



COMMUNITY-ENGAGED LEARNING BEAT OF MY HEART

PATHWAY: MENTAL HEALTH

Initiative Description

Beat of My Heart is an outreach program that implements recreational music and movement enrichment sessions (RMM) in the Hampton Roads community. RMM is an enjoyable, accessible, and fulfilling group music-based activity that unites people of all ages regardless of their challenges, backgrounds, ethnicity, ability or prior experience. These sessions typically involve relaxing music and an opportunity for members of the group to get to know each other prior to engaging in music-making. BOMH students also use live music or recorded music for sessions and walk patients through low-level movements to help boost patients’ mental health and overall wellness.

Annual Student Activities

- 10 students per cohort
- Students will become trained to implement enrichment sessions

Community Outcomes/Results

- ↑ Awareness of music and dance as tools for wellness for members of the Hampton Roads community and positively impact lives through the performing arts
- ↑ Awareness of the inpatient conditions that contribute to patient depression and how the benefits of performing arts can enrich a patient’s hospital experience
- ↓ Readmission rate for patient populations at high risk for readmission individuals

Facilitator

Kyulee Park, PhD, LPC, NCC

Partners

- Tidewater Arts Outreach
- Westminster-Canterbury on Chesapeake Bay

The Need

- Mental health is a major public health concern that is often poorly acknowledged and lacks accessible support and treatment
- In 2017, an estimated 60,000 people in the Norfolk community were directly affected by mental health or suicidality
- Depression is a relevant and critical concern to our community in Hampton Roads, and it is a costly component of the state health care expenditure
- An inpatient hospitalization is often an isolating experience, and depression is more likely to arise in patients who have spent time in the inpatient setting