

Creation, Development, and Administration of Programs:

- Staff and Community Drums Alive Program (UH Samaritan) – adapted cardio drumming program for staff, families and community members for stress management and social interaction
- Staff & Community Lavender Relaxation Room (UH Samaritan) – in collaboration with Emergency Services and Respiratory Therapy created, funded, and maintained a staff and community relaxation room in the hospital
- DrumsXpress – Cardio Drumming program for staff and community groups
- Wellness Center Community DrumsXpress Program (UH Lake Health)
- Pain Management Community Music Therapy Group (UH Samaritan)– in collaboration with pain management clinic
- Virtual Music and Meditation Room – for staff, families, patients, and community during COVID
- Cardiac Rehab Stress Management Education Programming (UH Samaritan & UH Lake Health) in collaboration with Cardiology
- COPD Harmonica Outpatient Programming (UH Samaritan & UH Lake Health) in collaboration with Pulmonary Rehab
- Outpatient Shared Medical Visit Music Therapy Groups (UH Cleveland) in collaboration with Integrative Pediatric Medicine, Integrative Oncology, and Neurology
- Music Therapy for Long-haul Covid with POTS program (UH Cleveland) – in collaboration with Department of Neurology and Dr. Chemali Kamal
- Vibrational Sound Therapy protocol (Clear Vista) –sound therapy program for anxiety and pain management with individuals and groups
- Therapeutic Arts Activities for Staff (Clear Vista) – arts programming specific for staff
- Pet Therapy Program (Clear Vista) – created policy and procedure for hospital's first pet therapy program
- Music for Wellness (Beck Center) – utilizing music to enhance wellness experiences to improve QoL from a holistic approach
- Community Hospital Music Therapy Program (UH Tripoint) – hired to continue development and administration of the first music therapy programming
- Community Hospital Music Therapy Program (UH Samaritan) – hired to develop and administer the first music therapy programming – including inpatient general medical, ICU, outpatient, ED, mental health, oncology, pain management, and community services and collaborations
- Community Outreach Integrative Music and Mindfulness Program (UH Cleveland) for UH Health Scholars for potential healthcare students
- Geriatric and Adult Psychiatric Inpatient Music Therapy Program (Clear Vista) – after working as a contract music therapist, was hired full-time to develop

music programming for both the geriatric and adult psychiatric units for individuals, small and large groups

- Co-created Community Rock Band (Beck Center) - in collaboration with staff and community members to voluntarily perform at community arts events
- Baby Sign-N-Sing (Beck Center)– music enhanced sign language class for children
- Drums Alive for Community Wellness (Beck Center)– adapted cardio drumming classes for sets of all ages and abilities aimed at reducing stress
- Samaritan and Lake Health Carolers (UH Samaritan & UH Lake Health) – staff and community choir performing for patients, families, and staff for the holidays
- Rock Band Clinic (Norwalk, Ohio) – in collaboration with Firelands symphony member for community youth
- Art Therapy Contract Program (Clear Vista) – established an art therapy contract for patients to receive the benefits of a program with a licensed art therapist
- Adapted Arts Series (Beck Center) – series of inclusive classes for youth with varying needs in four arts forms: dance, art, music, drama
- Elyria High School Music Enrichment and Music Therapy program (Beck Center) for teens with special needs
- Music therapy Internship Program (Beck Center)– in collaboration with Baldwin Wallace University

Development, and Administration of Programs:

- HEALTH Soundtracks (UH Cleveland) – protocol and procedure and facilitation of outpatient oncology to create a personalized music and meditation soundtrack

Continued Evaluation and Administration of Programs

- Staff Support and Wellness (UH Cleveland) – facilitated in-person and virtual programming for UH staff
- Community Harmonica Group (UH Samaritan) – in collaboration with Respiratory Therapy for patients with lung disease and their families
- Recreational Therapy Program (Clear Vista) – evaluated and revamped the recreational therapy department
- Community Hospital Music Therapy Program (UH Richmond) – hired to develop and administer the first music therapy programming
- Toddler Rock (for Beck Center) – in collaboration with the Rock and Roll Hall of Fame and local music therapists for underserved early childhood preschool and kindergarten classes in the Cleveland area
- Kids-n-Tunes (Beck Center)– community music program to enhance connection between children and parents

Facilitated groups

- Community Music Therapy Groups (Beck Center, UH Samaritan, UH Lake Health) – all ages and abilities
- Pathways Community Mental Health Music Therapy Group (UH Samaritan)
- Hospice of Central Ohio Bereavement Camp Drum Circle (UH Samaritan)
- Music Therapy for Teens (UH Lake Health) - at local library
- Catholic Charities Golden Center (UH Samaritan)
- Super Saturdays (Beck Center)– facilitated music, art, and theater program for kids ages 1-7 and loved ones (groups up to 200 people)
- Family Fun Days (Beck Center) – in collaboration with Great Northern Mall, facilitated music activities for kids and their loved ones (groups up to 75 people)
- Amira Summer Arts Camp (Beck Center) – facilitated drumming groups for troubled youth and teens for community program
- Camp CanDo and STOP (Beck Center) – facilitated music groups for youth with special needs
- Camp Good Grief – facilitated music therapy bereavement groups at community grief camp in collaboration with Stein Hospice
- Lakewood Hospital (Beck Center) – facilitated music therapy groups for older adults in inpatient psychiatric treatment

Professional Presentations

- Music Therapy Community Symposium (UH Samaritan) – in collaboration with volunteer services and The Ashland Symphony
- Community Education Series (UH Samaritan) – Benefits of using music every day for wellness
- Community Education Series (UH Samaritan) Music Therapy Relaxation Techniques
- Community Education Series (UH Samaritan) – Music Therapy for Stress Reduction
- Volunteer Luncheon (UH Richmond) – awards ceremony for volunteers presentation on music therapy and provided live music during lunch
- Recorded presentations for Staff Wellness series – “Intro to Musical Instruments” and “Intro to Cardio Drumming”
- Community Career Day (UH Samaritan) – for junior high students in the community
- Annual Pat Risser RSVP Conference – in collaboration with community Pathways Center “Drums Alive for Community Mental Health”
- Ashland Community Senior Center Luncheon
- Salvation Army Ashland Kroc Center Dinner
- Virtual Presentations monthly for new hire nurses (UH) – how to use music for wellbeing and to prevent burnout
- Academic Consortium of Integrative Medicine & Health Special Interest Group (UH Samaritan) – Using Vibrational Sound Techniques

- Academic Consortium of Integrative Medicine & Health international Virtual Congress (UH Samaritan) - break out session with cardio drumming for wellness
- Community Non-Profit staff wellness group in Collaboration with Neighborhood Alliance in Lorain County – Cardio Drumming for Wellness
- Music Therapy in Healthcare Setting (UH Samaritan) – for providers and staff on the benefits of music therapy for patients, staff, and community
- Music Therapy for Pain Management (UH Samaritan) – for established community Pain Management Group
- Using Music in Everyday Life (UH Richmond) – in collaboration with volunteer services
- Lungforce Conference (UH Samaritan) – in collaboration with Respiratory Therapy on using harmonica for COPD
- Using Music Assisted Interventions in Substance Abuse (UH Samaritan) – in collaboration with Ashland University CEUs workshop presentation for social workers and counselors in the community
- Ashland County Board of Developmental Disabilities (UH Samaritan) – how to use music for staff stress management and for students
- Mental Health community group collaboration to create video for Older Adult Empowerment Month
- Ashland County Cancer Association
- Benefits of Music Therapy for Older Adults with Mental Health Diagnosis – in collaboration with Mental Health & Recovery Board of Ashland County
- Ashland Lion's Club
- American Music Therapy Association conference 2021 – Harmonica for Lung Disease: A system-wide approach
- International Congress of Music Therapy virtual conference 2023 - Harmonica for Lung Disease: A system-wide approach
- Providence House Cleveland (Beck Center) – shared music and drama with staff at a family crisis center
- Lincoln West High School (Beck Center) - provided professional development for high school teachers “Creating Arts Experiences in the Classroom”
- Lakewood High School (Beck Center) – presentation for high schoolers about the benefits of music therapy
- Playhouse Square (Beck Center) – “Creating Arts Experiences: Many Uses of Music for Learning and Growing” for teachers
- Lorain County Community Action Agency (Beck Center) – “Energizing Musical Engagement”
- HeRe We Arts in collaboration with Cleveland Clinic – presented and facilitated group cardio drumming sessions on resilience with patients with chronic illness

Committees

- Wellness Ambassador (UH) – providing education and experiences and encouraging staff and families to utilize UH wellness program
- American Music Therapy Association – Hospitality and Fundraising Committee
- Expressive Therapies DEI committee
- UH Connor Whole Health Employee Engagement Committee
- Ohio Music Therapy Task Force for Licensure – Research Committee
- UH Samaritan Diversity Committee

Other Developments

- Created Community Needs Survey for Music Therapy (UH Samaritan)
- MAJOR CHORD Pilot Study interventionist and co-author (UH Cleveland)
- MAJOR CHORD Randomized Control Trial interventionist (UH Cleveland)
- MULTIMUSIQOLS Multi-site study interventionist (UH Cleveland)
- Created Patient Experience Videos in collaboration with marketing and leadership (UH Cleveland)
- Provided live music for awards ceremonies and hospital community events
- Created Virtual Morning Mediation Series for Staff during COVID
- Facilitated virtual inpatient sessions during COVID
- Fact Sheets per Diagnosis – for families and patients to better understand how music therapy can benefit
- Interdisciplinary Palliative Care team member
- Supervisor for practicum students and interns
- Established client documentation system (Beck Center)