

## CRUNCH TIME PROJECT

Young adults at DMHAS' Capitol Region Mental Health Center (CRMHC) expressed an interest in learning marketable skills in the multimedia industry. Desire became a reality through partnership with Street Smart Ventures, LLC, Crunch Time Youth, LLC, My Sister's Place, and the continued interest and commitment of Young Adults Services staff. Using the "Work and Learn Model" promoted through Street Smart Ventures, it has been found that work experience improves young adults' ability to learn new skills, cooperate with others, and feel more confident in dealing with daily challenges. Sixteen young adults participated in four 10-week cycles—four individuals in each of the first two cycles and eight in the second two cycles—to learn what it takes to create a CD. Working under a deadline was challenging but very rewarding.



### Crunch Studio LLC—What Is It?

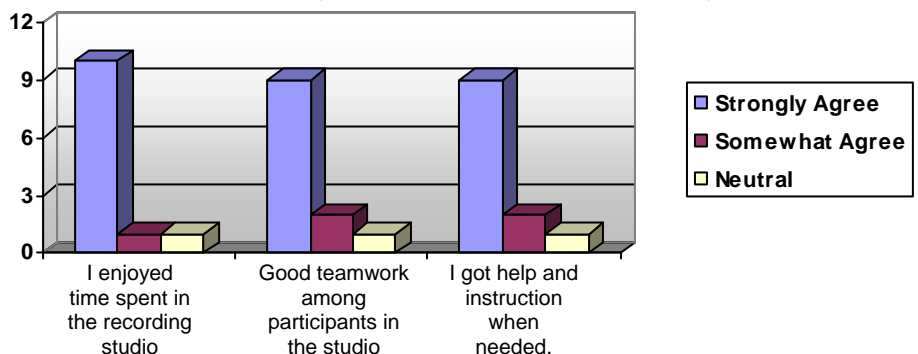
Crunch Time Youth LLC, is a music studio in Hartford run by young entrepreneur Von Allen. He and his staff have committed to working with young adults from CRMHC. With their help, youth are learning how to create, record and produce CDs of their own. Through this venture, our young adults are also working on skills such as effective communication, cooperation, and managing conflict, which will enable them to feel more confident and prepared for the work place.

### Demographics of Participants

Sixteen young adults from CRMHC ranging in age from 18-25 years participated in this venture. All expressed an interest in singing, creating music and/or learning something new. Through this project, they were able to be a part of the creative process, appreciating the patience of the instructors working with them; as well as realizing the time and effort it takes to create and produce something that was their own. Most importantly, it was a time to work together as a team and to have fun in the process. Plans for the next cycle include learning graphic arts skills and making a video.



Crunch Time Studio Project Participant Satisfaction Survey



### Comments of Young Adult Participants

*"I think this was a great project and would gladly participate again without pay."*

*"I think I benefited greatly from the project."*

*"I liked the hands on training and the patience of the instructors."*

*"It gave me a purpose to get up in the morning."*

### Comments of Clinicians

*"I think it helped my client clinically to focus on something that was important to him."*

*"He really enjoyed making his music."*

*"I think it helped to motivate him and think about working now."*



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