

[www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)



# Directing Change

*Program and Film Contest*



California's Mental Health Movement



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

# What is Directing Change?

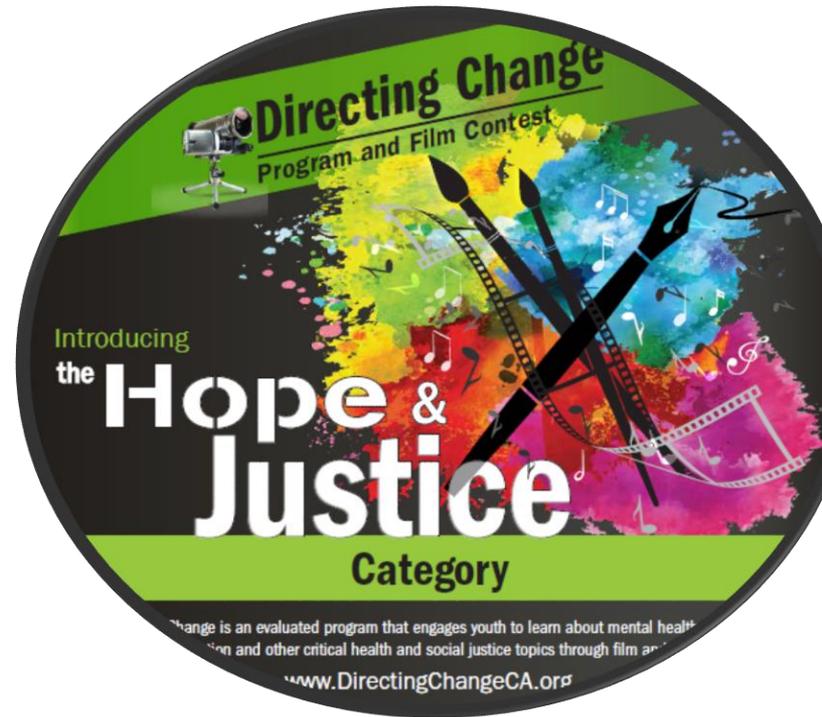
The Directing Change Program & Film Contest is a free and evaluated program that engages youth to learn about **mental health, suicide prevention** and other critical health and **social justice** topics through film and art.

Youth are exposed to knowledge about the topics of **mental health, suicide prevention, and social justice** through educational resources, instructional tools to educators, and additional resources to further learning about the basic components of these topics. From here, youth must apply their knowledge to create their own unique message about suicide prevention, mental health and social justice for their peers. The creative process of filmmaking and creating art requires youth to synthesize their knowledge resulting in a deeper level of understanding.

# **\*NEW\* *Hope & Justice* Category**

With everything going on right now, many youth are looking for ways to share what they are experiencing, how they are coping, and explore what drives them to stay hopeful for the future. **The *Hope & Justice* category is an opportunity for youth living through history to express their feelings and to inspire others through art.**

- Submissions are due at midnight of the last day of the month
- Any art form suitable for sharing via social media is acceptable: original music, dance, spoken word, art, poetry, film, a speech, ANYTHING
- First place (\$300), Second Place (\$150), Third Place (\$100), and Honorable Mention (\$25) in Amazon gift cards



# Submission Steps

## Select Content

- Hope, Justice, or monthly prompt

## Select Format

- TikTok, 15-second animation or 60-second films (mp4 or mov film files)
- Radio PSA, original music or spoken word (mp3 audio file)
- Visual Art: painting, comic, sketch (png or jpeg)
- Blog, poem or other narrative (doc or pdf)



**Fill out Entry Form and upload  
your art**

**Sign release forms**  
(parent and guardian  
signatures required if  
under 18)

# 3 Topic Options for Hope and Justice Category

## HOPE

Create a film, song, narrative, or piece of art that shares your story and encourages others to find their own way to get through tough times.

- What helps you get through tough times? Are you practicing self-care through reading, dancing, listening to music, writing, watching your favorite films? And what if that isn't enough?
- What do you see or experience in your life or community right now that gives you hope during this challenging time?

## JUSTICE

Our perspectives are shaped by our own backgrounds, identities, families, friends, life experiences and more.

- Create a project that shares a perspective or your personal experience with discrimination or injustice because of who you are, in a way that gives others a glimpse of what it is like to walk in your shoes and live in your skin.
- Create a project that combats bias by increasing knowledge and encouraging actions young people can take to take a stand against injustice.

### OR CHOOSE FROM MONTHLY SUBMISSION PROMPTS:

WHAT THIS ELECTION  
MEANS TO ME

HOPE IS...

CREATIVE WAYS TO  
MEASURE 6 FEET  
PHYSICAL DISTANCING

MY REASON FOR  
WEARING A FACE COVERING....

WHAT MAKES YOU  
FEEL BETTER WHEN YOU  
ARE FEELING DOWN?

# Monthly Prompt

## The Art of Self Love

In partnership with:



# The Trauma Research and Education Foundation (TREF)

The Trauma Research and Education Foundation (TREF) is dedicated to reducing the number of trauma related deaths and injuries in San Diego County through awareness, education, prevention programs, and associated research programs.



SAN DIEGO  
**TREF**  
TRAUMA RESEARCH &  
EDUCATION FOUNDATION

Learn more at <https://www.tref.org/>

# Mini Lesson Plan #1 – Healthy Ways to Cope

THINK: Life isn't easy and the past year has possibly been tougher than most. How do you deal with stress, problems or uncomfortable emotions?

**Coping strategies** are actions we take—consciously or unconsciously—to deal with stress, problems, or uncomfortable emotions. Unhealthy coping strategies tend to feel good in the moment, but have long-term negative consequences. Healthy coping strategies may not provide instant gratification, but they lead to long-lasting positive outcomes.

Examples of <u>unhealthy</u> coping strategies:	Examples of <u>healthy</u> coping strategies:
<ul style="list-style-type: none"><li>• Drug or alcohol use</li><li>• Overeating</li><li>• Procrastination</li><li>• Sleeping too much or too little</li><li>• Social withdrawal</li><li>• Self-harm</li><li>• Aggression</li></ul>	<ul style="list-style-type: none"><li>• Exercise</li><li>• Talking about your problem</li><li>• Healthy eating</li><li>• Seeking professional help</li><li>• Relaxation techniques (e.g. deep breathing)</li><li>• Using social support</li><li>• Problem-solving techniques</li></ul>

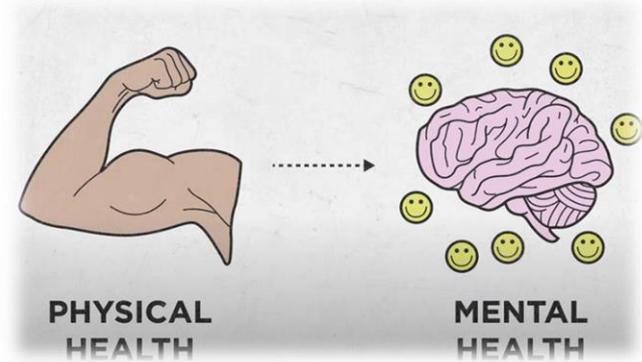
WATCH:

- “Good Medicine” - <https://vimeo.com/258036872>
- “Hope is a Verb” - <https://vimeo.com/474528623>
- “Recipe for Hope” - <https://vimeo.com/485158218>

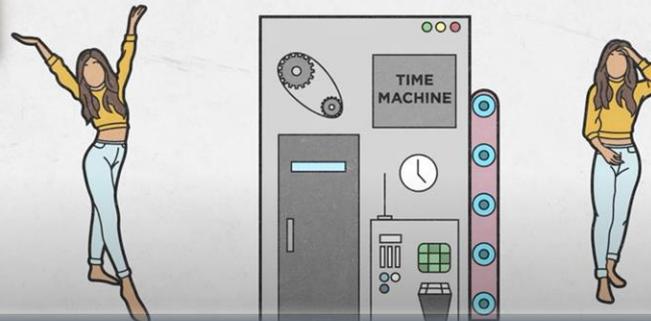
# Healthy Ways to Cope

## WATCH:

- “Everything's Canceled: Coping Tips Straight from a Psychologist” - [https://www.youtube.com/watch?v=cT77fQ57IP4&ab\\_channel=AboveTheNoise](https://www.youtube.com/watch?v=cT77fQ57IP4&ab_channel=AboveTheNoise) (6 minutes)
- “How We Cope With Anxiety & Stress | MTV's Teen Code” - [https://www.youtube.com/watch?v=0qnYXCLk5bQ&ab\\_channel=MTVAccess](https://www.youtube.com/watch?v=0qnYXCLk5bQ&ab_channel=MTVAccess) (7 minutes)



## SELF CARE DAY



# Healthy Ways to Cope

Fill out this worksheet about a problem or something you're currently dealing with.

## Healthy vs. Unhealthy Coping Strategies

<b>Describe a problem you are currently dealing with:</b>

<b>My unhealthy coping strategies:</b>	<b>Consequences of unhealthy coping strategies:</b>
1	
2	

<b>Healthy coping strategies I use, or could use:</b>	<b>Expected outcomes of healthy coping strategies:</b>	<b>Barriers to using healthy coping strategies:</b>
1		
2		
3		

# Healthy Ways to Cope

## OPTIONAL ACTIVITY: Watch

- Natural High: Dartanyon Crockett - <https://youtu.be/pY8J8ubZbbs> (6 minutes)

## DISCUSS:

1. What would you say is Dartanyon's main strength? What about him makes you think that?
2. How do you think wrestling and helping others improved Dartanyon's life?
3. Dartanyon says that there is always someone who can relate to your story. How do you relate to Dartanyon's story?
4. What are some of your strengths and how do they help you to make healthy choices and avoid substance use?
5. Name two things you would like to accomplish by the time you graduate high school. How could drugs and alcohol use get in the way of those goals?

# Healthy Ways to Cope

THINK: There are a number of different reasons why individuals, in particular young adults, may use drugs and alcohol.

ACTIVITY: Watch:

- Voices of Youth: Substance Use Vignettes - <https://youtu.be/KvAkCcZEIaQ> (5 minutes)
- Rabbit Hole: Over the Dose – [https://www.youtube.com/watch?v=ECqknlEdqyE&ab\\_channel=OverTheDoseVT](https://www.youtube.com/watch?v=ECqknlEdqyE&ab_channel=OverTheDoseVT) (31 seconds)

DISCUSS:

1. What feelings, emotions or situations might lead young people to turn to substances as a means of coping? Alternatively, what are some healthy ways to cope if you find yourself in those situations or experiencing those feelings?
2. In your opinion, or based on what we have learned, what are some examples of the damage or negative consequences of using or misusing drugs and alcohol?
3. If you were struggling with the use of substances, how would you want a friend, classmate or family member to approach you? What could a friend, classmate or family member do to help?

ADDITIONAL RESOURCE:

- [Partnership to End Addiction: Stress & Drug Use – What Every Parent Should Know](#)

# Healthy Ways to Cope

## OPTIONAL ACTIVITY: “Build a Support Team”

Dartanyon’s father struggled with drug and alcohol addiction and it deeply affected how Dartanyon grew up. Everyone needs someone in their lives who they can count on and who can help them make healthy, happy, and rewarding decisions. This activity is designed to help you think through who makes the team of people that can support you. Let’s call this a “Support Team”.

**Think through your support team and respond to each of these questions. Who would you reach out to for support during tough times or when tempted with substance use. Write down your answers (you don’t have to include specific names if you don’t want to), then share your ideas with another person or in small groups.**

1. Who do you turn to when you have questions, need support, or simply want to talk through an issue or concern?
2. Who do you turn to for help with homework? Why?
3. Who do you turn to for help with friends? Why?
4. Who can you always call for help? Why?
5. Who can you ask for a ride home from school? From a party? Why?
6. Who can you turn to for help with household chores? Why?
7. Who can you talk to about anything? Why?

# Healthy Ways to Cope

## Consider how you can lean on your support team

How does your support team help you? If people at school or outside of school were pressuring you to try something that made you uncomfortable, who would you turn to for help dealing with the situation? (Again, you don't have to include names.) What do you think they would say or how do you think they would support you in making the healthy, positive decision?

## Contact your support team.

Generate a plan to contact your support team. Contact could include reaching out by phone or text, letting them know they are a member of your support team and explaining what that involves, and thanking them for being someone in your life you can count on. The plan should include:

- When you will reach out
- How you will reach out
- Who you will reach out to
- What you will say to this person/people (consider thanking them)
- What questions you would want to ask.

# Healthy Ways to Cope

**Create Your Directing Change Project:** Share a personal story or encourage and educate others about healthy ways to cope, or share ways you can help yourself or someone else who is struggling with the use of substances.

Share your personal experience finding a new activity you enjoy or are passionate about, learning a new skill, meditating, exercise, deep breathing, talking to a friend, as a healthy way to cope.....

Share a story of when (and) why someone might be tempted to deal with tough times through substance use.....

Share examples of what to say or how to support a friend who is struggling with substance use....

# Mini Lesson Plan #2 – Substance Use and The Teen Brain

THINK: We often tend to look at addiction in black and white terms, either you are or you aren't. But is that really true? What are some things people can be addicted to?

## What is the definition of addiction?

Addiction is a treatable, chronic medical disease involving complex interactions among brain circuits, genetics, the environment, and an individual's life experiences. People with addiction use substances or engage in behaviors that become compulsive and often continue despite harmful consequences.

### ACTIVITY: Watch:

- Addiction and the Brain (Watch) – [https://www.youtube.com/watch?v=s0bqT\\_hxMwI&feature=youtu.be](https://www.youtube.com/watch?v=s0bqT_hxMwI&feature=youtu.be) (4 Minutes)
- Teen Brain Development (Watch) – <https://teens.drugabuse.gov/videos/teen-brain-development-0> (3 Minutes)
- Drugs and the Teen Brain (Read) – [http://headsup.scholastic.com/sites/default/files/NIDA17-INS1\\_Action\\_StuMag\\_2pg\\_508\\_1.pdf](http://headsup.scholastic.com/sites/default/files/NIDA17-INS1_Action_StuMag_2pg_508_1.pdf) (3 Minutes)
- A quick overview of '[NIDA for Teens](#)' as a resource for students (3 Minutes)

# Substance Use and The Teen Brain

## DISCUSS:

1. What is the purpose of the prefrontal cortex in the brain?
2. Why are teens more at risk of developing a substance use disorder / addiction?
3. Why do you think some teens use or misuse drugs and alcohol? If you asked them, what reasons would they give for using? What other reasons might they have?
4. What are healthy alternatives to drug and alcohol use?
5. When do you think people are old enough to make their own decisions about drinking and drugs? If you were in charge of setting the legal age, what would it be and why?



# Substance Use and The Teen Brain



## Words to avoid

## Words to use

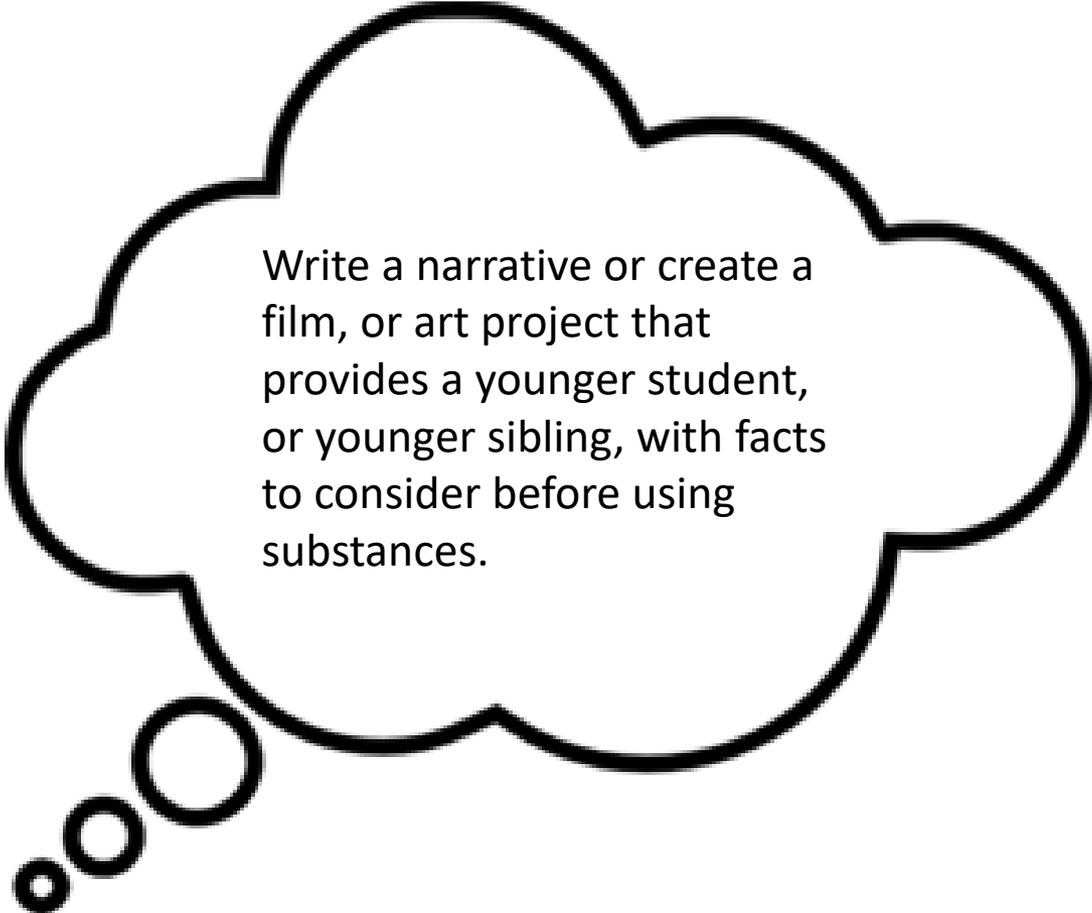
Addict	Person with substance use disorder
Alcoholic	Person with alcohol use disorder
Drug problem, drug habit	Substance use disorder
Drug abuse	Drug misuse, harmful use
Drug abuser	Person with substance use disorder
Clean	Abstinent, not actively using
Dirty	Actively using
A clean drug screen	Testing negative for substance use
A dirty drug screen	Testing positive for substance use
Former/reformed addict/alcoholic	Person in recovery, person in long-term recovery
Opioid replacement, methadone maintenance	Medications for addiction treatment

## DISCUSS:

1. We know that people shouldn't be defined by labels, especially when talking about mental health as well as substance use and addiction. Based on this chart and what we've learned, what are some ways we can reshape how we talk about substance use to help people with an addiction to regain their self-esteem and be more comfortable seeking help?

# Substance Use and The Teen Brain

**Create Your Directing Change Project:** Educate others about substance use, the teen brain, and explore what healthy alternatives to drug and alcohol use looks like.



Write a narrative or create a film, or art project that provides a younger student, or younger sibling, with facts to consider before using substances.

# Additional Resources

## Teaching mindfulness

- Exercise of how to practice being kinder to yourself...an example of how to do it:  
[https://www.youtube.com/watch?v=AyQdeYjXUe&ab\\_channel=GreaterGoodScienceCenter](https://www.youtube.com/watch?v=AyQdeYjXUe&ab_channel=GreaterGoodScienceCenter)

## Positive self talk for self esteem:

- Your brain is wired for negative thoughts. Here's how to change it.  
[https://www.youtube.com/watch?v=3ThUrVXz9j0&ab\\_channel=Fig.1byUniversityofCalifornia](https://www.youtube.com/watch?v=3ThUrVXz9j0&ab_channel=Fig.1byUniversityofCalifornia) (4 minutes)
- Learning to be a friend to yourself (good examples of positive self talk)  
[https://www.youtube.com/watch?v=ERhTJaPaouU&ab\\_channel=TheSchoolofLife](https://www.youtube.com/watch?v=ERhTJaPaouU&ab_channel=TheSchoolofLife) (1:57)

## Social Media and Self-Esteem

- A documentary film that helps you to have a better understanding of how to navigate growing up in the digital age: <https://www.childhood2movie.com/>
- A documentary film about finding balance in our digital world: <https://www.thelikemovie.com/>

## Self Compassion (slightly different from self-esteem): “Practicing Self-Compassion”

- What is Self-Compassion: Compassion Turned Inward:  
[https://www.youtube.com/watch?v=UiuBOm0NX6c&ab\\_channel=SafetyNet](https://www.youtube.com/watch?v=UiuBOm0NX6c&ab_channel=SafetyNet)
- Try This: What do I Need Right Now? - <https://www.youtube.com/watch?v=UiuBOm0NX6c&t=1090s> (3 minutes)
- Try This: Compassionate Friend - <https://www.youtube.com/watch?v=UiuBOm0NX6c&t=1803s> (6 minutes)

# Additional Resources

## Substance Use and the Teen Brain

- National Institute on Drug Abuse - [NIDA – Drugs and the Teen Brain Lesson Plan](#)
- Addiction interactive game- [Mouse Part – Interactive Web Game](#)

## Substance Use and The Words We Use

- Words Matter: The Language of Addiction - <https://drugfree.org/article/shouldnt-use-word-addict/>
- Words Matter- Terms to Use and Avoid When Talking About Addiction - <https://www.drugabuse.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction>
- Stigma Reducing Language (from Shatter Proof) - <https://www.drugabuse.gov/nidamed-medical-health-professionals/health-professions-education/words-matter-terms-to-use-avoid-when-talking-about-addiction>



# Take Action!

## GET TO WORK!

February is a time when we usually think about love and relationships. But what about our relationship with ourselves? This month, we are excited to partner with Trauma Research and Education Foundation (TREF) and encourage you to explore how you cope with life's challenges or low self-esteem, and how you avoid substance use, with February's prompt titled: "The Art of Self Love". This month, in the spirit of love, explore how you show yourself love, build up your own self-esteem, share healthy coping strategies, or how you avoid substance use, especially during these tough times.

Tell us about how you practice "The Art of Self Love". Use your creativity to create art (in any form!) that:

- Explores what self-esteem and self-love means to you and some ways to protect, raise and reinforce our self esteem,
- Encourages and educates others about healthy ways to cope and care for oneself especially during tough times,
- Explores ways you can help yourself, a friend, classmate, or family member who is struggling with the use of substances and share healthy ways to cope,
- Educates others about substance use, the teen brain, and explore what healthy alternatives to drug and alcohol use looks like.

# Need support or want to learn more?

Visit: [www.DirectingChangeCA.org](http://www.DirectingChangeCA.org)

or Visit: <https://www.tref.org/>

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