



Music

Music can be beneficial for all Soldiers, no matter their skill level or experience. Through instruction, guidance and adaptations, Soldiers can learn to take music to the next level. Each Soldier's Occupational Therapist and/or Adaptive Reconditioning (AR) team will screen Soldiers for participation based upon individual diagnosis and therapeutic needs. *Please note: this is not a "music therapy" group (in the clinical sense) led by a "music therapist".

Resources are provided by:

- Adaptive Reconditioning team
- Local Army Band
- Soldier and Family Assistance Center (SFAC)
- Morale, Welfare and Recreation (MWR) program
- United Services Organization (USO)
- Non-Commissioned Officer (NCO)

Example of a successful program:

Fort Campbell's WTB successfully collaborated with the Sounds of Acoustic Recovery (SOAR) program located in Nashville, Tennessee, and the post's Army Band, to bring Soldiers and Veterans together through music.

Equipment/resources provided:

- Musical instruments (any) - Generally guitars and keyboards are used

Adaptive Reconditioning resources and Recreational Services may be available through the WCT Community Support Network (CSN) at no cost, or significantly reduced in price. Please refer to our CSN page for more information:

http://www.wct.army.mil/modules/support%20network/c1_adaptivereconditioning.html

Equipment/resources Soldier brings:

- Personal musical instrument (if owned)
- Sheet music (if desired)

Location(s):

- WTU common areas
- Soldier and Family Assistance Center (SFAC)
- United Services Organization (USO)
- Classroom, music room or multipurpose room (on post)
- Local music store or music club (off-post)
- *Costs may be associated (instrument rentals, store fees)