“Are You Ok?”
Experiencing and Coping with Adolescent Anxiety and Depression
in the High School Music Classroom

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Introduction – Why adolescent anxiety & depression?

Questions…

- What are high school music teachers’ perceptions and lived experiences of adolescent anxiety and depression in their classrooms?
- How do music educators choose to respond to adolescent anxiety and depression?

Current Trends in Adolescent Anxiety & Depression…

- Adolescence is a period where individuals are more susceptible to anxiety & depression due to biological and neurological development (Ellis et al., 2016).
- Adolescent anxiety and depression have slowly been on the rise since the 1950’s (Costello, Erkanli, & Angold, 2006).
- Adolescents who spend more than 4 hours per day in front of screens are more likely to suffer from depression, seek mental health treatment, and/or take medications for psychological issues (Twenge, Martin, & Campbell, 2018).
- Between 2005-2017, major depressive episodes have increased by 52% (Twenge, Duffy, Cooper & Binau, 2019).
- Number of emergency room treatments of suicidal attempts and suicide ideation has doubled for adolescents between 2007-2015 (Burstein, Agostino, & Greenfield, 2019).

Current Causes of Adolescent Anxiety & Depression

- Puberty, romantic relationships, peer-group changes, and social rejection. In addition, childhood maltreatment, trauma, and poor family relationships (Ellis et al., 2016).
- Achievement Pressures (McAllister, 2018; Parasole, 2017).
- Over-Protective Parenting (Lents, 2016).
- The Decline of Free Play and the Rise of Extrinsic Motivation (Parasole, 2017)
- Social interactions that are magnified by current digital media & electronic communication (Crone & Konjin, 2018; Nesi & Prinstein, 2015).

Additional Causes Identified by Music Educators in the Field

- Technology Overload – “It just never shuts off”
- College & Career Ready Programs
- Gender Transformations & Other LGBTQ Concerns
- Immigration and “Dreamers” (DACA)

These causes, many manifested by current technological and cultural trends, have created a “Cohort” Generation defined by its mental health trajectory (Twenge et al., 2019).
The Importance of Teacher Perceptions of Student Mental Health

- High school teachers provide a vital gateway to informing and educating the public about adolescent behaviors (Fridl, Urbanc & Pipan, 2009).
- Studies from the field of social work have revealed that teachers feel under-prepared to help students cope with mental health concerns (Cornego, 2017; Soberanis, 2014).
- Teachers with less training were less likely to encourage students to seek mental health services (Breuer, 2016).
- The majority of teachers feel both student anxiety and depression are pressing concerns, and they lack adequate mental health training to help their students (Froese-Germain & Riel, 2012).

Why are Music Educators Significant?

- It’s all about time.
- The music classroom as safe haven.
- Music classes help build community and relationships.

So, how do we fix the problem? Possible Solutions/Strategies…

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<td>(SAEBRS, ADAP, etc.)</td>
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Which strategy will work best for you and your students?

- Choose activities that feel authentic – your students will buy-in when you do.
- Identify your Core Values (yours and those of your class).
- Embrace strategies and activities that align with your Core Values.

What are your solutions? What strategies inspire you?

__________________________________________________________________________________
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Changing the World
One Student at a Time
List of VALUES

Accountability
Achievement
Adaptability
Adventure
Altruism
Ambition
Authenticity
Balance
Beauty
Being the best
Belonging
Career
Caring
Collaboration
Commitment
Community
Compassion
Competence
Confidence
Connection
Contentment
Contribution
Cooperation
Courage
Creativity
Curiosity
Dignity
Diversity
Environment
Efficiency
Equality
Ethics
Excellence
Fairness
Faith
Family
Financial stability
Forgiveness
Freedom
Friendship
Fun
Future generations
Generosity
Giving back
Grace
Gratitude
Growth
Harmony
Health
Home
Honesty
Hope
Humility
Humor
Inclusion
Independence
Initiative
Integrity
Intuition
Job security
Joy
Justice
Kindness
Knowledge
Leadership
Learning
Legacy
Leisure
Love
Loyalty
Making a difference
Nature
Openness
Optimism
Order
Parenting
Patience
Patriotism
Peace
Perseverance
Personal fulfillment
Power
Pride
Recognition
Reliability
Resourcefulness
Respect
Responsibility
Risk -taking
Safety
Security
Self-discipline
Self-expression
Self-respect
Serenity
Service
Simplicity
Spirituality
Sportsmanship
Stewardship
Success
Teamwork
Thrift
Time
Tradition
Travel
Trust
Truth
Understanding
Uniqueness
Usefulness
Vision
Vulnerability
Wealth
Well-being
Wholeheartedness
Wisdom

Write your own:
References & Resources


