

HIGHER  CTAVE HEALING



**IMPACT
REPORT
2025**



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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.

2025 was a rewarding year of mission growth for HOH. On January 6, 2025, we opened the doors of our new Music Therapy Clinic in Tempe, AZ, our first independently-operated facility in the organization's history. Since then, the clinic has filled with music, growth, community, and joy. We welcomed more than 70 clients into the new space for individualized and group music therapy and prepared to start seeing many more in the coming months. In the community, we fostered new partnerships and expanded existing ones, actively reaching well over 1,000 people and addressing needs ranging from early childhood development to mental health and age-related disease.

We take this growth momentum into 2026, where we're putting our mission to increase access to music therapy services at the forefront of everything we do. This year, we pledge a 25% increase in clinic-based services, providing more availability for individualized music therapy at no cost to clients or their families. We do this in the face of continued funding challenges and uncertainties. Reimbursement through the Arizona Division of Developmental Disabilities, which most of our families rely on to access music therapy, is insufficient in covering costs to provide quality music therapy. We look to our community, to you, to help us close the gap and ensure we can continue to grow services for those who benefit from them most regardless of ability to pay. Your support makes a massive difference!

Music therapy brings joy, growth, motivation, dignity, equity, community, and so much more that can't be put into words. When you join us in supporting this important service, you become a partner for good and an ambassador for change in people's lives. Thank you once again for taking the time to learn more about our organization and how you can help!

With Gratitude,

A handwritten signature in cursive script that reads "Shelbe White".

Shelbe White, CEO
Higher Octave Healing



At Higher Octave Healing (HOH), Board-Certified Music Therapists help a variety of children, teens, and adults across the Phoenix Metropolitan Area. Calling on their education, skills, and creativity, therapists design specialized music interventions that address the cognitive, social, physical, emotional, psychological, neurological, and sensory needs of each individual, empowering them to reach their best possible quality of life.

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 16-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 - 156 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 - 874 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 . . . 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.”*

Foundation for Blind Children Teacher: *“The music consistently captures their attention, encourages participation, and supports their individual goals in a meaningful way. My staff and students genuinely look forward to every visit—it has become a highlight of our schedule.”*

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.



12 ROCK BANDS
54 CLIENTS SERVED
3 "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."*

Rock Band Member Parent: *"Coming to music therapy has made him be more self-confident. When he's playing with the group and there's an audience watching he absolutely loves it!! It has been a great experience socially."*

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.



23 CLIENTS SERVED
594 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 - 1594 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.

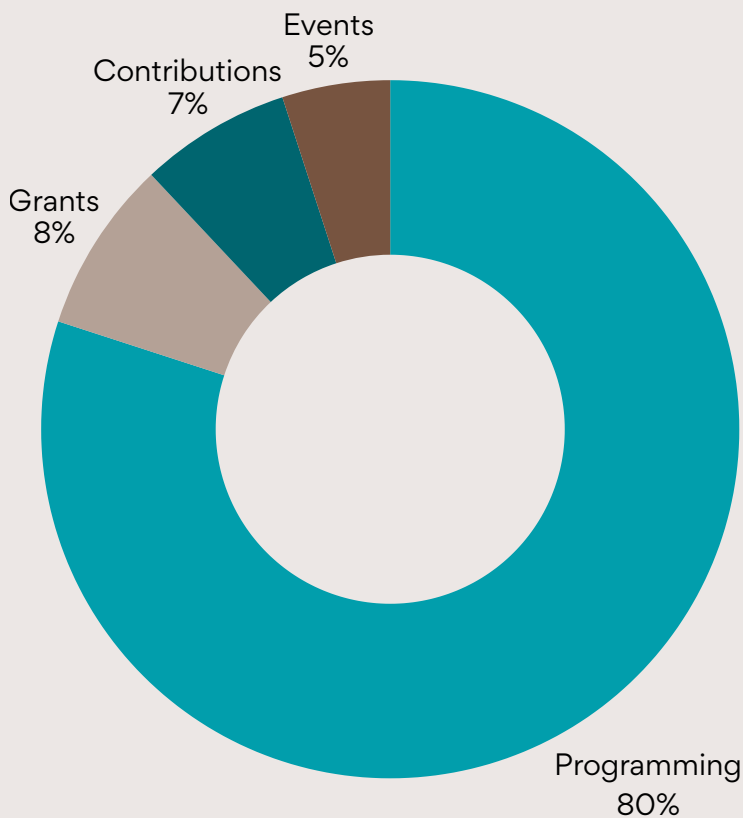


4 MUSIC THERAPY INTERNS
4 ASU PRACTICUM STUDENTS
9 HOURS OF CONTINUING EDUCATION

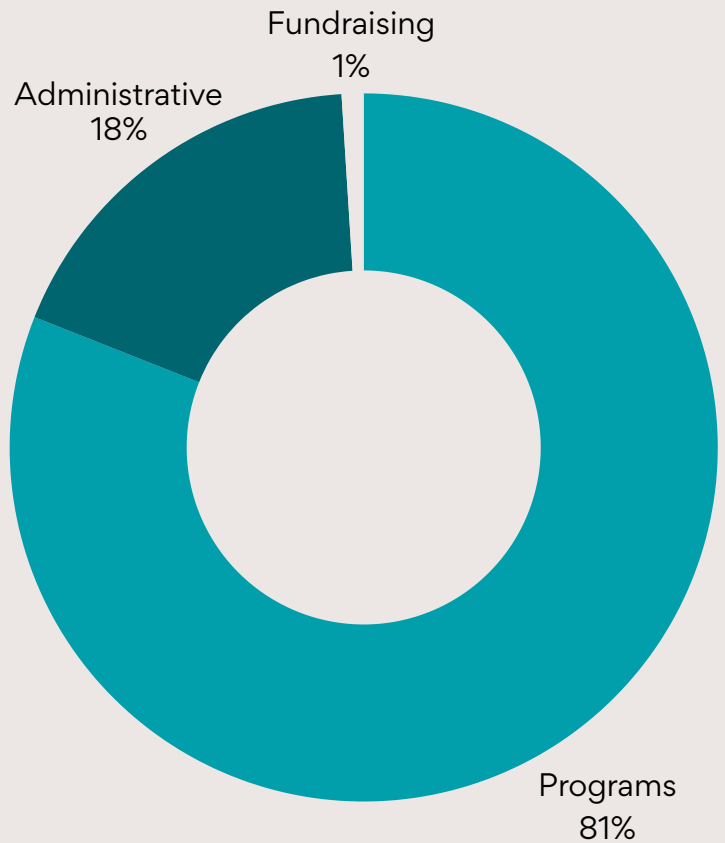


FINANCIALS

REVENUE



EXPENSES



Revenue

\$516K



Expenses

\$522K



Total Net Assets

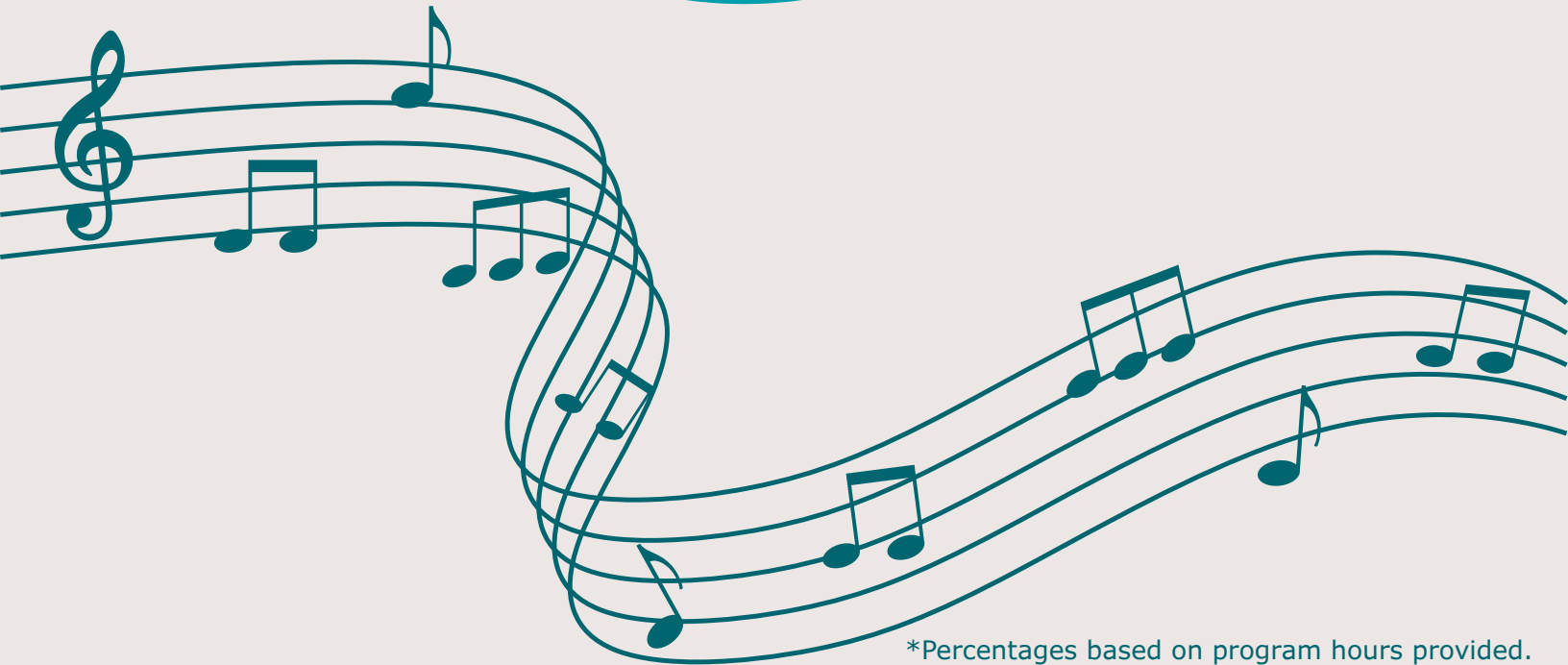
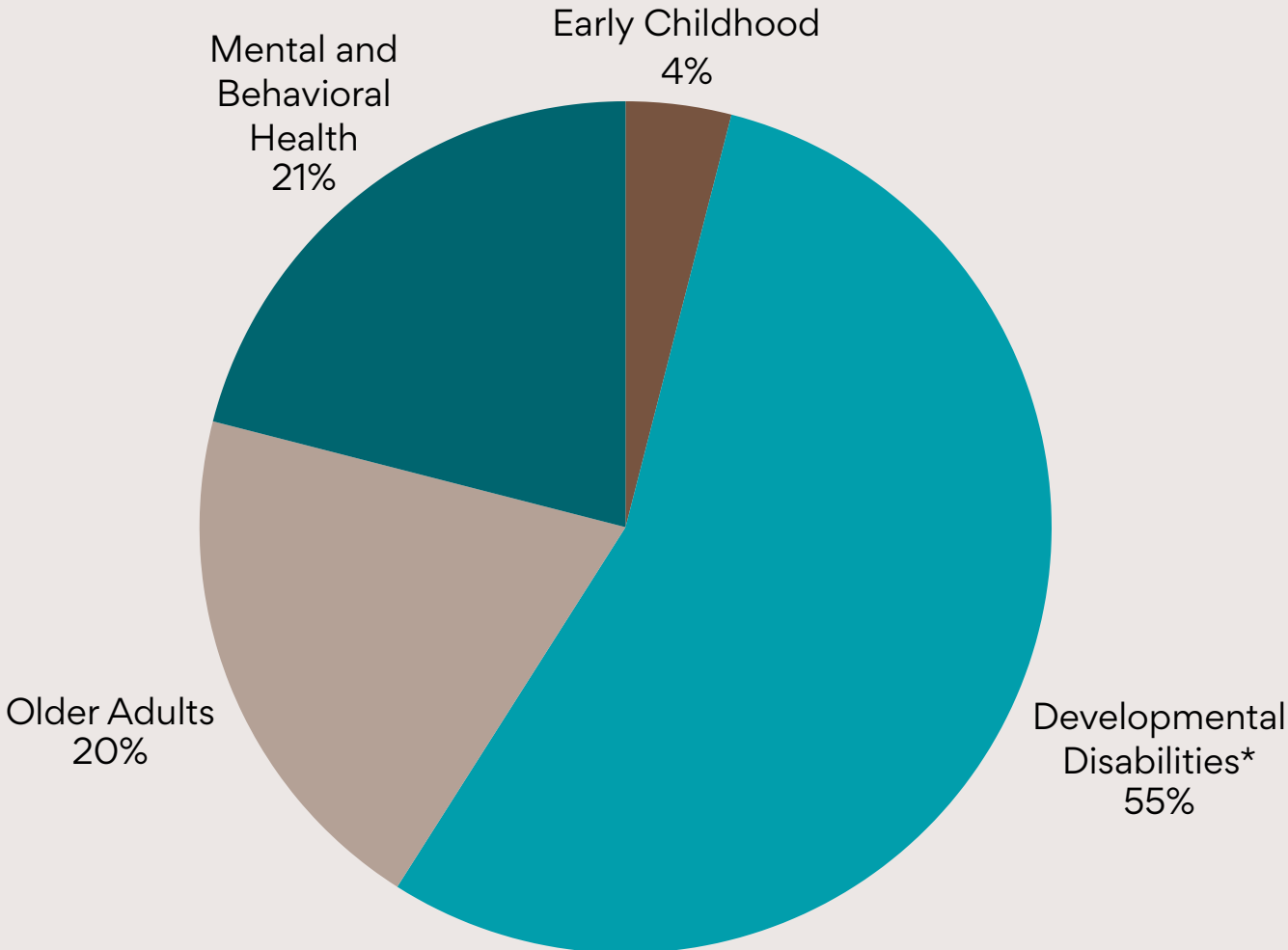
**BEGINNING: \$83K
ENDING: \$76K**

2025 TOP CONTRIBUTORS

Arizona Commission on the Arts
City of Peoria Arts and Events
John and Christine Doller

Kymla J. Eubanks, CEO Emerita
Tempe Diablos 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

Lauren Berry, MT-BC

Brandon Biallas, MT-BC

OUR BOARD

Stacie Wylie
Board Chair

Mark Springsteel
Treasurer

John Doller
Secretary

Katie Griffith
Director

Kay Norton
Director

Karey Rodeffer
Director

Lauren Dill
Director



GET INVOLVED

Higher Octave Healing provides music therapy to over 600 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 new drums to expand group music therapy opportunities

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>