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• We set a record for an all-time high of over $100,000 raised at our Heart of a Child Benefit Concert;
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OUR PROGRAMS

HEALING NOTES

Pediatric Music Therapy
We improve the well-being and quality of life of children who face significant health issues. This program incredibly impacts these kids through in-home and virtual music therapy services.

SOUNDS OF SERVICE

Military Music Wellness
Formally “Semper Sound,” this re-named program now includes first responders. We provide individual and group therapy and wellness sessions across San Diego and Indiana.

SOUNDS OF COMMUNITY

Volunteerism and Public Support
We amplify community welfare and resilience by partnering with local agencies to share music therapy, wellness, and opportunities for recreational music.

SOUNDS OF LEGACY

Older Adult Dementia Care
Music therapists empower and engage our senior community affected by dementia or Alzheimer’s through sessions that enrich their mind, spirit, and overall quality of life.

OUR PROFESSIONAL EXPERTISE

THE INTERSECTION OF ARTS AND HEALTH

Music therapy applies rigorously tested techniques to individualized goals. To gain certification, aspiring music therapists must complete a specialized undergraduate degree program, 1,200-hour internship, and national test administered by the Certification Board of Music Therapists. Their training encompasses biology, psychology, neurology, music theory, and medicine, as well as voice, guitar, piano, and percussion.

WELCOME NEW STAFF

We welcomed Tia Mae Frostrom and Cailey Garner to our music therapy team, and Alyanna Mattson as our first Outreach and Volunteer Coordinator.

6,382 PARTICIPANTS
The number of unduplicated people attending individual sessions, group sessions, or public performances hosted by Resounding Joy.

20,431 ATTENDANCE
An approximate count of all “tickets sold”, i.e., contacts, for all Resounding Joy programs, an all-time record!

Above, L to R: Amanda Lund (Happiness Coordinator); Jess Blaisus (Director of Engagement); Heather Grindle, MT-BC; Barbara Reuer, PhD, MT-BC (CEO); Jamie Rosenfeld (Office Manager); Rachael Gant, MT-BC (Senior Director of Programs); Allison Nocita, MT-BC; Cory Woodrow, MT-BC; and Lindsay Zehren, MT-BC (Chief Purpose Officer).
ARIANA MILLER
HEALING NOTES

Our Healing Notes program enhances the psychological and social-emotional wellbeing of children experiencing significant medical issues in diverse settings.

Staff Board-Certified music therapists provide personalized music therapy services in hospitals, homes, and partner sites to support the patient or family’s clinical goals.

Music therapists are essential members of care teams, and work daily with case managers, physicians, physical or speech therapists, and nurses to amplify results and reduce patient anxiety.

Our vision is that every child has access to music therapy, with unprecedented, uninterrupted continuity of care from inpatient settings, to in-home care, to ongoing group music wellness.

SNAPSHOT: Pediatric Trauma

A preschooler in the pediatric intensive care unit was responding with high fear and stress any time medical professionals entered the room. Our music therapist focused on interactive music making and songwriting with the child and their parent. A nurse joined the session as well, and soon the patient and nurse were singing and laughing together. The nurse commented, “This was the first time the patient didn’t cry or scream when I was in the room, this completely made my day, thank you!”

SNAPSHOT: Post-Heart Transplant

For a pre-teen recovering from a heart transplant, our music therapist did an adapted instrument lesson and songwriting exercise to support emotional expression and relaxation. The teen’s mood shifted considerably and the patient began to smile consistently and sing along. His mother told us, “This is the first time we’ve experienced joy and I’ve seen him smile in weeks. This time meant the world to us! Thank you!”

HOSPITAL

Our music therapists provided 526 sessions to children and their families at Rady Children’s Hospital San Diego. Thanks to our generous supporters at the Heart of a Child Concert, we raised over $100,000 for this program.

SNAPSHOT: Post-Heart Transplant

When pre-session blood oxygen (SpO2) was under 94% at the beginning of the session, music therapists raised it by an average of 4%, and by almost 12% when pre-session SpO2 was under 85%.

When addressing a high respiration or heart rates, music therapists decreased them by an average of 10-33%.

Patient-reported anxiety decreased by an average of over 50% after each session.

The FLACC scale assesses pain for young children or those who are unable to communicate it. We reduced pain indicators by an average of 90% for any child who scored 3 or higher.
HOMECARE

Our team of music therapists provided music therapy for children with significant health challenges like cerebral palsy, cancer, rare syndromes, and dystrophies. We offered these sessions in-home, at our Music Wellness Center, and virtually throughout San Diego County and extending into Indiana.

SNAPSHOT: Integrative Health

“Sofia” is a teen with Rett Syndrome, a degenerative disorder that affects motor coordination, communication, and can cause seizures. Since 2019, our music therapist, Allison, has provided her in-home or virtual sessions. Music therapy gives Sofia autonomy and independence. Because music is so motivating for her, Allison coordinates with other treatment team members to design interventions that support her goals. Allison adapts each session to Sofia’s needs, whether motor movement, speech, or music-based relaxation techniques to help her body regulate and rest after a seizure.

“It is so special to be able to support patients and families through ups and downs and create beautiful memories and bonds through music... getting to be Sofia’s music therapist has filled me with light, joy, and resilience,” Allison says.

SNAPSHOT: Mental Health

“Chris,” a middle-schooler with severe mental health diagnoses, was refusing to go to school or leave her home. She began to act aggressively toward family members and her mother was extremely concerned that Chris may hurt herself or someone else and need inpatient care. Allison focused the music therapy sessions on anxiety management and relaxation techniques in addition to songwriting. Chris comfortably talked to Allison about difficult things, and if she couldn’t verbalize their feelings, they would play instruments so she could express herself musically. Thankfully, Chris did not have to be admitted and instead spent the holidays with her family. Her mom told us that Chris sees music therapy as a safe space that she looks forward to every week.

SHINE & SING

Resounding Joy provided group sessions for medically complex children and their families at Alcott Elementary, California Avenue School, and GiGi’s Playhouse (San Diego and Indianapolis), as well as at sites in Escondido, Tierrasanta, and Chula Vista.

SNAPSHOT: Mental Health

We thoroughly enjoyed our experience with Resounding Joy’s Escondido music therapy program. As a parent to a child with medical complexity, it is challenging to find activities that can accommodate us that are local. Music therapy through this program has enriched my daughter’s life by allowing her to be included in an artistic activity that helps physically, mentally, and emotionally.”

— Parent

HEALING NOTES: Survey Results

We conducted a survey to measure the impact of music therapy on quality of life (QoL) indicators. The Flanagan QoL Scale was used to assess various domains such as verbal, nonverbal, motor, and social skills. The results showed a significant increase in self-awareness, esteem, and expression, indicating positive outcomes for children receiving music therapy.

Mean scores of respondents on a scale of strongly disagree (0) to strongly agree (5).
SOUNDS OF SERVICE

Music can function very differently from person to person, and Sounds of Service reflects that. We provide a continuum of music engagement from clinic to community, from music therapy to music wellness. For some, music may function as an escape from their symptoms of PTSD, the stress of life, or distraction from physical pain. Others might experience music as a means to connect more deeply with themselves: their emotions, memories, trauma, or identity. The team encourages creative expression, resilience, and supports the transition to civilian life for service members, veterans, their families and caregivers, and now welcomes first responders as well.

**Individual Sessions**

Group Music Therapy

Music Wellness

Concerts and Outreach

I didn’t even think about alcohol at all while I was here! Thank you!”
— Veteran in residential substance use rehabilitation.

Sometimes, adaptive guitar lessons are the best option to provide support. An example is my recent work with one of our folks at the VA, “Aaron.” I always thought he was pleasant, motivated, honest, and patient with himself. He’ll engage joyfully and smile as he learns to play favorite songs. But it turns out, as I learned from another member of his care team, that he hadn’t been doing well and they’d had significant trouble getting him to participate in his treatment. But music therapy is different for him. It’s not intrusive or stigmatized; it’s enjoyable and therapeutic. He’s even bought himself a guitar so he can practice anytime he wants.”

**PRE VS POST-SESSION**

I’ve always had an affinity to appreciate music and what it is capable of. Thanks to the expertise and generosity of music therapist Cory Woodrow, I’ve been afforded the unexpected gift of expression and introspection. Cory has provided unyielding motivation and support with joy and patience on a group of instruments I never would have considered. [This] has been a fun and therapeutic experience that words alone cannot express.” — James, participant.

**QUARTERLY SURVEY**

Graph at left represents average participant-reported pre-session score vs. average post-session score, when initial score was >0 on a scale 0-10. Percentages are average *change* in this score, per session.
SOUNDS OF COMMUNITY

We envision a community where everyone uses music for their wellbeing. Sounds of Community provides group music therapy and wellness with partner agencies. We fill in the gaps where people in need don’t qualify for our other programs and don’t have access to music therapy. This program is the best example of Resounding Joy’s adaptability and ambition.

SNAPSHOT:
San Diego Rescue Mission

Resounding Joy helps uplift the spirits of those who have experienced homelessness by providing the opportunity to explore their creative mind in a safe and healing space. Their lessons offer more than musical harmony; the music therapists assist clients in developing healthy coping skills, finding alternative hobbies, and help clients be courageous to creatively express their emotions. They gain self-confidence and develop insight. Embracing mistakes and practicing new skills allow our clients to have the courage to take the next steps to achieve a holistic and healthy lifestyle. We are excited to have this partnership with Resounding Joy; they provide a valuable and remarkable service.”

— Noemi Bravo, Education Navigator for the San Diego Rescue Mission

SNAPSHOT:
Father Joe’s Villages

We team up with San Diego’s Hausman Quartet to provide weekly music therapy sessions at a facility for families experiencing homelessness. Our music therapist, Cailey, works on family bonding, mood elevation, educational support, creative expression, and more! For example, she led the families in a song about the rainbow and encouraged the children to dance with a colorful parachute. The Quartet played accompaniment, and at the end of each stanza, Cailey sang: “If you’re touching yellow, underneath you go!” Cailey and the parents lifted up the parachute, and giggling and happy children ran under it. They did this for each color, until at the very end, everyone went underneath. The children sang with their parents, smiling ear-to-ear together. Especially for people experiencing difficult and stressful circumstances, music therapy is a beautiful way to bring normalcy, joy, and excitement.

Moving Full Circle

We sympathized with our military clients this year when we discovered that our lease would not be renewed at our 10455 address, due to the expansion of veterinary offices. Ironically, we moved to our last building at 11300 - but in a different suite! Thank you to the staff and volunteers that made our move as painless as possible.

At our new Music Wellness Center, we hosted an Open House in August followed by an Open Mic & Merriment in December that was generously sponsored by AARP California.
RESOUNDING JOY INDIANA

Our Indiana site blossomed this year with the dedicated efforts of Lindsay Zehren, MT-BC, and Amanda Lund, Happiness Coordinator.

RJ Indiana launched its own social media presence and developed over a dozen partnerships throughout the state. Lindsay supported 74 people through Sounds of Healing (Indiana’s ‘Healing Notes’), 19 older adults through Sounds of Legacy, and almost 1,500 Hoosiers through Sounds of Community.

We have had many reasons to celebrate throughout the year. Not only did RJ Indiana win a grant from the Indiana Arts Commission, but our Healing Notes program was also selected as the recipient of Hamilton County’s Arts Trust license plate campaign. The Horst Family Foundation made a generous gift, and hundreds of local community members stepped up by volunteering, attending events, donating, contributing items to auctions, and making important introductions for us.

Stay tuned for exciting developments in 2023! We have submitted a proposal for what will total $100,000 to the Department of Disability and Rehabilitation Services for an Innovation Pilot Project, which, if funded, will help Resounding Joy contribute to the Medicare waiver revision process.

“Music therapy has given me and my child a common bond and a common language. It allows us to use the same information to work towards a resolution when problems arise.”

—Healing Notes family member

SOUNDS OF LEGACY

Sounds of Legacy offers music therapy and recreational music to support health, wellness, and quality of life for older adults. Formerly “Mindful Music,” this program has evolved significantly over the past year.

This program focuses on improving speech and communication, lowering stress and anxiety, boosting immunity, and elevating mood. Participants make new friends, move, stretch, and learn something new!

We offer Sounds of Legacy sessions in-home, at our Music Wellness Center, or via telehealth. In memory care settings, we facilitate group music therapy and celebrate reminiscence. At community partner sites, we offer MusicWorx’s AudAbility protocol for people with Parkinson’s disease and their care partners. Using our voices, harmonicas, and keyboards, we enhance lung capacity, speech, motor movement, and more!
IN THE NEWS

Click (or scan) the QR code at right to see our media appearances from 2022, including on Fox 5 and in the San Diego Union Tribune.

RARE MAMAS RISING

EPISODE 14: A North Star In A Rare Universe with Cure Founder & Rare Mom Caroline Cheung-Yiu

Alex, one of our Healing Notes patients, has a rare, progressive neurodegenerative disease that has taken away his ability to walk, stand, sit, use his hands, hold his head up, speak, swallow and breathe. Alex no longer eats or drinks by mouth and receives fluid and nutrition via a G-tube. He is on seizure medications. He relies on a non-invasive ventilator to support every breath he takes. He is a very brave child who has endured countless tests, at least a dozen hospitalizations, and procedures that no child should suffer.

He remains aware, remarkably cognizant and capable of communicating by blinking his eyes and using an eye tracking device. Alex is incredibly strong and his “never give up” attitude continues to drive us all through these challenges. His family strives to make the most of every day and appreciate the littlest of things, and fights to ensure Alex has the best quality of life under the circumstances.

Music has been a key happy place for Alex, Elaine, Bandy and myself, giving us feelings of solace and hope when times have been dark. I am grateful for Resounding Joy and for the smiles you have brought to us through your talents in music therapy. Thank you.”

— Caroline Cheung-Yiu

LISTEN TO THE PODCAST

Or scan the QR code above for this link and more

FINANCIAL STABILITY

INCOME:

| 1. Foundations                                      | $210,693 |
| 2. Individual Donations                             | $184,400 |
| 3. Government Grants & Support                       | $48,533  |
| 4. Corporate Gifts                                   | $42,155  |
| 5. Earned Income (Paid Service)                      | $108,936 |
| 6. Other Income                                      | $67,092  |
| **TOTAL INCOME**                                     | **$661,809** |

As always, our greatest expense and our greatest asset are our expert music therapists. We seek to provide competitive wages to retain our staff and ensure they thrive. We continued to push administrative expenses below 20% while investing in new capacity-building software.

EXPENSE:

| 1. Personnel                                         | $489,514 |
| 2. Music Wellness Center (Net)                       | $32,671  |
| 3. Music and Instruments                             | $14,664  |
| 4. Admin and Office Expenses                         | $26,606  |
| 5. Event Expenses                                    | $18,208  |
| 6. All Other Expenses                                | $36,912  |
| **TOTAL EXPENSE**                                    | **$588,575** |

BALANCE SHEET:

| 1. Cash Assets                                       | $286,485 |
| 2. Other Current Assets                              | $31,902  |
| 3. Fixed Assets                                      | $19,204  |
| 4. Other Assets                                      | $4,400   |
| 5. Deferred Revenue                                  | $72,850  |
| 6. Current Liabilities                               | $27,785  |
| **TOTAL LIABILITIES & EQUITY**                       | **$352,025** |

Emerging from the disruptions caused by COVID-19, Resounding Joy has focused on creating a bulwark against instability and income fluctuations. Currently, we have almost six months’ operating reserves, which is more than 50% of nonprofits, pre-pandemic.

Thanks to generous support from partners like Boeing, Creative Forces, and the Arts and Culture Commission of the City of San Diego, we broke our record for highest income yet in our almost-20 years of operation.
OUR BOARD OF DIRECTORS

Sylvia Ruby Imm
Board Chair

Mychelle Mowry, DNP, MPH
Board Chair Emeritus

Diane Beckman
Secretary and Parliamentarian

Steve Haber
Treasurer

Spencer Evans
Indiana Liaison

Kevin Maddox

Pat Molnar

Patrick Panlasigui

Cathy Wagner

OUR DONORS

We extend our heartfelt gratitude to all who shared their time, talent, or treasure with us this last year. We couldn’t do it without you!

We offer our sincere apology for any errors or omissions, and we ask that, should you find any, to please contact us at amattson@resoundingjoyinc.org.

$10,000+
ACM Lifting Lives
Mrs. Ami Belli, CEO, REMO Inc.
Calvary Lutheran Church Mission Endowment Fund
Jeff and Anita Miller
The Foundation for Developmental Disabilities
The Music Man Foundation
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THE HORST FAMILY FOUNDATION

A SPECIAL THANKS TO OUR SUPERSTAR DONORS:

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Danny Wilson

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ANNUAL REPORT

2022

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