

OUT FROM THE MIST

Representations of Mental Illness

Our Judges



Nadeah



Annie Peterson



Brisa Roché

What they're looking for

- ✓ **Authenticity of Voice**
- ✓ **Originality & Creativity**
- ✓ **Composition & Musical Journey**
- ✓ **Emotional Impact & Relatability**
- ✓ **Depth & Development of Ideas**

Criteria

Authenticity of Voice

Judges are drawn to music that feels raw, real, and personal. Whether through lyrics, tone, or instrumentation, the piece should express something genuine and uniquely “you.” Perfection isn’t the goal—authenticity is.

Originality & Creativity

Submissions should avoid clichés and offer something fresh—especially in lyrics (if included), sound choices, or structure. Judges value music that surprises, challenges, or offers a new way of seeing or feeling.

Composition & Musical Journey

The music should take listeners somewhere. This could be through strong structure (verse, hook, bridge) or an atmospheric flow that holds attention. A clear sense of movement or development enhances the listening experience.

Emotional Impact & Relatability

Does the song make someone feel something? Judges are looking for work that resonates emotionally—whether that’s joy, sadness, vulnerability, or hope—and that invites listeners to reflect or connect.

Depth & Development of Ideas

The strongest songs evolve. Judges appreciate when musical or lyrical ideas shift, grow, or contrast throughout the piece, adding layers of meaning, mood, or surprise.

“Show us what it feels like to be you — reveal something we didn’t expect, something we didn’t understand — until now.”