



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

Kyulee Park, PhD, LPC, NCC

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