

Music Minds

Making music to improve mental health

Contact us to view the (professionals only) video



A 12-week programme plus whole-school awareness-raising, to enable and empower young people to improve their mental health through music.

For young people experiencing stress, anxiety, self-harming, eating disorders, depression and other mental health problems, getting help before the age of 14 is crucial. Yet less than half of young adults with these problems get the support they need – often because they feel ashamed about their feelings, and also because their problems are not considered extreme enough to warrant intervention.

Music can provide a safe environment to tackle this issue, a coping strategy and a means of self-expression. In Gloucestershire we've been working with two schools in a pilot programme that we hope will form part of NHS work in the future.

We're now looking for two more schools to join this heavily subsidised programme from September 2018 to consolidate and test our learning. The cost (which is heavily subsidised) is £785*

We have a robust evaluation model which is showing early indications that participants:

- start to use music as a coping strategy at stressful times, replacing negative behaviours
- formed new relationships and improved existing ones – which had an impact on their wellbeing
- developed their confidence and self-esteem, and felt better about themselves
- valued the chance to develop their creativity – which had a positive impact on their feelings about themselves

41% said their problems improved as a result; 97% said they experienced indirect benefits

*(*subsidised by Youth Music and Make Music Gloucestershire. First phase of programme funded by Youth Music, NHS Gloucestershire Clinical Commissioning Group, and Make Music Gloucestershire, Gloucestershire Healthy Living and Learning).*



Transforming lives through music.

Gloucestershire Music Makers trading as The Music Works. Registered office: Box Hedge Cottage, Horsley, GL6 0PP. Registered in England & Wales with company registration number: 5195345. Registered charity number: 1106979.

info@themusicworks.org.uk
www.themusicworks.org.uk

Programme outline

"I kind of learnt through Music Minds that if I get stressed or really angry, instead of doing something else to get rid of anger, like punch somebody, I can write something down or listen to music and it will help me calm myself down."

"I suffer from really low self-esteem and it made me feel differently about myself, and that was quite good, I felt I was in sort of a safe haven, all the other problems about school and friends weren't there it was kind of a safe space, felt peaceful."

Tier 1 – awareness/ introduction activities

Raising awareness and understanding

Whole-school assembly (2 hours)
Teacher CPD session (2 hours)
Parents information session (2 hours)

Music leaders and a mental health speaker visit your school for an empowering, informative assembly about mental health, self-harm and the power of music.

Covers the importance of mental health and emotional wellbeing; what anxiety is and what can cause emotional distress; how to manage distress; self-harm and suicidal thoughts; how to support yourself/a friend.

Taster day (full day) – year 9

- Young people who've been inspired or felt a connection with the issues raised in the assembly, meet the music leaders, try out activities, and decide if they would like to take part in the full programme.
- We will explore what music interests them, get them talking and sharing as a group, streaming pieces of music, and introduce inclusive group music activity.
- Throughout the day and the whole programme, the aim will be to destigmatise and de-medicalise mental health and introduce music as a means of communication and emotional expression.

Tier 2 – main programme - 12 weeks

- 12 x weekly (or bi-weekly) small group sessions (up to 12 young people, 1-2 hours), building on young people's interests and using available instruments, ipads/tablets/computers, songwriting, spoken word
- No previous musical experience is needed – the programme is targeted to young people who have been identified as having low level mental health issues.
- Young people will be self-referred following the taster day or referred via PHSE/ teacher/school counsellor/ CAMHS.
- Includes start and end group evaluation sessions
- A separate one hour/45 min end of programme focus group will also be scheduled

Assembly, CPD session, information session 2

- Mid programme Satveer Nijjar (<http://satveernijjar.com/>) visits your school for an empowering, informative assembly, teacher CPD session and parents information session about self-harm: triggers and functions, myths and language use, the role of the internet/social media, self-harm and suicide similarities and differences, how to support someone who self-harms

Tier 3 – one-one referrals through agencies

Alongside the schools programme, we will be running a 12-week programme of one-to-one music mentoring for six young people.

Participants will be referred through organisations such as Youth Support, Social Services, Hospital Education or the Virtual School.

CRITERIA FOR SUCCESS & ESSENTIAL REQUIREMENTS FROM SCHOOLS:

Programme must be the responsibility of the deputy head / head rather than the music department

Involvement from pastoral staff from beginning

Key contact appointed, allowing for regular communication and feedback

Staff commitment to evaluation – providing pupil data, and taking part in feedback sessions

Head/deputy head involvement in overseeing and evaluation

Weekly rather than bi-weekly sessions

To enquire about being one of the two schools to take part contact:
aholford@themusicworks.org.uk

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