# THE MUSIC OF MENTAL ILLNESS 

## Suite for Orchestra

## Dianne Hartman



## Instrumentation

Flute 1,2
Oboe 1,2
Clarinet in Bb 1,2
Bassoon 1,2
Horn in F 1,2,3
Trumpet in C 1,2
Trombone 1,2
Tuba
Timpani
Percussion 1,2,3,4
Violin 1
Violin 2
Viola
Violoncello
Double Bass

## Percussion List:

1 Suspended Cymbal, Ride Cymbal, Conga
2 Snare Drum, Flexatone
3 Bass Drum
4 Marimba, Claves

Electronic Playback
duration: ca. 15:30
Transposed Score

## PROGRAM NOTES

The Music of Mental Illness: A Suite in 4 movements - Depression/Anxiety, Bipolar Disorder, Schizophrenia, and Entire Population.

As a behavioral health practitioner of over 30 years, I have observed how often intelligent, responsible, talented, and good people who have been diagnosed with a mental illness are grossly misunderstood by others who have little to no knowledge of those illnesses. The struggle against the stigma of mental illness has been going on for years. I have chosen music as another process by which to spread understanding and compassion, since music speaks to the heart.
Each of the movements of this piece conveys a miniscule amount of the struggles one experiences during the illnesses. If, while listening, one feels discomfort during the anguish of Depression and Anxiety, or frustration with the mood changes of Bipolar Disorder, or fear and confusion of Schizophrenia, one must understand that the person with the illness lives with these symptoms on a constant irregular basis. Although each movement depicts the uplifting realization by the person that help is available and moves in that direction with hope, the case is not always a happy ending. Many avoid seeking help because of the stigma of mental illness. In the final movment there is recognition of parts heard in previous movements to illustrate a world that includes those with various illnesses living together, not in a fantasy world of no problems, but in a realistic society of emotionally regulated conflict and expression, problem solving, and empathetic acceptance of differences. Those with mental illnesses can be a part of this healthy world if they are getting the help that they need and are more likely to seek help that is available if the stigma were eliminated. That can happen with education and clarification, which is a goal of this musical presentation.

## CONDUCTOR'S NOTES



The Music of Mental Illness: A Suite in 4 parts - Depression/Anxiety, Bipolar Disorder, Schizophrenia, and Entire Population.

In the 2nd movement, Bipolar Disorder, letter C - orchestra members who are not playing are directed to talk quickly to each other and over each other, changing volumes, which can occur during the manic episode of the illness. The sentences can be nonsensical or varied. The two measures are then abruptly followed by a crash into depression.
In the 3rd movement, Schizophrenia, letter C - some instruments begin sound effects as a preparation for coming auditory hallucinations (recording):

Timpani - places inverted ride cymbal on the timpani and plays a roll on the cymbal with a soft mallet (measure 43).
Suspended Cymbal - bass bow is required for side of cymbal (measure 47).
In same movement, letter $D$-recording of auditory hallucinations begins on the second beat of measure 60 and lasts 35 seconds. Some instruments provide sound effects in the background throughout the recording.
There is need for a verbal and/or written cautionary note in the program re the auditory hallucinations in the 3rd movement becoming a trigger for anyone in the audience with schizoaffective disorder.

## ACKNOWLEDGEMENTS

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Christine Sidor, Ted and Diane Kasprzyk, Jennifer Kasprzyk, Sharon and Gerry Hoste, family members who helped with the recording.

## Untitled Project 1

1. DEPRESSION/ANXIETY

MOROSE $d=60$


THE MUSIC OF MENTAL ILLNESS

DEPRESSION/ANXIETY













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Sus. Cym.


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2. BIPOLAR DISORDER


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C MANIC EPISODE $d=110$










3. SCHIZOPHRENIA









D AUDITORY hallucinations

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4. ENTIRE POPULATION


ENTIRE POPULATION


















F MOOD CHANGES $d=110$







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