



# COMMUNITY-ENGAGED LEARNING BEAT OF MY HEART

PATHWAY: MENTAL HEALTH

## Project Description

- Implement music and movement enrichment sessions in the Hampton Roads community to facilitate human and social connection
- Potential to study outcomes measuring engagement, depression, and quality of life
- Work with patients at high risk for hospital readmission using a recreational music-making program to decrease the likelihood of readmission
- Connect with the Hampton Roads and EVMS community by providing mental health and wellness improvement education

## Annual Student Activities

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

## Community Outcomes/Results

- ↑ Awareness of music and movement as wellness tools 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

Kamal Chemali, MD

## PARTNERS

- Kathryn Powell, Tidewater Arts Outreach
- Emily Bacalis, 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