Resounding Joy Inc
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Resounding Joy enhances the human experience through the therapeutic use of music.

ANNUAL REPORT
2019

Sharing the successes and transformations of 2019, holding to our values of accessibility, advocacy, expression, service, and teamwork, thanks to the support of the community.
Leadership Message

Resounding Joy is in its 15th year of providing quality music therapy to thousands of children and adults in need. Since we collect quantifiable data from our clients, we know we are making a positive impact on the lives of these individuals*. It is important to note our 15th year anniversary because data from National Center on Charitable Statistics reveals that 30% of nonprofits fail to exist after 10 years.

Furthermore, Forbes has determined that over “50% of all nonprofits that are chartered are destined to fail or stall within a few years due to leadership issues and the lack of a strategic plan…”

Resounding Joy has had strong and intelligent leadership from its inception. These past several years the Board of Directors has worked diligently to improve our financial reporting mechanisms and to grow our committee leadership. We are proud to report that we now have 3 months of reserve in the bank and our goal for 2020 is to double the reserve. We met our year-end funding goals and we successfully piloted a new program for first responders who often have issues with PTSD.

I would like to thank each member of Resounding Joy’s Board of Directors for their insight, commitment, and hours of volunteer service.

Mychelle M. Mowry, DNP
Board Chair

* For example, we measure pain reduction, anxiety, depression, anger as well as other metrics such as vital signs.

$3.6M
Combined Historical Revenue

$621,772
2019 Revenue

Annual Gross Revenue

*Board-Approved budget
Music therapy is a non-invasive treatment that addresses non-musical goals and is supported by extensive research and education.

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

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

About Resounding Joy

Music therapy is often an inaccessible treatment, despite its many proven benefits. Insurance coverage – for those that have it – is spotty at best. Since its inception in 2004, Resounding Joy has metamorphosed into a nonprofit with a full staff of Board Certified music therapists, been featured in national publications, and continues to grow to meet the community’s needs.

Most of Resounding Joy’s clients will feel the effects of their diagnoses throughout their lives, whether it is depression, PTSD, a brain injury, Down’s Syndrome, congenital heart disease, or a rare disease. The team of music therapists strive to transform the health of San Diego County by using music as a therapeutic medium to effectively address physical, emotional, social, and cognitive goals. 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.

Terms To Know

MT-BC
Music Therapist-Board Certified

Client
Individual receiving services

Contact
A count of each time a client receives services

Music Therapy

Music therapy is a non-invasive treatment that addresses non-musical goals and is supported by extensive research and education.

10,686
Contacts

Supportive Music

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

2,584
Contacts

Recreational Music

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

5,138
Contacts

8,685
People reached in 2019

10,686
Contacts
Meet Our Team

Barbara Reuer, PhD, MT-BC

Reuer is an internationally recognized and widely published expert in music-for-wellness and music therapy. She is a past president of NAMT and a recipient of the American Music Therapy Association’s Professional Practice Award and its Lifetime Achievement Award.

Lindsay Zehren
Director of Special Projects

Rachel Gant
Director of Music with Heart

Cory Woodrow
Director of Semper Sound

Annela Flores
Staff Music Therapist

Allison Nocita
Staff Music Therapist

Cassandra Richtsmeier
Staff Music Therapist

Music therapists are highly-trained professionals. After graduating with a bachelor’s degree in music therapy, they complete a 1,200-hour internship and pass a challenging national board certification test. Credentials must be maintained with continuing education.

Mycelle M. Mowry
President

Diane Beckman
Secretary

Monty A. McIntyre, Esq.
Treasurer

Pat Molnar

Patrick Panlasigui

Antonio N. Vizcarrondo Jr.
SgtMaj USMC (Ret)

Cathy Wagner

Rick Waltman

James Wright

Resounding Joy’s volunteer Board of Directors provide leadership and guidance for the nonprofit. We would like to recognize their service with a special thank you.

Jamie Rosenfeld
Office Manager

Christina Danley
Network Coordinator

Jason Danley
Semper Sound Band Coordinator

Jessica Blaisus
Contractor
Semper Sound Military Music Therapy Program

Semper Sound military music therapy program addresses mental health and enhances quality of life for service members and veterans. We integrate into rehabilitation or health and wellness programs at military installations and veteran facilities, providing this non-invasive, effective treatment to those struggling with mental health.

"I have not only learned how to play the piano, not with only one hand but with both, while using the power of music to help regain all of the muscles on my left side. As of earlier this year, I was found fit for continued Naval service. [Resounding Joy] has changed my life." - Jordan Lo, USN

West Coast

633 Service Member & Veteran Clients
1,532 Music Therapy Contacts
709 Supportive Music Contacts

Pre vs post-session, average client-reported improvement in:

- **18%** Pain
- **37%** Depression
- **39%** Anxiety
- **54%** Anger

Many of these diagnoses cause challenges with sleep, memory, isolation, fatigue, depression, anxiety, and anger. Music’s ability to access the brain stem and adapt to damaged areas make it a powerful recovery tool for both neurological and psychological challenges.

East Coast

375 Veterans Served
1,651 Contacts

The Resounding Joy East Coast Satellite program offered music therapy and supportive music at Quigley Memorial Hospital and the Chelsea Soldiers’ Home in Chelsea, MA.

"This program has been the highlight of my life here at our fantastic campus." - Bill Cain

TBI  PTSD  CTE  Depression
New Programs

Thanks to the various funders noted below, Resounding Joy had the opportunity to test and revive music therapy and wellness programs across San Diego County. With exciting results from each of these, Resounding Joy hopes to continue to bring these important programs to those in high-stress or high-need situations.

01 First Responders Pilot Program
The Iverson Foundation

Resounding Joy piloted six-week sessions at Jamul and Escondido for sixty-one emergency medical technicians (EMTs). Participants overwhelmingly reported that the drumming, mindfulness, and deep breathing exercises were beneficial.

“I have tried mindfulness, and meditation, but nothing has worked for me like this class has.”

“This is a great way to connect with each other. In real life, we might get into fights and start to avoid each other, but this is a great way to get us together again and work past that.”

02 Semper Sound Band Reinvigorated
California Arts Council

With grant funding and the enthusiastic support of the “Livin’ Your Dreams” audience, the Semper Sound Band is flourishing under the team’s leadership. Veterans build lasting connections, regardless of wounds, wars, and ages. Some participants even express the desire to return to San Diego for events. New members from all military sectors are welcome. Request the Band for your next event!

Thanks to Chris Dinsmore for his help designing the Semper Sound Band logo.
“Playing music allows me to focus on something that is positive and fun. Preparing for and performing with the group allows me to set goals that are attainable and rewarding. More importantly for me, music evokes emotions that have been suppressed throughout my military career. The Semper Sound Band is the only program that has been able to help me better understand an unseen injury that I (and all combat veterans) carry.” - A.J.F. Bautista, USN Retired

03 Pediatric Mental Health Pilot Program
Rest Haven Children’s Fund

Healing Notes expanded to the in-patient Child and Adolescent Psychiatry Services (CAPS) program at Rady Children’s Hospital with a one-time grant. The program was so successful the staff advocated to have services 3 and then 4 days a week until funds ran out.

“With these kids in acute psych care, the music has a way of connecting with them that is not possible through any other way. I have seen patients open up to a completely different level during music therapy sessions.” - RN

04 Substance Use Disorder Pilot Program
Volunteers of America

Resounding Joy piloted a program at a residential substance use disorder rehabilitation center. Participants rated music therapy 4.4/5 as an important part of their recovery, and 4.5/5 as improving their quality of life.

“Thank you very much for this time devoted here. Cory is one of the reasons I am clean and sober right now. I now have hope my future will have a better rhythm. Thank you.”

“I’ve been here for a few weeks and this is one of the first times I wasn’t thinking about drinking.”

05 Creative Forces Partnership
National Endowment for the Arts and Americans for the Arts

Resounding Joy worked with six other military-focused arts organizations in San Diego to create a bridge from the clinic to the community through the adaptation and scaling of Creative Arts Cafés implemented in military clinics to Pop-up Community Creative Arts Cafés.

The Pop-up Cafés connected clinic patients and their families to the community, local arts organizations to each other, the broader military population to appropriate arts opportunities, and built awareness of arts engagement opportunities.
The Ariana Miller Healing Notes Pediatric Music Therapy Program

The Ariana Miller Healing Notes Program offers sliding-scale or free music therapy to medically fragile children and their families. Music therapists provide bedside visits to hospitalized children, group music therapy sessions at partner nonprofits, and in-home sessions for those in need.

**Inpatient Music Therapy**

*1,681 Clients | 2,813 Contacts*

Music therapists served children and their families in the cardiac/CVICU, hematology/oncology, and neurology units at Rady Children’s Hospital-San Diego, as well as hosted group sessions at the CAPS inpatient mental health ward.

Music therapy funded by the Heart of a Child concert brightened the lives of 407 children over 912 sessions.

“Before we started music therapy, we were in a really terrifying situation with our son’s recovery. He was having extreme emotional outbursts that could last 46 minutes. When our music therapist came, she brought the light through her beautiful voice, the music, the songs, the tools she gave us. I was overjoyed that there was a way for him to work through his emotions and let out, figure out, release all that he was feeling. I just cried because when he used the tools they gave him, within a couple of minutes he was calm. The tantrums have gotten shorter and shorter and the intensity is a fraction of what it was when we started.

Music therapy gave us songs we could sing, play music together, and connect through something fun. These amazing therapists have given me parts of my son back that I thought have been lost forever after his surgery. His confidence and his ability to express himself have gotten so much better through this wonderful program, all while growing a love for music. Thank you!”

Parent of medically fragile child

*Survey response synthesis; edited for length but not content.*
"Shine and Sing] is by far our most popular program, the room is always packed with many smiling faces, and the feedback is 100% positive. The participants only complain when the class doesn’t happen for a week! Everyone can see the progress in the participants; the word sounds, the love of music, the pure joy as they fully participate in the class at such a young age. Lindsay and the other music therapist have always been able to engage a full room of wiggly infants and toddlers in a variety of moods. Music really speaks to them!

My daughter has started elementary school so we recently have stopped attending and we both miss it so much! She is thriving in many ways due to the attentiveness and other early education skills she has learned at Music Therapy. She still sings the songs with me, has developed so many new words, and has built lifelong friendships at a very young age at this class. I can’t say enough good things about Shine and Sing!"

Karen Falk, Founding President, GiGi’s Playhouse San Diego
Mother of a child with Down Syndrome
Community Connections

Community Connections is the new program umbrella for all of Resounding Joy’s smaller programs, serving anywhere from a few dozen people to a few hundred.

**Substance Abuse**
Improved well-being and long-term resiliency while offering positive reinforcement.

**School Settings**
Offered self-care strategies, stress relief, and enrichment to school and college students.

**Veterans Village**
Brought music therapy to residents of Veterans Village San Diego.

**Rescue Mission**
Shared free music wellness program for housing-insecure people in Downtown San Diego.

**First Responders**
Fostered wellness and self-care in first responders such as EMTs and firefighters.

**Youth Faith Groups**
Led volunteers from youth faith groups in older adult outreach activities.

**Teen Parents**
Hosted sessions for teen parents and their children at high school infant day care centers.

**Isolated Seniors**
Trained over a dozen volunteers on how to provide appropriate music enrichment for isolated older adults.

**Special Events**
Supported a variety of events through hosting booths, offering short performances, and recruiting volunteer musicians.
Meet Our **Donors**

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**Superstars**

- Abbott Laboratories
- John and Catherine Barros
- Dick and Diane Beckman
- Cryolife
- Anthony Duca
- Natalie Limmer
- LeRoy and Rhoda Loseke
- Medtronic
- Jean Lafond and Mychelle Mowry
- MusicNomad Equipment Care
- Charlie Portman
- Barbara Reuer
- Tom and Judith Tullie
- Richard Schoenberger
- Cathy Wagner
- Warren-Neely Foundation

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**$1,000+**

- Chive Charities
- The Horst Family Foundation
- Jeff and Anita Miller

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**$10,000+**

- Ami Belli
- Anonymous
- The Music Man Foundation

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**$5,000+**

- Clare Rose Foundation
- Disabled Veterans National Foundation
- Ellen G. and Edward G. Wong Family Foundation
- Foundation for Developmental Disabilities
- Nordson Corporation Foundation
- Samuel H. French & Katherine Weaver French Fund

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**$2,500+**

- Betty Scalice Foundation at the Coastal Community Foundation
- Calvary Lutheran Church Mission Endowment Fund
- County of San Diego
- David McDowell
- Overwatch Alliance
- Samuel I. & John Henry Fox Foundation
- Sundt Foundation
- Thursday Club Foundation

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**$500+**

- Gregory Block
- Terry and Jan Bluemer
- Anthony Bollotta
- County Employees Charitable Organization
- Linda Danley
- Joe Dowling and Cynthia Hanson
- Injured Marine Semper Fi Fund
- Jimbo’s... Naturally
- Jim and Meredith Mainquist
- Monty and Mary Beth McIntyre
- Delaney Miller
- Gary and Patricia Molnar
- Gregory Nicpon
- Jack and Lori Pivo
- Allen and Janis Ryan
- Rich and Sharon Sylvester
- UKC Inc.
- Margot Walk
- Rick Waltman
- Zager Guitars
- Michel and Barbara Zelnick
Music therapy techniques are grounded in research conducted through clinical trials and academic journals. Resounding Joy enhances this educational training through ongoing evaluations.

Cost-effective
Music therapy and supportive music contacts cost an average of only $46, despite rising expenses in the County. Cost per client averaged at $177 each.

Transparency
We are a 2019 Top-Rated Nonprofit (GreatNonprofits), a Guidestar Platinum Participant, and accredited by the Patriots Initiative. Our tax forms are freely available on our website.

Partnerships
We thrive on partnerships. A special thanks to John Barros and San Diego Printers for their support of this report!

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