



MY VOICE MUSIC

Annual Report

2019



OUR MISSION

**Helping youth find and share
their voice through
songwriting, recording and
performance.**

MIS
SION

MVM



A Letter from Ian

Dear Friends,

In 2018 My Voice Music turned ten! This is a huge milestone for us and makes me reflect on how far we have come in a decade.

It started when I brought my guitar into the residential treatment facility where I was a Treatment Counselor. One of the kids asked me to teach him to play guitar and sing a song in time for the talent show. There was only one catch – the show was two weeks away.

Rather than going it alone, I asked the boys on the ward to form a band. I brought in instruments, helped them write a song and learn simple parts that together made a BIG sound.

During the two weeks of rehearsals the boys were collaborating and excited to learn. Staff saw big shifts in the boys' behavior. They were attending (and staying in) school more frequently and having breakthroughs and managing their behaviors without violence. Through the focus required to learn an instrument and the vulnerability required to perform, they were able to find strength in the huge challenges they faced. Fortunately, the facility directors recognized the power of this work and asked me to run music programs throughout the center.

In the first year I was a one man show (driving a 1985 Toyota van donated and kept operational by one of MVM's first supporters). I hauled guitars, drums, cowbells, and the most rag tag, portable recording studio you can imagine: a rolling table bought at Goodwill with a computer tower set up with recording software, encased in foam and held together with 2 rolls of duct tape. If ever I had a doubt in this program something would happen that confirmed I should stick with it: a parent or therapist reported a breakthrough or a kid recorded a song that took my breath away. Since that first year we have worked with over 11,000 young people, helping them to find and share their voices through music. Specifically: through writing, recording, and performing.

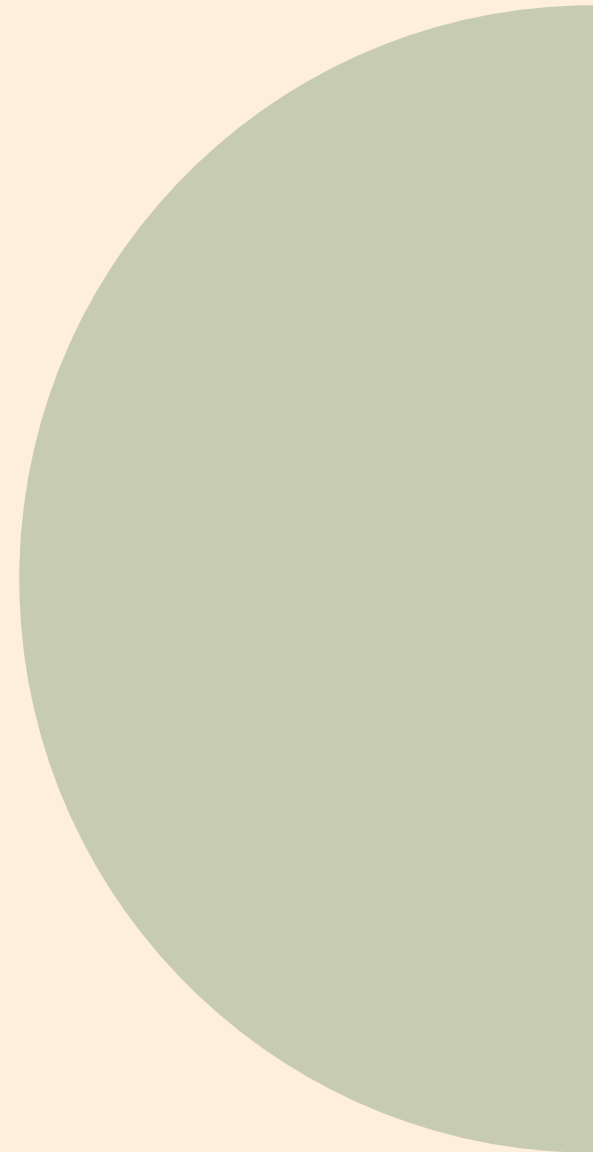
As this report outlines, in 2018 we (literally) rocked Portland through incredible partnerships with social service and community partners and student performances at Holocene and PDX Pop Now. In 2018 My Voice Music's social outreach programs reached 1,100 youth in residential facilities facing extreme challenges, including mental health issues, sexual exploitation and immigration detention. Our Artist Mentorship Program (based out of our studio) served nearly 400 young people through summer rock camps and year round lessons and mentorship.

With ten years behind us we are seeing the impact of our long term mentorship model. Graduates are now leading our summer camps with grace and vision. Four are now year-round teachers. Two have become Summer Camp Directors. MVM students are recognized as some of the city's best emerging artists. I stood at the MVM X Gala (which was both a fundraiser and a birthday party!), blown away by all the youth talent gathered on that stage.

Thank you all for making this possible! I look forward to continuing our work together and building on the achievements of the past 10 years.

In closing, I want to raise a soda glass (or better yet a microphone!) to the the amazing young people at the heart of this organization. Your bravery and commitment - your voices - are what will inspire My Voice Music for the next decade and beyond.

IAN MOUSER
MY VOICE MUSIC FOUNDER + EXECUTIVE DIRECTOR



1500 Youth Served

ATTENDED FREE

70%

IN CRISIS

635

FOSTER CARE

94

REFUGEES

30

MVM STUDIOS

272

MENTAL HEALTH HOSPITAL

341

BEHAVIOR REHAB

99

OMER
KING
ILY





Our Impact

SURVEYS REPORTED BY YOUNG PEOPLE
IN MVM PROGRAMS

85%

FEEL BETTER ABOUT THEMSELVES

80%

FEEL A STRONGER CONNECTION TO COMMUNITY

75%

FEEL BETTER AT TAKING CARE OF PROBLEMS
CREATIVELY

90%

FEEL BETTER AT MAKING MUSIC

90%

FEEL LIKE THEY CAN DO THINGS THEY DIDN'T
THINK THEY COULD DO BEFORE



Student Spotlight

MACK

"MVM gives me motivation. I've always known that I should take better care of myself, and I've always known how to take better care of myself, I just didn't care or care enough to do it. MVM made me care enough to actually try and want to take better care of myself."



Community Support

PRIVATE FOUNDATIONS

The Bloomfield Family Foundation
The Collins Foundation
The Herbert A. Templeton Foundation
H.W. Irwin and D.C.H. Irwin Foundation
The Jackson Foundation
James F. and Marion L. Miller Foundation
Juan Young Trust
The Jubilation Foundation
NxG Fund
The Oregon Community Foundation
Rex Foundation
The Tides Foundation

GOVERNMENT FOUNDATIONS

Multnomah County Cultural Commission
National Endowment for the Arts
Oregon Arts Commission
Oregon Cultural Trust
Regional Arts and Culture Council

CORPORATE SUPPORT

10 Barrel Brewing
Cambia Health Solutions Fund of The
Oregon Community Foundation
Lagunitas Brewing Company
Marmoset Music
Newport Festivals Foundation
Parsons Farnell & Grein, LLP
Radio Room & Keys Lounge
Southern Oregon Endodontics
Spaceman Effects

Partner Spotlight



SAGE YOUTH RESIDENTIAL PROGRAM

“Youth at the SAGE Program are all survivors of commercial sexual exploitation, and/or domestic sex trafficking. These youth have had to focus all of their energy on survival, which has significantly impacted both their cognitive and emotional development.

For the youth at SAGE, music plays an incredibly significant and impactful role in their treatment process. Just learning and practicing rhythms helps to re-establish and develop basic cognitive function, develop attunement and communication skills, and learn to experience safe awareness in their bodies.

So many of our youth have never experienced safe adults who value and care for them, the fact that the My Voice team shows up and demonstrates genuine care and respect for the kids, and a passion for music and sharing music with others, communicates to these kids that they are capable, that what they have to share is important, and that they are worth caring about.”

SAGE STAFF MEMBER



morrison
child & family services

My Voice Music partners with over 20 youth service groups annually, including residential treatment centers, rehabilitation programs, alternative schools, immigrant detention and other youth engagement groups.

We bring all the instruments, recording equipment, and instruction to these partners to help thousands of youth experiencing mental health challenges and recovering from trauma to cope, to heal and to thrive each year through songwriting and recording.



Social Outreach Programs

BUILDING RELATIONSHIP, FOSTERING CONNECTION, REVEALING OUR COMMON HUMANITY THROUGH SONGWRITING, RECORDING, AND PERFORMANCE



SubAcute CRISIS PSYCHIATRIC CARE

The program serves children ages 6 to 18. The goals of the program are to stabilize children in crisis, provide effective mental health treatment and ultimately return the child to their home or a less intense level of care.

SAGE SECURE FACILITY

Provides long-term stabilization for survivors of commercial sexual exploitation (CSEC). Both during their exploitation and prior to it, many of these youth have experienced multiple environmental, social, and biological traumas. This may include sexual abuse, parental neglect and/or abuse, alcohol/drug dependency or abuse, school failure, and high levels of emotional vulnerability. SAGE provides a safe and secure setting in which they can experience Support, Achieve their goals, Grow, and become Empowered.

Trillium Family Services

SECURE INPATIENT CARE

Secure inpatient care is designed for children and adolescents who need longer term support and intense therapy services. Trillium is the only provider of secure inpatient treatment for children and adolescents in Oregon. This service is considered to be a state hospital level of care.

Refugee Resettlement

SPANISH LANGUAGE PROGRAM

Provides a safe and appropriate environment for undocumented/unaccompanied children and youth — mostly fleeing poverty and regional violence from Mexico, Honduras, El Salvador and Guatemala — from the time they are placed in custody until their reunification with family members or sponsors in the U.S. or until they are returned to their home country by immigration officials.

The Dougy Center

FOR GRIEVING CHILDREN & FAMILIES

The Dougy Center provides support in a safe place where children, teens, young adults, and their families grieving a death can share their experiences. Through their Pathways program they provide a safe place for families facing an advanced serious illness. MVM provides songwriting and recording groups for their “Recording Resilience” movie-making project to help them create a soundtrack to the movies.

Counterpoint SPECIALIZED FOSTER CARE

Counterpoint Day Treatment program provides intensive, comprehensive treatment services for boys who have experienced trauma and abuse and who have sexually acted out. This is an 18-month program where youth are placed in specialized foster homes treating each boy's specific needs.

Breakthrough SPECIALIZED FOSTER CARE

Combines alcohol and drug abuse treatment, mental health treatment, skill development, education, and mentoring in therapeutic foster homes for adolescents who have histories of trauma and drug and/or alcohol abuse. In many cases, the youth also have a history of gang associations that resulted in serious trauma.

Oregon DHS FOSTER CARE DIVISION

Foster care is a temporary living arrangement for children who need a safe place to live when their parents or guardians cannot safely take care of them. Most children are in foster care because of a history of abuse or neglect.

Additional Programs

MVM works with youth drop-in centers (Boys & Girls Club) and mentorship programs (Friends of the Children) throughout Portland. MVM provides both "on-the-ground" programs, as well as consultation on establishing songwriting and recording programs that each organization can run on their own.

DIY Music Program Handbook

SPREADING THE LOVE

MVM created a "How to Start a Music Program" handbook as a resource for individuals and organizations that is available for free on our website. MVM consulted with organizations throughout the U.S. and Canada who are establishing similar music programs.



1. Ask them to have their lyrics written ahead of time and ready to be recorded. They need to have put some thought into it before recording.
4. Give them support, they are showing amazing bravery and you get the chance to guide them through the process.
5. Remind them that the number one thing they did was show up, express themselves and be creative.

RECORDING EQUIPMENT

Recording is optional and should be only as complex as you are comfortable with. The key is not to focus on quality but focus on the process of writing and recording songs. Consider using any of the following recording setups.

- **Digital Audio Recorder:** These are simple all-in-one devices with a built-in microphone and are available at office supply, electronics and music stores.
- **Smartphone with Recording App:** Use your smart phone with the internal microphone or use an external microphone such as the Zoom iQ6 or the Blue Yeti+. Apps can be as simple as the voice recording software that came with your phone, Garage Band or the app that came with the microphone you bought.
- **4-track Recorder:** Find an old or new Portastudio with a microphone or two. These recorders were a staple of small scale recording for years and can be found on eBay, Craigslist and at music stores.
- **Laptop Recording Software & Microphones:** More experienced musicians will know these systems and will require some experience to use. Consider using Apple's Garage Band, Able Live Tools, Cubase, Logic, etc.

Professional setups with numerous microphones are also fine if you are comfortable using them. Just remember to focus on the youth and the enjoyment and not too much on the quality of production.



THE MAIN OBJECTIVES

The main objective of creating a music program is to give youth in a welcoming environment that allows freedom to learn and build self-esteem. In order to accomplish this, a leader should be responsible for designing a weekly schedule of activities, dates and times, as well as planning activities fun for the group. Creating music can also be a very rich experience, so it is important that the group leader find ways to encourage and maintain a positive atmosphere for the youth.

FIRST STEPS

1. Organize and notify set a time and day of the week as a meeting place. Schedule regular sessions that the same time and place each week.
2. Create flyers or discuss it with the youth in the group meetings and one-on-one sessions.
3. Sign-up the youth and remind them that it is on a basis and that they are not required to participate.
4. Plan on including 4-8 students per session so that is intimate yet large enough to jam.
5. Start planning out the content. MVM sessions are mostly of bucket drumming and sing-alongs.

INSTRUMENTS

Five-Gallon Buckets: Bucket drumming sessions are fun and cheapest way to teach a group of students to jam in sync, and also learn how to play a basic beat and if drumsticks will work, and for a different sound, metal trash!

Ukuleles: Ukuleles are very easy to come by or purchase decent price. Their small size and light weight make it easy for a student to learn a few chords and get used to instrument. You can also store many of them in a small instrument.

Guitars: For the more advanced students, it's important to have a few acoustic guitars on hand. You will be amazed at the youth will learn to play the guitar when you take time to teach them a few chords in a one-on-one format.

NEXT STEPS

Music has a profound effect on the self-esteem of youth. Constructing an atmosphere that promotes creativity and positive reinforcement can reshape the life of a person. Remember that your program should evolve and grow with the needs of your youth.

Continue to build on the primary objectives discussed here with activities that encourage musical growth and interaction. Find ways to utilize music beyond the weekly sessions we discussed. Use the elements of this program to engage the young people when normal activities are not working. Consider having impromptu sing-a-longs or bucket drumming sessions. Encourage the youth to have jam sessions or write songs together, invite them to share with each other what is on their minds. Also, organize structured monthly events, such as an open mic night.

My Voice Music encourages you to reach out to your local community and research what resources are at your disposal for creating a self-made music program.



“MY VOICE MUSIC SAVED MY LIFE.”

My Voice Music was the only place I felt I
could be accepted.

It made me happy when I couldn't be happy.

My Voice Music was like family.



AMBER **Student
Spotlight**

Community Friends & Partners

My Voice Music partners with a range of organizations to help give ALL Portland youth access to live music.

These organizations provide invaluable resources to the community, producing all-ages music shows, festivals, hip-hop workshops and cyphers, and other music and arts experiences.



Friends of Noise

A nonprofit that aims to create an all-ages music and arts venue. Imagine there being a safe space where music lovers of all ages could see a variety of live music.

Morpheus Youth Project

Builds healthy communities for underserved and incarcerated young people through arts and culturally responsive activities.

PDX Pop Now!

An annual 3-day, free, all-ages music festival with an annual 40-track local music compilation and school outreach programs.

CymaSpace

An arts & technology incubator making arts and cultural events more accessible and inclusive to the deaf and hard of hearing through technology, education and outreach.

Pickathon

For music fans and performers alike, Pickathon feels like heaven... a chance to celebrate the summer with music and revelry at the lush 80-acre Pendarvis Farm. Pickathon has been recognized around the world as a leader in sustainable practices for music festivals.

CypherCure

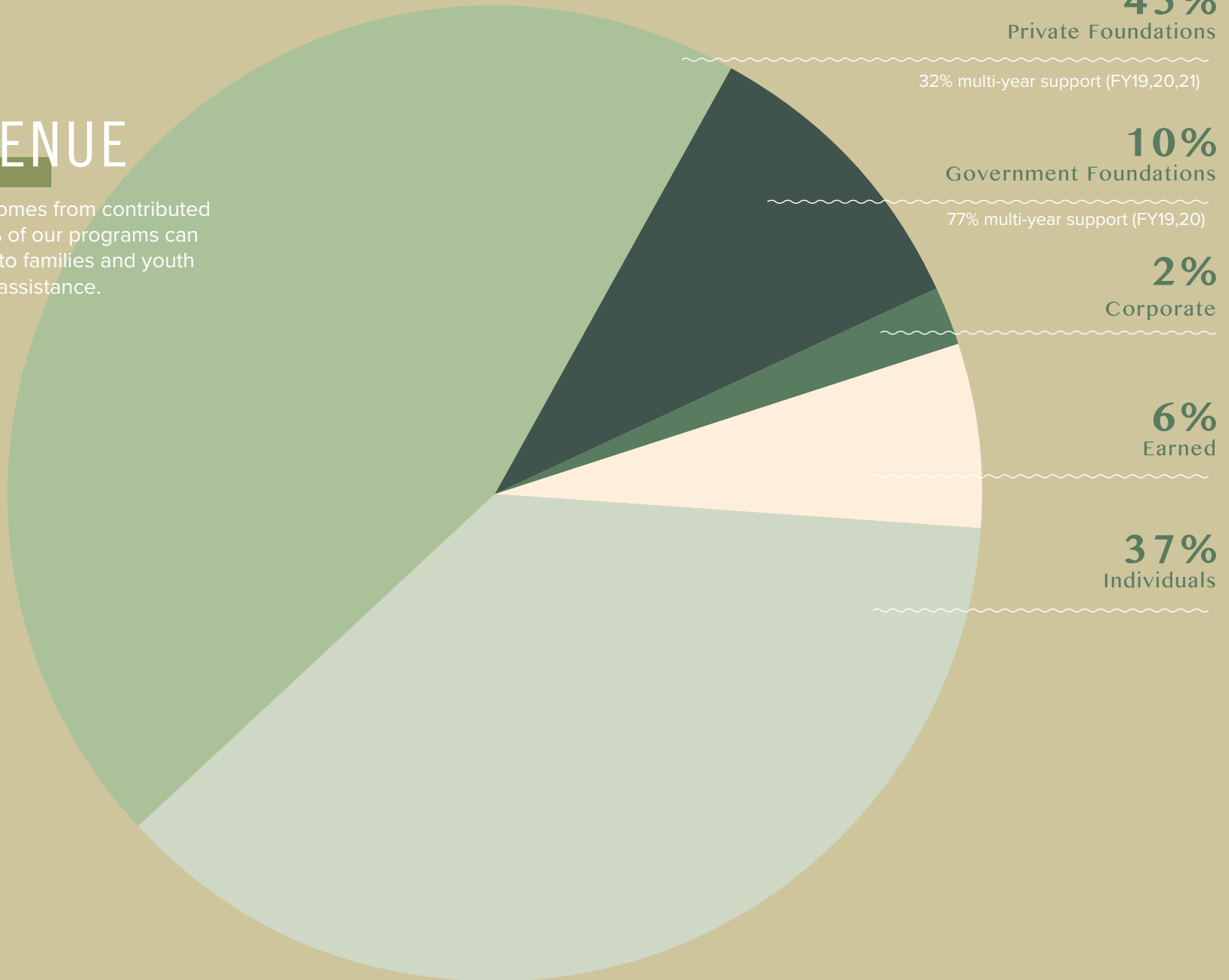
A group of artists and educators who utilize the "cypher" (circle) tradition of hip-hop culture, as a catalyst for empowerment, self-expression, healing and building community.

Sunnyside Community House

Sunnyside Community House is a place where neighbors gather for meals, a warm room, a dance, a theater performance, a poetry reading, or an event you'd like to host. This collaborative space hosts MVM's recording studio and music center!

REVENUE

94% of our budget comes from contributed income so that 85% of our programs can be offered for free to families and youth needing assistance.



20
18

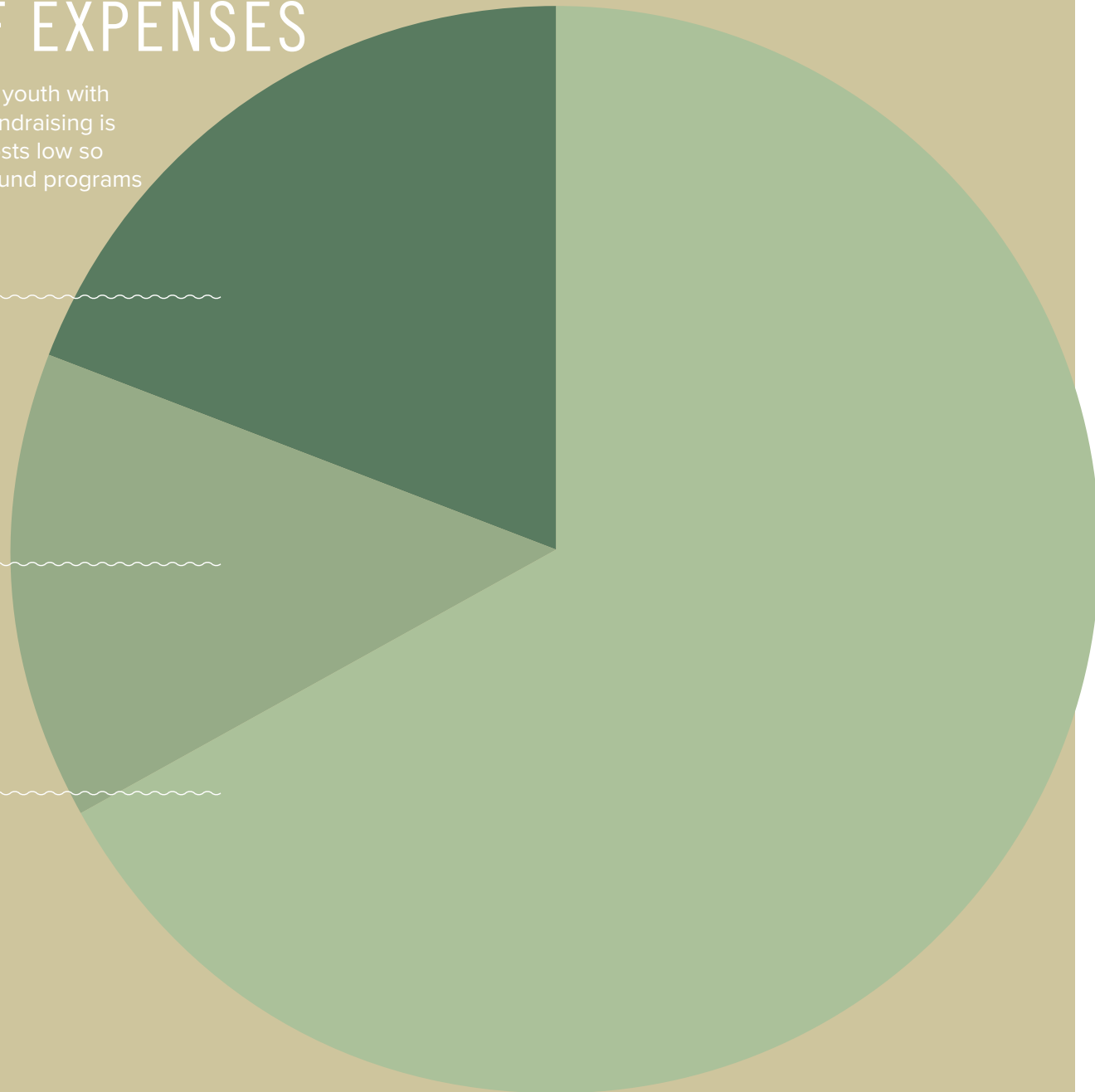
ALLOCATION OF EXPENSES

In order to provide nearly 1,300 youth with scholarships to MVM groups, fundraising is vital. We keep our overhead costs low so that money we raise can go to fund programs that support more youth.

19%
Fundraising

14%
Admin

67%
Program



20

18

2018

OPPORTUNITIES FOR MVM STUDENTS TO PERFORM ORIGINAL MUSIC IN OUR COMMUNITY

Events

99 Girlfriends Garden Party
Crystal Ballroom 80's Block Party
CymaSpace/FON/MVM Concert
Jams for Camps
Lents Farmers Market
MVM X

PDX Pop Now!
Portland Committee on Community Engaged Policing Annual Conference
Radio Room 10th Anniversary
Student Showcase at Holocene
Summer Camp Showcases
X-Ray FM Radio

MVM X

My Voice Music supporters gather to celebrate our 10th anniversary and raised over \$100,000 for our programs



JAMS FOR CAMPS

Students performed original songs written with professional musicians and raised \$20,000 for summer camps



PDX POP NOW!

Students performed at the annual event in Southeast Portland

STUDENT SHOWCASE

Students performed original songs to a packed house at Holocene



SUMMER CAMPS

Campers formed bands to write and record original songs at MVM Studios





Luke Hall
Studio Director



Karen Mouser Darr
Development Director

Core Staff



Ian Mouser
Founder / Executive Director



Monica Metzler
Outreach & Program Coordinator

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