



September 23, 2024

Sycamores-a better life  
2933 N. El Nido Drive  
Altadena, CA 91001

To whom it may concern,

Sycamores was awarded a Pasadena Showcase House for the Arts (PSHA) grant to fund music therapy for the foster youth at our El Nido residential campus. The grant helped us support music therapy for at-risk children. We were able to provide the boys on campus with a creative outlet to express their emotions positively.

We had hoped to achieve a music program with many positive benefits to support behavior health, including increased focus and improved coping skills, promoting their individual expression, play as a group, and learn to cooperate and listen to one another. Also, it is well documented that playing a musical instrument and learning to read music can improve school performance. The boys' self-esteem and confidence would improve as they mastered new skills.

Children of One Planet, Inc., (CoOP) supports mental and physical health and emotional well being for happier children and teens based on participation in dance and music lessons. We were excited to have CoOP work with us to provide professional music instructors to teach boys guitar lessons. The lessons began in Spring 2024. The instructors were patient with the students and promoted interactions with them and each other. The guitar lessons inspired the boys to be more confident with themselves as they progressed in their lessons and they were happy to continue with learning an instrument.

We would be pleased to continue with having CoOP be part of our music program as funding allows.

If you have any questions, please feel free to contact me.

Joe Ford  
Chief Program Officer

Mobile: 626.255.4280|Fax: 626.798.4531|[jford@sycamores.org](mailto:jford@sycamores.org)

Work MS Teams: 626.517.2271