



MINDFUL MUSIC SPRING 2021

Program highlights

100% of students who participated would recommend the program to their friends.

67% of students used meditation to relieve stress post-program - up from 0% pre-program.

100% of students report increasing the amount of time they relax after completing Mindful Music.

Grace Notes Music Foundation

561-339-7999

info@gracenotesmusicfoundation.org

500 Commerce Way W, Suite 9

Jupiter, FL 33458

www.gracenotesmusicfoundation.org



Mindful Music Program Addresses Teen Mental Wellness

The Grace Notes Music Foundation knows the power of music to impact lives. Now in the time of COVID-19, we are reaching out to our community in a new way with the “Mindful Music” program. This program is designed to encourage teens to “engage mentally and practice healthy behaviors” using music. The pilot program was conducted online. It began in February and continued through March. Grace Notes Music Foundation worked with Bree Gordon, a music therapist at Creative Art Therapies of the Palm Beaches (CATPB), to design and facilitate this “Mindful Music” pilot program.

Program target youth ages 12-17 are at an elevated risk regarding their mental health and this program will address the physical, emotional, and psychosocial needs of these students. The pilot program was composed of 10 students.

Goals of Mindful Music:

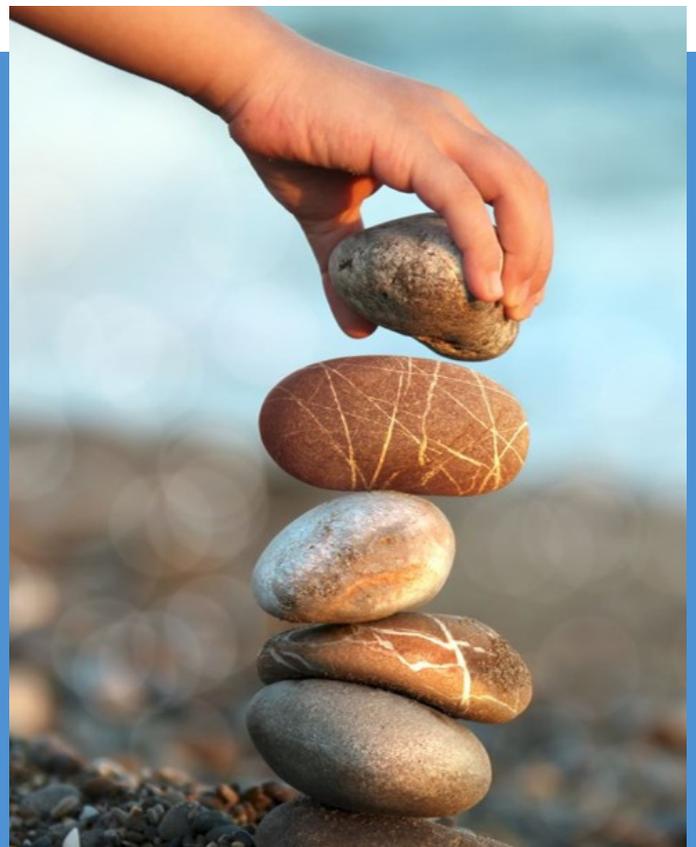
- Increase student awareness about the importance of mental health and wellness.
- Teach them tools to use in their daily life to enhance their mental well-being.
- Destigmatize the subject of mental health among teens.
- Build small social groups where they can safely share.

“Music affects the mind, body, emotions and spirit. Music therapy allows the individual to have control, to create, to share, to move, to relax, to experience and to be expressive in a positive and safe environment.”

*– Bree Gordon,
Program Facilitator*

Program Outcomes

Mindful Music was evaluated using pre- and post-program surveys. Additionally, half of the participants volunteered to participate in interviews. All of the students said they would recommend Mindful Music to their friends. All of them were purposefully setting aside time for relaxation. 67% of the students now use meditation techniques to relax - up from 0% before the program. The guided meditations were among the most popular components of Mindful Music.



More program highlights

88% of students who participated use music to help them relax.

Post-program, students reported a much wider range of music genres to help them relax and focus.

100% of students said they would participate again if Mindful Music were offered.



Student share...

- "I had a space to talk about school or anything that was bothering me."
- "(Mindful Music) taught me new things to do when I am feeling stressed."
- "I learned how to connect deeply with my inner thoughts."
- "After every session, I was relieved of some of the stresses that had been nagging at me."
- "I built a new community of friends."
- "I love Mindful Music. It was an amazing experience and I would 100% do it again."

Teacher and Facilitator thoughts...

- "They have so much inside, yet will tell you verbally, 'I'm fine.' However, we did a meditation about creating a 'safe space' and when I asked them to reflect quietly and then share songs for a grounding playlist, they gave me 67 songs about how they're feeling. 67!!"
- "They are so stressed from school. The pressure is unreal."
- "I'm shocked each time they make time for this program. They told me last week they felt better once they realized it was Tuesday and they had this group to look forward to."
- "Two of my piano students are in the group and without being specific they have both shared that is a very positive, fun and a great stress-reliever."





Community Needs:

Mental health challenges have increased significantly during COVID-19. This is particularly true for youth (ages 12-17) who already experience higher rates of depression and anxiety.

We are all living in a period of trauma as we enter the second year of COVID-19. This program will utilize therapeutic music techniques to address physical, emotional, and psychosocial needs of teens. “Mindful Music” will address these needs in the Jupiter community.

“Our music choices as teenagers reflect our identity, our values, our emotions and our challenges. Preferred music cuts through the defensive walls we put up.”

– Berklee College of Music

Future Plans

- Summer 2021 Mindful Music Workshop targeting a group of 10 teens in Palm Beach County
- Expansion in Fall 2021 to two classes for at-risk students at Palm Beach County middle or high schools.
- Expansion in Spring 2022 to four classes for at-risk students at Palm Beach County middle or high schools.
- Investigate options for further expansion of the program in South Florida.

