



## Youth Mental Wellness

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# Youth Mental Wellness

## Who Is The Snohomish County Music Project?

- Community Based Non-Profit Organization
- Exist to provide music therapy services to the community's most vulnerable members
  - Underprivileged Children in high stress, high poverty and crime communities **208**
  - Adjudicated, incarcerated, or otherwise at-risk children and youth **313**
  - Adults suffering from PTSD, substance abuse and other psychological ailments related to combat, stress and/or trauma
  - Individuals suffering from neurological disorders, disease and injuries **253**
  - Individuals impacted by traumatic events
  - Elderly individuals suffering from Alzheimer's disease and other aging related conditions **98**

# How Does Music Therapy Work?

Processing Music in you Brain involves :

A widely distributed system of Multiple neuronal networks

- Speech / Language
- Sensory / Motor
- Cognition
- Limbic System

Research shows Music to activate CORE brain functions

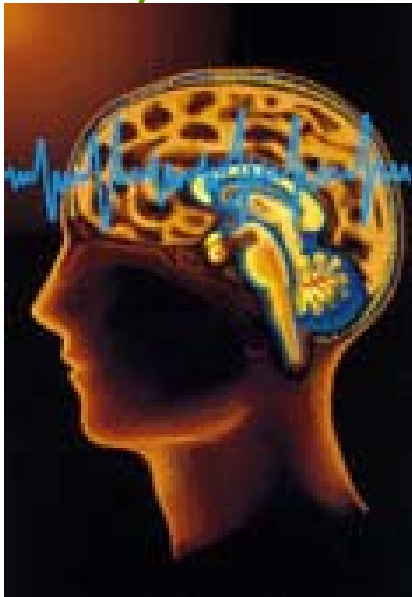
- Music is processed in both right and left hemispheres
- Music allows full integration of sensory information
- Music supports full cognition which emerges only in joint processing between all brain functions and language codes

The Paradox of Change: if a person feels accepted for who they are and what they do - regardless of how freedom to consider change rather than needing to defend against it. (James O. Prochaska)

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## Where are those Brain Regions where Music Plays ?



**Active Listening to music** involves the cochlear nuclei, brain stem, cerebellum (= tapping to music) & auditory cortex located on both sides of the brain.

**Following music** you know includes the above & the Hippocampus (memory center).

**Performing music** includes all the above and the frontal lobes (planning) motor cortex (manipulation of instrument) & sensory cortex (feedback for accuracy).

**Listening/recalling lyrics** includes all the above & Broca's and Wernicke's areas, (language centers in the temporal and frontal lobes).

**In response to music** (emotions) may include all the above & the cerebellar vermis and amygdala (feelings of fear and anger).

**Reading music** includes the visual cortex.

## How is music therapy used with our youth ?

**Mission:** To use the power of music to inspire people to do good things for their community and themselves.

**Belief:** Protecting our youths future by advocating for and supporting a sustainable quality of life

**Action:** We provide music therapy in a community setting that brings awareness to human relationships and to the self by musically exploring and performing those relationships in the safety of evidence based and neurologically researched musical interventions.