

Music Therapy in Illinois

Fact Sheet

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 definition, 2009)

- More than 20,000 people in Illinois receive music therapy services within the span of one year. Unfortunately, many more people who could possibly benefit from music therapy have no access to services due to lack of state recognition and reimbursement for services from 3rd Party sources.
- As of December 2009, there are 192 national Board-Certified Music Therapists (MT-BCs) in Illinois.
- In Illinois, music therapists are currently employed by residential care facilities for persons with developmental disabilities and mental illnesses, schools, adult and pediatric rehabilitation hospitals, adult day centers, geriatric facilities, general medical hospitals, hospices, behavioral and mental health agencies, and private practice.
- Western Illinois University and Illinois State University offer nationally approved bachelors level music therapy training program. Illinois State also offers a graduate degree program. The state of Illinois also has seven clinical internships sites:
 - Giant Steps Illinois, Inc., Burr Ridge
 - Helping Hand Rehabilitation Center, Countryside
 - Lutheran General Hospital, Park Ridge
 - Mount Saint Joseph, Lake Zurich
 - Seasons Hospice and Palliative Care of Illinois, Des Plaines
 - The Institute for Therapy Through the Arts, Evanston
 - School of Expressive Arts & Learning, Lombard
- Because music therapy is a skilled profession, qualified music therapists in Illinois, 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 with a registry. Legislation has been proposed that will require all people using the title of “music therapist” or providing “music therapy” to have approved training and possess the nationally recognized credential administered by CBMT. These changes are essential for ensuring the safety of the citizens in Illinois. 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, board-certified music therapists must meet extensive, continuing education and recertification requirements every five years.

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

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

Illinois Association for Music Therapy (IAMT)
www.musictherapyillinois.org

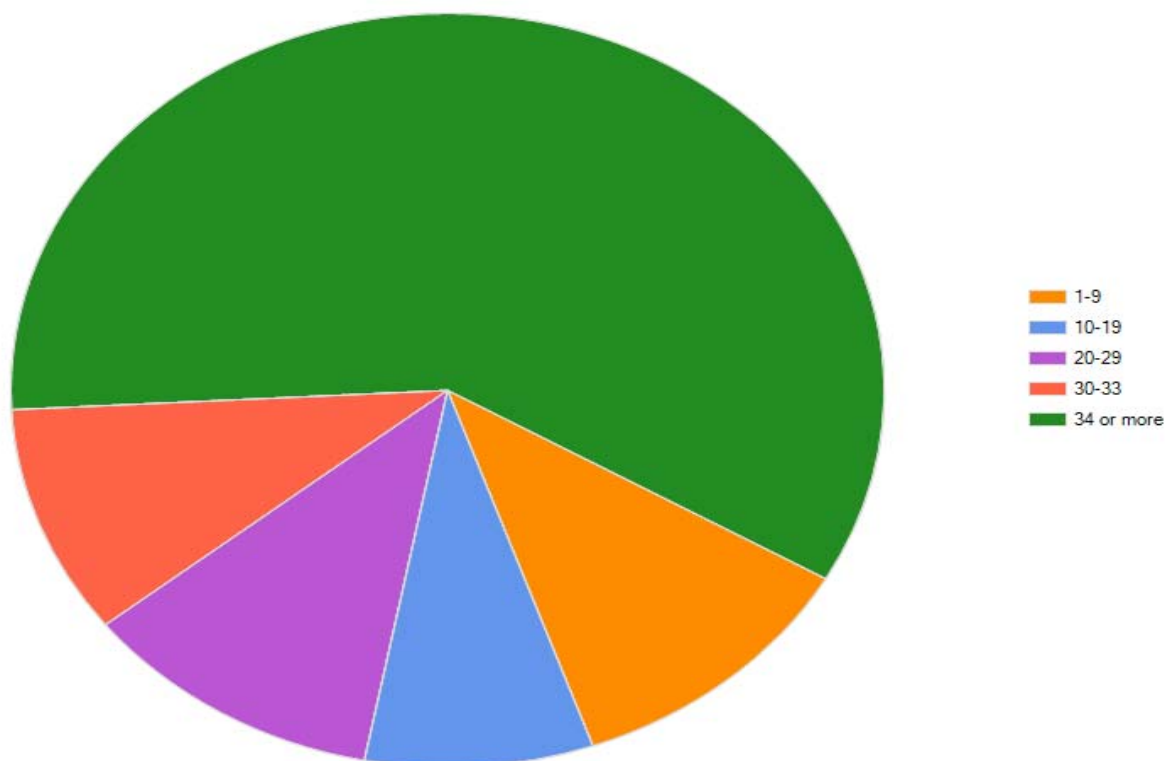
Music Therapy in Illinois

State of the State Survey Results

The Illinois Music Therapy State Recognition Task Force conducted a survey of music therapists across the state in 2009. A survey was e-mailed out through Survey Monkey, followed up by e-mail reminders to increase response rate. A total of 176 surveys were sent with 86 responses. The results of the survey suggest:

- Ninety-two percent (92%) of survey participants are providing music therapy services in Illinois.
- Sixty percent (60%) of those individuals providing music therapy services work 34 or more hours per week.

How many hours do you work per week?



- Individual music therapists surveyed provided services to clients in an average of five facilities in 2008.
- Average reported salary of music therapists in Illinois was approximately \$48,000.
- Approximately 20,000 Illinois citizens were served by music therapists in 2008.

Facilities Served By Music Therapists

Advocate Condell Medical Center, Libertyville
 Advocate Hope Children's Hospital, Oak Lawn
 Advocate Lutheran General
 Algonquin School District 300
 Alternative Behavior Treatment Centers,
 Mundelein

American College of Healthcare Executives
 Apple Tree Academy, Peoria
 ARC of Rock Island, Rock Island
 Asta Health Care Center, Toluca
 BJC Hospice
 Belleville Area Special Services Cooperative,
 Belleville
 Bethany Retirement Community, Chicago
 Bi-County Special Education, Sterling, Rock
 Falls
 Big Hollow Middle School
 Blair House, Normal
 Blue Island Citizens for Persons with
 Developmental Disabilities (BLUE CAP),
 Blue Island
 Brookdale Senior Living
 Bureau Valley Grade Schools, Wyanet, Walnut
 Camelot School, DeKalb
 Catholic Children's Home, Alton
 Chicago Public Schools;
 Rudolph Learning Center,
 Ariel Community Academy
 Ben Hart Academy
 Children's Memorial Hospital, Chicago
 Claremont Nursing and Rehab, Buffalo Grove
 Communication Clubhouse, Chicago, Downers
 Grove
 Community Consolidated School District 181
 Community Consolidated School District 62
 Cornerstone Services
 Council for Jewish Elderly-Lieberman, Skokie
 Creative Exchange Music Therapy,
 Westchester

Cunningham Children's Home, Urbana
 Darien Public Schools District 61
 Delnor Hospital, Geneva
 Douglas Grade School, Princeton
 Early Intervention System of Illinois;
 Child and Family Connections serving
 the following counties:

Boone	Lee
Bureau	Marshall
Cook	McHenry
DeKalb	Peoria
DuPage	Putnam
Ford	Rock Island
Henry	Stark
Iroquois	Tazwell
Kane	Whiteside
Kendall	Winnebago
Knox	Woodford
LaSalle	

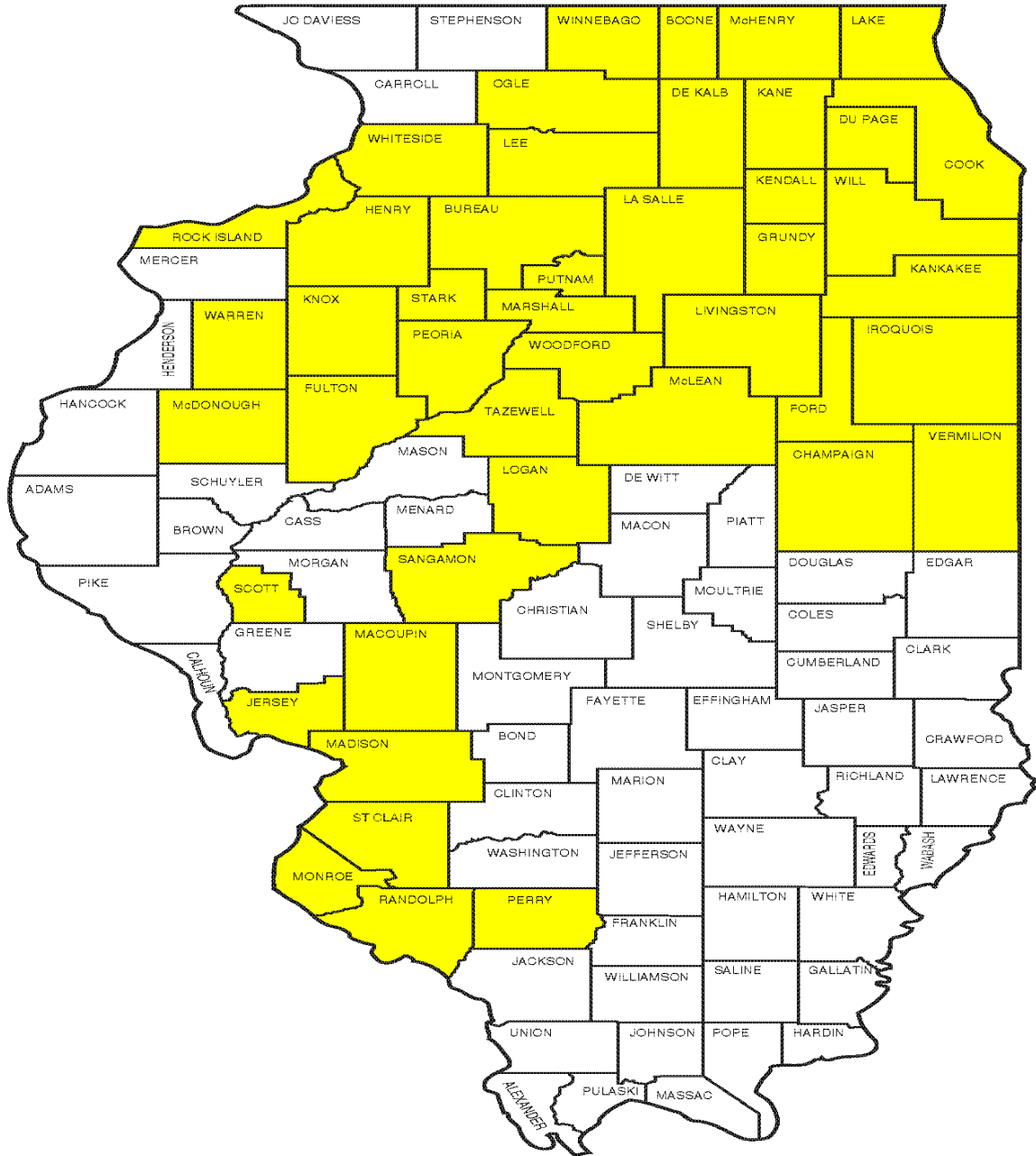
Elderday Adult Day Services, Batavia
 Elementary School District 102, LaGrange
 Elmbrook Nursing Home, Elmhurst
 Elmhurst Memorial Hospital Inpatient
 Behavioral Health, Elmhurst
 Evanston Northwestern Hospital, Glenbrook
 Evanston Township High School, Evanston
 Evanston YWCA Domestic Violence Program
 Evergreen Place Assisted Living, Normal
 Four Seasons Living Center; Morrison
 Hospital, Morrison
 Fox Valley Special Recreation Association,
 Aurora
 Full Circle Therapies, Countryside
 Geneseo School District 228
 Giant Steps, Inc., Burr Ridge
 Harlem School District, Machesney Park
 Heartland Home Health & Hospice, Hillside,
 Frankfort, Palatine
 Helping Hands Rehab. Center, Countryside
 Highland Park Hospital, Highland Park
 Hinsdale School District 86
 Hope Institute for Children and Families
 Indian Prairie School District 204
 Ingalls Hospice
 Illinois Department of Corrections- Dwight
 Facility
 Illinois Music Therapy Services, Princeton
 Illinois State University, Normal
 Illinois Veterans Home, LasSalle

Institute for Therapy through the Arts,
 Evanston
 Jesse Brown VA Medical Center, Chicago
 Katherine Shaw Bethea Hospital, Dixon
 Kendall County Special Ed
 Lagrange Area District for Special Education,
 La Grange
 LaGrange School District 105
 LaMoille CUSD #305, LaMoille
 LaSalle County Nursing Home, Ottawa
 Lake County Health Department – Behavioral
 Health Services – Waukegan
 Lattoff/Clearbrook Commons, Rolling
 Meadows
 Lee Manor, Niles
 Lieberman Center for Health Rehab - CJE
 Senior Life
 Lighted Way, Peru
 Lighthouse school for the Blind
 Luther Oaks, Bloomington
 Lutheran General Hospital, Park Ridge
 Lutheran Home, Arlington Heights
 Lyndon Progress Center, Lyndon
 Malden Grade School, Malden
 Manor Care:
 Wilmette Arlington Heights
 Rolling Meadows Highland Park
 Marklund, Geneva
 Marshall Fields Garden Homes
 Marshall Fields Garden Homes
 Midwest Hospice & Palliative Care, Glenview
 Morrison Hospital, Morrison
 Mt. St. Joseph, Lake Zurich
 Mt. Vernon School District #80
 Naperville School District 203
 NorthEast DuPage Special Recreation
 Association
 Northern Illinois Hospice and Grief
 North Shore Academy Elementary School,
 Northbrook
 North Shore Senior Center- House of Welcome
 NorthShore University Health System,
 Glenview, Evanston, & Highland Park
 North Suburban Special Education District,
 Highland Park
 Norwegian American Hospital, Chicago
 Niles Township District, Morton Grove
 Oak Park School District 97

Ottawa School District 141
 Our Lady of Angels Retirement Home, Joliet
 Ottawa Pavilion, Ottawa
 Park Lawn Vocational Services, Oak Lawn
 Pioneer Center, McHenry
 Pleasant View, Morrison
 Princeton Elementary School District 115
 Putnam County Achievement Services,
 Standard
 Rainbow Hospice, Park Ridge
 Rehabilitation Institute of Chicago, Chicago
 RUSH Alzheimer's Disease Center, Chicago
 School Association for Special Education in
 Dupage County (SASED)
 School of Expressive Arts and Learning;
 Lombard and Romeoville
 Scottish Home, North Riverside
 Search, Inc., Niles
 Seasons Hospice & Palliative Care, Des
 Plaines
 SEDOM Center, Woodstock
 Shriner's Hospital, Glenview
 Special Education District of Lake County
 (SEDOL) – Gages Lake
 Scottish Home, North Riverside
 Search, Inc., Niles
 Seasons Hospice & Palliative Care, Des
 Plaines
 St. Matthew Care Center, Park Ridge
 Sunrise Assisted Living, Wilmette
 UIC Medical Center, Chicago
 United Methodist Home and Services, Chicago
 VA Illiana Healthcare System, Danville
 VA Medical Center, North Chicago
 Valley High Nursing Home, Woodstock
 Veteran's Home, LaSalle
 Vitas Innovative Hospice Care, Lombard,
 Matteson
 Westbury Care Center, Lisle
 Western DuPage Special Recreation
 Association, Carol Stream
 Western Illinois University, Macomb
 Willowbrook School District 88
 Winning Wheels, Prophetstown
 Zearing Child Enrichment Center, Princeton

Counties Served By Music Therapists

MAP OF ILLINOIS



Populations Served by Illinois Music Therapists

Abused/Sexually Abused	Learning Disabled
Alzheimer's/Dementia	Mental Health
At-Risk Youth	Multiply disabled
Autism Spectrum Disorders	Music Therapy College Students
Behavioral Disorder	Neurologically Impaired
Bereavement	Non-Disabled
Burns	Parkinson's
Cancer	Physically Disabled
Chronic Pain	Post Traumatic Stress Disorder
Comatose	Reactive Attachment Disorders
Developmentally Disabled	Rett Syndrome
Dual Diagnosed	School Age Population
Early Childhood	Speech Impaired
Eating Disorders	Stroke
Elderly Persons	Substance Abuse
Emotionally Disturbed	Suicidal
Head Injured	Terminally Ill
Hearing Impaired	Visually Impaired
Juvenile Offenders	Wellness/Personal Growth

Services Provided by Music Therapists

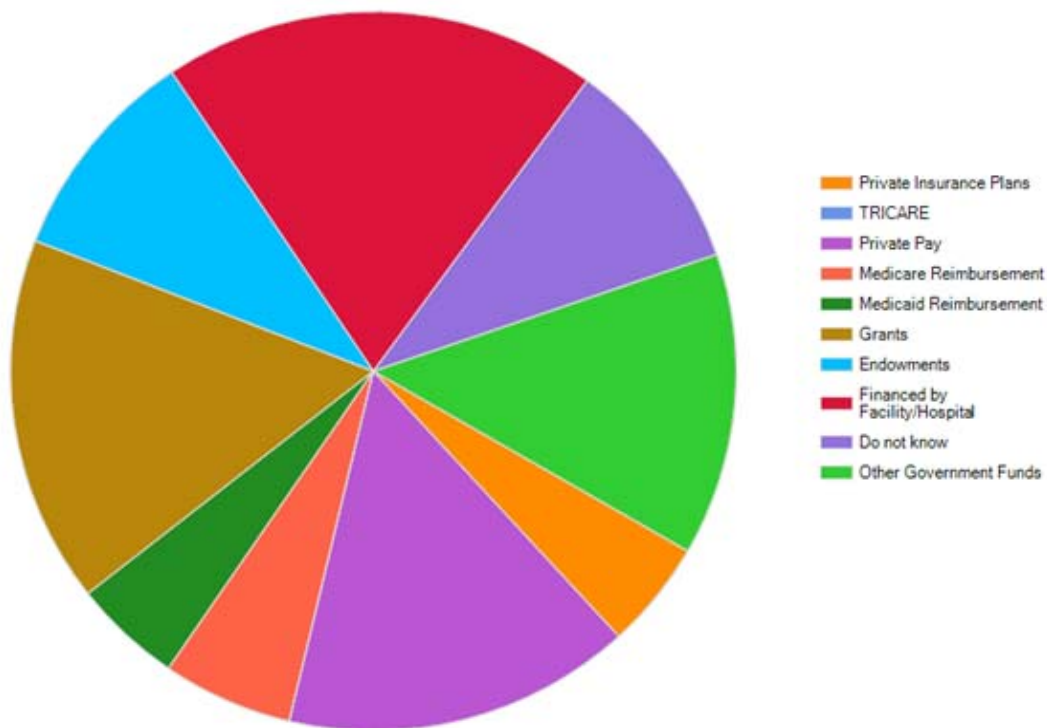
Consulting
Education
Administration
Supervision
Assessment
Treatment Planning
Individual and Group Treatments
Co-treatments
Discharge Planning
Interdisciplinary Treatment Team Meetings

Funding Sources for Music Therapy In Illinois (September 2009)

The Illinois Music Therapy State Recognition Task Force conducted an online survey of third-party reimbursements for music therapy services the state of Illinois in September 2009 using Survey Monkey. The results of the survey suggest:

- Only thirteen percent (13%) of respondents have billed for 3rd party reimbursement with the majority of the respondents being denied reimbursement.
- Forty percent (40%) of survey participants have received funding from public sources such as Medicaid, Medicare, and other government programs; forty-four percent (44%) of them have received funding from other sources such as grants and endowments.
- Twenty-nine percent (29%) of those surveyed work with state agencies such as DCFS, Early Intervention, Illinois Department of Corrections, the Veteran Affairs system, and numerous school districts throughout Illinois.

How are Music Therapy services funded in your facility or practice?



COST EFFECTIVENESS OF **MUSIC THERAPY IN RESEARCH**

1. Romo, R. & Gifford, L. (2007). A Cost-benefit analysis of music therapy in a home hospice. *Nursing Economics*, 25(6), 353-358.
 - a. In this small study, the total cost per patients in music therapy was \$10,659 and \$13,643 for standard care patients, 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.
 - b. 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.
 - c. 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.
 - d. 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.
2. Standley, J. & Walworth, D. D. (2005). Cost/Benefit Analysis of the Total Program, in J. Standley (Ed.), *Medical Music Therapy*, 33-40. Silver Spring, MD: American Music Therapy Association.
 - e. 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.
3. Walworth, D. D. (2005). Procedural-support music therapy in the healthcare setting: a cost-effectiveness analysis. *Journal of Pediatric Nursing*, 20(4), 276-84.
 - f. 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.
 - g. 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%).
 - h. The project resulted in saving 184 RN-hours for other duties, which addresses the concern of a nationwide shortage on RNs.

ILLINOIS MUSIC THERAPY
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