

ALL AT ONCE!

Where the Noise Becomes Music!

Book, Music & Lyrics by Richard Ehrlich

Based on the book GoYou! Focus Forward

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Runtime: 1h20m (no intermission)

Synopsis

A 17-year-old with ADHD learns to turn her racing mind into music—and discovers her voice, her people, and her power.

All at Once! is a contemporary pop musical about **Jules Chen**, a brilliant, big-hearted 17-year-old whose ADHD makes the world feel loud, fast, and wildly alive. When school pressures and family expectations collide, Jules stumbles into a support group that reframes “distraction” as **creative capacity**. With encouragement from her steady lab partner **Derek**, counselor **Sam**, facilitator **Dr. Vasquez**, and designer-mentor **Maya** (plus Maya’s disarmingly honest daughter **Emma**), Jules learns to harness “hyperfocus” as artistry rather than flaw. At home, parents **Linda** and **David** shift from worry to advocacy; at school, rigid teacher **Mr. Hendricks** becomes a measure of the system Jules is outgrowing. Across propulsive, hook-forward songs—“Seventeen Directions,” “What If There’s Nothing Wrong with Me,” “Hyperfocus Magic,” “Chosen Family,” “All at Once!” and the finale “Where the Noise Becomes Music”—Jules finds her voice, her people, and a way to turn the noise into music. The show celebrates **neurodiversity, first love, and chosen community** with warmth and momentum.