

transcenDANCE

Youth Arts Project



2022

ANNUAL REPORT

2022: PUTTING DOWN ROOTS & GROWING STRONGER



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

transcenDANCE is a nationally-recognized Creative Youth Development organization that works with youth ages three to 24 years. Our programs change the trajectory of students' lives by building resilience and confidence, promoting creativity and expression, and instilling life-changing skills such as leadership, collaboration, and community engagement.

A NOTE FROM OUR EXECUTIVE DIRECTOR

In 2022, we were honored to receive a three-year pledge in support of our Student Scholarship Fund from the La Jolla Religious Society of Friends, AKA Quakers. Our roots deepened within the community and surrounding neighborhoods, while our programs grew even stronger. More young people than ever accessed our holistic programs and services this year. We added a third cohort of dancers to our CREATE Performance Groups and students honored our new location with the theme, *Echoes of Lemon Grove*, for our 16th annual production in June. The visibility and stability of our new location assure a safe place where young people can have a long-term journey with us, from elementary school into young adulthood. Neighborhood families and surrounding communities now have a place for their children to experience creative expression and mentorship, along with mental, emotional, and academic support, plus life and leadership development. If you still have not seen our new Arts Center, we invite you to come visit us!

Sincerely,

Cat Corral

Co-Founder and Executive/Artistic Director



CULTURAL RESPONSIVENESS

We commit to continually learn and grow about issues and practices related to social, racial, and economic equity so that we can be conscious agents of change.

CREATIVE YOUTH DEVELOPMENT (CYD) PROGRAM

A proven solution for Positive Outcomes for Youth

A nationally-recognized CYD Program, transcenDANCE Youth Arts Project has been working with students in San Diego for 17 years. transcenDANCE provides young people with tools for their health and well-being that allow them to bounce back from difficult situations and adapt to adversity. Because we work in under-resourced communities and partner with Title I schools, we are connecting with the youth who need our programs and services the most and ensuring access. 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, be socially conscious, to volunteer, and to 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 Roles of Sparks, Relationships, and Empowerment*, Scales, Benson, and Roehlkepartain, 2010.)



COURAGE

We support our students as they strengthen their resilience to challenge the barriers they face and expand their ambitions.



PROGRAM MODEL

transcenDANCE programs and services are delivered through a three-tiered program model: **CONNECT, CREATE, CONTRIBUTE.**

CONNECT programs include year-round dance and movement classes, in-school and afterschool residencies, school and community partnerships, site-specific and outreach performances, and field trips. In the transcenDANCE Arts Center, we expanded classes to serve a broader population from age four to young adult. CONNECT serves over 1,000 individuals through direct experiences and thousands more as audience members.

The CREATE Performance Groups are the heart of our mission. CREATE runs through the entire school year and now encompasses three cohorts of students, ages nine through 19 years. 45 students receive 350+ program hours, which combine dance and performing arts training with a social change curriculum, encompass therapy and counseling services, teach life and leadership skills, and provide mentorship by professional teaching artists.



2022 CONNECT HIGHLIGHTS

We also offer robust CREATE Summer Camp experiences in partnership with San Diego Unified and Lemon Grove School Districts to provide holistic performing arts-based programming during the summer months.

CONTRIBUTE, our alumni engagement program, supports young adults as they take on paid roles with transcendANCE as choreographers, performers, teaching artists, and staff assistants, as well as leadership roles as mentors, volunteers, and board members. 2022 launched our very first formal college/university/trade school scholarship program for graduating high school seniors and alumni of CREATE.

transcendANCE increased weekly class options for younger students, offering **three full semesters** of onsite dance and movement classes **for ages four to 13**, including Creative Movement, Youth Dance, and Tween Hip Hop.

We deepened our relationships with **San Diego Unified and Lemon Grove School Districts**, expanding our **school residency work to 11 sites**, including Lemon Grove Academy Elementary, Lemon Grove Academy Middle, Monterey Heights Steam Academy, Mt. Vernon School, San Altos Elementary, San Miguel Elementary, Vista La Mesa Academy, Monarch School, Jefferson Elementary, Hoover High School, and Nativity Prep Academy.

From **January through August**, we again partnered with **Kupanda**, a San Diego non-profit organization that provides African refugee children with mentoring and educational support. Youth were brought to the Arts Center for weekly dance workshops that culminated with a summer performance.


"Some highlights that I experienced was seeing old friends, and meeting new ones, everyone here is so supportive and loving. I love coming here, this is somewhere I could be myself."

—2022 CREATE student



COLLABORATION

We create strong partnerships, programs, and performances with our students, alumni, staff, and artists supported by the resources of our grant-givers, donors, and community partners.



"I learned to be more patient with things, to go with the flow if someone/something happens that wasn't expected, and how to communicate/ make new friends by communicating."

—2022 CREATE student

Through our partnership with San Diego Parks & Rec, we contracted with **Parks After Dark**, a program that transformed area parks over the summertime into safe, family friendly, nighttime entertainment spaces with master Artists (dancers, musicians, and MCs). transcenDANCE led intergenerational dance experiences at the Linda Vista Recreation Center, Skyline Park, and City Heights Performance Annex Park for **six consecutive weeks**, led and directed by transcenDANCE Teaching Artist, Cybele Peña.



During Lemon Grove School District's **5-week summer session**, transcenDANCE led dance residencies for **550 students** in grades Kindergarten through 5th grade. Students participated at their school sites Monday through Friday, during or after school.

2022 transcenDANCE student and alumni Outreach Performance highlights include *Summer Mass Creativity Day* at **The New Children's Museum** in June, the first annual *Summer Citrus Festival* for the **City of Lemon Grove** in July, a back-to-school event for **Lemon Grove School District** teachers and staff at the Joan B. Kroc Theatre in August, a *Welcome Home* anniversary event with the **Minority Humanitarian Foundation** in Lemon Grove in October, and the **Earl B. Gilliam Bar Foundation** gala in November.

We continued working with the **Expressive Arts Institute**, providing a home for their educational programs.

Through our **available rental spaces** at the Arts Center, we **expanded adult arts offerings**, including Eric Geiger's weekly dance class, a yoga program with Jennifer You, and other rehearsal and audition activities with various artists.

Alliance San Diego held their film series, *Amend, The Fight For America*, during the fall at the Arts Center.



CREATIVE EXPRESSION

The work of transcenDANCE focuses on the power of creative expression in developing social and emotional resilience.

2022

CREATE

HIGHLIGHTS

Our core program, the CREATE Performance Group, runs through the entire school year and expanded again in 2022 to include three cohorts of students, serving ages nine through high school. Students can now grow with the program for more than 10 years, from elementary school into young adulthood, with alumni offerings through college and as they enter the workforce.

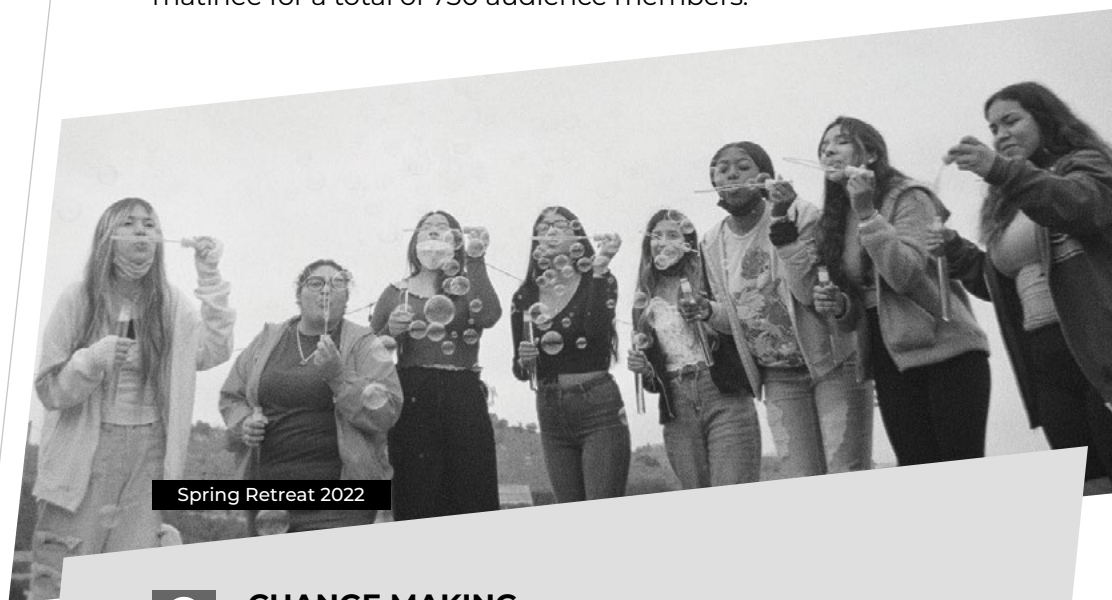
In October each year, CREATE students begin transcenDANCE's unique nine month-long program that combines expressive arts and dance with mental health services, and includes a social change and community engagement curriculum that develops leadership and life skills.

Three cohorts – ages 9-10, 11-13, and 14-18 years – with a total of 45 students work through the school year with professional teaching artists, guest educators, and program mentors to co-create a live-music dance theatre production that is performed in a professional theatre in front of 600-800 audience members.




In April 2022, after two years, we were able to reinstate a valuable part of the program – our off-site retreat. We spent a 12-hour fun-filled day with the junior and teen cohorts in a nature-filled retreat center in Valley Center. The focus was community building, unplugging from technology, and connecting to the natural elements.

Each year, the CREATE Performance Groups choose a socially relevant theme to guide their creative process in producing the annual performance. In 2022, students honored our new location with the theme, Echoes of Lemon Grove. Inspired by local history and the 1931 "Lemon Grove Incident," the United States' first school desegregation court case, the theme work connected identity, family and cultural histories, racism, equity, and activism. The production took place in June at the Lyceum Theatre in downtown San Diego with two public performances and one school partner matinee for a total of 750 audience members.



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 voices.



“My favorite part about camp was being able to talk about my emotions.”

–2022 CREATE student

For the second year, we offered Summer CREATE Camps for three age groups at the Arts Center through the Level Up grant, a partnership with San Diego Unified. A total of 53 students participated 3 days per week for 7 weeks in the program, which included dance, poetry, and technology integration; lunch and snacks were also provided. The camp culminated with a student performance for family and friends in our new Arts Center in August.

The CREATE Youth Leadership Team expanded to eight paid positions thanks to a special grant we received from the County of San Diego. During the fall 2022-2023 CREATE kick-off, teens were hired as outreach performers, team leaders, and costume committee members. These youth leaders co-design the program and bridge to the adult staff. This strengthens peer leadership in the CREATE program.



Partnership Highlight with UCSD Art Power!

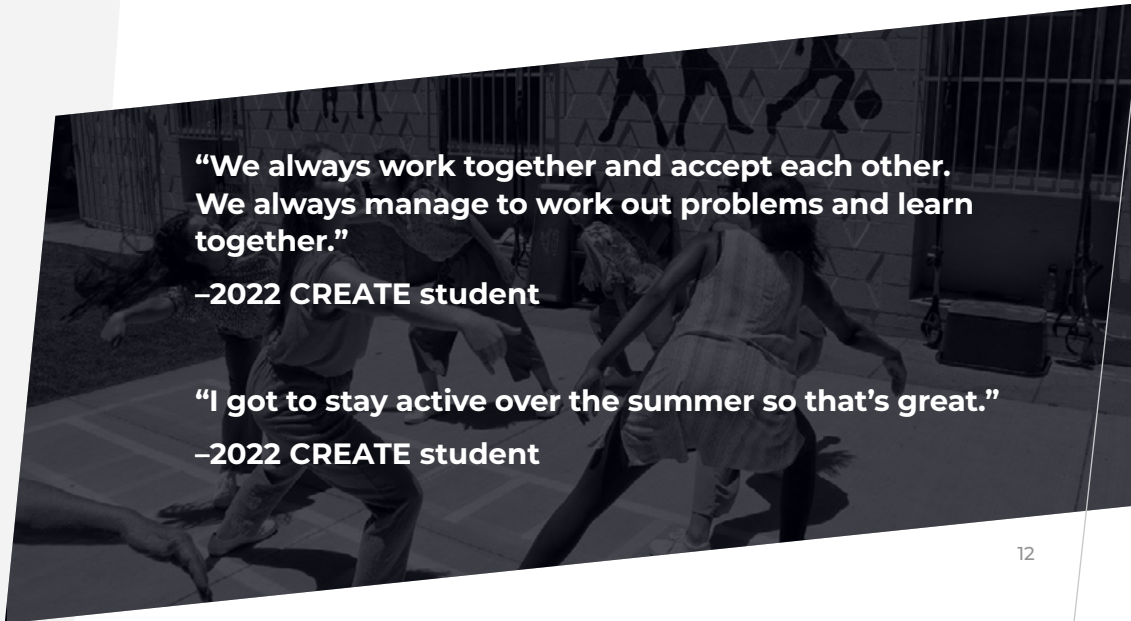
Thank you to **UCSD Art Power** for continuing a 15-year partnership with transcenDANCE! In March, transcenDANCE students enjoyed a special virtual workshop with the Associate Artistic Director of the Ronald K. Brown Dance Company and a breathtaking showing at the Balboa Theatre, EVIDENCE, that focused on the seamless integration of traditional African dance with contemporary choreography and spoken word.

MEASURING IMPACT

2022 Post-Program Data

transcenDANCE utilizes the Holistic Student Assessment (HSA) created by Program in Education, After School, and Resiliency (PEAR). PEAR is a joint initiative of Harvard Medical School and McLean Hospital that provides adolescents with an opportunity to self-report about specific behaviors, beliefs, and relationships. 2022 PEAR Holistic Student Assessment social emotional resiliency goals were strong across the board. The June assessment of our CREATE students revealed the following positive growth rates: **Resiliencies:** 85% increase in action orientation, 81% increase in assertiveness, 83% increase in empathy. In the area of **Emotional Control**, we went from 33% increase during the pandemic to 52% increase – a 19% positive change; **Learning & School Engagement:** 83% increase in learning interest, 75% increase in critical thinking, 77% increase in academic motivation; **Relationships:** 80.8% increase in peer relationships.

Qualitative student responses reinforced the quantitative data. Below are just two of the many examples of positive student quotes about the 2022 CREATE Performance Group experience.



“We always work together and accept each other. We always manage to work out problems and learn together.”

–2022 CREATE student

“I got to stay active over the summer so that’s great.”

–2022 CREATE student

CONTRIBUTE

HIGHLIGHTS

ALUMNI

- **6 alumni** held formal **paid positions** this year as teaching artists, assistant teacher, and guest performers.
- **28 alumni** gathered to cheer on the 2021-2022 CREATE cast at our June performance, *Echoes of Lemon Grove*.
- transcenDANCE's first **formal scholarship** award supported **2 alumni** who are furthering their education at CSU Long Beach (Dance major) and UC San Diego (Biology major), with fundraising efforts underway to bring in a goal of **\$30,000** in scholarship money for 2023.
- We hired our **first full-time staff position** dedicated to academic, life skills, and leadership services for CREATE students; which, in turn, created the opportunity for formal college application support for **7 high school seniors** to meet application deadlines in the fall.



COMPASSIONATE COMMUNICATION

We value direct communication with kindness and respect. We cultivate caring practitioners of our work.

ADVOCACY

- transcenDANCE continues to participate in the **San Diego CYD Network** trainings, meetings, and planning as we strive to make advances as a field.
- The **Union-Tribune** reported on the positive impact of CYD programs on San Diego youth, which highlighted transcenDANCE and our **impact on local teens**.
- **Our Board President, Arlene Yang, and Co-Founder, Cat Corral**, were interviewed for the work they've done with transcenDANCE and CYD in San Diego for Drew Scholsberg's radio show, Spotlight on the Community.





FUNDER SPOTLIGHT

La Jolla Quakers

In 2022, we were honored to receive a three-year pledge in support of our Student Scholarship Fund from the La Jolla Religious Society of Friends, AKA Quakers. The La Jolla Quaker Meeting is a community of friends that seeks peace, justice, and equality in their spiritual lives, in their community, and in the world. Their generous gift will support CREATE graduating seniors and alumni with financial assistance for college, university, and/or trade school attendance. This provides increased opportunity for our students to pursue their higher education and career training pathways.



K-12 Community Grant Program

San Diego County

In 2022, the County of San Diego County awarded transcENDANCE through its K-12 Youth Services Community Grant Program. The program challenges San Diego County community-based organizations to identify and implement new and innovative methods to support educational equity and acceleration of learning, behavioral health needs, housing and food stability, mentorship, and other needs that allow children to thrive. This exciting grant opportunity supported our programs throughout the year – CREATE, CREATE camps, CONNECT, and CONTRIBUTE. We are especially appreciative of the opportunity this funding afforded to expand and deepen the reach of our on-site and school-based programs.



Comcast NBCUniversal

We were excited to receive a Project Innovation award from the Comcast NBCUniversal Foundation in 2022. The Comcast NBCUniversal Foundation proudly supports today's changemakers – individuals, programs, and organizations that strive to move communities forward through leadership, empowerment, technology, and innovation. Through this grant, we were able to activate our Arts Center in Lemon Grove as an anchor community space, expanding the breadth and depth of programming in our new home community.

2022 TOTALS

- **1,284** unique individuals served
- **2,500+** audience members reached
- **310** individuals served at our Arts Center
- **1,394** individuals served off-site

CONNECT

School Residencies Students Served

- **44 students** at Nativity Prep Academy
- **160 preschoolers** at 6 sites through Lemon Grove School District Preschool Program
- **155 students** at San Altos Elementary K-6
- **19 students** at Hoover High School
- **350 students** at Jefferson Elementary School K-5
- **24 students** at Lemon Grove Middle Academy Afterschool Club
- **22 students** at Vista La Mesa Academy Afterschool Club
- **16 students** at Monarch School Afterschool Program

Summer residencies with Lemon Grove School District

- **350 students** in-school summer program K-5
- **200 students** after school summer program K-5

Community Programs & Performances

- **300 intergenerational participants** through Parks after Dark during summer
- **1,750 audience members** reached through alumni outreach performances

Arts Center Classes

- **4-6 per week** through three semesters (winter/ spring, summer, fall)
- **123 students** served

CREATE

CREATE Performance Group - our flagship, holistic program

- **3 cohorts** of youth, junior & teen students
- **9-month** program
- **41 students** served
- **300+** program **hours**
- **750 audience members** reached
- **51 students** registered in October for the 2022-2023 CREATE season

CREATE Summer Camps

- **3 cohorts** of older-elementary, middle school & teen students
- **3 days per week** for 6 weeks
- **53 students** served

CONTRIBUTE

CREATE Alumni Engagement

- **6 alumni hired** as Teaching Artists for CREATE and CONNECT programs
- **1 alumnus hired** for full-time Teaching Artist position
- **2 alumni awarded** college scholarships
- **28 alumni gathered** for the production, *Echoes of Lemon Grove*



2022 ORGANIZATIONAL HIGHLIGHTS

HERE WE GROW!

The Arts Center – Building A Home

With the opening of the new transcendANCE Arts Center in 2021, we knew we were embarking on a new chapter in transcendANCE's journey. This notion proved itself several times over in 2022, as our Arts Center has not only supported organic expansion of transcendANCE programs, but has created an opportunity for the community to be engaged in the space as well.

2022 saw the more formal debut of transcendANCE's facility rental program. Our partners included an expressive arts therapy training program, local yoga and dance instructors, a nonprofit-hosted film series, and even a dance for a nearby middle school! As we continue to grow and connect more with our community, we look forward to making our space even more accessible to all of the creators in our neighborhood.

An Expanding Team

At the end of 2021, the transcendANCE team consisted of two full-time staff, three part-time staff, and our teaching artists. By the end of 2022, our team had nearly doubled in addition to our teaching artists! We were thrilled to promote Steph Walsh to Managing Director, who joined as transcendANCE's Operations Manager in 2021, and excited to hire our first full-time teaching artist, Seiha Vor, who has been involved with transcendANCE for more than 15 years. Seiha became transcendANCE's first resident teaching artist and choreographer in the fall of 2022. We're grateful that our expanding services, home, and budget allowed for the important creation of this role.



FINANCIAL HIGHLIGHTS AND GROWTH

Through grants, donations, and earned income, transcendANCE raised a total of \$994,531 in 2022. This marks a record fundraising year for us, almost doubling our previous year! Increased revenue has allowed us to expand our staff that provide direct services to the youth we serve.

Revenue

Individual Contributions	\$242,073 (24.34%)
Foundations & Corporate	\$287,838 (28.94%)
Government Grants	\$349,468 (35.14%)
Earned Income	\$115,152 (11.58%)
Total	\$994,531

Expense

Programs	\$514,841 (66.05%)
Development	\$113,143 (19.44%)
Operations	\$151,525 (14.51%)
Total	\$779,509

LILY EAR



Lily graduated from the CREATE program in June 2022 after five years of participation in our Performance Group. Lily's soft strength and kind presence made her a natural leader and she served on the Youth Leadership team for two years. Lily graduated from Hoover High School during the pandemic and now attends Grossmont College. She has plans to transfer to CSU San Marcos. Lily makes an impact on those around her with her great smile, her team spirit, and her passion for dance and writing.

Lily wrote this piece for CREATE's 2022 production, *Echoes of Lemon Grove*, performed at the Lyceum Theatre in downtown San Diego. Both audiences were moved to tears during this special part of the performance.

*My mom was born in
Battambang, Cambodia
She practiced Buddhism
With 7 siblings,
My grandmother: youk ruon
Sings a Cambodian lullaby
Sometimes my mother hums
That same song.*

*Growing up,
My grandfather: Mung Kin,
had 2 wives, but zero responsibility
Youk Ruon did all the work
Of raising children alone
in a poor community
at a time when people had to pay
to go to school.*

*My mother felt lucky, though
lucky that she even went to school
Most people didn't have enough
money to pay for education.
School excited her because:
"the uniform was prettier
than her regular clothes".*

*At 12 years old,
She had to quit school
Get a job to help support the family.
My mom was always cleaning,
taking care and cooking food to
sell at the market.
At the age of 17,
the Khmer Rouge started
It was 1975, my mother and all of
Cambodia had to flee
to concentration camps
by the end of 1979,
My 21 year old mother was
Trying to Survive one of the
most difficult and traumatizing
experiences of her life.*

*After the 3 years,
8 months and
20 days of being held hostage,
U.S President: Richard Nixon
fled most Cambodians to America.
My mom never had a "typical
childhood"
the kind that allowed her time
to play around and chill.
It was always about working hard
Cleaning, cooking, and learning
how to survive.*



COMMUNITY

Students and alumni experience transcenDANCE as a second home that promotes safety and belonging.



2022 TRANSCENDANCE BOARD OF DIRECTORS

Outgoing President and Vice President



Arlene Yang



Pat Zigarmi

Two very special Board Members, **Arlene Yang** and **Pat Zigarmi**, concluded their terms as officers in 2022. Arlene Yang joined the Board in 2017 and first served a two-year term as Secretary, followed by a three-year term as President. Pat Zigarmi, who joined the Board in 2015, served a two-year term as President and concluded with a three-year term as Vice President.

Both Arlene and Pat have provided tremendous support to transcendANCE over the years, contributing extensively through their time, leadership, and financial donations. Arlene and Pat helped guide the organization through a time which saw the building of a solid infrastructure, followed by a period of rapid growth. Their involvement has included oversight, strategic consulting, and budget review. Arlene also provided pro bono support through human resources consulting, contract review, and other legal matters. Pat was Chair of the successful capital campaign and the planning team that secured and built out the new transcendANCE Arts Center in Lemon Grove.

Arlene and Pat have made so many great things possible for transcendANCE. Our entire community is immeasurably grateful for their gifts of time, talent, and treasure.

The Board was excited to return for an in-person “Fall Strategy Retreat Day.” Rachelle Archer from Artful Leadership, Coaching & Consulting led an inspiring session of connection and planning. We reflected on our many accomplishments of 2022 and got energized for 2023 preparations in service of our mission.

BOARD OF DIRECTORS

OFFICERS

Arlene Yang, President/Chair – Attorney, Meyers Nave

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

Wendy Endsley, Secretary – Director of Principal Giving, Father Joe’s Village

Lorelei Westin, Treasurer – Attorney, Wilson Sonsini Goodrich & Rosati, PC

Alina Caceres, Senior Vice President of Operations, Procede Software

Tonya Chavis, Senior Director, IT Business Partner, Acadia Pharmaceuticals Inc.

Charlene Cornelia, Assistant Director of Compliance, MAAC Project

Maren Dougherty, Executive Director of Marketing & Communications, San Diego Convention Center

Juan Carlos Hernandez, President & CEO, Small Business Development Corporation

Linde Hotchkiss, Executive Vice President and Southwest Market Leader, ABD Insurance and Financial Services

Kelsey Luu, Associate Litigation Attorney, Ghidotti Berger, LLP

Nancy Maldonado, Chief Diversity and Inclusion Officer, Rady Children’s Hospital

Bianca Rennick, Fiber Arts Teacher, Waldorf School of San Diego

2022 STAFF

Cat Corral
Artistic/Executive Director

Amanda Brown
Program Administrator

Alejandra Carrillo
Development & Operations
Coordinator

Jae Davis
Therapy Associate

Sol dela Rosa
Program & Marketing Manager

Ester Kim
Student Support &
Partnerships Manager

Paula Perez Costas
Program Director

Colleen Prieto
Grants

Maia Starling
Finance

Jennifer Tran
Student Nutritional Support

Melissa Vor
Program Assistant

Seiha Vor
Resident Teaching Artist/
Choreographer

Steph Walsh
Managing Director

2022 TEACHING ARTISTS & CHOREOGRAPHERS

Viviana Alcazar
Rebecca Bellingham
Kanna Burch
Araceli Carrera
Leo Francisco
Eric Geiger
grace shinhae jun

Eliuth Lopez
Lucia Padilla
Cybele Peña
Ilana Queiroz
Miesha Rice
Keomi Tarver

2022 INSTITUTIONAL FUNDERS



**WE CELEBRATE OUR COMMUNITY THAT
MAKES TRANSCENDANCE THRIVE!**

VISIT **TDARTS.ORG** TO LEARN MORE



GET INVOLVED

transcenDANCE
Youth Arts Project

- **DONATE**
- **VOLUNTEER**
- **HOST A FRIEND-RAISER**
- **ATTEND A PERFORMANCE**
- **SPONSOR AN EVENT**
- **PROVIDE A CORPORATE SPONSORSHIP**
- **JOIN OUR MAILING LIST**

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