Annual Report

2018
OUR MISSION

Helping youth find and share their voice through songwriting, recording and performance.
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, cymbals, 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 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
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<th>Category</th>
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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
"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
"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
Youth at the SAGE Program are all survivors of commercial sexual exploitation, and or domestic sex trafficking. Not only have they survived the horrors of violent sexual abuse, but most have experienced lifetimes full of trauma, chaos, and fear. They have battled mental health issues, substance abuse, poverty, homelessness, and the lack of safe adult support. These youth have had to focus all of their energy on survival, which has significantly impacted both their cognitive and emotional development. Unlike kids who have had more safe and stable life experience, these youth have had very little opportunity to benefit from supportive relationships, explore who they are as individuals, or opportunities to safely share their internal experience.

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. Learning to read music and play basic chords, or sometimes songs, provides them a sense of success and mastery that supports their social-emotional development and increases self-esteem. Exploring different sounds, volumes, rhythms, and ways to connect sound and language, allows them opportunity for unique self-expression and a moment to share their internal experience in a way that doesn’t feel overwhelmingly frightening or vulnerable. And perhaps most impactful is the time your team invests and respect they show these kids as they teach them new skills. 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.

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.
**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.
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.
“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.
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.
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.

**ALLOCATION OF EXPENSES**

- **19%** Fundraising
- **14%** Admin
- **67%** Program
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.

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 to a packed house at Holocene.

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

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

STUDENT SHOWCASE
Students performed original songs to a packed house at Holocene.
Core Staff

Karen Mouser Darr
Development Director

Luke Hall
Studio Director

Ian Mouser
Founder / Executive Director

Monica Metzler
Outreach & Program Coordinator
Board of Directors

Elia Unverzagt CO-PRESIDENT
Marketing & Communications Manager, PCC Foundation

Benna Gottfried CO-PRESIDENT
Account Manager, Sheepscot Creative

Josh Powell TREASURER
Senior Accountant, NRC Environmental Services

Brian Chavez SECRETARY
Senior Juvenile Counselor, Washington County

Calley Ekberg
School Psychologist, Portland Public School District

Craig Dorfman
Associate Strategist, Mandate Media; Author

Lisa Hoskins-Holmes
CASA; Co-founder Bheestie & Co., LLC

Coley Lehman
Doctoral Student
Teachers College, Columbia University

Colin Howard
Education Manager, Multnomah Whiskey Library

Debra Vinikour
Senior Recruiting Attorney, Assigned Counsel, Incorporated