In every class, training, and public event, we explore the power of **Invitation, Mirroring, Conversing, Exploring**, and **Collaborating**: the foundations of Upstream Arts’ best practices. They permeate every layer of our organization, guiding the way we think about our work as well as how we carry out our programming, which is why we’ve highlighted them throughout this report.

With this in mind, our theme and focus this year is **The Art of Practice**. We know our creative work is a practice, made of years of skill-building, and we know the work of inclusion takes practice; we must try again and again. Repetition and exploration are some of the most powerful tools we can use to hone our best practices.

With **The Art of Practice**, we continue to forge spaces in our communities to interact with and learn from each other, undermining fear and stigma along the way and each day moving us closer to our vision of a more inclusive world.

**OUR MISSION**

Upstream Arts uses the power of the creative arts to activate and amplify the voice and choice of individuals with disabilities.

**OUR PRACTICE**

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**2018-2019 by the numbers...**

- **19,278** CONTACT HOURS
- **3,564** INDIVIDUALS OF ALL AGES IMPACTED
- **166** PROGRAMS, TRAININGS, & EVENTS
Joe was always very excited on Upstream Arts days. He would talk about the artists and activities quite a bit before and after. He struggles with anxiety and did not always participate in activities, but he committed to try one new thing each week. Artists were great in trying to find new and creative ways to invite him to be more engaged. He was very proud of his participation, often talking about it afterward. He danced – something he did not do in the past.

-MPS Educator
I learned to take risks, ask for help, and stand up for myself. I learned my voice matters.

- Participant in The Art of Voice & Choice Residency
EVENTS & PERFORMANCES

When we mirror each other with words, movement, or sounds, we are saying “I see you.” Our performances, exhibitions, and community events are a chance for all of us to be seen. Art brings us together, reflecting back and mirroring the ways we all have value.

Sharing a creative experience together affords an opportunity to bridge the gap that so often separates those with and without disabilities, sparking important conversations that allow us to bring our collective creativity to address community problems.

Upstream Arts presented two Art of Me performances, one in collaboration with Valley Friendship Club in June 2018 (pictured left), and one in collaboration with Merrick, Inc. in February 2019 (pictured right).

Upstream Arts brought together its cross-sector community to converse about important topics that impact the disability community including: Sexual Violence Prevention Listening Sessions; a free screening of the documentary Intelligent Lives in partnership with Powderhorn Park Neighborhood Association and Mixed Blood Theatre; and our Voice and Choice arts-infused conference on Informed Choice and Person Centered Planning.
PROFESSIONAL DEVELOPMENT

We believe in creative practice, in play, and in the expansive possibilities that open up as we explore being in community together.

In our professional development, we share our best practices in accessibility and engagement, cultivated over 14 years of experience in arts, learning and disability. We work with organizations to identify the ways in which they are already working towards inclusion, then explore ways to deepen and expand their practice.

Our trainings include *The Art of Access* and *The Art of Voice and Choice*, delving into universal design, informed choice, and person-centered planning, from engagement strategies to culture-change.

“Upstream Arts’ training really expanded our thinking on Person-Centered Planning. I learned important perspectives on ways to improve access and the importance of choice.”

- Participants at The Art of Voice & Choice Training

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Upstream Arts' training really expanded our thinking on Person-Centered Planning.
I learned important perspectives on ways to improve access and the importance of choice.

- Participants at The Art of Voice & Choice Training
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By collaborating with every participant, every partner, every supporter – and each of you – we are building a more inclusive world. Thank you for collaborating with us by supporting this vital creative work.

Statement of activities and financial position for the fiscal year ending June 30, 2019:

**ASSETS:**
- Cash and Cash Equivalents: $302,806
- Other Assets: $83,730
- Total Assets: $386,536

**LIABILITIES & NET ASSETS:**
- Current Liabilities: $12,738
- Unrestricted Net Assets: $163,598
- Board Designated Reserve: $100,000
- Temporarily Restricted Net Assets: $110,200
- Total Liabilities & Net Assets: $386,536

**INCOME**
- Total Unrestricted Income: $871,610
  - 36% Program Fees
  - 31% Government
  - 18% Foundations & Corporations
  - 12% Individual Donors
  - 3% Special Events

**EXPENSES**
- Total Unrestricted Expenses: $859,665
  - 75% Program
  - 14% Fundraising
  - 11% Management

Unfold to see the full list of our supporters in 2018-19
LOOKING AHEAD!
Over the next year we will celebrate The Art of Practice.
Join us in the journey!

Upstream Arts Annual Meeting & Fundraiser
Celebrate another year of innovation at the intersection of art, disability and learning. Eat, drink and be merry as we gather together. Be part of our vibrant community of supporters.

Monday, May 18, 2020  6-9pm
The American Swedish Institute
3501 Chicago Ave S
Minneapolis, MN 55407
www.upstreamarts.org
This list reflects gifts made between July 1, 2018 and June 30, 2019. We make every effort to ensure accuracy. If you notice any omissions or errors, please contact us at (612) 331-4584.

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