



ANNUAL REPORT
For The Year
2017

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PRESIDENT

2017 has been a great year for the MTAO. I really appreciate all the effort and hard work the volunteer board and committee members have put in to ensuring a successful year. We have had some changes among board members which included welcoming SarahRose Black as Regulation Chair, transitioning Silvia Li to Public Relations Chair, and having Chantelle Whiteside act as a temporary Secretary while still maintaining the Member Relations Chair responsibilities. Thank you to Michelle Song, Adriano Mollica, and Adrianna Crusoe for helping with these changes. For 2018, the MTAO is looking forward to seeing Chantelle Whiteside take on the role of Education Chair and Maya Chriqui the role of Ethics Chair. We will be recruiting for the following board positions: Treasurer, Secretary, and Member Relations Chair. Thank you Valerie Sheese, Melissa Jessop, and Katherine Sun-Wong for the time and energy you have dedicated to the MTAO board.

The MTAO held two successful conferences in 2017, with the 2017 annual conference reaching capacity and the SISC conference having the highest number of participants the MTAO has seen to date. Please see the Education Chair report for more details. In response to feedback from MTAO members, the MTAO hosted its first business skills webinar seminar series for members in the month of November. An online venue and Pay-What-You-Can fee were chosen so that the seminars were accessible to all members regardless of their locations or financial situations. We look forward to being able to offer more events like this in the upcoming year.

The Membership Perks Program was officially launched in 2017. The various perks can be viewed in the member's only area of the MTAO website. We hope to continue to cultivate new relationships with local businesses who want to show support for music therapy. MTAO members can recommend new businesses to contact by sending an email to president.mtao@gmail.com. Throughout the year, the MTAO stayed in contact with Music Heals in order to provide them with information to raise and disperse funding for music therapy programs in the area.

The update of MTAO documents is going well. The board manual revisions, which included policies and procedures, were finally completed in the fall with a procedure to keep it regularly updated and to prevent it from becoming too large of a project in the future. The MTAO strategic plan, which is posted on the MTAO website, was updated in November. We also developed a social media protocol for the public relations chair to follow with details about what information is appropriate to share in social media versus emails to the memberships. For the upcoming year we are going to begin the by-law project, which was postponed to ensure that previously started projects were completed, and also develop a media response/in-service package for MTAO members. We are still seeking experienced MTAO members to join the committee that will work alongside board members for the by-law project.

It has been my pleasure to represent the MTAO by providing presentations about music therapy and the MTAO to schools and responding to requests for interviews about music therapy from the public.

I would like end this report by expressing my gratitude to all MTAO board members, committee members, regional representatives, and other volunteers, whose hard work and dedication has made the MTAO flourish during 2017. To MTAO members: we value your ongoing support and feedback as we work towards improving our association to serve Ontario music therapists and the music therapy profession in the best way possible. I look forward to working with you to achieve more in 2018!

Respectfully submitted by:

Julia Beth Kowaleski, MA MTA NMT

2017 MTAO Board of Directors:

President: Julia Beth Kowaleski

Vice President: Emily Carruthers

Secretary: Adrianna Crusoe/Chantelle Whiteside (acting)

Treasurer: Katherine Sun-Wong

Public Relations Chair: Adriano Mollica/Silvia Li

Ethics Chair: Melissa Jessop

Education Chair: Valerie Sheese

Government Regulation Chair: Michelle Song/SarahRose Black

Member Relations Chair: Chantelle Whiteside

Committee Members:

Conference Volunteer Coordinator: Olivia Maveal

Kitchener-Waterloo Regional Rep: Amy Di Nino

Ottawa Regional Rep: Jennifer Cunningham

Niagara Regional Rep: Mallory Warkentin

Northern Ontario Rep: Kylie Klym

Toronto Area Regional Rep: Steffi Ching

Barrie-Muskoka Regional Rep: Heidi Flynn

Regulation/OAMHP Rep: Jennifer Kong

Website Administrator: Silvia Li

VICE PRESIDENT

I have enjoyed this past year as Vice-President. I had to chance to attend the Annual General Conference, acted as Co-Chair Tactical for the CAMT Conference in Vancouver, BC and attended the Student Intern Supervisor Conference. I continue to communicate with the students and public, discussing the role of the MTAO, and making referrals to the appropriate board member or the website as needed.

The Annual Conference and AGM was held in Waterloo this year and was very well attended and received. I got to support the Education Chair in her planning process, and arranged the meal that was provided to the attendees.

The CAMT Conference was held in Vancouver, BC and I was lucky enough to get to meet with the students and professional who won the MTAO CAMT Conference Grant alongside the MTAO President Julia Beth. It was great to be able to support our members to make sure that professional development activities are accessible across the country as it is so important to connect with our counterparts in other provinces. I am looking forward to the upcoming conference in St. John's, NFLD in 2018.

The SISC Conference was also a fantastic success! It was clear the students really appreciated the entire event, but especially the CBMT panel. It was evident that many questions were answered and assurances gained about the exam.

The Music Therapist Across the Lifespan document is going to be attached to the membership renewal process this year, and I look forward to compiling the information that is received in order to create better services to the membership.

Respectfully Submitted by:

Emily Carruthers, MMT, RP, MTA

SECRETARY

It has been very enjoyable serving as the acting Secretary for the MTAO Board when I took over duties. In August 2017, Adrianna Crusoe transitioned out of her Secretary role and I filled in until a new Secretary was elected. The previous Secretary had been working on getting all of the board documentation saved online using dropbox instead of having paper documents. These duties will resume when a new Secretary is elected. Once I took over the Secretary duties, I focused on supporting the President in organizing content and documentation prior to and following each board meeting; including agendas, meeting minutes and board documents/reports. Recently, I organized the 2017 Board Reports to be sent to the MTAO Membership for the Annual General Meeting. I will be supporting the incoming Secretary to ensure they have a seamless transition onto the Board of Directors. I am so looking forward to remaining on the Board of Directors, but in my new role as the Education Chair.

Respectfully submitted by:

Chantelle Whiteside, RP, MA, MTA, MT-BC, NMT

TREASURER

The MTAO remains in good financial standing for the year of 2017. Our main source of income is from membership fees. Membership renewal was consistent this year, and we have received some new memberships as well. The MTAO currently has a total of 207 active members in various categories. We have also continued our efforts this year to generate revenue by offering workshops and offering conferences at a reasonable rate. Some financial highlights from the past year include:

- Financial support was provided to our president in representing the MTAO at the CAMT conference
- We have finished the year 2017 with a surplus of funding, as we have continued to keep our spending in check. Due to the surplus, the MTAO will not only be able to maintain regular operations and administrative expenses, but also allot more funds towards bursaries for active members in attending conferences, conference/workshop presenter honorariums, volunteer appreciation, and enhancing the quality of overall conference experiences and membership services for the year of 2018

For more information on MTAO's income and expenses, please refer to the 2017 Financial Report and 2018 Budget.

I will be officially stepping down as treasurer as of February 24th, 2018, the day of the MTAO Conference and AGM. I would like to thank current and past board members for their support and help throughout my term and in the past year I served on the MTAO board as treasurer. I would also like to extend my appreciation to the membership, for your continued support through memberships and active participation in MTAO related activities. Thank you also for your understanding when we encountered any administrative or technical challenges. The membership is what keeps MTAO running smoothly, and allows the board of directors to work towards improving services for our membership year after year. I look forward to working with the successor of this role during the transition process and offering support as needed.

Respectfully submitted by:

Katherine Sun, RP, MMT, MTA

PUBLIC RELATIONS CHAIR

This is now my second year being involved with the MTAO Board, first as the Website Administrator and now as the Public Relations chair and it has been (wonderfully) busy! The webmaster committee position was combined with the Public Relations Chair position in the fall of 2017. Our previous Public Relations Chair was doing an amazing job sharing new research on our social media platforms (Facebook: <https://www.facebook.com/MusicTherapyOntario> and Twitter: <http://www.twitter.com/MusicTherapyOnt>) as well as regular engagement in music in medicine events, and strengthening the understanding of music therapy among medical school

students at UofT! Our Facebook page has grown to over 700 followers and we hope to continue our growth. We are in the process of assembling a committee to help compile social media content for the MTAO in keeping our online presence thriving! Later in the year we developed an initial social media protocol to guide what is to be shared via social media versus e-mail. There have been many people visiting our website (www.musictherapyontario.com) and e-mailing us on a regular basis. The MTAO continues to receive a lot of inquiries via our e-mail (info@musictherapyontario.com) about collaboration opportunities, job postings, student and education inquiries as well as membership inquiries.

I have the pleasure of working very closely alongside every member of the MTAO Board, particularly the Member Relations Chair who oversaw the Webmaster position last year, our Education Chair for the planning of the MTAO's annual Student/Intern/Supervisor Conference and Annual Conference, as well as our Treasurer in all membership-related and event registrations. In 2017, we made some specific strides in formalizing certain processes, such as the process of changing membership level (from MT-S to MTA) and establishing a clear refund policy for our conferences and events. We also implemented the "Music Therapists Across the Lifespan" survey in our membership process (initiation / renewal).

The number of active MTAO memberships is now over 200! Thank you too all of our members for being a part of the MTAO – we hope we can continue to serve you as your provincial association. I hope to continue to do my best in providing the answers, resources and help to best support you! We're all in this together.

Respectfully submitted by:

Silvia Li, BA, MMT, MTA, MT-BC

EDUCATION CHAIR

2017 has been another year of great continuing education opportunities offered by MTAO!

On Saturday, February 25, we had our Annual Conference and AGM, held at the Schlegel-UW Institute for Aging, in Waterloo. The conference theme was Research and Collaboration, with presentations showcasing current music therapy research being conducted in Ontario. Laurel Young presented The Integral Role of Music in Dementia Care: Knowledge, Assumptions, and the Need for Professional Leadership. Kyurim Kang presented Musical Neglect Training for Unilateral Visual Neglect in Right Hemispheric Stroke Patients. Carolyn Arnason presented An Artful Process: Crafting an Arts-Based Methodology for Researching GIM Practice. Corene Hurt-Thaut presented Rhythmic Auditory Stimulation to Reduce Falls in Healthy Elderly and Patients with Parkinson's Disease: A Randomized Control Trial. A pre-conference workshop, Self-Supervision for Music Therapy Internship Supervisors, by Laurel Young, was held on Friday, February 24. Both the pre-conference workshop and the AGM conference day proved to be very popular, even resulting in registration waiting lists, and were well-received by attendees.

The annual Student/Intern/Supervisor Conference (SISC) took place at Wilfrid Laurier University, on Saturday, October 21. We had a fabulous turnout (50 people registered!), including graduate and undergraduate music therapy students, interns, supervisors, and even prospective music therapy students. The day began with a panel, “Music Therapy, Psychotherapy, and CRPO,” with panelists Amy Clements-Cortes, Andrea Lamont, Sarah Pearson, and Michelle Song, and moderated by SarahRose Black. Panelists responded to questions from conference attendees, as well as questions from membership that were collected prior to the conference via survey. The networking portion of the day was very successful this year, with lots of mingling and discussion amongst students, interns, and supervisors. After lunch, supervisors attended Internship Confessions for Supervisors, presented by SarahRose Black, while students and interns attended Internship Confessions for Students and Interns, presented by Janel Morphy. The final event of the day for students and interns was a panel regarding the CBMT exam, with panelists Daniel Allen, Adrianna Crusoe, and Chantelle Whiteside.

Thank you to all of our wonderful conference presenters, panelists, and volunteers! And an extra thank you to our conference committee member, Olivia Maveal, who served as our Volunteer Coordinator for 2017!

MTAO President, Julia Beth Kowaleski, organized a series of four business skills webinars, which took place in November: 1) Social Media: Raising Awareness and Money for Your Music Therapy Program, presented by Chris Brandt, 2) Printed Media and Visual Graphics, presented by Karmali Karmali, 3) Networking, presented by Janet M. Benedict, and 4) Finances, presented by Samantha Dykstra.

Planning is underway for the 2018 Annual Conference and AGM, which will take place on Saturday, February 24, in Toronto. Our theme will be: We’re All in This Together.

Respectfully submitted by:

Valerie Sheese, MMT, RP, MTA

GOVERNMENT REGULATION CHAIR

As a new Board Member of the Music Therapy Association of Ontario, I am delighted to be in the position of Regulation Chair following in the amazing footsteps of Michelle Song, and have been learning a great deal through interactions with the MTAO Board and our MTAO members. Since the creation of the College of Registered Psychotherapists of Ontario (CRPO), there have been a number of shifts in our profession and a number of inquiries regarding what it means to be a music therapist using psychotherapy. There has been a shift in the types of questions directed towards the MTAO regarding regulation, as was exemplified in our Student Intern and Supervisor Conference (SISC) in October of 2017 at Wilfrid Laurier, where we held a psychotherapy panel featuring a number of guest panelists who practice music psychotherapy. Students and music therapists continue to seek out clarity around the definition of psychotherapy, and how it affects job prospects, particularly when students are seeking to specialize in other areas of music therapy such as Neurological Music Therapy or working with children on the

autism spectrum. While we continue to have ongoing conversations around seeking clarity as to the meaning of psychotherapy practice for our profession, we are continuing to promote open dialogue and conversation with the support of the CRPO and the OAMHP (Ontario Alliance of Mental Health Practitioners). The MTAO is continuing to look at opportunities to support continuing education for our qualifying members, those currently registered with the CRPO, and those in the application process, such as ongoing open forums and panels including the upcoming panel at our AGM in February 2018. We encourage all members to feel free to connect to the MTAO for support at anytime during this period of growth and change within our profession. We are committed to continuing to support these shifts, and learn from these new experiences. I am grateful to have the opportunity to be a part of the Board and to support our members in working through these periods of growth and change.

Respectfully submitted by:

SarahRose Black, RP, MA, MMT, MTA

ETHICS CHAIR

In 2017, the bulk of the inquiries to the Ethics Chair portfolio continue to involve music therapy misrepresentation in the province. Thankfully, these cases are easily responded to with the CAMT produced Letter of Misrepresentation template. Compared to 2016, there have been significantly fewer messages from members of the public wanting to learn more about using music therapy, for example, in their volunteer work. Music therapists are encouraged to continue educating the public in their respective workplaces and communities, through newsletters, social media outlets, etc. so together we can provide the facts and continue working amicably alongside other related professions.

It continues to be my privilege to serve the MTAO membership, and as my tenure comes to an end at the AGM in February 2018, I wish the Board continued progress and success.

Respectfully submitted by:

Melissa Jessop, MMT, RP, MTA

MEMBER RELATIONS CHAIR

I was honoured to continue with the MTAO board as the Member Relations Chair for my second year. This year, I have had the pleasure of regularly connecting with the MTAO Regional Representatives spread across the province. We welcome a new Regional Representative this year, Heidi Flynn, who is representing the Barrie-Muskoka area. I would like to extend my thanks to Kylie Klym (Northern Representative), Jennifer Cunningham (Ottawa Representative), Amy Di Nino (Kitchener-Waterloo Representative), Steffi Ching (Toronto Representative), Mallory Warkentin (Niagara Region), and Heidi Flynn (Barrie-Muskoka). MTAO is still in need of representatives in Peterborough-Bowmanville-Oshawa-etc., and London-Sarnia. I continue to

receive emails from MTAO members interested in connecting with others in their area, which I am then able to refer to the Regional Representatives or any others in the area.

I have had the wonderful opportunity to oversee Silvia Li as the Webmaster, which was a committee position under the Member Relations Chair. This has now transitioned into a Board of Directors position with the Public Relations Chair and is no longer a committee position under the Member Relations Chair.

It has been a wonderful two years as the Member Relations Chair. I have greatly enjoyed connecting with music therapists across the province and working closely with the Board of Directors. I will remain on the Board of Directors, but will be taking on the role of Education Chair. I am eager to see the incoming Member Relations Chair continue to offer rich support services to the membership and to the Board of Directors.

Respectfully submitted by:

Chantelle Whiteside, RP, MA, MTA, MT-BC, NMT