

Directing Change

Program and Film Contest



the **Hope & Justice**
Category



#HopeforChange

Directing Change is an evaluated program that engages youth to learn about mental health, suicide prevention and other critical health and social justice topics through film and art.

www.DirectingChangeCA.org

Submissions accepted and awarded monthly

- Open to youth ages 12-25
- Participants are eligible to submit one entry per month
- Submissions are due on the last day of every month
- First place (\$300 Amazon Gift Card)
- Second Place (\$150 Amazon Gift Card)
- Third Place (\$100 Amazon Gift Card)
- Honorable Mentions (\$25 Amazon Gift Card)

View the full contest rules at www.DirectingChangeCA.org

Step 1: SELECT A SUBMISSION FORMAT

Express yourself! Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, a speech, ANYTHING! This is your chance to tell your story and be creative. This month we are particularly looking for 15-second and 30-second videos as well as art incorporating the lime green ribbon to be shared online, on TA, and as stickers.

- Blog, poem, spoken word, or other narrative (500 words or less)
- Short video, animation or Tik Tok (15-seconds or less)
- Video PSA (30-seconds)
- Radio PSA (30-seconds)
- Original music (3 minutes or less)
- Visual Art (E.g. painting, digital art, sketching, comic, or any other art form.)

Step 2: For March, there is only one content area: Hope For Change

Reflect on the ways that you have adapted to change and grown as a person in this month's prompt: Hope for Change. To prepare for Mental Health Awareness Month in May, you must incorporate a green ribbon creatively into your entry. Create an art piece or film that explores personal growth, resilience, and the change you want to see in yourself or in your community.



Look back on who you were a year ago and the person you are today. How do these two versions of yourself compare? What advice would you give yourself if you could go back in time?

What do you think can be done so that there can be real change towards better mental health and reducing stigma within your community?

March Submissions are due March 31, 2021:

HOPE FOR CHANGE

If at any time you are experiencing an emotional crisis, are thinking about suicide or are concerned about someone call the **National Suicide Prevention Lifeline Immediately: 1-800-273-TALK (8255)**. This is a free 24-hour hotline

Other Ways to Get Involved

In addition to the Hope & Justice category, the Directing Change Program is a free and evaluated youth suicide prevention and mental health program with 30 and 60-second film submissions accepted annually with a March 1 deadline. Submission categories include Suicide Prevention, Mental Health Matters, Through the Lens of Culture, Animated Short and SanaMente. Lesson plans and educational resources provided!



Funded by counties through the voter-approved Mental Health Services Act (Prop. 63).

WWW.DirectingChangeCA.org

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