



Internship Site Options, 2015 - 2016

Rocmaura Nursing Home

10 Parks Street
Saint John, NB
www.rocmaura.com



Rocmaura is a 150-bed nursing home that opened in 1972 through a sponsorship from a local Catholic organization. The home places great importance on its strong Christian roots and uses a modular care approach, meaning the home is split into various courts where residents are placed according to their needs. Music therapy services will be provided throughout the units, as agreed upon jointly by the intern, supervisor, and Rocmaura's recreation therapist.

Details:

- Mandatory site
- Typical programming:
 - o Combination of group and one-on-one sessions, TBD by intern and Recreation Manager
 - o Typical programming may include music re-creation, group discussion, reminiscence, games, relaxation techniques, small percussion instruments played by residents when appropriate
- Every Tuesday, 10:00 a.m. – 4:00 p.m. (60 minute lunch break)
- Supervisor on-site
- Option for the intern to gain extra hours at this site independently, if desired

Contact(s):

- Pam Clark, Recreation Therapist & Manager – pam.clark@rocmaura.ca
- Reception – 506.643.7050

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Saint John Regional Hospital: Inpatient Acute Care Psychiatry (Unit 4D-North)

400 University Avenue
Saint John, NB
www.horizonnb.ca/home/facilities-and-services/facilities/saint-john-regional-hospital.aspx



Details:

- Optional site

- Typical programming:
 - o 45 minute Song Sharing group (4-8 participants) – group members share meaningful song selections; song choices are then played using YouTube; MT facilitates group discussion surrounding each song
 - o 45 minute relaxation group (3-5 participants) – receptive music listening, breathing exercises, progressive muscle relaxation, guided visualizations
- Every Monday, 9:00 a.m. – 11:00 a.m.
- Supervisor on-site

Contact(s):

- Trish Barry, Recreation Coordinator – trish.barry@horizonnb.ca or 506.648.6408
- Hospital reception – 506.648.6000

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CentraCare

414 Bay Street
Saint John, NB

www.horizonnb.ca/home/facilities-and-services/facilities/centracare.aspx



CentraCare is a 50-bed residential psychiatric hospital supporting primary and secondary mental health services in Fredericton, Saint John, Moncton, Miramichi, Upper River Valley and the surrounding areas. Core services include outreach, rehabilitation, dual diagnosis (intellectually disabled with a mental illness) and senior psychiatry.

Details:

- Mandatory site
- Typical programming:
 - o One-on-one appointments with some small groups (2-3 participants), 30 minutes in length
 - o Programming includes songwriting, music listening, music re-creation, music discussion, and occasional small group facilitation
- Every second Wednesday, 9:00 a.m. – 4:00 p.m. (60 minute lunch break)
- Supervisor on-site

Contact(s):

- Nicole Robertson, Recreation Therapist – nicole.robertson@horizonnb.ca
- Nicole, Debbie, or Steve (Recreation office) – 506.649.2617
- Main Reception – 506.649.2550

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Loch Lomond Villa & The Village

185 Loch Lomond Road
Saint John, NB

www.lochlomondvilla.com



Located on Saint John's east side, the Villa offers a full "continuum of care" with approximately 175 beds ranging from independent living with studio and one-bedroom apartments, supportive housing suites, a Seniors Outreach Program, to a nursing home offering 24-hour nursing and personal care—the latter is where music therapy services are provided. The Village is LLV's new sister facility, located just down the street and offering full-time nursing care and activities to its 100 residents. The Village is divided into four courts, including one locked unit for residents with dementia.

Details:

- Optional site
- Typical programming:
 - o Mornings (10:00 a.m. – noon) spent at The Village
 - Two 30 minute groups (6-10 participants) on two different units which alternate month to month – music re-creation, group discussion, reminiscence, games, small percussion instruments played by residents when appropriate
 - Two one-on-one in-room sessions, 20 minutes in length
 - o Afternoons (1:00 p.m. – 4:00 p.m.) spent at Loch Lomond Villa
 - 45 minute group (6-8 participants) on Evergreen Lane, the psychogeriatric unit – music re-creation, group discussion, reminiscence, games, small percussion instruments played by residents when appropriate
 - 45 minute "Glee Club" group (15-25 participants) – music re-creation, group discussion, trivia, games, small percussion instruments played by residents, and more complex musical skills utilized (e.g. facilitating group singing in a "round," etc.)
 - Three one-on-one in-room sessions, 15-20 minutes in length
- Once per month, 10:00 a.m. – 4:00 p.m. (60 minute lunch break); dates decided by supervisor and Recreation Manager on a quarterly basis
- Supervisor off-site; subcontractor on-site
- Option for the intern to gain extra hours at this site independently, if desired

Contact(s):

- Mary Lynn Steele, Recreation Manager for the Villa and The Village – mlsteele@lochlomondvilla.nb.ca or 506.643.7111
- Recreation office at Loch Lomond Villa – 506.643.7165
- Reception at Loch Lomond Villa – 506.643.7175
- Linda or Wanda (Recreation office at The Village) – 506.643.2560, ext. 5214, or recreationvillage@lochlomondvilla.nb.ca
- Reception at The Village – 506.643.2560

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Parkland in the Valley: Embassy Hall

70 Swanton Drive
Quispamsis, NB
www.shannex.com/embassy-hall.html

SHANNEX
Leading the Way to Better Living

Embassy Hall is a licensed nursing home and part of Shannex, Inc.'s Parkland in the Valley campus located in Quispamsis, a suburb of Saint John. Embassy Hall provides a new way of living to 72 clients in their community—this is the clients' home and they make the decisions about how they will live their lives. An open and spacious neighbourhood design allows for personalized attention in a friendly and supportive atmosphere. Embassy Hall offers 24-hour nursing care, medical services, pharmacy services, rehabilitation support, as well as a number of recreational activities.

Details:

- Optional site
- Typical programming:
 - o 45 minute Music Reminiscence group for high functioning clients – music therapist engaging clients in mainly upbeat song re-creation, encouraging participation through singing, group discussion, games, playing small percussion instruments, dancing, etc.
 - o 45 minute relaxation group (12-15 participants) for lower functioning clients – receptive music listening, usually the music therapist playing guitar and singing softly with goals of non-verbal interaction, decreased pain/agitation, etc.
- One Monday per month, 1:30-3:30 p.m.; dates decided by supervisor and Recreation Coordinators on a quarterly basis
- Supervisor off-site; subcontractor on-site

Contact(s):

Jennifer Reed, Recreation Coordinator – jreed@shannex.com

Suzanne Buckley, Recreation Coordinator – sbuckley@shannex.com

On-site Reception – 506.848.3200

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Mental Health Recovery Services: Open Door Club

157 Duke Street
Saint John, NB



Details:

- Optional site
- Typical programming:
 - o 45 minute Song Sharing group (8-15 participants) – group members share meaningful song selections; song choices are then played using YouTube; MT facilitates group discussion surrounding each song
 - o 45 minute relaxation group (3-5 participants) – receptive music listening, breathing exercises, progressive muscle relaxation, guided visualizations
 - o 45 minute Seniors Song Sharing group (2-5 participants) – case workers transport seniors who are clients of Community Mental Health Services to the Club for this group
- Every second Wednesday, 11:00 a.m. – 2:00 p.m.
- Supervisor off-site; subcontractor on-site

Contact(s):

Brian Bonner, general staff – brian.bonner@horizonnb.ca
Wendy Moffett, general staff – wendy.moffett@horizonnb.ca
On-site Reception – 506.658.3196

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Mental Health Recovery Services: PEER 126

126 Duke Street
Saint John, NB

www.horizonnb.ca/home/facilities-and-services/services/addictions-and-mental-health/peer-126.aspx



PEER (Peers Engaged in Education and Recovery) 126 is a community-based addiction and mental health service that focuses on a positive future for young adults (ages 16-29). Staff work with individuals to help them meet their recovery goals such as returning to school, finding employment or an apartment and re-establishing social groups with their peers. A variety of programming is offered, including art, yoga, cooking, WES (Workplace Essential Skills) training, “Talk with the Doc,” music therapy, open discussions led by specialists as well as peers.

Details:

- Mandatory site
- Typical programming:
 - o 60-90 minute Song Sharing group (4-10 participants) – group members share meaningful song selections; song choices are then played using YouTube; MT facilitates group discussion surrounding each song
 - o Various programming based on client/group needs and preferences, including songwriting, relaxation activities, instrumental instruction or “jamming,” etc.
- Every second Wednesday, 2:00 p.m. – 5:00 p.m.
- Supervisor off-site; subcontractor on-site

Contact(s):

Andrea Brown, general staff – andrea.brown@gnb.ca
Donna McDonald, general staff – donna.mcdonald@horizonnb.ca
On-site Reception – 506.658.5374

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Key Industries

239 Charlotte Street
Saint John, NB
www.keyindustries.com



KEY INDUSTRIES

Key Industries aims to empower those with a disability to achieve social, community and economic independence by providing services to adults with intellectual disabilities and dual diagnoses. Key Industries has been a model in terms of providing progressive social programs that are designed and

developed using a holistic and client focused approach. Each program is custom tailored to meet specific needs and goals. All aspects of this process are fuelled by assisting individuals to become as independent as possible, empowering one to achieve their full potential. Day services as well as a wide range of outreach programs are available, all with the objective of meeting the needs of individuals through a client-centred, holistic approach.

Details:

- Optional site
- Typical programming:
 - o TBD by intern and program manager
 - o Additional information noted by the last intern to work at this site will be provided
- Hours TBD (appx. 3-4 hours per week)
- Supervisor off-site

Contact(s):

Lois Poirier, Program Manager – lois.poirier@keyindustries.ca
Reception – 506.634.6888

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Anglophone School District South: Saint John High School

200 Prince William Street
Saint John, NB
www.sjhigh.ca



Details:

- Optional site
- Typical programming:
 - o TBD by intern and recreation coordinator
 - o Additional information noted by the last intern to work at this site will be provided
- Hours TBD (appx. 6 hours per week)
- Supervisor off-site



Contact(s):

Mary Morrison, guidance counsellor – mary.morrison@nbed.nb.ca
Office/reception – 506.658.5358
Storm line (automated service updated with cancellations/delays) – 1.855.535.7669

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Dragonfly Centre for Autism, Inc.

445 Prince of Whales Street
St. Andrews, NB
www.dragonflyforautism.ca



Details:

- Optional site; available for month of July only
- Typical programming:
 - o Individual and small group programming in a summer camp environment for children and adolescents with Autism Spectrum Disorder and related diagnoses
- Hours TBD (appx. 10 hours per week for 4 weeks in July)
- Supervisor on-site

Contact(s):

Summer Camp Office – dragonfly@nb.aibn.com or (506) 529-8000

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Other Possible Sites... If the intern wishes to initiate music therapy programming at a facility not listed here, the supervisor is available for support through this process upon prior agreement between the intern and supervisor. Many other residential care facilities, community service providers, nursing homes, etc. exist in the Saint John area, and interns are encouraged to explore the possibility of starting a music therapy program at facilities servicing populations of interest.