ANNUAL REPORT
2018

RESOUNDING JOY ENHANCES THE HUMAN CONDITION WITH THERAPEUTIC APPLICATIONS OF MUSIC.

Visit us online at www.resoundingjoyinc.org
The 2018 Heart of a Child Concert raised $89,000 for the Music with Heart program.

Marissa Grace with Halfblood performs *I Want You Back* by Jackson 5 at the 7th Annual Heart of a Child Concert.
We do not accomplish our goals alone and I want to sincerely thank all of our donors, volunteers, staff, and champions for all that you do to make us one of the best nonprofits in San Diego.

Resounding Joy has had an outstanding year of growth in board development, finances, marketing, and strategic planning.

Last year, we added three new board members who bring skills in finance, marketing, and legal. The board pursued governance training and engaged in a workshop for strategy and mission. We successfully re-invented our annual gala and grew our digital marketing efforts.

As I reviewed past budgets and our current budget, I was struck by the fact that in 2018 we increased revenue 21% over budget and our operating expenses came in 7.6% below budget. We need to thank our CEO, Barbara Reuer, for this accomplishment. Our FY19 budget includes increased personnel costs to support our experienced, specialized, Board-Certified music therapists.

One of our goals is to spread music therapy services across the country. Over the next four years, we will develop the legal, physical, and creative infrastructure for satellite offices, where music therapists will use the same protocols that have proven so powerful here. As a past Nurse Practitioner, I have a lot of experience with this concept and am in complete support. Music therapists should be part of medical teams working on the many diseases and diagnoses that cause pain and uncertainty.

Our music therapists are outstanding people who are passionate about their work and give so much to help Resounding Joy grow and prosper. This coming year we will aim to champion our cause, to invite our community to engage with us, and to communicate the impact of our services.

Sincerely,

Mychelle M. Mowry, DNS
President
Customized, professional services addressing the needs of our community... one session at a time.

Music’s unique ability to navigate damaged areas of the brain and transcend verbal communication makes it a powerful tool in the hands of a qualified professional. Resounding Joy provides a spectrum of music programs, including music therapy, supportive music, and recreational music.

**Music therapy** is a non-invasive treatment supported by extensive research and education. Certification requires a bachelor’s degree or higher in music therapy, a 1,200-hour clinical internship, and passing a national board examination. While music therapists are skilled musicians, their primary expertise lies in creating a therapeutic experience, selecting appropriate and effective interventions, and helping the client achieve their non-musical goal.

**Supportive music** is an interactive music experience without a clinical goal. Examples include drum circles and Joy Giver volunteer services.

**Recreational music** programs provide opportunities for music listening, such as public performances of the Semper Sound Band.

2018’s total contacts (attendance) of 13,653 is an all-time record high.

People Reached in 2018 with Music Programs

![Staff, February 2019](image)

L to R: Allison Nocita, Lindsay Zehren, Rachel Gant, Whitney Hewlett, Barbara Reuer, Jamie Rosenfeld, Cory Woodrow, Annela Flores, Patricia Sevener, and Mo Dinsmore.
Semper Sound addresses mental health and enhances quality of life for service members and veterans.

2018 was a year of partnership for Semper Sound. We secured contracts for the first time at several facilities and developed deeper connections with the staff at several of our sites.

The opening of the Intrepid Spirit Center on Camp Pendleton marks a milestone in military music therapy in California, and we are working to compliment and integrate with these new Department of Defense healing arts programs.

All programs are free of cost to participants, available on base, at veteran agencies, or at the Music Wellness Center. Our East Coast Satellite program is generously supported by the Chelsea Soldier’s Home in Chelsea, Massachusetts.

Resounding Joy and a team of five nonprofits successfully secured a grant to collaborate on “Pop-Up Creative Arts Cafes,” which began in November and will continue throughout 2019.

“I TRULY APPRECIATE THIS PROGRAM THAT HELPS MY STRESS, PAIN, AND ANXIETY. I ALWAYS FEEL MORE AT EASE WHEN THE GROUP IS OVER. THANK YOU.”

The Music Wellness Center offered opportunities for musical skill development and use of the recording studio.

Outstanding research!

Two former Semper Sound music therapists publish program outlines:

https://doi.org/10.1093/mtp/miy006

The Semper Sound band performed publicly four times over the course of 2018 to audiences as large as 350 people.

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WEST COAST

62 CLIENTS

CAMP PENDLETON
Individual and group sessions for wounded or rehabilitating active duty.

VETERANS AFFAIRS
Sessions at the VA Aspire (resident treatment) and the VA Hospital.

449 CLIENTS

NAVAL MEDICAL CENTER
Small groups focused on keyboard, guitar, or Music Centered Wellness.

EAST COAST SATELLITE

332 CLIENTS

OLDER ADULT VETERAN SERVICES
Resounding Joy provided services at Chelsea Soldiers’ Home and Quigley Memorial Hospital.

449 CLIENTS

NAVAL MEDICAL CENTER
Small groups focused on keyboard, guitar, or Music Centered Wellness.

ANGER CUT IN HALF

See pages 7-8 for quantitative outcomes of pain, anxiety/stress, depression, and anger.
Mindful music provides music therapy and volunteer training to support isolated older adults.

"BEING ABLE TO CONNECT WITH SOMEONE AND HEAR THEIR STORIES... THAT BROUGHT A GREAT SENSE OF VALUE TO ME." - JOY GIVER

We trained 12 new Joy Givers in 2018!

Direct Service
34 older adults in memory care
1,201 contacts

Joy Giver Volunteers
100* older adults
17 musical volunteers
1,165* contacts

Junior Joy Givers
36 older adults
46 youth volunteers
266 contacts

"ON BEHALF OF THE SILVERCREST MEMORY CAFE, PLEASE THANK THE VOLUNTEERS WHO GAVE THEIR TALENT AND TIME. IT WAS A BEAUTIFUL SUCCESS. THANK YOU FOR BRINGING SO MUCH JOY TO THE SILVERCREST COMMUNITY."

*estimate

Future Concept: Joy Giver Online Training

With the launch of partner agency MusicWorx’s online Music and Wellness Hub, Resounding Joy is building online supportive music training programs for individuals and facilities.

We are deeply saddened that Joy Givers Stephen Bruzgulis and Annabeth Hindertling passed away last year. We greatly miss their bright spirits.
HEALING NOTES

Individual and group music therapy sessions for hospitalized and medically fragile children

What is “medically fragile”?

- A serious illness or condition expected to last at least a year
- Requires ongoing medical care and supervision
- Results in diminished quality and/or length of life

613 cardiac patients
86 other patients
5 family/nurses
1,197 contacts

In-Home Family Music Therapy
Music therapists customize sessions to the needs of the medically fragile child and their family over the course of six to eight in-home sessions. For those with limited life expectancy, the therapist will also guide the family through composing a legacy project.

46 patients
120 family/nurses
585 contacts

Shine and Sing Group Music Therapy
Shine and Sing sessions unite small groups of young, medically fragile children in a fun environment of dancing, singing, and interacting with simple musical instruments along with their parents, siblings, and peers in these weekly music therapy sessions.

85 clients
147 family/nurses
1,470 contacts

The Ariana Miller Music with Heart Program
Music with Heart provided daily music therapy at Rady Children’s Hospital for children with cardiac-related diagnoses with additional, limited service to those with cancer or blood disorders.

Special thanks to Jeff and Anita Miller for their leadership and generosity.

Thanks to the Music Man Foundation for their significant support of these programs!

“THIS IS THE FIRST TIME I’VE SEEN HER SMILE AND HEARD HER SING FOR WEEKS! THANK YOU!”

Parents extoll the value of music therapy at Rady Children’s Hospital San Diego
Program Outcomes

Resounding Joy uses per-session outcomes, patient and staff surveys, and reviews testimonials to evaluate the success of each program.

Pre/Post-Session Patient-Reported Impacts

For patients with a pre-session score greater than 0, outcomes reflect average improvement of post-session reported score.

- Depression/Mood
- Pain
- Anxiety/Stress
- Anger

96% of children fully calmed (per FLACC score)

The Face, Legs, Activity, Cry, Consolability Scale (FLACC) assesses pain for children that are unable to verbalize, such as infants. Almost half of all patients served through the Music with Heart program are under the age of 1.

Fourteen families who participated in Shine and Sing sessions completed a survey with the following results:

Want more detail?
Email jblaisus@resoundingjoyinc.org to receive a detailed per-program breakdown, learn about current YTD outcomes, or ask any questions about Resounding Joy’s evaluation methods.
50%  
13 VISITS

Community Program:  
At-Risk Youth

Interns Betsy Gifford and Meera Sinha provided music therapy to at-risk youth as their final project. Participants reported:

- "Great group. Needs to be a part of all organizations helping this particular population."
- "These music professionals are amazing!"
- "It was really fun to experience the music and our emotions through the music that I can play. Thank you so much!"

Semper Sound East Coast in Chelsea, MA

Letter Excerpt from Michael Zeroski, Educational Specialist in the Medically Fragile Classroom at California Avenue School.

"I teach children (pre-school thru fifth grade) diagnosed as having profound disabilities and unique medical needs. Often, my students have multiple complications as a result of their disabilities/disorders, which may result in global hearing, vision, and physical (fine and large motor) deficits.

Sadly, and tragically, five of my students have passed away since I began teaching in this classroom. I mention this only to emphasize that every day matters to my students. Having grieved with families and colleagues, I have rethought the way I approach teaching, placing high value on building peer relationships, making every day fun, and incorporating the many benefits of music whenever possible. Some of my students are so severely and universally impacted that an eye glance, finger grip, or smile is a great accomplishment, which, in many cases, I have only been able to illicit through music. This leads me to my experiences with Resounding Joy.

Lindsay and Whitney have been extremely gracious, and have worked with all of my students. Not only are they incredibly compassionate, but also driven to provide the best experience possible for each student. I have witnessed some of my students responding in ways that I had not experienced before. Furthermore, some of my students were able to meet educational goals solely based on what they were able to accomplish with Lindsay and Whitney. Not only were all of my students engaged, but also exposed to new sounds, the feel of unique instruments, and Lindsay and Whitney’s soothing voices.

If I had to advocate for just one service over all others, it would be music therapy services provided by Resounding Joy. Understanding, through my experiences, the importance of this program, I feel that I would fail my students if unable to continue with this incredibly meaningful experience."

Half of our music therapy clients are children, a third of whom are infants served through Healing Notes. About a third of clients are service members and veterans.

Music therapists visited high school infant care centers and worked with teenage parents and their children through the Sound Minds program.
MT4A encompasses all work outside of the three core programs, including work with at-risk youth, homeless people, and the general public.

**ADDICTION AND RECOVERY**
Resounding Joy provided music therapy to 154 individuals in recovery from addiction and substance abuse through a new partnership that began in July of 2018.

**AT-RISK POPULATIONS**
Almost 100 at-risk teens and homeless individuals received music therapy at no cost at San Diego Nights, TAY San Diego, and the Rescue Mission through internship placements and generous grants.

**SUPPORTIVE MUSIC PARTNERSHIPS**
We partnered with the Children’s Discovery Museum, the Glenner Center, the Epilepsy Foundation, the Central Library, the Veterans Home, and the San Diego Songwriter’s Meetup to support health and wellness.

**CONCERTS**
Resounding Joy brought live music to audiences through public appearances across San Diego and concerts like the annual Heart of a Child fundraiser and performances of the Semper Sound Band.

**Eve Selis and Back to the Garden**
Thank you to everyone who joined us last July for a house concert generously hosted by Rick and Ann Hein, especially our volunteer team and musicians.

Photography donated by Keoni Cabral.
THANK YOU TO OUR DONORS

Joy Superstars $25,000+
City Of San Diego
The Music Man Foundation

Joy Virtuosos $10,000+
Ami Belli
California Arts Council
Disabled Veterans National Foundation
The Donald C. and Elizabeth M. Dickinson Foundation
Merle and Kay Horst
Victoria Ocoin
Rest Haven Preventorium For Children

Joy Producers $5,000+
Marc and Isela Carpenter
Rick and Ann Hein
The Jubilation Fund of the Tides Foundation
Lee Kaminetz
Jeff and Anita Miller
Nordson Corporation Foundation
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Joy Composers $2,500+
Brayton Family Fund
Calvary Lutheran Church Mission Endowment Fund
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Audrey McDowell
Eva L. McKenzie Memorial Fund
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Joy Promoters $1,000+
Abbott Laboratories
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Joy Scouts $250+
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Steven and Mary Malicki
Mitch Rennix
Barbara Reuer
Leslie Robb
Barbara Stangl
Sushi Lounge Encinitas/Point Loma
Bruce Warden
Woody and Veronica Woodrow
James Wright

THANK YOU to our many volunteers! You make our work possible.

We apologize for any errors found in this report. Please contact jblaisus@resoundingjoyinc.org if you identify any mistakes and we will correct it.
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