

## PRESENTED BY MUSICAL EMPOWERMENT

Musical Empowerment works with college volunteers to provide free music lessons and mentorship to children from marginalized communities!

We can't do it without your help!

Scan Here to Donate!



Or Text

"Givelessons"  
to 44-321

\$10	Provides books/accessories for a deserving student
\$50	Funds instrument maintenance & repairs
\$120	Helps to purchase a musical instrument (just \$10/month)
\$250	Supports mentor training
\$500	Sponsors one student + mentor pair for a whole semester
\$1000	Sponsors one student + mentor pair for an entire year

### TAX DEDUCTIBLE

Musical Empowerment is a 501(c)  
(3)  
EIN: 45-4589282

# Thank You!

## IN PARTNERSHIP WITH



Publix Costco Harris Teeter Galaxy Fun Park The Mad Popper Alpaca

# Music & Mental Health

A DISCUSSION PANEL



A discussion panel about the relationship between mental health and music.

## Tuesday, September 27, 2022



HOSTED BY

**Shaun Andrews**  
Musical Empowerment Board Chair

## YOUR PANELISTS

### SHAUN ANDREWS (HE/HIM)

Shaun Andrews is the Board Chair for Musical Empowerment's National Board of Directors. He has been a mental health advocate, educator, researcher, and community activist for minority children and young adults for over 20 years. He is currently a Partner with Andrews Counseling & Consulting and is launching his mental health app: Mind HAC.

### DR. FLAVIO FROHLICH (HE/HIM)

Flavio is currently a full professor & the associate vice chair for research in the Department of Psychiatry at UNC, and serves as director of the Carolina Center for Neurostimulation. In addition, he holds appointments in Cell Biology and Physiology, Biomedical Engineering, and Neurology. He is also adjunct associate professor of electrical and computer engineering at NCSU and adjunct professor of neurology at the University of Bern in Switzerland.

### JOYU LEE (SHE/HER)

Joyu is the owner of Music and Your Mind, LLC, and a founding member of Vida Strings. She is a Senior Therapist at UNC Health in Chapel Hill, NC, and is a Fellow of the Association for Music and Imagery. Joyu is also a Music Breathing practitioner and a Narrative Therapist specializing in performance anxiety and mindfulness training. She is the primary investigator for the ongoing Music Breathing research at the UNC Center of Excellence for eating disorders inpatient unit. Joyu is the principal cellist with Tar River Orchestra & Chorus, and performs regularly with the Carolina Ballet and the Chamber Orchestra of the Triangle.

### GABBIE CONSING (SHE/HER)

Gabbie is is a Mental Health Counselor-Limited Permit at Clarkson University in Potsdam, NY, a former Musical Empowerment mentor at NCSU, and is currently a Master of Social Work student at University at Buffalo. Gabbie recently received her Master's degree in Mental Health Counseling from SUNY Buffalo in Buffalo, NY. She was awarded the 2021-2022 Jonathan D. Ramos Award, which is given to an Outstanding Student in Mental Health Counseling.

### SOTERIA SHEPPERSON (SHE/HER)

Soteria is an Artist (artist + activist), motivational speaker, songwriter, performer, culture shifter and sustainer. She uses spoken word, music and printed work to engage audiences through her "I AM SOTERIA & Friends" events. In addition, she and her partner co-own Present Day on Main which is a former coffee shop now event and community space in Carrboro, NC. Soteria is also the Co-Founder of Grow Your World which is a nonprofit organization that operates a youth-driven community engagement and development program.

### PAMELA HARKEY (SHE/HER)

Pamela is a Middle and High School Counselor at Eno River Academy in Hillsborough. She previously served as the Dean of Students and Lead Academic Counselor at Northern High School in Durham. Pamela's passion is her students, so her current position - supporting children as they navigate the pre-teen and teenage years - is the most fulfilling work of all.



Dr. Flavio  
Frohlich



Joyu Lee



Gabbie  
Consing



Soteria  
Shepperson



Pamela  
Harkey

## RESOURCES

### *A local Database*

UNC Community Clinic  
Referrals and Resources



### *Text or Phone*

Your confidential and toll-free call goes to the nearest crisis center in the Lifeline national network. These centers provide crisis counseling and mental health referrals. Call or text 988 or chat 988lifeline.org

### *Helpful Websites*

National Alliance on Mental Illness - [www.nami.org](http://www.nami.org)

Radical Healing of Durham NC - [www.RadicalHealing.us](http://www.RadicalHealing.us)

Center for Interactive Mental Health Solutions - [www.cimhs.com](http://www.cimhs.com)

### *Articles*

How to use Music for Mental Health



Reachout.com shares tools and coping strategies



Can music improve our health and quality of life?

Harvard Medical School on how music improves quality of life

Do you have more resources to share?

Please send to Musical Empowerment! [kdowney@musical-empowerment.org](mailto:kdowney@musical-empowerment.org)