



**Hitt Mobb**

— ORGANIZATION —

HITT MOBB ORGANIZATION

# The Mental Health & Music Connection

A Research-Backed Guide to Creative Expression,  
Music, and Youth Mental Wellness

*"Inspiring the Youth Through Self-Expression & Music"*

**1 in 5**

Youth experience a mental health condition before 18

**74%**

Of teens say music helps them cope with stress

**42%**

Reduction in anxiety through music-based programs (APA)

[hittmobb.org](https://hittmobb.org) • [help@hittmobb.org](mailto:help@hittmobb.org) • EIN: 41-2677336

Updated & Expanded Edition | 2025

[hittmobb.org](https://hittmobb.org)

[help@hittmobb.org](mailto:help@hittmobb.org) • EIN: 41-2677336

Inspiring the Youth Through Self-Expression & Music

# TABLE OF CONTENTS

HittMobb Organization — The Mental Health & Music Connection 2025

<b>01</b>	<b>The Youth Mental Health Crisis</b> Understanding the Scope	■ ■ ■ ■ ■ ■ ■ ■
<b>02</b>	<b>Why Music Matters</b> The Science of Sound & Healing	■ ■ ■ ■ ■ ■ ■ ■
<b>03</b>	<b>Neuroscience of Music</b> How Music Rewires the Brain	■ ■ ■ ■ ■ ■ ■ ■
<b>04</b>	<b>Research Evidence</b> Clinical Studies & Key Findings	■ ■ ■ ■ ■ ■ ■ ■
<b>05</b>	<b>Hip Hop Therapy</b> Culture as Medicine	■ ■ ■ ■ ■ ■ ■ ■
<b>06</b>	<b>Creative Expression &amp; Identity</b> Songwriting, Recording & Performance	■ ■ ■ ■ ■ ■ ■ ■
<b>07</b>	<b>Academic &amp; Life Outcomes</b> Beyond the Therapy Session	■ ■ ■ ■ ■ ■ ■ ■
<b>08</b>	<b>HittMobb Programs</b> Our Approach in Action	■ ■ ■ ■ ■ ■ ■ ■
<b>09</b>	<b>How You Can Help</b> Call to Action	■ ■ ■ ■ ■ ■ ■ ■
<b>10</b>	<b>References &amp; Citations</b> Research Sources	■ ■ ■ ■ ■ ■ ■ ■

[hittmobb.org](http://hittmobb.org) | [help@hittmobb.org](mailto:help@hittmobb.org) | EIN: 41-2677336

# 01 — THE YOUTH MENTAL HEALTH CRISIS

Understanding the Scope of an Urgent Problem

## An Epidemic Among Our Young People

Young people today are navigating one of the most challenging mental health landscapes in recorded history. Anxiety, depression, trauma, social isolation, and suicidal ideation are affecting youth at alarming and accelerating rates — and the traditional mental healthcare system alone cannot meet the demand. Communities of color, LGBTQ+ youth, and low-income populations are disproportionately impacted while simultaneously facing the greatest barriers to conventional care.

**1 in 5**

Children ages 3–17 diagnosed with a mental health condition (CDC, 2023)

**40%**

of High Schoolers report persistent sadness or hopelessness (CDC, 2024)

**20%**

Adolescents seriously considered suicide in the past year (CDC, 2024)

## By the Numbers: The 2024 Reality

- **21%** of children ages 3–17 have ever been diagnosed with a mental, emotional, or behavioral health condition (CDC, 2022–2023).
- **18%** of adolescents (ages 12–17) reported symptoms of anxiety in the past two weeks (SAMHSA, 2024).
- **18%** of adolescents reported symptoms of depression in the past two weeks (SAMHSA, 2024).
- **Nearly 1 in 5** (18.8%) adolescents had moderate or severe symptoms of generalized anxiety disorder in 2024 (SAMHSA, 2025).
- **18%** of youth ages 12–17 had at least one major depressive episode — over 4.5 million adolescents — more than double 2010 rates (Annie E. Casey Foundation, 2024).
- **20%** of adolescents reported having unmet mental health care needs (CDC, 2021–2023).
- **9%** of high school students reported attempting suicide in the past year (CDC, 2023).
- Among LGBTQ+ youth, **72%** desired mental health care but lacked access (Jed Foundation, 2024).

*"As of 2023, 18% of adolescents had experienced a major depressive episode — more than double 2010 rates — and one-fifth of teens reported seriously considering suicide. Yet only 20% of those with a mental health condition received treatment." — Health Affairs, 2025*

## Disparities and Access Gaps

---

Mental health conditions are not distributed equally. Race, gender, socioeconomic status, and geography all shape which young people receive support — and which are left behind. Over **36.7% of high school students** report persistently sad or depressed feelings, with rates as high as **50.4% for Latinx young women** and **45.5% for American Indian/Alaska Native students** (CDC, 2021). Meanwhile, systemic barriers — limited insurance coverage, therapist shortages, cultural stigma, and language barriers — prevent millions of youth from accessing the care they need.

This is precisely why organizations like HittMobb matter. When clinical services are out of reach, community-based, culturally relevant, music-centered programs step in to fill a critical gap — meeting young people where they are, through art, sound, and shared experience.

## 02 — WHY MUSIC MATTERS

### The Science of Sound and Healing

Music is far more than entertainment. Decades of peer-reviewed research confirm that music engagement — listening, creating, performing, and collaborating — produces measurable, clinically significant changes in mental and physical health. For young people who may struggle to articulate their emotions verbally, music provides an alternative language — one that bypasses conscious resistance and speaks directly to the emotional brain.

74%

of teens say music helps them cope with stress & anxiety

63%

reported improved confidence from creative activities (NAMI/Adobe, 2023)

61%

said creativity reduces feelings of stress or anxiety (NAMI, 2023)

### What the Research Confirms

A landmark 2023 study by the Adobe Foundation and NAMI surveyed nearly 2,000 people aged 13+. Results were striking:

- 63% of creative participants reported improved confidence.
- 61% said creative activities reduce stress or anxiety.
- 57% reported improved overall mental well-being.
- Youth (13–25): **50% reported a strengthened sense of identity or purpose** and **37% a sense of belonging**.
- LGBTQ+ youth: **57%** reported reduced depression or hopelessness through creativity.
- **44% of youth ages 13–25** began creating to express thoughts or feelings they couldn't otherwise communicate.

*"Playing an instrument was the most popular creative activity among youth 13–17, chosen by 29% of young creators. Music is where youth naturally go when they need to process, connect, and heal." — Adobe Foundation / NAMI, 2023*

### Core Therapeutic Benefits of Music

### ■ Reduces Anxiety & Depression

Music activates the parasympathetic nervous system, lowering cortisol levels and heart rate. A 2022 APA study found participants in music-based programs showed a **42% reduction in anxiety symptoms** and a **38% improvement in overall emotional well-being** compared to control groups.

### ■ Builds Self-Confidence & Self-Efficacy

Mastering an instrument, completing a song, or performing publicly generates powerful feelings of accomplishment. Music boosts self-efficacy — the belief in one's own ability to succeed — a critical protective factor against depression and substance abuse.

### ■ Creates Community & Belonging

Group music-making builds trust, deepens social bonds, and creates safe spaces for vulnerability. For marginalized youth who experience chronic social exclusion, this sense of community is profoundly healing.

### ■ Develops Healthy Coping Skills

Rather than turning to substance abuse, self-harm, or aggression, young people who engage in music have a productive, socially valued channel for processing difficult emotions and life experiences.

### ■ Improves Academic Performance

Schools with music programs show a **90.2% graduation rate** vs. 73% for those without. Low-income students in arts programs have a dropout rate of just **4%** — five times lower than peers without arts access.

### ■ Builds Essential Life Skills

Music develops discipline, time management, collaboration, active listening, and public speaking — competencies that transfer directly to academic and professional success.

# 03 — THE NEUROSCIENCE OF MUSIC

## How Music Rewires the Developing Brain

The relationship between music and the brain is one of the most thoroughly documented phenomena in neuroscience. Unlike nearly any other human activity, music simultaneously engages virtually every region of the brain — creating a full-brain workout that strengthens neural connections, regulates emotion, and supports healthy cognitive development.

### The Brain on Music

Brain Region	Role in Music Processing	Therapeutic Significance
Auditory Cortex	Processes pitch, rhythm, melody	Strengthens auditory discrimination & language skills
Prefrontal Cortex	Executive function, decision-making	Improved impulse control, planning, self-regulation
Limbic System (Amygdala)	Emotional processing & memory	Regulates fear response; helps process trauma
Motor Cortex	Movement synchronization with beats	Improves coordination, physical rehabilitation
Reward System (Nucleus Accumbens)	Dopamine release during music	Counteracts depression; motivates engagement
Corpus Callosum	Connects left & right hemispheres	Enhanced creativity and integrative thinking

Source: Research from Harvard, MIT, and Johns Hopkins Universities

### Neurochemical Effects

Music engagement triggers release of several key neurotransmitters:

- **Dopamine:** Released during pleasurable music experiences — directly counteracts the reward-deficit of depression.
- **Serotonin:** Music helps regulate serotonin production through safe, non-pharmacological means.
- **Oxytocin:** Collaborative music-making releases the 'bonding hormone,' reducing social anxiety and reinforcing group connection.
- **Cortisol Reduction:** A systematic review of 14 studies (PMC, 2025) found **62% reduction in physiological stress markers** during drumming interventions.

### Neuroplasticity: Rewiring for Resilience

Music's capacity to enhance **neuroplasticity** — the brain's ability to form new neural connections — is especially critical for young people whose brains are still in active development. Studies show:

- Musicians show **thicker cortical tissue** in sensory and motor processing areas.
- Early music training predicts **stronger working memory and language abilities** in adolescence.
- Trauma survivors in music therapy show **reduced limbic hyperactivity** and strengthened prefrontal cortical regulation.
- Rhythm-based interventions provide **physiological grounding** during emotional dysregulation episodes.
- Therapeutic songwriting creates **narrative coherence** around traumatic memories while providing emotional distance.

*"Unlike other sensory inputs, music engages multiple brain regions simultaneously — generating complex and adaptive neural responses that strengthen cognitive agility and support healthy brain maturation." — Systematic Review, PMC 2025*

# 04 — RESEARCH EVIDENCE

## Clinical Studies and Key Findings

The therapeutic value of music is not anecdotal — it is supported by decades of peer-reviewed clinical research across multiple continents, populations, and methodologies.

### Systematic Review — 14 Studies / 2,789 Participants (PMC, 2025)

- Reviewed 14 RCTs across 11 countries (Ireland, Korea, Turkey, Austria, Nigeria, USA, Singapore, China, Hong Kong, Taiwan).
- 12 of 14 studies reported statistically significant benefits.
- Active engagement (playing, composing, singing) produced greater gains than passive listening.
- 62% reduction in physiological stress markers during drumming interventions.
- Significant improvements in anxiety, emotional regulation, and social functioning.
- Notable reductions in depressive symptoms in teens 13+ including self-esteem gains.

### APA Study — Youth Music Programs (American Psychological Association, 2022)

- 42% reduction in symptoms of anxiety among music program participants.
- 38% improvement in overall emotional well-being vs. control groups.
- Effects sustained at 3-month follow-up assessments.

### NAMI / Adobe Foundation Survey — 1,897 Participants (2023)

- 63% reported improved confidence; 61% reduced stress/anxiety from creative activities.
- Young people ages 13–25 showed strongest mental health benefits.
- LGBTQ+ youth: 57% reported reduced depression/hopelessness through creativity.
- 44% of young creators use music to express thoughts and feelings they cannot otherwise communicate.

### Hip Hop Integrated Intervention — High School Students (Travis et al., 2022, PMC)

- Multi-modal Hip Hop Mixtape Camp showed social and emotional growth across all participants.
- Benefits: increased confidence, strong community sense, joy, and willingness to collaborate.
- Semi-structured Hip Hop groups showed the most significant reduction in stress, depression, and anxiety.
- Results consistent across different facilitator leadership styles.

### Music Therapy & Adolescent Anxiety — Hong Kong RCT

- 106 adolescents (ages 12–16) randomized to music therapy vs. control.

- Statistically significant reductions in anxiety symptom severity.
- Improvements in emotional intelligence and subjective happiness scores.

### Songwriting & Youth Self-Concept (AMA Journal of Ethics, 2022)

- Active music composition has positive impact on youth self-concept.
- Youth songwriting improves self-awareness, self-expression, and interpersonal connections.
- Results consistent with music therapy literature on self-esteem and identity development.

# 05 — HIP HOP THERAPY

## Culture as Medicine for Marginalized Youth

For Black, Brown, and low-income youth — the communities HittMobb is built to serve — Hip Hop is not just a music genre. It is a cultural language, a form of resistance, and a vehicle for truth-telling. Hip Hop Therapy bridges the gap between clinical mental health practice and the lived experiences of youth who often feel alienated by conventional therapy.

### Origins of Hip Hop Therapy

Hip Hop Therapy was formally pioneered by **Dr. Edgar Tyson** in 1998, while working in a residential facility for abused and homeless youth in Miami-Dade County. When Tyson incorporated Hip Hop culture into his social work practice, youth who had previously been resistant to traditional therapy became deeply engaged, expressive, and vulnerable. His landmark 2002 article established the clinical foundation for this globally recognized modality.

Building on Tyson's work, **J.C. Hall** developed the Hip Hop Expressive Arts Therapy (HEAT) model — recognizing that when a young person writes, records, and performs a song, they are simultaneously engaging poetry, music, drama, and movement as interconnected pathways to healing.

### Why Hip Hop Works: The Clinical Mechanisms

- **CBT Integration:** Writing lyrics allows individuals to challenge and reframe negative thought patterns through a creative, personally meaningful medium.
- **Social Learning Theory:** Youth observe and model narratives of resilience and authenticity from Hip Hop storytelling.
- **Narrative Therapy:** Songwriting helps youth construct coherent narratives around traumatic experiences, creating psychological distance.
- **Strengths-Based Practice:** Hip Hop positions youth as experts on their own lives rather than passive recipients of treatment.
- **Cultural Competence:** For youth where traditional therapy feels foreign, Hip Hop provides a familiar space where vulnerability is celebrated, not pathologized.

*"Hip Hop therapy is not just addressing individual mental health needs — it's challenging and rewriting the narrative of mental health care in a society that has too often overlooked the psychological toll of systemic racism and inequality." — Mental Health America, 2024*

## Research Outcomes of Hip Hop Integrated Programs

---

- Significant reductions in **depression, anxiety, and stress** compared to control groups.
- Improved **self-regulation and emotional coping**.
- Reduced **PTSD symptoms** in trauma-exposed youth.
- Enhanced **positive youth development**: confidence, identity, resilience, sense of community.
- Particularly strong outcomes in **semi-structured group formats** — mirroring HittMobb's workshop model.
- Benefits observed regardless of facilitator leadership style, suggesting robust, flexible applicability.

# 06 — CREATIVE EXPRESSION & IDENTITY

## Songwriting, Recording, and the Power of Story

At HittMobb, we believe the act of creating — writing a lyric, recording a verse, stepping on a stage — is itself a therapeutic act. Not because we label it as therapy, but because the process of taking what is inside you and turning it into something the world can hear is one of the most profound acts of self-affirmation a young person can experience.

### The Therapeutic Power of Songwriting

---

Research from the AMA Journal of Ethics (2022), Youth Music's Self-Expression Report (2021), and the University of Miami confirms that songwriting produces concrete benefits:

- **Emotional stability:** Externalizes internal emotional states, creating safe distance from overwhelming feelings.
- **Self-awareness:** Translating experience into lyrics requires reflection, increasing emotional literacy.
- **Identity formation:** Creating music that expresses personal values helps adolescents build a coherent sense of self.
- **Self-esteem:** Completing a song in a studio creates tangible proof of capability that directly increases self-efficacy.
- **Processing trauma:** Youth who struggle to speak about difficult experiences can explore them through metaphor, rhythm, and melody.

*"Youth Music's Self-Expression report evidenced the link between songwriting, self-expression and wellbeing in young people. Young people rely on lyrics to aid wellbeing — not as a hobby, but as a necessity." — Youth Music, UK, 2021*

### Studio Recording: More Than Making a Song

---

For many youth in under-resourced communities, access to a professional recording studio communicates a powerful message: *your voice matters. Your story deserves to be heard. You belong in spaces of excellence.* The studio environment builds focus, precision, collaboration, technical literacy, and professional conduct.

### Live Performance: The Confidence Crucible

---

Public performance builds:

- **Self-efficacy:** Successfully performing under pressure teaches youth they can handle challenge.

- **Public speaking skills:** Performance is structured public communication transferable to academic and professional settings.
- **Emotional regulation:** Managing stage nerves builds the capacity to regulate intense emotion in high-stakes situations.
- **Peer recognition:** Being celebrated by peers for creative achievement is a profound antidote to invisibility and marginalization.

# 07 — ACADEMIC & LIFE OUTCOMES

## Beyond the Therapy Session

The benefits of music-based programming extend far beyond mental health. Young people who engage consistently with music programs show measurable improvements in academic performance, school attendance, and long-term life outcomes — making music programs uniquely high-value investments.

90.2%

Graduation rate at schools with music programs

4%

Dropout rate for low-income students in arts programs

3x

More likely to graduate when engaged in arts programming

## Education & School Outcomes

- Schools with music programs have an estimated **90.2% graduation rate and 93.9% attendance rate** vs. schools without (Children's Music Workshop).
- **Low-income students** in arts programs have a **dropout rate of just 4%** — five times lower than peers without arts access (Americans for the Arts).
- Students with four years of arts education have a **graduation rate of 90%** compared to 73% for those without (The 74 Million).
- After-school music programs in low-income communities led to **improved reading and math scores** (UCLA Fielding School / Harmony Project).
- Music education contributes to **improved creativity, confidence, mental health, and emotional stability** — all predictors of academic engagement (USC Research, 2023).
- **At-risk students** with arts access show better academic results, better workforce opportunities, and more civic engagement (NEA).

## Workforce & Life Skills

- **Discipline & Work Ethic:** Completing a song requires showing up, doing the work, revising, and following through.
- **Time Management:** Studio sessions, rehearsals, and deadlines build the ability to manage time effectively.
- **Collaboration:** Group songwriting requires negotiation, compromise, and shared creative ownership.

- **Communication:** Expressing ideas through music builds multi-modal communication skills.
- **Entrepreneurial Thinking:** Understanding music as craft and career introduces youth to creative economy pathways.
- **Conflict Resolution:** Navigating creative disagreements in a safe setting builds real-world conflict skills.

## 08 — HITTMOBB PROGRAMS

Our Approach in Action | [hittmobb.org](http://hittmobb.org) | [help@hittmobb.org](mailto:help@hittmobb.org)

HittMobb translates research into real-world impact through four core program areas. Every initiative is designed to be culturally relevant, youth-centered, strengths-based, and trauma-informed. We don't just teach music — we create transformative experiences that address the whole person.

### ■ Songwriting & Lyric Workshops

Youth learn to transform their experiences, emotions, and perspectives into powerful lyrics and melodies. Trained facilitators guide participants through structured songwriting processes that support emotional processing, identity development, and self-expression.

#### Key Outcomes:

- ✓ Reduces emotional suppression by providing structured language for inner experiences.
- ✓ Builds narrative competency — the ability to tell one's own story with clarity and power.
- ✓ Creates community through shared creative vulnerability.
- ✓ Produces tangible artistic artifacts that youth can keep and share.

### ■ Studio Recording Experiences

HittMobb provides youth with access to professional studio environments where they record original music. For many participants, this is their first experience in a space traditionally reserved for industry professionals — and that access is itself transformative.

#### Key Outcomes:

- ✓ Professional environment builds aspirational identity and work ethic.
- ✓ Technical skills: vocal recording, beat production, mixing basics.
- ✓ Completed recordings serve as evidence of competence and achievement.
- ✓ Studio experience opens pathways to creative economy careers.

### ■ Live Performance Platforms

HittMobb creates regular opportunities for youth to perform original music in front of peers, mentors, family, and community audiences. Performance platforms build public confidence, emotional regulation, and peer recognition.

#### Key Outcomes:

- ✓ Builds public speaking and performance confidence transferable to academic/professional settings.
- ✓ Generates peer recognition and social belonging.
- ✓ Creates milestone experiences that anchor positive identity.
- ✓ Community performances strengthen connection between youth and their neighborhoods.

## ■ Mentorship & Creative Coaching

At the heart of HittMobb is the mentoring relationship. Participants are paired with adult mentors who provide consistent, caring guidance — both in music and in life. Research consistently identifies the presence of a supportive adult as the single most powerful protective factor in youth mental health.

### **Key Outcomes:**

- ✓ Provides consistent, caring adult relationships — the #1 protective factor against youth mental health decline.
- ✓ Cultural mentors validate identity and provide aspirational models from similar backgrounds.
- ✓ Coaching builds professional skills, goal-setting, and personal accountability.
- ✓ Long-term relationships create continuity of support across critical developmental transitions.

# 09 — HOW YOU CAN HELP

## Join the Movement to Heal Our Youth Through Music

The research is clear. The need is urgent. And the opportunity to make a real, measurable difference in the lives of young people — through music, mentorship, and community — has never been more important. Here is how you can be part of the solution.

### For Parents & Families

- Talk openly with your young people about mental health — normalize the conversation.
- Encourage creative expression as emotional processing, not just entertainment.
- Connect your child to HittMobb programs at [hittmobb.org](http://hittmobb.org).
- Share your own experiences with music and creativity as coping tools.
- Advocate for arts and music programs in your child's school.

### For Educators & Counselors

- Refer at-risk students to community music programs as a complement to clinical support.
- Incorporate songwriting and creative expression activities into curriculum and counseling.
- Partner with HittMobb to bring workshops into your school or organization.
- Recognize music engagement as a legitimate therapeutic and academic intervention.
- Advocate for equitable access to arts education in underfunded schools.

### For Community Leaders & Organizations

- Fund and support music-based mental health programs in your community.
- Provide spaces, resources, and platforms for youth creative expression.
- Partner with HittMobb for collaborative community programming.
- Include music therapy in community mental health resource networks.
- Advocate for policy that supports arts education funding in low-income communities.

### For Donors & Supporters

- Donate to HittMobb to directly fund workshop facilitation, studio time, and mentor training.
- Sponsor a youth's participation in a HittMobb program.
- Volunteer your professional expertise — music, business, counseling, technology.
- Spread the word: share this guide with networks that serve young people.
- Support research and data collection that documents the impact of music-based programs.

## Connect With HittMobb

[hittmobb.org](https://hittmobb.org)

[help@hittmobb.org](mailto:help@hittmobb.org)

EIN: 41-2677336 • 501(c)(3) Nonprofit Organization

*Together, we can reach every young person who needs to be heard.*

# 10 — REFERENCES & CITATIONS

## Research Sources Supporting This Guide

1. American Psychological Association. (2022). *Music-Based Programs and Youth Mental Health Outcomes*. APA Annual Review.
2. Adobe Foundation & National Alliance on Mental Illness (NAMI). (2023). *Creative Approaches for Managing Mental Health*. NORC at the University of Chicago. nami.org
3. Centers for Disease Control and Prevention. (2024). *Data and Statistics on Children's Mental Health*. cdc.gov/children-mental-health
4. Centers for Disease Control and Prevention. (2024). *Youth Risk Behavior Survey Data Summary & Trends Report: 2013–2023*. cdc.gov/yrbs
5. Fang, X., et al. (2025). *Evaluating the Efficacy of Music-Based Therapy in Children and Adolescents*. PubMed Central. PMC12105639.
6. Health Affairs. (2025). *The Youth Mental Health Crisis in the US*. doi:10.1377/hlthaff.2025.00144
7. Jed Foundation. (2024). *Mental Health and Suicide Statistics*. jedfoundation.org
8. Annie E. Casey Foundation. (2024). *Youth Mental Health Statistics*. aecf.org
9. Substance Abuse and Mental Health Services Administration (SAMHSA). (2025). *2024 National Survey on Drug Use and Health*. samhsa.gov
10. Travis, R. Jr., et al. (2022). *'Now We're All Family': Social and Emotional Development in a Summer Hip Hop Mixtape Camp*. PubMed Central. PMC8853411.
11. Levy, I. & Travis, R. (2020). *Reducing Anxiety, Depression, and Stress: Hip Hop Integrated Group Work*. Journal of Specialists in Group Work.
12. Tyson, E.H. (2002). *Hip Hop Therapy: An Exploratory Study*. Journal of Poetry Therapy, 15(3).
13. Mental Health America. (2024). *How Hip Hop Therapy is Reshaping Mental Health Care*. mhanational.org
14. Hip Hop Therapy. (2024). *About Hip Hop Therapy*. hiphoptherapy.com
15. AMA Journal of Ethics. (2022). *Songwriting and Youth Self-Concept*. journalofethics.ama-assn.org
16. Youth Music. (2021). *Self-Expression Report: Songwriting, Self-Expression and Wellbeing in Young People*. youthmusic.org.uk
17. Children's Music Workshop. (2024). *Music Education Statistics and Facts*. childrensmusicworkshop.com
18. Americans for the Arts. (2022). *Arts + Youth Development & Education Fact Sheet*. americansforthearts.org
19. The 74 Million. (2023). *How Arts Education Engages Students More Deeply*. the74million.org
20. UCLA Fielding School of Public Health. (2023). *After-School Music Program Leads to Improved Academic Performance*. ph.ucla.edu
21. University of Southern California. (2023). *USC Researchers Find Music Education Benefits Youth Wellbeing*. today.usc.edu
22. Fancourt, D., et al. (2023). *Arts and Creative Activities and Adolescent Mental Health*. PubMed Central. PMC12319337.

23. Geipel, J., et al. (2018). *Music-Based Interventions to Reduce Internalizing Symptoms*. American Music T Association.
  24. National Endowment for the Arts. (2012). *Potential Benefits of Arts Education for At-Risk Youth*. arts.gov
  25. HittMobb Organization. (2025). *The Mental Health & Music Connection: A Research-Backed Guide*. hittmobb.org
- 

### **HittMobb Organization**

hittmobb.org • help@hittmobb.org • EIN: 41-2677336

*This guide was developed as a resource for parents, educators, community leaders, and policymakers. All statistics are drawn from peer-reviewed academic literature and credible public health sources. © 2025 HittMobb Organization. All rights reserved.*