

COMMUNITY IMPACT REPORT

2023



Joining together in
strengthening and supporting communities
through recreational music making

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CEO MESSAGE

Dear Music & Wellness Community,

The year 2023 was a busy one for us. The Cincinnati Music & Wellness Coalition members increased from 134 to over 150. In addition to working with our regular diverse populations, we were able to actively engage cancer survivors through a partnership with the University of Cincinnati Cancer Center Survivorship program, offer 110 adult students from 20 countries at Great Oaks Career Campuses feel connected to their cultures, and experience new ways for fun and improved wellbeing through the drum, and bring the power of music making to the homeless community through a collaboration with Give Back Cincinnati, a local non-profit.

We participated in ArtsWave's Boardway Bound program and were thankful to add three new members to our board of directors: Carolyn Karageorges, CPA, Chief Accounting Officer/Vice President of Cincinnati Children's Hospital Medical Center, Marcellus Harris, MA, Assistant Manager, Poultry at the Kroger Company, and Brad Martin, MBA, Associate Director, Care Innovation & Community Improvement Program at UC Health.

We also moved into our new offices at Centennial Barn in Wyoming, Ohio, in the summer and, in the fall, opened our Music & Wellness Center. Our goal is to make Clavinova Connection® and HealthRHYTHMS®, the two evidence-based recreational music-making programs innovated by Barry Bittman, MD, accessible to all communities, all abilities, and all ages.

I'm grateful to our board of directors, staff, volunteers, interns, coalition members, funders, and supporters for their unwavering commitment to our mission and work. Thank you for helping us improve the lives of those we serve. I look forward to creating more connections!

Best regards,
Arlene de Silva
Founder/CEO



ABOUT CMWC

According to the Centers for Disease Control and Prevention, mental illnesses are among the most common health conditions in the United States.

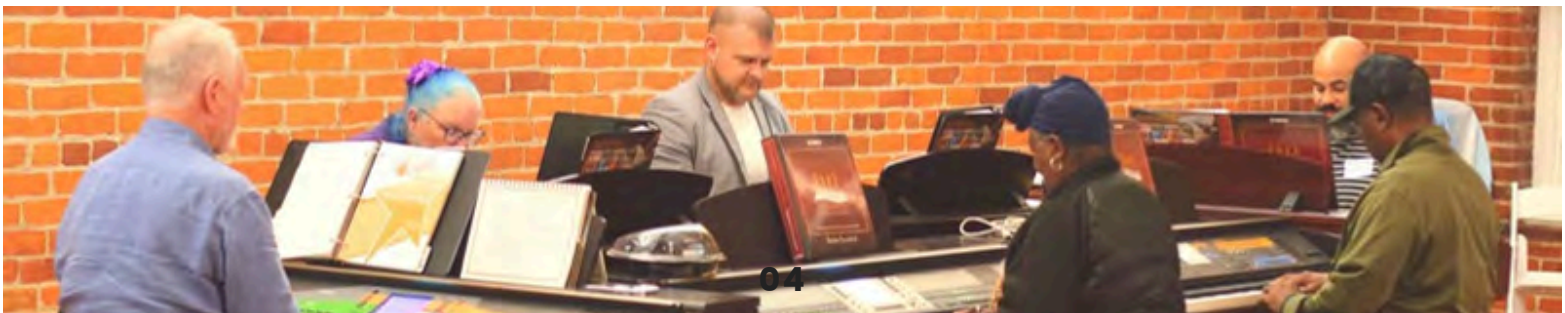
- More than 1 in 5 US adults live with a mental illness.
- Over 1 in 5 youth (ages 13-18), either currently or at some point during their life, have had a seriously debilitating mental illness.
- About 1 in 25 U.S. adults live with a serious mental illness, such as schizophrenia, bipolar disorder, or major depression.

“Mental health includes our emotional, psychological and social well-being. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices,” said Michelle A. Albert, M.D., M.P.H., FAHA, the Walter A Haas-Lucie Stern Endowed Chair and professor of medicine, director of the Center for the Study of Adversity and Cardiovascular Disease, and associate dean of admissions at the University of California, San Francisco.

In 2009, CMWC was founded by bringing together universities, hospitals, non-profits, senior care facilities, physicians, and musicians to actively engage diverse populations in two evidence-based music and wellness programs to achieve meaningful healthy outcomes and improved wellbeing. During the first year, 30 members came together to achieve physical, mental, and emotional goals. In 2024, the number of members in CMWC exceed 150 from Ohio, Kentucky, and Indiana.

CMWC’s goals are threefold:

- Work together to help individuals of all ages and abilities actively engage in evidence-based recreational music making.
- Ensure staff and volunteers in CMWC are trained accordingly.
- Provide on-going coaching/mentoring for coalition members to provide quality programs.



WHOLE PERSON WELLNESS FOR REFUGEES

Refugee status is determined by the United Nations. Refugees undergo a rigorous vetting process by the UN Refugee Agency (UNHCR) and are selected for resettlement. The US is one of 29 resettlement countries.



CMWC was first introduced to refugee communities by the Ohio Department of Job & Family Services in 2012. We have been providing various services to families in Southwestern Ohio. Our focus is whole person wellness for these vulnerable individuals.



We provide health education, citizenship preparation, assistance with medical assessments, socialization, arts & crafts, evidence-based recreational music making, English classes, fitness and exercise, outings, and assistance navigating complex social service systems.



In 2023, we served 150 refugees from. Bhutan, Burundi, Democratic Republic of Congo, Nepal, Rwanda, Syria, and other individuals with special needs.



ELEVENTH ANNUAL MUSIC & MEDICINE CONFERENCE



There's better understanding and more and more research to show that music is good for our health. Our annual music & medicine conference aims to educate professionals and the public that music can improve mood, decrease pain and anxiety, and facilitate opportunities for emotional expression. Research suggests that music can benefit our physical and mental health in numerous ways.

After virtually presenting our conferences in 2020 and 2021 during the pandemic, we were back at Mayerson Jewish Community Center for our Eleventh Annual Music & Medicine Conference. Everyone was glad to be back learning and networking, and the auditorium was filled with positive energy.

While our attendance was slightly lower than pre-pandemic levels, over 40% (percent) were first-time attendees. A total of 165 individuals attended.

Presenters included Barry Bittman, MD, Arlene de Silva, Melinda Butsch Kovacic, MPH, PhD, Associate Dean of University of Cincinnati College of Allied Health Sciences, a panel comprising of Cincinnati Music & Wellness Coalition facilitators, Kristin Cooley, LISW, and Nat Chaitkin from the 4-Way String Quartet.

As in past years, the conference was approved for continuing education for various disciplines.

WELLNESS AND CULTURE THROUGH ART FORMS

In April 2023, the Cincinnati Music and Wellness Coalition hosted Wellness and Culture through Art Forms. This free community event was held in partnership with the Cincinnati Art Museum and funded by ArtsWave. People of all ages came together to experience different cultures, through music and dance.

Joining us again this year was a collective group of performers from All Nations Drum - Native American Drumming, Rasmi Bastola – Bhutanese dancer, and Russ and Barb Childers – Appalachian musicians and storytellers.

New to this year's event was the University of Cincinnati's Medical Symphony Orchestra, whose members are comprised of both talented undergraduates and promising medical students. The China-US Cultural Exchange Academy's young student musicians played the Guzheng. This ancient Chinese musical instrument dates back more than 2000 years. Kafi and Chai, an Indian Classical Fusion Ensemble comprised of University of Cincinnati College-Conservatory of Music (CCM) faculty and students, featured the improvisational techniques and Melorhythmic brilliance of the North Indian Classical Tradition mixed with elements of folk, jazz, and pop.

The audience enjoyed the incredible collection of cultural art forms and performers who made this event a great success. Attendees also appreciated the educational nature of the event.



CLAVINOVA CONNECTION®



Clavinova Connection® harmonizes mind, body, and spirit through specialized digital pianos known as Clavinova.

Yamaha Music & Wellness Institute developed this music-making and wellness program, which utilizes trained facilitators to introduce the art of piano playing to novice musicians and the public.

Every session includes singing, physical stretching, meditation, and sound improvisation. Each step builds confidence and self-esteem while enhancing relaxation and well-being.

Our new Cincinnati Music & Wellness Center includes six state-of-the-art digital pianos that allow us to offer this program to the public.

Neurologist Dr. Barry Bittman measured stress reduction levels in Clavinova Connection® participants. In the 32 participants, 19 of the 45 markers within their “stress” genes were reduced.

HealthRHYTHMS®

HealthRHYTHMS® is a creative music-expression protocol supported by peer-reviewed scientific studies. Trained facilitators use a 10-step protocol to foster creativity and social engagement in fun and collaborative group drumming sessions.

We continue to facilitate the program at a wide range of organizations while offering public sessions at our Cincinnati Music & Wellness Center.



In addition to senior living communities, schools, and nonprofits, we are especially proud to have engaged:

- *Cancer survivors through our partnership with UC Cancer Center.*
- *People with Parkinson's at UC Gardner Neuroscience Institute Mason Parkinson's Support Group, and Dayton Parkinson's Support Group.*
- *Individuals with Alzheimer's/dementia in partnership with Giving Voice Foundation.*
- *Students from 20 countries studying English as a Second Language at Great Oaks Career Campus.*
- *Over 200 homeless individuals at Fall Feast in partnership with Give Back Cincinnati.*

CINCINNATI MUSIC & WELLNESS CENTER

Music has been proven to have a positive impact on mental health. It helps reduce stress, manage pain, improve mood, and improve communication.

The need for Cincinnati Music & Wellness Coalition programs has rapidly increased. Our two evidence-based recreational music-making programs, HealthRHYTHMS® and Clavinova Connection®, are scientifically proven to reduce depression, anger, and anxiety, improve self-esteem, and reduce loneliness.



In addition to senior living communities, schools, and non-profits, we offer these programs at our recently opened Cincinnati Music & Wellness Center for community wellness. Located in the heart of Cincinnati, this Center provides space for recreational music-making programs, educational events, arts engagement, and activities for refugee communities.

PARTNERSHIPS



Creative Connections/Giving Voice Foundation – We partnered with the Giving Voice Foundation to offer HealthRHYTHMS® programs focusing on Movement and Brain Health for individuals with Alzheimer’s and dementia. They enjoyed drumming, singing, and fun activities, complemented by a movement instructor providing stretching and exercise.



Great Oaks Career Campus – We were invited to bring HealthRHYTHMS® to adult students learning English as a Second Language at Great Oaks. Students represented twenty countries. In the summer, weekly sessions were held that included singing, dancing, and music-making. All commented that they felt relaxed and less stressed.

Mason Parkinson’s Support Group – We were invited to bring HealthRHYTHMS® to People with Parkinson’s, and their care partners and everyone had a great time. One participant loved the connection and became a volunteer for our nonprofit, later training as a HealthRHYTHMS® facilitator.



The OSU College of Medicine (COM) – All levels of leadership and medical students worked with CMWC and introduced HealthRHYTHMS® to medical students for stress reduction. Plans are underway to bring Clavinova Connection® next.

UC Cancer Center – Dr. Elizabeth Shaughnessy, Director of the UC Cancer Center Survivorship Program, invited us to introduce HealthRHYTHMS® to cancer survivors who enthusiastically participated in a six-week program. The program was a success, and a researcher and a UC Health employee attended facilitator training to offer ongoing sessions to patients.



UC Gardner Neuroscience Institute (GNI) – We were pleased to introduce HealthRHYTHMS® to individuals at GNI, especially when we learned that our program was the first everyone was coming back to for an in-person activity after the pandemic. During the wellness exercise, a medical student—one of our dedicated volunteers—guided the group through guided meditation.

MEASURING PROGRESS

Cincinnati Music & Wellness Coalition (CMWC) is the nation’s first community-wide recreational music and wellness coalition. CMWC brings together over 75 facilitators from human service organizations, universities, and healthcare facilities to offer their programs for a wide range of purposes including to improve their participants’ moods, diminish elements of the stress response, and improve memory and socialization. While HealthRHYTHMS® Group Empowerment Drumming has been shown to be a comprehensive multi-faceted protocol with documented effects on cell-mediated biological stress pathways, evaluation of programming offered by lay facilitators serving the broader community has not yet been undertaken. In 2023, CMWC worked with Dr. Melinda Butsch Kovacic, MPH, PhD to develop a process to capture information from facilitators to begin to evaluate the impact of HealthRHYTHMS® programs offered by CMWC facilitators and to offer a summary of this information to individual program facilitators. Using this information, program facilitators can assess their own programming over time with the goal of improving their facilitation and program’s quality and engagement.

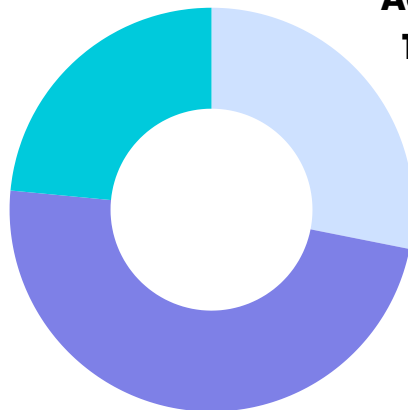
CLIENT NUMBERS

Children/Youth

1489

Adults

1783



Older Adults

3068

6340

total clients served

"It's been a life changing experience to witness the power of drumming, especially with special populations."

-Jim Waddle,
HealthRHYTHMS
Facilitator®

MEASURING PROGRESS

FACILITATOR NUMBERS

Clavinova Connection®
9



HealthRHYTHMS®
79

“Playing the Clavinova is good therapy for my arthritis, my hands feel better at the end of a class.”

- Clavinova Connection® Participant

Facilitators make observations during their sessions and log their sessions, the purpose of their sessions, the engagement levels of program participants, their total number participants, and their demographics/group makeup. In addition, depending on their program participants’ abilities, facilitators are encouraged to consider choosing validated surveys or observation tools to measure longer-term outcomes of their programming. Some examples of these tools include: the Perceived Stress Scale, the Well-Being Scale, the Self-Esteem Scale, the Loneliness Survey, and the Geriatric Depression Scale to name a few. The information can be captured using paper logs or directly entered in an online log. Report and dashboard templates have been created to support sharing of the summary data with CMWC and their facilitators. A PDF of the Facilitators’ Guide is available upon request. Recently, a similar log has been created for those facilitating Clavinova Connection® programs!

LOOKING TO THE FUTURE

Cincinnati Music & Wellness Coalition has reached a pivotal point. There's more recognition of our work and its impact on our communities. In turn, we, as an organization with a mission to promote a culture of wellness through evidence-based recreational music-making, education, and arts engagement, are aware of our work's impact on individuals, schools, employers, the senior care industry, and healthcare.

We are grateful to Hamilton County Job & Family Services and the Board of County Commissioners for recognizing the value of the evidence-based programs we offer. We were awarded a four-year contract (2024-2027) to offer HealthRHYTHMS® as prevention services to underserved neighborhoods in Hamilton County. This is a huge step for us to be able to bring prevention services to improve health outcomes where we need to do better as a county.

We will be working with some of our existing community partners and looking to build new partnerships to encompass all underserved populations.

Populations we plan to serve but are not limited to:

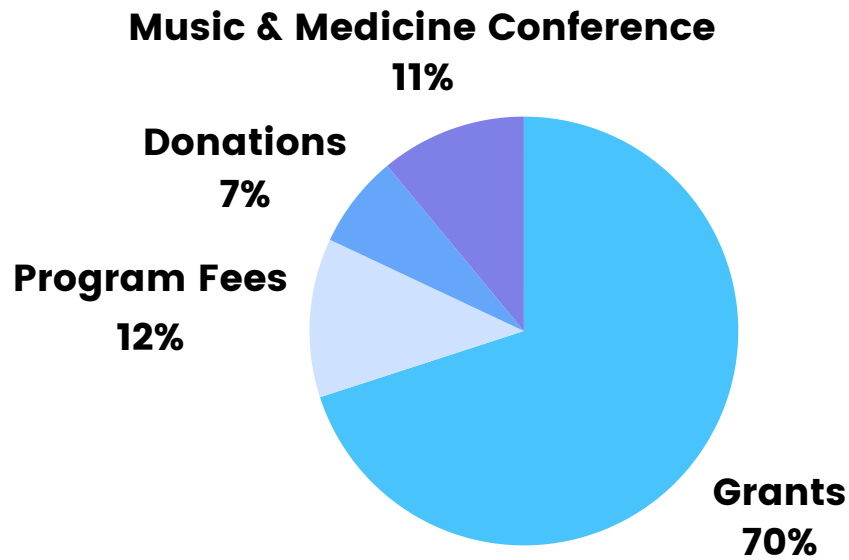


- African Americans
- Appalachians
- Limited English-Speaking Persons

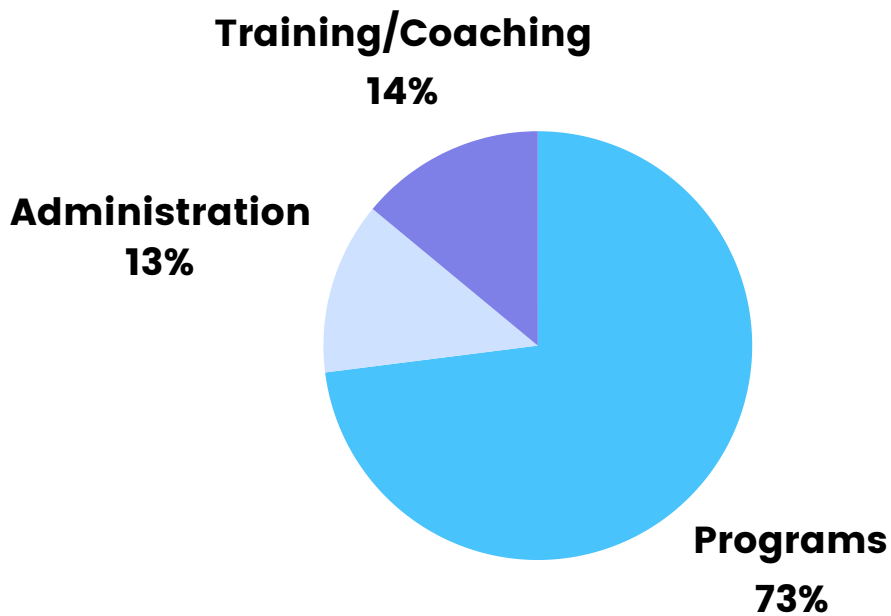


FINANCIAL INFORMATION

REVENUE



EXPENSES



ACKNOWLEDGEMENTS

Funders

- ArtsWave
- Bell Charitable Foundation
- Christ Church Cathedral
- Greater Cincinnati Foundation
- Josephine S Russell Charitable Trusts, PNC
- Ohio Arts Council
- Parkinson's Foundation
- Parkinson Support & Wellness

Supporters

- Arnold Printing
- Cincinnati Art Museum
- Franciscan Sisters of the Poor
- MTNA
- Remo, Inc.
- University of Cincinnati
- Xavier University
- Yamaha Music & Wellness Institute

***We extend our heartfelt appreciation to
the following funders and supporters.
You Help Us Fulfill Our Mission!***

Contact

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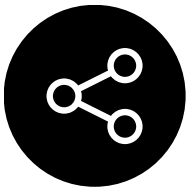
GET INVOLVED

At Cincinnati Music & Wellness Coalition we have many opportunities for you to get involved.



No. 01

Members of CMWC send staff to be trained as facilitators for Clavinova Connection® and/or HealthRHYTHMS®. The two-day training for HealthRHYTHMS® is \$499.



No. 02

Nonprofits, Schools, Senior living facilities, and Employers request trained facilitators from CMWC to actively engage their clients/staff in HealthRHYTHMS®. The cost of the program will be determined by its frequency.



No. 03

CMWC partners with community groups to bring programs to their clients provided through grant awards.



No. 04

Clavinova Connection® and HealthRHYTHMS® are offered at our music & wellness center. We need volunteer facilitators for Clavinova Connection® and HealthRHYTHMS®.



No. 05

Make a donation towards our work. No contribution is too great or too small.

We invite you to join our mission to strengthen and support communities through recreational music-making. Please get in touch with us at musicandwellness.net or 513-315-7393.



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