

**PROJECT: *Music to Support Physical, Mental, and Emotional Health*****COMMUNITY REACH: 805 children, parents, educators, caregivers and health professionals**

The CdA Symphony Orchestra (CSO) is grateful for this grant that aligned with Innovia Foundation's guiding principle: *Bring people together to build inclusive communities by developing places and spaces where everyone feels they belong and can participate in decisions that affect their lives.*

This project recognizes that Kootenai County exceeds statewide and, in many cases, national rates for adults and youth with frequent mental distress, deaths of despair, excessive consumption of alcohol including binge drinking (both male and female), mental and substance abuse disorders and more. Because this trend is escalating year after year, CSO decided to provide new solutions to this region establishing MOUs with Music4Life® (music therapy informed strategies) and Canopy Village (aka Children's Village). Innovia Foundation agreed to provide initial funding, awarding the grant of \$15,000 to directly benefit 805 children and adults attending fourteen new programs and workshops that served as a catalyst to broaden outreach into vulnerable populations.

The project began with online, on demand Music4Life® trainings, educating eight CSO musicians: Nanette Erickson (music educator, viola/violin), Rachel Noriega (nurse, oboe), Jim Phillips (music educator, principal trumpet), Grace Ahola (composer, music educator, cello), Joy Zichau (music educator, harp), Robert Johnson (software engineer, percussion), Wendy Smith (music educator, flute/piccolo), plus certified music therapist Jackie Claxton. These musicians became Advisors and certified Specialists to perform and co-facilitate program demonstrations with lecture and personal experiences featuring the influence of music on well-being.

Over the 12-month period (June 1, 2024 through May 31, 2025), CSO introduced the healing benefits of music to children and adults in Kootenai County through fourteen different free program formats: CSO's pre-concert lectures, the library, schools, hospital, CASA and Canopy Village. Originally, the plan was to offer 6-week courses facilitated by trained musicians. However, during FY2023-24 Pilot Programs this plan proved to be ineffective with minimal enrollment. Therefore, interactive, no-fee educational performances were scheduled as single programs, not a series, to bring awareness of music listening habits impact on mental wellness, and how to take charge of selecting music to facilitate and support wellbeing with transformational conversations.

CSO's five pre-concert, 30-minute lectures at North Idaho College and the Salvation Army's Kroc Center, entitled "Dialogues with Danh," raised awareness for the role music plays in the wellbeing of individuals and communities on 10/25/24, 12/14/24, 1/25/25, 3/22/25, and 5/9/25. Co-hosts conductor Danh Pham, concertmaster Phil Baldwin, and music therapist Judith Pinkerton interviewed nine musical artists who revealed their experiences with music as a healing tool, reaching 404 audience members. The final pre-concert lecture introduced four of the eight CSO musicians who shared their life experiences practicing what they learned from their Music Medicine trainings at MusicMedicineAcademy.com.

Participating pre-concert lecture musical artists were: Jacqueline Wilson (educator, bassoon concert soloist), Mason Flemmer (music and military science educator, army veteran, CSO violin II), Melody Hough (student composer), Chloe Sundet (vocal concert soloist), Gabriel Cruz Ruiz (flute concert

soloist), Jim Phillips (educator, CSO principal trumpet), Nanette Erickson (educator, CSO viola/violin), Wendy Smith (educator, CSO flute/piccolo), and Rachel Noriega (nurse, CSO oboe).

Three programs for “Saturday with the Symphony” at the CdA Library (12/18/25, 1/18/25, 3/15/25) raised awareness of the role music plays with mental health engaging 251 audience members interacting through performances, lectures and activities designed for children and parents.

Unique programs featuring CSO musicians reached 120 people through CASA of North Idaho (2/11/25), CdA School District Elementary School Counselors (2/18/25), and Kootenai Hospital (4/24/25) for first responders and patients benefit. This video [SPOTLIGHT on CASA](#) captures the essence of how to utilize music to develop desired relationships for children in foster care, interviewing Kim Banta, CASA Advocate Trainer and Recruiter.

Additionally, the multidimensional music wellness 8-hour accredited (6.0 CEUs) hybrid workshop, hosted at the Canopy Village Family Support Center, established music as a link to solve problems and become part of our community culture. Three workshops entitled “Mood Music Management: 6 Empowerment Habits,” attended by 21 adults (health professionals, educators, caregivers), featured the evidence-based curriculum “6 Habits of Music Wellness for Highly Empowered People,” authored and facilitated by Judith Pinkerton, CSO violinist and Board member, licensed certified music therapist and Founder of theMusic4Life.com. As a 35-year continuing education provider, Music4Life® issued CEUs to attendees.

CSO's project “*Music to Support Physical, Mental, and Emotional Health*” is innovative not only for this region, but across the USA. Boston resident Jotaro Nakano, Music Director of the Longwood Symphony Orchestra, discovered us through a referral from the League of American Orchestras because of their awareness of our music wellness program innovations. Mr. Nakano interviewed Judith Pinkerton to add to his doctoral thesis focused on symphony programming for wellness, noting further interest in collaboration as his musicians are exclusively doctors, nurses and other health professionals in their community.

CSO's collaborations with Music4Life®, Canopy Village, CASA, CdA Library, Kootenai Hospital, CdA School District, North Idaho College, and the Kroc Center improved the wellbeing of our community by bridging gaps and creating connectedness that allows people an improved sense of community. Testimonials from program participants acknowledge the support of better resources and tools in decision making that affect their lives and the lives of others.

**\$15,000 Grant Final Budget**

- 1,627 Salaries/Benefits
- 150 Rent
- 5,820 Training/Program Management
- 1,348 Training manuals/materials
- 4,225 Facilitators/Guest Speakers
- 700 Marketing Materials (including new video featuring this project)
- 1,130 CSO musicians supportive lecture performances

***CdA Symphony continues to introduce our communities to the music of the symphony in a broadened, relevant, unique way – power-driven by Innovia Foundation's original support!***

*"I am reminded of the power of music and how quickly it can help shift mood."*

*"The anapestic beat concept gave words to what I felt intuitively."*

*"Thank you for a truly delightful day of learning. Very rich!"*

*"This training made me more aware of my negative music listening habits and has encouraged me to broaden my choices in genre and mood."*

*"It was interesting to learn how there can be physiological responses to music as well that match the behavioral and emotional changes."*

*"I need to consider more carefully what genres or styles are right for the given situation, not just my own personal preferences."*

*"I am curious and excited to practice what I learned in this course to be able to shift my mood throughout the day to bring more peace and joy to my life and enhance my self-care routine."*

*"I will promote music as an excellent therapy tool when used in the proper sequences with the right intention."*

*"This course helped reinforce that it is very important to check with office mates and others that share your workspace to ensure audible music is agreeable to all parties!"*

*"I am excited to use 'stronger' music to help release emotions within a sequence and love how cathartic it feels."*

*"I really liked that I got tools using the Key2MEE music app to think about the music that's around me all the time in my work, in the media I consume, and in my own listening."*

*"When you can better understand the messages the music is communicating and how it resonates with you or could resonate with others, you can make more informed decisions on how to use it."*

*"I love making playlists, it's almost a hobby for me. In the past, I've made playlists that are all one mood so that when I feel that way I can listen to that playlist and just feel all my feelings. I've come to learn through this training that while it's good to start with that music it might trap me in the mood I want to get out of, learning about Chronic Comfort Zones."*

*"I've learned that because music is such a powerful way to express emotion, it can be used as a tool to help people understand their emotional lives and the emotional experiences of others."*

*"If I know someone's struggling with their mental health, I want to be ready to offer information about how music can affect people and emphasize the emotional content of music and how listening habits impact wellbeing with my students and others in my community."*

*"I have mentioned this process to some adult family members, and they are interested in how it could work for them."*

*"I love the research basis and findings from so many referenced projects."*

*"I once thought that music I was listening to was helping me feel more positively but discovered some of it was entraining me in an unsettled mood. I had significantly undervalued the power of music."*



# Join us for Mood Music Management: 6 Empowerment Habits

8:30am – 5:00pm  
in-person or virtual

Saturday (choose 1)  
March 22 - March 29 - April 26 - May 3

**FREE**



**Canopy Village**  
Family Support Center  
1350 West Hanley Ave  
Coeur d'Alene ID 83815  
208-765-0688

- How do six goals transform habits?
- What music contributes to suicide?
- When does mood music work the best?
- Where does music influence the body?
- Why is an Emotional Profile essential?

Apply 30 therapeutic activities facilitated with CDA Symphony musicians led by TEDx speaker, music therapist and author, Judith Pinkerton, Founder of Music4Life®. Become an influencer: navigate tough conversations with music therapy-informed strategies that may prevent the next suicide, road rage, or violent act.

RSVP to reserve  
your seat and workshop materials  
\*\* in-person lunch provided \*\*

Curriculum:  
6 Habits of Music Medicine for Highly Empowered People (Pinkerton, 2022)

Scan code to register at [cdasympphony.org/Music4Life](https://cdasympphony.org/Music4Life)

\*CEU approved\*



This Music4Life® workshop is funded with CDASymphony.org's grant from the Innovia Foundation.



Watch for the release of the CSO Music Wellness video, power-driven by the Innovia Foundation.

Watch for media featuring CSO's Music Wellness programs.

# Mood Music Management:

## Match Music Listening to your Emotional Profile

with  
Judith Pinkerton, music therapist  
[theMusic4Life.com](https://theMusic4Life.com)  
with CDA Symphony musicians

Tue, Feb 11, 2025, 5:30 - 7:00 pm

Location: CASA N Idaho  
1417 N 4th St, Coeur d'Alene, Idaho



Learn new listening skills to change methods of choosing music that may influence use of medication.  
Dive into mindful music to manage moods.

- Identify your Emotional Profile using the Key2MEE® music app.
- Contrast healing music from many genres to reorganize playlists.
- Name two active music listening techniques.
- Discuss prescriptive playlists to navigate tough times.
- Describe one Chronic Comfort Zone™ leading to suicide and violence.

Reclaim Joy, Peace, and Purpose in Life

This Music4Life® program is funded with CDASymphony.org's grant from the Innovia Foundation.