



Program Results

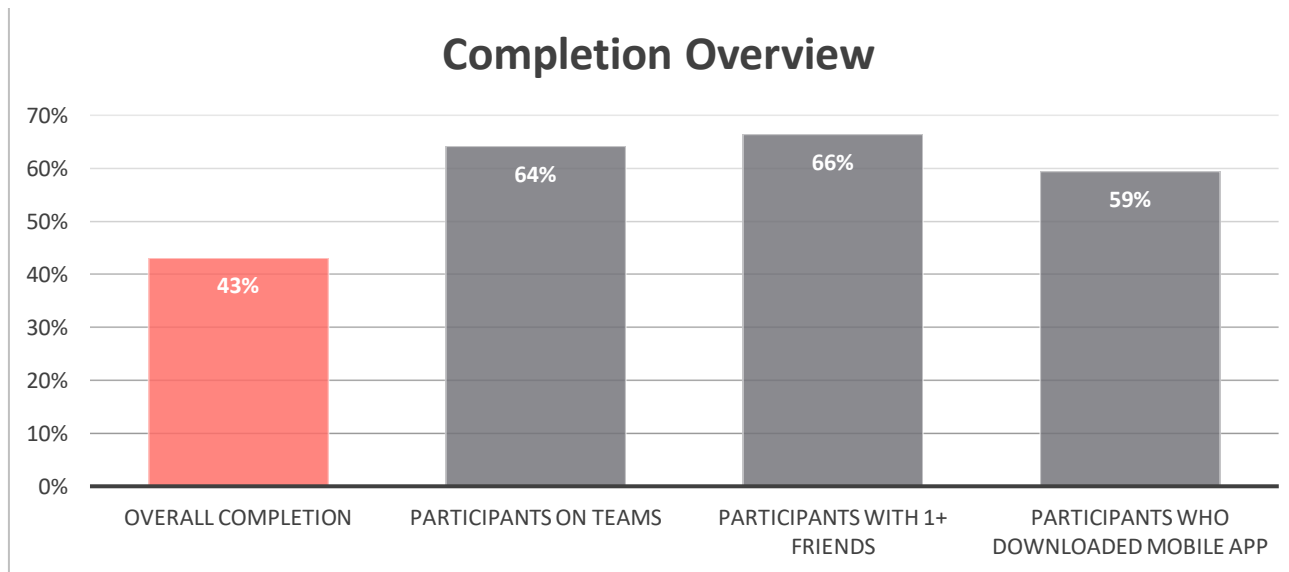
Logging: July 20 - August 16, 2020

Total registered participants: **1446**
Total completed evaluations: **440**
Evaluation completion percentage*: **30%**

Total badges earned: **4487**
Mobile app participants: **563**
Total works of art completed: **3886**
Total teams: **148**

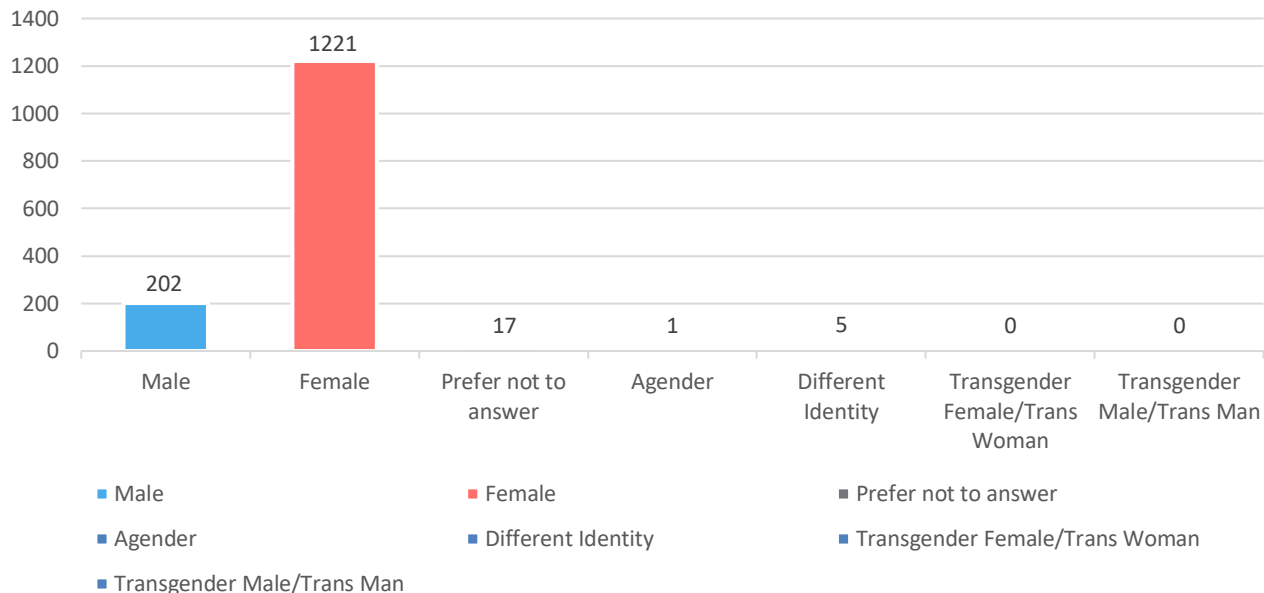


*The following data is based on participants who completed the *Work of Art* End of Program evaluation and the Flourishing Scale.

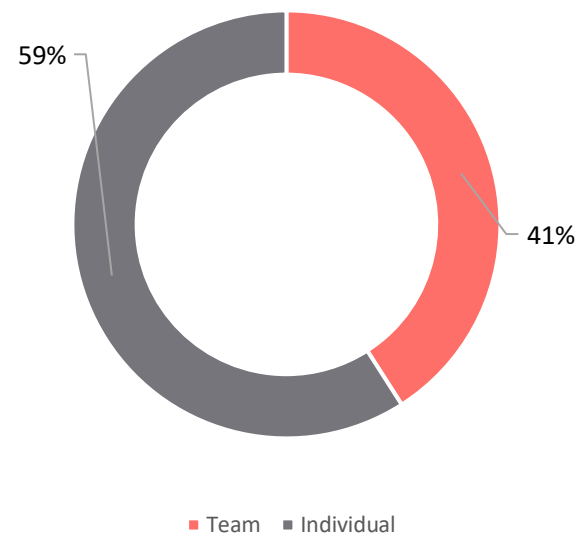


Completion rates are based on the number of participants who achieved the program goal.

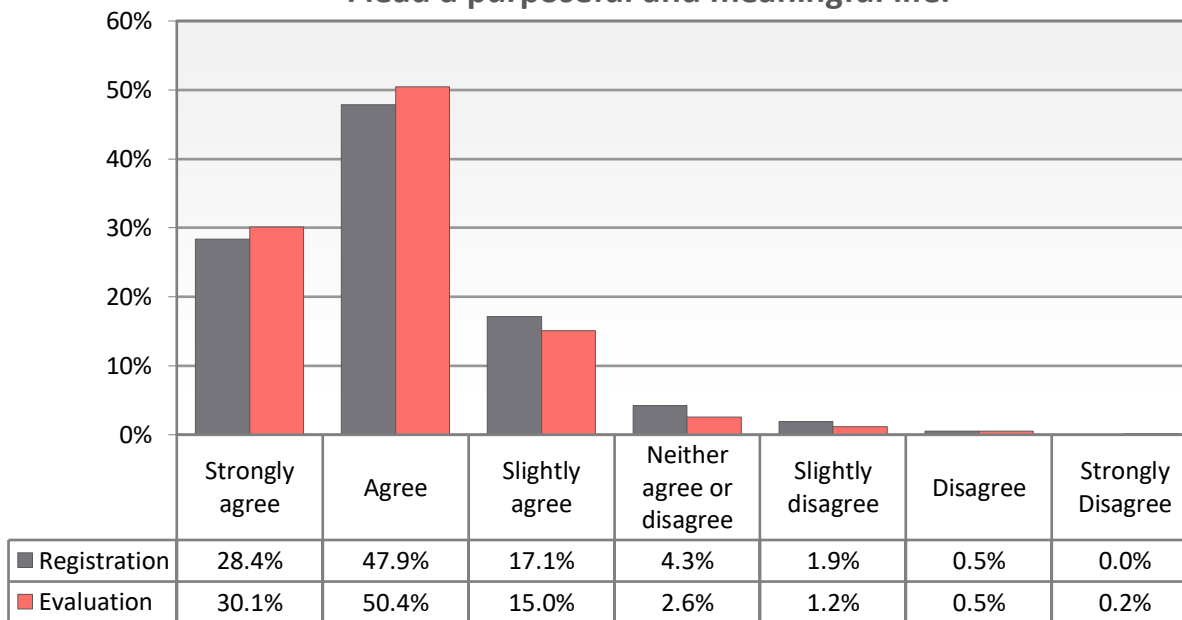
Gender Ratio



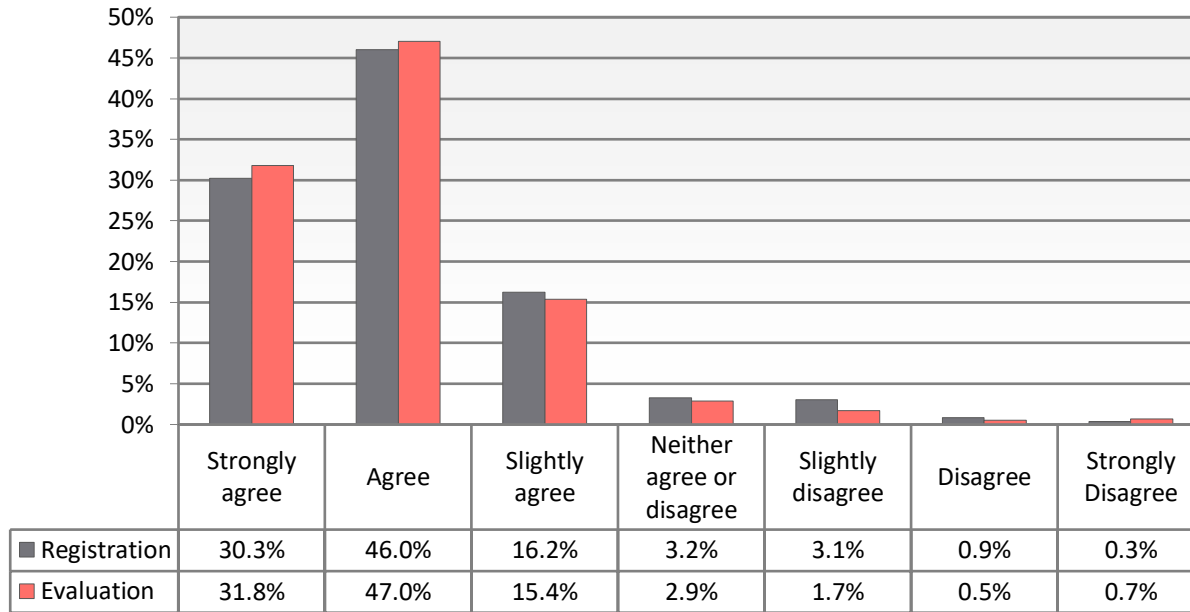
Team/Individual Participation



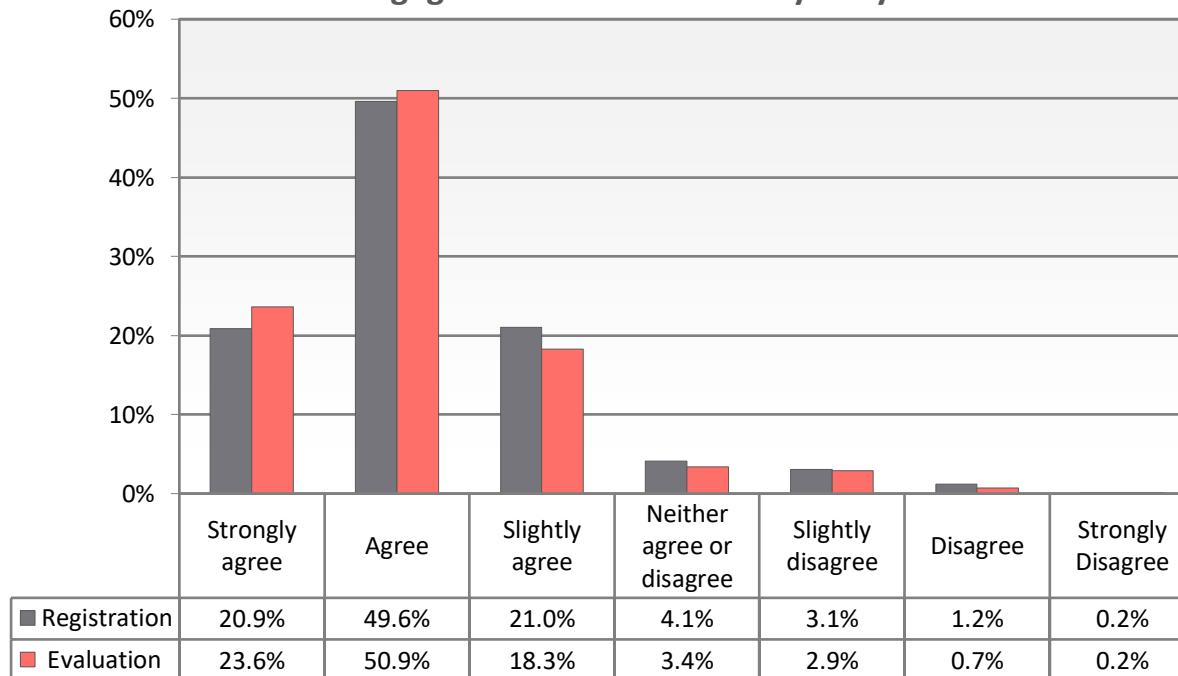
I lead a purposeful and meaningful life.



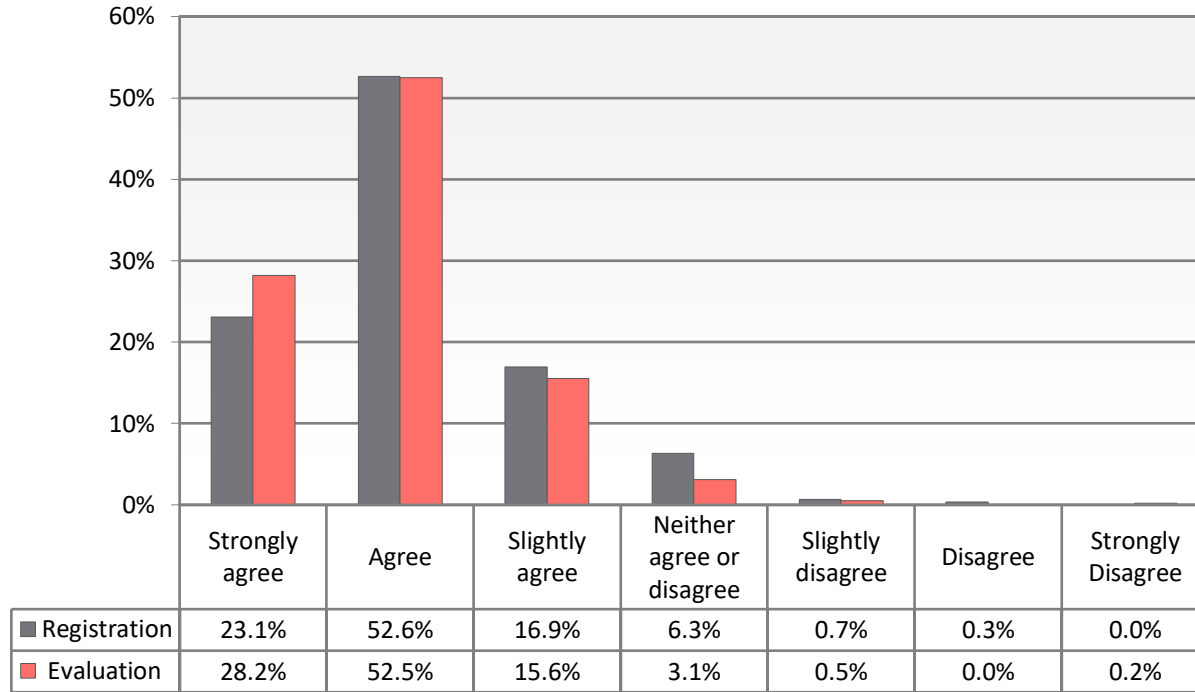
My social relationships are supportive and rewarding.



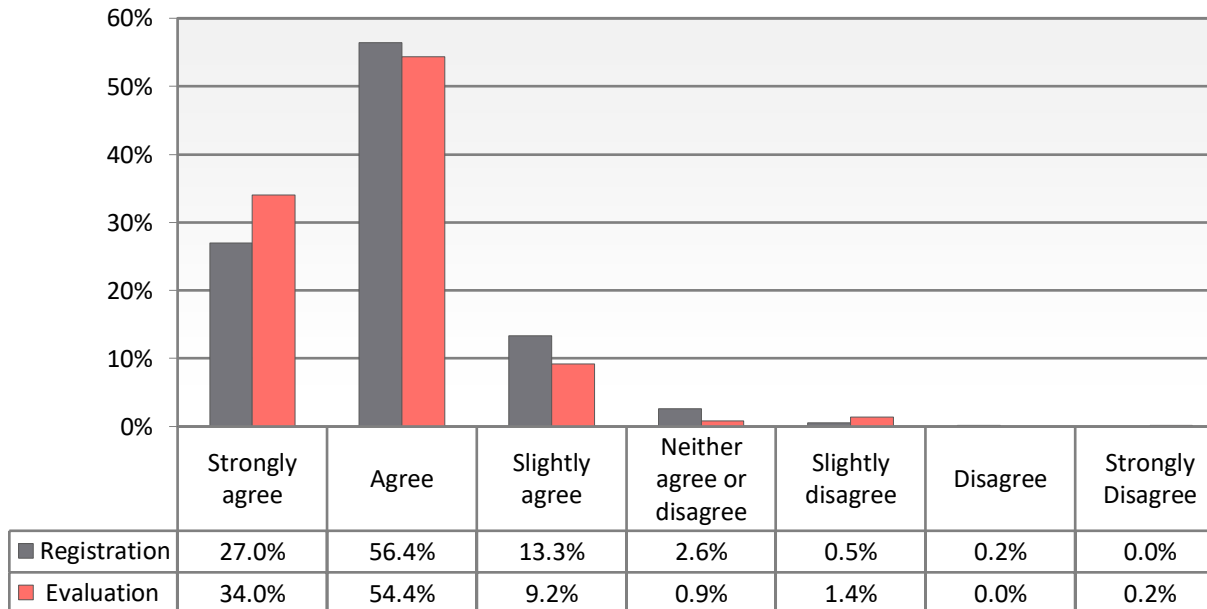
I am engaged and interested in my daily activities.



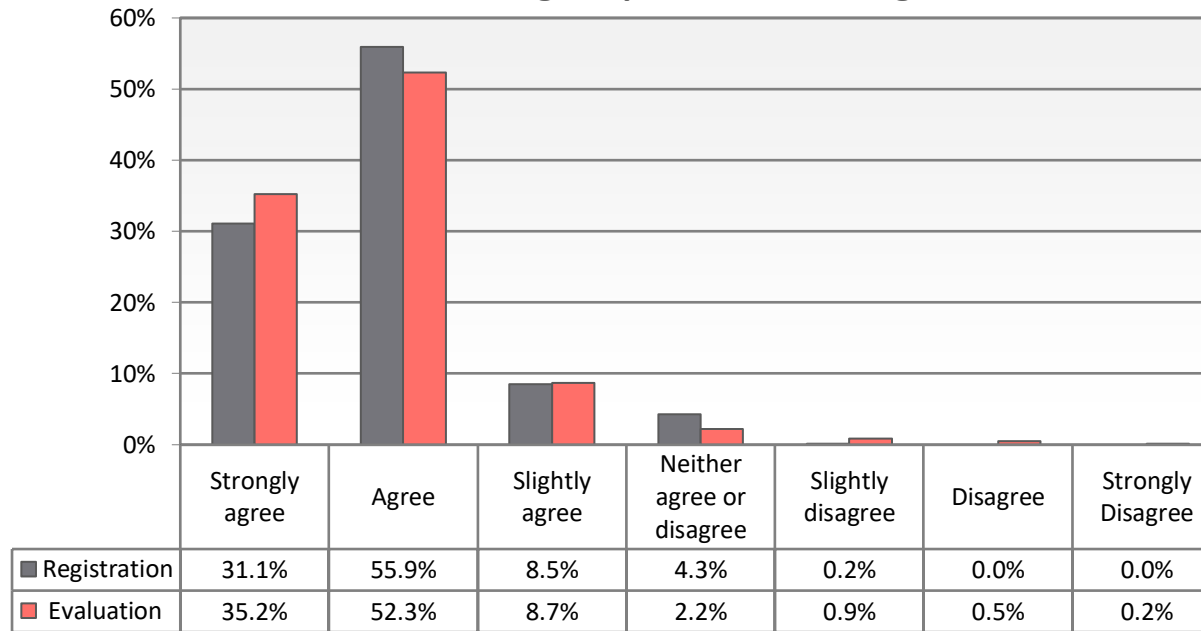
I actively contribute to the happiness and well-being of others.



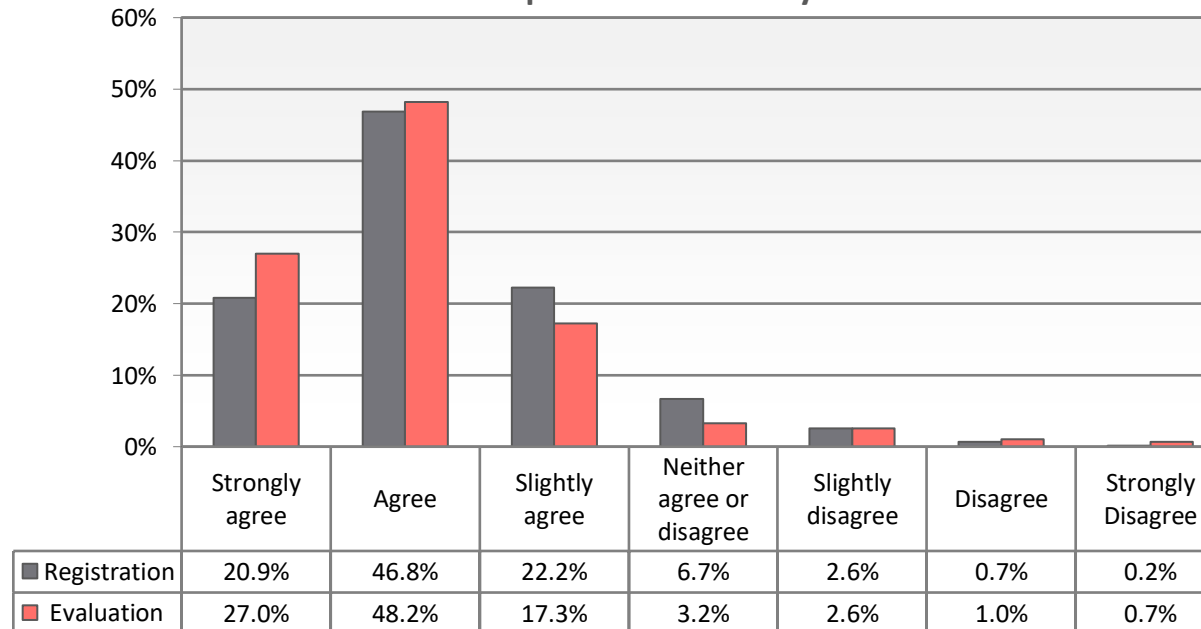
I am competent and capable in the activities that are important to me.



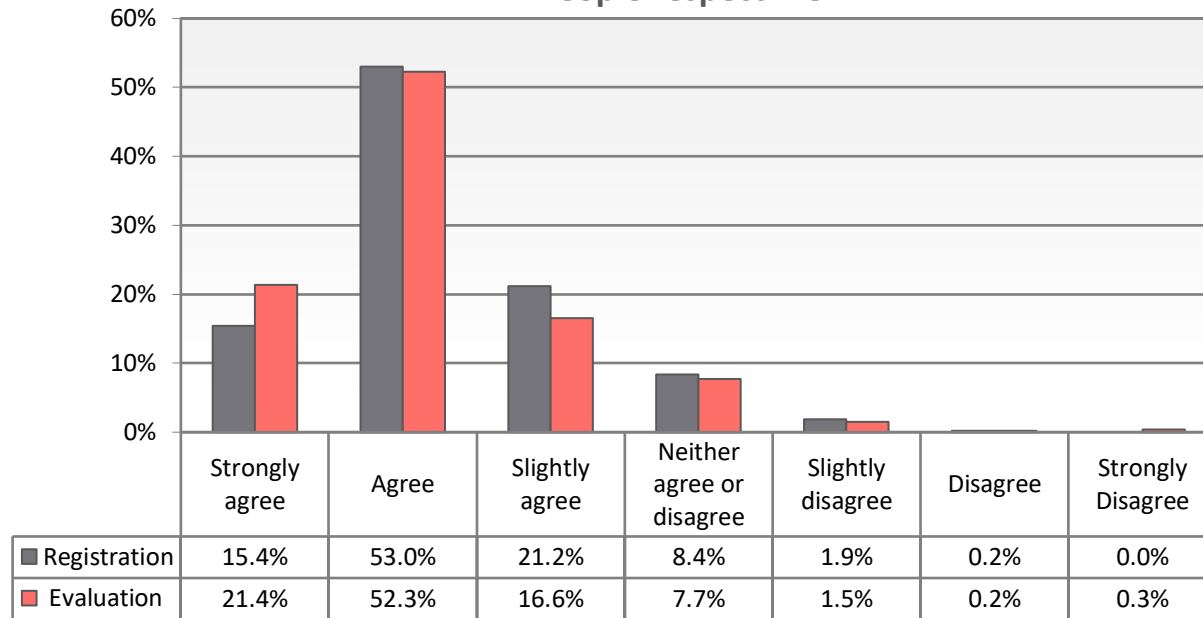
I am a good person and live a good life.



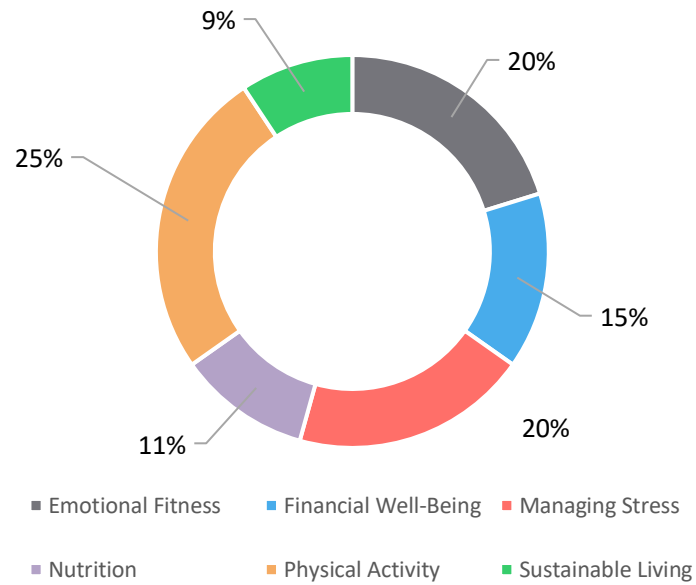
I am optimistic about my future.



People respect me.



Future Campaign Topics





What participants liked most:

"The focus on emotional/mental well-being instead of just physical activity."

"There was a lot of great info shared on the wall and from the daily activities."

"The paintings."

"I enjoyed how each activity was meaningful and practical, yet not overbearing."

"The accountability - I spent each week/day taking care of clutter throughout the home and donating to charity. I also made sure to get outside, even in the rain. I love being outside no matter the weather."

"I love seeing the art as we went along. It was cool to see the art as a reflection of everyone's progress."

"I liked that a variety of activities were provided so I could try out different strategies to expand my self-care repertoire."

"I like the combination of all the exercises. Emotional and physical since we are working from home, its not on my radar to get up and move around as much."

"I did like the helpful tips we received. I saved the link to the 5 minute meditation that was provided through the program."



Success Stories:

"*Work of Art* allowed me to take time to feed my soul and to enjoy creating beauty through mine and others' wonderful paintings! Such a great way to start my mornings." **Kathleen Lewis**

"This motivated me and my coworkers to be more aware of our mental health. We love sharing our stories and seeing each other progress." **Bich Plant**

"I feel that taking some time for myself each morning before starting to work helped me to organize my day. It was nice to accomplish that step first each day!" **Anne Widmer**

"*Work of Art* success was easy and I learned a lot about myself from the daily short quiz and applied new habits. I would like to do this *Work of Art* again." **Paula Williams**

"I feel as though my mental health has gotten better through this and it totally fell in line with things I was doing outside of *Work of Art* on my own. It was exactly what I needed!" **Emily Strong**

Gallery Highlights

