

# Promoting Mental Health Through Music

## Practical Applications for the Band Rehearsal



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# Why are we here today?

- Attendance
- School Expectations
- Unrealistic Standards
- Covid-19
- Trauma
- Social and Emotional Learning (SEL)
- **MENTAL HEALTH**



# What does mental health mean to you?

- Briefly discuss with the person next to you



# Mental Health Defined

- NOT mental disorders or mental illness
- “How a person thinks, feels, and acts when faced with life’s situations.... This includes handling stress, relating to other people, and making decisions.” - The Substance Abuse and Mental Health Services Administration (SAMHSA)
- “A State of well-being in which the individual realizes his or her abilities, can cope with the normal stresses of life, can work productively and fruitful, and is able to make a contribution to his or her community.” - The World Health Organization

# Applications to the band rehearsal

- Mindfulness
- Culturally responsive curriculum
- Relationships
- Classroom environment

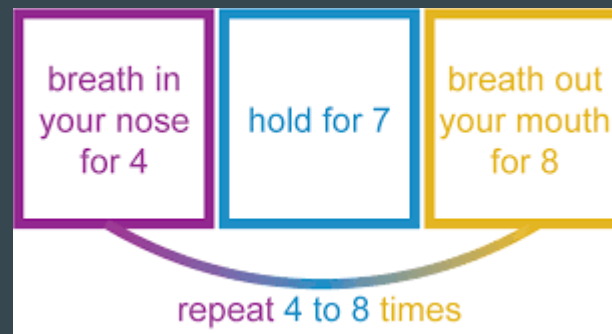
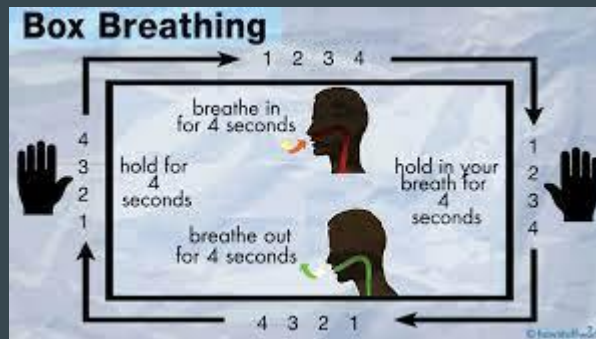


# What is mindfulness?

- Being aware of what is happening in the present moment within and around one's self with acceptance and curiosity in a nonjudgemental way
- The practice of mindfulness involves directing one's attention to a specific focus (e.g., breath, sensation, feeling) or another attentional "anchor"
- These practices may serve as classroom-based interventions that promote healthy development, prevent problems, or address problems early after onset

# Mindfulness practices

- Breathing
  - Box Breathing
  - 4-7-8 Breathing

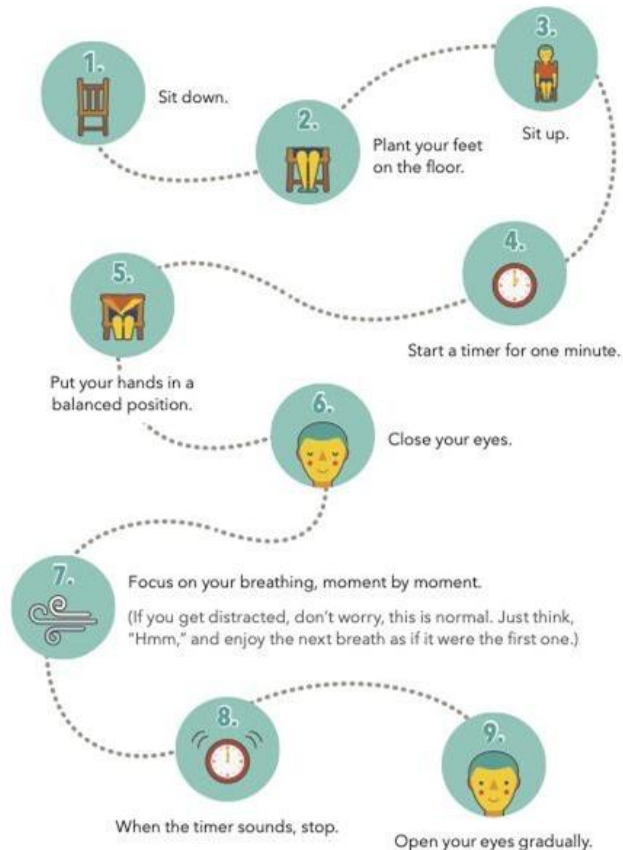


# Mindfulness practices continued

- Mindfulness Minute

## Give Your Mind Some Rest

Try meditating for one minute a day to give your emotions, brain, and body time to recover from stress. If you can meditate first thing in the morning, it's a great way to start the day. Visit [kp.org/listen](http://kp.org/listen) for podcasts, or try the basic minute meditation below.





# Mindfulness practices continued

- Thought watching
- Body scanning
- Visualization



# Culturally responsive instruction and curriculum

- “Instruction that acknowledges and accommodates students’ culture, language, and learning styles in the curriculum and classroom” (Ogbu and Simons, 1998, p. 180)
- Diversity in composers
- Diversity in musical styles and cultures
- History or inspiration for musical selections



# Build relationships

- “It’s through human relationships that a child first learns love, compassion, generosity, and creativity” - Fred Rogers
- Greet students at the door
- Have conversations about things not related to band/music
- Attend events that students participate in outside of band/music
- Read the room
- Prosocial education

"Every child deserves a champion: an adult who will never give up on them, who understands the power of connection and insists they become the best they can possibly be."

- Rita Pierson, Educator



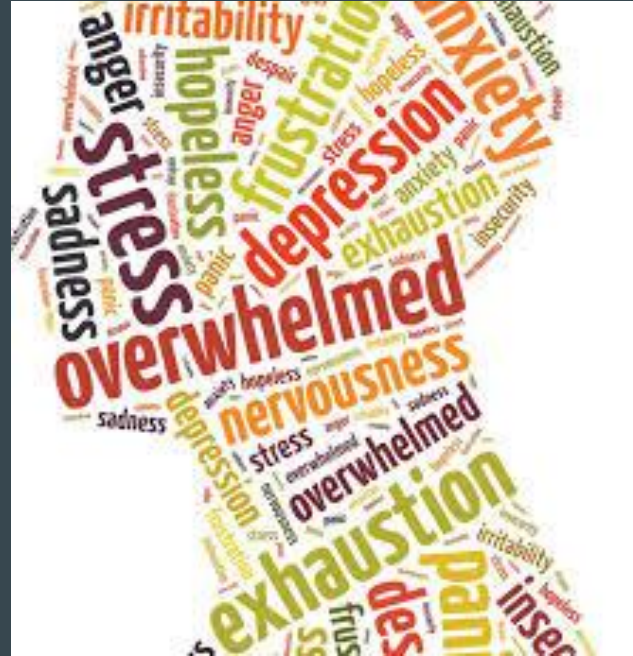
# Classroom environment

- Create a safe space
  - Culture of respect and support
  - Preferred names and pronouns
  - LGBTQ+ inclusive language
- Be predictable with daily classroom procedures
- Model expectations



# Closing thoughts

- Why are we here?
- Student-centered education



# Resources

- Contact info
  - Chris Barchesky - [barchesc@troy.k12.mo.us](mailto:barchesc@troy.k12.mo.us)
  - Aaron Wacker - [awacker@semo.edu](mailto:awacker@semo.edu)
- Resources



SCAN ME