

Heard. An arts program for silent stories.
Because everyone deserves to be heard.

2022 Annual Report



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Heard's mission is to foster creativity, confidence, self-worth, and life skills to adults, families, and youth in need who are marginalized, underserved, unknown, and unheard by offering them artistic expression through experiential instruction and participation.

Message from our Executive Director

Dear Heard supporter,

What a whirlwind of a year! You have helped so many people in need through Heard. I didn't realize all that we accomplished until our board chair (also our editor and my husband) reminded me that this letter must be one page long and readable. No 4-point font allowed! It's been a challenge to squeeze all of your work into this tiny space.

Here's our "top 6" Heard accomplishments in 2022, thanks to YOU:



Offered 229 classes with 16 program partners to 1,999 non-unique participants. This is a nearly tenfold increase from 2017, and our sixth consecutive year of growth!



Developed six measurable outcomes for our clients, program partners, and art team.



Invested in our art team. We contracted with Dr. Tasha Golden to lead a 90-minute "Mental Health & Trauma-Informed Practice for Artists and Teaching Artists" that specifically addressed the how-to and unique value of bringing art to trauma survivors.



Held our annual writing contests with the William G. Truesdale Adult Detention Center and Arlington County Detention Center. The incarcerated in Alexandria submitted 18 entries (11 poems, 5 fiction, 2 nonfiction) written by 9 authors. Their awards ceremony was held virtually again this year, and we hope it is held onsite in 2023. The Arlington authors submitted 37 original works (20 poems, 5 fiction, 12 nonfiction).



Participated in an Alexandria-wide "Party for the Arts." Emmy-winning actor/producer and Heard artist teacher Mike Baker performed three poems written by the incarcerated at the William G. Truesdale Adult Detention Center as part of our annual writing contest with them.



Facilitated workshops with the Ohio Arts Council to enable communities to create their own programs. The initiative, called "KickstART", takes participants through our process of hiring local artists to support local needs. One Ohio community created a public art event, and the other will hire artists to support youth in grades 5-12. Both programs should launch in June/July 2023.

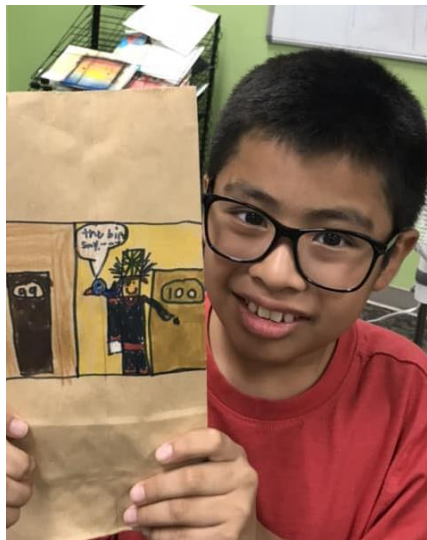
I hope you take a close look at the many comments from our clients, program partners, and art team. We are truly bringing good to the world, one card, one poem, one song at a time. I can hardly wait to see what 2023 brings!

Jane

A Look Back at 2022

2022 by the numbers

- 229 classes - a new record!
- 1,999 participants (non-unique individuals) - a new record!
- Writing contests in two detention centers with 55 entries from 34 authors
- 16 committed program partners
- 14 outstanding artists
- \$22,235 raised in our second year of Spring2ACtion, and second place in the small nonprofit category



A Special Note about Writing Contests

Not all our work is done through classes. Heard holds writing contests each year with the Alexandria Detention Center and the Arlington County Detention Facility. Local poet laureates, writers, and publishers judge the poetry, fiction, and nonfiction entries, and the top three winners receive small cash prizes for their commissary accounts. Entries are posted on the Heard website (with permission), shared at public events, and published in local media.

Our Program Partners



City of Alexandria Department of Health and Community Services

- Domestic Violence Shelter
- LGBTQA Task Force
- Sexual Assault Support Group
- Substance Abuse Outpatient Services

City of Alexandria William G. Truesdale Adult Detention Center



Friends of
GUEST HOUSE



casa
Chirilagua



NOVA JUVENILE DETENTION CENTER



COMMUNITY LODGINGS
Opening Doors to Independence



**Carpenter's
Shelter**



DOORWAYS

Senior Services
OF ALEXANDRIA

Together We Bake



Arlington County Detention Facility

- Community Readiness Unit
- General Population

"Heard has been such an amazing partner! The teachers have brought creative, engaging activity that the kids love. Thank you Heard!"
- Casa Chirilagua

"The classes opened the minds of our clients and helped move them forward. Job well done."
- Community Lodgings

"The ladies rave about the different ways in which HEARD empowers them to look at the world differently and be bold in their expression and or just having an opportunity to express themselves on paper."
- Friends of Guest House

"(we) truly appreciate our partnership with Heard. The Heard team provides art-based programs that we do not have the expertise or capacity to offer. They provide a community service and fill a gap that engages our members and clients in a creative and healing way."
- The Alexandria LGBTQ+ Task Force, Sexual Assault Center, and Domestic Violence Program

Client Feedback

"Everything said during the [spoken word] class left a huge impact on my heart. I heard so many things today that we said so perfectly. I want this class more." – Friends of Guest House



"I loved this [improvisation] class. This would help my mind less separate from my body." – Sexual Assault Survivors Group

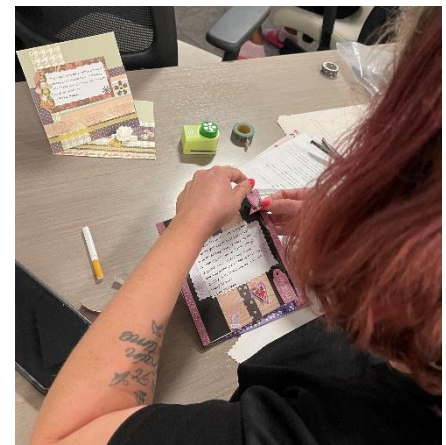
"I had no idea how deep I could look inside myself and write what I feel on paper." – Friends of Guest House



"[I] Learned to speak up, express my inner thoughts, sharing life story, learn from others' story, get confidence to [stand] in front of people & tell something that impacts others' life." – ALIVE!

"[Creative writing] Gave me inspiration to writing a book later in life." – Together We Bake

"I think etiquette was kind of hard to learn in the beginning, but the more I practiced the better I got and it made me feel like a lady. Now I can teach my family about proper etiquette!" – a 12-year-old girl from Space of Her Own



"[Visual art] made me want to do art on my own...First art class at 49 and I loved it." – Friends of Guest House

Our Outstanding Art Team

and what they said about clients, classes, and Heard



Solveig Eggerz
Creative Writing



Wendi Kaplan
Poetry



Nina Sichel
Creative Writing



Alexandra Fleming
Creative Writing

"Witnessing this transformational creativity and them using their agency is a spiritual journey for me that I truly cherish."



Fannie Allen
Etiquette

"This is why I do what I do: to guide others into experiencing just how powerful writing can be, to help them find their own voices and thoughts in a supportive and non-judgmental environment, and, of course, help them to feel heard in a safe space."



"Amazing!! EVERYONE shared! They were so invested in their work and at several points it was just peacefully quiet. So awesome to be a small part of the journey for these women...I love this group! —I love working with you!"

Our Outstanding Art Team

and what they said about clients, classes, and Heard



**Sharmila
Karamchandani**
Visual Arts



**Christopher "C."
Thomas**
Spoken word poetry



Keely Kirk
Improvisation

"The joy on her face was priceless. This is a very shy woman and barely speaks [at the Alexandria Detention Center]. She was so happy to show me her floral bouquet vase...the joy on her face and her the surprise on her face that she could draw this was priceless."

"Becoming a teaching artist for Heard has inspired my creativity and has kept me on my healing journey. Every moment I stand before a class, I am reminded why I walked away from Corporate America to pursue my dream of becoming a full time artist. Heard is the catalyst for that decision."



Bharati Soman
Singing

"Wow! What a wonderful [improv] session.... to focus on connection and healthy ways to deal with worry... [It was] so much we're going to continue where we left off next week! It is an honor to work with these two wonderful human beings."



**Elizabeth (Betsy)
Allen**
Creative Writing

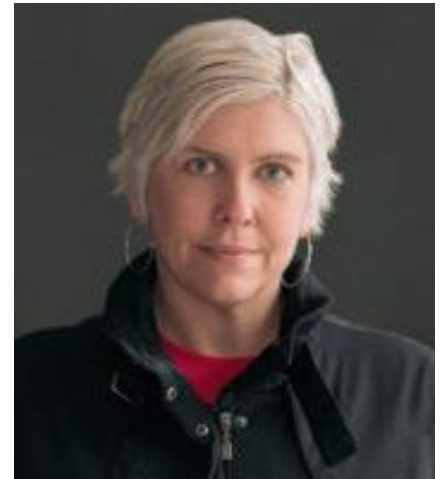
Our Outstanding Art Team

and what they said about clients, classes, and Heard



Phallon Perry
Creative Writing

"One participant told me that my class is her favorite. Don't we all love to hear that?!"

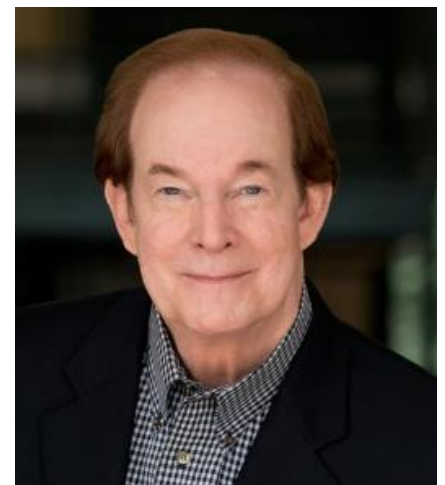


Sarah Lavan
Dance

"...two of the ladies actually volunteered to sing into the mic! They stayed in their seats rather than standing up at the front, but I'd call it progress! It's interesting how each week, the songs seem to have a running theme. Last week it was addiction. This week, there were a lot of songs with a message of friendship and/or strength. I did start them off with Kelly Clarkson's 'What Doesn't Kill You Makes You Stronger.'"



Alison McHugh
Visual Arts



Mike Baker
Acting, Public Speaking,
Voiceovers

More from our Program Partners



"The participants get so much out of the programs Heard offers at ACDF. We are so grateful for our partnership with Heard. The instructors are great at what they do. Even during challenging times and having to deal with virtual programs and numerous lockdowns the instructors are always flexible and positive."

"I just wanted to add my appreciation to that of our residents. I can see that your dedication and care (both for the classes and our residents) has made such a difference in their self-confidence and development. Thank you for all you do!"

"I love your organization and the more we work together the more I see how comfortable the instructors are with our women and the relationships they build and especially the impact that the workshops have on the women."



"Thank you so much for spending the last three weeks with (us) We're excited our girls are now equipped with so many new etiquette skills that will continue to help them throughout their lives...We appreciate you sharing your time and knowledge with us!"

"The women raved about today's class. I am delighted and grateful that the women were engaged and the workshop was filled with laughter and knowledge!"



"You are the class that they do not want to miss."

By the Numbers

Heard Financials January - December 2022		
<u>Income</u>		
Federal, state & local government	City of Alexandria	12,500.00
	Virginia Commission for the Arts	<u>7,425.00</u>
Total federal, state & local government		19,925.00
Private Contributions & Grants	Individual contributions	17,610.93
	Foundations	16,830.00
	Businesses & corporate sponsors	1,123.01
	Other	<u>108.00</u>
Total Private Contributions & Grants		35,671.94
Program Reimbursements		<u>1,100.00</u>
Total Income		56,696.94
<u>Expenses</u>		
Contract Services	Artist compensation	24,850.00
	Executive Director	7,500.00
	Strategic Planning	2,795.00
	Web site support	2,454.31
	Training	<u>1,500.00</u>
Total Contract Services		39,099.31
Operations	Advertising	385.00
	Technology & computer software	654.78
	Postage & delivery	407.80
	Space rental	240.00
	Supplies	466.09
	Writing Contest Prizes	<u>418.05</u>
Total Operations		2,571.72
Business Expenses	Business Registration Fees	205.00
	Memberships	<u>120.00</u>
Total Business Expenses		325.00
Other Expenses	Insurance - Liability	1,131.00
	Mental health grant expenses	<u>2,072.77</u>
Total Other Expenses		3,203.77
Total Expense		45,199.80
Net Income		11,497.14

Major Contributors

City of Alexandria
**OFFICE OF
THE ARTS**



**MASON
HIRST** 
Foundation

**NATIONAL
ENDOWMENT** for the **ARTS**
 arts.gov



Hess Collins Family Fund

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Founder & Executive Director



Gloria Wright
Board Member & Secretary



Dallice Joyner
Board Member



Julie Cupp
Board Member & Treasurer



Patricia Washington
Board Member



Michael Collins
Board Member & Chair

Heard.

An arts program for silent stories.
Because everyone deserves to be heard.



“That was awesome!”

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Website: heardnova.org

Heard

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