

Life Enrichment Center

Program & Services Plan

CREATIVE EXPRESSIONS: The Creative Expressions Program is an integrated arts program that promotes creativity and self-expression for artists with developmental disabilities through the use of music therapy, visual arts, horticulture and performing arts. The program was implemented in 2000 with the partnership of the Life Enrichment Center and the Music Therapy Department of Georgia College & State University. The program has expanded to participation with Lockerly Arboretum, Green Acres Nursing Home, and the Art Department and Special Education Department at GC&SU. The program employs a full time music therapist, and two Visual Arts Instructors. The program utilizes a variety of volunteers from college students and interns to community members. Information about Creative Expressions including partnerships, upcoming events and accomplishments can be found at www.CreativeExpressionsStudio.org

Creative Expressions is guided by the following principles:

- Persons with disabilities want to give back to their community
- Cognitive ability does not dictate creative potential
- The arts provide avenues for self-determination and self-expression
- College students and persons with disabilities can learn from each other
- There is a need for public awareness of the talents of persons with developmental disabilities
- Artists with disabilities and non-disabilities can share creativity & learn from each other

MUSIC THERAPY: The music therapy program consists of two types of music therapy groups including in house and performance based. The program is coordinated and supervised by a board certified music therapist which allows the LEC to utilize full time music therapy interns for 6 months at a time, as well as utilize music therapy students to assist in programming. Some individual sessions occur in accordance with a person's ISP.

- a. **IN HOUSE:** The in house music therapy groups are facilitated and/or supervised by a board certified music therapist in the music therapy clinic located at the "art house" or in the sensory room. These groups focus on improving a wide variety of skills including social skills (appropriate interactions, taking turns, greeting each other), communication skills (expressing needs, understanding and expressing non verbal communication), cognitive skills (identifying colors, instruments, objects, words), motor skills (gross and fine motor, eye hand coordination, body spatial organization), and emotional skills (self expression, self confidence, decision making skills).
- b. **PERFORMANCE BASED:** Performance based music therapy groups provide opportunities to work on social, communicative, cognitive, motor and emotional skills as well as musical skills off and on campus at Georgia College & State University. The LEC and music therapy department at GCSU work together to produce a music performance twice a year. This collaboration enables our performers to experience music making with other musicians, while providing music therapy students with applied

learning experiences in a supervised environment. The performing groups have performed throughout the southeastern United States. During the summer season, these groups still take place in the music therapy clinic. Performers express interest in participating in the groups that they want to be a part of. The different performing groups include:

HARMONETTES HANDBELL CHOIR: The Harmonettes Handbell Choir utilizes handbells and a special lighting system to produce beautiful melodies and harmonies that ring the tunes of gospel and popular music. They have performed throughout Georgia and the Southeast US for civic groups, conferences and churches since 2000.

MUSIC IN MOTION: This group was implemented in 2000, and combines the flowing hand motions of modified American Sign Language with a wide selection of pop and sacred music. Visually, the group is entertaining as the message of the music is conveyed. This group has performed for many churches, nursing homes, and conferences.

GOOD VIBRATIONS: Good Vibrations is a high energy drumming group. Participants use drums and other percussion instruments in drum circle style to produce a music experience that is choreographed to blend music and dance. This group has been performing since 2004.

HARMONETTES CHORUS: Harmonettes Chorus sings a wide variety of music from traditional to pop. This group evolved from the Handbell Choir when many of the members expressed their interest in singing. Thus, the Harmonettes Chorus was formed and has been performing for conferences, civic groups, and churches.

CIRCULAR MOTION DANCERS: The Circular Motion dancers made their premier November 2007 at "Stop! In the Name of Motown" where they performed a dance to "Ribbon in the Sky" by Stevie Wonder. The Circular Motion dancers are a dance group that utilizes wheelchairs to show off their choreographic talents!

JUNGLE ROYALES: The band began in the fall of 2010 as the "Smashing Cucumbers" but later changed their name to "The Jungle Royales". With the assistance of "the roadies" made up of 5 GCSU Music Therapy students this 10 member band work together on playing the guitar, bass, drums, piano, bells and singing to learn various songs and styles. Since the groups formation they have performed songs by the Beatles, Chuck Berry and more. "The Jungle Royales" are currently working on writing original songs.

VISUAL ARTS: Visuals arts classes are offered to individuals who have expressed interest in the visual arts (as noted in a person's ISP). Other individuals are encouraged to attend, regardless of whether they consider themselves to be an artist because Creative Expressions believes that the visual arts provide opportunities for self expression and creativity. The art house features a two

room gallery with professional display systems to showcase the artwork created in the art classes. The visual arts program also focuses on promoting individual artists who have shown an extraordinary talent within the community and statewide. Many of our artists are active in various community art competitions and have won awards (and have showcased artwork throughout the state of GA). Many of our artists have exhibited artwork in our community and including downtown Milledgeville, The Gallery in Milledgeville, Art Fix Gallery at GCSU, Blackbird Coffee shop, the Music therapy department at GCSU and local arts festivals. Classes are facilitated by two local artists including a GA certified art teacher. A variety of art classes are offered including:

STUDIO ART- Artists explore a variety of mediums including painting, drawing, printmaking, charcoal, pastels, collages, and watercolor

CULTURAL ART- Artists learn about other cultures through visual arts projects. Projects are intentionally designed to assist in an integrated learning experience of other cultures (i.e. Chinese New Year dragons were created).

JEWELRY MAKING- Artists create necklaces, bracelets and eye glass holders with as much independence as possible. Participants create their own designs and patterns, or may be guided in the process in order to work on cognitive skills.

THE NATURE EXPLORERS

This is a two part horticultural program that includes collaborations with Lockerly Arboretum, Lake Laurel (GC&SU Biology and Outdoor Education Departments), Mistletoe State Park, Hamburg State Park, and A. H. Stephens State Historic Park.

IN HOUSE: Explorers work on horticulture projects at the art house and at the LEC. Projects include maintaining the garden, and herb barrels as well as growing seeds indoors, caring for the planted gourds and any other new projects that are created. Once a week, select staff from Lockerly Arboretum come to the center to work hands on with our Explorers and assist in project design and creation.

COMMUNITY: Nature Explorers travel to local and state parks to enjoy educational activities, work on earning Ranger Badges, assist with grounds projects, or just to relax and enjoy a hay ride or a lazy day fishing and enjoying a picnic lunch.

THE BLACK & WHITE GALLERY

The Black and White Gallery, a photography program that partners the Georgia College & State University Public Relations students was founded in June of 2005. The gallery has been designed by Public Relations classes since its inception and was the brainchild of Jenni Prosnak Bruckman, a public relations and advertising major who graduated in 2005.

The gallery event was created so that individuals who have expressed an interest in photography could develop could learn the art of photography and develop their skill in picture taking. The group calls themselves the "Photography Club" and they travel all over the state for photography shoots. Once a theme is decided the artist select the pictures to be sent to the students for editing. Once editing is complete, students meet with the artist to decide which pictures he/she wants to make the show. The artist then names the print and the students take responsibility for printing, matting, framing and hanging the show. The Black & White Gallery Gala Opening, spotlighting each artist, is planned and organized by the students. The artist look forward to this night as it is their night to shine. Immediately following the opening, the show is displayed in a local gallery for the up to 30 days. The Gallery is held annually in March as part of Disability Awareness Month. Although the theme of the show differs each year, the photos remain in black & white.

Best Buddies Program

This program partners Georgia College & State University students with individuals who have developmental disabilities, who share some of the same interests, likes and dislikes. The purpose is to develop relationships that foster social growth and maturity among all those involved. The college students are supervised by GC&SU faculty and are required to participate in orientation provided by the LEC. Once a participant and the college student have been partnered, the LEC takes a back seat and encourages contacts to be made directly between the individual and his/her family. We feel that the less we are involved the greater the chances are the relationship will build naturally.

"Good Citizens" Advocacy Group

This is an educational group designed to teach persons served to become better self advocates. Persons' served are given the opportunity to share their concerns, questions and opinions regarding rights, health and safety and other issues of concern. These may include but are not limited to:

- Upcoming events and advocacy training
- Issues surrounding services and programs offered by the LEC
- Natural disasters and relief efforts
- Ethics
- Community Events
- Disability Day at the Capitol
- Building structure and visual appearance

“Do Something” Group

The “Do Something” Group is a program that encourages participants of the LEC to become active citizens and leaders in their community. This program creates a culture of volunteerism and social network. The group strives to develop valued social roles while making their community a better place to live. The group adopts many projects such as: “A Day on Not a Day Off” MLK projects, National Make a Difference Day, Hands on Georgia Week and many more. From this group we have many individuals who choose to volunteer just as an individual at local nursing homes, The GIVE Center and other areas of interest.

Community Access Services

Community Access Services are designed to assist the persons served in acquiring, retaining or improving self-help, socialization, and adaptive skills required for active community participation and independent functioning outside the individual's home. Services are individually planned to meet the participant's needs and preferences. Services include activity and environment designs required for active community participation and independent functioning as indicated in the Individual Service Plan. Services are provided at two levels:

- Community Access Group services are provided to groups of participants, with a staff to participant ratio of one to two (1:2) or more, not to exceed one to ten (1:10).
- Community Access Individual services are provided to an individual, with a one-to-one staff to participant ratio.

Services include:

- Transportation to/from activities and settings primarily used by people with disabilities.
- Assistance in acquiring, retaining, or improving access to and use of community resources that increases participation in integrated community activities, such as training and active support to use public transportation, banks, automated tellers, and restaurants.
- Implementation of behavioral support plans.
- Participant-specific assistance, training and active support for social, emotional, physical, and intellectual development.
- Separate payment for transportation only occurs when the NOW's transportation services are authorized.
- Services are provided outside the participant family home.