

HIGHER  CTAVE HEALING



**IMPACT
REPORT
2024**



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LETTER FROM THE CEO



Thank you for your interest in supporting Higher Octave Healing. Since 2010, HOH has been dedicated to empowering people across the Phoenix area through music therapy. Our Board-Certified Music Therapists are passionate about using the power of music, the science of music therapy, and the impact of relationships to change the lives of the people they meet and work with each day. Thank you for taking the time to learn about this important work and how you can support it.

2024 was a transformational year at HOH. I'm proud to have spent my first full year as CEO leading the organization through an unprecedented period of positive change and growth. In July, our 17-year-long space use agreement with Arizona State University came to an end, and we moved out of the ASU Music Therapy Clinic. We spent the year exploring and building new relationships in search of our new home base, which we finally found in December. The doors to Higher Octave Healing's first independently-operated music therapy clinic opened for music, growth, and inspiration on January 6, 2025. The new location gives us the space to grow our reach by offering more individual and group music therapy sessions. I invite you to reach out and schedule a tour!

As we turn the page into 2025, we look to the opportunities and challenges ahead. At the same time that we celebrate the move to a new location and excitement about the ability to grow our services, we are keenly aware of threats to funding for music therapy services. Here in Arizona, we are fortunate to have music therapy services covered under the Medicaid waiver for individuals with developmental disabilities; however, the service is drastically underfunded. After a dramatic funding cut in 2010, the reimbursement rate for music therapy has only just recovered to 2009 levels, and now 2025 brings new concerns to the future sustainability of the program. This insufficiency and uncertainty makes it difficult to recruit and retain talented staff, manage operating expenses, and purchase instruments and supplies needed for effective music therapy, all of which are necessary to provide high-quality music therapy opportunities in a sustainable way.

With all of this in mind, we continue to prioritize community partnership as we work to strengthen our impact and expand our mission. Your support will help HOH ensure a continuity of music therapy services for the individuals we serve, and the opportunity to reach more people who could benefit from music therapy, in the face of funding uncertainty. You will help us expand services in our new location, a place that will facilitate countless stories of growth, inspiration, and empowerment through music in the years to come.

I invite you to peruse the pages of this document, visit HOH's website and social media profiles, and schedule a tour of the clinic to learn about the different ways music therapy impacts lives and how your support can help make it happen!

With Gratitude,

Shelbe White, CEO
Higher Octave Healing



At Higher Octave Healing (HOH), music therapists work with a variety of children, teens, and adults across the Phoenix metropolitan area. Our therapists address the cognitive, social, physical, emotional, psychological, neurological, and sensory needs of each individual. To do so, they utilize the elements of music and the therapeutic application of music by a degreed, Board-Certified professional.

MISSION

We empower people with diverse needs and abilities to improve their quality of life through music therapy.

VISION

We believe in a world where all people have access to evidence-based music therapy provided by a Board-Certified Music Therapist.

VALUES

Inclusion & acceptance

Respect & dignity

Creativity & expression

Opportunities for growth

Board-Certified Music Therapy Leadership

BENEFITS OF MUSIC THERAPY



- Musical activity engages more areas of the brain than similar, non-musical activity does.
 - Playing an instrument lights up brain regions more than playing cards.
 - Singing and speaking engage rhythm and reading centers.
 - Singing activates regions that process pitch and melody.
- Music helps people express feelings and provides an outlet for emotions we can't express in words.
- Feel-good brain chemicals like endorphins and dopamine flood the brain when we engage with music. Cue the big smiles that accompany every music therapy session!
- Board-certification for music therapists ensures extensive psychological training (what does this person need right now?), tremendous musical flexibility (literally, hundreds of songs memorized and the tools to sing/play them all on the spot), and specialized knowledge about the needs of people with various disabilities such as Parkinson's, PTSD, stroke, Down syndrome, autism, cerebral palsy, loss of speech, hearing or, sight, and more.
- Need proof? Ask us for our list of recent medical findings in places like the *Journal of the American Medical Association* or the *American Psychological Association*.

Why should your support Higher Octave Healing?

- Board-Certified Music Therapy changes lives for the better.
- Higher Octave Healing has a 15-year track record of providing crucial services in the Phoenix area.
- There is significant unmet demand for music therapy services in the Phoenix area. With your support, HOH grows to meet the demand.

PROGRAM IMPACT

START WITH MUSIC - 260 HOURS PROVIDED

"Start With Music" is a research-based parent-child developmental music program for all children age 5 and under. Participants in this program engage in a variety of songs and music games designed to support aspects of healthy development including socialization, communication, and pre-academic skills. "Start With Music" sessions take place in schools and community centers throughout the Phoenix metro area in partnership with Arizona First Things First, Tempe Thrive to Five, and other early intervention initiatives.

Client story: "Isaiah came into Start With Music on the first day nervous and unsure of everyone and everything in the room. He hid behind his mom for the full class while his mom played along for him. His mom expressed concern about the class and apologized for his lack of participation. His mom was encouraged to bring Isaiah back next week to try again, and they did just that. During the second class, Isaiah still hid behind his mom but held a shaker in his hands and peeked his head out every once in a while to see how everyone else was shaking their instruments. Isaiah's confidence continued to grow in the third class. He no longer hid behind his mom but still ducked his head away from anyone who looked his way. During the fourth and final class, Isaiah smiled and laughed as he shook his instruments, marched like a dinosaur, and even freely sang along to some of his favorite songs. In just four weeks, Isaiah learned how to overcome his anxiety towards new experiences and to play freely with his peers."



SOCIAL SOUNDS - 875 HOURS PROVIDED

Social Sounds is a group music program for individuals age 5 and up with diverse needs. Participants learn new skills, make music together, and socialize through unique music experiences. Every Octave Choir is a group singing ensemble for individuals age 13 and up with diverse abilities. Participants join a weekly group music therapy session where they sing and socialize with peers while addressing life skill goals. Every Octave groups also participate in occasional public performance opportunities. Other social sounds groups serve schools and community centers for individuals with diverse needs.



Parent of a daughter in the Every Octave Choir: "I appreciate that everyone here sees the potential and sees the child for who they are. That they have skills, they can learn skills, and they are limitless in the potential there. My daughter really loves music and she loves to dance and sing. I was really excited to see about the choir because she takes choir at public school, but she's really not seen as a person who has potential. The choir here allows her to reach the next level."

PROGRAM IMPACT

ROCK BAND

Teens and adults with developmental disabilities in HOH's Music Therapy Rock Band program participate in a unique music therapy setting while learning valuable life skills. Band members learn to play instruments, choose songs, rehearse as a band, and even perform all while learning pre-vocational and life skills such as planning, decision-making, teamwork, coping skills, and independence.



14 ROCK BANDS
61 CLIENTS SERVED
4 "HOH ROCKS" CONCERTS



Rock band member: *"I was a star playing guitar and singing at a live show. I think that's going to stick with me forever."*

INDIVIDUAL MUSIC THERAPY

Individualized music therapy services focus on a person's unique needs in the areas of communication, cognition, social skills, motor skills, mental health, and general wellness. Our music therapists are skilled in using music to meet the needs of individuals with developmental differences including autism, Down syndrome, cerebral palsy, and epilepsy, as well as those facing challenges from traumatic brain injury and mental health disorders such as anxiety, depression, and PTSD. Services are available in our clinic or virtually via telehealth.



15 CLIENTS SERVED
357 HOURS PROVIDED



Parent of a client: *"Our daughter is not viewed through the lens of her diagnosis. As a result, HOH has provided her with an interactive learning experience that has brought her more confidence as a person. HOH finds creative outlets to connect with children that are fun, educational, and heartfelt. Music therapy is a wonderful experience for our daughter."*

PROGRAM IMPACT

COMMUNITY MUSIC & WELLNESS - 1400 HOURS PROVIDED

HOH partners with other organizations across the Phoenix-metro area to bring music therapy services to a variety of community centers including schools, addiction recovery facilities, behavioral health facilities, assisted living centers, memory care centers, senior centers, and hospice and palliative care. Our music therapists bring innovative music interventions into these settings each week to help individuals meet their goals in communication, cognition, social skills, coping, stress management, physical wellness, and more!

Daughter of a participant in Memory Café group for individuals with dementia: *"I wasn't sure what to expect and it TOTALLY exceeded my expectations! I loved the program, the music, and how the therapist facilitated the session. I was so happy with my mom's response. I loved seeing her full and genuine smile, the sparkle in her eyes, and the fun she had while singing and dancing. It felt magical!"*



CLINICAL EDUCATION

Higher Octave Healing offers a University-Affiliated Music Therapy Internship. Our interns work closely with our Board-Certified Music Therapists in a variety of settings in the clinic and throughout the community. Interns gain valuable experience observing and conducting music therapy sessions with individuals in several populations including but not limited to developmental disabilities, hospice and palliative care, early intervention, mental health, skilled nursing, dementia, and addiction recovery.

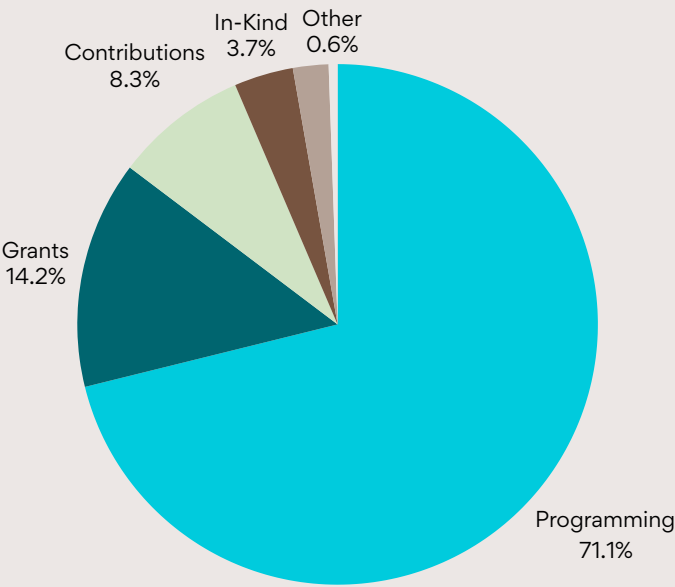


4 MUSIC THERAPY INTERNS
10 ASU PRACTICUM STUDENTS
20 HOURS OF CONTINUING EDUCATION

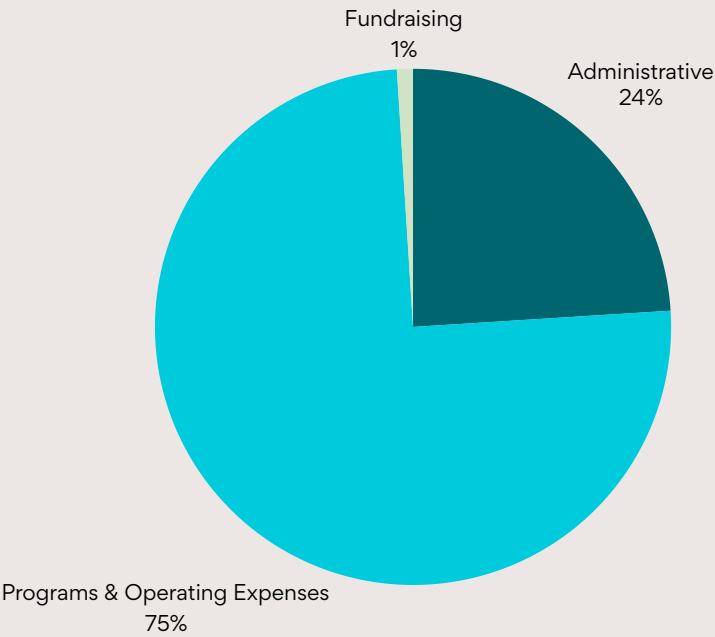


FINANCIALS

REVENUE



EXPENSES



Revenue

\$522K



Expenses

\$469K



Total Net Assets

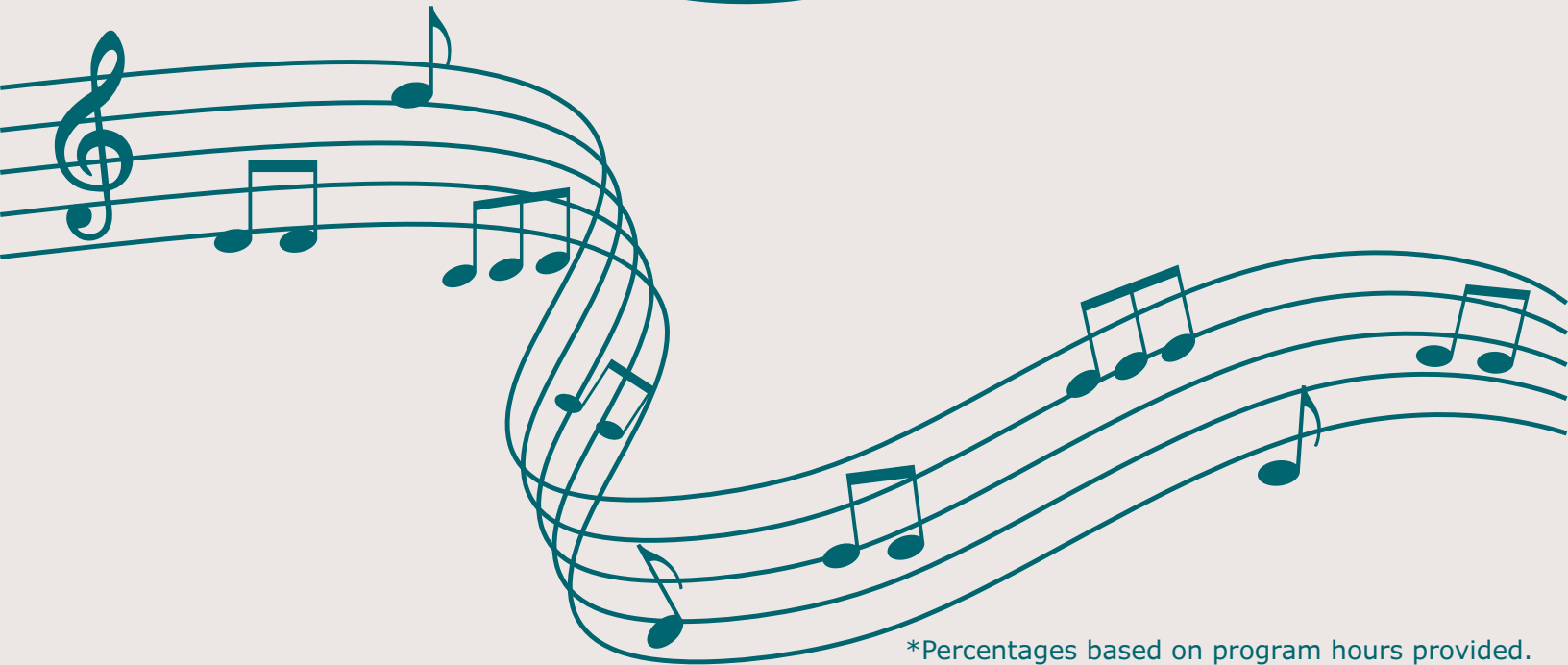
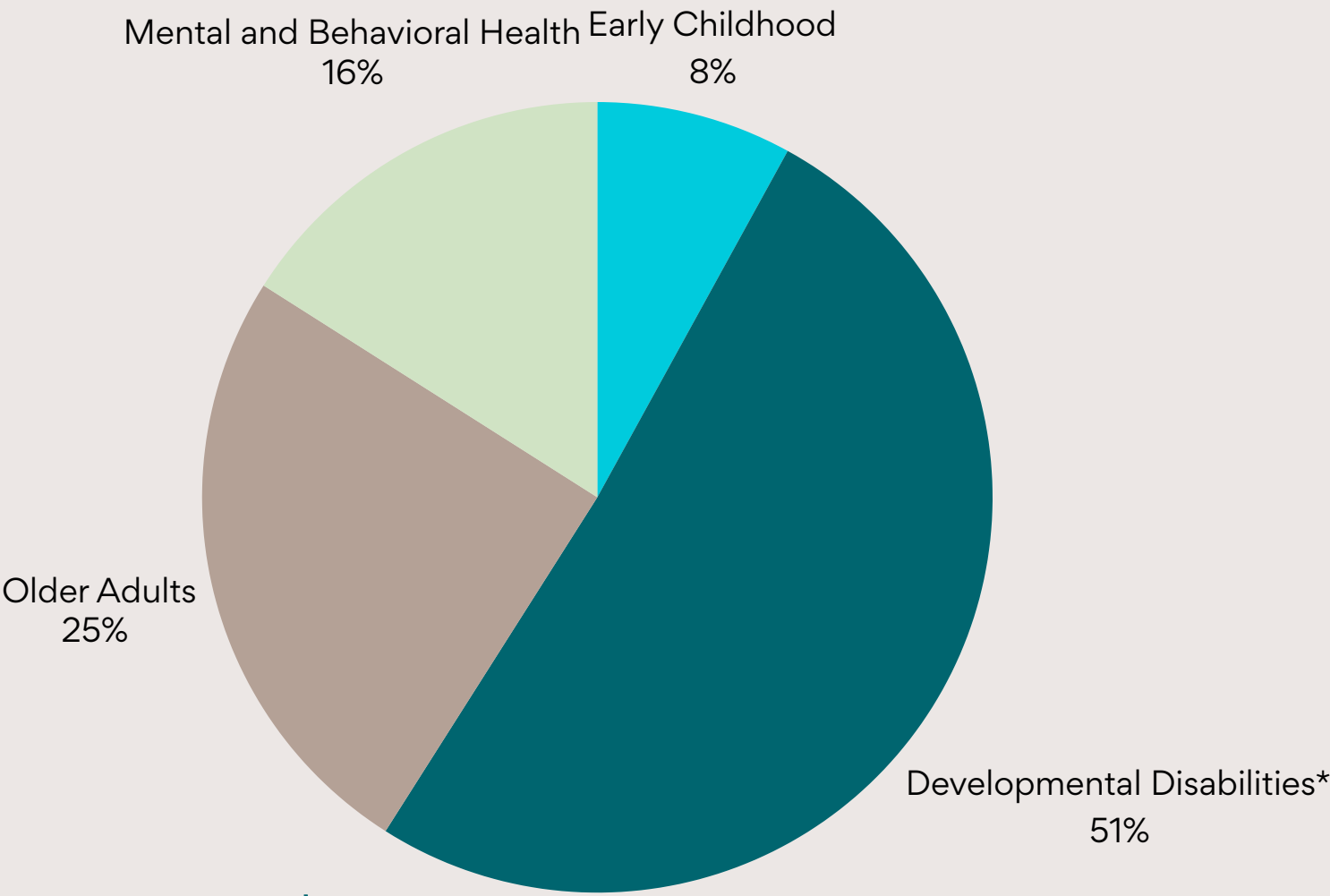
BEGINNING: 44K
ENDING: 90K

2024 TOP CONTRIBUTORS

ACM Lifting Lives
Arizona Commission on the Arts
Burns & McDonnell
Kymila J. Eubanks, CEO Emerita

Roth Family Charitable Foundation
Tempe Community Council
Tempe Diablos Charities
Thunderbirds Charities

POPULATIONS SERVED



*Percentages based on program hours provided.

OUR TEAM



OUR THERAPISTS

Shelbe White, MM, MT-BC
Chief Executive Officer

Sarah Melton, MA, MT-BC
Clinical Director

K.C. Bradham, MT-BC
Program Coordinator

Kayla Neuberger, MT-BC
Program Coordinator

Carly Jacobs, MT-BC
Communications Specialist

Tristyn Baum, MT-BC
Program Specialist

Julia Legler, MT-BC

Rachel Michels, MT-BC

Sam Klein, MT-BC

Lauren Berry, MT-BC

OUR BOARD

Kay Norton
Board Chair

Stacie Wylie
Board Vice-Chair

Mark Springsteel
Treasurer

John Doller
Secretary

Katie Griffith
Director

Stacy Bellavia
Director

Karey Rodeffer
Director



GET INVOLVED

Higher Octave Healing provides music therapy to over 800 people each week. We provide avenues for donations, fundraising, grants, and other streams of funding to help continue the music therapy and support services we provide for so many of Arizona's residents through our 501(c)3, federally recognized non-profit status. [EIN 27-1896282](#).

DONATE

The most direct way to support our music therapy programming is to donate online at:

<https://higheroctavehealing.org/support/#donate>

Beginning in January 2025, Higher Octave Healing is spotlighting the amazing donors who make our work possible on a "Wall of Fame" inside our new clinic. "Note-able Donors" who give \$1,000 will have their name displayed on a music note inside the clinic, "Super Star Donors" who give \$5,000 or more will have their name displayed on a star, and "Platinum Record Donors" who give \$10,000 or more will have their name or business logo printed on a framed "platinum" record prominently placed outside the clinic therapy rooms.



DONOR WISH LIST

- \$100,000 funds the Rock Band program for one year
- \$50,000 funds 8 hours per week of Start With Music classes for a full year in local community centers, reaching children who could not otherwise access the service
- \$25,000 funds additional computers and audio recording equipment, increasing client access to music and recording technology
- \$10,000 puts a digital piano in each session room in the new music therapy clinic
- \$5,000 funds a client's individual music therapy services for a full year
- \$1,000 buys all new high-quality microphones for the Rock Band room

MONTHLY GIVING PROGRAM

Interested in becoming a monthly or annual donor? We appreciate our donors and honor their support of music therapy services through Higher Octave Healing. Set up recurring giving at:
<https://higheroctavehealing.org/support/#donate>

FRY'S REWARDS PROGRAM

You can donate to Higher Octave Healing simply by shopping at Fry's! Visit the Fry's Community Rewards page to enroll your Fry's VIP card and select Higher Octave Healing as your non-profit.

TAKE A TOUR

Stop by our new music therapy clinic located at 1555 W. University Dr, Suite 108 in Tempe, AZ 85281 and take a tour!

VOLUNTEER

Higher Octave Healing hosts a variety of performance and fundraising events to support our programs. Volunteers are needed to assist before and during these events. Volunteers are also needed to assist in day-to-day tasks around the music therapy clinic including material preparation and organizing. Sign up today by completing the volunteer form at
<http://higheroctavehealing.org/support/#donate>