



Music As A Transformative Force

Regardless of age or ability, we all have a basic need to belong. Music making can be used as a bridge to work through difficulties in communication, processing or socialization, allowing individuals to contribute and connect with others.

Celebrating abilities and allowing us to see beyond limitations, music therapy makes music accessible to all. Inclusive experiences such as drumming can facilitate collaboration, creative thinking and effective problem solving within groups. In early intervention programming, music therapy can help successfully reach young children with developmental delays or other unique needs. And for individuals with memory loss, music can create clarity, enable communication and improve recall.

We use music to transform lives, uncovering an individual's promise.

Americans With Disabilities Act Celebrates 25 Years

This past summer our country celebrated the 25th anniversary of the *Americans with Disabilities Act*. Since its passage, our communities have been actively moving towards inclusive environments and services for people with disabilities.

Providing integrated and accessible experiences for people of all ages with disabilities has become increasingly more important to all of us. From schools, to workplaces, to residential communities, integrated and meaningful experiences bring all of us together.

Children and adults with developmental disabilities or mental health concerns benefit from the opportunity to express themselves and be heard and understood.

Through supported music making, individuals with special needs can explore and grow in a safe and therapeutic environment.

Fortunately, just like music, music therapy isn't limited to a physical location. In fact, we can bring music to our clients and include everyone in their environment, whether it is in a public school classroom, family-based afterschool music therapy group, community or library event. Our team of music therapists can work with you to create music experiences that build community and develop individual's strengths.



Private and Public Schools



Day Programs



Private and Group Residences



Community Organizations

"Through music, we learned that she had been listening and learning all the time, but was not able to express or show us." – Ana, Parent



How Music Therapy Opened My Daughter's World

Music has been a means for us, as parents and her family, to communicate with Samantha when there was no other way to communicate. It became a way to reach her when we couldn't, (or at least at the time we believed), without verbal speech, communicate with her. Music provided a means to make her happy, smile, giggle and to soothe and calm her down when she was losing skills, when she was regressing and was inconsolable, except for music.

Music therapy became all of these things, but more powerful in the sense that it became a way for her to show us she could learn and have some control of a body that otherwise betrays her and frustrates her. Through music we learned that she had been listening and learning all the time, but was not able to express or show us.

It is by far the single most effective therapy Samantha had in early intervention and music and music therapy continues to play an important role in her life. It is a huge motivator for Samantha; all of her caregivers, teachers and therapists at home and in school use music as a tool.

Thank You,
Roman Music Therapy Services!
Ana

Meet SAMANTHA



THE POWER of Community

Roman Music Therapy Services is pleased to announce our membership in the **Providers' Council**, Massachusetts' largest association of community-based human service providers. As new members, we join over 220 other provider agencies also committed to high quality, accessible, community-based services that meet the needs of clients and consumers.

Our *Provider's Council* membership will advance public policy changes that support individuals with disabilities and their families, and provide ongoing training and professional development for our staff through their services for member agencies.

Community members can also join **The Caring Force**, a grassroots human services organization that advocates for quality care on behalf of all individuals, from very young children to older adults. See more at www.providers.org and www.thecaringforce.org.

PROVIDERS' COUNCIL

Clarity, Communication and Connections



Promoting early childhood development before language skills are developed



Providing a bridge to growth and communication in school-age children



Creating purposeful social experiences for individuals with unique needs



Enhancing rehabilitation with optimistic, inspiring interactions for older adults



Facilitating employee collaboration through engaging, interactive team-building

Early Childhood Mental Health: A Growing Concern

Early childhood mental health is a growing concern; one that is often misunderstood, overlooked, or underestimated. Research shows that exposure to ongoing toxic stress in early childhood can have significant impacts on development early in life, and may lead to long term consequences in education, health and financial prosperity.

The development of an individual's mental health is influenced by genetic predisposition and environmental factors.

Research has shown that the following indicators promote sound mental health in young children:

- **Universal access** - Supporting all children and families in healthy social and emotional development
- **Family and community** - Integrating developmental supports for children within their environment
- **Parent-child bonding** - Promoting positive and healthy attachments between children and adults
- **Skill development** - Increasing executive functioning skills and resilience in young children



Sprouting Melodies



A RH MUSICAL EXPERIENCE

www.SproutingMelodies.com

Our award-winning program, Sprouting Melodies, provides opportunities for parents and children to connect through music, reinforcing attachment, bonding and executive functioning skills. Music tools provided to parents cost nothing, can be called into service at any time, and can grow with the child.

We welcome new community partners and funding opportunities to support families with young children who are at risk for mental health issues. **If you are interested in supporting us with a programming or funding initiative, please contact our office at 781.665.0700 or info@romanmusictherapy.com.**



TEAM News

Our Founder and Executive Director, Meredith Pizzi, MT-BC, was honored to be selected as one of the participants of the Shriver Center LEND Program. A program of the UMASS Medical School, this unique graduate level Advanced Leadership Fellowship brings together an interdisciplinary team of professionals to improve the health and overall development of children, adolescents, and adults with disabilities.

In addition to completing the certificate for the LEND Fellowship, Meredith was also invited to be part of a unique partnership with Moakley Center for Public Management through Suffolk University and earned a Certificate in Disability and Health Policy. She is currently working to complete the requirements for a Masters in Public Administration Degree from Suffolk University.

"This was an incredible experience and opportunity that will continue to open new doors for expanding access to music therapy."

Learning about the systems of care and the avenues for policy change with such elite professors and colleagues has been a tremendous opportunity for me personally, and will help our organization grow to serve even more individuals with disabilities."

ABOUT Us

Our Board-Certified Music Therapists provide individual and age-specific group music therapy services throughout eastern Massachusetts - at your location or our music therapy center in Melrose, MA.

In collaboration with a growing number of community partners, we offer unique and creative community-based activities, including ongoing therapeutic programs and customized events. Our programs can be found in libraries, family support programs, residential programs, schools and neighborhood venues.

Learn what's happening in your area or sign up to test-drive a Sprouting Melodies class. Call 781 665-0700 or visit our website at www.romanmusictherapy.com for more information.



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