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Music Therapy Connection to Disability Treatment
by Barbara Wood

The concept of what constitutes a disability is as varied as the shades of the rainbow. Some children are born with disabilities, referred to as birth defects. Other individuals develop them due to illness, accidents and injuries. Whatever the root cause, the treatment of many types of disabilities is changing thanks to the advancement of music therapy.

The following reports come from parents whose children have been CCTA clients benefiting from music therapy with funds provided by the Foundation for Positively Kids. Parents report their observations of their child's progress:

"My son had a part of his brain removed at 4 months old due to a rare seizure disorder. Music therapy has increased his awareness of his surroundings. He actually participates with bouncing, smiling and vocalizing to music and is meeting developmental milestones as a result of music therapy."

Since David began taking music therapy, his rhythm and coordination have vastly improved. He is singing and strums his guitar to the music. This has



had a direct effect on his

language and speech skills. He also has learned to interact better in social situations."

All of Michael's goals in music therapy were



Demonstrated: increased auditory processing speed, decreased speech impulsivity, echolalia and yelling, improvement following directions and independent function."

Music Therapy is an established health profession in which music is used in a therapeutic setting to strengthen client's abilities for transference to other areas of their lives. Music touches almost every skill level targeted with other therapies to boost the effectiveness of both, increasing the overall effects for the client. Request CCTA's program brochure for a list of the many benefits within eight program areas.

MT + OT + PT + ST

Diverse treatment modes are optimal in addressing different kinds of disabilities. Music therapy complements occupational therapy, physical therapy and speech therapy, and is the one single (continues on page 4)sses all borders in helping the disabled. (Continued on Page 3)

Special points of interest:

Clients do not have to be musically or artistically gifted to benefit from music and art therapy.

Only seven music therapists are employed in Nevada compared to 250 in California and 120 in Arizona.

Music therapy funding sources in other states (not Nevada) include insurance, Medicaid, Medicare, and other government funds. In Nevada, only private pay, limited grant sources and facility budgets support music and art therapy.

We need your help advocating for music and art therapy reimbursement. Contact our office at 363-8166 to begin supporting CCTA.

Courtesy Printing
Nevada
Pacific Dental

FAQs (Frequently Asked Questions)

What is music therapy? Music therapists use music within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals of all ages,

improving quality of life for persons who are well and meeting the needs of children and adults with disabilities or illnesses. After assessing the strengths and needs of each client, qualified

music therapists provide the indicated treatment, including creating, singing, moving to, and/or listening to music. Music therapists structure the use of both instrumental and vocal

Message from New Executive Director



JUDITH PINKERTON

2005 celebrates our 15th anniversary! Every weekday is an Open House with a standing

invitation for you. Discover the joy of being a CREATIVE Community Partner: HEALING children and adults through music and art. As we clear 2004's challenges from the slate to envision 2005, we expect resources, enthusiasm and health advocacy with personal investment of time and money to be effective,

This vision spells CREATIVE (see p. ____). We look forward in 2005 to co-creating happier, more fulfilling lives -- together!

Yours Truly,
(JP signature)

Judith Pinkerton, MT-BC



Judith Pinkerton, CCTA Executive Director and Ed Ferris, CCTA Advisory Board



CCTA moved into our new home during August 2004 in the Loux Center, Building "LASI" on the W. Charleston Campus of the Community College of So. Nevada.



LV Women's Chamber Mixer

47 CREATIVE community partners have assisted CCTA through invaluable partnerships, providing advocacy, marketing, client treatment referrals, music therapy service contracts, funding, in-kind contributions, and education programs. Their CREATIVE partnerships with CCTA are:

Catalysts for change
Resourceful
Enthusiastic
Advocates for health
Timely
Invested
Valuable
Effective

2004 CREATIVE Community Partners

Accessible Space Inc.
Arthritis Foundation
Barbara Greenspun
WomensCare Center for Excellence
BEST Coalition
CCTA Board of Trustees, Advisory Board, Professional Council
Challenger Newspaper
Children's Behavioral Services
Clark County School District Guidance & Counseling
Community College of So. Nevada
Comprehensive Cancer Centers of Nevada
Desert Regional Center
EOB Lied & Hollyhock Senior Centers
Family Ties of Nevada
Science
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FAQs

(Continued From Page 1)

nonmusical in nature. Depending upon the needs of the clients involved, sessions are offered on an individual or group basis. Music therapists are usually members of an interdisciplinary team of health care professionals who work collaboratively to help clients achieve treatment goals and objectives. Call CCTA to receive program brochures for your staff and clients. (AMA website, 2004)
Websites for more information:
American Medical Association
www.ama-assn.org/ama1/pub/upload/mm/40/0405musicther.pdf
American Music Therapy

www.musictherapy.org

What is art therapy?

Art therapists use drawings and other art/media forms to assess, treat, and rehabilitate patients with mental, emotional, physical, and/or developmental disorders. Art therapists use and facilitate the art process, providing materials, instruction, and structuring of tasks tailored either to individuals or groups. Using their skills of assessment and interpretation, they understand and plan the appropriateness of materials applicable to the client's therapeutic needs.



Sunny Tice & Karen Null, Board Certified Art Therapists—Enjoying Women's Chamber Mixer

To schedule a program:

Telephone
(702) 363-8166

or

E-mail
LasVegas@CCTA.us

Music Therapist Imported

IN-KIND INVESTMENTS

CCTA will gratefully accept:

Quickbooks Pro (nonprofit edition) computer software to transform accounting from cash to accrual basis

Upright piano in excellent condition

Drum kit

Electric bass guitar/amplifier

Electric guitar/amplifier

Percussion instruments/stand

Gathering drum & latin percussion set

Fireproof safe

Room dividers

It is fitting that Catherine de Mers gravitated to the birthplace of jazz, the cradle of modern American music to pursue her Bachelors in Music Therapy & Psychology. As a native of Baton Rouge, Louisiana, Ms. de Mers knew that the city of Satchmo and Fats and Jelly Roll and King Oliver, and Wynton, Branford and Ellis – New Orleans - was THE place to pursue her love for music, as well as her passion for helping others.

Beginning with playing the piano at age nine, Ms. de Mers' music became an important part of her life. Yet it was not until she was a senior in high school that she understood how to integrate her musical love with her academic interest in psychology and science.

Encouraged by her mother to watch a segment of the news program "20/20" about a music therapist making her rounds in a hospital, Catherine soon had an epiphany. She discovered her dream career. For Catherine that person's job as music therapist "combined everything I was interested in.

New Orleans is the home of Loyola University, one of 70 schools in the U.S. with a music therapy degree program.

At Loyola, Catherine would encounter the work developed by music therapy pioneers Composer Dr. Paul Nordoff and special educator Dr. Clive Robbins. Ms de Mers was fascinated with Nordoff-Robbins Music Therapy and believed as Robbins, "Music is the most basic way to reach handicapped children.

It is the one thing that transcends all human emotion and feeling. Though there is so much these children can't do, what we want to know is what they CAN do."

The Nordoff-Robbins approach to music therapy developed in the 1950/60s, is grounded in the belief that everyone can respond to music, no matter how ill or disabled. The unique qualities of music as therapy can enhance communication, support change, and enable people to live more resourcefully and creatively.

Like New Orleans, the great cornucopia of musical sounds, tones and moods, the music department at Loyola University revealed to Ms. de Mers that music therapy, similar to psychology, had many different approaches to accomplish therapy goals

"The local cats took . . . the music they heard in churches and the music they heard in barrooms, and they blew a new music, a wild, jubilant music. It made people feel free. It made people feel alive! Everything is touched by the joyous anarchy called New Orleans Jazz." – New Orleans Online.com

Catherine noted, that in particular with children with disabilities, "Amazing results could be achieved with matching their mood with the music."

Ms. de Mers' Loyola program was enhanced by clinical practicums in geriatrics, with physically and developmentally delayed children at Children's Hospital in New Orleans, emotionally



and behaviorally disturbed children at Benjamin Bannecker Elementary

School, and patients with Cerebral Palsy and physical disabilities at New Orleans Rehabilitative Hospital. She followed her graduation magna cum laude from Loyola with teaching music and piano to children, volunteering with the New Orleans Association of Retarded Children and Developmental Disabilities Services in Newark, New York, working primarily with adults with developmental disabilities, mental retardation, psychological disorders, and physical disabilities.

Big Brothers/Big Sisters, and an internship at Finger Lakes Developmental Disabilities Services in Newark, New York, working primarily with adults with developmental disabilities, mental retardation, psychological disorders, and physical disabilities.

This year, Catherine de Mers joined her fiancé, an orchestra teacher at Monaco Middle School, in southern Nevada and brought her energy and talents to CCTA as a music therapist. I caught up with Catherine in traffic via her cell phone.

"Music is a non-verbal form of communication which is less threatening than some forms of verbal communication," she began. Some people, particularly children, find it more comfortable to express themselves through music, (Continued on Page 4)

To schedule a program:

Telephone
(702) 363-8166

or

E-mail
LasVegas@CCTA.us

Music Therapist Imported

Continued From Page 3

as it is the universal language, and it is a powerful therapeutic tool. Music bridges that gap [between therapist and patient].

"Music is such a flexible medium to use. [As a therapist] you can vary the tempo, the dynamics and the mood; change one thing and it changes everything. [Music therapy is] very versatile and adaptive," Ms. Catherine de Mers stated. As discovered, music therapy, like New Orleans, has a language which is often all its own.

"It is wonderful that music can be the bridge to reach a child where words have failed."

Paul McCartney



Celeste, fed with a g-tube, hypotonia created problems for her with gross motor skills, and language skills were delayed. 20 music therapy sessions significantly increased her motor coordination, language, and independence.

Music Therapy Connection to Disability Treatment

(Continued From Page 1)

treatment that crosses all borders in helping the disabled. Music therapy provides an optimal communication channel for clients who have a difficult time expressing themselves in words. Emotional support through music assists clients and their families to express their feelings. Music therapy helps physical rehabilitation by facilitating movement and increasing motivation to be involved in treatment. Complementing physical therapy, music therapy supports gait training, body awareness, (identifying body parts in songs), and observation of others moving to the music. Perception is improved, e.g., through beating drums loud and soft and with varying rhythms.

From children challenged with autism to adults with brain injuries and everything in between, music therapy opens doors and windows into minds, emotions and physiology because whole brain functioning is stimulated. Music -- as sound waves -- travels through space to the inner ear by mechanical energy. The mechanical movement of sound waves stimulates the inner ear's 30,000 hair cells (cilia) to convert the energy to electrochemical impulses which carry the information to 50,000 nerve fibers within many parts of the brain in both left and right hemispheres. Musical stimulation affects whole brain process and our whole body response.

Non-Musical Goals

Music therapy improves goal areas found in occupational therapy, physical therapy and speech therapy. These non-musical goal areas

include: motor skills (e.g., sensori-motor, physio-motor, physical, perceptual/motor, fine motor and gross motor); tactile sensitivity; auditory tracking; visual tracking; sensory functioning; perception; communication (e.g., vocal expression, vocalization, speech production, expressive language, language development, verbal skills, receptive language); and non-verbal communication (e.g., eye contact); social skills (e.g., behavior, attentiveness, emotional, interpersonal, relationships, sharing); following directions; cognitive; academic; sequencing; discrimination; spatial awareness; sorting and self-curing.

Unlock the Mind's Secrets
Mary Evilsizer, MA, MBA, Executive Director of the Southern Nevada Center for Independent Living ("SNCIL"), understand that "music therapy is the wave of the future. We are just at the tip of the iceberg, breaking through to unlock the secrets to the mind. I believe music therapy may very well be the key to the lock, holding the answer to the future."

SNCIL works with people challenged with all types of disabilities, both from birth and acquired. Ms. Evilsizer believes "music always calms the soul. If you take time to listen to music, you acquire feelings of peace, a higher capacity and a knowledge that you are going to be okay because you are going to make it happen." Evilsizer has experienced music's ability to "inspire creativity and empower people to calm down in order to go through difficult situations."

(Continued on Page 4)

"Music is a non-verbal form of communication which is less threatening than some forms of verbal communication," she began. "Some people, particularly children, find it more comfortable to express themselves through music, "



CCTA School Programs

To schedule a program:

Telephone
(702) 363-8166

or

E-mail
LasVegas@CCTA.us

Music Therapy Connection to Disability Treatment

by Barbara Wood (Continued From Page 4)

When asked about the future of music therapy, Evilsizer notes "We are discovering how the brain functions with different rhythms. Unlike meditation, with music you don't have to work as hard to get the net calmness. There will be more uses for therapeutic music in the healing process. How people perceive their situation is crucial to how fast they heal. It's easy to think things are impossible and hopeless, but by listening to music, nothing is hopeless and every problem has a solution. Music removes all barriers. Everyone can feel music through the vibrations, including the deaf and those with low cognitive functioning."

SNCIL deals with many people who experience a lot of stress. Quadriplegics need help on all levels. Evilsizer advocates for music and art in schools with countless benefits to children and their families. She affirms "Music allows them to just relax and develop a sense of freedom. If you can't walk, talk or sing in real life, through music you can. For people with disabilities, music and art therapy are empowering. They give peace with calmness and trigger self-confidence and capacity."

The Loux Center is CCTA's new home with the Nevada Community Enrichment Program ("NCEP"), a post-acute, non-profit, CARF accredited, neuro-rehabilitation program, offering intensive comprehensive day treatment and residential transitional living programs for mature adolescents and adults who have sustained brain injuries.

Robert Hogan, Executive Director at NCEP, has read many research studies that report significant affects with music therapy positively affecting immune systems and brain chemistry. He looks forward to "collaborating with CCTA once music therapy is funded to assist our clients challenged with traumatic brain injuries."

Advocate for Music Therapy

Schools are in the top four settings across the United States employing music therapists who work with developmentally disabled children. Not one music therapist is employed in the Clark County School District. With the credibility and validation from insurance companies that are now receiving increased requests to reimburse policy holders for music therapy services, the industry is expanding by leaps and bounds. Because of this, the American Music Therapy Association is developing a standardized assessment for children with developmental disabilities to facilitate referrals and reimbursements. . Music therapy is a reimbursable treatment, upon diagnosis and therapeutic goals, in many states (not Nevada) with these codes: 97110, 97112, 97116, 92506, 92507, 97150 and 97535.

Funding is one of the biggest issues for providing music and art therapy services. Even though insurance codes exist, and advocacy is promoted within our state for music therapy and other highly visible community organizations uphold music therapy, there is still a crucial shortage of funding due, in part, to lack of knowledge on the part of some of the people in charge of funding.

charge of funding.

Nevada State Senator Valerie Wiener has been a strong advocate for music therapy. In a recent letter from Senator Wiener to the Division of Healthcare Financing and Policy for Nevada, she stated "While the Nevada Medicaid Manual does not specifically include music therapists in the list of providers, it would appear that certain sections of the manual could be interpreted to include music therapy services such as recreational therapy, family support arrangements and supported living services under the Home & Community Based Waiver Program; restorative therapy and social and recreational services to be provided by "appropriate professional staff" under the Adult Day Health Care Program; and training and rehabilitative services under the Intermediate Care for the Mentally Retarded Program".

Senator Wiener goes on to say "As you know, research has shown that music therapy can improve the functioning and quality of life of persons with Alzheimer's, developmental and physical disabilities, brain injuries, mental illness, substance abuse problems, acute and chronic pain, and other conditions. I believe that appropriately targeted services of qualified music therapists could enhance Nevada's Medicaid program in a cost effective manner." Charles Duarte, administrator for the Division of Health Care Financing and Policy responded to Senator Wiener's letter stating that Nevada Medicaid approval for music therapy reimbursement will require:
(Continued on Page 6)



Gary's disabilities challenged his dreams for the "Golden Years". Music therapy helped him and his wife make the transition from life-long jobs to retirement with increased peace and joy.

To schedule a program:

Telephone
(702) 363-8166

or

E-mail
LasVegas@CCTA.us

**Music Therapy
Connection to
Disability Treatment
by Barbara Wood**

(Continued from Page 5)

1) a fiscal analysis; 2) an amendment to the federal waiver application; 3) significant evidence supporting music therapy's ability to defer recipients from institutional care; and 4) a review of licensure. CCTA continues to provide public education statewide so that current national music therapy programs can be replicated for Nevadans.

CCTA, along with other agencies who wish to collaborate, are looking for music therapy funding to help Nevadans with disabilities. Sources of future funding are not always clear when agencies lack the knowledge about the power of music and art therapies. If you will, share your knowledge to help break these barriers so we can help more people to live a better quality of life. CCTA schedules staff in-services and public forums on-site and off-site to build public awareness. Call now to schedule your program!

**2005 CREATIVE
Partnership**

CCTA and Down Syndrome Organization of So. Nevada ("DSOSN") begin a new partnership with funding provided by Wal-Mart (N. Rainbow/Cheyenne). Three groups meet weekly for ages 3 through 30. Kathy Treants, Executive Director for DSOSN, has wanted to provide music therapy for years. CCTA provided a Family Night introductory lecture and demonstration to enroll children into the program and immediately filled the groups. "Music gets to the soul of the individual, regardless of the level of their disability. Our children tend to be really social and music therapy pulls in appropriate socialization, as well as covering speech/language, self-esteem, and cognitive skills. I'm really impressed with the group sessions. We are very excited about music therapy!"

**HEALTH
EDUCATION
DO-IT-YOURSELF**

Don't need therapy, but still experiencing stress, anxiety, depression, anger or grief? Try a do-it-yourself health program using music to release repressed emotions that rule harmful thoughts and actions. When Music4Life is applied as a treatment technique, negative moods can be released and transformed. Experience a self-assessment, case studies, and live performance that demonstrate the USE MEE formula, guiding selection of music from 16 styles and three mood classifications for a personalized program supporting optimal health. Attend free one-hour Music4Life weekly programs at CCTA, [register for the 8-hour workshop \(CEUs available\) visit \[www.Music4Life.us\]\(http://www.Music4Life.us\)](#).

Reduce:

- Grief
- Guilt
- Anger
- Anxiety
- Insomnia
- Exhaustion
- Depression
- Chronic pain
- Lack of self-esteem
- Emotional confusion
- Relationship problems
- Traumatic Stress

"I reached a wall in therapy I couldn't break through. I was stuck. Music4Life (aka MEE tape) was a miracle for me. I was able to face my barriers head-on, and break through them to achieve the emotional balance I needed to reach my goals."
G.M., Business Executive

**2005 CREATIVE
Partnership**

CCTA and Down Syndrome Organization of So. Nevada ("DSOSN") begin a new partnership with funding provided by Wal-Mart (N. Rainbow/Cheyenne). "

Speaker's Bureau

Schedule a speaker for your staff meeting, convention program, clients, patients or residents. Topics include Music4Life do-it-yourself programs and music/art therapies customized to meet your needs from stress management and wellness issues to treatment regimens.

To schedule a program:

Telephone
(702) 363-8166

or

E-mail

LasVegas@CCTA.us



Referral Sources & Fees

Clients are referred to music and art therapy from people like you:

Physicians
Psychologists
Nurses
Psychotherapists
Ministers
Counselors
Marriage/Family Therapists
Alcohol/Drug Counselors
Speech Therapists
Occupational Therapists
Social Workers
Teachers
Parents
Friends
IEP Advocates

Session fees vary, dependent upon group or individual sessions and financial need. Payment options include: agency contracts, sliding scale fees and credit card. Call for details, Tel (702) 363-8166.

Newsletter Staff

Judith Pinkerton, Editor
Ted DeCorte, Writer
Barbara Wood, Writer
Donna Criswell,

MUSIC AND ART THERAPY TREATMENT PROGRAM AREAS

Early Childhood Development
Autism
Down Syndrome
Cerebral Palsy
Developmental Delays
Hearing Impaired
Nonverbal
Noonan Syndrome
Rhett's Syndrome
Visually Impaired
Mental Health Issues
Abuse
Anxiety (Panic Attack)

Early Childhood Development Cont.

Depression
Grief
Bipolar
Manic Depressive
Depression
Suicidal
Stress Management
Wellness

MUSIC AND ART THERAPY TREATMENT PROGRAM AREAS

Early Childhood Development
Autism
Down Syndrome
Cerebral Palsy
Developmental Delays
Hearing Impaired
Nonverbal
Noonan Syndrome
Rhett's Syndrome
Visually Impaired
Mental Health Issues
Abuse
Anxiety (Panic Attack)

Early Childhood Development Cont.

Depression
Grief
Bipolar
Manic Depressive
Depression
Suicidal
Stress Management
Wellness

MUSIC AND ART THERAPY TREATMENT PROGRAM AREAS *Continued*

School Age Behavioral Problems
Anger/Disruptive
Runaways
Criminal

Elderly Challenges

Dementia
Alzheimer's
Stroke
Parkinson's
Terminal Illness

Medical

Pregnancy
Cancer
Heart Attach
Surgery
Lupus
Fybromyalgia

Disabilities

Mental Retardation
Deafness
Blindness
Traumatic Brain Injury

Community Partners

First Church of Religious Science
First Fridays/The Funk House
Foundation for Positively Kids
HealthSouth
Helen J. Stewart School
Home Depot
JBE Computers
Kelly Paper
Las Vegas Chamber of Commerce
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Legislative Council Bureau
National Endowment for the Arts
Nevada Children's Center
Nevada Arts Council
Nevada Community Nevada
Neuroscience Foundation
Nevada Occupational Therapists
Nevada PEP
Nevada Power Company
Nevada State Bank
Enrichment Program
Nevada Early Intervention Services
Nevada Heart & Vascular Center
Nevada Occupational Therapists
North Las Vegas Police Community Service
Plaster, Richard & Wendy
Power Integration Center
Southern Nevada AHEC
Southern Nevada Center for Independent Living
State Senator Valerie Wiener
United Way of Southern Nevada
University of Southern Nevada
U.S. Senator Harry Reid
Women in Business
Women's Chamber of Commerce of Nevada

Become a CREATIVE community partner today to HEAL people with Music and Art.



Therapeutic Arts

6375 W. Charleston Blvd-WCL, Suite 184
Las Vegas, Nevada 89146

Website: www.CCTA.us

Serving Southern Nevada since 1990.

Telephone
(702) 363-8166

Email LasVegas@CCTA.us

Event Schedule

2005 CALENDAR

All programs are at
CCTA's office
(unless otherwise
noted)

Thursdays

5:30pm — 6:30pm

Music4Life Seminar and
Open House
Don't need therapy, but
still experiencing stress,
anxiety, depression,
anger or grief? Try do-it-
yourself formulas using
music to release re-
pressed emotions.

Feb 22 Tues

10am — 12pm

Music Therapy Booth
CCSD Agency Fest for
Counselors
Spring Valley High
School
3750 S. Buffalo
Las Vegas, NV

Mar 8

Tues 5:30 — 6:30pm

Music Therapy Inclu-
sion: Special Education
Learn how IEP goals
are assisted with music
therapy.

CCTA 2004

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CCTA 2004

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State Senator Valerie Wiener

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Poco Davis, Volunteer,
Dennis Burkhardt, Chair, CCTA
& Rose Yuhos, CCTA
Professiona Council

2005 Volunteers Welcome

Board of Trustees
3 positions begin 2005
from these areas:

Creative
Marketing
Business
Secretary
Accounting

Contact Barbara Wood,
Chair of Nominations:
Tel 968-2055

Advisory Board

4 Celebrity Spokesper-
sons desired from these
areas:

Entertainer (music)
Art
Writing
Drama

Contact Judith Pinkerton,
Executive Director:
Tel 363-8166