



Depression, Suicide, and Music Education

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How to reach the paper

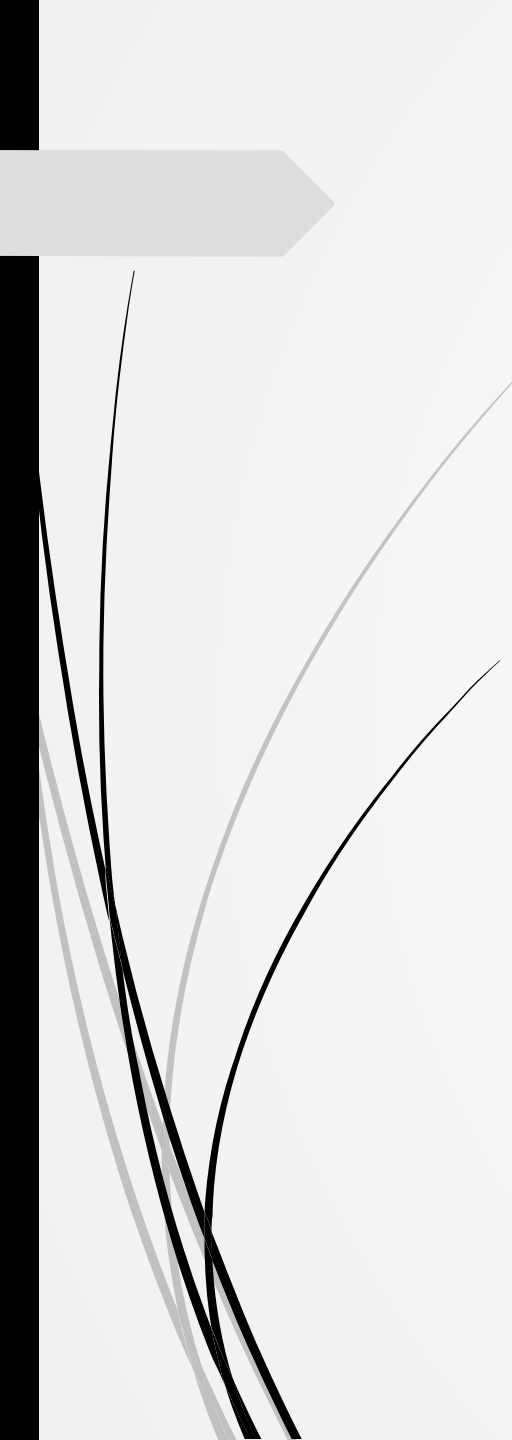
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Introduction

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- 
- Vignette 1: Jared
 - Statistics
 - Vignette 2: Chris and Elliott
 - Risk factors and warning signs
 - Suggestions for providing support
 - Vignette 3: Alex and Sam
 - Closing thoughts



Vignette 1: Jared

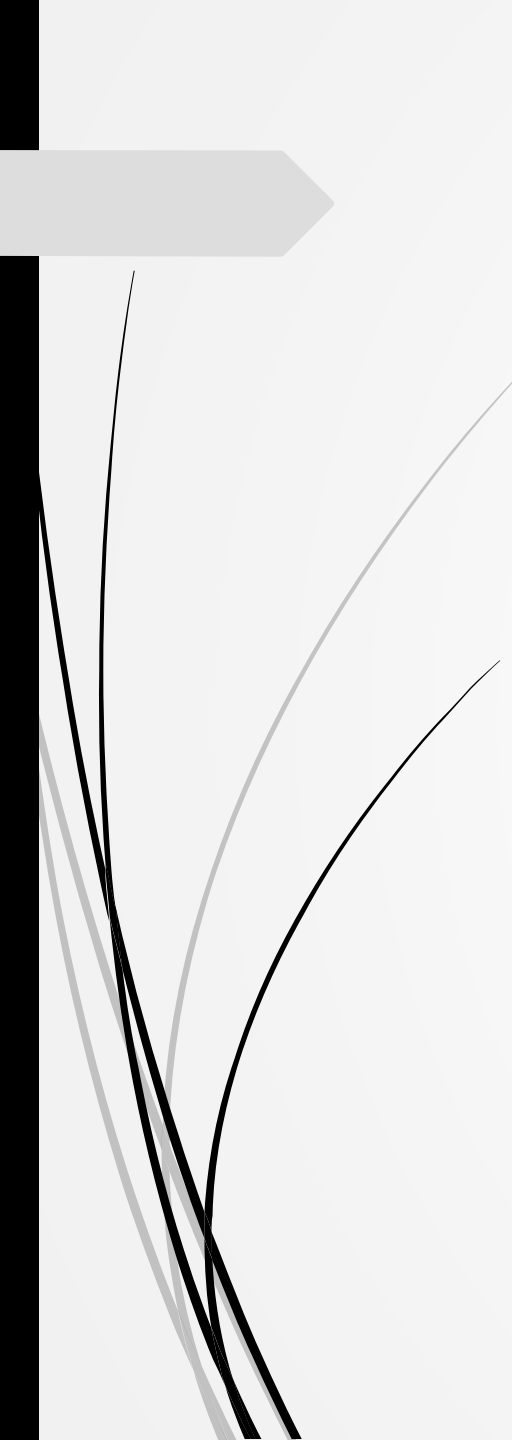
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Statistics: Suicide

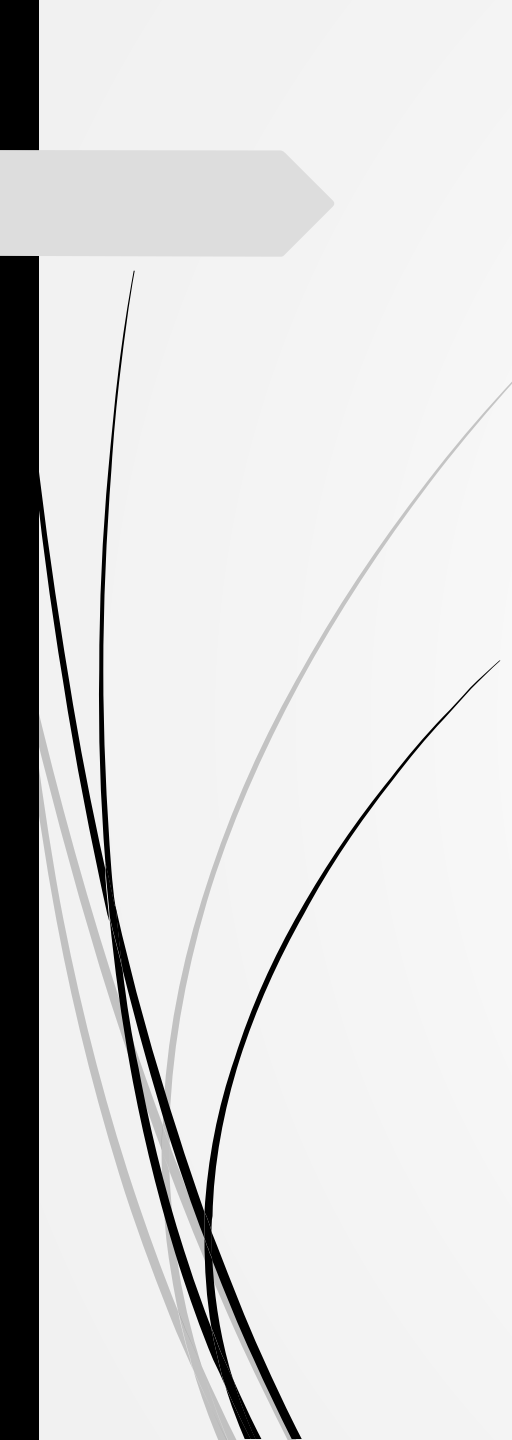
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- 
- 800,000 per year
 - 2,192 per day
 - 1 every 45 seconds



“More teens and young adults die by suicide than from all other illnesses combined”

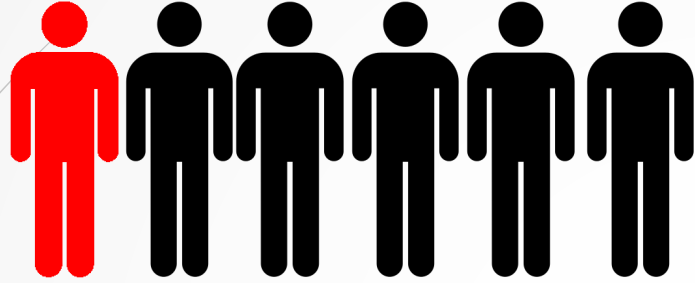
(Wristen, 2013, p. 21)

- 
- 41,149 per year
 - 12.6 suicide per 100,000
 - 113 suicides per day
 - 1 every 13 minutes

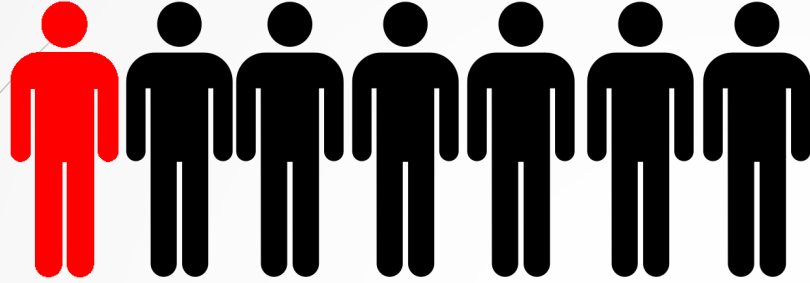


100-200 attempts for every
completed youth suicide

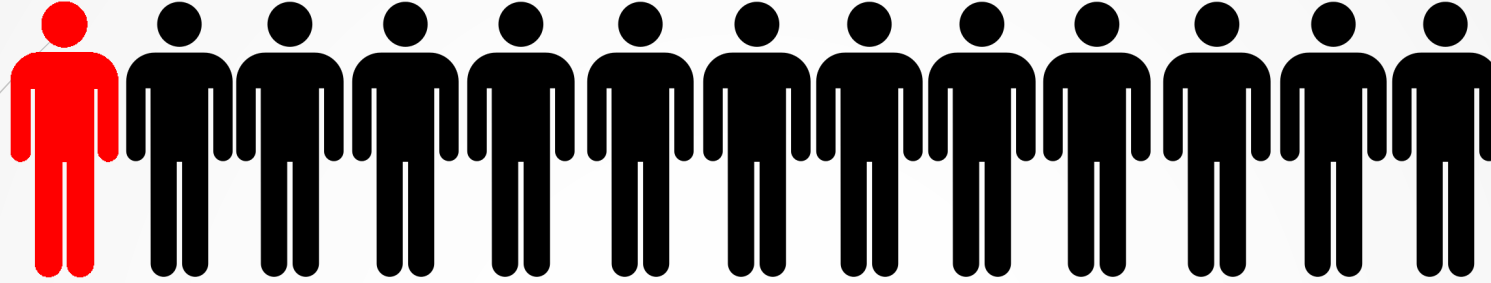
Seriously considered suicide



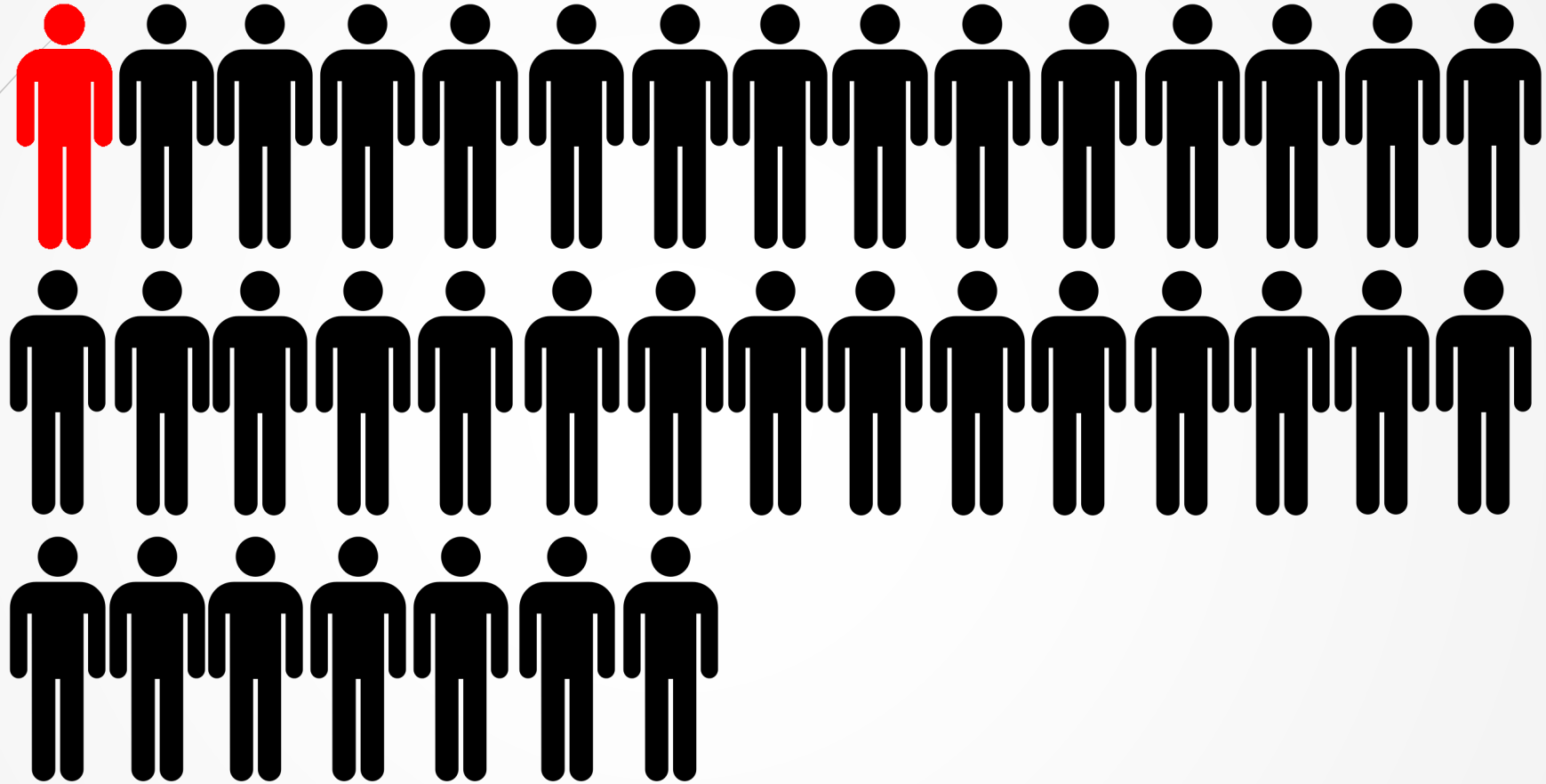
Created a plan to commit suicide



Tried to commit suicide



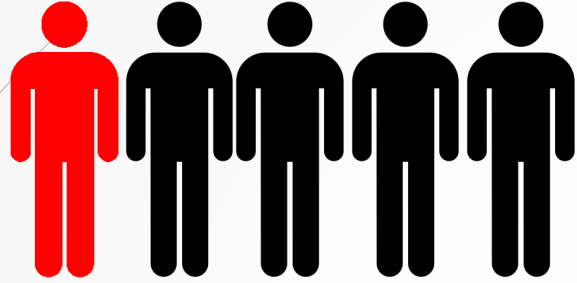
Required medical attention after an attempt



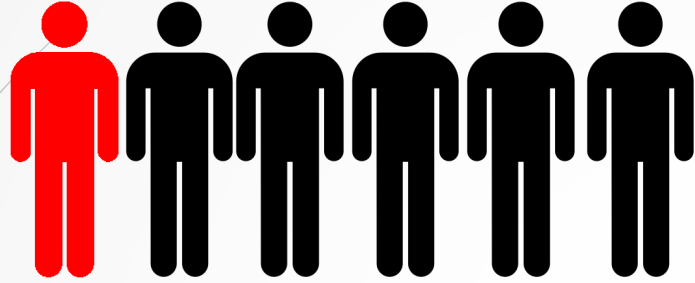
- 
- 4.1 females per 100,000
 - 10.5 males per 100,000

- 
- 1 in 2,000 females ages 5-14
 - 1 in 1,111 males ages 5-14

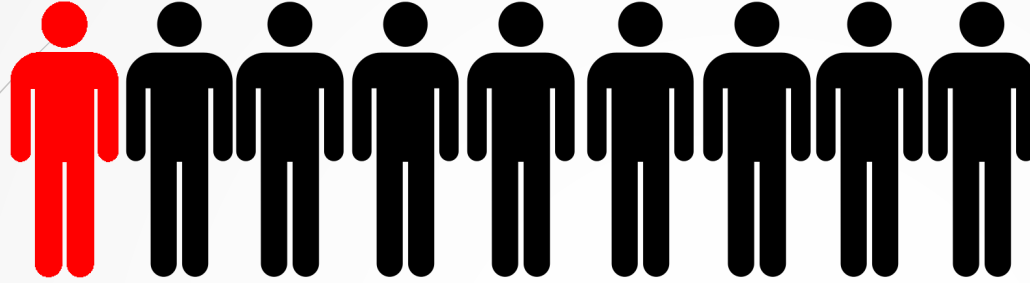
Seriously considered suicide



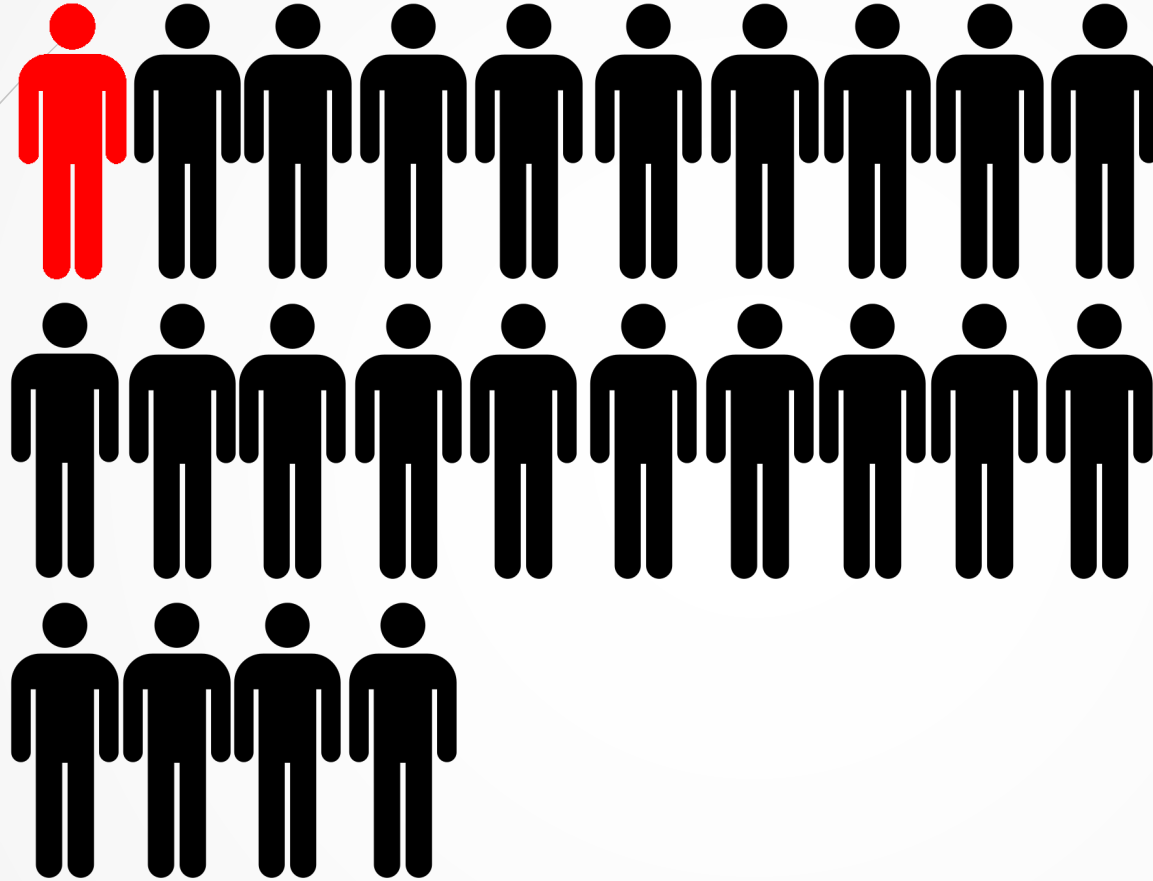
Created a plan to commit suicide

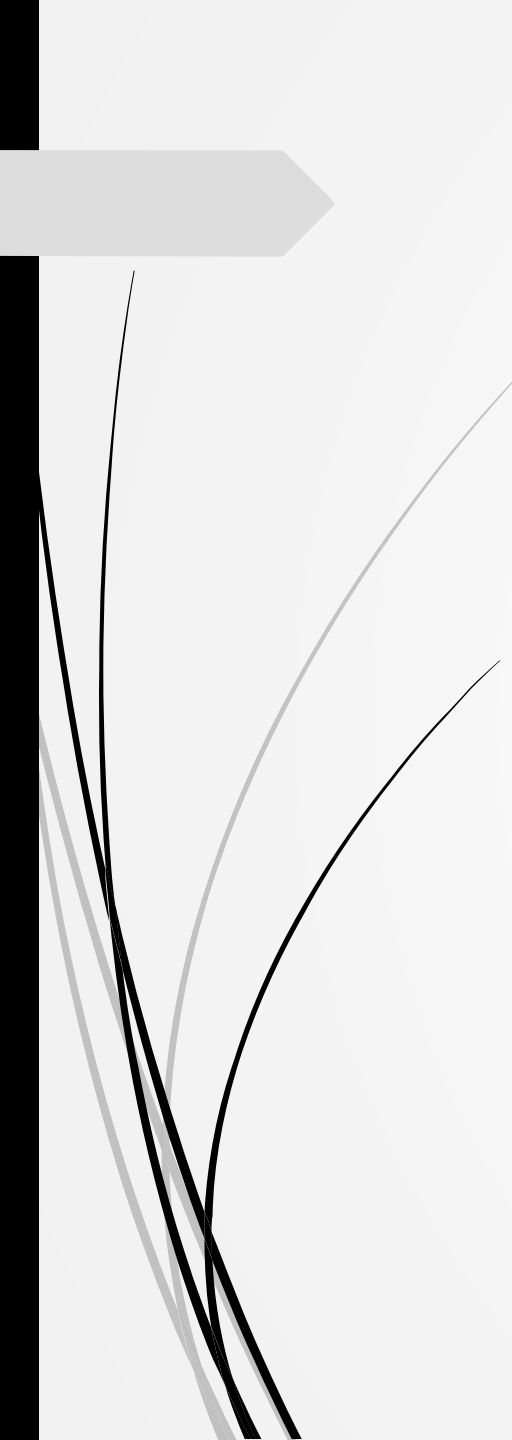


Tried to commit suicide

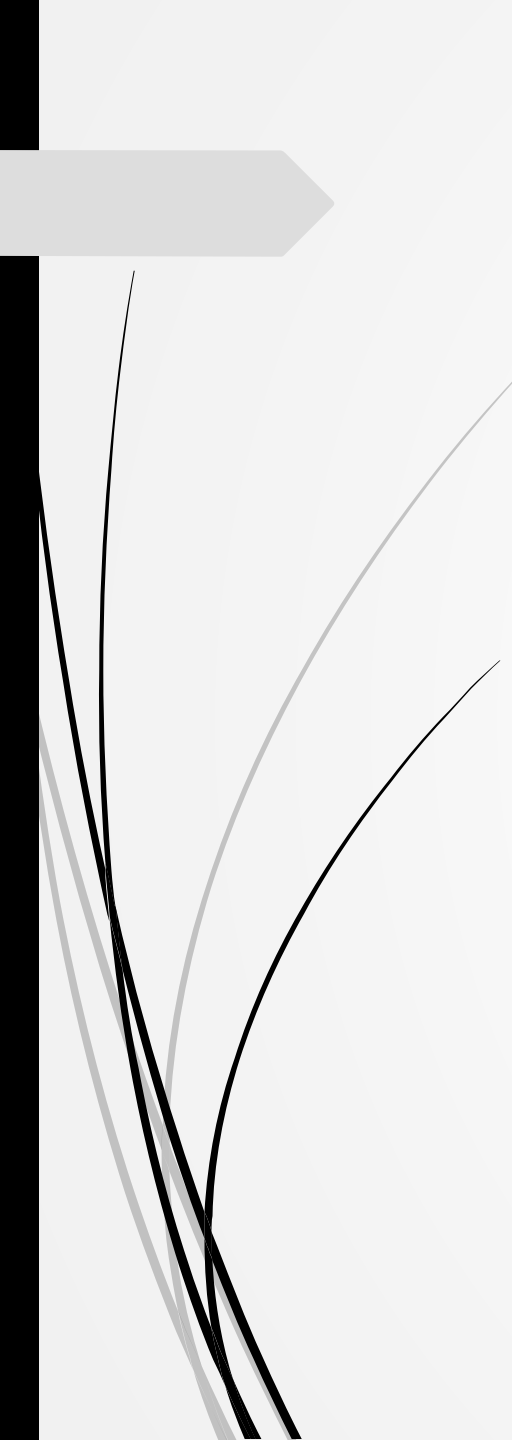


Required medical attention after an attempt





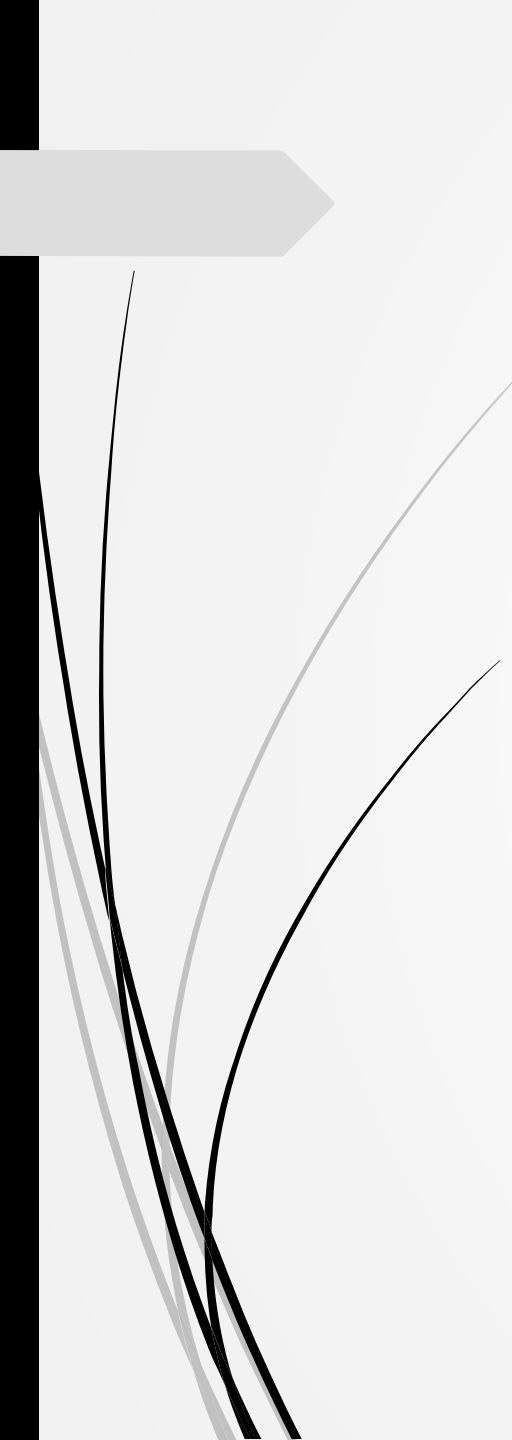
5.8 times more likely to
complete suicide than
non-indigenous peers



4.4 times more likely to
complete suicide than
non-indigenous peers



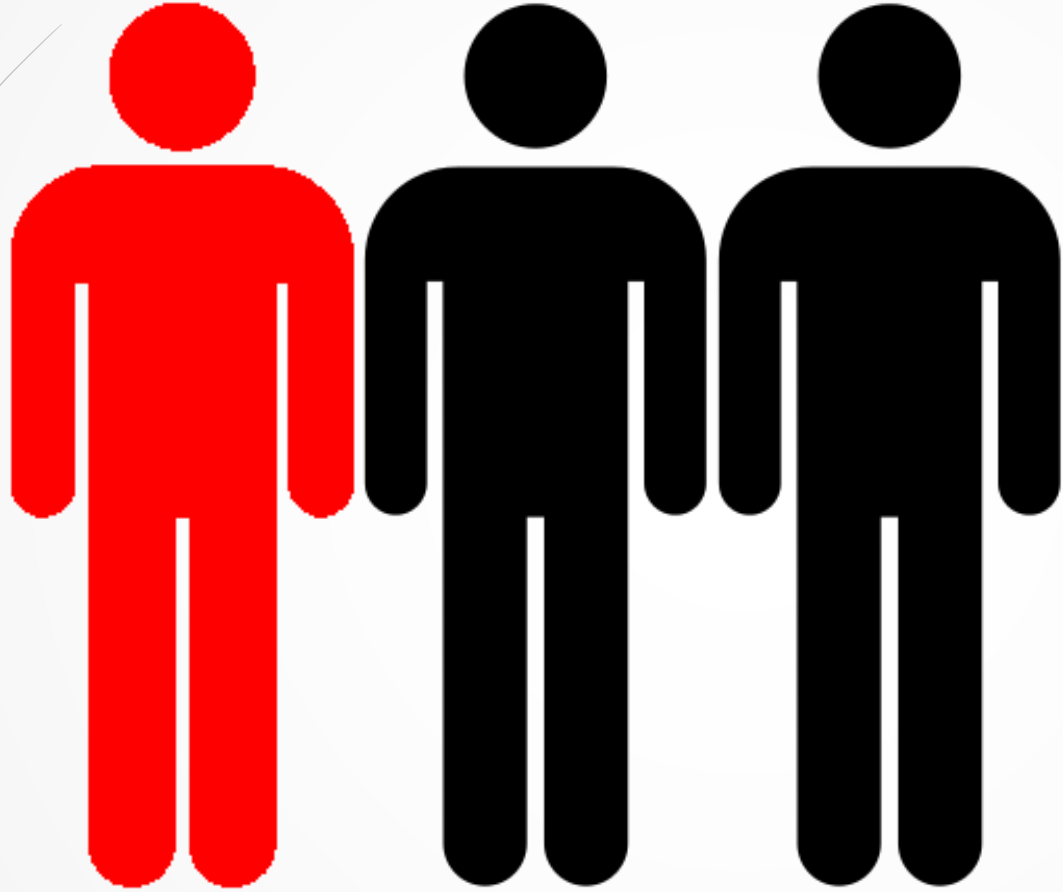
1.7 times more likely
to die by suicide



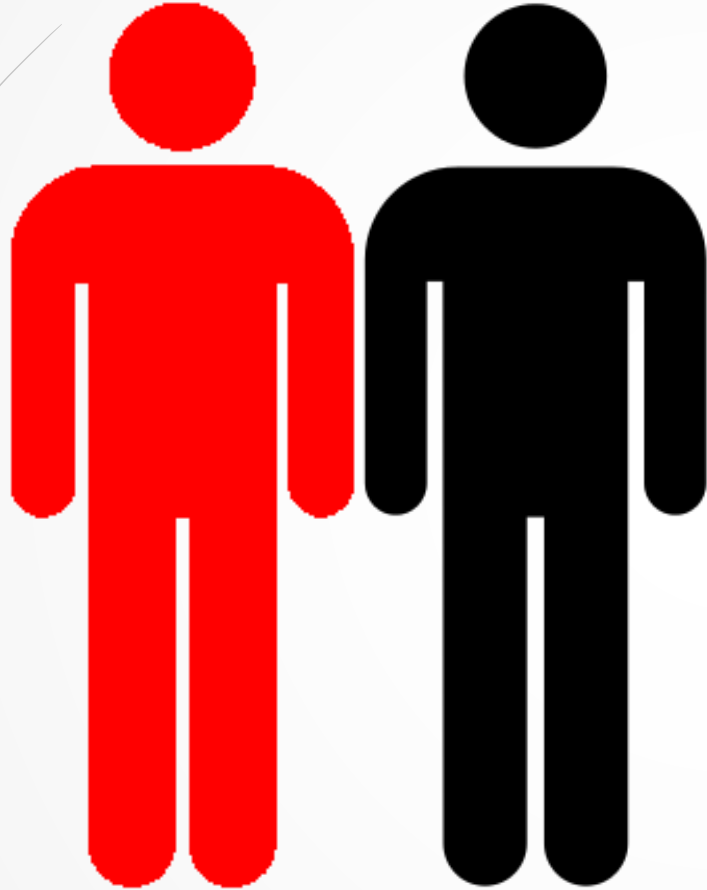
Firearms Hanging Poisoning

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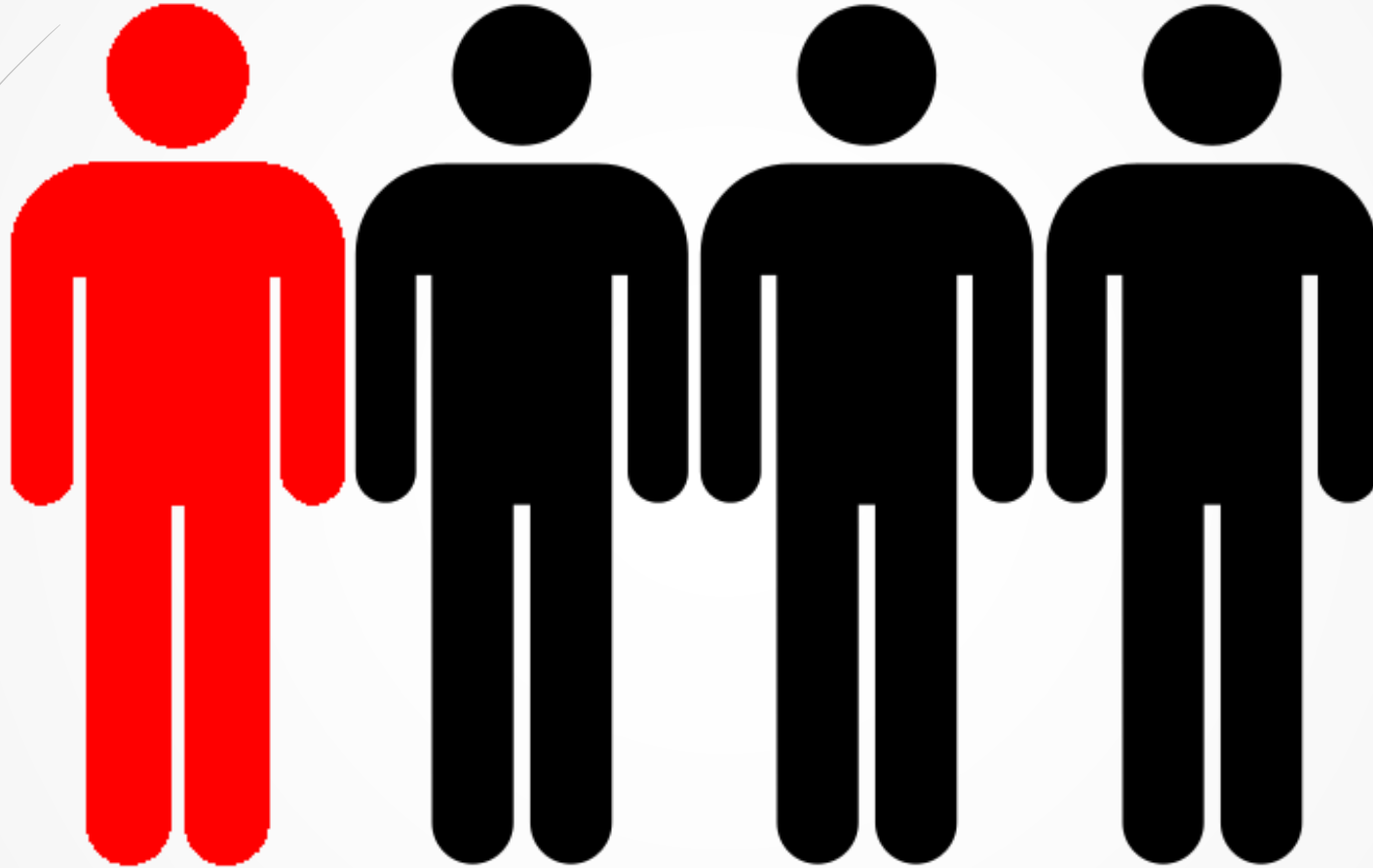
At least one completed suicide



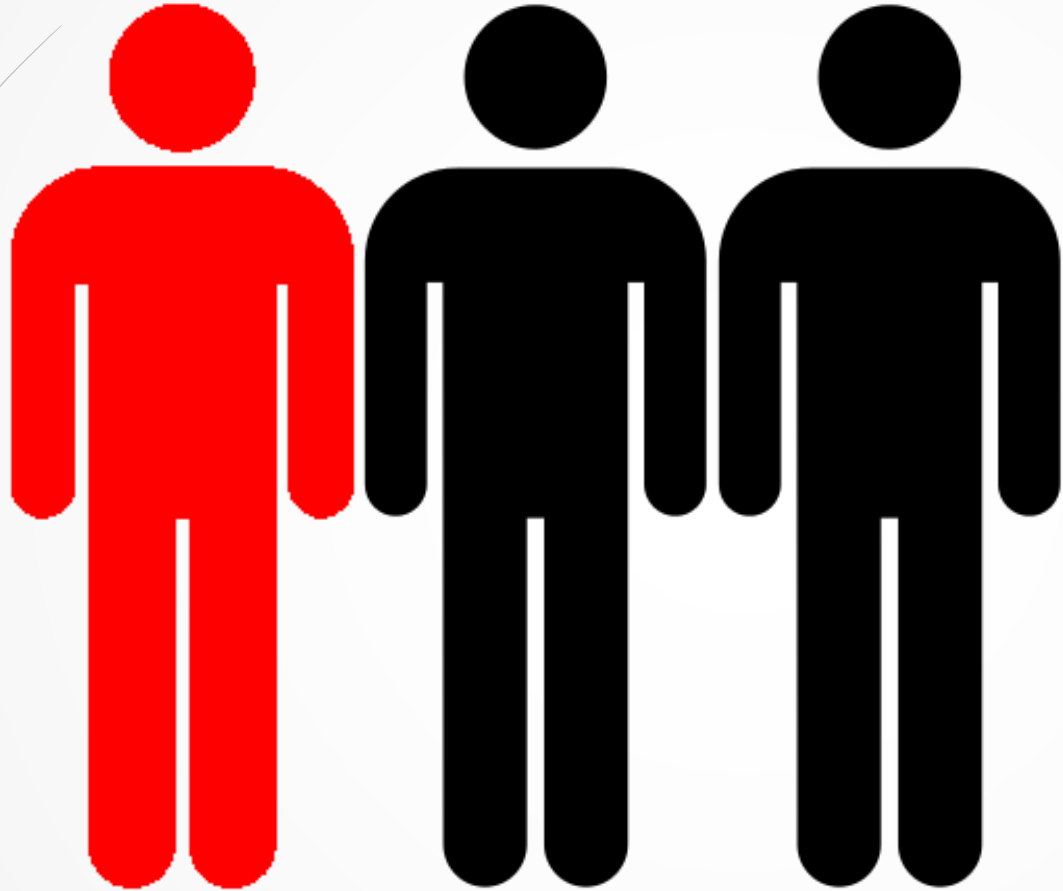
One completed suicide



Two completed suicides



Three or more completed suicides





Statistics: Depression

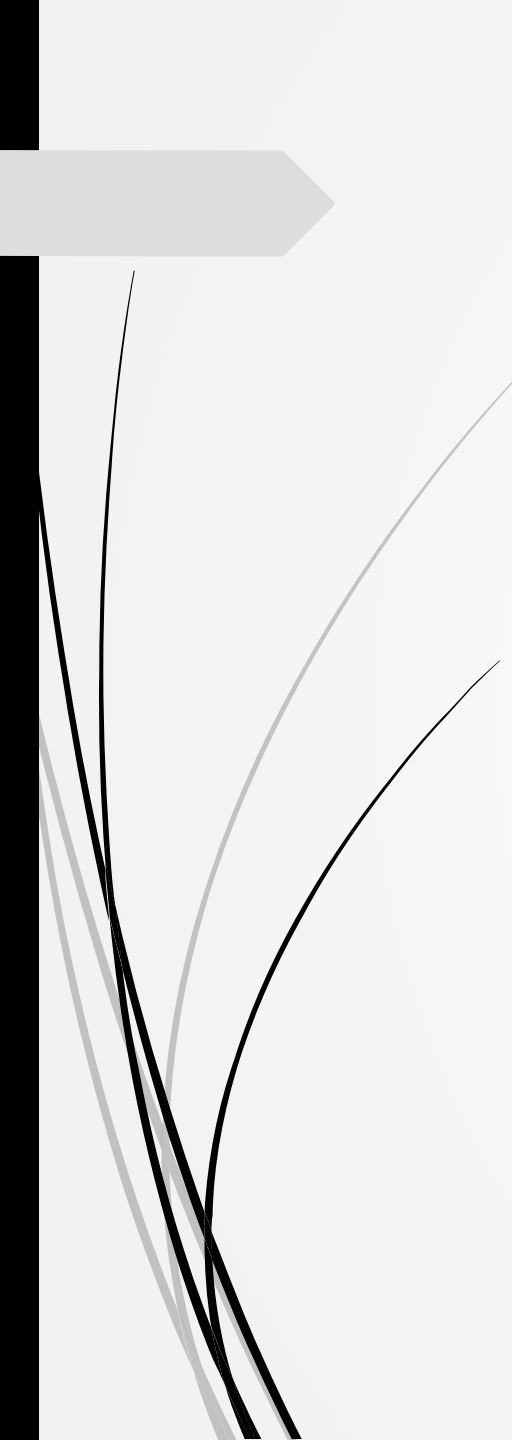
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“Feeling depressed” differs
from clinical depression



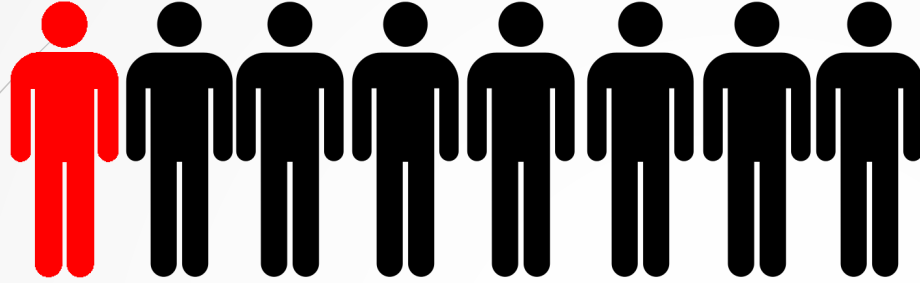
Chronic depression can exist for years

- 
- 3.5% less likely to graduate from high school
 - 6% less likely to enroll in college

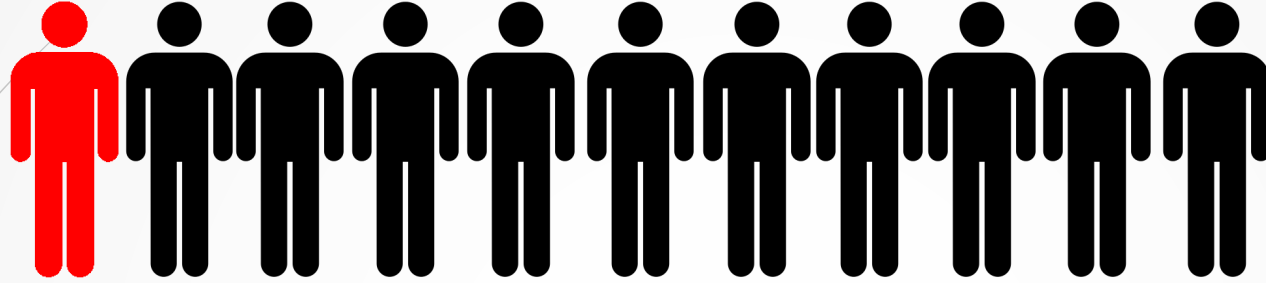


Many people suffering
from depression do not
seek treatment

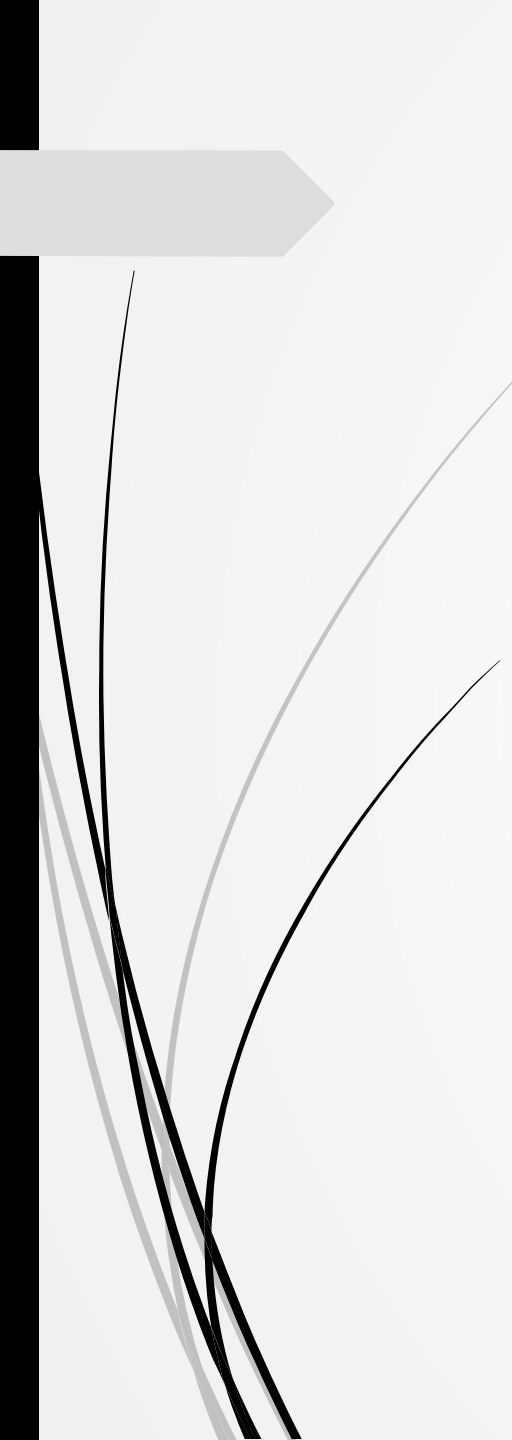
Received treatment for depression



Did not seek treatment for depression

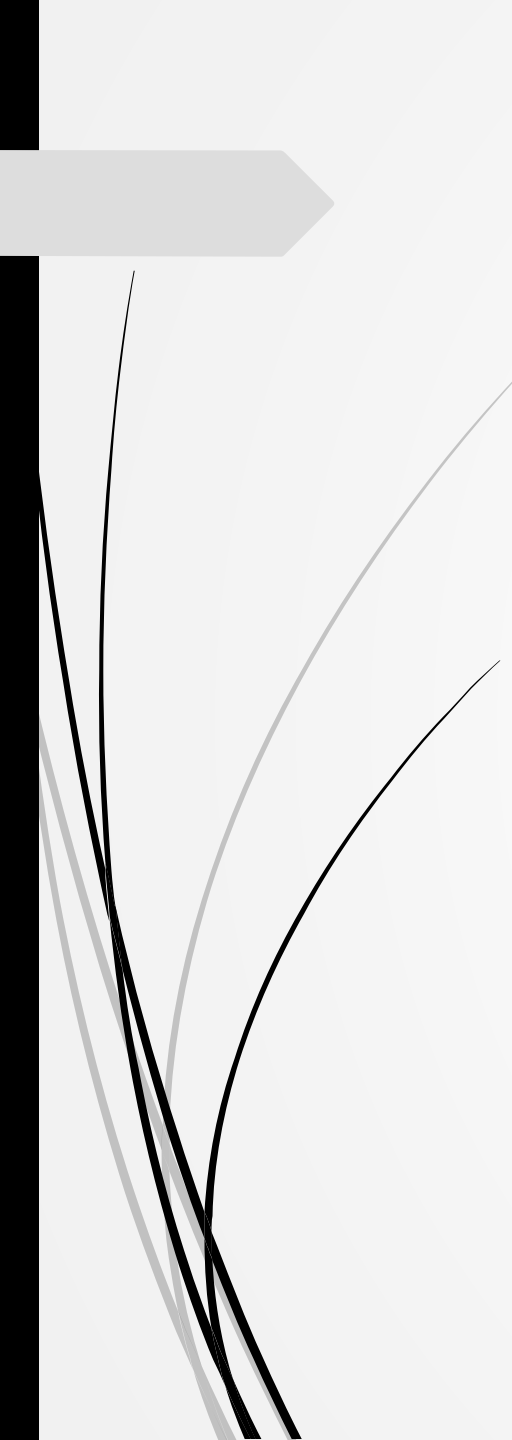


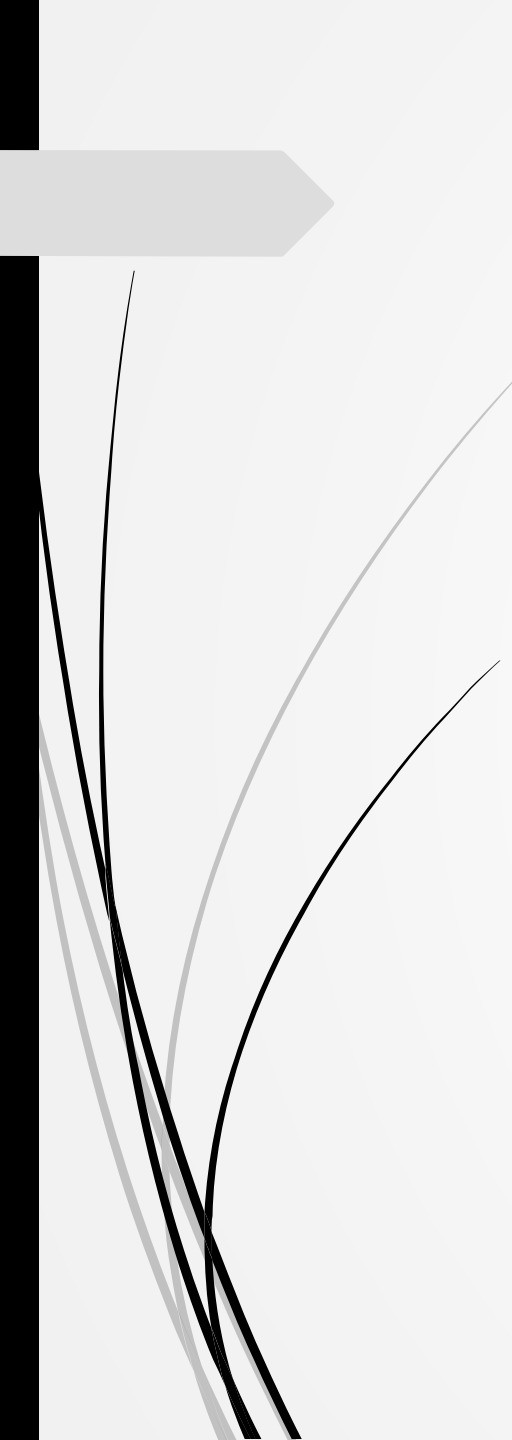
- 
- 40 million people worldwide
 - 18 million people in the US



“Between a fifth and a quarter of young people have suffered from a depressive disorder”

(Merry et al., 2011, p. 2)

- 
- Females are twice as likely to have depression
 - Females are 60% more likely to receive treatment
 - Blacks are 50% less likely to receive treatment



Music educators are likely to encounter young musicians who could benefit from a helping hand



Vignette 2: Chris and Elliott

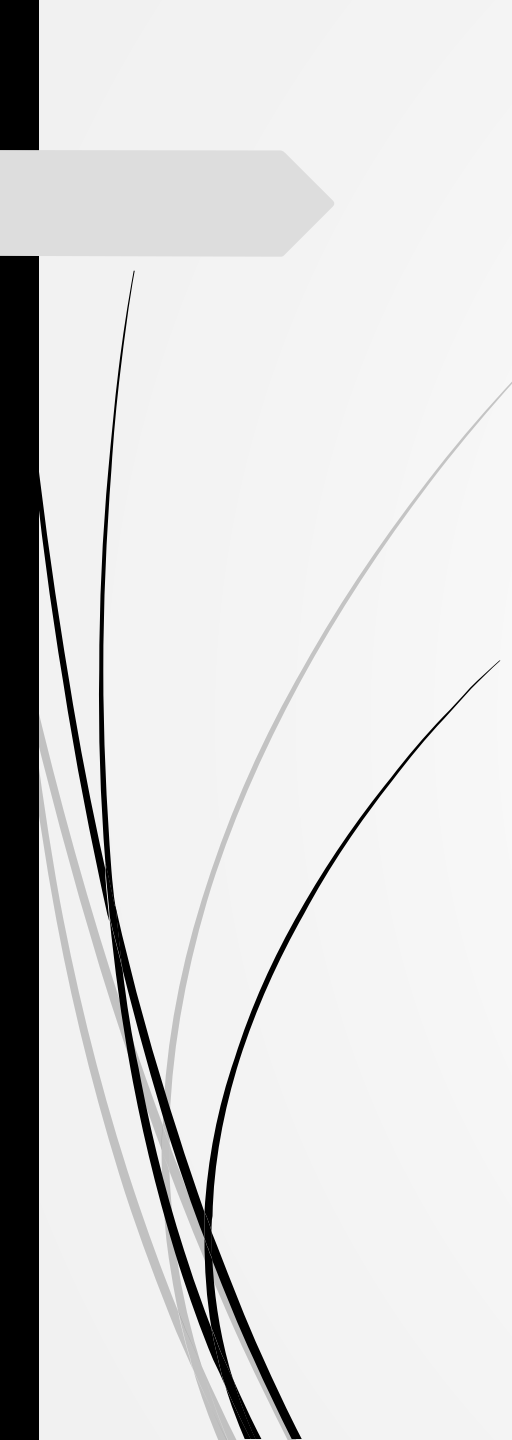
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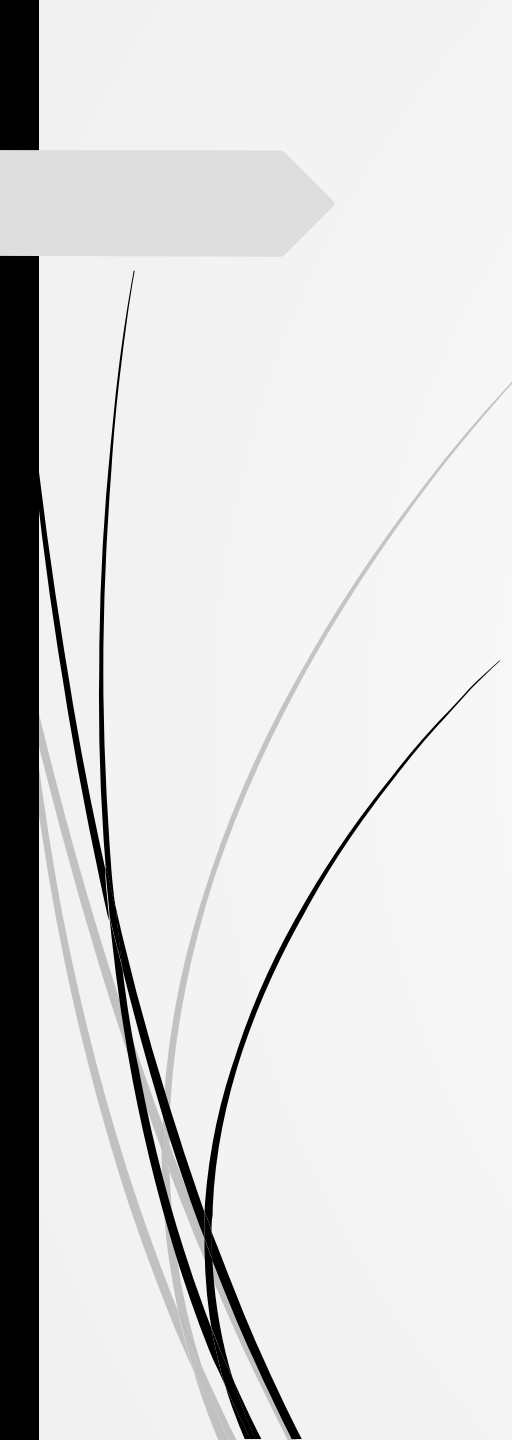


Risk factors and warning signs



The greatest risk factor
for suicidality is previous
suicide attempts

- 
- High amounts of perfection
 - Constant critique
 - Highly competitive culture
 - Performance related anxieties
 - Inability to detach themselves from their work



Music educators should consider how music engagement and culture might unintentionally exacerbate risk factors for depression and suicidality

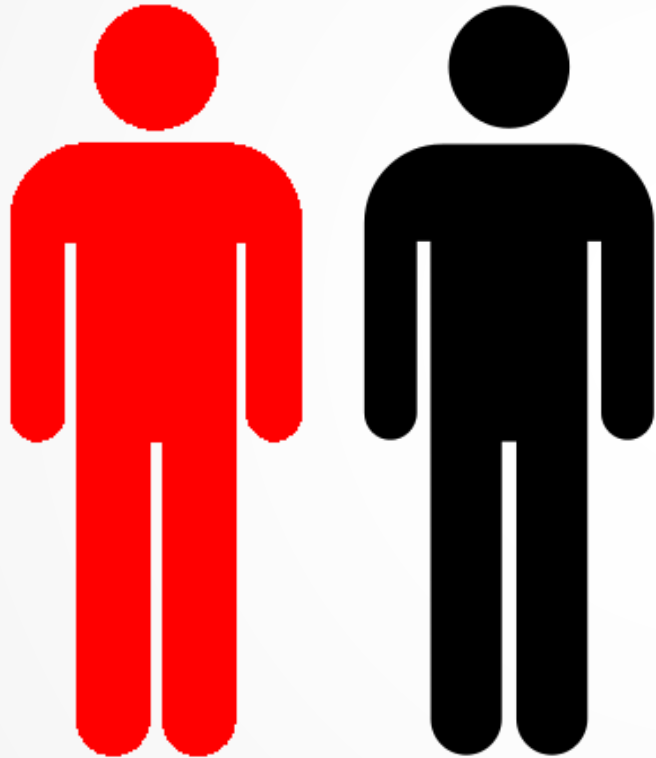


Potential warning signs for depression and suicidal ideation

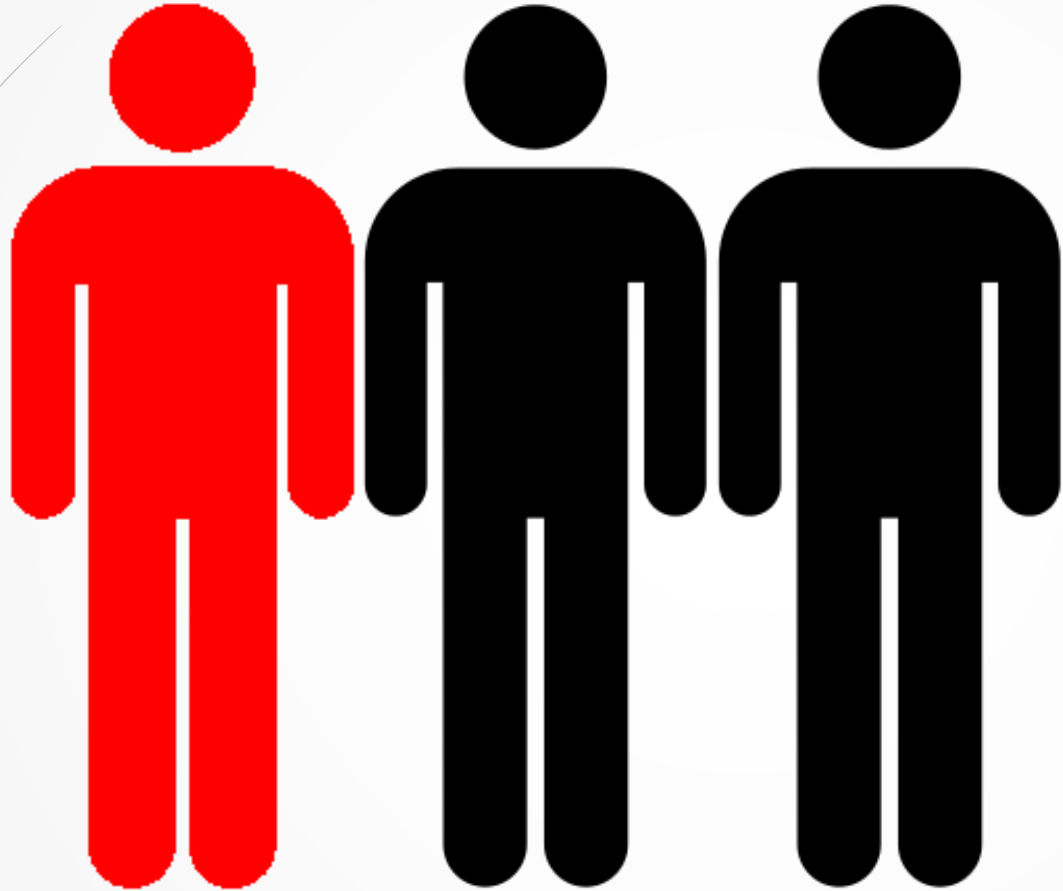


I made efforts to hide
my warning signs

Teachers concerned a student might be suicidal reported they did nothing

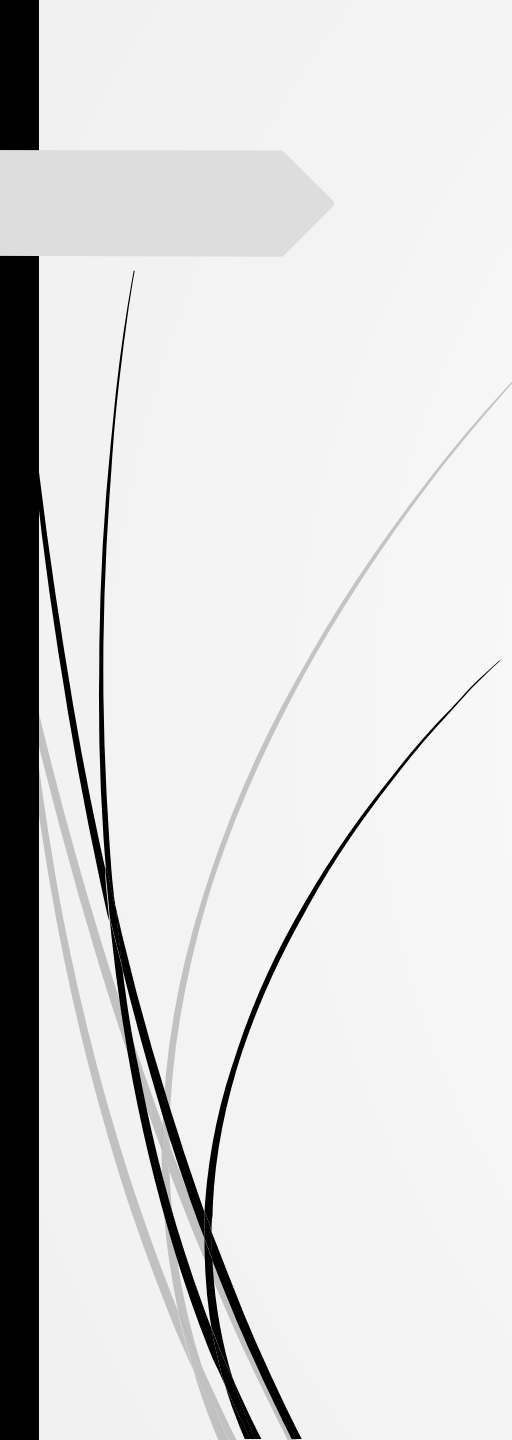


Suicide intent disclosed before completion

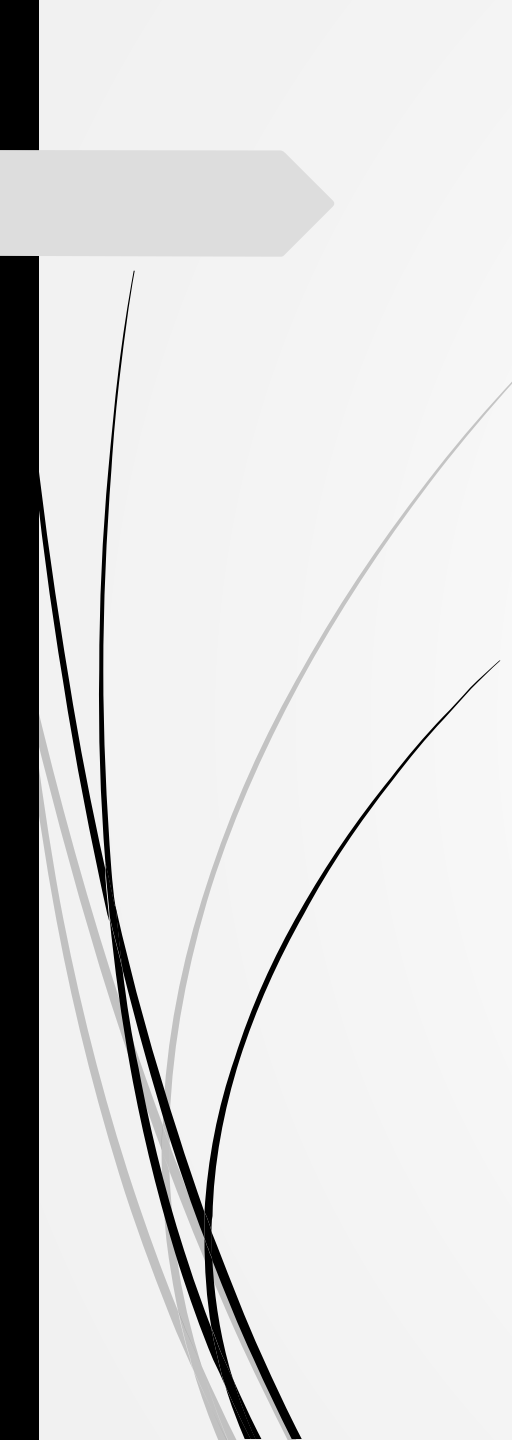




Providing support



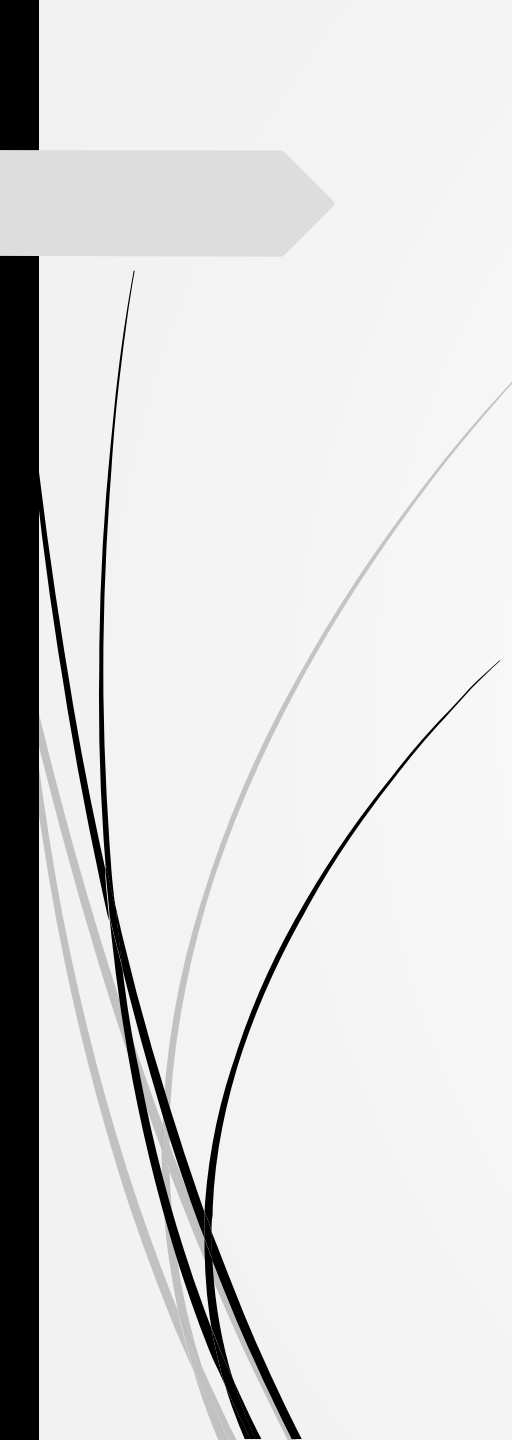
Children and early adolescents
may not initiate a conversation
about their internal struggles



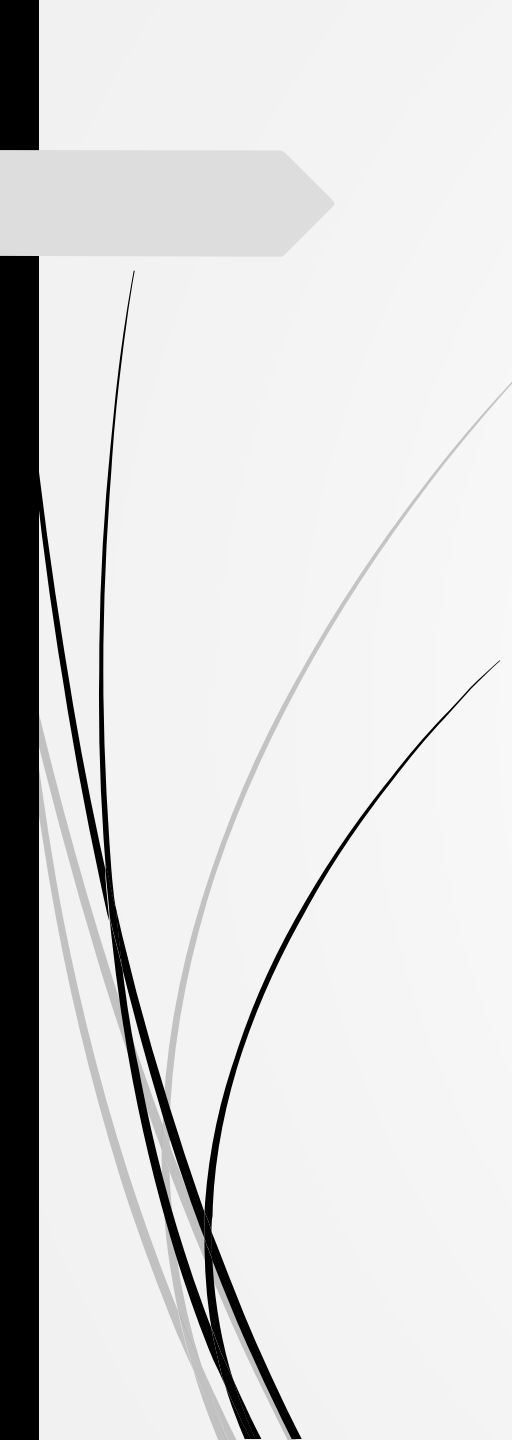
We may lend a listening ear,
validate their emotions, and
let the person know we are
there for them

A decorative graphic on the left side of the slide. It features a grey arrow pointing right at the top, and several thin, curved lines in black and grey that sweep upwards and to the right, framing the main text.

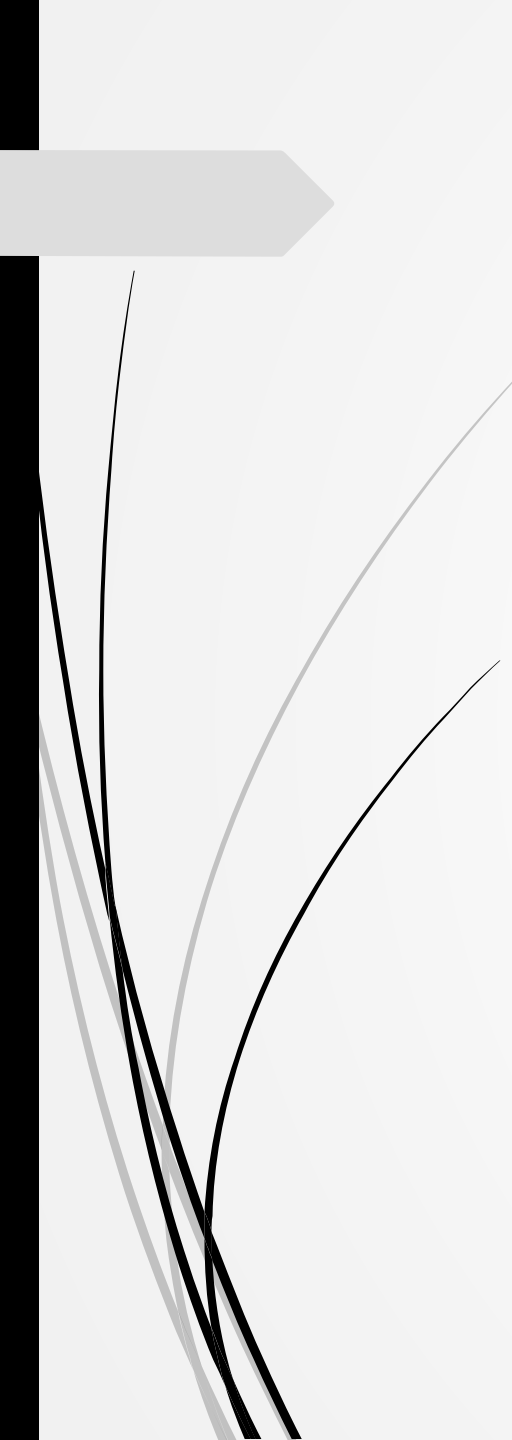
Maintain a focus on active listening



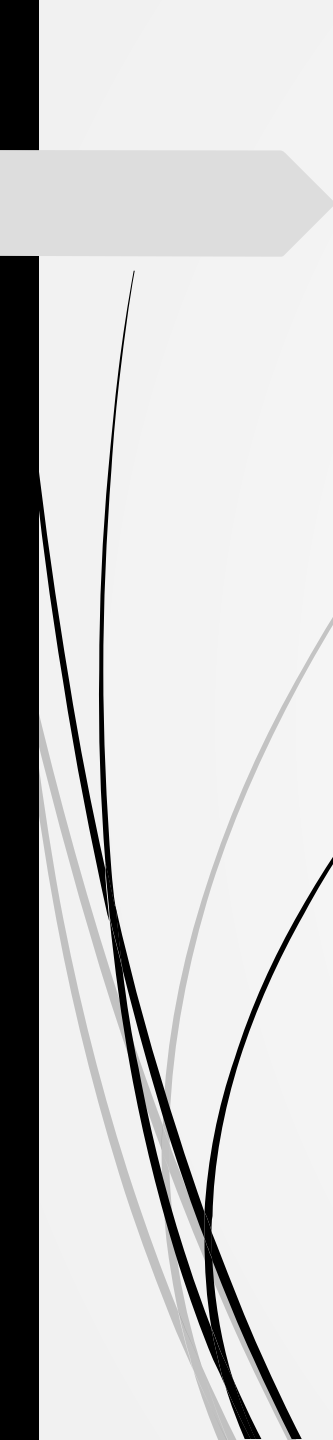
Speak with our school's counselor,
psychologist, or music therapist for
further resources and advice



The sooner a student in need has access to resources and support, the better



Move beyond raising awareness and following protocols, but increase general knowledge and abilities



There are no guarantees
each method of support
will work for everyone



Warning signs might go unnoticed



Vignette 3: Alex and Sam

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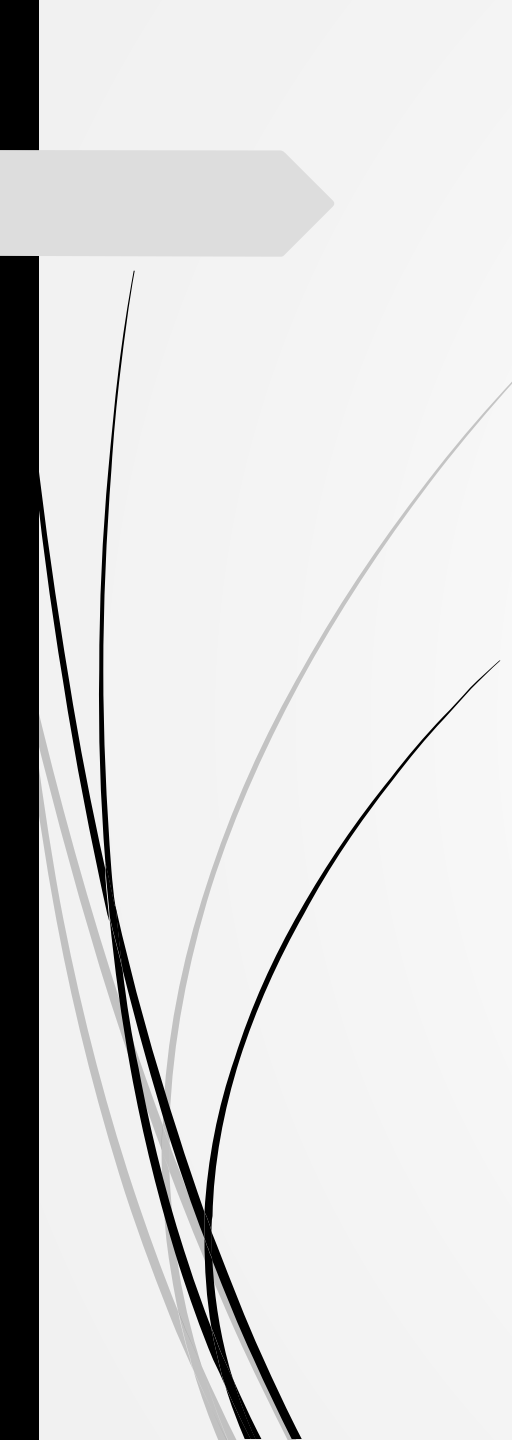


Closing thoughts

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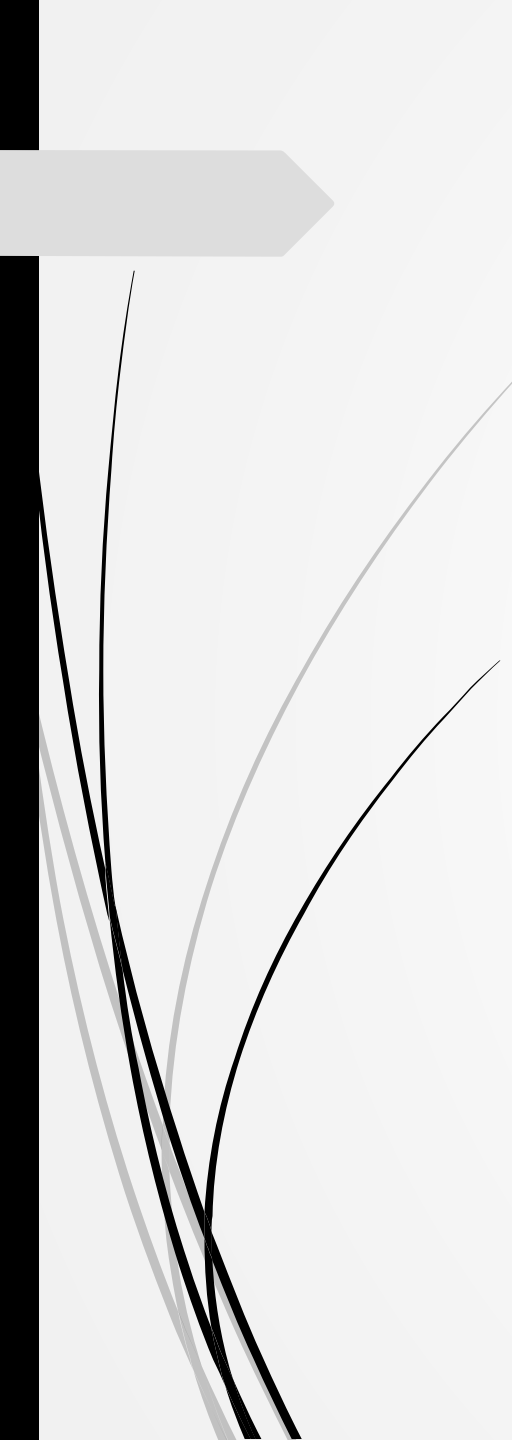
Every musician in a music program or community has their own reason for participation



It is better to offer support for those who may not need any than not reach out to someone who is in need of support



It is likely each of us will encounter multiple opportunities to extend a hand for support



These efforts may not only help
others make and learn music,
but may save lives

Let's talk

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