



*“Please Hold, the next available Representative will be with you ...”  
in about 60 minutes.*

***“Please Hold” The Score of LA*** ©  
***Project Based Learning Elevating Mental Health & Interpersonal Communications***

**“Please Hold” The Score of LA for Mainstream including PBL Curriculum & After School Programs. Teen Participants create & produce Original Music Hold Time Loops for LA County, California and Federal Social Services Customer Service, LA Sport Teams and for the Commercial and Corporate sector.**

Created and Produced by our **LA Teenagers** along with **Music Mentors** to elevate and boost *Mental Health* and *Wellness* and to teach Teens, our *Future Community Leaders*, *Interpersonal Communication Skills* and undoubtedly approved and *appreciated* by the over **1,500,000+ LA Residents** who call for *Social Service* assistance **each month**.

**LA County DPSS** (*Department of Public Social Service*) average *Hold Time* is 60 minutes and this **LA County Agency** alone receives over 1,200,000 calls *per month*.

Listening to ‘*Authentic Music expression*’ (*term used in research*) stimulates mental health and releases stress and anxiety for the Caller’s mind and body. In contrast, listening to repeating techno *quasi sounds* increases our Cortisol levels, agitates our neurological system and triggers our “*Fight or Flight*” mode.

There are very good Scientific reasons why *Ralphs, Trader Joes, Home Depot, Vallarta, The Mall, CVS, etc...* play ‘*authentic music*’ = research concludes our mind and body responds well to it! *Our cellular memory is happy to go back to these locations, happy to call that Customer Service phone number, again.*

<https://cogsci.yale.edu/sites/default/files/files/Thesis2018Venkatesan.pdf>

**“Please Hold”** creates the *Score of LA* inviting **Teen Participants** to be part of our *Semester Course*.

*The Score of LA for Mainstream & PBL Curriculum & After School Programs.*

**“Please Hold”** uses *Music* as its creative element = *Yes!* more importantly we offer a course with proven high impact *Mental Health growth and Interpersonal Communication Skill learning* for our vulnerable **Teens** who face daily challenges and mental health struggles in their social, school and Family environments.

**Teen Participants** need not have any music acumen. **“Please Hold”** is for all Students who want to Create & Produce *The Score of LA*.

**UCLA Research** finds that **50%** of our Youth struggles with mental health problems that seriously impair a Teens progress socially and academically and may have long-lasting negative consequences in adulthood.

<https://healthpolicy.ucla.edu/newsroom/blog/nearly-half-california-adolescents-report-mental-health-difficulties>

**Teens** are partnered with **Music Mentors** who are Music Industry Professionals and Music Academics. A perfect opportunity for our **Teens** to collaborate with **Peers & Mentors** creating the experience of Setting a *Goal, Hands-On Creativity and Goal Achievement* which are powerful elements to improve Mental Health.

Elements of Music embrace all aspects of our life and of our learning life skills including:  
**Melody = Leadership, Harmony = Teamwork, Rhythm = Timing**

**Melody - Leadership**

**“Please Hold” is part of Living Harmony Project (LHP)** 501c3 Nonprofit (Federal EIN #47-2908749) offering **Mentorship, Education and Goal Achievement** Projects for **Teens** facing daily challenges. With **over 50% of our Youth** expressing decreased mental health symptoms **LHP** is committed to *redefine* our **Future Community Leaders** by *their creativity, their experience and their achievements*.

The Universal language of Music lives in all of us and crosses Cultural borders and beliefs. **Los Angeles County** enjoys the most diverse group of people in America. Cultural competence is necessary for unity, prosperity and for the future success of **LA**. Welcome *The Score of LA*.

Creativity and Music are innate Human traits that are a powerful instrument for mental health and interpersonal communication growth. As a Project Based Learning opportunity *The Score of LA* is quite a unique experience for High School Students

<https://www.jcmh.org/how-flexing-your-creativity-can-benefit-your-health/>  
<https://pmc.ncbi.nlm.nih.gov/articles/PMC8107273/>

**Harmony = Teamwork**

**“Please Hold”** has received support from **Celebrated Music Industry Professionals, Creative Mentors, LA County Social Service Leadership, LA County Supervisors, California Assemblymembers, California Social Service Departments.**

*Teamwork & Collaborations* are encouraged and required with each music track.  
*Interpersonal Communication Skills* are paramount for achievement and success.

All Tracks for *The Score of LA* will be Created & Produced by the collaboration and teamwork of many Students sometimes including the Schools Marching Band, Choir or Orchestra...

**Setting Goals, hands-on Creativity, Teamwork, Goal Achievement:** each element on its own merit fosters mental health in our Youth, *imagine* what we will accomplish realizing **all** of these empowering elements!

<https://positivepsychology.com/benefits-goal-setting/>

<https://depressioncenter.org/outreach-education/depression-center-toolkit/want-stay-mentally-healthy/goal-setting>

Setting a goal then achieving that goal elevates *self confidence, self worth, a sense of purpose* and connection helping *improve mental health* and even *strengthens our immune system*. Success feels good, satisfying, a rewarding experience that changes ones mental outlook on life.

<https://ahead-app.com/blog/confidence/the-science-of-micro-progress-how-small-wins-rewire-your-brain-for-success-20250117-033146>

<https://www.forbes.com/sites/ashleystahl/2018/07/25/heres-how-creativity-actually-improves-your-health/?sh=3fc79c8213a6>

**Creative Mentors** are Music Industry Professionals and Music Academics who offer experience, education, inspiration and discovery for our participants. Together **Mentors & Teens** set goals, create, produce and achieve their goals with tangible transformative results.

**Classes** set goals for **Teens** by *defining* then *refining* and *structuring* either already thought through music artistry from our **Teens: written lyrics, song demo, beat construct, instrumental arrangement, or a **Teen's** freshly inspired and newly discovered *music expression* within them.**

The **Score of LA rough mix** is created. *All music genres welcomed!*

At the end of the course **Teen Participants** will record their final *tracks* at a famous **Recording Studio** in **LA** experiencing the full creative process of *Producing* their Track: teamwork and goal achievement.

**A Goal Achievement of our own** = at the end of this **Course**, our **Teen Participants** have the opportunity to perform the *Score of LA* to celebrate achieving their goals.

Not only is **"Please Hold"** a life changing project for our **Teens**, they will have a tangible, published *Score of LA* proud to include with *their College applications, their Job applications, their Life Applications.*

**Rhythm = *Timing***

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***“Please Hold” requests your attention as a Project Based Learning Course for 2026.***

***As Stakeholders and as LA County Leadership that serves our Teens your support and collaboration is a powerful alignment to secure Funding for “Please Hold” The Score of LA.***

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### **Research**

<https://www.tandfonline.com/doi/abs/10.1080/15487768.2014.954159>

<https://www.tandfonline.com/doi/full/10.1080/17439760.2016.1257049?scroll=top&needAccess=true#abstract>

<https://www.tandfonline.com/doi/figure/10.1080/07421656.2012.683748?scroll=top&needAccess=true>

<https://www.medicalnewstoday.com/articles/320947>

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