Washington State Music Therapy Fact Sheet

DEFINITION

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 2011.)

NEW PROJECT

In late 2010 the American Music Therapy Association received a $400,000 legacy gift from the Eleanor and Raymond Wilson Charitable Trust. The Wilson Trust Music Therapy Project aims to increase access to quality music therapy services to those in need primarily targeting the greater Puget Sound region. Other areas of Washington may benefit depending on the structure of partnerships and service recognition. This donation is intended to serve as a catalyst to "jump start" a host of music therapy programs and services. The contribution will be structured in a way to maximize the investment, develop partnerships, grow music therapy services, and promote sustainability.

COST EFFECTIVENESS OF MUSIC THERAPY IN RESEARCH

   • The application of music therapy had 100% success rate of eliminating the need for sedation for pediatric patients receiving EEG, and 80.7% success rate for pediatric CT scan without sedation, and a 94.1% success rate for all other procedures.
   • The cost analysis resulted in that the total cost per patient with music therapy was $13.21 and $87.45 for patients without music therapy, which results in a net savings of $74.24 (85%).
   • The project resulted in saving 184 RN-hours for other duties, which addresses the concern of a nationwide shortage on RNs.

   • The total cost per patient in music therapy was $10,659 and $13,643 for standard care patient, resulting in a cost savings of $2,984. The music therapy program cost $3,615, yielding a cost benefit ratio of 0.83. When using cost per patient day, the cost benefit ratio is 0.95.
   • The hospice administrator viewed using an MT-BC as a strong point and critical to the program's success, a view supported in the literature.
   • Evidence exists that MT may improve risk management for the hospice. Agitation and restlessness are leading causes of patient falls and staff injuries (Sung & Chang, 2005; van Doorn et al., 2003); consequently, one can argue that MT may reduce the number of falls and injuries.
   • 70% of respondents agreed or strongly agreed that the MT program increased their job satisfaction, and 80% of the respondents felt that knowing that hospice paid for the MT program increased their commitment to the agency.

- For the total expenditure of $57,600, the Florida State University affiliated music therapy/Arts in Medicine protocol in the Tallahassee Memorial Hospital reveal a total outlay for two partners of $17,247, or 70.1% of total savings.

**MUSIC THERAPY IN WASHINGTON**

- As of March 2011 there are 45 nationally Board-Certified Music Therapists (MT-BC).

- It is estimated that over 2,277 Washington residents received music therapy services from July 2009 to June 2010 according to a 2010 survey (response 91%). Unfortunately, many more people who could benefit from music therapy have no access to services due to a lack of state recognition of our clinical training and board certification. Only 14% of respondents provided music therapy services 34 or more hours per week, while 55% provided less than 20 hours per week.

- **Counties** where music therapists are employed:

- **Some of the facilities** where music therapists are or have been employed:

  - (providing therapy and /or other related services)

  - Auburn Regional Medical Center
  - Bailey-Boushay House
  - Highline Home Health and Hospice
  - Kadlec Regional Medical Center
  - Kenney Presbyterian Retirement Comm.
  - Seattle Children's Hospital
  - Seattle Pacific University
  - Sound Mental Health
  - Southwest WA Medical Center
  - United Cerebral Palsy
  - Univ. of WA Experimental Ed. Unit
  - Vancouver School District
  - Whidbey General Hospital
  - Arts & Minds Early Memory Loss Program
  - Assured Hospice
  - Encore! Adult Day Care
  - Issaquah School District
  - Legacy Salmon Creek Medical Center
  - McNeil Island Special Commitment Center
  - MusicWorks Northwest
  - Providence Everett Medical Center
  - Sacred Heart Children’s Hospital
  - Sunrise Senior Living
  - Swedish Cancer Institute
  - Washington Soldiers Home
  - Western State Hospital
Populations served include:

- Abused/Sexually Abused
- Alzheimer's/Dementia
- At-Risk Youth
- Autism Spectrum Disorders
- Behavioral Disorder
- Bereavement
- Developmentally Disabled
- Early Childhood
- Eating Disorders
- Elderly Persons
- Emotionally Disturbed
- Learning Disabled
- Medical (Burns, Cancer, Chronic Pain, Comatose, Head Injured)
- Mental Health
- Multiply Disabled
- Music Therapy College Students
- Neurologically Impaired
- Parkinson's
- Physically Disabled
- Post Traumatic Stress Disorder
- School Age Population
- Speech Impaired
- Stroke
- Substance Abuse
- Terminally Ill
- Visually Impaired
- Wellness/Personal Growth

Undergraduate Degree Program: Seattle Pacific University
Internship Site: Whidbey General Hospital

Funding Sources (some receive funds from 2 or more sources)

- Financed by the facility 58%
- Private Pay 50%
- Other 25%
- Medicare/Medicaid reimbursement 21%
- Grants 17%
- Private Insurance 13%

MT-BC RECOGNITION

Music therapy is a skilled profession. Therefore, qualified music therapists in Washington, along with the American Music Therapy Association (AMTA) and the Certification Board for Music Therapists (CBMT), strongly recommend that “music therapy” become a protected title through a state license or registry. This is essential for ensuring the safety of our citizens and for increasing their access to services. Board-certified music therapists work within a scope of practice, adhere to a code of professional practice, and demonstrate current competency in the profession. In addition, they must meet extensive continuing education and recertification requirements every five years. The credential to be recognized is the MT-BC.
WASHINGTON STATE MUSIC THERAPY TASK FORCE

Carlene J. Brown, PhD, MT-BC  
Assistant Professor of Music  
Director, Music Therapy Program  
Seattle Pacific University  
206-281-2920  
browncj@spu.edu

Patti Catalano, MT-BC, NMT  
Music Therapy Program Manager  
MusicWorks Northwest  
425-644-0988 x158  
Pattic@musicworksnw.org

Jim Couture, MA, MT-BC  
Director, Encore! Adult Day Care  
Arts & Minds EML Program  
360-457-6801  
JimCmtbc@yahoo.com

Wendy Woolsey, MA, MT-BC  
Private Practice, Consultant  
425-836-1574  
woolseyshjc@hotmail.com

Wendy Zieve, MA, MT-BC  
Private Practice,  
MUSIC THERAPY SNO-KING  
206-542-5808  
wzieve@comcast.net

National Advisors

Dena Register, PhD, MT-BC  
Regulatory Affairs Advisor  
Certification Board for Music Therapists  
785-218-6115  
dregister@cbmt.org

Kimberly Sena Moore, MM, NMT-F, MT-BC  
Regulatory Affairs Associate  
Certification Board for Music Therapists  
970-988-5326  
ksmoore@cbmt.org

Judy Simpson, MHP, MT-BC  
Director of Government Relations  
American Music Therapy Association  
301-589-3300 ext 105  
Simpson@musictherapy.org

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