Semper Sound currently operates in two states, California and Massachusetts, and electronically through a revolutionary telehealth program. The Soldier's Home, a residence for older veterans, is possible as a result of the success of local programs. In San Diego, Semper Sound operated on three military bases (Camp Pendleton, Naval Medical Center San Diego, Naval Base Point Loma) as well as the VA's ASPIRE rehabilitation center.

**Music therapy provided to Post 9/11 service members**

- **Total contacts**: 1,661
  - A count of the number of times a service member or veteran benefited from our music therapy.
- **Total individuals receiving music therapy**: 233

**All Semper Sound Contacts**

- **Total individuals receiving music therapy**: 1,748
  - Broken down by location and type of contact:
    - Camp Pendleton: 646
    - OASIS at Point Loma: 273
    - Naval Medical Center-San Diego: 617
    - VA ASPIRE: 46

**San Diego Contacts**

- **Camp Pendleton**: 646
- **NMCSD**: 273
- **OASIS**: 617
- **VA ASPIRE**: 46

**Client Anxiety**

- **Decrease**: 584
- **No Change**: 233
- **Increase**: 46
- **Did Not Report**: 46
Semper Sound Band Performances at NMCSD Courtyard

The Semper Sound Band performed monthly at the Naval Medical Center San Diego’s central courtyard, reinforcing goals, encouraging peer support, and increasing program visibility. This program is available not only to current Semper Sound clients, but also to past clients who have remained in the San Diego area after transitioning out of active service.

Community Performances

The Semper Sound Band performed in community settings, including Wesley Palms (a retirement and memory care facility), at several local Sport Clips fundraisers, and at the opening of Operation Engage America’s veteran resource fair.

2,745

Estimated audience
From all 2016 Semper Sound band performances

Creative Arts Collective

Resounding Joy collaborated with Soldiers Who Salsa to provide an expressive arts night for service members at the Music Wellness Center. We encouraged artists to display their work, and activities included a drum circle, salsa lesson, creating mandalas, and open mic.
Ship Shape Clinic
Semper Sound provided music therapy clinics to the participants in the Ship Shape program at NMCSD on two occasions. Service members engaged in a drum circle and music-led relaxation exercises.

"None of the other programs I have been in have taught me how to take care of myself like this. It was the first time I could actually relax and feel good about myself."
–Ship Shape participant

Achieve Program, Camp Pendleton
Semper Sound provided music therapy to service members in the Achieve program at Camp Pendleton, an intensive outpatient program for patients with traumatic brain injuries (TBI). The group focused on gaining coping skills for managing the symptoms of TBI and successfully provided participants tools for improving memory, promoting creative and emotional expression, and increasing fine motor skills.

"I first started music therapy at the Wounded Warrior Battalion while attending Achieve Intensive Outpatient. I took such an interest in the guitar, I was given a grant by the Semper Fi fund to purchase my own acoustic guitar. My life was deeply impacted by the guitar and the therapeutic values instruments have within the soul. I can’t thank Resounding Joy and the music therapy class enough for giving me a positive outlet that has done nothing but good in my life. Megan Wong has also been a great teacher and mentor not only with playing the guitar, but helping me cope with difficulties in life through music."

"Having PTSD I have been through many types of therapy programs - psychology, psychiatry, mind/body medicine, yoga, etc... the music therapy program has been something unexpected, different and good! It is a means of expression and introspection that I have not been able to access in any other therapy plan that I’ve been in.

Megan [the music therapist] is great, personable, and supportive. Of all the programs that are in place for military service members and veteran’s health, the music therapy program should keep its place in the toolbox of treatment, and be provided continued support and funding."

–Semper Sound program participant
As a result of a grant from the California Arts Council’s Veteran’s Initiative in the Arts, the Union Tribune featured Resounding Joy’s Semper Sound program in their August 29th issue.

“And from then on there was no stopping this veteran whose anxiety began quieting and depression began to lift. He began learning the guitar. He came out to our Semper Sound Band sessions. Soon he was going to play in coffee shops and at open mic nights. He just loved it.”

More At: http://tinyurl.com/zxszkxj

Recent media appearances also include:

- A Navy publicity team from Joint Operation Center, Forward Center-Riverside visited Naval Medical Center San Diego and created a one-minute video feature on our program, titled “Music Is Therapy,” on June 17th.
- Megan Wong, Director of Semper Sound, and Jessica Blaisus, Director of Development, joined hosts Traci Smith and Beth Vinas for two segments on their Gurlz Talk Rawk radio show on September 21st.
- The National Endowment for the Arts’ Art Works Blog featured a Veteran’s Day Q & A with Megan Wong.