

Jessie O'Brien, NAADAC: hi everyone, you are in the right place, we will get started promptly at three o'clock PM Eastern time and but for now why don't you just tell us all, where you are calling in from today.

Jessie O'Brien, NAADAC: Hello everyone and welcome to today's webinar music and the brain and recovery I think we're in for a really special treat today presented by John McAndrew.

Jessie O'Brien, NAADAC: My name is Jesse Brian and I am the director of training and professional development, here at NASDAQ the Association for addiction professionals.

Jessie O'Brien, NAADAC: And I am joined by Allison White, who is also here from my team, and together we will be handling any questions or issues you have so you are well supported.

Jessie O'Brien, NAADAC: Just a little brief overview of zoom webinar many of you are familiar with it, so this is not going to be that exciting, however, I do want to bring your attention to a few of the items that we use here today.

Jessie O'Brien, NAADAC: The chat box, which I see that many of you have already discovered and are using us that to chat with each other.

Jessie O'Brien, NAADAC: chat with us don't use it, however, for questions if you have any questions for anyone at NASDAQ or for our presenter you can put those in the Q and A box that way we keep them organized.

Jessie O'Brien, NAADAC: So that brings me to the Q and A box, that is where you're going to put any of your questions if we see comments in the Q and A box we usually try to.

Jessie O'Brien, NAADAC: move those along just so we keep the Q and A box.

Jessie O'Brien, NAADAC: Completely focused on questions and, similarly, if we see any questions in the chat box, we might ask you to put that in the Q and A box, so that it doesn't get lost, and lastly, live transcript we are using zoom webinar for closed captioning today it has been enabled so you're able to.

Jessie O'Brien, NAADAC: click on the little carrot arrow and you can select show subtitles and see subtitles for today's webinar if you would like to.

Jessie O'Brien, NAADAC: Just a reminder that every new deck webinar has its own web page for the specific event so everything you need to know about that particular webinar.

Jessie O'Brien, NAADAC: can be found on that webpage so here, you see a screenshot of today's webinar web page once this webinar is over, you can go back to that web page and access the CE quiz.

Jessie O'Brien, NAADAC: And also instructions for how to get your sea quiz which is right below that I recommend if you've never done this before that you click on.

Jessie O'Brien, NAADAC: The instructions and follow those in order to get your sea certificate The other thing is, many of you need your certificate to say live on it as a live webinar if you need that then make sure you take the seat quiz within the next 24 hours and then download and print your certificate.

Jessie O'Brien, NAADAC: Within 24 hours, and it will say live on it, if you wait, then that will change, and it will say a recorded webinar.

Jessie O'Brien, NAADAC: And so we need you to do it within the next 24 hours if you want it to stay live.

Jessie O'Brien, NAADAC: Alright, I think we're good now i'm going to introduce you to our webinar presenter for today so john mcandrew is a recording artists.

Jessie O'Brien, NAADAC: Recovery music specialist therapist licensed alcohol and drug counselor and the music services coordinator at Cumberland heights in nashville Tennessee.

Jessie O'Brien, NAADAC: john's music has been heard around the world and that many national events, including the conference, and he will be at our conference this fall to see you know.

Jessie O'Brien, NAADAC: While touring he has performed for and worked with recovery audiences for over 30 years his CD forgiven was in grammy consideration three times and the roots Gospel category.

Jessie O'Brien, NAADAC: Is music is in several feature films, including one little red wagon directed by David and spa.

Jessie O'Brien, NAADAC: john currently works as a recovery music specialists therapists and is in the music services coordinator at Cumberland heights.

Jessie O'Brien, NAADAC: where he provides individual and group therapy john helps develop the music professionals program at Cumberland heights so i'm going to welcome him to the stage and take myself off and and I will see you well.

Jessie O'Brien, NAADAC: enjoy.

John McAndrew: Hello everybody can you see me and hear me i'm sure you can thank you so much.

John McAndrew: Both of you, for helping me set up today's webinar and get through the technological part of it today's a little different in that i'm going to be performing and some of this presentation will be experiential and.

John McAndrew: So I have my piano setup here and and it usually sounds pretty good i've got a decent sound system to speak through and to perform to through as well and.

John McAndrew: it's really an honor first of all i've been associated with Neda for many, many years and Cynthia of course i've known her a long time and.

John McAndrew: I believe nayak is that the.

John McAndrew: sort of the ground, the boots on the ground with.

John McAndrew: The diseases that we deal with with substance abuse and mental health and and I want to come just kind of let you know at the beginning of this is that i'm.

John McAndrew: I use these services myself i'll put it that way, I am a recording artist, I have been touring and playing music, for many, many years I got my first record deal at muscle shoals studios and Alabama.

John McAndrew: quite a long time ago and I moved down South and i've never gone back to Minnesota where i'm from you'll hear a little bit of that accent it's a talk I work at Cumberland heights and.

John McAndrew: In the last few years i've learned so much about music and working with patients using music as a tool for recovery as a spiritual tool.

John McAndrew: we're going to learn today that it helps us, you know physically mentally and

spiritually.

John McAndrew: And I think music is such an easy thing to talk about because all of us have it in our lives have been influenced by it so it's easy to talk about today we're going to learn a little bit about the brain not not very much I am not a brain.

John McAndrew: doctor i'm a musician, but I have a lot of evidence that i've seen what music does we're going to see how music affects the brain changes and brain and therapy, how it can be used in treatment settings and we may even try to sing together later today here's one of these fancy.

John McAndrew: diagrams you know the human brain and all the names that go with it and i'm just going to be honest here's what I know about.

John McAndrew: Good old Homer you can see what's going on in his brain it's pretty simple.

John McAndrew: I want to this slide is evidence of what we used to think, and I think a lot of us still use this language and and I do sometimes as well we're think we're left brain and right brain.

John McAndrew: And the new evidence is showing that music.

John McAndrew: affects all parts of the brains of the brain not only the Left and the Right, but all you know all at the same time, and we have we have visual proof of that with them and I I love this slide.

John McAndrew: The look at a person's brain.

John McAndrew: As it reacts to music and.

John McAndrew: Again yeah.

Allison White: Just we can't see your slides or unable to see the slides.

John McAndrew: well.

John McAndrew: that's no good.

John McAndrew: Thank you for letting me know.

Allison White: No problem.

John McAndrew: We had at work and didn't wait when we started are there now.

Allison White: We did Jesse are you able to see.

Jessie O'Brien, NAADAC: No slides yet sorry I thought you were just sort of talking before introduced before showing them.

John McAndrew: No, I.

John McAndrew: So let's.

John McAndrew: Read again.

John McAndrew: yeah we damn good.

John McAndrew: That it shows itself boss okay.

Jessie O'Brien, NAADAC: Just good press play and then we're good.

John McAndrew: All right, we'll just do this quickly so we'll start over and here's the you know who I am and what we're going to do today, and I do want you to not man is the Homer Simpson slide.

John McAndrew: You know, this is what i'm qualified to talk about the brain science, but.

John McAndrew: In here's what we used to think about right and left brain and here's the MRI that I wanted you all to see, of how music lights up all of the brain left and right in front and back and it's really powerful and i'm going to talk today about.

John McAndrew: Cumberland heights where I work and music therapy and how the evidence watching people's faces and bodies change reacting to music.

John McAndrew: watching the endorphins produced and and the dope me the way people can react to music and the power of that and there's several reasons to use music and recovery and.

John McAndrew: I think many, many treatment centers and a lot of private providers using music.

John McAndrew: music is everywhere.

John McAndrew: And we're starting to get new evidence now and a new, you know new research it just proves that music improve so you know all the brain circuits in the brain it helps with stress it helps with medical conditions, and I want to share a story right here, I.

John McAndrew: i'm a jazz musician a little bit kind of a once in a while and I play blues and jazz and I played at a blues and jazz festival and Alabama about eight years ago wc handy festival.

John McAndrew: And a part of the festival as a part of the festival they asked me to go to some senior centers to play some music and I love doing that.

John McAndrew: And i've done it a lot and I and i'm totally aware what can happen is a lot of them are our elderly either not able to hear you know or move.

John McAndrew: Less of physical problems as well, and so i'm used to that and, but this one year when I went to play they they brought the people and and most of them were in wheelchairs, some of them not to usually 80% women and by 20% guys.

John McAndrew: And they wheeled in a woman in a wheelchair, and they put her kind of right up front, right up in the front next to me over here and they had a heavy blanket over her lap.

John McAndrew: And they came out and told me that her name is Ruth and she's catatonic and she hasn't moved or spoken for two and a half years since she's been here, so you know.

John McAndrew: We just thought we'd bring her in and maybe she can hear they really weren't sure so we're playing and i'm tearing it up and i'm playing a song called all of me, which is an old jazz tune.

John McAndrew: And I got a guitar player with me and we're banging away and it's an old piano at a senior Center it's other tune and have you know some of the keys don't work.

John McAndrew: And I remember looking up and everybody's face and all faces and all looked over to this where that lady was saying, and I kept playing.

John McAndrew: I even noticed one of the nurses trying to run as if something had happened, and then another nurse grabbed her to stop her I looked over and Ruth.

John McAndrew: who have been catatonic for two and a half years stood up and she was dancing and she was doing the funkiest kind of New Orleans thing you have ever seen every part of her was

juggling and moving and she had a big smile on her face, one of the nurses had tears in her eyes.

John McAndrew: And when I got done with the song.

John McAndrew: Ruth sat down and they held her by both her arms and she sat down into that wheelchair she went back into the catatonic state and put the blanket over and she just laid her head, so what we know.

John McAndrew: Is that music has the ability to touch a place in the brain that words don't.

John McAndrew: And i've heard that before but to see it in that circumstance was really profound for me so i'm absolutely aware of that we work with patients with with substance abuse and other issues that may be music will be a way to touch a partner, then that needs to be led.

John McAndrew: Emotions joyful and happy fearful and sad we experienced it I do an individual sessions, we do have Cumberland heights a lot of times the person will be holding a guitar and they play a little bit.

John McAndrew: And there'll be talking about their family or their sons or daughters or moms and dads and those emotions will come up.

John McAndrew: And then maybe we'll play a song for them, and we can do something fun as well, and I believe it's really important in today's saying we're going to do a song and the beginning one at the end that are fun, but in the middle, will do something.

John McAndrew: to access the the other emotions, the length that tonality.

John McAndrew: you'll notice in a one of the songs that I do today's is in a key that.

John McAndrew: That science has found.

John McAndrew: Just the tone of it brings calm and it touches the calm peaceful parts of our brain and.

John McAndrew: We also know the old expression I think we've heard it is I don't like the tone of your voice, where we know the words coming out of a person's mouth.

John McAndrew: A very positive and supportive, but maybe the tone suggests that they don't mean what they're saying and we're learning this through music and different types of music.

John McAndrew: That.

John McAndrew: They mimic our speech, so if you listen to a song and that song.

John McAndrew: The singer is really touching your heart and you're listening to those words they're really talking to you and the brain is responding in the same way, and then the music is also responding, at the same time in the slide that I showed you the brain i'm music that's what's happening.

John McAndrew: because all these things are going on at once, at the same time in the brain.

John McAndrew: So this just kind of reiterate what I was saying, the neuroscience and Mr is just absolutely amazing and it's, not that I need those for proof, because I see it every day when I work with patients, and I know many of you do as well.

John McAndrew: Creating music can wear a.

John McAndrew: I tell you it's such an easy thing I have a bag of it's just a shopping bag and it's got five tambourines about 38 shakers in there.

John McAndrew: Some other little percussive instruments it's the easiest thing to get some music going with patients, what we do is I play a song is very up tempo.

John McAndrew: And it's got a nice message to it so we're speaking to them through lyric and tonality and then the rhythm get some kind of jacked up and then they can dance and sing and play along.

John McAndrew: And what it is, is so good it's a level playing field almost anybody can do this later in this program we hope to put a choir together for all 300 of you to sing it one time it'll be a miracle if that works, but.

John McAndrew: here's the thing.

John McAndrew: So you don't have to be a piano player or a musician for music to impact your mental health or your sobriety your well being.

John McAndrew: This this woman's face really says it all, all these things are happening in our brain the tonality the rhythm and there's something speaking to her that words can't do.

John McAndrew: And here we go I love this slide.

John McAndrew: So i'm a little bit older i'm a grandfather i'm 68.

John McAndrew: And I look at this wonderful woman with the headphones on you know, God knows what she's listening to.

John McAndrew: And she's probably raised several kids had every life experience that anybody could ever have and look at that look on her face and she reminds me of Ruth a woman in the wheelchair who got up and dance that day.

John McAndrew: And it's just a beautiful picture to show what piece can bring and it's through those headphones through music and she's getting some endorphins and evidently.

John McAndrew: She likes that and I think we all do.

John McAndrew: Stress pain music is really powerful i'm not going to talk a whole lot about this, but.

John McAndrew: we'll get into it and some of the songs we do, but the power that music has to affect positively these major parts of human life stress cognitive issues and pain, it will get a little more into this and.

John McAndrew: here's why I was so proud to be a musician.

John McAndrew: Because music was first and.

John McAndrew: it's the way that.

John McAndrew: We learned to communicate with each other, before there was anything else rhythm and melody and tonality.

John McAndrew: And it's still the way we can all communicate with each other, I think, in the most organic way and I, I want to do a song right here and kind of get to the music here and.

John McAndrew: This is a song that often we will.

John McAndrew: start a group with it's up tempo it's got a decent message i'll tell them, I wrote this song, the first song that I wrote on my journey in this in my new life.

John McAndrew: And it was about perception the competence of stuff I was mad at the idea of having to have a higher power and my higher power didn't do so good for me in my opinion and.

John McAndrew: So I wrote this song and it got recorded and it got on the radio got into a movie I remember hearing it in my car stereo one day and.

John McAndrew: Not realizing that i'd written the third verse and what that meant and it wasn't a wasn't conscious of it is something that just came through me.

John McAndrew: It was a powerful experience for me and the song is called give me new eyes and it's about some of the things we've been talking about the cognitive changes.

John McAndrew: Changes in my thinking, the stuff that music can do, and that can speak to a part of me and a part of other people that sometimes words can, and this is called give me new eyes.

John McAndrew: i'm having a hard time just.

John McAndrew: All the suffering and misery that mango.

John McAndrew: tree.

John McAndrew: Why must.

John McAndrew: be so.

John McAndrew: See.

John McAndrew: clouds come.

John McAndrew: If it's.

John McAndrew: If it's you.

John McAndrew: Please forgive me for feeling this way, please forgive me for.

John McAndrew: Saying it's just the.

John McAndrew: clouds come over the.

John McAndrew: skies.

John McAndrew: Good man.

John McAndrew: If it's.

John McAndrew: black clouds.

John McAndrew: Just.

John McAndrew: Thank you, a.

John McAndrew: lot of silence there, but I know some people are probably clapping.

John McAndrew: As I was doing that song, some of you may have heard my left foot banging on the

floor and i've got Ray Charles disease I bang my feet, a lot when I play, but what happens when we do that song and in treatment and.

John McAndrew: For an audience it's in recovery, the first thing that happens is the feet start tapping and then legs start moving.

John McAndrew: And, and as this slide says the natural medicine it's sort of a jumpstart or a tonic to activate function and so.

John McAndrew: Like that slide that I showed showed you earlier on the brain is lighten up the blood flow is increasing.

John McAndrew: And you know neural pathways are being fired and all sorts of things are going on little things in their brains that nothing else did ever touch maybe.

John McAndrew: activated and touched by this music lot of times, people are clapping along I asked him to provide the rhythm section.

John McAndrew: And it gets to be a lot of energy and a lot of endorphins are produced and open mean and a lot of smiles happen and it's just a way to activate them now, you know, in the treatment setting they've been they've probably been watching some.

John McAndrew: powerpoints maybe Listening to some lectures and some things like this, and this is the first way to get them engaged and and I just find it very effective and.

John McAndrew: I hand out tambourine sometimes i'll get two or three people up on the stage with me so they can show off a little bit and.

John McAndrew: When we have men and women in the groups we separate them from side to side, but the women try to do the guys and vice versa it's just a really wonderful thing to do this next slide you know motivational interviewing and i'm going to be really quick with this one to belong.

John McAndrew: on an individual basis, working with.

John McAndrew: Patients and then maybe they play piano and.

John McAndrew: They have never written a song before and they've taken classical lessons, they can read, but they never really saying, or maybe they sing a little bit and come play a little bit of piano.

John McAndrew: or guitar or something and we start to talk and an individual session well who are you how did you get here, where you at.

John McAndrew: You know, when your stages of change and they start to talk with this instrument in their hand, or they start to talk through that instrument or the instrument, possibly touches.

John McAndrew: Some of those spots deep inside and they start to communicate them and what we do to follow up a lot of times and it happens more often, you would think somebody who's never written a song is able to write a song.

John McAndrew: And i'll give you an example of that shortly, but in the stages of change here, you know, this is, who I am, and these are the things that I lost the sad parts of it, these are the things that I want back the hopeful part of.

John McAndrew: This is how i'm going to have to change, and it makes.

John McAndrew: it's a form of commitment for them in our professionals program we have some pretty big people there that are famous and made a lot of money doing this, and this is the first time



for many of them that they actually get the saying about themselves.

John McAndrew: And then share that with their audience and pass that on and that's you know that's also a really powerful thing to see, I think we know.

John McAndrew: This is where there's more and more science, but it strengthens all these regions of our brain.

John McAndrew: And when these are strengthened we heal better.

John McAndrew: physically we get better mentally we get better we get better spiritually we get better and.

John McAndrew: I have here a little thing that I wrote for the US Journal of science and it's in the second paragraph, all this science makes sense, we can see it and feel it i've seen it happen on a daily basis in recovery settings.

John McAndrew: days when recovering people laugh cry sing and dance all in one day, I firmly believe that music and spirituality are connected and that perhaps the god experience happens as much in our brain.

John McAndrew: as it does in our heart and soul.

John McAndrew: And this next slide I just want to share a story.

John McAndrew: And this happened to Cumberland heights a few years ago.

John McAndrew: I would do a talent show on Wednesdays we call it spiritual emphasis day and.

John McAndrew: All day we did some artwork we did all sorts of expressive things and music was a big part of this and to build up to this, as I showed you in a previous slide I had two or three individuals who had prepared some music to perform for the talent show.

John McAndrew: On Wednesday afternoon.

John McAndrew: And one of the patients that we have prepared for this was a young man that I played maybe one or two chords on a guitar but it never always wanted to sing something or play something.

John McAndrew: And he had that guitar in his hand he showed me what he knew and I showed him another couple chords and I asked him and he was playing we're talking about his journey and I said, if you could ever sing a song who would you sing it to me, he said i'd sing it to my son.

John McAndrew: Because I feel regret about my disease and what mostly what I didn't do for him, I said well let's write a song about it.

John McAndrew: So we spent two weeks writing it and he improved and his lyrics you know the lyrics are beautiful that came straight from his heart the music touch that.

John McAndrew: Was that key to that door that opened that up and he wrote these beautiful lyrics we put it to music so it's great we're going to do it on you know the talent show day he was one of the contestants that the other one was a guy that was very, very famous.

John McAndrew: A country singer who crossed over into pop music, maybe even bigger was just just hugely successful he said he'd sing a song, the third participant was a big tall guy from East Tennessee and he wanted to be a stand up comic so he's this i'ma tell some jokes.

John McAndrew: And i'm getting a little scared at this point.

John McAndrew: It was men and women in those about 150 people in the auditorium I said you keep it clean remember you know what she's saying and.

John McAndrew: How you express that he says that God it is southern guy from these Tennessee or bib overalls I feel great the fourth person came up very quietly right before lunch and said, can I be a part of the talent show today.

John McAndrew: I said sure what would you like to do, and she was the oldest person in treatment that's all say between 60 and 70 will say.

John McAndrew: She said i'd like to do an interpretive dance if your play some meditative music for me and i'm not yani i'm not real good at that, but I.

John McAndrew: put something together, and I remember her saying played at about this tempo in her hands hit the most graceful and I said there's a lot of knowledge and what she's doing what she said that's fine the music that's fine for the music I said Okay, so the talent show comes.

John McAndrew: And the first guy that got up was the string being guy with a bib overalls and he told those jokes and it was unbelievable he did six jokes one after the other, the timing was unbelievable nothing inappropriate.

John McAndrew: And the place went crazy they're under feet scream and yell and then he got he's got tears coming out of his eyes she's he feels really proud he walks off stage.

John McAndrew: Then the second kid gotta who'd never played, and I have my panel set up on stage and he sat next to me.

John McAndrew: and his hands are going like this because there's adrenaline being poured by the gallon and right into his heart he's so nervous, he says, I can't do it, I can't do it, I said yes, you can let's go 1234 we started.

John McAndrew: It was like a little boy learning to ice skate i'm from up north, so I remember that.

John McAndrew: He was real wobbly at first and then he got better in the second verse got beautiful and then the audience was engaged and they realized this guy's never done this, he must be scared, we need to support him.

John McAndrew: He ended up not going to the ballpark it was so beautiful many people in the audience with tears music touched this spot of vulnerability, you know, and he.

John McAndrew: He got up and he hugged me really bad and he just shaking like a leaf, I said, good job, then the big star got up.

John McAndrew: And he I believe it or not, he's got a guitar and his hands are shaking he says, I can't do this and never played for less than 10,000 people you know.

John McAndrew: I said you got to do it 1234 and he did it and it was beautiful he did a really, really, really good job and he honored that young kid before him, and that young kid felt so big man able to share the stage with this star.

John McAndrew: And then, here comes the kicker.

John McAndrew: And this is really the brain in music in recovery i'm playing my.

John McAndrew: Little yani meditative music.

John McAndrew: And the woman was way over to the side of the stage, probably 20 feet on the floor I started to play and people close their eyes.

John McAndrew: And then they opened their eyes and they looked at Debra and so she runs and jumps in the air and gets way off the ground and does it's pure wet and while she's flying through the air she's 70 years old, now that people are amazed she lands and does his most beautiful dance.

John McAndrew: She gets done.

John McAndrew: She comes over to me they're on their feet everybody in the audience is on their feet from all this music and stuff and they couldn't believe what she does to.

John McAndrew: And she says, thank you and I go where did you learn to do that, and she said I taught ballet at the New York City ballet for 25 years.

John McAndrew: That took my breath away because in this process of music and dance and expressive therapy she got to tell her story.

John McAndrew: And so that the young boy that never saying, and so did string bean who got to say I love to tell jokes.

John McAndrew: And the big star who had never played in an intimate setting where he actually got to see people look them in the eye, while he was playing he got to do that, all in one day and and I believe that.

John McAndrew: You know, we look at music.

John McAndrew: And we trust, some of these quotes that people say about and it's not that they invest in these, but you know Longfellow said music is the literature of the heart it condenses we're speech and.

John McAndrew: music is the language of the spirit, it opens the secret of life, bringing peace and abolishing strength.

John McAndrew: that's a very powerful comment in this age of what we do for a living now there's so much emphasis on trauma.

John McAndrew: And the past and all these things, and in that line and opens the secret of life, bringing peace abolishing strength, you know, and I really believe that and I and I've seen it and then there's music acts like a magic key to which the most tightly closed heart opens.

John McAndrew: and

John McAndrew: I have seen.

and

John McAndrew: experienced so many times.

John McAndrew: Using songs story and letting people tell their own songs and stories.

John McAndrew: Open that little place of the heart and some you know that we try to tell them, you know tears are really a good thing, and as a man and growing up as a little boy I was told the tears were in a very good saying you know, and I find out there, the best thing.

John McAndrew: This is a song I'm going to play and I thought, when I initially initially would perform

it.

John McAndrew: For the youth, the youth Academy.

John McAndrew: Out of Cumberland heights I thought.

John McAndrew: We did a bunch of up tempo stuff the challenge with youth is to what kind of a message to I want to touch is into that brain where you know, sometimes we think they don't have one it's they do.

John McAndrew: We try to give a positive message and maybe start to give them some new ideas to think about and.

John McAndrew: I told them I played this song and dance, I want you to think about who you would sing as to if you had a chance and.

John McAndrew: i'm pretty convinced it's going to go over like a lead balloon with these young kids but you know something totally to do it anyway, and I start to play this, this is the human heartbeat right here, and if you notice so many.

John McAndrew: So many songs.

John McAndrew: tap into.

John McAndrew: The rhythm.

John McAndrew: So I started playing and for the young kids and they pull out their lighters which are not supposed to do.

John McAndrew: And all of a sudden they're paying attention, and so I made sure I sang the words, clearly, and this is called before they all slip away and it's about living in the present moment.

John McAndrew: And this is the only moment where we can really feel safe and feel all those wonderful things those people wrote about about music it's about being in the present moment and I believe that.

John McAndrew: That spiritual emphasis day at Cumberland and that thing I just shared with you all everybody forgot about what they were worried about their regrets of the past and the future and they became.

John McAndrew: In the present moment and I believe this, the only place we can truly experience these things such as peace and hope and God love, so this is called before they all slip.

John McAndrew: This.

John McAndrew: With my hopes and dreams for.

John McAndrew: any chance let's let's read through these.

John McAndrew: Let me try again.

John McAndrew: Just a little bit.

John McAndrew: With.

John McAndrew: any chance that slips ride through these.

John McAndrew: limits.

John McAndrew: Every day, is a precious gift only wants will they come.

John McAndrew: Before they.

John McAndrew: Before they oh.

John McAndrew: grace.

John McAndrew: we'll.

John McAndrew: Try this.

John McAndrew: Before.

John McAndrew: Before.

John McAndrew: slip.

John McAndrew: So thank you.

John McAndrew: amazing thing happened with these young young man in the youth program after that song.

John McAndrew: It opened some stuff in them.

John McAndrew: And it found a little way those pathways to find a place to where they could get serious about something I was really surprised and so who would you saying that too, and that that they all raised their hands, there were eight of them.

John McAndrew: And the first one said to my brother, I said well why it's because he used to worry that I was never gonna make it home at night.

John McAndrew: Because I was using drugs, the second one said to my mom for sending me here.

John McAndrew: The other one said to my sister for the same reasons that he lied to her about a bunch of stuff and still still things for so this pathway into is the people that work steps the 12 step program and all those things the psychology of all that.

John McAndrew: This is, who I am, this is what I need to do this is how I want to change this, this is what I want in my life those stages of change.

John McAndrew: This particular song was really effective with those youth, and I was surprised by that and so I use this you know quite often it works really in the women's program it's really powerful there's another song that I think.

John McAndrew: We did good we did give me new eyes, and these are all songs and experiences in recovery that are pretty common things not being good enough there's music for that here's a song called God works that way, this is about really.

John McAndrew: Seeing the sermon rather than hearing a sermon and it's a story and a song about to alcoholics that that really helped each other, a lot, because nobody else really.

John McAndrew: wanted anything to do with them and i'm going to play this song and then I need to.

John McAndrew: I guess I can go right into this and.

John McAndrew: Please yell in my ear when we're coming up on time issue and it's hard when I get into this music I forget what time it is this is a song which, in the men's Program.

John McAndrew: Is a very effective way to unlock doors open the heart get get some dialogue going get them to express what they're feeling and thinking it's a personal experience with my own father an alcoholic father.

John McAndrew: and

John McAndrew: I won't go into a whole lot of the story, but he was a tremendous guy when he wasn't drinking you play jazz clarinet he was in D which team and the marine corps he played football at Notre Dame.

John McAndrew: And then alcoholism.

John McAndrew: As it got worse his ability to be a loving Father became non existent and I played a musical event in the year.

John McAndrew: 2000 and.

John McAndrew: I remember I got off stage at Day and it was for about 50,000 people, and it should have been the biggest day of my life, and this sadness overtook me because my father's never heard me play his alcoholism took him.

John McAndrew: Before he ever ever had a chance to eat I moved away and all that stuff that happens, he never heard me play music and we're saying.

John McAndrew: And I remember I walked up the sake and all its thousands of people and applause, and it was in a wonderful event that meant something.

John McAndrew: And I burst into tears, and the drummer held on to me and I have a picture of it on my wall right in front of us is what's you know what's the matter sit my dad's not here.

John McAndrew: And then he says that thing that everybody says, and I just hit I wasn't in the mood to buy it so he can hear you, you know.

John McAndrew: and

John McAndrew: there's a B B roll back story at all this, I had a little anger management issue and I got into a little tussle and i'd been in my journey for quite a long time now.

John McAndrew: and free from substances and all that, but I still had a little problem with my hand my heart, I got into a fight and had to go to my therapist and.

John McAndrew: This is where I always Thank you all for what you do, on a personal level, because it's people like you, that are watching us today that helped to save my life.

John McAndrew: And I didn't know it, you know, but I know what today, and I know profoundly and I went to my therapist we had a talk.

John McAndrew: And three days later, I had a dream, and this was my spiritual experience you know, on my journey in this dream i'm getting ready to go out on stage which I was starting to do then small theaters and a hand look, just like mine grabbed my shoulder and turn me back and there was my dad.

John McAndrew: Those of you that are therapists understand I had blocked my father's face for over

20 years and couldn't even remember what he looked like but there, he was and I remembered and it was him.

John McAndrew: And he looked at me, it was my sober Dan you pat me on the bus, he said you're great and I turned around and I opened up the curtains to go out on stage.

John McAndrew: And I remember, was there were bright lights and next thing I know i'm sitting in my bed with a couple of tears coming down my eyes and I, all of a sudden had that understanding of what alcoholism does to people and other addictions.

John McAndrew: And it prevents love flow through us and I forgave my dad, so this is a song about forgiveness and there's there's many ways to apply it, but, but this is my story.

John McAndrew: Hello man sitting.

John McAndrew: by the sea.

John McAndrew: tears rolling down his window.

John McAndrew: hold my hand and I asked him.

John McAndrew: he's helped me by listening to the story.

John McAndrew: He said, my heart is full of anger.

John McAndrew: Man full of all the city, he said.

John McAndrew: If you're right.

John McAndrew: Man it's time you.

John McAndrew: fill it up with.

John McAndrew: gentleness you can't go wrong.

John McAndrew: If you can.

John McAndrew: He said.

John McAndrew: me.

John McAndrew: He says, I sat here full array for all these years, because nobody ever told me when i'm telling you.

John McAndrew: He said empty.

John McAndrew: hold its business if you're angry.

John McAndrew: Man it's time you forgive and fill it up.

John McAndrew: and have little gentleness.

John McAndrew: You can't go.

John McAndrew: You can't.

John McAndrew: He serves it just isn't living if you can.

John McAndrew: If you can.

John McAndrew: stood up he put his arm.

John McAndrew: He said promise me one thing before.

John McAndrew: That you.

John McAndrew: For this business if you're angry at anything son it's time you forgive.

John McAndrew: That a little gentleness cuz you can't go.

John McAndrew: don't go.

John McAndrew: Justice and living if you.

John McAndrew: If you can.

John McAndrew: Thank you.

John McAndrew: Thank you for listening to that.

John McAndrew: story yeah.

John McAndrew: It absolutely changed.

John McAndrew: My life that day in my journey and I can't tell you.

John McAndrew: I can tell you is I.

John McAndrew: Was learning to play piano.

John McAndrew: A long time ago.

John McAndrew: Some of the only moments of PEACE I ever had and I taught myself how to play I would break into a church or a school, and I would find a piano.

John McAndrew: And, for whatever reason, just sitting there and look at the sun come through stained glass windows and playing that piano it took everything away that was going on in my life and I, there were some tough parts of my life that's all i'll say.

John McAndrew: Knowing the piece that that's given to me, is probably why i'm here today playing music for you all to 1am a licensed counselor.

John McAndrew: it's why i'm a musician.

John McAndrew: And it's a beautiful beautiful journey and if we can pass this on and somehow use music to help patients in our in our practices our treatment centers wherever we work with our kids.

John McAndrew: I think it's a beautiful thing I think anybody can do it in one way, shape or form there's lots of ways to use music, I hope you all asked me, I have a feeling that most of you know a lot of this already.

John McAndrew: And this is sort of affirms some of those things we're going to close with this song like a child and.



John McAndrew: This is definitely an experiment because.

John McAndrew: A lot of times when I perform sorry about that.

John McAndrew: I will do this song as a closing.

John McAndrew: will do this with the patients and i'll get for men to set up on this side, I mean for ladies and this side me and they're going to become the main the Cumberland heights men and women's choir and so.

John McAndrew: They all get to get up and saying the idea of the song is that we're all going to make mistakes.

John McAndrew: We can find new ways to see we're never going to be perfect, but there are new miracles every day and we're always learning so so treasure the moments when we're learning which usually are the moments that kind of are no fun for most of us.

John McAndrew: But it's because we're learning something and it's a beautiful thing so it's a happy way to end this and so.

John McAndrew: i'm going to ask you to pretend you're on one side of the stage with me the women over here the men over here the chorus is like a child, like a child i'm always learning.

John McAndrew: And i'll do a short version of this but uh every time the chorus comes I want you to sing along with me all right here we go.

John McAndrew: There is no.

John McAndrew: There is no.

John McAndrew: Saying.

John McAndrew: Maybe.

John McAndrew: Maybe.

John McAndrew: For.

John McAndrew: More like.

John McAndrew: Everybody like good child.

John McAndrew: i'm always.

John McAndrew: Like a little bit.

John McAndrew: Like a child.

John McAndrew: Like good ciao.

John McAndrew: i'm always.

John McAndrew: One more big one, everybody.

John McAndrew: Well i'm hoping, some of you saying alone.

John McAndrew: I want you all to know that.

John McAndrew: there's places to find the music, of course, and you can get that here on that slide, and again I want to thank you all very much for tuning in today.

John McAndrew: Many of you probably taking time out from busy jobs or other chores raising kids and all that and, and I think we have the greatest jobs in the world, because we're in the soul business, and I think with that i'll turn it over to.

John McAndrew: The ladies to close this out with some questions if there's time.

Jessie O'Brien, NAADAC: We are actually out of time for questions, but I almost feel like that would ruin the ending I don't even want to share my stuff.

Jessie O'Brien, NAADAC: i'm just going to do some closing up, but we will take the questions that we did get and we will email them to you john so you.

John McAndrew: Can.

Jessie O'Brien, NAADAC: Take a response and then we'll post it on the web web page and just a few quick announcements before we go here, so I show my slides just a reminder that the CE E quiz.

Jessie O'Brien, NAADAC: is now available, so you can access that and don't forget to follow the instructions to do so if you've never done that, before.

Jessie O'Brien, NAADAC: And, here are some upcoming webinars that we have the next one is August 19 and it's in our adolescent treatment and recovery specialty series, and the next free one.

Jessie O'Brien, NAADAC: would be August 24 successful clinical supervision with their best and personal recovery our annual conference is October 7 through 12th I feel like I should just point to john as an advertisement for that, because he will be there with his music.

Jessie O'Brien, NAADAC: And this was amazing and I can't wait to see him there, hopefully, all of you will join us just a reminder that the early bird rate and August 26 so you want to register for that soon, if you can this are sort of all the different.

Jessie O'Brien, NAADAC: types of presentations and events and things that are available by going to the conference, so I hope you can join us just a reminder of the benefits of membership with data.

Jessie O'Brien, NAADAC: i'm a social worker, I have to get CES as well as a case back every year and.

Jessie O'Brien, NAADAC: The free sees through the deck is awesome once you pay for your membership it very quickly pays for itself through all the free seats so.

Jessie O'Brien, NAADAC: I recommend if you're interested to join if you're not a Member already and that's it thanks and stay connected with us john Thank you so much for a wonderful so full presentation and I wish you all a great rest of your weekend we can hope to see you back here soon, thank you.