

Prepared by Project: Humanity with Quilin Consulting

PH 1:1 Impact Report



2022



Artwork from the *(en)compass* exhibit at Propeller Art Gallery

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"PH 1:1 has been helpful for their interests and careers. It's an opportunity to interact with folks who are doing the work, and who become these professional and educational contacts."

—Partner Shelter Staff

“The great potential to shift”: a message from our Executive Director

One thing Project: Humanity has gleaned from our work with youth and artists over the past three years is the complex nature of isolation and how damaging it can be to our mental health. For some, social isolation predated the pandemic and will persist well after – but it can be mitigated. At Project: Humanity, we've seen how a positive role model in a creative environment has the great potential to shift an individual from isolation to connection. It can happen in vivid increments.

I hope this report provides a little inspiration about how communities can find new strength by leaning into one another for support. I also hope it makes appreciable the effort required to sustain a program that bloomed rapidly at a volatile time. Whether you've participated, supported, or are getting your first introduction to PH 1:1, thank you for being in connection with us.

Dan Chapman-Smith
ED of Project: Humanity

Photo by PH 1:1 Mentee Sarah Okello



Installing the *(en)compass* exhibit December 2021



The Story of PH 1:1

*"I want you to know **how much light** [PH 1:1] has brought me. Thank you for providing hope, ease and guidance... I will never forget all you did."*
— PH 1:1 Youth Participant

PH 1:1 (originally called the COVID-19 Artist Partnership Program, or CAPP) began in May 2020 as a way to sustain our arts programming for youth-on-the-margins while providing meaningful employment to artists. A 12-week online arts mentorship program, PH 1:1 sought to address the fact that, at the time, 84.5% of youth in shelters were experiencing high symptoms of distress and isolation¹. In a population where 39% struggle with their mental health at the best of times, we knew that access to an arts practice in this pandemic era was a critical factor for their social and emotional wellbeing.²

PH 1:1 by the numbers:

9 Long-term Community Partners

90 Mentorships Launched So Far

30+ Artistic Disciplines Explored

\$118K Remunerated to Artist Mentors

967 Completed Mentorship Weeks

36 Artists Featured at Our PH 1:1 Art Exhibit



PH 1:1 Mentee Tasmin at the (en)compass exhibition launch in December 2021

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

² <https://torontofoundation.ca/vitalsigns2021/>

The Story of PH 1:1 (Continued)

PH 1:1 provides an opportunity for young people to be mentored by a professional artist in any artistic practice they choose. In addition to nurturing creativity, growth and expression, the partnerships result in meaningful and consequential relationships.

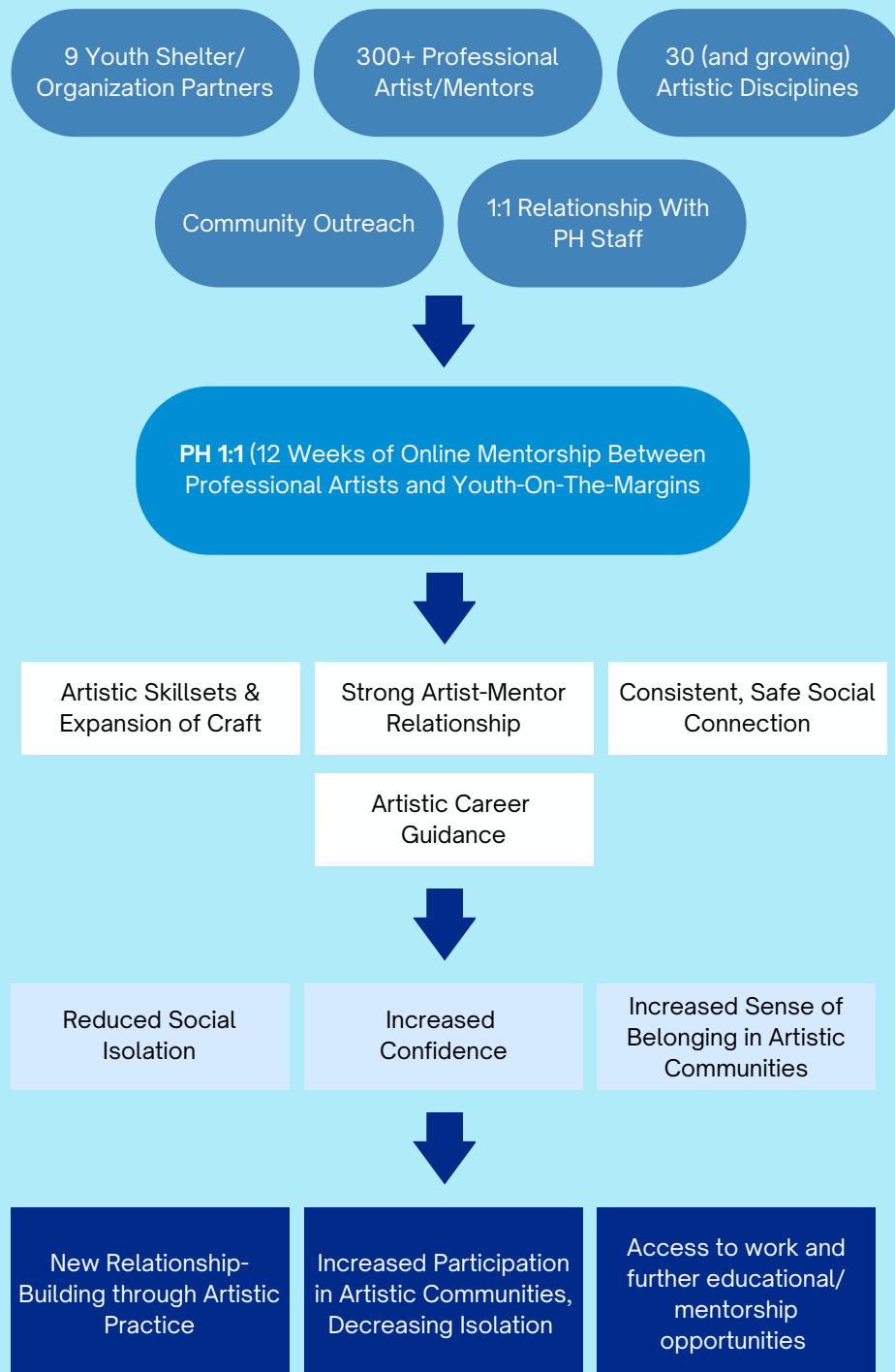
In just 2 years, PH 1:1 has become the GTA shelter system's most robust and accessible arts-based mentorship program.

The program – now offered through 9 community partners from Etobicoke to Scarborough – has not just sustained, but increased our engagement with youth facing the greatest barriers to accessing arts education. And our mentorships – as framed by Project: Humanity's 'process-over-product' ethos – have demonstrably built up youth resilience in our city. What's more, PH 1:1 has connected young people with new artistic opportunities and communities so that they can carry their burgeoning practice into the future.



Our PH 1:1 Theory of Change

PH 1:1 engages some of the city's most isolated youth and moves them towards connection, creativity and community. This process, outlined in our Theory of Change, is driven by relationships. Project: Humanity's longstanding relationship to Toronto's youth shelters, our relationship with local artists, and the deep relationships between mentors and mentees are the life force of the program.



Three Key Program Strengths

1. Creating matches that work

*"I'm really happy -- [I was] matched with a female and that **makes me more comfortable**. We have the same country back home and speak the same language and so we have things we can connect on more than I expected..."*

- PH Youth Participant

Creating a successful mentorship match offers someone to rely on.

77.5% of homeless youth in Toronto significantly attribute leaving home to an inability to get along with their parents,¹ and are "much less likely" to have someone to rely on.² Our initial conversation with each youth invites them to share about their artistic goals and also identity preferences to help match them with an ideal mentor. For many mentees, **it is much easier to create a trusting connection with someone who shares similar lived experiences**. This in turn opens youth participants up to new artistic endeavours they would otherwise have never attempted. This approach combined with our roster of over 300 artists ensures PH can make matches that work.

"A lot of (the youth) don't have friends or family they're super connected to, [this mentorship] adds another support person in their life -- especially someone outside the shelter. Staff are seen as staff, this is a support person."

- Youth Shelter Staff

100% of youth express approval of their mentor pairing

"I wouldn't change her for anyone"

87% express enthusiastic approval

"Yes! She's 100% the person I was meant to be with."

93% of youth reported feeling less isolated as a result of PH 1:1

¹ <https://www.evas.ca/about-us/facts-about-youth-homelessness/>

² <https://torontofoundation.ca/vitalsigns2021/>

2. Eliminating barriers to access

*“What drew me to the program is not only what I've heard about the program in general like the learning flexibility... **but it's about the people.** Like Max [program coordinator] and [my] mentor Zorana. I mean, their kindness was overwhelming—so rare.”*

- PH 1:1 Youth Participant

Youth-on-the-margins face significant challenges in their day-to-day life.

Homeless youth are 6 times more likely than the general population to experience violence¹, can have difficulty developing trusting relationships, and experience high levels of anxiety and depression². These issues commingle with systemic barriers that keep youth from valuable social programming. We work to make PH 1:1 accessible to as many youth as possible. In addition to our pedagogical approach, which views young people as the experts of their own experience and prioritizes deep listening, several of the program's core components mitigate barriers to access:

- Our network spreads across 9 organizations in the GTA, and our program continues to serve youth transferring between or transitioning out of them.
- We connect through cell phones and computers, which is a comfort zone for many young people.
- We source all materials needed for the youth to participate in the program — from instruments and art supplies to computer devices.
- Youth can pause, resume and even extend mentorships based on their individual needs.
- Our one-to-one format allows mentors to customize their pedagogy and youth to take risks “at the speed of trust.”

¹ <https://homelesshub.ca/sites/default/files/WithoutAHome-final.pdf>

² <https://yws.on.ca/who-we-are/youth-homelessness/>

3. Opening doors to community

"[My mentor] has been motivating me to apply for other arts programs. I got into imagiNATIVE as well as other film festivals."
— PH 1:1 Youth Participant

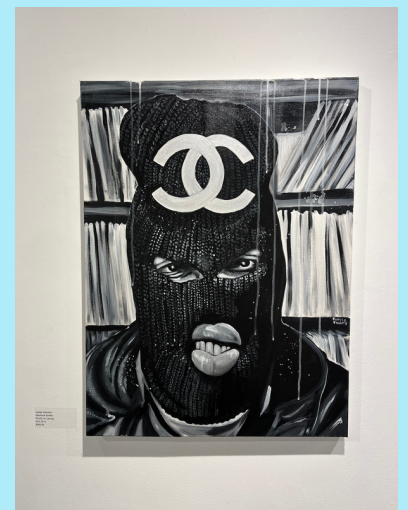
The value of our mentorships isn't limited to a 12-week window.

Research shows that the arts can mitigate the causes and effects of homelessness, in part through building social supports and connections, community integration, and skills that can be used in the future for careers in the arts and beyond.¹ PH 1:1 has connected participating youth to various arts communities such as SKETCH or artist-run collectives. **Nearly 1 in 3 youth who emerge from PH 1:1 extend their new arts practice** in proactive and enduring ways.

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youth have had professional development opportunities resulting from PH 1:1

*"Through Robert[my mentor] I got the opportunity to be the pride youth ambassador; before I wouldn't have taken **a moment to be in the spotlight**. I went to a screening with Robert of a gay film and they connected me with some folks from Pride Toronto and it all fell into place from there."*
— PH 1:1 Youth Participant



From left to right: "kokal hermit" by majnus (IG: @majnus666), "untitled" by Cela, "Westside Buffalo", Lesley Hamilton

¹ https://www.homelesshub.ca/sites/default/files/attachments/COH_Art_Making_Difference-FactSheet.pdf

(en)compass exhibit: art from the PH 1:1 mentorship program

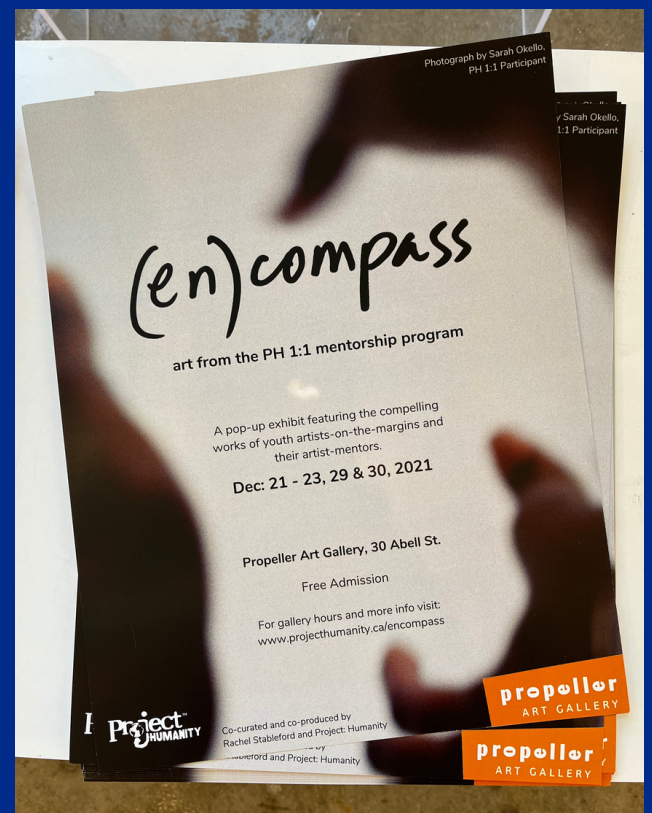
In December 2021, Project: Humanity produced a week-long exhibit wherein 16 PH 1:1 graduates had their work displayed on a professional gallery wall for the first time.

"I would describe it as a beautiful, comforting, encouraging motivating experience that I think is changing my life in a way, to be honest."

- PH 1:1 Youth Participant Sarah Okello

Particularly affecting was that their paintings, photographs, sculptures and short films were presented alongside the work of their respective mentors. Hosted at Propeller Art Gallery, the 4-day run garnered over \$1000 in sales that went directly to the youth and artists.

One youth participant, emerging photographer Sarah Okello, has gone on to receive a sponsored membership at Propeller Art Gallery for a full year (Valued at \$1,680 CAD).

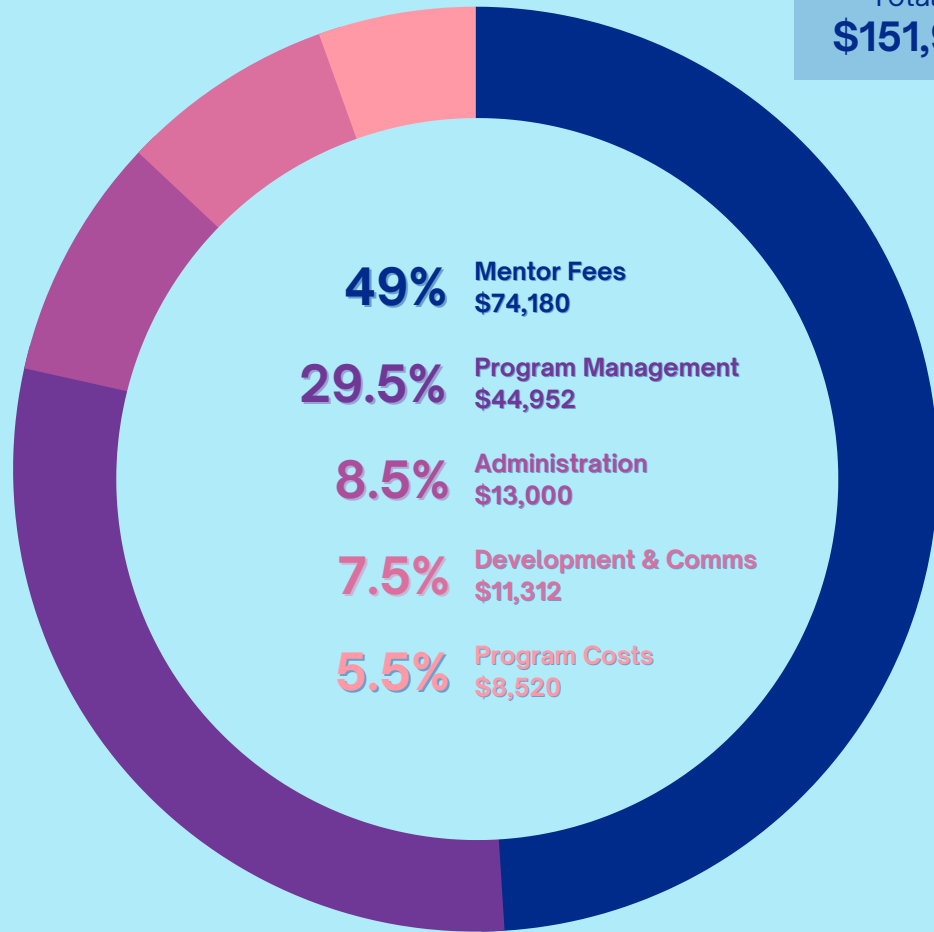


From left to right: Sarah Okello at the (en)compass exhibit, event posters for the (en)compass exhibit

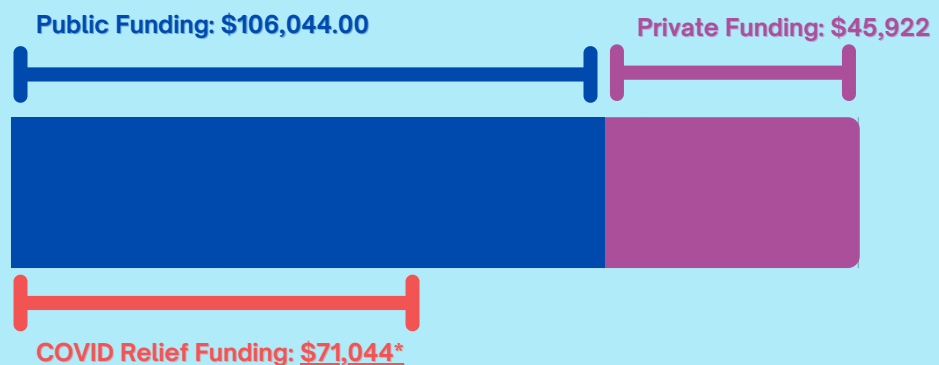
The PH 1:1 Budget Breakdown

PH 1:1 Expenses

Total Budget
\$151,966.00



PH 1:1 Revenues



*One-time Covid Emergency Funding allowed PH 1:1 to take root. Project: Humanity now works concertedly to ensure the program's sustainability.

Mentorship Spotlight: Mikaela and Joy

Mikaela Lily Davies (Top) and
Joy (Bottom)

Mikaela was exactly what Joy was looking for in a mentor for her writing: passionate, very active in their field, and open to letting her learn in a way that works for her. As Mikaela, explained, *“Project: Humanity offered excellent training in letting the youth guide the mentorship... and the more I let go, and the more I ease into it, the more Joy shows up.”*

As Joy’s confidence as a writer began to grow, so did her passion for the craft.

“Reigniting your passion in an environment that specializes in fostering it, is as important as healing; It reminds me what I’m healing for... it gives me a little taste of what I’m working towards.”

— Joy



Joy and Mikaela at Beloved: A Celebration of Toni Morrison

Beloved: A Celebration of Toni Morrison

Mikaela asked PH to reach out to Toronto's Luminato festival about their event celebrating Toni Morrison and other Black female writers, and was invited to bring Joy to the show. This would be Joy’s first time seeing role models on stage that truly inspired her.

After the show, Joy got a chance to meet the show's director. *“This director... the way that she received me being in that room was so refreshing. For once I saw myself living beyond the title of a ‘Covenant House kid’. ...It was hopeful. In a word, that’s what this has all given me.”*

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

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Fondation Trillium de l'Ontario

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