

#MillionsLikeMe

# Music for Mental Health

**TUESDAY, JUNE 30, 2015 • 9AM-3PM**



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).



# Agenda

TIME	ACTIVITY
9:00 – 10:00	Registration and continental breakfast
10:00 – 10:20	<i>Welcome and Orientation</i> Gigi Crowder, Alameda County Behavioral Health Care Services
10:20 – 10:40	<i>Music for Mental Health</i> Bre Williams, PEERS
10:40 – 11:00	<i>Careers in Music</i> Steve Hogan, Pandora John Eros, Ph.D., Director of Music Education, California State University, East Bay
11:00 – 11:10	Break
11:10 – 11:20	<i>Each Mind Matters</i> Stephanie Welch, CalMHSA
11:20 – 11:40	<i>Music for Social Change</i> Hip Hop Collective Group
11:40 – 12:00	<i>#MillionsLikeMe album release</i> Overview of afternoon program
12:00 – 1:00	Lunch Introduction to afternoon panelists Open Mic Campus tours available
1:00 – 2:00	Breakout sessions Breakout 1: Writing/lyrics Breakout 2: Track making/producing Breakout 3: Performance
2:00 – 2:10	Break
2:10 – 3:00	#MillionsLikeMe artist awards
3:00 – 3:10	Closing remarks
3:10 – 4:00	Networking, visit resource tables

# Presenters

Thank you to the following presenters and many experts, advocates and artists who have dedicated their time and energy to make the #MillionsLikeMe Music for Mental Health program a success. We believe music has the ability to provide a medium for better mental health and is a powerful tool as we foster the movement to end mental health stigma and discrimination.



## Bre Williams

Bre Williams is an Advanced Level WRAP Facilitator, TAY Manager at PEERS, student of life, spoken word artist, and an advocate wherever she goes. Bre started working in the mental health field as an advocate for youth services after being diagnosed with depression and social anxiety at the age of 15. She knows

that life challenges happen to any and everyone, but fully believes that with hope, determination, and support, everyone can recover and live the life they desire!

## CONXT ft. Marla B.

Electronic producer Hooded Youth, Seattle rap veteran Yggy Bop, and Bay Area vocalist Marla B. team up in the unique new musical project, CONXT: an eclectic mix of hip-hop beats, South American rhythms, and indie rock. Regardless of genre, CONXT is always dance floor ready.



## Gigi Crowder

Gigi Crowder, L. E., a native of Oakland, CA, is the Ethnic Services Manager for Alameda County Behavioral Health Care Services. She has worked in the Behavioral Health Care field for more than 27 years after completing her studies at the University of California, Berkeley. As a family member of several loved ones who have received private and public mental health services she is a strong advocate for promoting culturally responsive behavioral health services for all clients, consumers and family members. Gigi is committed to promoting the use of community defined strategies for unserved, underserved and inappropriately served ethnic and cultural communities.



## INCOG Productions/Hip Hop Collective Group

“The Movement” is the one-word mission of the INCOG Productions/Hip-Hop Collective group (HHCG), which is dedicated to building relationships between artists, producers, DJ’s and local venues for positive showcases and events. The company works to instill the tools necessary to further inspire the artistic aspirations of participants. The specific program for this next phase is called “BE SEEN BE HEARD”, a series of workshops geared towards providing participants with hands on training and tools for independent music release.



## John Eros

John Eros is Coordinator of Music Education and Chair of the music department at Cal State East Bay. He holds a BM in Music Education from Northwestern University, an MA in the Pedagogy of Music Theory from the Eastman School of Music, and a PhD in Music Education from the University of Michigan.

Dr. Eros currently serves as the California representative for the Society of Music Teacher Education. In 2014, he began serving as the Collegiate Representative to the California Music Educators Association (CMEA) State Council of Representatives.

## KALASOL a.k.a Boss of the Bay

Bay Area rap artist, Kalasol “the most known unknown”, gained national attention during the insurgence of the hyphy movement with his debut single, “That’s Oakland.” Kalasol grinds Bay Area slang and culture in all of his 16’s.



## Stephanie Welch

Stephanie Welch, MSW, is the Senior Program Manager at the California Mental Health Services Authority (CalMHSA). At CalMHSA Stephanie helps manage the implementation of a historic statewide effort in California to prevent suicide, improve student mental health and reduce mental health stigma and discrimination. The statewide

effort is funded by counties through the voter-approved Mental Health Services Act, Prop. 63.

Stephanie has fifteen years of experience in mental health policy analysis, program administration, and advocacy, and holds an MSW from University of Southern California and a BA in Sociology from the University of California, Davis.

## Steve Hogan

As Pandora’s Music Operations Manager, Steve Hogan leads the company’s Music Analysis operation. This includes a team of more than 25 professional musicians who listen to each track in the Pandora collection and contribute that track’s “DNA” to the Music Genome Project, the most comprehensive musical taxonomy ever created.

A working musician himself, he has been performing as a pianist and organist in the San Francisco Bay Area for 16 years, including a gig as the San Francisco Giants’ ballpark organist for the past six seasons.



# Thank you to the following youth organizations for supporting the #MillionsLikeMe Music for Mental Health album.

## A Place Called Home

A Place Called Home began in 1993, the brainchild of Founder Debrah Constance, who wanted to give gang-affected youth in South Central L.A. a safe place to go after school. A Place Called Home is a safe haven in South Central Los Angeles where underserved youth are empowered to take ownership of the quality and direction of their lives through programs in education, arts, and well-being and are inspired to make a meaningful difference in their community and the world.

## Bay Area Video Coalition (BAVC)

BAVC is founded by a coalition of artists and activists committed to using new video technology to tell social justice stories and to empower independent media makers in the Bay Area. BAVC inspires social change by empowering media makers to develop and share diverse stories through art, education, and technology.

## Life Goes On Foundation

Life Goes On Project was founded in 2007 by Arthur Renowitzky after Arthur was tragically shot and sustained severe spinal cord injuries. Life Goes On Foundation is a nonpolitical nonprofit organization working nationally to help end youth violence, promote a positive lifestyle and to bring awareness about spinal cord injuries.

## Placer Arts – Auburn Hip Hop Congress

The Auburn Community Chapter of Hip Hop Congress was formed in 2009 and began partnering with PlacerArts in 2011. Its mission is to encourage and support Hip Hop enthusiasts and young aspiring artists to manifest their dreams through cultural programs, social events, community service and business development.

## RYSE Youth Center

RYSE Youth Center opened its doors October 18, 2008 in response to a string of violence towards youth in Richmond. RYSE's mission is to create safe spaces grounded in social justice that build youth power for young people to love, learn, educate, heal and transform lives and communities.

# THANK YOU

to the artists who contributed the following songs for the #MillionsLikeMe album available at

[cdbaby.com/cd/millionslikeme](http://cdbaby.com/cd/millionslikeme)

“Hang in There” by Joseph Torres

“Behind Enemy Lines” by Golden Gloves

“Breathe” by DonBlak

“Da House of Grief” by Dre D’verse

“Virtigo” by T.E.O. (Feat. Simply Nicole)

“Without You” by APCH Music Department featuring Sunny War

“Life’s Strange” by REU

“Dream” by Day-Day

“I’m Thankful” by A.R. the Inspiration

“Life Ain’t Easy” by A.R. the Inspiration

“Have Another Pill” by Sydney Ward

“Lyrics Legends Leaders” by Auburn Hip Hop Congress

Special thanks to DJJ and The OPP for their contributions of original songs, “Where Do I Go Now” and “Depression the Lesson”

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#MillionsLikeMe  
Music for Mental Health

EachMind  
MATTERS  
California's Mental Health Movement



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

DOWNLOAD YOUR FREE ALBUM AT  
[www.cdbaby.com/cd/millionslikeme](http://www.cdbaby.com/cd/millionslikeme)

**Music can  
be a powerful tool  
for mental health.**

Listen to songs created by young adults from youth programs statewide that encourage healing through music.