



# INDIVISIBLEARTS

[www.INDIVISIBLEARTS.org](http://www.INDIVISIBLEARTS.org)  
618 Cypress Ave, Hermosa Beach  
IA EIN // 81-3461706

We are on the precipice of mental health crisis and we know that creativity, consciousness, connection and community are critical parts of the holistic solution.

### The Current State of Mental Health in the U.S.

- **90% of Americans** feel we are currently IN a mental health crisis - Kaiser Family Foundation / CNN poll - 10/5/22
- **65 million people** in US are diagnosed with a mental health condition - Project Healthy Minds (PHM)
- 47,511 suicide deaths in 2019, **one American every 11 minutes** - CDC, 2020
- Serious mental illness costs in the United States amount to **\$193.2 billion** in lost earnings per year - CDC, 2021
- Anxiety disorders affect **40 million adults in the U.S. (18.1%** of the population) making it the most common mental illness. (Anxiety & Depression Association of America)

### Mental Health and Gen Z (ages 7-23)

- **86%** say mental health is as or more important than physical health - PHM
- **96%** of them report dealing with anxiety today - PHM
- **46%** report experiencing anxiety frequently or all the time - PHM
- Suicide is the **2nd leading cause of death** among people aged 15-34 - CDC, 2021

### Mental Health and Addiction

- Drug overdose deaths reached a **record high of 93,331** in 2020 - CDC Wonder 2020, (NVSS)
- In 2012, more than **255 million** opioid prescriptions were dispensed a rate of 81.3 prescriptions per 100 Americans (CDC, 2021)
- More than **140,000** alcohol-related deaths occur annually (in United States 2015-2019 - CDC, 2022)

### Mental Health Addiction and Screens

- We tap, swipe, and click on our phones **2,617 times per day** (King Online University - 2019).
- The average smartphone owner unlocks their phone **150 times** a day (Internet Trends - 2019).
- **87%** of Millennials say their smartphone never leaves their side (Zogby - 2019).
- **60%** of college students say they are addicted to their phones (Baylor - 2019).
- Screen time spiked to over **13 hours/day** during COVID-19 (Eyesafe Nielsen, 2020)
- Children (11-14) spend about **9 hours** a day in front of a screen using entertainment media (CDC, 2021)





**INDIVISIBLE ARTS** is a South Bay 501(c)(3) dedicated to cultivating creativity, consciousness, and connection through the **arts**.



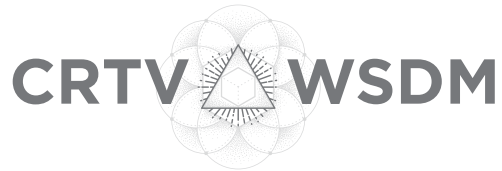
We are on the precipice of mental health crisis and we know that creativity, consciousness, connection and community are critical parts of the holistic solution.

OVERVIEW VIDEO: 1 MIN | 3MIN





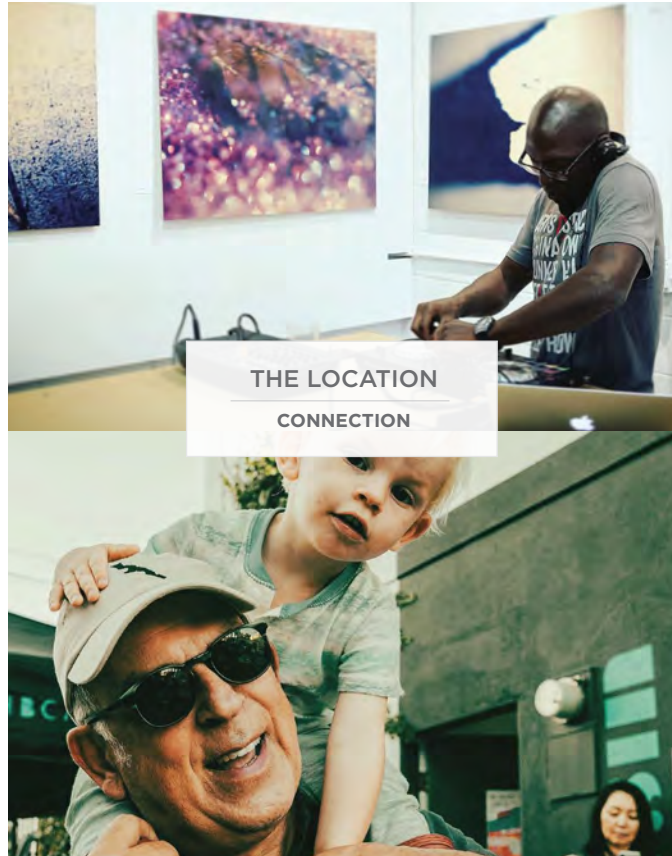
INDIVISIBLE ARTS is unifying the whole of our community - from youth students to professional artists - to impact lives through creativity and art. Our home Resin, acts as a creative lab for our Collective Artists, an art gallery for the South Bay community, and the classroom for our consciousness program, the Creative Wisdom Tools.



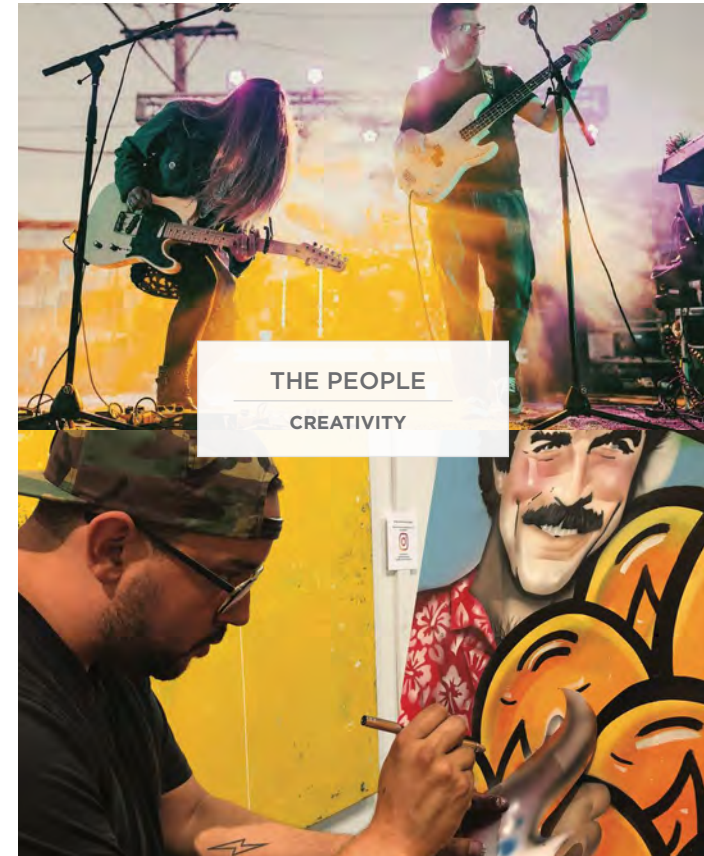
resin



THE PROGRAM  
CONSCIOUSNESS

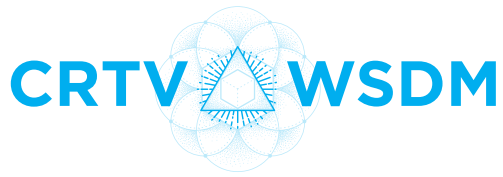


THE LOCATION  
CONNECTION



THE PEOPLE  
CREATIVITY





During the pandemic, we developed a groundbreaking new program that cultivates youth consciousness, creativity, connection through art.

THE CREATIVE WISDOM TOOLS    AWARENESS • ACCEPTANCE • INTENTION • FORGIVENESS • COMPASSION • GRATITUDE • CONNECTION



## 1 MINDFUL MOVEMENT x MEDITATION

Students will learn to open the body/mind/spirit connection both creatively and socially, by utilizing the tools yoga and the **MOVEMENT ARTS** and meditation in a non-dogmatic, accessible, and fun way. The practice teaches students to **FOCUS** through breath, and creates an optimal neurological state to learn the Wisdom Tools lessons.



## 2 SOCIAL/EMOTIONAL TOOLS x MINDFULNESS

Our “Creative Wisdom Tools” curriculum develops emotional intelligence through teaching students an effective toolkit for success, resilience, and dealing with life on life’s terms - while connecting to timeless wisdoms



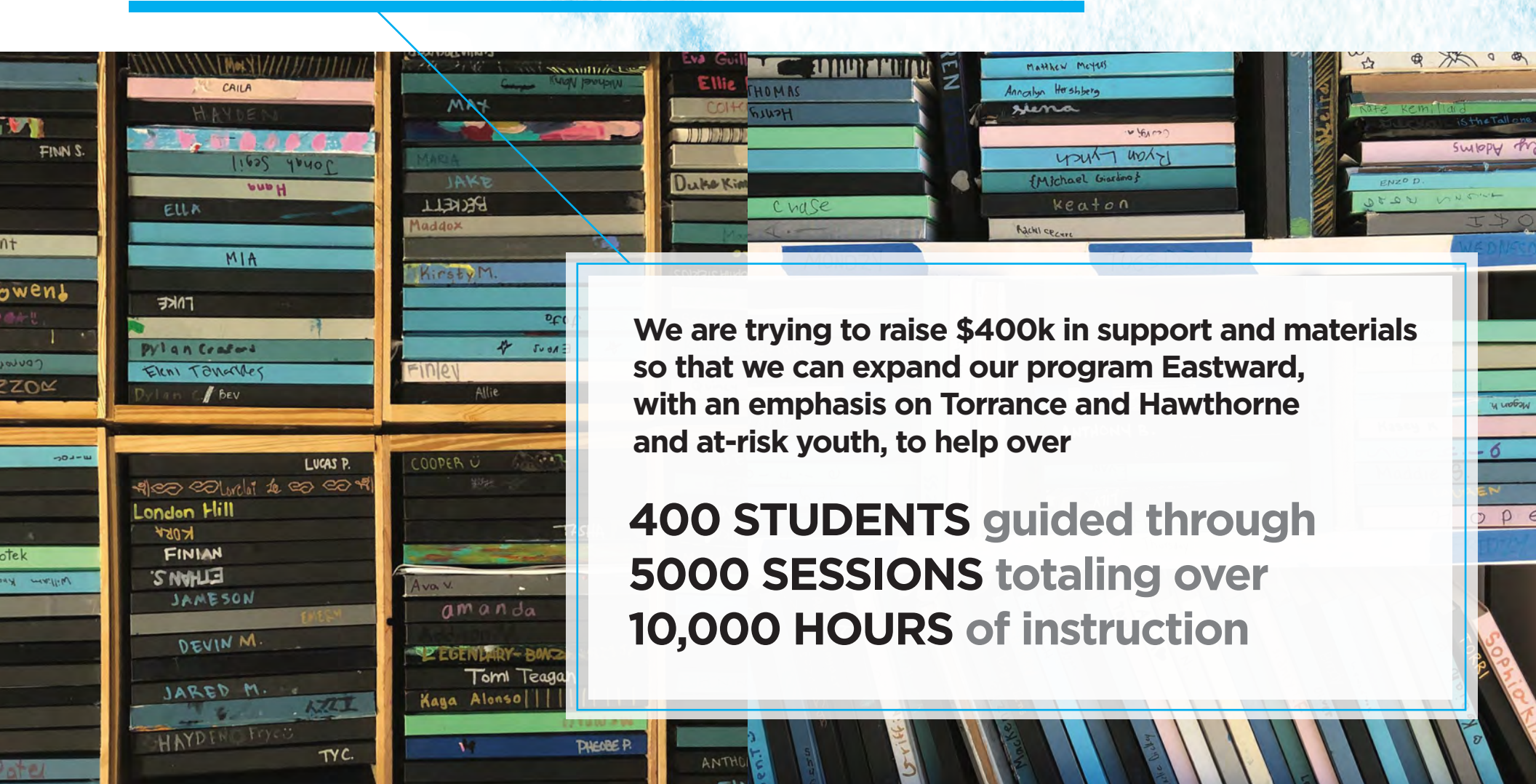
## 3 CREATIVITY x ART x PHOTOGRAPHY

Our Award-Winning **VISUAL ARTS Program**, teaches creative development through the skills of illustration, graphic design, spraypaint, photography, paint pouring, hydro-dipping, creative conceiving, digital illustration, Oculus VR Art, traditional painting and beyond...



In the last year,  
we've invested ourselves weekly in...

**243 STUDENTS** guided through  
**3100 SESSIONS** totaling over  
**6575 HOURS** of Creative Consciousness Instruction



We are trying to raise \$400k in support and materials so that we can expand our program Eastward, with an emphasis on Torrance and Hawthorne and at-risk youth, to help over

**400 STUDENTS** guided through  
**5000 SESSIONS** totaling over  
**10,000 HOURS** of instruction





“I have never seen Reed exhibit this kind of forward-looking pride and excitement in anything else he's done before. **I am convinced this is just as impactful – and far less expensive – than any therapy we've tried.** He is having so much FUN, and using the tools he's been given in this workshop in his life at home. If we can give more kids the opportunity to learn about themselves and have an understanding of their mind-body connection from the start, they will never need to unlearn the habits and thought patterns that don't serve them in the future.”

– Kim Allen, mother of Reed (11yo)

## YOUR IMPACT

- \$10,000 donation pays for 364 Visual Arts Sessions for scholarship students
- \$10,000 pays for 141 CWT Sessions for scholarship students  
(Full CWT series of 8 classes for 18 students, and 18 high school mentors)

We are connected to all schools in South Bay and their Principals, art teachers, and counselors – as well as partners on existing programs with Walk With Sally, Friendship Foundation, and Richstone to ensure we get the program to the kids who need it and want it. We are also open and willing to partner with groups and students of your choosing for your scholarship-focused donation.



# This is a Movement of Creative Unity

As a volunteer-based, 501(c)(3) non-profit, we rely on grants, donors, and brand partners to help us keep our programs growing so that we can help more and more students with each passing season. Please join us in our mission of changing the world, by turning on the lights of consciousness, creativity, and connection – one student at a time.

[TO DONATE CLICK HERE](#)



## CONTACT

Rafael McMaster - IA Founder, Executive Director  
310.297.0003  
rafael@indivisiblearts.org

Please make donation checks to:

“INDIVISIBLE ARTS”  
618 Cypress Ave  
Hermosa Beach, CA 90254

**INDIVISIBLE ARTS EIN**  
81-3461706





**MORE ABOUT:**



**THE PEOPLE**  
(CREATIVITY)



**THE LOCATION**  
(CONNECTION)



**THE PROGRAM**  
(CONSCIOUSNESS)

**\* APPENDIX**





our Collective is home to over  
**50** VISUAL ARTISTS  
PHOTOGRAPHERS  
DIRECTORS  
MOVEMENT ARTISTS  
DESIGNERS  
who have donated over 9000 hours  
to bringing our non-profit to life



- SABRINA ARMITAGE
- BEV BAIGENT
- JOSH BARNES
- ELIZABETH BLAKE-THOMAS
- BETH BOWEN
- EMILY BRANTLEY
- CARSTEN BUND
- SARA CARLI
- JESSIE LEE CEDERBLOM
- GREG CICCINO
- ALISON CORTEEN
- FIONA DOWDEE
- DIANA FLYNN
- DANNY GARDNER
- KEVIN GILLIGAN
- JOANNE GOODMAN
- MICHAEL HARRINGTON
- BLAKELEY HUNTER
- PATTY HUGHES
- BRIAN KINGSTON
- FIDAN KIM
- ROBIN LEBOWE
- DRICA LOBO
- CURTIS MADDOX
- JOHN MARR
- LYNNAE MAKI
- RAFAEL MCMASTER
- AMELIA MCRAE
- MICHELE MARION
- AYDYN MORGAN
- BRANDON NONAKA
- JUSTIN RANDOLPH
- FARNAZ NOUR RENEKER
- PAUL ROUSTAN
- ERIC SANDERS
- JANICE SCHULTZ
- SAMANTHA SCHWARTZ
- ANDRE SNYMAN
- JANET SOLIMAN-SUARD
- LYNNIE STERBA
- WENDY STILLMAN
- KERRY STITT
- NATALIE STRONG
- CHRIS TAYLOR
- EMILY TANAKA
- ERIN VANSLOTEN
- SARA WEBSTER
- MATT WESSON
- SHELLEY WILLIAMS

# Our Creative Lab

**resin** IN *hermosa beach*

[www.RESINHB.com](http://www.RESINHB.com)

RESIN represents the future model of creative consciousness community centers, *merging*

- **Humanities Programming** – the arts - from visual arts to healing arts to movement arts (yoga)
- **Social Uplift** – non-profit partner programming and *youth social/emotional development*
- **Artists of All Kinds** – from artist workspace to music studio to yoga and the healing arts...
- **Showspace** – from gallery to event space for the arts, humanities, and non-profits



GEN Z LIVING LABORATORY • GALLERY • EVENT SPACE • PERFORMING ARTS • FAMILY EXPERIENCES • CREATIVE ARTIST STUDIO



## *Our Vision is to Create a Better Reality.*

Not by guaranteeing we can transform the outside world of a student, but by transforming their *inside world*. Through our Creative Wisdom toolkit, we give our students the resilience and tools to *meet life on life's terms*. We define success through our clients retaining and utilizing the tools in their daily life - successfully resulting in students who are:

**SPIRITUALLY AWARE + PHYSICALLY BALANCED + MENTALLY SHARP + EMOTIONALLY CALM.**

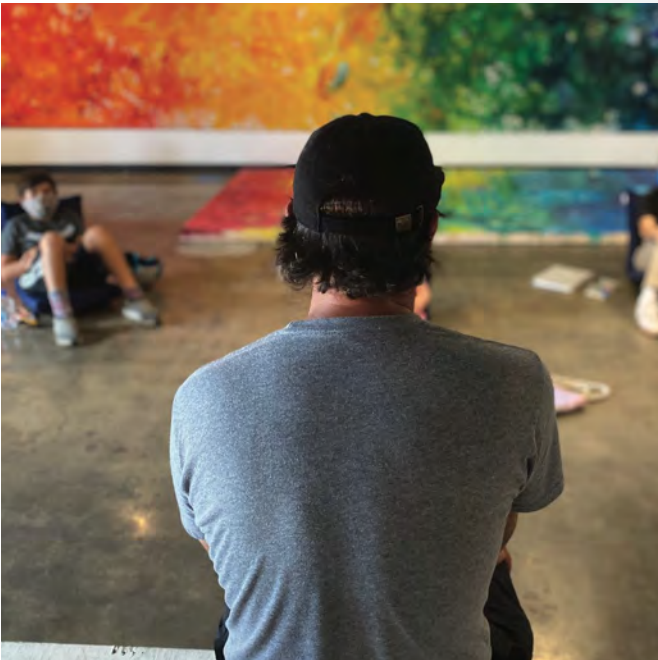


## THE CREATIVE WISDOM TOOLS PROGRAM HAS 7 TOOLS

It isn't enough to just teach what these words mean. We are committed to deeply imparting these universal concepts as PRACTICAL DAILY TOOLS - as indispensable building blocks for living, coping, and thriving. We are dedicated to 100% retention and usage of these tools by our students - and that results in a noticeable shift in their behavior and consciousness after only a few sessions.

ACCEPTANCE  
AWARENESS  
INTENTION  
FORGIVENESS  
COMPASSION  
GRATITUDE  
CONNECTION





“

This program has **CRACKED THE CODE** with their Creative Wisdom Tools. I've never seen mindfulness and social emotional learning taught so effectively to youth - in a language they can hear, and in a way that totally resonates and is practical and effective. I am **ECSTATIC** that Keaton has found this program - it makes my heart so happy!

- Anjale Perrault - Mom of Keaton, age 14

”

“

The Creative Wisdom Program is the best tool that I can provide my son. It has taught him to go within, to listen and recognize how he is feeling, and the art has been an outlet to release. I have seen a huge shift in his anxiety levels and overall mood. He absolutely adores the team at Creative Wisdom wishes he could attend every day of the week! *We need this, our kids need this.*

- Jennifer Caudle - Mom of Caden, age 9

”

“

“They've mastered the art of teaching consciousness in a way that is easily absorbed by all ages and not too serious. The kids have fun and learn such valuable life tools amidst the creative process. This is my child's favorite day of the week, and he uses the teachings, lessons, and tools **EVERY SINGLE DAY.**”

- Farnaz Reneker, mother of Darian (11yo)

”



We are proud of the quality work we do through creative arts programs with three local leaders in the South Bay non-profit space - Walk With Sally, the Friendship Foundation, and the Richstone Foundation.



Walk With Sally Provides support to empower children experiencing trauma through a parent, guardian or sibling's cancer journey.

[www.walkwithsally.org](http://www.walkwithsally.org)

"SBArtist Collective along with our amazing volunteers have successfully partnered to create a spiritual, connected community for our kids needing connection as they go through the cancer journey. The love the acceptance and healing can be felt because everyone is committed to giving these kids the most amazing experience and love. Rafael and the whole team make this a unique and special place to just be.

- Nick Arquette, WWS Founder, CEO



Friendship Foundation supports families who have children with special needs by providing an inclusive environment and social programs.

[www.friendshipfoundation.com](http://www.friendshipfoundation.com)

"The SBAC has opened their space, time, expertise and volunteers to the Friendship Foundation students. The mere fact that our kids/young adults with special needs have the amazing opportunity to express themselves in a community setting is phenomenal. Those students who have participated have gained confidence in themselves all while producing artwork that comes from within. Each piece is unique and speaks to the artist which gives them a great sense of pride and ownership.

- Nina Patel, Former Friendship Foundation Director

**RICHSTONE**



Richstone Foundation Provides vital family support services for families suffering from abuse and violence.

[www.richstonefamily.org](http://www.richstonefamily.org)

"The students, program leaders and I are so grateful to have this program where our students can go and feel comfortable to express themselves. In that hour and a half visit they are able to disconnect from the social world and connect to their imagination. They can see what they are capable of doing. Working in the gallery gives them a chance to see how talented they really are and for that I thank you!"

- Ariana Nunez, Richstone Program Coordinator





# S.A.L.T. & S.E.A. CAMP

SURF • ART • LIFE TOOLS • SOUL ESTEEM • AWARENESS

- SURF X ART X SOCIAL/EMOTIONAL
  - Each session: 1-week long (Mon-Fri) from 9AM to 4PM
- Each day includes:*
- 3 hours at the beach: surf, ocean fun, water safety
  - 3 hours at Resin Gallery: visual arts x creative process
  - 1 hour Social emotional learning and meditation



“When we found out about Salt & Sea my wife and I knew it was worth the trip from Colorado for our 12 year old son to participate. We were not disappointed. Jared and Rafael have created a unique and life changing experience for youth. The combination of adventure thru ocean and art had Isaac’s full attention and excitement all week. However, it was not just the activities of surf and art that made an impact but also the relational intentionality woven throughout. My son was shown the ways that art, the ocean and adventure can enhance and deepen our lives and connect us to one another. We can’t wait to have him go again and neither can he!”

— Alex Burton (Father)

“Salt and Sea was a camp like no other. It could not have been a more perfect experience for Kiran. After the very first day at pick up, Kiran asked if he could do this for 7 more weeks! I’ve never heard him say that about anything he has done. The combination of surfing, and learning about the ocean for half of the day, and immersive art studio time for the other half, was so unique and exactly what Kiran needed after an unprecedented year. I have never been able to find a camp that combined mind and body so seamlessly. Jared and Rafael absolutely pulled the best out of the kids and had them super excited to come learn and participate each day. Kiran gained confidence in his surfing and had so much fun doing it. He was introduced to different art mediums, and how to create art using them. I was sad it was only 1 week. We can’t wait to sign up next year again. Salt and Sea was an absolute cool unique experience for Kiran and I am so happy we signed up for it!”

— Shilpa Noll (Mother)



## NOW is the time to act...

Indivisible Arts was created in response to the social/emotional/mental health crisis that we are careening towards. We are dedicated to developing this program so that we can give it to as many youth as we can in this lifetime, beyond boundaries. The facts are irrefutable:

### The Current State of Mental Health in the U.S.

- **65 million people** in US are diagnosed with a mental health condition - Project Healthy Minds (PHM)
- **More than 50%** will be diagnosed with a mental illness or disorder at some point in their lifetime - CDC, 2021
- 60% of people suffering from mental health issues DON'T get the treatment they need - PHM
- 81% of workers say shame, stigma and lack of access, prevent them from seeking help - PHM
- 47,511 suicide deaths in 2019, **one American every 11 minutes** - CDC, 2020
- Mental health costs businesses **\$1 trillion each year** globally - PHM
- Serious mental illness costs in the United States amount to **\$193.2 billion** in lost earnings per year - CDC, 2021
- Anxiety disorders affect **40 million adults in the U.S. (18.1%** of the population) making it the most common mental illness.  
(Anxiety & Depression Association of America)

### Mental Health and Gen Z (ages 7-23)

- **86%** say mental health is as or more important than physical health - PHM
- **96%** of them report dealing with anxiety today - PHM
- **46%** report experiencing anxiety frequently or all the time - PHM
- Suicide is the **2nd leading cause of death** among people aged 15-34 - CDC, 2021





## “The opposite of addiction isn’t abstinence, it’s CONNECTION”- Johann Hari, TedX

The Creative Wisdom Tools was designed from the “spiritual toolkit” of AA and other 12-step programs. Through over a year of working with doctors and community leaders - that are themselves successfully in recovery - the tools are the “indispensable and essential tools” cited by professionals with long-term sobriety.

### **Mental Health and Addiction**

- Drug overdose deaths reached a record high of 93,331 in 2020 - CDC Wonder 2020, (NVSS)
- The record-setting total is more than 20,000 deaths above the previous high in 2019 - CDC Wonder 2020, (NVSS)
- Since 1999, overdose deaths have increased 450%.
- 65.8 million people were binge drinkers in the past month - National Survey on Drug Use and Health (NHUSD, 2019)
- In 2012, more than 255 million opioid prescriptions were dispensed a rate of 81.3 prescriptions per 100 Americans (CDC, 2021)

### **Mental Health Addiction and Screens**

- We tap, swipe, and click on our phones 2,617 times per day (King Online University - 2019).
- The average smartphone owner unlocks their phone 150 times a day (Internet Trends - 2019).
- We use a gadget 10 hours and 39 minutes on average each day (Penn State - 2019).
- 87% of Millennials say their smartphone never leaves their side (Zogby - 2019).
- 60% of college students say they are addicted to their phones (Baylor - 2019).
- Screen time spiked to over 13 hours/day during COVID-19 (Eyesafe Nielsen, 2020)
- Children (11-14) spend about 9 hours a day in front of a screen using entertainment media (CDC, 2021)

