WELCOME

Reflections on 2016 and 2017

DR. BARBARA REUER, PHD, LPMT, MT-BC
RESOUNDING JOY CEO AND FOUNDER

Each of our patients has their own story. Over the last two years, thanks to the support of our donors, music therapy has become a healing part of their lives, whether we meet them on base, in a care facility, in the hospital, or in their home. We’re excited to share this new chapter of our own story with you, and ask you to remember that behind each client, and each session, is a story of hope, recovery, and song.

MESSAGE FROM THE BOARD PRESIDENT

During this past year, Resounding Joy experienced significant maturation as change at the board level has given rise to new focus and impact. The board along with new members have developed new processes and redesigned others. We’ve created strong committees with good leadership and structure.

One of our new members is leading our Finance Committee, and with the help of its members and consultants we now have new tools to demonstrate our transparency and develop sound strategic recommendations.

Barbara and the staff diligently brought down expenses this year. We are proud recipients of many grants in the past two years, and coming years will be geared to diversifying revenue streams and developing new partnerships with individuals and corporations.

The Governance Committee is working on policy changes and our Fundraising Committee is well grounded with new, phenomenal volunteers. Our Strategic Planning Committee is taking flight and using our past plans to determine an effective path forward.

With all the growth that we have seen in just the last year we are sure that our coming year will be a “Resounding” success.

We have also seen our dear friend and leader Rick Hein retire after 13 years of guiding this organization with his knowledge, stories and kindness. We will miss him dearly and I am honored and privileged to be able to take the baton from him.

Kind Regards,

Mychelle M. Mowry, DMS
Board President
“THIS WAS THE FIRST TIME ALL DAY THAT HER O2 LEVELS WERE AT 100%.”
- RN

Music therapists in clinical settings work with patients to stabilize vital signs. One important measure is blood oxygen saturation (SpO₂). Healing Notes music therapists improve this score by an average of 4.83 percentage points. Some sessions see a huge improvement of 20 points or more.
ABOUT RESOUNDING JOY

Resounding Joy's 2017 Board of Directors. From left to right, top row: Rick Hein, Board President; Renee Schor; Mychelle Mowry, Vice President, Terry Bluemer, Secretary. Bottom row: Anita Miller; Travis Golden, Treasurer; Diane Beckman; James Miller. Not pictured: Patti Cuthill and Nicola Guarnieri.

Who is Resounding Joy?
Resounding Joy uses therapeutic and recreational music programs to improve the social, emotional, physical, and spiritual well-being of individuals and communities. Since 2004, Resounding Joy has grown from a small group of volunteers to San Diego's primary music therapy nonprofit.

What is music therapy?
The American Music Therapy Association defines it as: “the clinical and evidence-based use of music interventions to accomplish individualized goals within a therapeutic relationship by a credentialed professional who has completed an approved music therapy program.”

Who do we serve?
Resounding Joy provides 95% of San Diego County services free of charge. Core programs serve: wounded, ill, and injured service members and veterans; teen parents and their young children; children with severe, chronic medical diagnoses; and older adults isolated in retirement or nursing communities.

Headquartered in San Diego

Board-Certified Music Therapists

14 Years of Service
Average cost per contact

$35
A 25% reduction over 2016

Average cost per client

$115
A 12% reduction over 2016

What is the difference between contacts and clients?

- “Clients” is a measure of the number of unique individuals we saw during that year, regardless of the number of times.
- A “contact” is when one person benefits from music therapy. This can be thought of as total attendance.
813

CHILDREN SERVED IN THE CVICU IN 2016 AND 2017

The Ariana Miller Music with Heart program provided up to 46 sessions per patient by visiting the Cardiovascular Intensive Care Unit (CVICU) 5 days per week. This is possible through the support of Jeff and Anita Miller and our Heart of a Child concert audience and sponsors.
Above: Lindsay Zehren, MT-BC, leads a Shine and Sing group music therapy session for children with life-limiting diagnoses and their families.
Left: a mother of a child in the Ariana Miller Music with Heart program speaks at the Heart of a Child concert.

The Healing Notes program provides music therapy to children facing significant medical issues through three primary initiatives:

- Music with Heart for children with cardiac-related diagnoses, primarily at Rady Children's Hospital's cardiac intensive care unit.
- Service to the Peckham Center for Cancer and Blood Disorders at Rady Children's Hospital.
- In-home and group music therapy for children in palliative care. Palliative care focuses on quality of life for those patients that have a life-limiting or terminal condition.

PROGRAM GOALS

- Improve physical health
- Improve quality of life
- Provide procedural support
- Support the whole family
- Improve outcomes
- Address individual goals
PALLIATIVE PROGRAM OUTCOMES

AVERAGES FROM SURVEYS COMPLETED
BY PARENTS ON PROGRESS TOWARD
GOALS ON SCALE OF 0-5

Motor Skills: 4.58
Vocalization: 4.21
Family Bonding: 4.59
Quality of Life: 4.80
Participation: 4.40

Program Participants: 134

HOSPITAL PROGRAM

“We saw my daughter smile, relax, and engage positively in music therapy during a scan. She is usually crying and we have to restrain her so the staff can get a good enough picture. With the music therapist there my daughter hardly noticed they were doing a test. It required no additional staff as it usually does and myself, my husband, and our daughter had a positive experience that improved her mood, kept her still and engaged, and her vitals steady so they could get an accurate scan. This one experience impacted the rest of our day allowing for a great day as opposed to having to give her extra medication and spend the rest of the day calming her as we usually do.” – Mom

“My daughter has been increasingly depressed and I have not seen her interested or motivated in anything since we were admitted. For the first time, while still intubated, I saw my daughter smile, light up, and sing along with several songs through all of the discomfort and pain. For an hour she was actively engaged in playing music from singing to playing keyboard, and sitting up with less assistance. The music therapist has brought us so many levels of comfort throughout this process but helping our daughter to relax and decrease pain to giving our family a means of expression. When you have been desperately trying to get your daughter to engage in something and improve her mood for two months and she has been able to do little more than just lay in bed, it is truly a miraculous thing to witness her singing, playing, and just her usual self to shine through as it did in today's session.” – Dad

“The music therapy program is absolutely phenomenal! Our daughter Makayla had multiple long stays in the CVICU during her first year of life and was bed bound most of the time. I felt isolated, depressed and completely helpless. Makayla absolutely loved watching Rachel sing and play the guitar. Rachel encouraged me to join in and play instruments and sing along. For the first time, I actually felt like I was DOING something to benefit her health progress. I loved how Rachel incorporated instruments and toys to work on Makayla’s physical therapy and gross motor skills. During one of our sessions Rachel helped me write a song just for her! In the end, I felt so uplifted and Makayla now has her very own special lullaby to cherish forever. I can’t thank Rachel enough for the joy she always brings to us!” – Mom
THE JOY GIVER PROGRAM TRAINS VOLUNTEERS TO PROVIDE RECREATIONAL AND SUPPORTIVE MUSIC TO OLDER ADULTS OF ALL ABILITIES WHO FACE ISOLATION OR LONELINESS.

Joy Giving is Resounding Joy’s inaugural program. Now under the umbrella of Mindful Music, which includes all of our older adult outreach, the Joy Giver program continues to provide meaningful services to hundreds of older adults each year.

Joy Giving is the ideal stepping stone for musicians seeking to give back to the community, musically-inclined individuals looking to connect, and for those considering a career in music therapy. Our 2016 Class of Joy Givers (above) included two volunteers who are now pursuing music therapy degrees full-time.

In 2017, Resounding Joy expanded its Junior Joy Giver program to Carlsbad by the Sea Retirement Community, thanks to funding provided by the California Lutheran Homes and Community Services.

MUSIC THERAPY
Provided by music therapists
- 20 clients
- 1276 contacts

SUPPORTIVE MUSIC
Provided by trained Joy Givers
- 115 clients
- 1164 contacts

Provided by trained Junior Joy Givers
- 42 clients
- 226 contacts
SEMPER SOUND

Semper Sound provides confidential music therapy services to active duty service members and veterans on military bases and in the community. Our non-invasive treatment addresses symptoms of PTSD, traumatic brain injury, depression, pain, stress, and anxiety in a fun, relaxing, and empowering environment. We provide group and individual sessions year-round at no cost to our clients.

2017 MUSIC THERAPY PROGRAMS

**Camp Pendleton**
- “Was great, never thought I’d like something like this. Eye opener.”
- “Absolutely amazing session, came to the session very tense and anxious, left relaxed and calm.”
- “Great session. That was completely in line with how I was feeling and what I needed.”

**Naval Medical Center San Diego**
- “I’m lucky to have music. Music is the one thing that helps me when I’m stressed... Music is always going to be the best therapy.”
- “I’m feeling more relaxed. I don’t feel so fragile and my mind’s not so fuzzy. All these tools are helping me out a lot. I’m going to be playing guitar every chance I get.”

**Veteran Programs**
- “I have directly witnessed the positive impact that music therapy has had on our veteran residents in reducing their symptoms, giving them a more positive self-image, and utilizing creativity and performance for self expression. Our veterans have nothing but positive reviews about the quality of Resounding Joy’s programming.”

**Soldiers’ Home - Chelsea, Massachusetts**

Since 2015, the Chelsea Soldiers’ Home has contracted us to provide military music therapy services because of our long history of expertise in the field. We deeply appreciate their partnership and enjoy bringing programs to the veterans at the Home and their patients at the Quigley Memorial Hospital!
2017 SUPPORTIVE MUSIC PROGRAMS

SEMPER SOUND BAND
COMMUNITY MUSIC PROGRAM

Both active duty and veteran service members come together to make music through the Semper Sound Band. This focuses on providing an opportunity for creative expression, peer support, and a chance to give back to the community. In 2016, the Semper Sound Band reached an estimated 2,745 audience members. 2017 saw a lull in band availability and transition among some members, so audiences dropped to 1,000. However, we look forward to a robust 2018!

OUR COLLABORATIONS ARE THE CENTER OF OUR SERVICES.

Resounding Joy’s numerous collaborations are key to the Semper Sound program’s success. Our music therapists work closely with the staff at each location to ensure as many people as possible have access to the highest quality service. We look outside of the box to develop new opportunities, such as:

The Creative Arts Collective. We began by providing quarterly events that invite other organizations, such as Soldiers Who Salsa, to share our space and create arts experiences for service members and their families. We are in the process of planning further events in 2018.

Creative Forces. We’re honored to be members of the San Diego Region Creative Forces Planning Task Force, an initiative of the National Endowment of the Arts and the California Arts Council. We’re excited to advocate for music therapy and play a role in ensuring that creative arts therapies are available to as many service members as possible.

2017 SUPPORTIVE MUSIC PROGRAMS

REDUCTION IN ANGER: 38%
REDUCTION IN DEPRESSION: 22%
REDUCTION IN ANXIETY: 30%

Self-reported averages, pre- and post-session difference.
Sound Minds provides music therapy services at high school day care centers for teen parents and their young children. A special thanks to the Nordson Corporation Foundation and the Jubilation Fund of the Tides Foundation for their strong support of this program!

TOTAL OUTREACH:
113 clients
140 teen parent contacts
226 child contacts

Goal: Improve early childhood development for this at-risk population
Measure: Child Engagement

Goal: Improve parent-child bonds
Measure: Parent-Child Interaction

Goal: Model strategies for using music in daily life
Measure: Parent Engagement

Goal: Enhance early childhood development
Measure: Child Attention

“Everyone so looks forward to music class!”
MEET THE TEAM

SAMANTHA ALBRECHT
MT-BC
• Junior Joy Giver Director
• From Worden, MT
• U. of North Dakota grad
• Specialty: Clarinet
• Likes mountains, cooking, and taking her dog to the beach.

MIKAYLA BEAULIEU
MT-BC
• Mindful Music Coordinator
• Sound Minds Director
• From N. Smithfield, RI
• Specialty: Voice
• Enjoys baking cookies
• Hip hop dancer

WHITNEY HEWLETT
TESTING FOR MT-BC
• From Austin, TX
• Specialty: Voice
• Southern Methodist University graduate
• Enjoys cooking, yoga, and singing along to all her favorite Disney movies.

RACHEL GANT
MT-BC
• Healing Notes Therapist
• Neurologic MT
• NICU-certified
• From Fort Scott, Kansas
• Specialty: Voice
• Passion for impacting children's lives
• Foster/Adoptive Parent

EMILY LOBECK
TESTING FOR MT-BC
• Joy Maker Volunteer Coordinator
• From Louisville, Kentucky
• Graduate of the University of Louisville, KY
• Passionate about cooking, yoga, and mindfulness

CORY CRUZ WOODROW
MT-BC
• Semper Sound Coordinator
• Neurologic MT
• San Diego native
• Graduate of Arizona State University in Tempe
• Specialty: Percussion
• Enjoys playing the drums with his band

LINDSAY ZEHREN
MT-BC
• Director of Special Projects + Palliative Care
• Neurologic MT
• Healing Notes Therapist
• Yoga instructor and Reiki Practitioner
• From Madison, IN
• New momma as of Jan 4!
DONORS

Combined 2016 and 2017 giving.

Joy Superstars Gifts of $25,000+

- Ami Belli
- Front Porch
- Rick and Ann Hein
- Injured Marine Semper Fi Fund
- The Music Man Foundation
- Pacific Homes Foundation
- Remo, Inc.

Joy Virtuosos Gifts of $10,000+

- California Arts Council
- The City of San Diego Commission for Arts and Culture
- County of San Diego
- Disabled Veterans National Foundation
- Merle and Kay Horst
- The Jubilation Fund of the Tides Foundation
- Jeff and Anita Miller
- National Endowment for the Arts
- Nordson Corporation Foundation
- San Diego Printers
- Veteran Art Project

Joy Producers Gifts of $5,000+

- California Lutheran Homes
- Ellen G. and Edward G. Wong Family Foundation
- Maurice J. Masserini Charitable Trust
- MusicWorx Inc.
- Puzzle Pieces Marketing
- Rancho Santa Fe Foundation
- Samuel I. & John Henry Fox Foundation
- San Diego Gas and Electric

Joy Composers Gifts of $2,500+

- Abbott Laboratories
- John and Catherine Barros
- Terry and Jan Bluemer
- Marc and Isela Carpenter
- Jim and Meredith Mainquist
- Steven and Mary Malicki
- Medtronic
- Jean Lafond and Mychelle Mowry
- San Diego Imaging
- Thomas C. Ackerman Foundation

Joy Promoters Gifts of $1,000+

- The Arthur and Jeanette Pratt Memorial Fund
- Dick and Diane Beckman
- Cal-Sorrento Ltd.
- Calvary Lutheran Church Mission Endowment
- Creative Foods
- Cryolife
- Patti Cuthill
- Joe Dowling and Cynthia Hanson
- Anthony Duca
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- Raymond Hong
- Wendee Mason
- Jane Mastrianni
- Audrey McDowell
- Amir and Roshanak Mojaver
- Audrey Pine
- Jack and Lori Pivo
- Pro Back Office
- Barbara Reuer
- Louis Rosen and Myla Wingard
- San Diego Fluid System Technologies
- Renee Schor and Ben Boyd
- Tom and Judith Tullie
- Margot Walk
- Warren-Neely Foundation

Joy Investors Gifts of $500+

- John and Stephanie Boehles
- Colleen Carr
- Daniel and Rosella Cerda
- Michael and Ronda DiVerde
- Dennis and Margot Doucette
- Dennis Driscoll
- Donald Dunstone
- Dawn Formo
- Kerrie Foss
- Richard Fuller
- Vernon Gauntt
- Brian Goelitz
- HomeAdvisor
- Rebecca Hluchan
- Therese and David Hymer
- John Lamberti
THANK YOU

We want to give a warm thank you to all of our donors, supporters, partners, volunteers, and advocates in the community.

From our Board of Directors to the musicians at *Heart of a Child*, we deeply appreciate each individual's donation of their time, talent, and/or treasure. Without the many hands helping at all levels of our organization, we would simply not be able to operate. Every page of this report is a testament to the power of our community to ensure that we get health and happiness to as many people as possible.

We’d also like to express our gratitude for the support of our partners, such as Rady Children’s Hospital and the Wounded Warrior Battalion. Our ability to provide direct services to those in need is due in large part to their appreciation and support of music therapy.

I'M GRATEFUL FOR RICK’S LEADERSHIP, SUPPORT AND BELIEF IN OUR MISSION.

-Barbara Reuer, CEO and Founder

**JOY INVESTORS, CONT. Gifts of $500+**

Thomas and Lauren McMullen
Trevor and Teresa Mihalik
John and Mary Cathy McCaw
Jeffrey and Perla Myers
Gregory Nicpon
Leslie Robb
The San Diego County Employees’ Charitable Organization
C G Schmitt
Michele Semin
Sport Clips
Keith and Linda Stuessi
Marc Summers
Michael Winn
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Tim and Angelique Ringgold
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Jeremy Scott Stupin
Tom & Claudia Vedvick
Ruth Ann Westreich
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Jessica Blaisus
Gregory Block
Koi Zen Cellars
Ron and Marie Durie
Steven and Amy Epner
Claire Fernandez

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