



## **FOR IMMEDIATE RELEASE**

### **MUSIC IS ART AND THE BLUES SOCIETY OF WNY ANNOUNCE NEW COLLABORATION**

Buffalo, New York (February 23, 2018) – Music is Art is proud to announce a new collaboration with the Blues Society of Western New York on an innovative music therapy program created right here in Western New York that is nationally recognized by the Blues Foundation in Memphis, TN.

The Nurs'n Blues Program takes an eclectic approach in serving adolescents and young adults who suffer from chemical dependency. Combining blues history with music interventions targeting specific goal areas, Nurs'n Blues seeks to provide healing, growth, and coping skills for those battling addiction.

This program, created by local blues musician and nurse, Patti Parks, offers a unique service, educating clients on blues history while combining music therapy interventions. Through the use of musical prescriptives, a board certified music therapist addresses self-esteem issues, appropriate emotional expression, improved social interactions, interpersonal relationships, and trigger coping skills. Music therapy is the clinical and evidenced-based use of music to achieve specific individualized goals within a therapeutic relationship.

Music therapists are trained in using music in a controlled manner. When a therapist first meets clients, goals of treatment are established and a plan of care is implemented using music interventions like lyric analysis, lyric identification, songwriting, rhythm circles, drawing to music, and movement to music. Sheila Connors, the therapist working with the Nurs'n Blues program is excited to have assisted over 600 clients since the program's inception.

"I think as a community we would be hard pressed to find someone who's life hasn't been touched by addiction in some way. When we read through the stories from people who have benefitted from this program we knew we had to be involved." Said Music is Art executive director, Tracy Shattuck, "Music is Art's mission includes the words cultural, educational, and social...the Nurs'n Blues program speaks to all of that."

"The Blues Society of WNY is honored to collaborate with Music is Art to expand the Nurs'n Blues program. The testimonials we have received from clients and administrators at Horizon Village, along with the growing demand for this program, confirms for us that music therapy is a relevant and beneficial vehicle." said Adrienne Thompson, Blues Society of WNY President.

“Horizon Village Campus is a residential program currently serving 100 men and women battling substance use disorders. One of our goals when treating someone is to help them develop the skills and resources they need, not only to achieve, but to succeed in their recovery. Over the last few years, the Nurs’n Blues Program has been coming to our campus, offering residents the opportunity to participate in and experience their program.” Anne Constantino, President and CEO explains. “Our residents are given the opportunity to examine emotions and self-esteem, enhance their positivity, empower themselves through success and enhance mindfulness and relaxation techniques. We at Horizon can sincerely attest to the benefits of this program; the energy and positivity from program facilitators is nothing short of inspiring. On behalf of Horizon Village Campus, I would like to thank the Nurs’n Blues program for providing such a wonderful opportunity to our residents, and for helping them open communication channels and create a positive introspection to their recovery.”

Information on this program and others can be found at:

[www.musicisart.org](http://www.musicisart.org)

[www.wnyblues.org](http://www.wnyblues.org)

For more information contact:

Tracy Shattuck

Music is Art

716-870-3600

[tracy@musicisart.org](mailto:tracy@musicisart.org)

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