

Encore! Music Therapy Internship FACT SHEET

- Name and contact information for the Internship Director: Jim Couture, MA, MT-BC, Encore! Adult Day Center, 301 E. Lopez Ave., Port Angeles, WA 98362. 360-457-6801. JCouture@olycap.org

- Description of population served: Older adults who may cope with low vision, hearing impairment, mental health issues, developmental disability, Multiple Sclerosis, Alzheimer's disease, aphasia, stroke, Cerebral Palsy, and other challenging personality, physical and behavioral issues

- Description of the internship experience: Interns at Encore! can expect a supportive experience within which they may explore the development of their own unique style as a professional Music Therapist. This experience will be grounded in a rigorous adherence to and understanding of the Standards of Practice and Code of Ethics.

I am offering an opportunity for an intern to observe and work side by side with an experienced music therapist interacting with clients, families, agency personnel and the many other professional and community resources involved in a small non-profit business helping to inspire each intern toward accomplishing their goal of becoming the type of therapist they want to be. Each intern will receive assistance to acquire the skills they may need to fulfill the requirements of the AMTA competencies. Readings and discussions regarding professional topics (e.g. ethics, business practices, funding, standards, research) as well as older adult issues (e.g. dementia, isolation, mobility, caregiving, quality of life) will round out the training experience. It is important that an intern see various ways the results of published research findings can be adapted and put into practice as evidence-based methods. It is paramount in a community based setting that we as therapists be able to explain everything we do, why we do it and refer to any research to back it up. This must be concise in both oral and written forms, so there is special emphasis on professional writing and verbal skills. An intern must learn to be able to answer these questions: What are we going to do? and Why are we doing it? (In addition to the perennial "What is music therapy?")

- Description of entry level requirements/competencies: Each Intern will be expected to possess good, solid keyboard or guitar proficiency (excellent skills preferred) both for performing a range of styles and for engaging clients in the therapeutic process; provide basic accompaniment for music activities on at least one additional instrument; utilize at least one additional instrument in a therapeutic setting; formulate basic Music Therapy goals and objectives for a geriatric population; demonstrate the ability to lead music experiences appropriate for a geriatric population; express self clearly both verbally and in written work. In addition to the academic supervisor's assessment, the intern application contains a provision for describing skills in writing and submitting a recorded example of music skills in lieu of an onsite visit.

- Housing: independent - several rental units and private rooms in town (\$400 - \$700/mo range)

- Meals: lunch provided. Other meals may be purchased at nearby markets and Restaurants

- Stipend: dependent on grant funds

- Liability coverage: coverage for first aid and emergency treatment is provided for job related injuries. It is recommended that interns provide their own private or university sponsored liability insurance
- Transportation: a personal car is recommended. Dungeness Bus Lines provides regional service to Seattle and Clallam Transit locally
- Other applicable site-specific administrative requirements that will pend acceptance to internship: Criminal background check completed with agency. First Aid/CPR and Safe Food Handling training required within first month. Fees covered by agency.

- **Encore! Internship Site Description**

As a state licensed non-profit adult day center since 1977, OlyCAP's Encore! is committed to providing affordable access to adult day services to all members of our community including low-income, vulnerable older adults with a functional disability. We offer a stimulating program for participants and respite for caregivers in need of a break. The program is open four days per week for programming with an ideal daily attendance of twelve participants, plus one day for appointments and administrative tasks. Our goal is to offer the service to everyone who needs it. Over 70% of participants currently receive a subsidy.

The daily schedule includes social time, snack, body and mind stretching, lunch, structured music and various group experiences. Participants may cope with low vision, hearing impairment, mental health issues, developmental disability, Multiple Sclerosis, Alzheimer's disease, aphasia, stroke, Cerebral Palsy, and other challenging personality, physical and behavioral issues. We strive to treat every client with respect and dignity in a warm and supportive environment. We aim to make each day pleasant and relaxed, stimulating and safe. We offer individual and group activities that maximize abilities, are age appropriate, interesting and enjoyable.

Arts and Minds is a cutting-edge therapeutic complement to our adult day program. Started with a grant from the Brookdale Foundation, it targets clients with early stage dementia in a program intended to help delay the progression of this disease. The program uses a protocol based on research, experience and best practice models to offer creative arts as tools for strengthening and maintaining cognitive functioning, optimizing abilities and reducing stress. Our program was honored in 2010 with the Clallam County Public Health Hero Award. We maintain information and referral services and assist caregivers to maintain a positive, creative environment in the home. Arts & Minds and Encore! are the only dedicated adult day programs in the area.

- **Accreditations:** WA State Department of Health, Olympic Area Agency on Aging, Brookdale Foundation

- The Encore! center is located in a building that shares a parking lot with the Port Angeles library. The building also houses a church, pre-school, community service organization, classrooms, meeting rooms, offices and a large meeting hall. Encore! occupies a large suite with spectacular views of the Strait of Juan de Fuca and Vancouver Island in British Columbia, Canada. The suite includes a large, open multipurpose activity room with equipment and supply closets, a small meeting room, an office, kitchen and two accessible restrooms. Additionally, the downtown Port Angeles OlyCAP office is about two miles away with access to additional supplies, large color printer and office support.

- OlyCAP, the host agency of Encore!, is a multiservice not-for-profit organization dedicated to improving the lives of residents of the North Olympic Peninsula. Our mission is to *strengthen the community by providing supportive services that help people to help themselves*. We serve two rural counties of Washington State with an integrated portfolio of programs and services that support basic needs and extend a helping hand to improve lives one individual and one family at a time. OlyCAP was organized in 1966 as the Clallam-Jefferson Community Action Council, and over the past fifty years has evolved into a dynamic organization that identifies and responds to the needs of the community. We operate programs specifically addressed to strengthening our community: Early Childhood, Home Care, Adult Day Care, Early Memory Loss, Home Improvement, Food and Nutrition, Community Support and Emergency Needs, Housing Services and Health Care Access.

- Port Angeles (PA) is a rural city of 19,000 approximately 75 miles west of Seattle, about a 3 hour drive including a ferry across Puget Sound. The town is also served by Dungeness bus lines. PA is located at the midpoint of the north coast of the Olympic Peninsula which is surrounded by the Puget Sound, Strait of Juan de Fuca and the Pacific Ocean. PA is the gateway to the magnificent Olympic National Park. With nearly a million acres and the second largest number of glaciers in the lower forty-eight it is the gem of the national park system. Nearby trailheads lead to the three dynamic ecosystems that define the park: coastal, mountain and rain forest. The peninsula is also home to Olympic National Forest, Dungeness Spit National Wildlife Refuge, Olympic Coast National Marine Sanctuary and several state, county and city parks. The climate is mild with temperatures averaging 40's in winter, about 70 in summer. Rainfall is most predominant in winter but averages just 25 inches annually. There are numerous opportunities to satisfy outdoor interests such as kayaking, bicycling, skiing, hiking, camping, surfing, fishing and swimming (though most water has frigid glacial sources). The ferry to Victoria, B.C. leaves from PA.

Olympic Medical Center is the regional hospital. Other facilities include a behavioral health center, nursing / convalescent center, assisted living, dementia care, senior center and a retirement community. In nearby Sequim there are additional nursing homes and retirement communities, two dementia centers and a senior center. Assured Hospice and Volunteer Hospice of Clallam County serve the area.

Seven tribal nations call the Olympic Peninsula home. The arts community includes an arts council, community theatre, vibrant live music scene, fine arts center, symphony orchestra, excellent school-based programs, storytelling, dance and the annual Juan de Fuca Festival of the Arts every Memorial Day weekend. Peninsula College is also located in PA.

Clallam County, which includes Sequim and Port Angeles, has a higher than average aging population. Virtually twice the percentage of Clallam County is 65 or older (24.1%) versus the state as a whole (12.3%). The county also has a higher percentage of low - income residents (14.3% below poverty level) than the state (12.1%).