideal availability time for students to visit self care lab
- establish campus-specific processes and procedures for visiting self care lab
- discuss self care lab activities, designate weekly time schedules, explore budget options
- share student data and discuss impact metrics
- discuss option of including campus-wide teacher training and professional development

## Implementation:

- receive cost proposal and curriculum
- sign a service agreement contract / set up PO
- YAH Teaching Artist will staff and teach in the self care lab, providing pre-agreed on activities at set days and times designated by the school
- assist in collecting and providing student data
- receive end of year data summary



# Self Care Lab

## establishing need

### Impact of Trauma

The impact of child traumatic stress can last well beyond childhood. Research has shown that child trauma survivors may experience:

- **Learning problems, including lower grades and more suspensions and expulsions**
- **Increased use of health and mental health services**
- **Increase involvement with the child welfare and juvenile justice systems**
- **Long-term health problems (e.g., diabetes and heart disease)**

Trauma is a risk factor for nearly all behavioral health and substance use disorders. (samhsa.gov)



Teachers display student work, Aldine Alternative Campus

### Statistics at a Glance

- 1 in 7 children experienced a form of child abuse last year.
- Suicide attempts in children ages 5-17 rose by 53% in 2021.
- Children who experienced any form of violence in childhood have a 13% greater likelihood of not graduating from HS.
- The number of children ages 12-17 who visited the ER last year due to a mental health crisis has increased by 31%.
- 61% of teens 13-17 years old say they are under a lot of pressure to produce good grades. This percentage is twice as high as those pressured to look good or fit in socially.
- Bullying affects 1 in 5 American students.
- 75% of high schoolers and 50% of middle schoolers described themselves as "often or always feeling stressed" by schoolwork.



Arts Promise Project, Harris County Juvenile Detention Center

### Statistics at a Glance

- Compared to white students, black high school students in the US are two times more likely to miss school due to safety issues.
- 95% of students have experienced negative mental health symptoms as a result of COVID-19-related circumstances.
- Children who attend schools with high suspension rates are significantly more likely to be arrested and jailed as adults - especially Black and Hispanic males.
- Over 500,00 students in the Greater Houston area were suspended or removed and placed in DEAP or JJAEP during the 2020-2021 school year (TEA PEIMS Discipline Data).



YAH Self Care Lab, Kashmere HiS