The YouthARTS Development Project demonstrated the efficacy of arts programs for at-risk youth in three cities (Atlanta, Portland, and San Antonio). The project was a partnership between Americans for the Arts, the U.S. Department of Justice, and National Endowment for the Arts. Findings from the controlled research study include the following:

**Skills**
- Increased ability to express anger appropriately, to communicate effectively with adults and peers and to work cooperatively with others.
- Increased ability to work on tasks from start to finish, which is vital for both academic and vocational success.

**Attitudes and Behavior**
- Decreased frequency of delinquent behavior than their non-participating peers.
- More likely to show improvement in their attitudes toward school, self-esteem and self-efficacy than are non-participating youth.

**Court Involvement**
- Fewer new court referrals during the program period compared with non-participating youth.
- New offenses committed during the program period tended to be less severe than those committed prior to the program.

Source: Americans for the Arts, 2000.