

# Ipswich and East Suffolk Alliance



## Case Study:

# NOISE SOLUTION

Imagine a young person aged between 11 and 25 whose life is on a seriously negative trajectory. They may not have attended school for months or even years. They may be involved with the mental health services for depression or anxiety. They may be known to the youth offending services. These services might be focusing on the young person's behaviours, but in doing so, they may unintentionally amplify negative labels, creating further barriers.

Noise Solution pairs a young person with a music producer for 10 two-hour sessions. Within these weekly sessions, the young person chooses what music they want to make and soon starts to discover that they are good at something. The music they make forms part of a personalised 'digital story' embellished with photographs and video reflections on how they feel about the process. Often capturing feelings of surprise, pride and excitement, this 'digital story' can be safely shared online with family members and professionals who can comment and leave feedback. The young person begins to create a new and positive narrative that recognises their success, changing how they feel about themselves and what they can achieve. They then start to think about what else they could potentially do as their level of motivation changes.

