



THE MUSIC SETTLEMENT

UNIVERSITY CIRCLE

Center for Music Therapy FAQ's

1. How long is your waiting list?

Length is not really the issue for the waiting list. People move up on the waiting list based on the date we received their completed intake (click on this to go to intake) materials. Also, the more availability and flexibility you can provide us in terms of when we might be able to schedule your music therapy sessions, the sooner you might be able to be placed and begin participating in our programs.

Due to the fact that we place individuals in music therapy sessions based upon availability for the particular days and times which become open in our schedule, the length of our waiting list is not the most important factor to consider. Please provide us with as many scheduling options on your [Intake Form](#) (INCLUDE LINK TO FORM) as you possibly can in order to have the best chance of receiving a call for scheduling. Those who provide very limited options for scheduling (e.g. only Wednesdays starting at 5:00 p.m.) will most certainly wait longer for a scheduling phone call/e-mail than those who document greater flexibility. You may also want to consider the fact that weekday sessions which occur in the morning or early in the afternoon (between Noon and 4:00 p.m.) are less desirable for most individuals than weekday sessions starting at 4:00 p.m. Therefore, if you are available during the morning or early afternoon, your chances of receiving a scheduling call may be increased. Our best advice to you regarding the wait list is to give us your widest possible availability of days and start times. As well, please don't forget to call or e-mail if your schedule changes!

2. Music therapy is so expensive. We can't afford it...

Income-based Financial Aid and other funding awards are available to all qualified applicants. Assistance is provided for individuals and families who wish to apply for third party funding (e.g. Autism Scholarship, various County Boards of Developmental Disabilities, foundations, trusts or other sources of income). We are available to advise and assist you in gaining information and support to finance music therapy services. If you are experiencing challenges in your household budget, or if the individual you are responsible for has a very low income, we will be happy to discuss your options. All personal and financial information is held in the strictest confidence.

The Music Settlement is in a unique position to provide not only income-based financial assistance, but also additional assistance, as we understand that people with special needs generally incur expenses above and beyond the norm that can tax even a generous income. In cases such as these, we will work with families on a case-by-case basis to ensure that Music Therapy remains accessible.

3. I don't want individual music therapy. I want a music therapy group for my loved one.

We typically offer groups in two ways. (a) Music therapy groups are built with the needs of specific music therapy clients in mind. We generally need to get to know a new client and build rapport in an individual music therapy setting first before placing them in a group. We will, upon occasion and in

regard to the appropriateness of the referrals, build music therapy groups for new clients, or parents and children together. (b) We also offer specialty courses with specific content or outcomes, such as our Saturday Jam and Musical Revue courses. Our music therapy staff will discuss prerequisite skills with you and may arrange a visit to determine whether such a group might be a good “fit” for the potential client.

4. When are your programming periods?

Our fall/spring programs begin in early September and end mid-June; our six-week summer program begins the final week in June. However, please be aware that music therapy sessions may become available at any time throughout the year! Openings occur in our schedules for a variety of reasons, and placement is a highly individualized process.

5. What's the enrollment process?

The first step in the intake and enrollment process is to get your name, your family member's name, or the individual you are responsible for onto our waiting list. This is accomplished by sending us a completed [Intake Form](#) (link to Intake Form). Although we have a 36-week school year session and a 6-week summer session, we often have openings in our schedule which occur at any time during the year.

We schedule new registrants based upon the date we receive the completed Intake Form, documented information regarding preferred days and start times, and therapist experience related to the individual's diagnosis, needs, and abilities. When we call or e-mail you to offer a session, you will be given a limited window in which to respond, often between 1 to three days. Please be ready to respond at your earliest convenience, as we will move on to another individual on the wait list if we do not hear from you by the deadline you are given.

Once you accept an offer of a day and time within our schedule and a plan for financing music therapy services has been developed, an assessment date and time will be scheduled. Therapeutic programming and finalized decisions for music therapy services are determined after an assessment is conducted. The assessment provides an evaluation of the strengths and needs of the individual as observed in the music therapy setting and collected in the intake process. An initial treatment plan with selected therapeutic targets for ongoing music therapy sessions is delineated at this time. Music Therapy sessions will generally start two weeks after the assessment has been concluded, so that the Assessment and Initial Treatment Plan may be developed and written.

6. What information do I need to provide to you?

We ask that you send us a copy of the individual's current IEP, IHP, or IFSP, if applicable. The intake includes client, parent/guardian contact information; general client details, such as date of birth, school or work placement; listing of other therapists the individual sees; diagnosis (if any) and any medical concerns; the individual's skills in social, academic/cognitive, emotional, communication, motor, and sensory domains; any safety precautions; musical skills and interest; any funding sources (and pertinent contact information) which you will be utilizing toward music therapy; and the individual's availability to attend sessions (days of the week/times). Should a spot become available, you will need to complete a short registration form and, if applying for Financial Aid, you will need to complete our financial aid form

and provide proof of income (copies of form 1040, 1040ZE or 1040A, AFDC, SSI or unemployment information)

7. Do you take medical insurance?

You will need to contact your insurance provider to determine if music therapy is covered in your plan. If it is, we are happy to work with your provider to send assessment and initial treatment plan information.

8. Do you take any 3rd party reimbursement?

Yes we do! We have a great deal of experience in working with third parties for support of music therapy services. We can provide assistance for individuals and families who wish to apply for third party funding (e.g. Autism Scholarship, various County Boards of Developmental Disabilities, foundations, trusts or other sources of income).

9. Who can benefit from music therapy?

Children and adults facing a wide range of life's challenges may be positively impacted by participation in music therapy. Infants through senior citizens may all be appropriate candidates. Music therapy may assist individuals with disabilities, those who are at-risk, or those with medical issues. Music therapy may also be utilized to address wellness. We serve individuals with a diverse array of strengths and needs.

Autism and other developmental disabilities, mental health issues, physical disabilities, and learning disabilities are only some of the more common diagnoses of our constituents. If you are not sure as to whether we can serve an individual's needs, just ask. Our therapists offer a wide variety of expertise.

10. I want to request a specific music therapist.

Once clients begin music therapy services within the Center for Music Therapy, we make every effort to have them continue with the same therapist, unless a schedule change prevents us from doing so. In most cases, we cannot place new clients with a specific music therapist. Each music therapist has a unique schedule, tailor-made to accommodate the clients here and the outreach agencies served. We pride ourselves on hiring only the best and most qualified music therapists. All music therapists have completed an approved music therapy education and training program. All are Board Certified within the first year of their employment and all continue to be recertified, with ongoing participation in our Center's and other professional development and continuing education opportunities. All music therapists are supervised by the Chair or Assistant Chair of our Center, and the entire staff provides informal networking opportunities with one another, which can only enhance the experiences of our clients.

11. What is your Center's philosophy?

- It is the right of everyone to participate in music experiences
 - At his/her level
 - In the "least restrictive environment"
- Inclusive of all
- Individualized, including consideration of a variety of learning styles and sensory modalities

- Educate/serve the whole child or whole person with active family involvement as appropriate
- The relationship with therapist or educator as well as between members of group/ensemble is paramount in this process
- Individuals with disabilities are not necessarily disabled in music
- Participation in music experiences
 - May improve someone's quality of life
 - May help an individual reach his/her personal goals or potential
 - Involves learning in layers and has the potential to affect all skill domains (behavioral/psychosocial, language/communication, cognitive, perceptual/motor, physiological, in addition to musical)
- Materials and experiences should be age-appropriate, developmentally appropriate, and culturally appropriate
- The importance of promoting of generalization and transfer of skills learned here to other settings, times, and individuals cannot be overemphasized
- Grounded in evidence-based practices
- Faculty strives to evaluate and show progress for all students/clients Interested in advancing the field as well

12. I can't bring my loved one or my group to The Music Settlement. Do you send music therapists out into the community?

All of our music therapists travel to various community outreach partners in the Greater Cleveland/Northeast Ohio area. We focus on serving those in diverse educational, social service, and medical settings. For more information about our music therapy outreach contract process, contact Ronna Kaplan, the Chair of the Center for Music Therapy ([link](#)).

13. My family member wants to play an instrument. Can you give lessons in music therapy?

Yes, adapted music lessons are often a part of music therapy sessions. Our music therapists are trained to make accommodations and modifications to assist individuals in becoming as successful and independent as possible in developing their musical skills, which may include singing, playing various musical instruments, or composing. Clients who show particular skill in music learning, performance, or composition can benefit from the close relationships amongst the Settlement's three Centers. Co-teaching with Center for Music faculty or a planned transfer to a Center for Music faculty member from a Center for Music Therapy therapist are two examples of the "Music Settlement advantage" for the musician with special needs.