

transcendANCE

Youth Arts Project



2019

ANNUAL REPORT

200 EAST 12TH ST. NATIONAL CITY, CA 91950

www.tdarts.org 619-474-4903

transcendANCE's mission is to guide young people in underserved San Diego County communities to transcend barriers, expand their ambitions, and create positive change for themselves, their families, and communities, through dance and performance.

COMMUNITY – We provide our students and alumni with a second home that promotes safety and belonging.

CREATIVE EXPRESSION – We teach our students and alumni about the power of creative expression in developing emotional and social resilience.

COURAGE – We help our students develop the courage they need to challenge the barriers they face and expand their ambitions.

COLLABORATION – We create strong partnerships, programs and performances with our students, alumni, staff, artists, grantors, donors, and community partners.

COMPASSIONATE COMMUNICATION – We treat each other with kindness and respect. We listen and help our students give voice to their experience.

CHANGE-MAKING – We have a passionate commitment to collective action to improve our students' well-being and success. We create a platform to amplify their voice in the communities they live in.

CULTURAL COMPETENCE – We demonstrate the highest degree of sensitivity to social, economic, and political issues that affect our students in our interactions with them, their families, the community and each other.



“Being a part of this program means almost everything to me. When I’m here I feel like I can truly be myself and not be judged.”

Jackie, age 13

“What transcendANCE means to me is a safe environment where they help you find the better version of yourself.”

Alma, age 15

“I enjoy dancing with transcendANCE because not only does it teach me dance, but it helps me learn about myself. transcendANCE is a safe haven for me, surrounded by understanding and supportive people.”

Akira, age 17

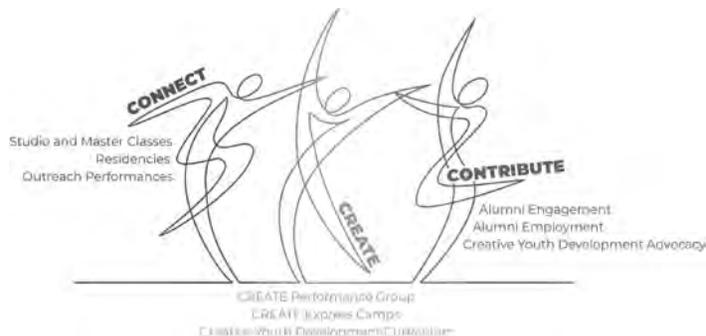
TRANSCENDANCE PROGRAM MODEL

transcendANCE programs and services are delivered through a unique three-tiered program model: **Connect, Create, Contribute**. There is no fee to participate in any of our programs. They are 100% free for the youth we serve.

Our **CONNECT** programs include year-round dance classes at our National City studios, Community-Based Residencies, Professional Choreography Mentorship Residency, and Performance Residencies.

CREATE is our flagship program. In our CREATE Performance Group, we do our deepest work with teens selected every year through an audition process. We also offer intensive, five day CREATE Express Camps in partnership with local schools. CREATE uses a unique social change curriculum that combines movement, dance, and the expressive arts with self-reflection, community building and a culminating community performance.

Through **CONTRIBUTE**, our alumni engagement program, many transcendANCE students return as alumni to take on leadership roles as choreographers, teaching artists, and volunteers. They become the role models and mentors who inspire and motivate incoming students.



CREATE 2019 HIGHLIGHTS

Our core program, the teen **CREATE Performance Group**, celebrated its 14th year. Through CREATE, a student cohort receives 400+ annual program hours featuring dance and their performing arts education experiences, therapy/counseling services, a weekend retreat, and leadership training and mentoring.

HEARTS IN ACTION

Each year, the CREATE Performance Group cohort selects a socially relevant theme to guide the creative process.

The 2019 theme was kindness. The theme was explored at a spring retreat held at Camp Stevens. Our Writing and Theater Director, Becky Bellingham, continued to explore what kindness meant to our students as we prepared for *Hearts in Action*.

In the summer of 2019, our students – 18 teens and 9 alumni transitioning into college plus 7 teaching artists and choreographers created *Hearts In Action*, professionally staged and presented to 550 audience members at the Lyceum Theatre.



The Numbers: 2019 Program Impact

375
youth and
young people

3500+
audience
members

830
program
hours

*I want to be famous for comfort,
for those who need a healing heart.*

*I want to be famous for challenges, for taking risks,
for facing every obstacle that comes my way.*

*I want to be famous to the beats- that allow me to be myself,
to every step I take as I spin to the rhythm of the music.*

*I want to be famous to the playground,
for those laughs that made me feel in another world.*

*I want to be famous to the swing and the breeze
for telling me that there's no limits.*

*I want to be famous like a star that is capable of shining in the dark
sky. I want to be famous for confidence, for reaching far and
beyond without being influenced by judgmental comments.*

*I want to be famous for kindness, for being there for my friends,
my family, for being able to feel the connection of the emotions
being shared.*

*I want to be famous for loving my friends, for giving them my
time, my support, for making sure they are able to smile again
when they are feeling down or having trouble.*

*I want to be famous to my family. I want to appreciate their
hard work, which gave me a chance to be who I am now.*

*I want to help others like the way my parents did--
for giving me those warm meals and those talks that
made me open to a new chapter for my story.*

*I want to help those with worries, with frowns, with stress,
with tears running down their face.*

*I want those who I help to feel that they're not alone.
That there's still hope and love.*

*I want to be famous for hope, for being able to give
people another chance, for being there beside them
when they need it the most.*

Original writing by Linzy, Hearts in Action performer

OTHER CREATE HIGHLIGHTS

- transcenDANCE ran a **summer 2019 dance series** that brought in accomplished teaching artists from our community – Eric Geiger who is on the dance faculty at UCSD and Leslie Seiders who is a member of the dance faculty at SDSU.
- In the summer of 2019, transcenDANCE was **selected as one of Jason Mraz's community partners** for his production of *SHINE*, a musical adventure.
- In the fall of 2019, an expanded teen CREATE Performance Group began rehearsals for our Jason Mraz concerts on February 14 and 15, 2020. These rehearsals marked the **launch of transcenDANCE's commitment to a year-round CREATE program.**
- Additionally, **drop-in studio dance classes for middle school students** began in the fall of 2019, laying the foundation for the middle school Performance Group launched in 2020.
- **Mental health services** continued to be part of the holistic offerings extended to CREATE students and alumni through individual therapy, group counseling sessions, crisis intervention, and resource referrals through an on-site therapist.
- **Leadership, Life Skills and Wellness training** was provided through new partnerships with The Ken Blanchard Companies, Mission Federal, and True Life Center.
- In 2019, **transcenDANCE worked with 20 community partners** in support of its CONNECT and CREATE PROGRAMS

CREATE

CREATE EXPRESS CAMPS HIGHLIGHTS

Two simultaneous spring break camps were facilitated for 40 middle school students from King Chavez Prep Academy with stunning PEAR results.

transcenDANCE measures its impact with the Harvard University developed Program in Education After-school, and Resiliency (PEAR) assessment tool. Here are our PEAR results from our CREATE EXPRESS CAMPS:



Pre-post comparison of our students that participated in CREATE Express Camps shows most participants experienced increases in social emotional resiliencies.



Students participating in a workshop with Beijing Dance

CONNECT HIGHLIGHTS

- transcenDANCE piloted a community residency at Our Safe Space in Chula Vista – consisting of dance theater workshops for young people who identify as LGBTQIA+.
- Our Artistic Director and five alumni developed an intergenerational curriculum EXPRESS YOURSELF for youth and families living in temporary shelter at Golden Hall. Weekly workshops that inspired, brought joy, and created feelings of connection and safety through dance, movement, drawing and reflecting were offered.

The opportunity for creative expression was an important alternative to self-limiting expressions of frustration, anger, and anxiety the youth at Golden Hall often experienced every day.

- transcenDANCE's robust partnership with USCD Art Power continues – it's in its 14th year.
- In January 2019, we celebrated the last performance of an artist-in-residency project at ARTS DISTRICT Liberty Station.
- The Port of San Diego invited us to perform in a series of site specific performances on the waterfront in December 2019 to activate public spaces through the performing arts.
- In 2019, transcenDANCE students had the opportunity to participate in a master class with Beijing Dance. In addition, students went on a performance outing to see the Nutcracker.
- Our partnership with Malashock Dance gave 9 students an opportunity to learn about choreography development and create an original dance performed by Malashock Company Dancers at the Lyceum Theatres.

CONNECT



CONTRIBUTE

CONTRIBUTE HIGHLIGHTS

transcendANCE stays connected to the alumni of our CREATE Program in multiple ways. In 2019, twenty-one alumni received paid work as choreographers, teaching artists, class assistants, performers and as Leadership Team members.

In terms of CYD Advocacy, transcendANCE is a founding member of the San Diego CYD network and participates and contributes in all aspects of the Network's activities, cohort work, and events.

CREATE

Create Performance Group

- 27 young people
- 400 program hours

Create Express Camps

- 40 youth in two five-day camps
- 60 program hours

CONNECT

Drop-in Classes at our studio

- 110 youth, 3 times per week
- 200 program hours

Master Classes with premiere teaching artists in partnership with UCSD's ArtPower.

- 50 youth, 4 times per year
- 10 program hours

In-school Residencies and Field Trips for Title 1 middle and high schools.

- 50 youth for 6-12 weeks
- 40 program hours

Community Educational Residencies

- 70 intergenerational participants
- 70 program hours

Community Performances Residencies

- 9 alumni
- 2 Residencies
- 50 program hours

CONTRIBUTE

Paid Opportunities for Alumni

- 21 young people

ORGANIZATIONAL HIGHLIGHTS

Cat Corral, transcenDANCE's Co-Founder and ED/AD was awarded The Clare Rose Sabbatical Program, facilitated by the Fieldstone Leadership Network. Cat took a four month sabbatical from November 2018 – March 2019.

“The program had deep and positive impact on me personally as well as the organization at large. I got to take four months, uninterrupted, to focus on my health and well-being, which has not happened since I founded the organization in 2005. It provided me much needed mental space, play, travel, and reflection time that is vital to my ability to be an effective leader of transcenDANCE. I came back refreshed, re-energized, and feeling like my whole self.”

— Cat Corral

The transcenDANCE Leadership Team co-led the organization while Cat was gone. It resulted in invaluable learning about leadership, teamwork, and interdependence. As a result of Cat's sabbatical, a stronger, more robust and future-focused infrastructure has been created. Two new team members have joined the transcenDANCE team:

Sara Blodgett, Managing Director

Sara has spent over a decade working as a professional in dance education leadership role before joining transcenDANCE. From 2017-2019, Sara served as the Executive Director for the Jean Isaacs San Diego Dance Theater & White Box Performance Space. Prior to that, she developed and directed dance programming for nine years at the YMCA of San Diego County.

Maia Starling, Finance and Operations

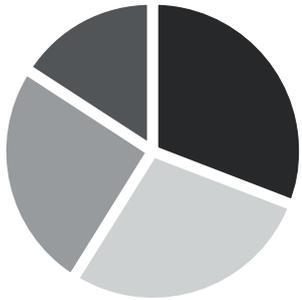
For the past five years, Maia has been working as a client support contractor for a global marketing firm. Prior to this, Maia served as treasurer of several Parent Teacher Associations.



FINANCIAL HIGHLIGHTS & GROWTH

Our contributors helped raise \$399,000, making 2019 an extraordinary year for program expansion and planning for future growth.

In comparison to 2018, we saw increases of 35% in government grants and contracts, and 58% in event and production income.



Revenue

- Government
129,575
 - Individual Contributions
116,727
 - Foundations and Corporations
105,550
 - Events and Other
64,837
- 416,689**



Expense

- Personnel Related
294,494
 - Non-Personnel Overhead
64,963
 - Production and Event
50,560
- 410,017**

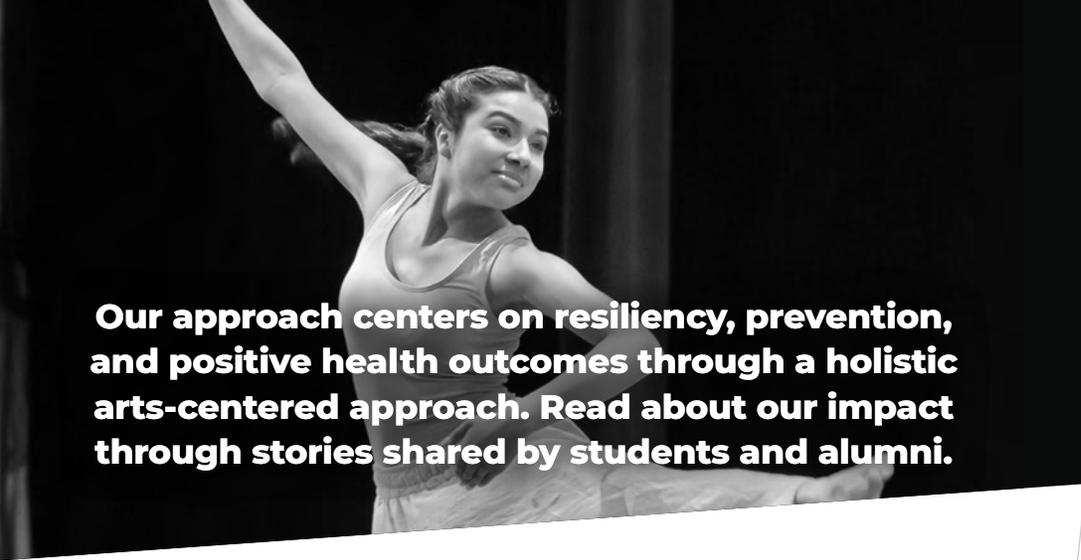
Creative Youth Development (CYD) Programs: A Proven Solution for Positive Outcomes for Youth

CYD programs target young people who are most at-risk for suicide, depression and stress-related illnesses because of the challenges they face – such as poverty, homelessness, and abuse. For 15 years, transcenDANCE has provided young people with tools for their health and well-being that allow them to bounce back from difficult situations and adapt to adversity.

transcenDANCE programs are designed to deeply engage young people in creative expression through dance, performance, and storytelling. We focus on developing young people's flexibility/adaptability (resilience), creativity, critical thinking, communication, and collaboration skills.

Young people who participate in CYD activities are more likely to have a sense of purpose, be physically healthy, and be socially conscious, volunteer, and have better attendance and higher grades in school. They are less likely to experience depression or to engage in acts of violence toward others. (*Adolescent Thriving: The Role of Sparks, Relationships, and Empowerment, Scales, Benson, and Roehlkepartain, 2010*)





Our approach centers on resiliency, prevention, and positive health outcomes through a holistic arts-centered approach. Read about our impact through stories shared by students and alumni.

Linzy dreams of changing her neighborhood

Linzy is a freshman in high school and a second year transcenDANCE student.

After experiencing neighborhood violence, Linzy and her family were searching for a safe place within a community of peers. A community that could help Linzy fulfill her dreams of going to college and proving that anyone coming from the Barrio can be successful. She was introduced to transcenDANCE by Seiha Vor, her 8th-grade homeroom teacher.

"I remember how happy Seiha was when I told him, he said, "You won't regret joining." He was right. In 2018 I started my journey at transcenDANCE and I don't regret any 8 counts since the first step I took in the studio. One challenge that I face throughout my life was always the negativity from students and outsiders. It was not until I began making friends at transcenDANCE that I felt understood and felt a sense of belonging. transcenDANCE and the people involved in it help me fight off negativity and unhealthy relationships. The various writing activities and breathing exercises helped me gain confidence with my mind, body, and soul. transcenDANCE has helped me push through tough situations. I realized that I have the courage to prove that your skin, race, religion or gender does not define you. I know I can be the change in my neighborhood if I set my mind to it."

Seiha Vor transcends barriers and changes lives

Seiha Vor began his journey with transcenDANCE Co-Founder and Executive/Artistic director, Cat Corral, in 2003. He was a member of the original high school CREATE Performance Group. Once facing homelessness, he's now a dance educator at King Chavez Preparatory Academy in Logan Heights. Seiha is also a transcenDANCE teaching artist, choreographer, and mentor. This February Jason Mraz selected Seiha and his transcenDANCE students to be featured in a new music video.

"I joined transcenDANCE to get away from bullying in a non-supportive living situation. TranscenDANCE was my escape. One of my goal now is to give the experiences I had when I was dancing in the program. The middle school I work at needs more resources like transcenDANCE. I want my middle school students to get the same dance and performing opportunity I had. Getting students to the studio has been difficult, students have the drive and passion, but some families are afraid of stepping out of their community due to their citizenship. transcenDANCE has been such a great help with getting the students to and from the studio by providing bus passes and staff giving rides to performances and late rehearsals."





So you can see....transcendANCE becomes HOME for our students!
But the big news we want to share is that we are:

FINDING A NEW HOME

transcendANCE was birthed in City Heights, originally operating out of a converted garage and holding classes and rehearsals in all borrowed spaces. In 2008, transcendANCE moved into a shared martial arts studio in City Heights. In 2012, transcendANCE moved into a bigger and more affordable shared space at the ARTS, A Reason to Survive, campus in National City.

In 2019, it became clear that transcendANCE needed to find a new home. We needed more studio space, better workshop spaces, therapy offices, and office space, and even more importantly a long term lease that would ensure a sustainable future.

In December 2019 we identified an incredible opportunity for new studios, and our hopes and dreams of being in a beautiful, central, and larger new space started to become a reality.

After several months of planning and negotiation, transcendANCE has a clear path to moving into a new home at an affordable housing complex in Lemon Grove that is located right on the trolley line. We launched a Capital Campaign in early 2020 to fund the build out and the infrastructure we need to operate in the space and maximize our programming. It's incredibly exciting! Stay tuned for architectural renderings, building plans, planned program expansion and outreach!

“transcendANCE means the world to me. I like to call it my roots...it's the place where I grew up to be the young man I am today and the person I'm meant to be as a friend, family member, and entertainer.”

— Carlos, alumnus

These accomplishments wouldn't be possible without our Board, staff and creative team and our community partners.

BOARD OF DIRECTORS

Every member of our Board contributes wisdom, work and wealth to transcenDANCE

OFFICERS

Arlene Yang, Board President/Chair – Attorney, Brown Law Group

Dr. Patricia Zigarmi, Board Vice President – Founder, The Ken Blanchard Companies

Yahairah Aristy, Board Treasurer – Deputy Public Defender, County of San Diego

Wendy Endsley, Board Secretary – Charitable Giving Office, Father Joe's Village

DIRECTORS

Carol Mead – Pilates Instructor, La Jolla Shores Physical Therapy, Independent Dance Teacher

DeLinda Forsythe – CEO & Founder, Innovative Commercial Environments

Allie Hayase – Owner/Principal Consultant, AKH Consulting

Julie Wester – Compensation Partner, Becton Dickinson

Talia Morrison, MA, LMFT – Program Manager, Fred Finch Youth & Family Services

Juan Oseguera – Deputy Sheriff, San Diego County Sheriff's Department and a transcenDANCE alumnus '08

STAFF

Co-Founder & Executive/
Artistic Director
Catherine Corral

Development Director
Sara Blodgett

Individual and Corporate
Giving Manager
Cheryl McIlhon

Finance and Operations
Maia Starling

Company Manager
Viviana Alcazar

Life & Academic Coach
Dr. Gloria Bader

Therapist
Ky Ngo Dennis

Associate Artistic Director
Tonnie Sammartano

Writing and Theatre Director
Rebecca Bellingham

TEACHING ARTISTS AND CHOREOGRAPHERS

Viviana Alcazar

Ron Davis

Eric Geiger

Dr. Grace Shinhae Jun

Zack J. King

Jaime Nixon

Seiha Vor

Jae Davis

David "Darkie" Simmons

Tonnie Sammartano

COMMUNITY PARTNERS

Anti-Violence Project

Art Power! At UCSD

Artful Leadership

ARTS, A Reason to Survive

Chula Vista High School

IVAT, Institute on Violence, Abuse and Trauma

Ken Blanchard Leadership Company

King Chavez Neighborhood Schools

Malashock Dance

Nativity Prep Academy

Olivewood Gardens

Port of San Diego

San Diego County Office of Education

San Diego Creative Youth Development Network

San Diego Fieldstone Leadership Network

San Diego State University School of Dance

San Diego Unified School District

South Bay Community Services

Sweetwater High School Arc

The PEAR Institute, Harvard University

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True Life Center

WD-40 Company Foundation

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And we are deeply grateful to our many individual donors. Without their trust, wisdom, generosity, and commitment we could not provide the depth or quality of services we offer the youth we serve.



CLARE ROSE
FOUNDATION INC.





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transcendANCE

Youth Arts Project

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