



# NAVIGATING ADULTHOOD AND IDD

## Mini-Episode: Podcast Update!

[00:00:00] **Bonnie Houpt:** Hello. I just wanted to take a couple of minutes to talk about our sponsor Anchor, uh, hopefully at a louder volume this week. Uh, first of all, it's free, and it has creation tools that allow you to record and edit your podcast right from your phone or computer. I found it really easy to move the segments around in the editing process,

[00:00:24] and you can put the ads in wherever you want, too, which is really helpful. And Anchor will distribute your podcast for you. So it can be heard on Spotify, Apple Podcasts, and many more. This has been super helpful with the success of my first episode. Um, having it on all of these platforms for you guys to listen to.

[00:00:44] And, um, Anchor does that for you, which makes it super easy. And you can make money from the podcast with no minimum listenership, which is perfect for people like me, who are just starting a brand new podcast. So it's everything you need to make a podcast in one place.

[00:01:00] If you've been thinking about a podcast you wanna start, this is me encouraging you to do it.

[00:01:04] All you gotta do is download the free Anchor app or go to anchor.fm. That's a-n-c-h-o-r dot f-m to get started.

[00:01:15] Hello,

[00:01:18] welcome back to

[00:01:34] Navigating Adulthood and IDD. Today is a kind of special episode, mostly as it is an update. If you are an active listener of the podcast, I don't post super often. It's been pretty consistently once a month, since I think about May, 2020. And you might have noticed that if there was not an episode in March. I think that might have been [00:02:00] one of the first months

[00:02:01] there was not an episode. So I just wanted to kind of hop on real quick to update you all with what's going on. Things got busy. Uh, as things opened up more, during the pandemic and in-person services have increased, my caseload has actually gotten really busy recently, which is exciting because especially this year 2022, I have really gotten back and increased my adults with IDD groups, which has been a passion of mine.



# NAVIGATING ADULTHOOD AND IDD

[00:02:31] And it really went on pause when I started the podcast because of the pandemic. So I've been doing more of that in-person work, and just kind of, unfortunately, fortunately, however you wanna look at it, I had a lot more time due to the pandemic starting when I started this podcast and, and the timing of the pandemic kind of led to me starting the podcast in a way, cause I had a lot more time. And it was something I was interested in.

[00:02:58] I listen to a lot of [00:03:00] podcasts even now, and that's just kind of how it all started. So. My update is that I am not ending the podcast by any means. I do think that this podcast is super important to keep providing resources for working with adults with IDD, for music therapists and for other professionals

[00:03:21] as there just weren't that many resources when I started working full time. And even now there's still not, not as much, not as many as working with kids, there's just not. So I really still believe in the mission of the podcast. I just currently with my business, can't commit to a schedule, and it's been hard to kind of, kind of.

[00:03:46] Come to terms with that cause I really like podcasting, but it really is a full-time job. You might hear other podcasters talk about it. It takes a lot of time to find a guest, to edit, to schedule the interview. And I, [00:04:00] it just- it has to go on the back burner for now. And like I said, the podcast is not over

[00:04:05] so I still hope to have some interviews occasionally this year. And to get that posted. My Patreon patrons have been updated about this already, and Patreon's continuing for my Navigators, I as I like to call them, and I'm still providing a monthly music therapy session plan breakdown with visuals, and we've added semi-recently musical skills in the plan as well, that different plans have different focuses on musical skills

[00:04:32] we can continue to develop, or even like clinical techno- technology skills as telehealth resources continue to also be shared in these monthly music therapy session plans. So that's kind of my update. Patreon's still going on. \$5 a month. If you want to join in, we have a community meeting once a month, where I break down the session plan, and that's recorded for members.

[00:04:54] We have a Facebook group, and then on Patreon, we have access to all the resources for the monthly

[00:05:00] music therapy session plans, and episodes of this podcast when they do come out, come out a week early, at least for my patrons on [patreon.com/navigatingadulthoodandidd](https://patreon.com/navigatingadulthoodandidd). So if you're kind of



# NAVIGATING ADULTHOOD AND IDD

interested in staying connected with resources that way that is out there as a resource that is accessible and affordable for music therapists.

[00:05:21] And otherwise, like I said, I really do want to continue this podcast just kind of on a looser schedule. So if you're interested in being interviewed, please email me at [bonnie@rhythmicrootsmusictherapy.org](mailto:bonnie@rhythmicrootsmusictherapy.org). And we'll see if it's a good time for both of us. And I hope to keep having wonderful conversations with

[00:05:40] professionals and with disabled people and disabled professionals to continue building these resources for working with this awesome group of people that I get the honor and privilege to keep working with in-person now, too. So I really wanting to hop on and update and [00:06:00] yeah, it's a, it's a little bittersweet.

[00:06:01] It's nice to open my schedule a little bit for what's going on in my business, but this has definitely been something I've enjoyed. So it's not over, it's just going to happen when it happens. And yeah, another update is that I recently learned a student at my alma mater used my first episode as an assignment. They listened to it and wrote up a little summary and what they learned from the episode.

[00:06:30] And isn't that the coolest thing? That is not something I expected when I made the podcast necessarily, but like that's, that's what the mission is to really inform people about working with adults with disabilities and inform future music therapists. So that was really exciting that I got that update and yeah.

[00:06:52] Thanks to everyone who listens and everyone who's contributed to this podcast. And we'll kind of see what the next chapter of Navigating [00:07:00] Adulthood and IDD holds, but hopefully you'll, you'll get an episode. Soon-ish. We'll catch you next time on Navigating Adulthood and IDD. This podcast Rhythmic Roots Music Services, LLC, with content and music produced by Bonnie Houpt. Thanks for listening!