



## Oddfellows & Rebekahs 41<sup>st</sup> Annual



# Dial-a-Carol

## Christmas Fundraiser to Benefit Youth Mental Health Supporting Music Therapy at Hope Valley Youth Treatment Centre

On **Sunday, December 6th**, the Independent Order of Oddfellows Exploits Lodge 2N and Rebekahs will be broadcasting our Annual **“Dial-A-Carol”** on **Rogers TV, Channel 9** from 6 p.m. to 10 p.m.

This year we are hoping you will join our dedicated members of the Oddfellows & Rebekahs to raise the funds to support youth mental health, specifically, **the Music Therapy Program at the Hope Valley Youth Treatment Centre in Grand Falls-Windsor.**

The Hope Valley Centre is a 12-bed residential service offering withdrawal management and addictions treatment for youth between the ages of 12 and 18 years that reside in Newfoundland and Labrador. The average length of stay is three months; however, treatment is based on individual needs, which is determined by youth, their family and the treatment team.



Treatment is aimed to create opportunities for youth to experience positive awareness of themselves and a sense of belonging. The establishment of healthy social interactions and behaviors are supported and encouraged to promote overall mental wellness and freedom from substance use.



At Hope Valley, a Music Therapist is part of the treatment team. **Hope Valley’s Music Therapist Jennifer King was the first certified music therapist outside of the Eastern Health region.** During the Youth’s admission intake, they are assessed by Ms. King, who will compile preferred listening music as determined by the youth. She will then provide the Youth with an iPod Nano and earbuds for their admission.

Over the last five years, the iPod Nanos at the Hope Valley Centre have been vital to Youth’s ability to cope with daily stressors. **They have allowed the Youth to listen to music safely, without access to internet, video cameras, instant messaging and other pre-programmed applications that are deemed a privacy risk to others.** While in treatment, the youth and Music Therapist work together to create therapeutic playlists to achieve personal set goals, moods or desired behaviors.

Due to the everchanging way music is delivered to customers, online streaming services now dominate the market. This has led to the discontinuation of iPod Nanos. **To continue with this positive Music Therapy program there is a need to move to MP3 Players and the purchasing of iTunes cards and ear buds.** Our goal is to raise \$10,000 for these items which will supply the Centre for the next two to three years.

Some of the good things the Music Therapy Program has offered the youth at Hope Valley:

- Sean McCann, formerly of Great Big Sea, conducted a 2-day songwriting project with the youth at the Hope Valley Center. The youth wrote the lyrics about addictions and recovery, Sean put it together in form of a song. They recorded it together with Sean singing and youth, staff played percussion instruments.
- Jennifer has taken Indigenous youth to a Joel Plaskett show when he has performed at the A&CC, as they had never seen a live concert. Tickets were donated by Joel's management team.
- Jennifer conducts Music Therapy drumming groups once monthly at CHANNAL, if the youth are 16 and older, they accompany her and continue to engage in peer-support while in treatment and post-discharge.
- Jennifer has taken youth to local churches to play a grand piano on a few occasions. Some even learned to play the piano during treatment.
- Youth have written and recorded their own songs composed during treatment and performed them at local coffee shops for Open Mic.

The Oddfellows & Rebekahs are proud to partner with the South and Central Health Foundation for this very worthy cause. We hope you will tune into **Rogers TV, Channel 9** for the Dial-a-Carol program on **Sunday, December 6<sup>th</sup> from 6 p.m. to 10 p.m.**



You can also watch the show from any mobile device or computer by visiting Rogers' webpage at [www.rogerstv.com](http://www.rogerstv.com). Click on the **Grand Falls-Windsor** channel and then click the **Watch Now** button.

If you wish, you can also send in your donation beforehand by filling out the enclosed **pledge form** and dropping or mailing it to the South and Central Health Foundation office. We promise to read it on air.

Merry Christmas!

*Sean Cooper*

Dial-a-Carol Chair

**P.S.**

With your support we can accomplish this together!