Semper Sound™

Music Therapy to Assist Military Rehabilitation

2014

Annual Report

Mission: Resounding Joy uses therapeutic and recreational music programs to improve the social, emotional, physical, and spiritual well-being of individuals and communities.

Mission Focused: Our Semper Sound Military Music Therapy program works directly with returning military service members and veterans with Post Traumatic Stress Disorder (PTSD), Traumatic Brain Injury (TBI), substance abuse, and other physical and psychological combat-related diagnoses

Mission Driven: Resounding Joy's clinical treatment music therapy protocols follow a four-tiered approach to assure clinical consistency and quality of care for all clients—recruited and referred.

RESOUNDING JOY
Making Music, Happiness & Health®

Program Description

Resounding Joy's Semper Sound Military Music Therapy program provides impact through three tiers of service and support: 1) Music Therapy Curriculum, 2) Recreational Music Services, and 3) Community Music Programming. Our programs achieve impact by providing beneficial and effective services at all three levels, which yields positive participant outcomes. We deliver continuity of services at Department of Defense installations, Department of Veteran's Affairs sites, military treatment facilities, and in the community, which provide maximum opportunity for music therapy programming for the military clientele we serve through our Semper Sound program.

Program Impacts in 2014

Music Therapy Services: Total Contacts

FACILITY			
NMCSD	Camp Pendleton	VA ASPIRE	OASIS
608	319	102	298

- 249 total unique service members receiving music therapy services
- 1,327 total contacts through music therapy services
- Average of 26 contacts per week

Program Impacts in 2014 (cont'd)

Semper Sound Band and Community Outreach Events: Total Contacts

Number of Semper Sound Performances	Number of Band Members*	Community Reach with Band Performances (estimated)	Number of Presentations and Special Events	Number of People Reached with Presentations/ Special Events
16	84	6850+	7	750

*including staff and interns

Presentations and Community Outreach Events

February 2014

- Exceptional Family Members Program (EFMP): Family Resource Fair
- Each Mind Matters: Serving Those Who Serve Resource Fair

May 2014

- Family Advocacy Program, Camp Pendleton: Semper Sound Presentation
- University of Southern California School of Social Work: Masters of Science Students Alternative Therapies Workshop Presentation

June 2014

- Operation Engage America: Resource Fair and Advocacy Day
- Congressman Scott Peters: Military Mental Health Forum
- SD Military Family Collaborative: "Coming Back" with Wes Moore Forum and Resource Fair

Testimonials

"The Semper Sound Music Therapy program is a huge success at the ASPIRE Center. [The music therapist] and her staff are doing an awesome job inspiring our Veterans!"

~Laurie Arnold M. S., CRC, Vocational Specialist, ASPIRE Center, VA San Diego Healthcare System

"Dear Resounding Joy: Just wanted to write a little note to let you know how much our occupational therapy team enjoys working with your music therapists at the Hope and Care Center at Camp Pendleton. Since we have been sending service members your way, we have seen amazing progress. They are less numb and more relaxed to the point were other team members have noticed changes in these individuals, and they have made measurable clinical changes since attending your groups. We hope that we can continue working with you at Camp Pendleton."

~ Elizabeth Doherty, MS, OTR/L, NHCP-Warrior Recovery Center United States Marine Corps Base Camp Pendleton

"This whole experience has helped me and my husband. As a wife of a disabled veteran, it is awesome to witness my husband's PTSD symptoms decrease in his involvement with other veterans and community members. The staff is patient, talented, and helpful. Please expand this to other cities as well! We really hope that we can find music therapy when my husband is retired from the NAVY. He needs this and I loved being a part of this experience with him."

~Feedback from a Military Spouse about the Veterans' Songwriting Retreat

"Resounding Joy's music therapy program has been a great inspiration and escape for myself. It has been a great help in releasing some of my issues that I have through music and songwriting. I personally believe all the people involved with the program are caring, patient, and want the service members to succeed and thrive. It has truly been an inspiration and I have learned a new relaxation tool I can use and keep in my "toolbox."

~Navy Corpsman participating in several Semper Sound Programs

"This is a wonderful opportunity for veterans to reflect and cope with their experiences. It provides a strong perspective on the result of TBI/PTSD and combat injury. You guys have something BIG with this retreat. I am excited to see where it goes from here and to participate again!"

~Community songwriter participant about the Veterans' Songwriting Retreat

Program Expansion

In order to accommodate the volume of music therapy requests and referrals at Naval Medical Center San Diego, we expanded music therapy services by including an additional day per week, totaling 10+ hours of direct services (individual/group) per week. This additional day of services allows us to double the amount of weekly services that we provide our military clientele.

Semper Sound Band

It is common that service members frequently transfer between rehabilitation programs, bases, and ultimately, transition to veteran life. There are few services that are provided by the same organization and therapist at each treatment location. The Semper Sound Band was created as a therapeutic model to create therapeutic consistency and support similar goals of the

Semper Sound Military Music Therapy program through specific facilitation techniques of music performance. Neurologic music therapy techniques of therapeutic instrumental music performance (TIMP), therapeutic singing (TS), adapted instrumentation, and music arranging are implemented. The Semper Sound band is performance-based, utilizes a community music therapy model, incorporates peer support, and provides social reinforcement. Members of the Semper Sound Band are selected from the participant pool of service members either enrolled in Resounding Joy's Semper Sound Military Music Therapy Programs or vetted and trained as Semper Sound Music Mentors. This continuum of care model supported by programs on bases and VA facilities allows for opportunities for service members to participate in community events throughout the year.

"4 Love of Our Country Volume I" Studio Album

The Semper Sound Band is releasing its first full-length studio album titled ***"4 Love of Our Country Volume I,"*** which includes original tracks written and recorded by past and present Semper Sound Band members and veterans from all eras of service. The process of writing, recording, and producing a studio album as an extension of the Semper Sound Band performance element added innumerable opportunities for leadership, collaboration, and peer support throughout the process. [Release date is projected for Summer of 2015.]

Semper Sound Band Performance Opportunities in 2014

- Feb 18: Belly Up Wounded Warrior Concert with Johnny Vernazza, Encinitas
- Apr 25: Wolfpack Wheelchair Basketball Celebration Ceremony, NMCSD
- May 24: Wounded Warrior Homes Fundraiser/Poker Ride, Biggs Harley Davidson, San Marcos
- Jul 4: Fourth of July Family Celebration, Calvary Lutheran Church, Solana Beach
- Jul 31: "Concert in the Courtyard" -- First of an ongoing concert series, NMCSD
- Aug 28: "Concert in the Courtyard," NMCSD
- Sep 13: USO San Diego Anniversary Event
- Sep 21: Performance at Veteran's Village San Diego
- Sep 25: "Concert in the Courtyard," NMCSD
- Sep 27: Resounding Joy's 10th Anniversary Gala: "Dining and Dancing at the Derby," Del Mar
- Oct 30: "Concert in the Courtyard," NMCSD

Semper Sound Band Performance Opportunities in 2014 (cont'd)

- Oct 30: "Live From the 4th Floor," UT San Diego
- Nov 11: Veteran's Day "NBC Salute to Service Festival," U.S.S. Midway
- Nov 13: "Talent for the Troops," Veteran's Association of North County
- Dec 4: "Concert in the Courtyard," NMCSD
- Dec 10: Holiday Tree Lighting Ceremony, NMCSD

Special Event: Veteran's Day Performance on U.S.S Midway

On Tuesday, November 11, 2014 the Semper Sound Band played a 90-minute set on the flight deck of the USS Midway as part of the Salute to Service Festival sponsored by NBC and Geico. Semper Sound band members came from all over Southern California to play, including members of the original band that formed in 2011! Band members joined from Camp Pendleton, Naval Medical Center San Diego, and Veterans Village San Diego participated, totaling 10 veteran musicians. It was a great show and the band was honored to play for the many visitors of the Midway museum who all gathered to celebrate the service members and veterans who serve our great nation!

"Concert in the Courtyard" Series

In an effort to increase the amount of opportunities for service members to participate in performance opportunities, we established a monthly music series, "Concerts in the Courtyard," to increase program visibility for recruitment and participation at NMCSD. This opportunity expands possibilities for the Semper Sound Band, allowing greater consistency for program participants due to the motivational nature of regular performances. This also extends the clinical possibilities of music therapy, allowing the strengthening and implementation of skills (interpersonal interaction, goal-setting, communication, socio-behavioral, and psychoeducation) in a setting that can be generalized to the community. To date, there have

been nine total performances, occurring on a monthly basis. These concerts are made possible by a generous sponsorship from Cox Communications in San Diego.

Program Innovation: Veteran's Songwriting Workshop

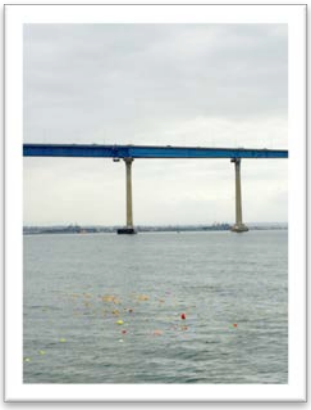
In October 2014, through a partnership San Diego Songwriters MeetUp, RJoy ran a weekend-long, Leadership Through Songwriting Veteran's Retreat at the RMCC. Through the combined efforts of community songwriters, music therapists, interns, veterans, and military spouses, five songs were created, recorded, and performed live at the RMCC. The weekend concluded with a showcase of the songs performed by veterans and community musicians, group discussion of the songwriting process, and a ceremony in which the participants received certificates of completion, t-shirts sent from the Statewide Advocacy for Veterans Empowerment (SAVE) program on the East Coast and a digital copy of their songs. The Songwriting Veteran's Retreat at Resounding Joy's RMCC, yielded a 92% Overall Satisfaction rating (-8.0% for time restraints) and a 100% Content Satisfaction rating. For future songwriting collaborations, we plan to follow up with The Center for America Military Music Opportunities (CAMMO) based in Nashville, TN. We have had initial correspondence with CAMMO revolving around brainstorming partnership ideas to provide songwriting opportunities for service members and veterans on a national scale.

Community Partnership

In an effort to expand outreach to military families on the West Coast, we have developed and continue to strengthen a community partnership with Wives of War (WOW). We support their mission, in line with ours, to support families of combat veterans through the cycles of deployment and the transition to civilian life. Resounding Joy provided wellness strategies through skill building musical exercises for military wives at a co-sponsored retreat. At our Recreational Music Center and Clinic (RMCC), we hosted a music and social event for families who receive services from WOW. This event was also sponsored in part by Military Children's Collaborative Group - who's mission to provide essential services to improve the quality of life of military-connected children and their families by bringing awareness, providing education, and referring resources to meet their unique needs, is something that Resounding Joy's services can directly support.

As part of our East Coast expansion, which began in August 2014, we are developing music therapy services for transitioning veterans, veteran students, and military families in Greater Boston and Central Massachusetts. We partnered with the William Joiner Institute for the Study of War and Social Consequences at UMass Boston, the Music Therapy Department at Berklee College of Music, Statewide Advocacy for Veterans Empowerment (SAVE) program through the Boston Department of Veteran's Affairs, the Massachusetts Women Veteran's Network, and Project New Hope.

Semper Sound Fallen Heroes Family Bereavement Program



One of the Semper Fi Fund–approved service members that we served through our program since 2012 recently passed away. We were requested to provide music with the family during the memorial service (following the service with military honors), at which they spread his ashes at sea. *Ashes on the Sea* facilitated the service, and they pride themselves in creating opportunities for healing. In speaking with the owner, from what he observed, he stated,

"We have had some musicians come aboard before and play the violin, but what you did with this family … I have never seen anything like that before; it was powerful." The events that transpired from the initial request have formed a new service that Resounding Joy aims to offer for families of fallen heroes in partnership with Ashes on the Sea.

Pilot Model: Semper Sound Fallen Heroes Family Bereavement Program

Step 1: Music therapy session with spouse and children to prepare for the service (selecting and creating musical repertoire)

Step 2: Rehearsal for the service performance (1-2 days previous)

Step 3: Service

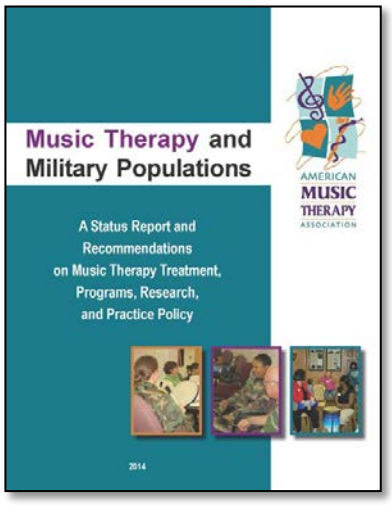
Step 4: Music therapy session for processing

Step 5: Follow-up family bereavement services (if applicable)

Tele-Health: A Music Therapy Model

Individual Outcome Summary: We continue to pilot the Semper Sound Cyber Health: Tele-Music Therapy program with one veteran (Oct. 2013 to present). Subjective data shows a 30% overall decrease in anxiety, 45% overall decrease in depression, and overall decrease of 14% in pain perception.

***Group Outcome Summary*:** We piloted the Semper Sound Cyber Health: Tele-music program with a music therapy trauma group for female veterans in the Greater Boston area. The collective group previously worked together with an initial music therapist and veteran music therapy assistant. In the absence of the initial music therapist, the assistant and a music therapy professor from Berklee College of Music facilitated the sessions in person with the female veterans. The tele-music therapist co-facilitated through live video streaming via Skype. It was agreed by all group members (*n=4*) that tele-music therapy did not disrupt ability to engage in the group (85%); tele-music therapy was effective (90%); and clients would participate in additional tele-MT groups (90%).



American Music Therapy Association (AMTA) White Paper Publication

In 2014, the AMTA published a paper outlining trends in and future implications for military music therapy. Resounding Joy significantly contributed to this publication, listed under "Model Programs." Dr. Reuer and Rebecca Vaudreuil were both cited in the References and thanked in the Acknowledgements. The paper can be viewed on the AMTA website:

http://www.musictherapy.org/assets/1/7/MusicTherapyMilitaryPops_2014.pdf

East Coast Office

In 2014, after graduating from Harvard Graduate School of Education, Rebecca Vaudreuil, a five-year, dedicated RJoy employee, decided to expand RJoy to the East Coast! Rebecca's legacy at RJoy is that she created the Semper Sound Military Music Therapy program. Rebecca's new mission on the East Coast is pioneered with assistance from Demi Bullock, a Marine Corps veteran and RJoy's East Coast Program Representative and Technology and

Production Consultant. Since starting the RJoy East Coast satellite, Rebecca and Demi have partnered with many organizations, institutes, and universities to develop music therapy programming for veterans in Massachusetts.

2014 East Coast Events

May 2014	• American Psychiatric Association Conference, Panelist: 'Multimodal Approaches to PTSD treatment'- Times Square, NYC
Jun 2014	• MA Women Veteran's Coalition Conference, Presenter- Dudley MA • Joiner Institute Veteran Writer's Workshop, Presenter- Boston, MA
Aug-Sep 2014	• Music Therapy program for female veterans, in partnership with SAVE and Dr. Codding from Berklee College of Music - Chelsea, MA
Nov 2014	• Project New Hope Veteran Retreat, in partnership with Berklee College of Music MT Department - Groton, MA

Looking Forward to 2015

We look forward to continuing to serve the men and women who serve our nation. Resounding Joy continues to provide services through community support not only in San Diego, but nationwide with our expansion to the East Coast! Here are some areas of continued growth in the upcoming year:

1. Thanks to an individual donation from Mr. Dave Bialis, SVP, General Manager at Cox Communications, music therapy services will be provided an extra day during the week at the VA Aspire Center.
2. We look forward to hosting future Veteran's Songwriting Workshops, with support from community partners.
3. Continual participation in community events will promote music therapy services throughout San Diego County and on a national scale.
4. Continuing to provide opportunities for the Semper Sound Band to perform monthly.
5. We are grateful to the Injured Marine Semper Fi Fund for ongoing support of qualified military personnel injured in post 9-11 combat or training, or facing a life-threatening illness.

RJoy East Coast started 2015 in a new office and with a new contract with the Soldier's Home in Chelsea, MA. Established in 1882, the Soldiers' Home in Chelsea is a multifaceted residential health care facility providing supportive and long-term care to eligible veterans. Resounding Joy is running a comprehensive music program including a weekly recreational component and monthly music therapy sessions offered facility wide at the Soldier's Home in Chelsea.

Special Thanks to our Sponsors, Partners, Funders, and Coalitions

- Anonymous individual donors
- Mr. Dave Bialis, SVP, General Manager, Cox Communications
- Berklee College of Music, Music Therapy Department, Boston, MA
- Calvary Lutheran Church Mission Endowment Fund, Solana Beach, CA
- Cox Communications, San Diego, CA
- Exceptional Family Members Program (EFMP), San Diego, CA
- Injured Marine Semper Fi Fund, San Diego, CA
- Military Children's Collaborative Group, San Diego, CA
- MusicWorx Inc. Intern Team, San Diego, CA
- Naval Medical Center Balboa 's WII Wellness Program, San Diego, CA
- OASIS Program, San Diego, CA
- Project New Hope, Worcester, MA
- San Diego Military Family Collaborative, San Diego, CA
- San Diego Songwriter's MeetUp, San Diego, CA
- San Diego Veteran's Coalition, San Diego, CA
- Soldiers Who Salsa, San Diego, CA
- Statewide Advocacy for Veteran's Empowerment Program (SAVE), Chelsea, MA
- The Soldier's Home in Chelsea, Chelsea, MA
- VA Aspire Program, San Diego, CA
- VetFam Forum, San Diego, CA
- Warren-Neely Foundation, San Diego, CA
- William Joiner Institute for the Study of War and Social Consequences, UMASS Boston, Boston, MA
- Wives of War, San Diego, CA
- Women Veterans Network of Massachusetts, Boston, MA
- Wounded Warrior Battalion West, Camp Pendleton, CA
- Wounded Warrior Project, Washington, DC

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