



Crowdfund Overview **for the *Isabel & The Runaway Train*** **2019 Album:**

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The *Isabel & The Runaway Train* Album

Quick Facts

- *Isabel* is the contemporary jazz/folk musical that teaches empathy for #metoo survivors.
- *Isabel* was written by composer/playwright/curriculum developer Anna Westbrook.
- *Isabel* premiered in 2018 in Austin, TX, drawing a crowd of 300 people.
- The *Isabel* team is recording a full album to be used for personal downloads and licensing of the show to other communities.
- Anna Westbrook received a \$3,000 Community Initiatives Grant from the City of Austin to partially fund this album. She needs to raise a \$1,500 matching donation in order to meet the grant requirements.
- Individual contribution opportunities range from **\$10-\$100**.
- The crowdfund closes on **July 14, 2019**.

Album Summary

This 11-track album tells the story of a 16 year old girl named Isabel who runs away from home and finds herself trapped on a magical train full of people who won't stop running. Isabel is the only person on board who remembers her own name and it is up to her to stop the train and save the other passengers (including a Porter, several Choir Members, and a mysterious Writer who may or may not be dead). However, the relationships between Isabel, the passengers and the evil Conductor turns out to be much more complicated than she originally thought. She soon discovers that in order to get off the train, she will have to take a hard look in the mirror and lean on her family to process an unaddressed history of trauma. Learn to discuss sexual maltreatment, invest in your own mental health, and support #metoo survivors by pre-ordering this full album and experiencing Isabel's musical journey.

The Music Team

Anna Westbrook, Composer

Jajuan Sanabria, Audio Product Manager

Original 2018 cast members + local community leaders, recording artists.



Tell Me More About the Music...

Hint: During the 2018 production, the cast recorded a simplified version of each song. Sample those tracks [here](#).

Isabel Album Song List:

1. Almost Ready

- Summary: Song that Faith wrote just before being attacked by the Conductor. She uses it to comfort herself, and doing so leads to being reunited with the Choir.
- Lyric Quote: "I'm almost ready to sing, just trust me. I'm almost ready to sing, but don't rush me. I'm almost ready, but I will take my time."

2. You're Fine Dear

- Summary: The song that Isabel sings to explain her relationship with her parents to Jess.
- Lyric Quote: "It's the moment right after the train hits, and all that you can think is 'How could this?' and they tell you it happened to tell you it happened. 'You're fine, dear. You're fine dear.' So why can't I look in the mirror?"

3. Are We There Yet?

- Summary: The song Jess sings to explain his relationship with the Conductor to Isabel.
- Lyric Quote: "Why are we all in this train? Why do I need to explain? Are we all going insane? Are we there yet? I don't know."

4. Here and Now

- Summary: The song that the Conductor forced Faith to create to control the Choir. When she died, they created numerous adaptations of it.
- Lyric Quote: "There is no place better than here and now. There is no place better than here. There is no use asking for a way out. There is no place better than here."

5. Empty

- Summary: The song that Jacob and Liza sing to explain their feelings about Isabel running away.
- Lyric Quote: "We're the emptiest of people, still she needs the most from you and me. She says these things. She does these things. She must not know that we are empty."

6. Let the Light In

- Summary: The song that Faith sings to rally the train passengers to look in the mirror.
- Lyric Quote: "To leave it in the past, I need a looking glass to let the light in."

7. Believe Me

- Summary: The song that Hope sings to explain her relationship to the Conductor and ask Isabel to believe that he hurt her.
- Lyric Quote: "It never will be fine. But you're me, this is mine. I know that what I say is true."

8. Healing [[See video of a performance of this song and the accompanying scene here.](#)]

- Description: Song Faith sings to encourage Hope.
- Lyric Quote: "Healing, it can happen. Hope, you have been found. Help, it isn't hiding. We are not dead. Look around."

9. Crumble

- Description: The song Isabel sings as the train crashes after she confronts the Conductor.
- Lyric Quote: "When I was born the stages crumbled. My life was not one to be used."

10. I Love You Isabel

- Summary: The song that Jacob (Isabel's dad) sings to comfort Isabel and ask her to come home.
- Lyric Quote: "I love you Isabel. I want you to be well. I love you Isabel. You are always free."

11. I Can't Make It Better

- Summary: The song that Liza (Isabel's mom) sings to apologize to Isabel. Isabel joins the song as an act of reconciliation. Liza, Jacob, and Isabel end this song singing together.
- Lyric Quote: "I can't make it better when it gets worse. I can't make it easy when it gets hard. I can't make it simple when it is just so complicated. I can't make it better but I can help you make it through."



Tell Me More About the Perks...

- 1) **Full Album:** Download code available with a contribution of \$10+
Learn to support #metoo survivors by pre-ordering this 11-track album and experiencing Isabel's musical journey to healing.
- 2) **"Friend of Survivor" Video Training:** Access code available with a contribution of \$25+
Most people know someone who has experienced sexual maltreatment. However, they may not know *that* they know someone who has experienced this, and if they do, they may not know what to say to support them. Our pre-recorded Friend of a Survivor webinar will help you understand how to use the Isabel music to address that issue and support survivors. CEO and Isabel Lead Trainer Anna Westbrook will guide you through why she wrote each song and how you can help your friends heal by sharing the music with them in thoughtful ways.
- 3) **Tickets to the Community Listening Party:** Tickets available with a contribution of \$45+
Our Community Listening Party will be hosted by Armstrong Community Music School on September 8th from 2 p.m. to 5:00 p.m. This will be a flexible timeline event with three interactive listening stations, culminating in a live performance of a selection of songs from the album at 4:15 p.m. The experience will be curated by local producer, composer and playwright Anna Westbrook with assistance from key Isabel team members, including audio product manager Jajuan Sanabria. Local wellness professional Junice Rockman (Clinical Psychotherapist, M.A. LPC-Intern) will be present at the listening party to help support audience members during our guided listening activities and to facilitate a group discussion during the live performance that will close out the event.
- 4) **Isabel T-shirts:** Available with a contribution of \$75+
Represent the Isabel community and show your support for survivors with an *Isabel & The Runaway Train* T-shirt. These shirts feature the Isabel logo in black and white (although many Isabel community members choose to get creative and color theirs in).
- 5) **The Team Isabel Partner Package:** Available with a contribution of \$100.
This is a great way for couples or collaborators to show their support Isabel. With this two-for-one package, you'll be fully prepared to support Isabel with album downloads, webinar access codes, tickets to the listening party, Isabel T-shirts, and a personalized train themed card and video shout out.

FAQs

- What if I want to support but I cannot attend the September 8 Community Listening Party?
We can donate your tickets to employees/volunteers from one of our local nonprofit partners. Email our team at isabel.runawaytrain@gmail.com for more info on this option.
- When will I get my perks?
All perks will be released the day of our September 8th Community Listening Party. Links to electronic perks will be sent via email and physical perks (such as thank you notes and Tshirts) will be available at the event or through snail mail during the following week.

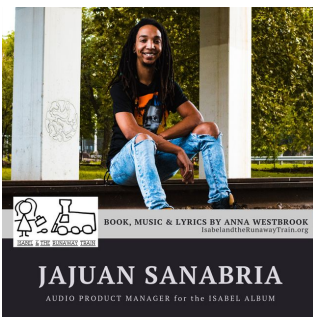
Tell Me More About the Team....

Leadership Bios



Anna Westbrook (Producer, Composer, Playwright, and Trainer) is an experienced communicator who specializes in speaking on emotionally charged topics without fear, guilt or shame. She holds a B. A. in Music with a specialization in Composition from Connecticut College and has been working in the music industry since 2012. After interning with an audio-production company in Atlanta, Anna moved to Austin, TX in 2016 to begin working with the city's art-activism community. In 2018, her production of *Isabel*

& *The Runaway Train* collaborated with more than 10 local businesses and attracted 300 audience members. She has since launched a state-wide Isabel training program that prepares participants to support survivors of sexual maltreatment. Awards and achievements include the Jack Niblack Memorial Scholarship & Grant (2014), the Connor Donahue Community Development Award (2016), the City of Austin's Community Initiatives Grant (2018), The Creative Fund's Q-Rental Subsidy Grant (2018), the City of Austin's Capacity Building Grant (2019), and a second Community Initiatives Grant from the City of Austin to help fund the recording of this album (2019).



JaJuan Fari Sanabria (Audio Product Manager) studied classical double bass performance and audio engineering at James Madison University. He has played and produced within a myriad of ensembles ranging from bluegrass, jazz, classical, pop, hip-hop, and much more. Having various management positions throughout his adulthood has honed his leadership and communication skills while also enhancing his emotional intelligence. In July 2018, he served as the Sound Designer and Audio Engineer for the Isabel premiere and

has continued his collaboration with Anna on various projects throughout Austin. He now resides in Austin, Texas where he works diligently to proliferate his music into the local scene with a group of loyal and dedicated friends and colleagues.



Tell Me More About Isabel's History...

The History of Isabel: Anna's Story

A personal note from CEO, Trainer, Producer, Composer & Playwright Anna Westbrook.

"My name is Anna and I am a survivor of childhood sexual abuse. When I came forward and told my story in my early 20s, my family and friends **believed me**. While I was able to find safety and healing despite chronic trauma, my wellness journey involved many disappointments. The people who caused me harm did not face consequences and the authorities did not pursue justice or protection for future victims. Angry about this and unable to find peace, **I searched for an outlet**.

In 2012 I was diagnosed with post-traumatic stress disorder, and I felt an overwhelming need to explain what that meant. The analogy that came to mind was that having an episode of PTSD felt like getting hit by a train. My stronger desire in moments like that was to run away. So I imagined a world with a train full of people who were running away from trauma, and a main character named Isabel who had to learn to stop the train. I began to write the Isabel script and score, **hoping to find peace with my story** by creating something new.

I found so much more than peace. I found a community. I found **hope**. I found healing. And I found artistic success. The album you are investing in through this crowdfund has been **7 years in the making**. I wrote the oldest song, "The Moment Right After the Train Hits," sometime in 2012 after I was diagnosed. I workshopped Isabel as a staged reading as part of a senior project in 2015. I wrote the newest song "Almost Ready" in 2017. I produced Isabel as a full-show in Austin, TX in 2018. 300 people came and over 10 local businesses/orgs helped us make that happen. It felt amazing to teach that many people to **empathize with survivors**, and very fun to get them to pretend to be on a train during the process. After successfully producing the show, I launched an accompanying corporate [training workshop](#) that has traveled throughout Texas teaching people to support survivors.

In 2019, I decided it was time to create the full Isabel album. So I wrote a grant. The Cultural Arts Division of the City of Austin awarded me a \$3,000 Community Initiatives Grant to record this album that can be used for personal downloads or for licensing of the show. **I need to raise \$1,500 as part of the matching requirement** associated with that grant. By investing in this crowdfund, you are not only ensuring that you have first access to this meaningful music and associated programs; you are ensuring that my team can receive our full city funding.

Thank you for considering my project as you plan your 2019 community investments. Please let me know if there are any questions I can answer for you about my project. "

Anna Westbrook (anna@annawestbrook.com)