

AWBW / A WINDOW BETWEEN WORLDS

Fact Sheet

Trauma and Art:

- Up to 70% of people will be impacted by trauma in their lifetime¹
- Up to 43% experience trauma by the age of 18²
- Creation of art³:
 - reduces distress
 - increases self-reflection and self-awareness
 - alters behavior and thinking patterns
 - has positive physical effects
 - causes specific brain regions to interact, leading to stronger resilience



Mission: A Window Between Worlds is dedicated to cultivating and supporting a network of transformative arts programs that empower individuals and communities impacted by violence and trauma.

Vision: A Window Between Worlds views art as a catalyst to release trauma, build resilience and ignite social change. When individuals create art in a safe community they can be heard and respected: replacing violence and shame with safety and hope.

Scope: In 2014 A Window Between Worlds (AWBW) unveiled a new mission, reflecting cross-sector and trauma-informed care approaches. During its first 23 years AWWB centered its outreach in the field of domestic violence, providing art interventions for over 159,000 women and children nationwide. Through the requests of trained Windows Leaders, as well as an ever-expanding understanding of trauma, our programs are now facilitated for a variety of populations impacted by violence and trauma.

Partnering California agencies include Habitat for Humanity - SF/SCV, The Salvation Army Haven, Los Angeles Unified School District, YWCA Wings, The Joe Torre Safe at Home Program, Jewish Family Service, Good Shepherd, The Latina Center, Peace Over Violence, UCLA CARE, and South Asian Network.

We continue exploring new partnerships with human service agencies, along with engaging the community through art initiatives, as we celebrate our 25th Anniversary. AWWB holds new trainings regularly, are launching a new initiative with Los Angeles-based artist and former gang member Fabian Debora, and hosted our first ever Art Transforming Trauma Conference in June 2016.



2015 Arts Programs Impact:

- 23,814 Participants; 1,173 Trained Windows Leaders; 361 Locations
- Children's Windows Program Leaders:
 - 98% reported witnessing significant healing
 - 93% reported improvement in children's relationships with parents and peers
 - 99% reported children's improvement in handling anger and conflict
- Adult Windows Program Participants:
 - 95% more easily expressed themselves
 - 92% claimed more courage and ability to make decisive steps forward in their lives
 - 94% felt more positive about themselves



1: Public Education Committee, ISTSS, (2000). *When a friend or loved one has been traumatized* [pamphlet]. 2000. Retrieved from istss.org/public_resources

2: Public Education Committee, ISTSS, (2000). *Children and trauma* [pamphlet]. Retrieved from istss.org/public_resources

3: Bolwerk, A., Mack-Andrick J., Lang F.R., Dörfler, A., Maihöfner, C. (2014) *How art changes your brain*. doi:10.1371/journal.pone.0101035