

HOPE FOR **HARMONY**



REACHING EVERYONE IN DISTRESS

REID
FOUNDATION



REX ELSASS
Chairman
REID Foundation

"ART AND MUSIC
HAVE THE POWER
TO BRING WHAT'S
DEEP INSIDE OF US,
OUTSIDE OF US.
**YOU CAN THEN
DEAL WITH IT ...
FACE TO FACE."**

Rex Elsass



Mission **MISSION**

Our Mission is to Reach Everyone In Distress (REID) with the Healing Power of Music and Creative Expression.

The REID Foundation is a 501 (c)(3) nonprofit organization dedicated to utilizing the healing power of music and creative expression to bring “front-line therapy” and prevention to communities and those impacted by the opioid crisis, substance abuse, mental health issues, or life crisis.

A YEAR WITHOUT HARMONY

IN A SINGLE YEAR

30%

INCREASE IN DRUG OVERDOSE

100,000
DEATHS

According to the latest CDC reports, drug overdose deaths in the US increased by almost thirty percent (28.5%) in 2020 with over 100,000 deaths (compared to over 78,000 overdose deaths the year prior, CDC, 2021).

Reported mental health risk factors, including financial strain, anxiety, depression and substance use increased during the same 12-month period, ending April 2021 (CDC, 2021). Whether these alarming numbers indicate that more Americans are suffering, fewer people have access to treatment, or medications and available therapies are not effective, is unclear. What is clear is that targeted, innovative, and proven intervention strategies are necessary for both treatment and prevention.

Despite positive research outcomes, many hospitals and treatment centers are not able to offer complementary and alternative medical practices (CAM), like music and art therapy, to their patients. In fact, reports from one study indicated that 37% of the treatment programs studied (N=299) offered art therapy and only 15% offered music therapy (Aletraris, L.P., et al, 2014. The Use of Art and Music Therapy in Substance Abuse Treatment Programs. *Journal of Addictions Nursing*, 25(4).



REID PROGRAMS

HEALING HEARTS WITH ARTS

Healing Hearts with Arts (HHWA) provides creative arts programming, training and consultative support for community agencies through partnership with board-certified music therapists, specially trained artists & musicians, and healthcare & education professionals, to empower program participants to use, develop and explore the artists within to promote healing, growth and wellness.

We currently provide weekly sessions to six recovery centers with plans in 2022 to expand to 12 recovery centers, sober houses, prisons, nursing homes, and youth organizations.

HHWA MUSICIAN-LED SUPPORT PROGRAMMING

Musicians facilitate live music to provide opportunities for program participants to experience the physical and psychological benefits of live music listening, as well as encourage the development of musical leisure skills. Musical leisure skills may involve developing instrument playing and singing skills, recording & producing original songs, and connecting with community resources to participate in activities such as choirs and bands.

HEALING HEARTS WITH ARTS

We currently work with the following organizations:

PORT 45 RECOVERY CENTER

OBETZ, OHIO

Port 45 is an outpatient recovery treatment and counseling center in Columbus, Ohio providing holistic treatment programs empowering patients with the essential tools to return to a happy, healthy and successful life.

"I perform some of their favorite songs and encourage them to sing along, they actually do, they love participating in group songs, I often have a choir of voices singing with me!"

Mark Rhoads, REID Musician

BASECAMP RECOVERY CENTER

COLUMBUS, OHIO

Center is a comprehensive outpatient addiction treatment facility that provides vital medications and life changing counseling for adults in Columbus, Ohio.

"... It's been amazing to witness the results. As someone begins to express themselves, with either music or art, it gives them an avenue and widens the gap for them to walk through, to begin to discuss some of the other things that may be plaguing them, there becomes this open window into their heart and into their soul..."

Dr. Rob Graessle, CEO

RURAL WOMEN'S RECOVERY PROGRAM

ATHENS, OHIO

Rural Women's Recovery Program (RWRP) is a Health Recovery Services (HRS) location in Athens Ohio, that provides residential mental health and drug and alcohol treatment services to adult women throughout the state of Ohio.

"This has helped our clients explore various sober fun activities, increases coping skills and emotional regulation, helps them to explore hobbies in the form of music, and also helps them increase healthy communication skills through working with staff and peers in developing song lyrics and sharing personal experiences with the art of music."

Hilary Sickles, Clinical Supervisor

HEARTLAND HIGH SCHOOL

COLUMBUS, OHIO

As Ohio's only recovery high school our mission is to provide a recovery-centered education that creates a sense of belonging, self-confidence, and purpose.

"The REID Foundation has gifted our students the healing power of music. The REID Foundation is a constant resource that is embedded in the Heartland High School curriculum and we are extremely grateful for their constant support."

Kimberly Sanders, Program Director

BASSETT HOUSE

ATHENS, OHIO

Bassett House, located in Athens, Ohio is an adolescent residential substance use treatment program that also addresses co-occurring mental health concerns. We work with boys and girls from all over the State of Ohio to help them learn skills to promote a healthy, safe and sober lifestyle.

"The music therapy program provided by Central Ohio Music Therapy, as a result of the generous support of the REID Foundation, has been an amazing experience for both clients and staff. It gives the kids different ways to communicate thoughts and emotions and promotes a positive energy in treatment. It is so awesome to see how the kids use music therapy as a jumping point for them to create, learn and develop new skills and passions."

Linda Rust, Program Director

CREATING HOPE

The **REID Foundation Creating Hope** initiative is a unique, 10-day, structured, intensive creative and healing arts program designed for individuals struggling with trauma, substance use disorders, and other mental health issues.

The Creating Hope effort combines the skills and experiences of a licensed psychotherapist, along with internationally acclaimed artists, musicians, and songwriters with our program partner, The Goodness Tour. The treatment initiatives are multi-disciplinary and experiential using progressive, structured, and goal driven methodologies. The program strategies are carefully curated and executed by the team through collaborative modules centering on themes for each of the 10 consecutive days.

Our pilot program on November 2021 with patients from Basecamp Recovery Center in Columbus, Ohio, demonstrated positive results. In fact, pre-and post-test assessments with our Basecamp treatment group demonstrated a 93% improvement in depression symptomatology following our 10-day program. In 2022, we plan on implementing one – two Creating Hope programs with recovery centers.

The **Creating Hope** program elements include a **Music Lab, Art Lab, Alchemy Lab. Murals of Hope and a Celebration.**

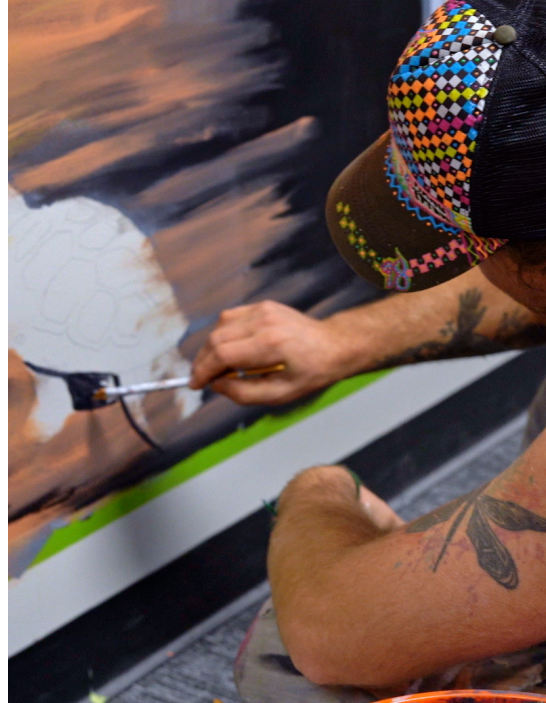
Each therapeutic intervention is designed to:

- Increase voluntary engagement, motivation, and interest in the treatment and/or recovery process
- Improve mood, outlook, and depression symptomatology
- Engagement in creative, mindful and meditative practices and demonstrated sense of calm/relaxation through self-report and observable behavior
- Improve communication skills, self expression, and self reflection evidenced through creative projects, group discussions, and open sharing
- Improve social support and positive connections with peers, counselors, and facilitators as evidenced by actions and verbal affirmations of self and others
- Increase insight and openness to practice the new skills/ tools taught in program
- Increase self report of positive emotions and experiences including self-empowerment, self-confidence, and creative inspiration as evidenced through participation in through song-writing, mural painting, and the Artichoke Alchemy™ group exercises



MUSIC LAB

The Music Lab sessions are led by Luc Reynaud, music teacher, singer/songwriter and co-founder of The Goodness Tour and Shiah Luna, singer, songwriter and actress. The Music Lab includes group theme song collaborations, drum circles, sing-along progressive teachings and musical storytelling. Patients also have the opportunity to sign up for individual songwriting sessions with the music teachers.



ART LAB

The Art Lab sessions, are led by Benjamin Swatez, art therapist, international muralist, and co-founder of The Goodness Tour. These daily classes include a structured art curriculum using varied mediums and projects. The art instruction modules are designed to promote self discovery, subconscious creative emotional expression, healing and psychosocial support. Participants are able to experiment with different aspects of drawing and painting beyond expected guidelines and self-imposed limitations. The curriculum is progressive and engaging for all ages and skill level.



ALCHEMY LAB

The Alchemy Lab sessions introduce Dr. Leeby's Artichoke Alchemy™ Recovery model for trauma resolution. Dr. Leeby introduces a new metaphor for healing and multidisciplinary tools to release negative self images, guilt, shame, and ties to trauma while improving self esteem, confidence, and deep self discovery. The Alchemy Lab group sessions are designed to help participants express and process difficult thoughts, emotions, and behavioral challenges. These initiatives combine theories and exercises based on traditional psychotherapies for trauma recovery and healing (including somatic psychology, transpersonal and family systems theory, Jungian play therapy, Cognitive Behavioral Therapy, Attachment theory) as well as concepts from energy psychology, color therapy, meditation, Mindfulness Based Stress Reduction, DBT, EMDR, and art therapy.



MURALS OF HOPE

In our pilot program, two collaborative Murals were created within the Basecamp clinic campus. These murals, directed by Benjamin Swatez, are professional, permanent artistic depictions of the community and their recovery symbology. The ideas, symbols, colors and mural compositions emerged from the empowered voices of the patients and staff. The traditional, sterile white walls of a hospital-like setting became a new beacon of creativity, hope and healing. The participants are now reminded every day of their success story while coming in for treatment, and they leave a welcoming, permanent legacy for newcomers entering the program.

HARMONY OF HOPE

"I am an addict, alcoholic, and human trafficking survivor. I was always artistic as a little girl. Somewhere, through my addiction, I forgot that. I lost that part of me. I remember a time in my life when I wanted to die. But I don't feel like that today. I feel like I have something to give the world...not only through my art, but through my intellect, and my experience.

I want to be the inspiration and the change I want to see.

My new road is called "Deserving Way." I am deserving of love, a new life, and the hope I want to give other people."

SW, age 31, Creating Hope Participant

CONCERT AND COURAGE CERTIFICATES

The Creating Hope pilot program concluded with a closing ceremony and certificates were awarded. During this private graduation celebration, the participants had the opportunity to sing their songs, and share their poetry and art with fellow participants. The patients openly shared their heartfelt stories and voices with strength and incredible peer support.

Following this private performance, the Team unveiled and celebrated the two murals and the new art gallery display with families, friends, and invited public supporters. A sing-along concert followed, featuring the group theme songs written with the brave participants striving towards recovery.

93%

IMPROVEMENT IN DEPRESSION FOLLOWING REID FOUNDATION INITIATIVES*

"Your efforts to bring music and art to help our recovery is invaluable, and literally opened my soul again. You helped remind me about life without alcohol and drugs - love, art, music, and community. Thank you for saving my life. This program has helped me discover my true self again, after so many years lost in the bottle."

REID Foundation Participant, age 37, November 2021

Music and art encourages emotional expression while replacing negative thought patterns with positive neural connectivity to foster growth and change.

**Measured by the Beck Depression Inventory*

"Thank you from the bottom of my heart.

I had lost myself in the bottle, and all my passion dropped off my radar. I was a shell of a person and was wondering through life with no direction.

Your efforts to bring addicts like me music and art to help our recovery are so invaluable, and literally opened my soul again. I just got out of detox for the third time, and I didn't know how I was going to try again.

You helped remind me what life is about without alcohol and drugs ; love, art, music, and community. Every time I see a sunflower I'll think of you and Reid. Thank you for saving my life."

Creating Hope Participant and painter of the sunflowers on the Basecamp mural of hope.

"I've opened up a lot more with the music—participating, singing along with everybody, and helping throw in lyrics. This has really opened my mind and helped me open up. I don't open up but the other day, putting our emotions on the plate, I actually broke down and cried... I didn't think I would. I've been numb. I haven't cried in forever...it felt good."

TJ, age 23





Join Us

Let's join voices in creating a harmony of hope - imparting positive change to impact not only the individuals we serve, but families and communities across the country.

Together we are giving life-breathing hope – changing the narrative from I am worthless to I am worthy. This is how healing happens.

Learn more at [Reachingeveryoneindistress.org](https://reachingeveryoneindistress.org)

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