Continuing Education Units

**Approved CEUs:**
- 6 CEUs for Counselors and Family Therapists - Xavier University Dept of Counseling - Provider # UBS240912
- 6 CEUs for Music Educators
- 6 CEUs for Social Workers and Registered Nurses - Xavier University Dept of Social Work - Provider #B5X040602

**Pending Approval:**
- CEUs for Licensed Nursing Home Administrators
- CEUs for OT/PT
- CEUs for Life Enrichment Directors
- CMTE credits for Music Therapists Board Certified by AMTA Great Lakes Region

**Registration Deadline:** September 28, 2016
Registration: $100/pp | Early Bird $90/pp - by Aug 26th
Register at www.MusicAndWellness.net or Call (513) 315-7393

**Registration/Breakfast**
8:00 am - 8:30 am
- Registration/Breakfast

**Welcome**
8:30 am - 8:40 am
- Welcome

**Enhancing Psychosocial Well Being In Children: a vocal approach**
8:40 am - 9:20 am
- Barry Bittman, MD & Vy Higginsen

**Break**
9:20 am - 9:40 am
- Break

**Music Perception & Cognition**
9:40 am - 10:20 am
- Scott Lipscomb, PhD

**Lunch**
10:20 am - 10:40 am
- Lunch

**Medical Opiate & Alcohol Withdrawal - The First Step to Sobriety**
10:40 am - 11:20 am
- Stephen Feagins, MD

**Recreational Music Making (RMM): The Impact on Older Adults, Children, Workforce, and Special Populations**
11:20 am - 12:00 pm
- Cincinnati Music & Wellness Coalition - Panel

**Interactive Sessions - Clavinova Connection & HealthRHYTHMS**
12:00 pm - 12:40 pm
- Hands on learning from trained facilitators

**Creative Movement Through Music Dance & Rhythm**
12:40 pm - 1:20 pm
- Zac Greenberg & Julie Sunderland
- Performance by Cincinnati Ballet

**Evaluations/CEU Sign Out**
1:20 pm - 1:40 pm
- Evaluations/CEU Sign Out

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**Keynote Speakers**

**Vy Higginsen**
Executive Director of the Emmy Award-Winning Mama Foundation for the Arts

**Barry Bittman, MD**
Neurologist, Healthcare Expert, CEO Yamaha Music & Wellness, and lead author of several peer-reviewed scientific research studies focusing on stress reduction

**The Fifth Annual Music & Medicine Conference**
October 7, 2016 | 8:00am - 3:45pm

Mayerson Jewish Community Center
8487 Ridge Road, Cincinnati, OH 45236
Barry Bittman, MD & Vy Higginsen

Barry Bittman, MD is a neurologist, author, international speaker, researcher and inventor. As CEO of the Institute for Innovative Healthcare, Dr. Bittman developed a new paradigm for comprehensive integrative strategies that improve patients and communities in the active pursuit of health and well-being. Through extensive work in population health management, and as Chief Health-POPulation Health Officer, Dr. Bittman introduced numerous innovative risk stratification and evidence-based continuous care invariant and patient protocols designed to achieve Triple Aim outcomes. In addition, Bittman is a peer-reviewed researcher and principal investigator for multiple scientific publications including two genomic studies focusing on biological pathways and the human stress response. As an inventor, Bittman was recently awarded his latest patent for personalized vitamin formulations designed for African-Americans.

Vy Higginsen, noted author, playwright, radio and TV personality, has garnered an excellent reputation and won many awards for providing excellent products and services to African-American audiences. After a decade of being behind the microphone and on major New York stations (WBLS-FM, WWRL-AM, WRKS-FM), Vy published and edited Unique NY, a lifestyle magazine designed for African-Americans. Vy Higginsen also co-authored a book of College signatures (based on machine learning) to predict disease exacerbations. Based upon his commitment to shaping the future of healthcare, Dr. Bittman serves as a Senior Fellow in the Estes Park Institute where he focuses on population health management, innovation and care coordination across the continuum, optimizing the patient experience and enabling physicians to assume executive leadership roles in healthcare. With the goal of extending outreach to the community, Dr. Bittman developed the first of its kind inter disciplinary Community Health Coach curriculum. Presented by a faculty that includes key members of the hospital medical staff, counselors, nutritionists, an ethicist and an attorney, this unprecedented credit-based program prepares pre-med students for an internship in which they serve as Health Coaches in the hospital’s coordinated Community Care Network. This program has been extended to multiple hospitals and colleges/universities across the U.S., and now includes nursing, pharmacology and medical students in addition to community volunteers. Dr. Bittman also serves on the CHS of the Yamaha Music & Wellness Institute, a non-profit organization that is actively engaged in education and research.

Victor Pontes, MD

Vice President Medical Affairs for the East Market, started at Anderson Hospital in November 2009. Previously VPMAC for the Springfield region. Head team physician for Wittenberg University 2001-2009. In 2012, Dr. Pontes was elected President of the year by Mercy Anderson. He was a 2014 finalist in the Cincinnati Magazine “healthcare heroes” in community outreach. We write a weekly Medical Staff Update that is widely read within the hospital and which has been extended to multiple hospitals and colleges/universities across the U.S., and now includes nursing, pharmacology and medical students in addition to community volunteers. Dr. Pontes also serves on the CHS of the Yamaha Music & Wellness Institute, a non-profit organization that is actively engaged in education and research.

Learning Objectives

- To understand the difference between opiate and alcohol use disorder.
- To appreciate the role of medical and alternative therapies (including music therapy) in opiate and alcohol withdrawal.
- To recognize the scope of response to the opiate and heroin epidemic in Ohio.

Scot Lipscomb, PhD

In Spring 2016, Spring 2017, Lipscomb joined CCAM as Associate Dean for Academic Affairs and Director of Graduate Studies. Lipscomb came to CCM from the University of Minnesota, where he most recently served as Associate Director of the School of Music. Prior to that, he was a faculty member at the University of Kansas School of Music.

Learning Objectives

- To understand music in terms of motion principles and other forms of multimedia.
- To learn about empirical research methods used to determine the impact of music in the context of various forms of multimedia.
- To learn about the use of brain imaging techniques (MEG) and how they can inform us about neurological withdrawal.
- To appreciate the role of medical and alternative therapies (including music therapy) in opiate and alcohol withdrawal.

Zac Greenberg & Julie Sunderland

Zac was born in Durango, CO after which he moved around the country. A large portion of his younger years were spent in New York City giving him opportunities and exposure to music unlike anywhere else. Zac attended Idaho’s Licensing and Acoustic Guitar industry at NYU attending the Berklee School of Music and soon afterwards he attended NYU's health program. Zac now studies at the University of Minnesota, where he most recently served as Associate Director of the School of Music. Prior to that, he was a faculty member at the University of Kansas School of Music.

Learning Objectives

- To summarize the origins and impact of Cincinnati Ballet's CincyDance! program, which targets third grade students in Title 1 schools.
- To explore how Cincinnati Ballet's Ballet Moves program utilizes dance classes to open new avenues in health, wellness, and creativity for children with specific needs.
- To investigate how dance programming for youth can facilitate community building.

Peg Genis - has worked in Therapeutic Recreation for 35 years working with Cincinnati Recreation Therapeutic Division, Children's Psychiatric Hospital of Northern Kentucky and St. Elizabeth Psychiatric Center for Children. Currently the Activist Director at Frank's Auto Center, one of the oldest centers run by Hamilton County Developmental Disability Services and has been in the position for 10 years.

Jesse Knackel - is a Recreation Therapist at Children’s Home of Northern Kentucky. He leads co-facilitates 10 Recreation Therapy Groups per week including: Therapeutic Art, Adventure Group, Equine Therapy, Sports and Leisure Education. Therapeutic Circus, HealthRHYTHMS (Therapeutic Drumming), and Pet Therapy. He develops and oversees the educational enrichment program and resident participation in community service projects.

Marvin Knobloch – has dedicated the past 35 years of his life and career in long-term care as a Certified Activity Director, Certified Volunteer Administrator, Marketing Consultant, and Sonner Painter. Active in community activities as President of the Cincinnati Activity Professional Association for 4 years, Board member of Cincinnati Association of Chaplains Serving Elders, and by serving on the Boards of Resident Activity Professionals in Ohio, Cincinnati

Learning Objectives

- To understand the benefits of recreational music making in long-term care including Alzheimer’s and dementia settings.
- To understand the benefits of recreational music making with the at-risk youth population.
- To engage the audience in evidence-based recreational music making through Clavrino’s Connection and HealthRHYTHMS and review the nuances of facilitation.