



MVM
MY VOICE MUSIC

MVM ACROSS OREGON

Amplifying youth voices and igniting self-discovery through the power of music

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ABOUT MVM

My Voice Music (MVM) is a nonprofit organization based in Portland, Oregon that amplifies young voices and ignites self-discovery through music and performance. The goal of each MVM program is to help students to cope, heal, and thrive through musical exploration.

Since our founding in 2008, My Voice Music has used the songwriting process to listen, share stories, collaborate, and build relationships with over 13,000 young people. We prioritize helping youth with behavioral, emotional and economic challenges discover their artistic and individual gifts.

MVM serves 1,500 youth each year in the Portland area with a progression of music instruction that nurtures a lifelong love of music and hones leadership skills.

PORTLAND PROGRAMS

Community Satellite Programs

MVM's Satellite Programs bring all the instruments and instruction needed to run music groups and recording sessions onsite (or virtually) at mental health treatment centers, juvenile justice facilities, refugee resettlement centers, and social service agencies throughout Oregon. From weekly lessons to multi-month drop-in sessions, MVM tailors programs and workshops to meet the needs and abilities of all participants.

MVM Studios

MVM Studios is MVM's home base where youth, ages 9-24 — from partner programs and the general public — find and share their voice through writing, recording and performing music. Equipped with a full recording studio, MVM Studios offers small group classes, week-long rock camps, individual recording sessions, youth leadership opportunities, and long-term music mentorship with professional musicians.



Summer Rock Camps

Rock camps at MVM Studios are awesome! Our rockers not only get hands-on experience playing music, forming a band, and performing, but they also write their own songs, record them and get their own CD. These week-long camps in Portland are for kids ages 9-13 and open to youth of all backgrounds.

IMPACT

65%

Youth served in foster care and mental health treatment centers

82%

Students received scholarships. All MVM programs are pay-what-you-can for the youth we serve

1,500

Youth served each year

25%

of MVM's staff are former students who moved from student to Student Leader to Program Leader.

10,000+

Songs recorded by MVM youth



“My Voice Music saved my life.”

YOUTH IN TREATMENT

“This is music made by kids but is not kid music...This is potent, passionate, and personal...this is raw and real and happening right now in our own backyard...This is My Voice Music.”

OREGON MUSIC NEWS

“My Voice Music is the best program we have at our facility.”

SATELLITE PARTNER

“MVM is a place where I can truly be me. A place where I can truly understand myself.”

MVM STUDENT

“My Voice Music helped me see that music is not about making it perfect. For me it’s about letting go of perfection and making mistakes and making it fun to make mistakes.”

MVM STUDENT

“During MVM classes that I, and other psychologists, educators, and professionals witnessed, astonishing things happened: the students were getting along, the residential units they lived in saw a reduction in the number of physical restraints, a surge in students creativity and flexibility, and the development of new, reality-tested and sustainable coping skills.”

SATELLITE PARTNER



MVM ACROSS OREGON

We are bringing MVM programs to your area!

My Voice Music will work with you to develop an accessible youth music program with engaging, relevant, and challenging music experiences to promote the development of social and emotional skills for the youth you serve.

We can train someone from inside your organization to run MVM-style programs, or bring in an MVM-certified Teaching Artist from your local community.

MVM-certified Teaching Artists are trained in our trauma-informed “Write. Record. Release.” program model, methodologies and core philosophies.

We see the development of a network of MVM-style music programs throughout the state as one element of the necessary work to address Oregon’s disproportionately high rates of youth suicide, depression and juvenile incarceration, which have only been exacerbated by the pandemic and catastrophic fires.

PROGRAM OPPORTUNITIES

MVM can bring these programs to your community!

MVM in Residence

Onsite music groups in your community center or organization. These onsite music groups, classes, workshops, or one-on-one sessions can be facilitated by a Teaching Artist trained from within your organization or by a local MVM-certified Teaching Artist from your community.

Let's Write a Song Together

This remote music project offers an opportunity for youth to collaborate with our community of professional musicians to write an original song. Through virtual sessions, MVM musicians will collaborate with youth to write and record a song based on their vision. Songs can be created from inspiration like a poem, writing prompt, photo, class project, drawing, art piece, etc... Listen to some songs written in the *Let's Write a Song Together* program here:

<https://myvoicemusic.org/lets-write-a-song-together>



Summer Camps

Immersive 1-5 day musical experiences for youth, with or without musical experience, facilitated by local MVM-certified Teaching Artists. Campers learn how to play an instrument or improve their skills, write original songs, form a band, perform live, and record their music to take home! These in-person camps are customizable based on interest, need, and availability.

“Everyone needs an opportunity to engage with My Voice Music. Having someone give you their full attention and their focus and ask what is in you that is valuable that you want to surface in that moment [is] a powerful thing.”

JODHI

MVM ACROSS OREGON TEACHING ARTIST



MUSIC & STORIES



What is My Voice Music?

A 2-minute animated introduction to MVM



MVM's Best Practices

A deeper dive into MVM programs and philosophy through lens of MVM students, parents, staff, and Teaching Artists



Sydney

One student's MVM journey from Rock Camps to MVM Studios and performance of their song "Live"



Summer Rock Camps

An inside look at Summer Rock Camps with young MVM rockers.



Vehemente & OC Note

A Hip Hop duo's MVM journey during the pandemic and performance of their song "Raíces"



Rainyanni

Reflections from an MVM Teaching Artist who began as a student

Listen to more student music: <https://myvoicemusic.org/bandcamp>



CONTACT MVM

If you're interested in bringing MVM programming to your community or if you are an artist who would like to be trained to run MVM programs, we want to hear from you!



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MY VOICE MUSIC

WRITE. RECORD. RELEASE.