

Meg Hutchinson



Profile

Internationally touring songwriter, recording artist, poet, teacher and mental health advocate. Independently released four albums on own label LRH Music before signing with folk label Red House Records in 2007. Toured widely in the U.S and Ireland with select appearances in the U.K, Germany, Netherlands and Canada. Experience teaching workshops to people of all ages. Featured speaker on mental health issues at universities, hospitals, conferences and radio programs. Practicing Buddhist and certified yoga instructor. Currently making a feature length documentary with Ezzie films, "Pack Up Your Sorrows" about mental wellness, creativity, and recovery.

Music

Founder/Director, LRH Music and Productions; Boston, MA 2000 - Present

Launched independent music production company in order to release and promote four albums of original music

Red House Records Recording Artist; St Paul, MN 2007 - Present

Signed with folk label Red House Records in 2007 - Released three albums on Red House: Come Up Full in 2008 - The Living Side in 2010 - Beyond That in 2014

Co-founder, Winterbloom 2009 - Present

Launched the band "Winterbloom" with fellow songwriters Antje Duvekot, Natalia Zukerman and Anne Heaton - 2009

Released an album of holiday music "Winterbloom: Traditions Rearranged" on independent music company Market Monkeys - November 2009



Mental Health Work

Johns Hopkins University; Baltimore, MD 2011 - 2012

Featured speaker at the 26th Annual Mood Disorders Research/Education Symposium - April 2012

Featured speaker and guest artist at "Psychiatry and Arts" series - March 2011

Mental Health Education Project; Minneapolis, MN - November 2011

Keynote speaker at 11th annual conference "See Us Now - Creating Harmony in Our Lives"

Active Minds; Washington, DC 2011 - Present

Member of Active Minds Speakers Bureau April 2014 - present

Support in fundraising and awareness building campaigns 2011 - present

Keynote speaker at 10th Annual National Conference, Georgetown University, Washington, DC November 2013

Featured speaker/performer at 8th Annual National Conference, College Park, MD November 2011

Performer at the Boston installment of "Send Silence Packing" a suicide awareness traveling exhibit, May 2011

Genesis Club, Inc; Worcester, MA 2010 - Present

Keynote speaker/performer 17th Clubhouse International Seminar St. Louis, MS October 2013

Support in fundraising concerts and awareness building campaigns 2011 - present

Featured speaker/performer at Building Dreams October 2010

Other mental health speaking engagements include:

Bridging the Divide Suicide Prevention Summit; Denver, CO
featured speaker/performer May 2014

Carson J. Spencer Foundation; Denver, CO speaker/performer - May 2014

Jordan Matthew Porco Foundation; Fresh Check Day speaker/performer
September 2013 New London, CT & September 2012 Durango, CO

Public Sector Psychiatry Conference - Closing Speaker U-Mass Medical School;
Worcester, MA June 13th 2012

Macalester College; St Paul, MN - featured speaker at campus groups:

SPEAK! Lecture Series - September 2013

Lives of Commitment and Allies Project Training for students and staff - November 2011



Teaching Experience

Guest presenter at the Berklee Five Week Program; Berklee School of Music, Boston, MA 2014

Workshop Leader "Healing from Within - Methods for Deep Recovery" at Bridging the Divide Summit; Denver, CO May 2014

Workshop Instructor "Writing By Heart - Methods for healing through recovering creative voice" Genesis Club; Worcester, MA April 2013

Guest teacher at Young Writers Summer Workshops; Bard College at Simon's Rock Gt. Barrington, MA 2007 - 2012

Songwriting Instructor Big Top Chautauqua; Bayfield, WI August 2012

Songwriting Instructor at Passim School of Music; Boston, MA April 2012

Young adult poetry/songwriting workshop; Peabody, MA March 2012

Workshop Leader 8th Annual Active Minds National Conference; College Park, MD November 2011

Young adult songwriting workshop; Arlington, MA May 2011

Guest teacher Eagle Hill School; Hardwick, MA November 2010

Guest teacher Beaver Country Day School; Chestnut Hill, MA November 2010

Songwriting instructor at Americana Song Academy; Sisters, OR September 2007

Education and Training

Sakya Institute for Buddhist Studies; Cambridge, MA 2009 - Present.

Studying under the guidance of Khenpo Lama Migmar Tseten, spiritual director and Harvard Buddhist Chaplain

200 hour Pranavayu Yoga Teacher Training; Boston, MA 2012

trained with Pranavayu Founder/Master teacher David Magone

Lam Dre - Tsechen Kunchab Ling; Walden, NY May 31st - July 1st 2011 - Received the full transmission of the Lam Dre cycle of teachings from His Holiness Sakya Trizin

Bard College at Simon's Rock; Great Barrington, MA - B.A. Creative Writing/Music 2000



Skills

Comfortable speaking and performing in front of large audiences. Ability to articulate personal experiences with Bipolar I Disorder and describe effective methods for recovery. Experience teaching songwriting, meditation, and poetry to students of all ages and skill levels. Understanding of core principles of Tibetan Buddhism and ability to describe the value of meditative practices to people of all faiths. Special interest in the role that spirituality and creativity play in treating mental illness.

Publications:

"I Did Not Lose My Mind" essay published in Shambhala Sun Magazine - May 2014

"Night Hike" and "On Losing A Dog" published in North Dakota Quarterly - Spring 2014

"Don't Wait" published in "A Ritual To Read Together:
poems in conversation with William Stafford" - Woodley Press 2013

"I Did Not Lose My Mind but My Brain Had Stopped Working" published in medical journal
Psychiatric Services - Feb 2013 Vol. 64 No. 2

"The Morning I Was Born - a month in poems" - self published LRH Music & Books 2012

Referrals

Dr Karen Swartz - kswartz@jhmi.edu 410-955-0518 - Director of Mood Disorders Clinical
Programs, Johns Hopkins Hospital

Maggie Bertram - maggie@activeminds.org 202-332-9595 - Senior Program Manager at
Active Minds

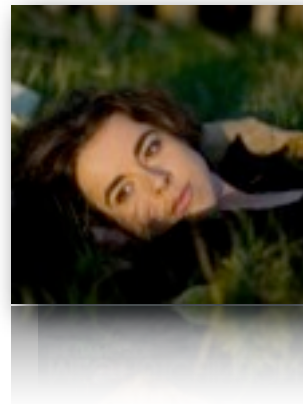
Beth Friend - beth@redhouserecords.com 800-695-4687 - Owner, Red House Records

Kevin Bradley - kbradley@genesisclub.org 508-831-0100 - Executive Director, Genesis Club

Matt Smith - matt@passim.org 617-492-5300 - Managing Director at Club Passim

Sally Spencer -Thomas - sally@carsonjspencer.org CEO Carson J Spencer Foundation

Ted Rueff - rueff@macalester.edu 612-964-5558 Associate Director - Heath & Wellness
Center - Macalester College



Awards/Honors:

Award winner at prestigious national songwriting competitions including:

- 2011 Best Lyrics Award, Indie Acoustic Music Project
- 2010 Winterbloom wins Boston Lilith Fair competition and performs at the Comcast Center with Sarah McLachlan
- 2005 Mountain Stage NewSong Contest, WV
- 2004 Falcon Ridge Folk Festival "Most Wanted Artist", NY
- 2001 Rocky Mountain Folks Fest Songwriting Competition, CO
- 2000 Kerrville New Folk Award, TX
- 2000 Telluride Troubadours Songwriting Contest, CO
- 2000 Chris Austin Songwriting Contest, NC
- 2000 "Against The Grey" Nominated for a Boston Music Award

Recognition from international songwriting competitions including:

- John Lennon Songwriting Contest
- Billboard Song Contest
- CMEAS tour contest winner, London, U.K
- Karma Productions/Milestone Management tour contest winner, Dublin, Ireland

Music featured on:

- NPR Music- Sirius/Satellite Radio - Mountain Stage - The Bob Edwards Show - Delta and United airlines inflight music - RTE Radio Ireland



Other honors include:

2014 "Beyond That" reaches #14 on I-tunes singer/songwriter

2011 Winterbloom invited to perform on the Cayamo Cruise along with
Lucinda Williams, Lyle Lovett and John Prine

2011 Song "Climbing Mountains" chosen for the I-tunes "Nature Walk Essentials"
compilation

2011 Vocal track chosen for Target's national "Home" television ad campaign

2010 "The Living Side" album reached #32 on the Billboard Folk Charts

2010 The song "Hard To Change" reached #2 on Folk Radio charts

2010 SXSW Official Showcase Performer - Austin, TX

2007-2010 International Folk Alliance Conference Official Showcase Performer -
Memphis, TN