

What is Music Therapy?

“ Music therapy is the specialized use of music by a credentialed professional who develops individualized treatment and supportive interventions for people of all ages and ability levels to address their social, communication, emotional, physical, cognitive, sensory and spiritual needs. ”

- The Certification Board
for Music Therapists

Music therapists utilize a variety of music interventions to address one's individualized therapeutic goals. These experiences may include singing, instrument play, music listening, song discussion, songwriting, and movement to music.

Research has shown music therapy to be effective in addressing mental health goals such as:

- Reduced muscle tension
- Increased self-esteem
- Decreased anxiety and agitation
- Increased verbalization
- Reduced depression among older adults
- Enhanced interpersonal relationships
- Improved group cohesion
- Increased motivation
- Successful and safe emotional release

Music Therapy

A Harmonious Remedy

Jaclyn O'Neill

Music Therapist



Jaclyn O'Neill is an alumni of Seton Hill University, graduating from their music therapy degree program in 2017. After working with school children with intellectual and developmental disabilities, Jaclyn found her way back to her passion of music therapy within the mental health population. Much of Jaclyn's music therapy practice is centered on building meaningful relationships with clients through music, a universal experience that can be utilized by all. Jaclyn also incorporates her formal vocal training as a way to empower patients to use their own voice in and out of their music therapy sessions. She hopes to leave a lasting impact on those she serves, as well as the FulCare behavioral team!

Our Mission

Since 1981, the professionals at FulCare Behavioral Health Services have been helping clients deal with many behavioral and emotional life problems. Formerly known as the Stress Unit, FulCare offers solutions to those struggling with these life challenges. Your mental health is just as important as your physical health and one can often affect the other. At FulCare, we can help. We provide a wide range of mental health services to address the stresses and difficulties that life brings, in addition to more acute and chronic psychiatric problems. Over the years, the staff at FulCare has remained dedicated to offering quality comprehensive behavioral and emotional health care to Fulton County and the surrounding area.

Our Services

- Specialized inpatient psychiatric services for older adults aged 60+
- Partial hospitalization for adults 18+
- Outpatient services for all persons 18+
- Specialized intensive outpatient services for older adults aged 60+

FulCare
Behavioral Health Services

Accessing Services

Accessing our FulCare Behavioral Health Services is a simple and straightforward process.



For **emergency services** or in cases where the individual may be medically unstable, please arrange appropriate transportation to your local emergency room.



In **non-emergency** situations, simply call us at **419-337-8661** and select the assessment option.

For **general questions** about treatment for **patients aged 60+** please call **419-330-2775**.

If at all possible, this call should be made by an individual with knowledge of the patient's current physical and mental health status. You will be asked to describe the individual's recent behavior with regards to how it has changed or is of concern and we will assist you in arranging a face-to-face assessment with one of our clinicians to determine the appropriate level of services for the individual.

Contact Us

 FulCare Behavioral Health Services
725 S. Shoop Avenue
Wauseon, OH 43567

 419.337.8661

 www.fultoncountyhealthcenter.org