



# Music Program

## AT LA VENTANA'S RECORDING STUDIO "THE MUSIC LAB"

Music is a form of creative self-expression that encourages the user to communicate in a non-conventional manner. Studies show that when music enters our brain, it triggers the pleasure center that releases dopamine, a neurotransmitter that influences our happiness. Additionally, studies show that music also helps with brain development. Learning to play an instrument is believed to increase gray matter volume in certain areas of the brain which results in improvement of brain function such as auditory processing, learning, and memory.

Many people recovering from addiction and/or mental health struggles are often filled with shame and guilt, as well as have years of built up blockages that prevent them from positively expressing themselves. Playing music helps participants cope with past emotional trauma and gives them a fire in their spirit that rekindles a lust for life.

*music influences our*

# HAPPINESS

# Rockoverly/Songbriety

We offer a tiered music program that invites clients to participate on three levels depending on where they are in their recovery. Level 1 and Level 2 are part of their program, regardless of their musical talent. Level 3 is an elective activity for clients who are experienced musicians.

## LEVEL 1 SONGTRA

A mantra is an idea or intention to meditate upon. A songtra is a mantra put to music. Clients create a mantra or affirmation for themselves which is personal and reflects what they are working on in their recovery. They collaborate with their peers to create a melody in music, transforming the mantra or affirmation into a songtra or songfirmation. Their music is then recorded and given to them to play and share with family and friends.

**BENEFITS** Clients have pride in something they produced and learn to open up their feelings through music. Individualized mantras and affirmations, collaboratively put to music and recorded for the client, enhance their ability to weave the sentiments contained within, into their internal dialogue.

## LEVEL 2 SONGWRITING COLLABORATION

The songwriting process is facilitated by LV staff who are musicians. Clients brainstorm ideas about themes and messages they would like to write a song about. As a team, they weave ideas together to create the structure of the song. The lyrics are personal, meaningful, and express clients' thoughts and feelings. Once the lyrics are completed, the song is given a title and music is added to the lyrics. The goal is to create a sound that clients feel reflects their message in the lyrics they have written. Once the music is attached to the lyrics and it has been practiced, the song is recorded. The songs are uploaded to La Ventana's soundcloud page where clients may access and share them.



Visit <https://soundcloud.com/user-182238464> to hear LV Music



**BENEFITS** Participating in music has been shown to reduce production of the stress hormone cortisol, while stimulating production of social bonding and reward neurochemicals including oxytocin and serotonin. Hence, music collaboration increases subjective wellbeing, reduces both physical and emotional pain, boosts immunity, facilitates learning, improves memory and promotes social bonding. It provides an antidote to the alienation, abandonment, rejection and judgement that so many clients of mental health and chemical dependency programs experience. Music heals. Music inspires. Music unifies. Music takes the “I” out of *Illness* and replaces it with a “We,” creating *Wellness*.

### LEVEL 3 ELECTIVE

Clients with musical experience may choose Level 3 as an elective in lieu of the gym or another group. Clients creative process will organically unfold. Clients may record their music which will help them to reconnect to their creativity and bring back meaning in their lives.

**BENEFITS** Musicians often find they have trouble connecting to the creative side of their life when they get sober. This program encourages clients to reconnect with their inspiration while in recovery. Clients in the mental health program learn to harness their depression, anxiety, trauma and other struggles as fuel for the creative process. With the help of LV staff, clients are supported in breaking through whatever barriers may have stood between them and their capacity for creativity. They reconnect to the music that once brought them happiness and deliver their talents to themselves and to the world.



### **SUBSTANCE ABUSE TREATMENT**

- Residential Detox Facility –  
Incidental Medical Services (IMS)
- Residential Treatment Facility
- Partial Hospitalization Program
- Intensive Outpatient Program (IOP)
- Licensed and Certified by the  
Department of Health Care Services  
for substance abuse treatment

### **MENTAL HEALTH ADULT TREATMENT**

- Residential Facility for Women
- Partial Hospitalization Program (PHP)  
for Men and Women
- Intensive Outpatient Program (IOP)  
for Men and Women
- Licensed by the Department of  
Social Services & Certified by the  
Department of Health Care Services  
for Residential Treatment

### **MENTAL HEALTH TEEN TREATMENT**

- Partial Hospitalization Program (PHP) for Teens, Co-ed
- Intensive Outpatient Program (IOP) for Teens, Co-ed



*Privately owned and operated, healing families since 2007. Joint Commission  
Accredited for Substance Abuse and Mental Health at all Levels of Care.*

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