

## **Musical Care International Network Small Grant: Final Report**

### **Project Title**

More than performance: A workshop exploring how the performing arts can be used to support health and wellbeing across the lifespan.

### **Names, Affiliation and Country of all collaborators.**

Terry Clark, Mount Royal Conservatory, Canada

### **Aims**

This project convened Calgary's first large-scale interdisciplinary gathering of people from across Mount Royal Conservatory, the wider Mount Royal University community, as well as arts and health organisations from throughout Calgary.

The goals for the participatory workshop were to:

- Help people working, and interested, in this sector get to know one another;
- Identify areas of common work and interests;
- Set the ground for future projects and funding bids.

Desired outcomes for this workshop were to:

- Develop a shared understanding of current health, wellbeing, and social challenges within Calgary and the surrounding area which musical care can help address;
- Compile a preliminary list of ideas for novel music and arts initiatives that could be developed to support health and wellbeing across the lifespan;
- Create a shared email and contact list that would form the first Calgary musical care network.

### **What you did**

We held a 4-hour workshop on Wednesday, 12 April 2023, at MRU. This was attended by approximately 50 people, drawn from Mount Royal Conservatory, MRU, and Calgary-area arts and health organisations. Attending MRU faculty were from music, speech arts, business, nursing and midwifery, continuing education, and MRU's post-secondary programs for adults with developmental disabilities. The workshop included presentations from a number of service providers to give examples of relevant musical care work happening locally. Neta Spiro also gave a presentation about international examples of work that fall under the Musical Care umbrella more broadly. Small group discussions explored areas of need, challenges and barriers experienced by service providers and users, and potential opportunities.

### **Outcomes and/or (planned) outputs**

Terry Clark was invited to join team led by faculty in MRU's School of Nursing and Midwifery that prepared and submitted a proposal for the creation of a Centre for Health and Innovation in Aging at MRU. The purpose of the proposed Centre is to:

- Provide formalized sustainability for current healthy aging-related initiatives;
- Create a centralized hub for faculty and students to collaborate;

- Strengthen the possibility to obtain future funding through the interdisciplinary approach and expand current initiatives.

Mount Royal Conservatory has received a generous donation that will fund a part-time research assistant for one year. The Research Assistant will play a key part in helping us develop a deeper understanding of relevant needs and opportunities within Calgary and the role that the Conservatory can play in supporting these.

Terry Clark is collaborating with several attendees from the workshop on a 3-year, \$890,000 CDN grant application that aims to:

- 1) Integrate digital music-based therapeutics into clinical care;
- 2) Maximize therapeutic music use in healthcare through training programs supervised by certified music therapists, harnessing student and volunteer musician manpower and creating culturally-diverse music artistry programs and resources to address healthcare worker stress and burnout.

#### **Relevance to the Musical Care International Network's aims**

Musical care activity within Calgary has typically been conducted by individuals, or individual organisations. There is an opportunity and a need to promote greater interdisciplinary collaboration between stakeholders in order to produce more comprehensive programmes, research, and training initiatives. This workshop brought together people from diverse backgrounds who work in diverse settings. A number of people from outside of musical care, but with an interest in it, also attended. Such engagement will help raise awareness of the field and advocate for its inclusion in more diverse fields of practice. The inclusion of Neta Spiro's presentation within the workshop helped add international perspectives to the discussion