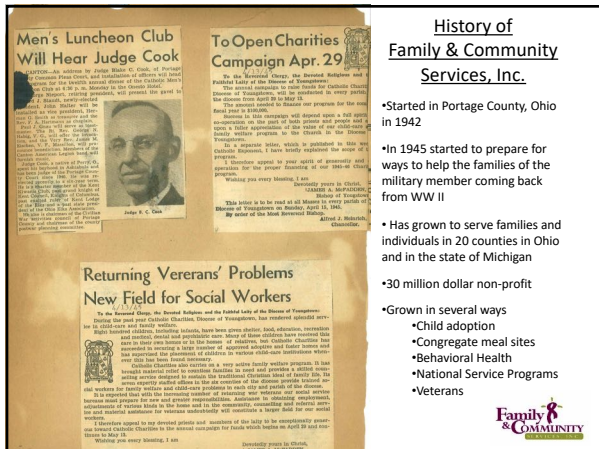




Veterans Programming



History of Family & Community Services, Inc.

- Started in Portage County, Ohio in 1942
- In 1945 started to prepare for ways to help the families of the military member coming back from WW II
- Has grown to serve families and individuals in 20 counties in Ohio and in the state of Michigan
- 30 million dollar non-profit
- Grown in several ways
 - Child adoption
 - Congregate meal sites
 - Behavioral Health
 - National Service Programs
 - Veterans



Family & Community Services, Inc.'s
Veteran's Programming

- Grant & Per Diem Beds
 - 94 beds
- Emergency Housing
 - 6 beds
- Permanent Supportive Housing
 - 5 units
 - 7 units in development
- Supportive Services for Veterans Families
 - \$850,000 covering 8 counties
 - 250 veteran households served a year

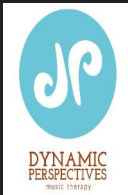


Services Provided

- SSVF
 - Temporary Financial Assistance
 - Legal Assistance
 - Case Management
- Grant & Per Diem-3 pillars
 - Case Management
 - Red Bird Center
 - Therapeutic Creative Arts



Sarah Zajac, MT-BC, NMT



○ Dynamic Perspectives Music Therapy (DPMT)
dpmusictherapy@outlook.com
www.dpmusictherapy.wordpress.com

What Is Music Therapy?

"Music Therapy is the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program." (American Music Therapy Association, AMTA)

Music Therapy in Mental Health

Music Therapy Intervention Purpose

- Explore personal feelings and therapeutic issues such as self-esteem or personal insight
- Make positive changes in mood and emotional state
- Have a sense of control over life through successful experiences
- Enhance awareness of self and environment
- Express oneself both verbally and nonverbally
- Develop coping and relaxation skills
- Support healthy feelings and thoughts
- Improve reality testing and problem solving
- Interact socially with others
- Adopt positive forms of behavior
- Resolve conflicts leading to stronger family and peer relationships

Outcomes Documented in Music Therapy Research

- Reduced muscle tension
- Improved self-image/increased self-esteem
- Decreased anxiety/agitation
- Increased verbalization
- Enhanced interpersonal relationships
- Improved group cohesiveness
- Increased motivation
- Successful and safe emotional release

Music Therapy Interventions

Music Experiences

- Lyric Analysis → Informing Agent, Mood Change, Group Cohesion, Self-Expression
- Song Writing/Rewriting → Self-Expression, Problem Solving, Feelings of Control
- Drumming → Self-Expression, Group Cohesion, Reduces Anxiety and Tension
- Music Listening → Relaxation and Mood Change
- Dancing → Kinesthetic Empathy, Reduces Anxiety,

Dear Younger Me Artist: Mercy Me

Dear younger me
Where do I start
If I could tell you everything that I have
learned so far
Then you could be
One step ahead
Of all the painful memories still running thru
my head
I wonder how much different things would
be
Dear younger me,

Dear younger me
I cannot decide
Do I give some speech about how to get
the most out of your life
Or do I go deep
And try to change
The choices that you'll make cuz they're
choices that made me
Even though I love this crazy life
Sometimes I wish it was a smoother ride

If I knew then what I know now
Candemnation would've had no
power
My joy my pain would've never been
my worth
If I knew then what I know now
Would've not been hard to figure out
What I would've changed if I had
heard

Dear younger me
It's not your fault
You were never meant to carry this all
by yourself

Dear younger me
Dear younger me.....

Altered Lyrics by Sarah Zajac

Starter Questions:

- What words/phrases immediately get your attention?
- Is this a positive or negative song?
- Is this song relatable?
- What did/didn't you like about it?


"I Am Strong"
 Written by Veterans of Valor Home
 12/19/2017
 "Cup Song" rewrite

I accept things then I let it go
 And I carry on my way
 When I walk alone I will lead not follow
 I see reality through the veil

I am strong, I am strong
 Believe me when I say, "I am strong"
 I am strong because I forgive
 When patience is wearing thin
 Today, I say "I am strong"

I give good advice when I'm asked
 Do you listen or do you hear?
 Do you understand when I speak?
 Am I making myself clear?

I am strong, I am strong
 Believe me when I say, "I am strong"
 I am strong because I forgive
 When patience is wearing thin
 Today, I say "I am strong"



Resources

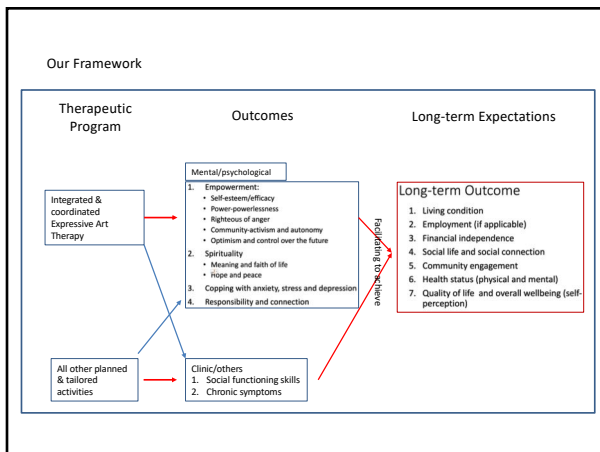
Sarah Zajac, MT-BC, NMT
dpmusictherapy@outlook.com
www.dpmusictherapy.wordpress.com

Certification Board of Music Therapists (CBMT)
www.cbmt.org

****American Music Therapy Association (AMTA)****
www.musictherapy.org

The Academy of Neurologic Music Therapy
www.nmtacademy.co

Association of Ohio Music Therapists (AOMT)
www.aomt.org



Therapeutic Workshop

- Weekly workshop x 12
- 60-90 minutes x 4 per week
- Using Art therapy in various formats and music therapy
- Touches 10 topical areas (next slide)

Topics of Conversation

Attitude change (having a positive attitude)

Positive choice and goal setting

Self-esteem and self-confidence

Victimization, forgiveness, and righteous of anger

Healthy Communication and positive relationship

Sense of community and navigating the outside world

Loneliness, isolation, and connection to others

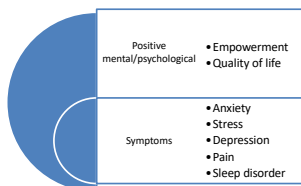
Meaning of life, faith, peace and love

Grief and Bereavement

A positive transition from soldier to civilian

Outcome Assessment

- Similar to the Ohio Mental Health Consumer Outcome
- Positive mental/psychological health and clinic symptom



- Assessment conducted at admission to the program and at the 12th week

Decision Making Empowerment Scale (Rogers, 1997)

- A 28-question instrument measuring five constructs:
 - Self-esteem, Self-efficacy
 - Power–powerlessness
 - Community activism and autonomy
 - Optimism and control over the future
 - Righteous anger
- Decision Making Empowerment
- Data collected at four time periods during their stay

An example

16

Example questions

Please circle the number that best describes how you feel today.

1. I can pretty much determine what will happen in my life.
 1 Strongly Agree 2 Agree 3 Disagree 4 Strongly Disagree
2. People are only limited by what they think is possible.
 1 Strongly Agree 2 Agree 3 Disagree 4 Strongly Disagree
3. People have more power if they join together as a group.
 1 Strongly Agree 2 Agree 3 Disagree 4 Strongly Disagree
4. Getting angry about something never helps.
 1 Strongly Agree 2 Agree 3 Disagree 4 Strongly Disagree
5. I have a positive attitude toward myself.
 1 Strongly Agree 2 Agree 3 Disagree 4 Strongly Disagree

17

Table 2. Score Changes after the Workshops

Empowerment	n	T1	T2	p value
Total Score	71	2.88	2.89	0.718
Self-esteem & self-efficacy	61	3.03	3.08	0.365
Power-powerlessness	60	2.63	2.65	0.591
Community activism and autonomy	66	3.17	3.09	0.040
Righteous anger	67	2.30	2.36	0.309
Optimism and control over the future	65	2.97	2.90	0.300
Health Related Quality of Life				
Physical Composite Score	67	42.01	40.93	0.351
Mental Composite Score	67	39.98	43.47	0.044
Mental Problem & Clinic Symptom				
Stress	58	55.00	60.13	0.002
Anxiety	58	13.64	14.64	0.047
Depression	55	13.71	15.22	0.018
Pain interference	58	10.95	11.72	0.147
Pain level	44	5.43	5.57	0.682
Sleep disorder	56	10.84	11.75	0.029

Discussion
