

LIFE IN HARMONY MUSIC THERAPY, LLC

Music Therapy Group Series - 2015 Summer

Music therapy is the use of music and music-based interventions to develop skills to increase functioning in the areas of socialization, cognition, motor movement, emotional expression, and/or communication. Music therapy sessions are guided by a treatment plan which outlines targeted areas/goals unique to each participant. Music therapy is administered by a board-certified music therapist (MT-BC) who has training in the therapeutic application of music and the neuroscience of music. Music therapists are skilled in adapting music for all abilities; therefore, no prior music knowledge is required for participants. The focus of music therapy is on the process and skills utilized during the music intervention, not on the quality of the music.

SMALL GROUP DESCRIPTIONS (See page 3 for information regarding schedule dates and cost)

1, 2, 3, GROW with Me! (Ages 0 - 5 with adult)

Looking for a motivating, interactive, music-based class designed to promote learning, communication, and movement for a child experiencing delays in one or more areas of development? We invite you to come and experience how music therapy maximizes your child's ability to GROW! Each child and participating adult* will GROW by Gaining functional skills in the areas of language development, socialization, attention, cause/effect understanding, and motor development. Each class will offer participants an opportunity to receive Resources to use at home through the creation of a music craft or learning a new music-based intervention to incorporate on a daily basis. Various sounds and instruments will Open avenues of exploration of different sounds, textures, and movements. In music therapy, songs and interventions are designed to be successful by all participants, Widening abilities, confidence, and independence. The repetitions nature of music allows for increased opportunities to practice these sounds in a fun and motivating environment.

EXPLORERS (Ages 4 - 7)

Come and explore Life In Harmony through this interactive group targeting listening skills, attention, and auditory perception! Each session will incorporate a variety of different instruments, rhythms, and songs designed to work on choice making, problem solving, peer awareness, attention, following instructions, as well as emotional regulation! Participants will explore leadership roles as well as activities chosen by the therapist and peers within the group. This class is designed for children needing additional supports with attention, understanding rules/social norms, and basic socialization skills.

NAVIGATORS (Ages 7 - 13)

The Navigators group will target skills needed to navigate social settings as well as emotional expression. Each group will utilize singing, drumming, song writing, and other music-based team building exercises. This music therapy group will provide a positive social setting to allow participants many opportunities to practice the skills listed below. **Navigators 1** is designed to target beginning and intermediate social skills such as sharing, turn-taking, eye contact, verbal/non-verbal communication, choice making, labeling basic emotions, and initiating social interaction, respecting others, and listening. This group is most appropriate for individuals with emerging (verbal and/or non-verbal) communication skills who can engage in short conversation. The length of this class accommodates for children who struggle to attend to a task or activity for long durations (<7 min). **Navigators 2** is designed to target more advanced social skills and processing of social interactions with others. **Navigators 2** will be targeting teamwork, expanding conversation skills, regulating emotions, recognizing body language and social cues, inferences, attention control training, and problem solving. This class is designed for individuals with verbal expressive communication skills who have challenges in social settings.

Key of Me (Ages 8 - 13 & 14 - 18)

This music therapy group targets emotional expression and social interaction through the use of song writing, lyric analysis/discussion, group discussion, and active music making. The group will discuss music-based coping techniques such as song writing, mood vectoring, music-assisted relaxation, etc. Participants will learn how to better identify emotions and transition from negative to more positive moods through the use of music therapy techniques. This group is also designed to target empathy of others' feelings, understanding of emotional triggers, confidence, and self-esteem.

Rock That Extra Chromosome/Boom Boom POW! (Ages 12 - Adult)

This interactive music group is designed to offer opportunities for teens and adults to expand functional skills and peer relationships in a motivating environment full of successes, challenges to overcome, and new experiences! This class is designed for individuals diagnosed with a developmental disability who are ages twelve and older. Adaptive music interventions will be utilized to promote self-esteem and independence, boost confidence, navigate emotions, and support activities of daily living, social skills, and community integration skills. This group offers adolescents and adults with developmental disabilities an opportunity to express themselves while building positive peer relationships and social skills through song writing, singing, movement, and music making.

Creative Exploration (Ages 18+)

Bring your creative mind to this new group pairing singing, song writing, playing instruments, and music-based artwork. This group is designed for adults with developmental disabilities who have a special interest in art and music. Music therapy interventions and music-based activities will target skills such as initiating conversation, socialization, choice making, following instruction, and emotional expression through music and art. Participants will work individually and collaboratively to complete projects such as song writing, music-based painting and collages, song-libs, and more!

Raise Your Voice (Ages 18+)

This group utilizes singing, lyric discussion, improvisation, drumming, tone chimes, and song writing to encourage active participation in a group setting. This class will offer many opportunities for choice making, collaboration, verbal/non-verbal communication, and assertiveness of thoughts/needs. Each session will incorporate music therapy interventions to develop insight, self-expression, and other interpersonal skills (such as empathy). Individuals with no prior music background will be able to actively engage in all activities. This group is designed for adults with mental health needs who wish to gain confidence in a social setting and to establish positive social relationships with others.

Open Jam, Open Mind (Ages 18+)

This group is designed to target interpersonal skills, healthy emotional expression, problem solving, flexible thinking, and music-based leisure skills. This group is most appropriate for individuals who have prior experience playing an instrument of choice. Guitars, drums, piano, and a variety of other instruments will be available for use. Participants will develop skills to play as a group and also as a soloist, as well as openly discussing feelings and thoughts associated with song lyrics. This group is designed for adults with mental health needs looking for motivation to utilize music-based leisure skills and/or who are wanting to gain confidence to play with/for others in the community.

MUSIC THERAPY PARTICIPANT REGISTRATION FORM (1 OF 2)

PARTICIPANT'S NAME:

DATE OF BIRTH:

AGE:

HIGHEST GRADE COMPLETED: (If applicable)

NAME OF PRIMARY CONTACT:

RELATIONSHIP TO PARTICIPANT:

PHONE NUMBER(s):

ADDRESS:

EMAIL ADDRESS:

IS THE PARTICIPANT ENROLLED IN ANY OF THE FOLLOWING THIRD PARTY PAYER PROGRAMS?

No Yes - Children's Long Term Support Waiver Yes - Comprehensive Community Services
Yes - Family Support Program/Grant Yes - Family Care Yes - IRIS

If Yes: Please list the participant's social worker/case worker/consultant and county of residence:

Step #1: Let us know how we can individualize the group experience!

Please help us prepare by completing the information below. Please omit step #1 if this form has been submitted in the past and there are no new changes.

DIAGNOSIS: (If applicable)

TELL US THE REASON YOU ARE SEEKING OUT MUSIC THERAPY SERVICES:

WHAT SKILLS/AREAS OF NEED DO YOU WANT US TO FOCUS ON THE MOST?

ANY FAVORITE SONGS, MUSIC GROUPS, INSTRUMENTS, OR GENRES?

WHAT ARE THE PARTICIPANTS STRENGTHS & INTERESTS?

ADDITIONAL NEEDS OR CONCERNS REGARDING SAFETY OR PARTICIPATION IN A GROUP SETTING:

Sensitivity to sound Seizures Biting Limited attention span
Leaving group area Emotional regulation Physical aggression
Other:

THE PARTICIPANT CURRENTLY RECEIVES THE FOLLOWING THERAPIES/SERVICES: (IF APPLICABLE)

Physical Therapy Occupational Therapy Speech Therapy ABA
Mental Health Counseling Specially Designed PE Vision Therapy Music Therapy
Equine/Horse Therapy IEP Other

THE PARTICIPANT USES THE FOLLOWING METHODS OF COMMUNICATION: (IF APPLICABLE)

Gesture AAC device Sign language Short phrases Full sentences

IS THE PARTICIPANT AMBULATORY?

Yes - ambulates independently Yes - with physical assistance Yes - with an assistive device
No - uses a wheel chair/power chair No - Has not mastered this skill at this time

MUSIC THERAPY PARTICIPANT REGISTRATION FORM (2 OF 2)

STEP #2: Let us know what group you would like to join!

1, 2, 3... GROW with Me! (Ages: 0 - 5)

Mondays 3:45 - 4:30 PM, July 6 - August 24 (Register by July 3)

\$200 for the eight-week series (45 minutes per group)

Name of adult(s) attending

Explorers (Ages: 4 - 7)

Wednesdays 4:45 - 5:15 PM, July 1 - August 19 (Register by June 29)

\$160 for the eight-week series (30 minutes per group)

Navigators 1 (Ages: 7 - 13)

Wednesdays 5:30 - 6:00 PM, July 1 - August 19 (Register by June 29)

\$160 for the eight-week series (30 minutes per group)

Navigators 2 (Ages 7 - 13)

Tuesdays 4:45 - 5:15 PM, June 30 - August 18 (Register by June 29)

\$160 for the eight-week series (30 minutes per group)

Key of Me 1 (Ages 7 - 13)

Tuesdays 5:30 - 6:15 PM, June 30 - August 18 (Register by June 26)

\$200 for the eight-week series (45 minutes per group)

Key of Me 2 (Ages 14 - 18)

Mondays 5:00 - 5:45 PM, July 6 - August 24 (Register by July 3)

\$200 for the eight-week series (45 minutes per group)

Rock That Extra Chromosome/Boom Boom POW! (Ages 12 - Adult)

Mondays 5:30 - 6:15 PM, June 22 - August 24 (Register by June 19)

\$210 for the ten-week series (45 minutes per group)

Creative Exploration (Adults 18+)

Thursdays 12:30 - 1:45 PM, June 25 - August 13 (Register by June 19)

\$280 for the eight-week series (1 hour 15 minutes per group)

Raise Your Voice (Adults 18+)

Thursdays 2:00 - 3:00 PM, June 25 - August 13 (Register by June 19)

\$240 for the eight-week series (60 minutes per group)

Open Jam, Open Mind (Adults 18+)

Fridays 12:00 - 1:00 PM, June 26 - August 14 (Register by June 19)

\$240 for the eight-week series (60 minutes per group)

Step #3: Let us know how you would like to pay!

Payment is due at the time of registration. All groups will continue regardless of class size or registration numbers.

I WOULD LIKE TO REGISTER USING THE FOLLOWING PAYMENT METHOD:

Personal check for the correct fee made payable to Life In Harmony Music Therapy, LLC.

I have included a check with the registration materials (Dated the first day of the group series unless noted differently below).

Cash payment - I would like to pay with cash and will bring the correct amount on the first day of the group series.

Credit card payment - I would like to pay using a credit card. Please call me so I can confirm my payment over the phone.

IRIS, Children's Long Term Support Waiver, Family Care, Family Support Program/Grant, or Comprehensive Community Services (See section 3A below).

Grant Funds - I am planning to use grant funds to cover the cost of the group series (See section 3B below).

3A: INSTRUCTIONS FOR THIRD PARTY PAYER SOURCES:

Enrollment in the programs listed below does not guarantee that services will be authorized. Please contact LIH for more information.

- IRIS - Contact consultant to inform him/her that you would like to add a music therapy group to the participant's current plan.

- Family Support Program/Grant (FSP/FSG), Children's Long Term Support Waiver (CLTSW), Family Care, Comprehensive Community Services (CCS):

Contact your county social worker/service facilitator to ask if services may be authorized. Authorization must be confirmed before the group begins.

3B: INSTRUCTIONS FOR GRANT FUNDING REQUESTS:

Please follow the instructions listed below for the grant funds you intend to use for the group series. Grant applications can be found at www.lihmt.com.

- Children's Miracle Network = Date personal check with the LAST date of the group series. Check will be voided if grant payment is received.

- La Crosse Area Autism Foundation - Date personal check with the LAST date of the group series. Check will be voided if grant payment is received.

- Down Syndrome Association of WI - Payment can be made by credit card, cash or personal check (dated the FIRST day of the group series). A receipt will be given to you to submit to DSAW-COTH-GLA.

- Other - Please contact LIH to describe the grant funds available and how to register using these funds.

Step #4: Mail, e-mail, fax or drop off the registration materials and payment!

MAIL this form and payment to 860 N. Mill Street, Suite #2, West Salem, WI 54669. You can also drop it off at this location's mailbox!
E-MAIL this form to admin@lihmt.com. Don't forget to fill out this PDF form and save it with the participant's name as the file name.
FAX this form to 414-377-3353.

For more information please call or text LIH's Director of Services (Amy Schaack) at 608-304-7292!

ADDITIONAL INFORMATION

WHO FACILITATES THE GROUPS?

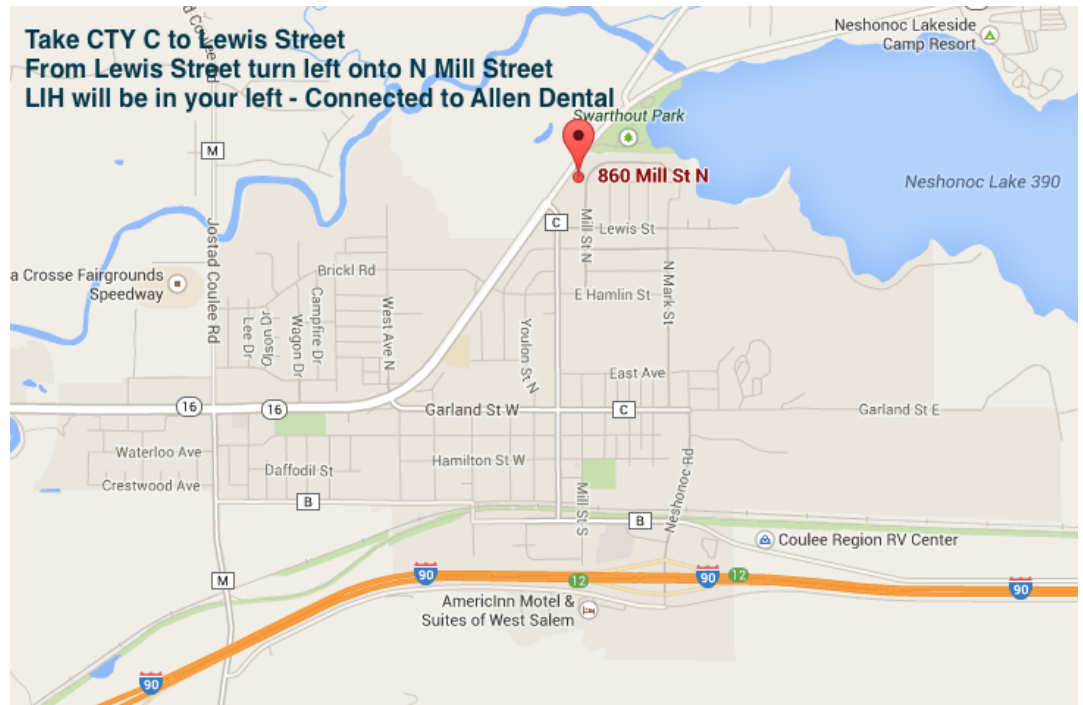
Group sessions will be facilitated by a board-certified music therapist (MT-BC). MT-BCs providing classes include: Amy Schaack, Sarah Kolander, Andrea Halvorson, Katherine Sherrill, and Scott Polito. Each therapist has experience adapting music experiences for all ages and abilities.

WHERE IS LIH LOCATED?

All groups take place at our facility located at 860 N. Mill Street, Suite #2, West Salem, WI 54669. Life In Harmony is visible from HWY 16 and is located across from Jolivette Family Farms (in the same building as Allen Dental). LIH is ADA accessible and has off-street parking.

GROUP SIZES

Music therapy groups will range between two - eight participants. New for the summer of 2015, all groups advertised will be offered regardless of group size. If only one person is registered for the group, the participant will receive individual services at the group series rate. We value your interest in music therapy services and want to offer the experience to all who register.



HOW DO I REGISTER AND PAY?

Complete steps #1 - #4 on the registration form. Step #3 will ask for your preferred payment method.

MAY I LEAVE THE PARTICIPANT DURING THE GROUP

Please plan to wait in the waiting room for the duration of the group unless the therapist informs you that it is okay to leave. It is the parent's/guardian's responsibility to inform the therapist if there is even a small chance of high risk behaviors that may require additional parent support or supervision (such as leaving the facility/group). It is vital to note that the therapist is not able to leave the group members to sit with one participant in the waiting room if he/she is not able to remain with the group for the duration of the scheduled time. In some cases, permission has been granted for a parent/guardian to leave a participant at LIH for the duration of the group session. In this case, the parent/guardian must sign a contract indicating that they will return on time and that LIH is not responsible for the individual if he/she leaves the group area. In addition, a completed "In Case of Emergency" form will be completed and filed. Leaving a participant and not returning on time will result in a fee of \$20 per occurrence or may lead to termination from the class (with no refund).

CAN I GET A REFUND?

All payments are processed and final following the first class date. Please know that you are paying for the series, not per visit/session.

WHAT IF A SESSION IS CANCELLED BY THE THERAPIST?

If an unforeseen event such as an emergency or illness requires a session to be cancelled, a make-up session will be offered. Cancellations will be communicated via text/phone message and e-mail. LIH will do everything possible to have a substitute therapist fill-in for a group missed by the therapist.

WOULD YOU LIKE MORE INFORMATION?

Would you like to know more about music therapy goals? Are you interested in having a group meet at a facility in your community in the future? Please do not hesitate to contact LIH at any time. We are happy to hear any ideas or questions you may have. Please contact LIH's Director of Services (Amy) by phone (608-304-7292) or by e-mail (admin@lihmt.com).